

1. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|-------|-------|--------|
| 1 | 158 Teun de Wit | HSA | 59 | O | 37.12 | | |
| 2 | 1 Jort de Gans | HN1 | 60 | I | 37.26 | PR | |
| 3 | 166 Jack Boekema | HB1 | 60 | O | 37.57 | | |
| 4 | 122 Nomdo de Heer | HN4 | 57 | I | 37.92 | PR | |
| 5 | 64 Niels van Reeuwijk | HN1 | 59 | I | 38.04 | | |
| 6 | 106 Seb van Schelven | HN3 | 57 | O | 38.07 | PR | |
| 7 | 162 Bodhi Smeele | HA1 | 58 | I | 38.61 | PR | |
| 8 | 163 Tobias Elshof | HA2 | 56 | I | 38.71 | | |
| 9 | 67 Rutger Verhoeff | HA2 | 56 | O | 38.73 | | |
| 10 | 84 Jarno van der Ent | HN4 | 55 | I | 39.10 | PR | |
| 11 | 20 Bart Seffinga | H40 | 55 | O | 39.14 | | |
| 12 | 129 Luuk van de Pol | HA1 | 51 | O | 39.47 | PR | |
| 13 | 125 Jeroen de Heer | HN2 | 53 | O | 39.63 | | |
| 14 | 117 Stijn Vlieland | HB1 | 54 | I | 39.70 | | |
| 15 | 47 Ole ten Hove | HSA | 53 | I | 39.77 | | |
| 16 | 78 Timme van de Wetering | HC1 | 49 | O | 39.80 | PR | |
| 17 | 42 Jaron Ridder | HB1 | 52 | O | 39.85 | PR | |
| 18 | 77 Wessel Deken | HC2 | 52 | I | 39.88 | PR | |
| 19 | 119 Joep Aben | HA1 | 51 | I | 40.09 | PR | |
| 20 | 56 Finn ten Hove | HSA | 49 | I | 40.10 | | |
| 21 | 39 Sander Stanneveld | HB2 | 54 | O | 40.20 | | |
| 22 | 35 Joeke van Mulligen | HN4 | 48 | I | 40.36 | HT PR | |
| 23 | 7 Ryan Brina | HC2 | 44 | I | 40.71 | PR | |
| 24 | 156 Max Wokke | HSA | 47 | I | 40.74 | HT | |
| 25 | 138 Niels Hiddink | HB1 | 45 | O | 41.02 | PR | |
| 26 | 97 Tessa Oudman | DSA | 47 | O | 41.05 | | |
| | 34 Mats Verschoor | HB1 | 45 | I | 41.05 | PR | |
| 28 | 144 Jeroen Goudswaard | HSB | 50 | I | 41.06 | PR | |
| 29 | 30 Jonah Zwaan | HB2 | 43 | I | 41.20 | PR | |
| 30 | 161 Tyler Robertson | HN1 | 38 | I | 41.22 | PR | |
| 31 | 49 Liam Schrotten | HC1 | 46 | O | 41.53 | | |
| 32 | 43 Elise Favre | DB2 | 38 | O | 41.62 | PR | |
| 33 | 168 Laurens Taekema | H45 | 41 | I | 41.66 | | |
| 34 | 154 Charley Boekema | DPA | 46 | I | 41.68 | HT | |
| 35 | 81 Joachim van Laar | HB1 | 35 | I | 41.77 | PR | |
| 36 | 133 Lars Peute | HC1 | 43 | O | 41.80 | PR | |
| 37 | 143 Emma Hulshof | DSA | 42 | O | 42.17 | | |
| 38 | 61 Sara van Leeuwen | DA2 | 37 | I | 42.26 | PR | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd Info | Punten |
|-----|--------------------------|-----|------|------|-----------|--------|
| 39 | 137 Tobi Raams | HA1 | 30 | I | 42.40 PR | |
| 40 | 99 Joas Woudstra | HSB | 36 | O | 42.58 | |
| 41 | 148 Gwen Konter | DN2 | 40 | O | 42.63 PR | |
| | 85 Marloes Westerhof | D40 | 41 | O | 42.63 | |
| 43 | 68 Elena Ruijtenberg | DB1 | 40 | I | 42.66 PR | |
| 44 | 27 Laura Linssen | DA2 | 39 | O | 42.69 PR | |
| 45 | 60 Nyncke Dijkstra | DN3 | 34 | O | 42.74 | |
| 46 | 103 Daan Spoelstra | H45 | 39 | I | 42.84 | |
| 47 | 164 Lucien de Esch | HC2 | 31 | O | 42.94 PR | |
| 48 | 19 Koos Dijkstra | H55 | 35 | O | 43.04 | |
| 49 | 18 Jan van der Stouwe | H55 | 42 | I | 43.08 | |
| 50 | 71 Robert Wiert | H50 | 44 | O | 43.10 | |
| 51 | 13 Kasper Rooks | HC2 | 33 | I | 43.12 PR | |
| 52 | 55 Jibbe Koops | HC1 | 37 | O | 43.18 | |
| 53 | 53 Lars Bruggers | HC2 | 32 | O | 43.19 PR | |
| 54 | 57 Marleen Knol | DB2 | 32 | I | 43.27 PR | |
| 55 | 110 Maureen van Seumeren | DC2 | 28 | O | 43.29 PR | |
| 56 | 74 Danique van Rooden | DA1 | 31 | I | 43.30 PR | |
| 57 | 126 Caspian Alexander | HC1 | 36 | I | 43.38 | |
| 58 | 50 Maud Kempenaar | DB2 | 34 | I | 43.49 PR | |
| 59 | 45 Niels de Jager | H40 | 48 | O | 43.65 | |
| 60 | 58 Cas van der Zijden | HB1 | 30 | O | 44.09 | |
| 61 | 146 Janne Boos | DA1 | 29 | O | 44.13 | |
| 62 | 155 Maaïke Haveman | DB1 | 26 | O | 44.24 PR | |
| 63 | 15 Huib de Vries | HPA | 25 | O | 44.25 PR | |
| 64 | 26 Sverre Slenema | HC1 | 23 | I | 44.38 PR | |
| 65 | 46 Josephine Grill | DB2 | 27 | I | 44.48 | |
| 66 | 37 Meggie Verbakel | DC2 | 26 | I | 44.59 PR | |
| 67 | 51 Evi Blomberg | DC2 | 21 | O | 44.60 PR | |
| 68 | 75 Charissa de Mes | DB1 | 17 | I | 44.61 PR | |
| 69 | 69 Anne Breider | DC2 | 24 | O | 44.68 | |
| 70 | 8 Sem de Bie | HPA | 27 | O | 44.78 | |
| 71 | 10 Imre Blomberg | DPA | 21 | I | 44.89 PR | |
| 72 | 62 Sjoerd de Haan | HC2 | 22 | O | 44.94 PR | |
| | 59 Michel van der Sluijs | H50 | 33 | O | 44.94 | |
| 74 | 44 Isabella Talen | DB2 | 28 | I | 45.09 | |
| 75 | 65 Annika Korpershoek | DB1 | 29 | I | 45.19 | |
| 76 | 116 Esmee Zijderlaan | DA1 | 24 | I | 45.34 | |
| | 23 Owen Knook | HB2 | 23 | O | 45.34 | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd Info | Punten |
|-----|---------------------------|-----|------|------|-----------|--------|
| 78 | 14 Quinty Bloedjes | DB2 | 22 | I | 45.42 PR | |
| 79 | 2 Ava Zachrisson | DC1 | 20 | I | 45.52 PR | |
| 80 | 9 Loek Oudenes | HC2 | 19 | I | 45.81 PR | |
| 81 | 73 Lonneke Merkk | DB2 | 17 | O | 45.86 | |
| 82 | 52 Elise Kortleve | DA1 | 12 | O | 45.88 PR | |
| 83 | 33 Luna Beks | DC2 | 12 | I | 45.95 PR | |
| 84 | 139 Lisa Konst | DC1 | 20 | O | 45.98 | |
| 85 | 28 Floortje Korpershoek | DB1 | 19 | O | 46.02 | |
| 86 | 12 Mischa Slot | HPA | 15 | I | 46.24 PR | |
| 87 | 21 Isa Boer | DB2 | 4 | I | 46.30 PR | |
| 88 | 76 Pieter Lankhaar | HC1 | 16 | I | 46.31 PR | |
| 89 | 36 Boaz Damminga | HC1 | 6 | I | 46.47 PR | |
| 90 | 111 Rudie Assink | H55 | 18 | I | 46.52 | |
| | 114 Sara de Wolf | DC2 | 11 | I | 46.52 PR | |
| 92 | 142 Mariël Mur | DB1 | 25 | I | 46.58 | |
| 93 | 72 Dara van Hees | DC1 | 13 | O | 46.63 PR | |
| 94 | 128 Jelte Blomberg | HPB | 14 | I | 46.82 PR | |
| 95 | 102 Sjuul Te Braake | DC1 | 3 | I | 46.90 PR | |
| 96 | 107 Keira Vissenberg | DB1 | 16 | O | 46.91 | |
| 97 | 40 Chantal Herms | D50 | 9 | I | 46.97 | |
| 98 | 5 Anne-Fleur van der Liet | DA1 | 13 | I | 47.03 | |
| 99 | 25 Marit Veenhuis | DC1 | 4 | O | 47.12 PR | |
| 100 | 54 Senne Eggenkamp | DC1 | 8 | O | 47.13 PR | |
| 101 | 82 Abe van Laar | HC1 | 11 | O | 47.33 | |
| 102 | 86 Juul van der Vliet | DC1 | 10 | I | 47.51 | |
| 103 | 66 Mette Verdoold | DB1 | 7 | O | 47.58 | |
| 104 | 32 Isolde de Koster | DB1 | 14 | O | 47.71 | |
| 105 | 83 Ilse Kolmer | DC2 | 1 | O | 47.74 | |
| 106 | 135 Madee Hadders | DPA | 18 | O | 47.78 | |
| 107 | 124 Kees Bollaart | H60 | 10 | O | 47.88 | |
| 108 | 63 Twan Kempenaar | HC1 | 5 | I | 47.98 PR | |
| 109 | 29 Femke Lindeboom | DC1 | 7 | I | 48.11 | |
| 110 | 108 Jonne Holthuis | DC1 | 2 | O | 48.18 PR | |
| 111 | 17 Eva Hogendoorn | DB1 | 6 | O | 48.19 | |
| 112 | 3 Danique Stout | DPA | 3 | O | 48.26 | |
| 113 | 127 Marit de Heer | DA2 | 1 | I | 48.29 | |
| 114 | 123 Anja Bollaart | D55 | 9 | O | 48.44 | |
| 115 | 6 Federico Talen | HPA | 5 | O | 48.52 | |
| 116 | 16 Jasmijn Verdoold | DB1 | 2 | I | 48.65 PR | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|--------------|------|--------|
| 117 | 80 Wietze de Haan | HC1 | 8 | I | 48.79 | | |
| | 38 Sven Post | HB2 | 50 | O | DNF | | |
| | 22 Wende Linnenbank | DPA | 15 | O | DNS | | |
| | 120 Donald Stappenbelt | HN2 | 58 | O | DNS | | |

1. Rituitslag 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|----------------------|---------|--------------------|-------|--------------|------|
| 1 | wt | 127 | Marit de Heer | | DA2 | 47.40 | 48.29 | |
| | rd | 83 | Ilse Kolmer | | DC2 | 47.49 | 47.74 | |
| | | <u>Marit de Heer</u> | | | <u>Ilse Kolmer</u> | | | |
| | | 100m | 12.71 | (12.71) | 100m | 13.03 | (13.03) | |
| | | 500m | 48.29 | (35.58) | 500m | 47.74 | (34.71) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|-----------------------|-------|--------------|------|
| 2 | gl | 16 | Jasmijn Verdoold | | DB1 | 49.67 | 48.65 | PR |
| | bl | 108 | Jonne Holthuis | | DC1 | 48.38 | 48.18 | PR |
| | | <u>Jasmijn Verdoold</u> | | | <u>Jonne Holthuis</u> | | | |
| | | 100m | 13.07 | (13.07) | 100m | 13.12 | (13.12) | |
| | | 500m | 48.65 | (35.58) | 500m | 48.18 | (35.06) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|------------------------|---------|----------------------|-------|--------------|------|
| 3 | wt | 102 | Sjuul Te Braake | | DC1 | 48.37 | 46.90 | PR |
| | rd | 3 | Danique Stout | | DPA | 48.17 | 48.26 | |
| | | <u>Sjuul Te Braake</u> | | | <u>Danique Stout</u> | | | |
| | | 100m | 12.58 | (12.58) | 100m | 12.74 | (12.74) | |
| | | 500m | 46.90 | (34.32) | 500m | 48.26 | (35.52) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 4 | gl | 21 | Isa Boer | | DB2 | 48.45 | 46.30 | PR |
| | bl | 25 | Marit Veenhuis | | DC1 | 48.36 | 47.12 | PR |
| | | <u>Isa Boer</u> | | | <u>Marit Veenhuis</u> | | | |
| | | 100m | 12.64 | (12.64) | 100m | 12.78 | (12.78) | |
| | | 500m | 46.30 | (33.66) | 500m | 47.12 | (34.34) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 5 | wt | 63 | Twan Kempenaar | | HC1 | 48.14 | 47.98 | PR |
| | rd | 6 | Federico Talen | | HPA | 47.84 | 48.52 | |
| | | <u>Twan Kempenaar</u> | | | <u>Federico Talen</u> | | | |
| | | 100m | 13.32 | (13.32) | 100m | 12.80 | (12.80) | |
| | | 500m | 47.98 | (34.66) | 500m | 48.52 | (35.72) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|------------------------------|-------|---------|------------------------|-------|--------------|------|
| 6 | gl | 36 Boaz Damminga | | HC1 | | 48.14 | 46.47 | PR |
| | bl | 17 Eva Hogendoorn | | DB1 | | 47.87 | 48.19 | |
| | | Boaz Damminga | | | Eva Hogendoorn | | | |
| | | 100m | 12.05 | (12.05) | 100m | 13.18 | (13.18) | |
| | | 500m | 46.47 | (34.42) | 500m | 48.19 | (35.01) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 7 | wt | 29 Femke Lindeboom | | DC1 | | 47.09 | 48.11 | |
| | rd | 66 Mette Verdoold | | DB1 | | 47.18 | 47.58 | |
| | | Femke Lindeboom | | | Mette Verdoold | | | |
| | | 100m | 12.38 | (12.38) | 100m | 12.68 | (12.68) | |
| | | 500m | 48.11 | (35.73) | 500m | 47.58 | (34.90) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 8 | gl | 80 Wietze de Haan | | HC1 | | 47.76 | 48.79 | |
| | bl | 54 Senne Eggenkamp | | DC1 | | 47.83 | 47.13 | PR |
| | | Wietze de Haan | | | Senne Eggenkamp | | | |
| | | 100m | 13.39 | (13.39) | 100m | 12.82 | (12.82) | |
| | | 500m | 48.79 | (35.40) | 500m | 47.13 | (34.31) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 9 | wt | 40 Chantal Herms | | D50 | | 45.90 | 46.97 | |
| | rd | 123 Anja Bollaart | | D55 | | 41.31 | 48.44 | |
| | | Chantal Herms | | | Anja Bollaart | | | |
| | | 100m | 12.56 | (12.56) | 100m | 13.39 | (13.39) | |
| | | 500m | 46.97 | (34.41) | 500m | 48.44 | (35.05) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 10 | gl | 86 Juul van der Vliet | | DC1 | | 47.33 | 47.51 | |
| | bl | 124 Kees Bollaart | | H60 | | 43.55 | 47.88 | |
| | | Juul van der Vliet | | | Kees Bollaart | | | |
| | | 100m | 12.79 | (12.79) | 100m | 13.22 | (13.22) | |
| | | 500m | 47.51 | (34.72) | 500m | 47.88 | (34.66) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|--------------------------------|--------------------------------|---------|-------------------------|-------|--------------|------|
| 11 | wt | 114 | Sara de Wolf | | DC2 | 47.12 | 46.52 | PR |
| | rd | 82 | Abe van Laar | | HC1 | 46.99 | 47.33 | |
| | | Sara de Wolf | | | Abe van Laar | | | |
| | | 100m | 12.68 | (12.68) | 100m | 12.64 | (12.64) | |
| | | 500m | 46.52 | (33.84) | 500m | 47.33 | (34.69) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 12 | gl | 33 | Luna Beks | | DC2 | 46.66 | 45.95 | PR |
| | bl | 52 | Elise Kortleve | | DA1 | 47.01 | 45.88 | PR |
| | | Luna Beks | | | Elise Kortleve | | | |
| | | 100m | 12.52 | (12.52) | 100m | 12.68 | (12.68) | |
| | | 500m | 45.95 | (33.43) | 500m | 45.88 | (33.20) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 13 | wt | 5 | Anne-Fleur van der Liet | | DA1 | 46.33 | 47.03 | |
| | rd | 72 | Dara van Hees | | DC1 | 47.24 | 46.63 | PR |
| | | Anne-Fleur van der Liet | | | Dara van Hees | | | |
| | | 100m | 12.68 | (12.68) | 100m | 12.64 | (12.64) | |
| | | 500m | 47.03 | (34.35) | 500m | 46.63 | (33.99) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 14 | gl | 128 | Jelte Blomberg | | HPB | 47.22 | 46.82 | PR |
| | bl | 32 | Isolde de Koster | | DB1 | 47.09 | 47.71 | |
| | | Jelte Blomberg | | | Isolde de Koster | | | |
| | | 100m | 12.45 | (12.45) | 100m | 12.85 | (12.85) | |
| | | 500m | 46.82 | (34.37) | 500m | 47.71 | (34.86) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 15 | wt | 12 | Mischa Slot | | HPA | 46.75 | 46.24 | PR |
| | rd | 22 | Wende Linnenbank | | DPA | 46.84 | DNS | |
| | | Mischa Slot | | | Wende Linnenbank | | | |
| | | 100m | 12.51 | (12.51) | | | | |
| | | 500m | 46.24 | (33.73) | | | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|------------------------|-----------------------------|---------|-----------------------------|-------|--------------|------|
| 16 | gl | 76 | Pieter Lankhaar | | HC1 | 46.56 | 46.31 | PR |
| | bl | 107 | Keira Vissenberg | | DB1 | 46.02 | 46.91 | |
| | | Pieter Lankhaar | | | Keira Vissenberg | | | |
| | | 100m | 12.35 | (12.35) | 100m | 12.49 | (12.49) | |
| | | 500m | 46.31 | (33.96) | 500m | 46.91 | (34.42) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 17 | wt | 75 | Charissa de Mes | | DB1 | 46.07 | 44.61 | PR |
| | rd | 73 | Lonneke Merkx | | DB2 | 45.24 | 45.86 | |
| | | Charissa de Mes | | | Lonneke Merkx | | | |
| | | 100m | 12.40 | (12.40) | 100m | 12.26 | (12.26) | |
| | | 500m | 44.61 | (32.21) | 500m | 45.86 | (33.60) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 18 | gl | 111 | Rudie Assink | | H55 | 43.69 | 46.52 | |
| | bl | 135 | Madee Hadders | | DPA | 46.26 | 47.78 | |
| | | Rudie Assink | | | Madee Hadders | | | |
| | | 100m | 12.86 | (12.86) | 100m | 12.89 | (12.89) | |
| | | 500m | 46.52 | (33.66) | 500m | 47.78 | (34.89) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 19 | wt | 9 | Loek Oudenes | | HC2 | 46.01 | 45.81 | PR |
| | rd | 28 | Floortje Korpershoek | | DB1 | 45.94 | 46.02 | |
| | | Loek Oudenes | | | Floortje Korpershoek | | | |
| | | 100m | 12.38 | (12.38) | 100m | 12.25 | (12.25) | |
| | | 500m | 45.81 | (33.43) | 500m | 46.02 | (33.77) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 20 | gl | 2 | Ava Zachrisson | | DC1 | 45.94 | 45.52 | PR |
| | bl | 139 | Lisa Konst | | DC1 | 45.76 | 45.98 | |
| | | Ava Zachrisson | | | Lisa Konst | | | |
| | | 100m | 12.46 | (12.46) | 100m | 12.47 | (12.47) | |
| | | 500m | 45.52 | (33.06) | 500m | 45.98 | (33.51) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-------|---------|-------|---------------------|---------|
| 21 | wt | 10 | Imre Blomberg | | DPA | 45.36 | 44.89 | PR |
| | rd | 51 | Evi Blomberg | | DC2 | 45.45 | 44.60 | PR |
| | | | Imre Blomberg | | | | Evi Blomberg | |
| | | | 100m | 12.20 | (12.20) | 100m | 12.20 | (12.20) |
| | | | 500m | 44.89 | (32.69) | 500m | 44.60 | (32.40) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-------|---------|-------|-----------------------|---------|
| 22 | gl | 14 | Quinty Bloedjes | | DB2 | 45.64 | 45.42 | PR |
| | bl | 62 | Sjoerd de Haan | | HC2 | 45.37 | 44.94 | PR |
| | | | Quinty Bloedjes | | | | Sjoerd de Haan | |
| | | | 100m | 12.54 | (12.54) | 100m | 12.15 | (12.15) |
| | | | 500m | 45.42 | (32.88) | 500m | 44.94 | (32.79) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|---------|-------|-------------------|---------|
| 23 | wt | 26 | Sverre Slenema | | HC1 | 45.15 | 44.38 | PR |
| | rd | 23 | Owen Knook | | HB2 | 44.67 | 45.34 | |
| | | | Sverre Slenema | | | | Owen Knook | |
| | | | 100m | 11.97 | (11.97) | 100m | 11.60 | (11.60) |
| | | | 500m | 44.38 | (32.41) | 500m | 45.34 | (33.74) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-------|---------|-------|---------------------|---------|
| 24 | gl | 116 | Esmee Zijderlaan | | DA1 | 43.76 | 45.34 | |
| | bl | 69 | Anne Breider | | DC2 | 44.12 | 44.68 | |
| | | | Esmee Zijderlaan | | | | Anne Breider | |
| | | | 100m | 12.42 | (12.42) | 100m | 12.20 | (12.20) |
| | | | 500m | 45.34 | (32.92) | 500m | 44.68 | (32.48) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-------|---------|-------|----------------------|---------|
| 25 | wt | 142 | Mariël Mur | | DB1 | 44.86 | 46.58 | |
| | rd | 15 | Huib de Vries | | HPA | 44.66 | 44.25 | PR |
| | | | Mariël Mur | | | | Huib de Vries | |
| | | | 100m | 12.74 | (12.74) | 100m | 11.83 | (11.83) |
| | | | 500m | 46.58 | (33.84) | 500m | 44.25 | (32.42) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|------|-----------------------------|-------|---------|-------|-----------------------------|---------|
| 26 | gl | 37 | Meggie Verbakel | | DC2 | 44.72 | 44.59 | PR |
| | bl | 155 | Maaike Haveman | | DB1 | 44.69 | 44.24 | PR |
| | | | Meggie Verbakel | | | | Maaike Haveman | |
| | | | 100m | 12.57 | (12.57) | 100m | 12.26 | (12.26) |
| | | | 500m | 44.59 | (32.02) | 500m | 44.24 | (31.98) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 27 | wt | 46 | Josephine Grill | | DB2 | 44.47 | 44.48 | |
| | rd | 8 | Sem de Bie | | HPA | 44.60 | 44.78 | |
| | | | Josephine Grill | | | | Sem de Bie | |
| | | | 100m | 12.23 | (12.23) | 100m | 11.90 | (11.90) |
| | | | 500m | 44.48 | (32.25) | 500m | 44.78 | (32.88) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 28 | gl | 44 | Isabella Talen | | DB2 | 44.55 | 45.09 | |
| | bl | 110 | Maureen van Seumeren | | DC2 | 44.52 | 43.29 | PR |
| | | | Isabella Talen | | | | Maureen van Seumeren | |
| | | | 100m | 12.28 | (12.28) | 100m | 12.02 | (12.02) |
| | | | 500m | 45.09 | (32.81) | 500m | 43.29 | (31.27) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 29 | wt | 65 | Annika Korpershoek | | DB1 | 43.99 | 45.19 | |
| | rd | 146 | Janne Boos | | DA1 | 43.57 | 44.13 | |
| | | | Annika Korpershoek | | | | Janne Boos | |
| | | | 100m | 12.24 | (12.24) | 100m | 12.26 | (12.26) |
| | | | 500m | 45.19 | (32.95) | 500m | 44.13 | (31.87) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 30 | gl | 137 | Tobi Raams | | HA1 | 43.58 | 42.40 | PR |
| | bl | 58 | Cas van der Zijden | | HB1 | 43.83 | 44.09 | |
| | | | Tobi Raams | | | | Cas van der Zijden | |
| | | | 100m | 11.50 | (11.50) | 100m | 11.56 | (11.56) |
| | | | 500m | 42.40 | (30.90) | 500m | 44.09 | (32.53) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|---------------------------|------------------------------|---------|------------------------------|-------|--------------|------|
| 31 | wt | 74 | Danique van Rooden | DA1 | | 43.52 | 43.30 | PR |
| | rd | 164 | Lucien de Esch | HC2 | | 43.58 | 42.94 | PR |
| | | Danique van Rooden | | | Lucien de Esch | | | |
| | | 100m | 11.88 | (11.88) | 100m | 11.92 | (11.92) | |
| | | 500m | 43.30 | (31.42) | 500m | 42.94 | (31.02) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 32 | gl | 57 | Marleen Knol | DB2 | | 43.64 | 43.27 | PR |
| | bl | 53 | Lars Bruggers | HC2 | | 43.63 | 43.19 | PR |
| | | Marleen Knol | | | Lars Bruggers | | | |
| | | 100m | 11.82 | (11.82) | 100m | 12.00 | (12.00) | |
| | | 500m | 43.27 | (31.45) | 500m | 43.19 | (31.19) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 33 | wt | 13 | Kasper Rooks | HC2 | | 43.25 | 43.12 | PR |
| | rd | 59 | Michel van der Sluijs | H50 | | 43.57 | 44.94 | |
| | | Kasper Rooks | | | Michel van der Sluijs | | | |
| | | 100m | 11.75 | (11.75) | 100m | 12.50 | (12.50) | |
| | | 500m | 43.12 | (31.37) | 500m | 44.94 | (32.44) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 34 | gl | 50 | Maud Kempenaar | DB2 | | 43.49 | 43.49 | PR |
| | bl | 60 | Nyncke Dijkstra | DN3 | | 42.31 | 42.74 | |
| | | Maud Kempenaar | | | Nyncke Dijkstra | | | |
| | | 100m | 12.05 | (12.05) | 100m | 12.00 | (12.00) | |
| | | 500m | 43.49 | (31.44) | 500m | 42.74 | (30.74) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 35 | wt | 81 | Joachim van Laar | HB1 | | 43.23 | 41.77 | PR |
| | rd | 19 | Koos Dijkstra | H55 | | 40.47 | 43.04 | |
| | | Joachim van Laar | | | Koos Dijkstra | | | |
| | | 100m | 11.69 | (11.69) | 100m | 11.89 | (11.89) | |
| | | 500m | 41.77 | (30.08) | 500m | 43.04 | (31.15) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-------|---------|-------|----------------------|---------|
| 36 | gl | 126 | Caspian Alexander | | HC1 | 43.18 | 43.38 | |
| | bl | 99 | Joas Woudstra | | HSB | 41.78 | 42.58 | |
| | | | Caspian Alexander | | | | Joas Woudstra | |
| | | | 100m | 11.50 | (11.50) | 100m | 11.60 | (11.60) |
| | | | 500m | 43.38 | (31.88) | 500m | 42.58 | (30.98) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-------|---------|-------|--------------------|---------|
| 37 | wt | 61 | Sara van Leeuwen | | DA2 | 42.48 | 42.26 | PR |
| | rd | 55 | Jibbe Koops | | HC1 | 42.90 | 43.18 | |
| | | | Sara van Leeuwen | | | | Jibbe Koops | |
| | | | 100m | 11.48 | (11.48) | 100m | 11.76 | (11.76) |
| | | | 500m | 42.26 | (30.78) | 500m | 43.18 | (31.42) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-------|---------|-------|--------------------|---------|
| 38 | gl | 161 | Tyler Robertson | | HN1 | 42.48 | 41.22 | PR |
| | bl | 43 | Elise Favre | | DB2 | 42.58 | 41.62 | PR |
| | | | Tyler Robertson | | | | Elise Favre | |
| | | | 100m | 11.37 | (11.37) | 100m | 11.61 | (11.61) |
| | | | 500m | 41.22 | (29.85) | 500m | 41.62 | (30.01) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|---------|-------|----------------------|---------|
| 39 | wt | 103 | Daan Spoelstra | | H45 | 42.67 | 42.84 | |
| | rd | 27 | Laura Linssen | | DA2 | 42.78 | 42.69 | PR |
| | | | Daan Spoelstra | | | | Laura Linssen | |
| | | | 100m | 11.74 | (11.74) | 100m | 11.76 | (11.76) |
| | | | 500m | 42.84 | (31.10) | 500m | 42.69 | (30.93) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-------|---------|-------|--------------------|---------|
| 40 | gl | 68 | Elena Ruijtenberg | | DB1 | 42.67 | 42.66 | PR |
| | bl | 148 | Gwen Konter | | DN2 | 42.69 | 42.63 | PR |
| | | | Elena Ruijtenberg | | | | Gwen Konter | |
| | | | 100m | 11.82 | (11.82) | 100m | 11.82 | (11.82) |
| | | | 500m | 42.66 | (30.84) | 500m | 42.63 | (30.81) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-------|---------|-------|--------------------------|---------|
| 41 | wt | 168 | Laurens Taekema | | H45 | 41.13 | 41.66 | |
| | rd | 85 | Marloes Westerhof | | D40 | 41.87 | 42.63 | |
| | | | Laurens Taekema | | | | Marloes Westerhof | |
| | | | 100m | 11.60 | (11.60) | 100m | 11.69 | (11.69) |
| | | | 500m | 41.66 | (30.06) | 500m | 42.63 | (30.94) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|-------|---------|-------|---------------------|---------|
| 42 | gl | 18 | Jan van der Stouwe | | H55 | 39.24 | 43.08 | |
| | bl | 143 | Emma Hulshof | | DSA | 41.78 | 42.17 | |
| | | | Jan van der Stouwe | | | | Emma Hulshof | |
| | | | 100m | 11.66 | (11.66) | 100m | 11.81 | (11.81) |
| | | | 500m | 43.08 | (31.42) | 500m | 42.17 | (30.36) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------|-------|---------|-------|-------------------|---------|
| 43 | wt | 30 | Jonah Zwaan | | HB2 | 41.75 | 41.20 | PR |
| | rd | 133 | Lars Peute | | HC1 | 42.08 | 41.80 | PR |
| | | | Jonah Zwaan | | | | Lars Peute | |
| | | | 100m | 11.73 | (11.73) | 100m | 11.47 | (11.47) |
| | | | 500m | 41.20 | (29.47) | 500m | 41.80 | (30.33) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-------|---------|-------|----------------------|---------|
| 44 | gl | 7 | Ryan Brina | | HC2 | 41.94 | 40.71 | PR |
| | bl | 71 | Robert Wierts | | H50 | 42.15 | 43.10 | |
| | | | Ryan Brina | | | | Robert Wierts | |
| | | | 100m | 11.49 | (11.49) | 100m | 12.26 | (12.26) |
| | | | 500m | 40.71 | (29.22) | 500m | 43.10 | (30.84) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|---------|-------|----------------------|---------|
| 45 | wt | 34 | Mats Verschoor | | HB1 | 41.61 | 41.05 | PR |
| | rd | 138 | Niels Hiddink | | HB1 | 41.47 | 41.02 | PR |
| | | | Mats Verschoor | | | | Niels Hiddink | |
| | | | 100m | 11.33 | (11.33) | 100m | 11.24 | (11.24) |
| | | | 500m | 41.05 | (29.72) | 500m | 41.02 | (29.78) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|---------------------------------|---------------------------|-------|---------|-------|------------------------------|---------|
| 46 | gl | 154 Charley Boekema | | DPA | | 41.65 | 41.68 | HT |
| | bl | 49 Liam Schroten | | HC1 | | 41.53 | 41.53 | |
| | | | Charley Boekema | | | | Liam Schroten | |
| | | | 100m | 11.44 | (11.44) | 100m | 11.49 | (11.49) |
| | | | 500m | 41.68 | (30.24) | 500m | 41.53 | (30.04) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 47 | wt | 156 Max Wokke | | HSA | | 38.83 | 40.74 | HT |
| | rd | 97 Tessa Oudman | | DSA | | 40.95 | 41.05 | |
| | | | Max Wokke | | | | Tessa Oudman | |
| | | | 100m | 10.94 | (10.94) | 100m | 11.35 | (11.35) |
| | | | 500m | 40.74 | (29.80) | 500m | 41.05 | (29.70) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 48 | gl | 35 Joeke van Mulligen | | HN4 | | 40.40 | 40.36 | HT PR |
| | bl | 45 Niels de Jager | | H40 | | 41.32 | 43.65 | |
| | | | Joeke van Mulligen | | | | Niels de Jager | |
| | | | 100m | 11.06 | (11.06) | 100m | 11.92 | (11.92) |
| | | | 500m | 40.36 | (29.30) | 500m | 43.65 | (31.73) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 49 | wt | 56 Finn ten Hove | | HSA | | 40.10 | 40.10 | |
| | rd | 78 Timme van de Wetering | | HC1 | | 40.69 | 39.80 | PR |
| | | | Finn ten Hove | | | | Timme van de Wetering | |
| | | | 100m | 11.08 | (11.08) | 100m | 11.10 | (11.10) |
| | | | 500m | 40.10 | (29.02) | 500m | 39.80 | (28.70) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 50 | gl | 144 Jeroen Goudswaard | | HSB | | 41.11 | 41.06 | PR |
| | bl | 38 Sven Post | | HB2 | | 40.79 | DNF | |
| | | | Jeroen Goudswaard | | | | Sven Post | |
| | | | 100m | 11.58 | (11.58) | 100m | 11.01 | (11.01) |
| | | | 500m | 41.06 | (29.48) | | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|--------------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 51 | wt | 119 | Joep Aben | | HA1 | 40.41 | 40.09 | PR |
| | rd | 129 | Luuk van de Pol | | HA1 | 40.66 | 39.47 | PR |
| | | Joep Aben | | | Luuk van de Pol | | | |
| | | 100m | 10.93 | (10.93) | 100m | 10.67 | (10.67) | |
| | | 500m | 40.09 | (29.16) | 500m | 39.47 | (28.80) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 52 | gl | 77 | Wessel Deken | | HC2 | 40.66 | 39.88 | PR |
| | bl | 42 | Jaron Ridder | | HB1 | 40.22 | 39.85 | PR |
| | | Wessel Deken | | | Jaron Ridder | | | |
| | | 100m | 11.12 | (11.12) | 100m | 10.80 | (10.80) | |
| | | 500m | 39.88 | (28.76) | 500m | 39.85 | (29.05) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 53 | wt | 47 | Ole ten Hove | | HSA | 39.49 | 39.77 | |
| | rd | 125 | Jeroen de Heer | | HN2 | 39.37 | 39.63 | |
| | | Ole ten Hove | | | Jeroen de Heer | | | |
| | | 100m | 11.04 | (11.04) | 100m | 10.78 | (10.78) | |
| | | 500m | 39.77 | (28.73) | 500m | 39.63 | (28.85) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 54 | gl | 117 | Stijn Vlieland | | HB1 | 39.45 | 39.70 | |
| | bl | 39 | Sander Stanneveld | | HB2 | 40.02 | 40.20 | |
| | | Stijn Vlieland | | | Sander Stanneveld | | | |
| | | 100m | 11.24 | (11.24) | 100m | 11.02 | (11.02) | |
| | | 500m | 39.70 | (28.46) | 500m | 40.20 | (29.18) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 55 | wt | 84 | Jarno van der Ent | | HN4 | 39.29 | 39.10 | PR |
| | rd | 20 | Bart Seffinga | | H40 | 37.10 | 39.14 | |
| | | Jarno van der Ent | | | Bart Seffinga | | | |
| | | 100m | 10.72 | (10.72) | 100m | 11.03 | (11.03) | |
| | | 500m | 39.10 | (28.38) | 500m | 39.14 | (28.11) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|---------------------------|---------------------------|---------|---------------------------|-------|---------|-----------------|
| 56 | gl | 163 | Tobias Elshof | | HA2 | | 38.54 | 38.71 |
| | bl | 67 | Rutger Verhoeff | | HA2 | | 38.35 | 38.73 |
| | | Tobias Elshof | | | Rutger Verhoeff | | | |
| | | 100m | 10.64 | (10.64) | 100m | 10.58 | (10.58) | |
| | | 500m | 38.71 | (28.07) | 500m | 38.73 | (28.15) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 57 | wt | 122 | Nomdo de Heer | | HN4 | | 38.04 | 37.92 PR |
| | rd | 106 | Seb van Schelven | | HN3 | | 38.07 | 38.07 PR |
| | | Nomdo de Heer | | | Seb van Schelven | | | |
| | | 100m | 10.54 | (10.54) | 100m | 10.39 | (10.39) | |
| | | 500m | 37.92 | (27.38) | 500m | 38.07 | (27.68) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 58 | gl | 162 | Bodhi Smeele | | HA1 | | 38.62 | 38.61 PR |
| | bl | 120 | Donald Stappenbelt | | HN2 | | 38.22 | DNS |
| | | Bodhi Smeele | | | Donald Stappenbelt | | | |
| | | 100m | 10.77 | (10.77) | | | | |
| | | 500m | 38.61 | (27.84) | | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 59 | wt | 64 | Niels van Reeuwijk | | HN1 | | 37.46 | 38.04 |
| | rd | 158 | Teun de Wit | | HSA | | 36.90 | 37.12 |
| | | Niels van Reeuwijk | | | Teun de Wit | | | |
| | | 100m | 10.69 | (10.69) | 100m | 10.55 | (10.55) | |
| | | 500m | 38.04 | (27.35) | 500m | 37.12 | (26.57) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 60 | gl | 1 | Jort de Gans | | HN1 | | 37.45 | 37.26 PR |
| | bl | 166 | Jack Boekema | | HB1 | | 36.91 | 37.57 |
| | | Jort de Gans | | | Jack Boekema | | | |
| | | 100m | 10.55 | (10.55) | 100m | 10.40 | (10.40) | |
| | | 500m | 37.26 | (26.71) | 500m | 37.57 | (27.17) | |

2. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 64 Niels van Reeuwijk | HN1 | 89 | O | 1:50.72 | PR | |
| 2 | 162 Bodhi Smeele | HA1 | 90 | O | 1:54.94 | | |
| 3 | 117 Stijn Vlieland | HB1 | 89 | I | 1:56.05 | PR | |
| 4 | 56 Finn ten Hove | HSA | 90 | I | 1:56.54 | | |
| 5 | 47 Ole ten Hove | HSA | 87 | I | 1:57.58 | | |
| 6 | 163 Tobias Elshof | HA2 | 86 | O | 1:58.96 | PR | |
| 7 | 119 Joep Aben | HA1 | 85 | O | 1:59.19 | PR | |
| 8 | 89 Jeroen van Voorden | HSA | 87 | O | 1:59.79 | | |
| 9 | 84 Jarno van der Ent | HN4 | 88 | I | 1:59.94 | | |
| 10 | 67 Rutger Verhoeff | HA2 | 88 | O | 2:00.31 | | |
| 11 | 88 Hannes van de Wetering | HC2 | 84 | O | 2:00.96 | PR | |
| 12 | 30 Jonah Zwaan | HB2 | 84 | I | 2:00.98 | PR | |
| 13 | 94 Tijl de Vries | HB1 | 82 | O | 2:03.96 | PR | |
| 14 | 71 Robert Wierds | H50 | 86 | I | 2:04.18 | | |
| 15 | 39 Sander Stanneveld | HB2 | 81 | O | 2:04.55 | PR | |
| 16 | 42 Jaron Ridder | HB1 | 83 | I | 2:04.80 | | |
| 17 | 81 Joachim van Laar | HB1 | 77 | O | 2:05.35 | PR | |
| 18 | 168 Laurens Taekema | H45 | 81 | I | 2:05.60 | | |
| 19 | 103 Daan Spoelstra | H45 | 83 | O | 2:06.82 | | |
| 20 | 99 Joas Woudstra | HSB | 79 | I | 2:07.90 | | |
| 21 | 164 Lucien de Esch | HC2 | 79 | O | 2:07.97 | PR | |
| 22 | 60 Nyncke Dijkstra | DN3 | 75 | O | 2:08.79 | PR | |
| 23 | 97 Tessa Oudman | DSA | 80 | O | 2:09.09 | | |
| 24 | 53 Lars Bruggers | HC2 | 78 | O | 2:10.51 | PR | |
| 25 | 43 Elise Favre | DB2 | 76 | O | 2:11.06 | PR | |
| 26 | 49 Liam Schrotten | HC1 | 76 | I | 2:11.64 | PR | |
| 27 | 74 Danique van Rooden | DA1 | 77 | I | 2:11.66 | PR | |
| 28 | 50 Maud Kempenaar | DB2 | 78 | I | 2:12.22 | | |
| 29 | 68 Elena Ruijtenberg | DB1 | 72 | I | 2:12.88 | PR | |
| 30 | 132 Luca Batterink | HC2 | 73 | I | 2:13.01 | PR | |
| 31 | 55 Jibbe Koops | HC1 | 75 | I | 2:14.37 | PR | |
| 32 | 57 Marleen Knol | DB2 | 71 | I | 2:15.08 | PR | |
| 33 | 126 Caspian Alexander | HC1 | 65 | I | 2:16.09 | PR | |
| 34 | 62 Sjoerd de Haan | HC2 | 71 | O | 2:16.15 | PR | |
| 35 | 110 Maureen van Seumeren | DC2 | 70 | I | 2:16.20 | PR | |
| 36 | 61 Sara van Leeuwen | DA2 | 73 | O | 2:17.17 | PR | |
| 37 | 37 Meggie Verbakel | DC2 | 65 | O | 2:17.22 | PR | |
| 38 | 46 Josephine Grill | DB2 | 72 | O | 2:17.59 | PR | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 39 | 44 Isabella Talen | DB2 | 74 | I | 2:17.94 | | |
| 40 | 51 Evi Blomberg | DC2 | 69 | O | 2:18.53 | PR | |
| 41 | 69 Anne Breider | DC2 | 68 | O | 2:18.99 | PR | |
| 42 | 116 Esmee Zijderlaan | DA1 | 74 | O | 2:19.38 | | |
| 43 | 59 Michel van der Sluijs | H50 | 80 | I | 2:19.51 | | |
| 44 | 82 Abe van Laar | HC1 | 70 | O | 2:19.55 | PR | |
| 45 | 58 Cas van der Zijden | HB1 | 67 | O | 2:21.25 | | |
| 46 | 73 Lonneke Merkx | DB2 | 69 | I | 2:22.28 | | |
| 47 | 111 Rudie Assink | H55 | 67 | I | 2:22.50 | | |
| 48 | 83 Ilse Kolmer | DC2 | 63 | O | 2:22.59 | | |
| 49 | 114 Sara de Wolf | DC2 | 66 | O | 2:23.17 | PR | |
| 50 | 52 Elise Kortleve | DA1 | 62 | I | 2:23.62 | PR | |
| 51 | 76 Pieter Lankhaar | HC1 | 68 | I | 2:24.14 | | |
| 52 | 40 Chantal Herms | D50 | 66 | I | 2:24.70 | | |
| 53 | 21 Isa Boer | DB2 | 61 | I | 2:25.03 | PR | |
| 54 | 65 Annika Korpershoek | DB1 | 61 | O | 2:26.03 | PR | |
| 55 | 54 Senne Eggenkamp | DC1 | 64 | O | 2:27.83 | | |
| 56 | 86 Juul van der Vliet | DC1 | 62 | O | 2:28.08 | PR | |
| 57 | 124 Kees Bollaart | H60 | 63 | I | 2:28.75 | | |
| 58 | 107 Keira Vissenberg | DB1 | 64 | I | 2:29.11 | | |
| | 38 Sven Post | HB2 | 82 | I | DNF | | |
| | 45 Niels de Jager | H40 | 85 | I | DNS | | |

2. Rituitslag 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 61 | wt | 21 Isa Boer | DB2 | 2:29.52 | 2:25.03 | PR |
| | rd | 65 Annika Korpershoek | DB1 | 2:27.63 | 2:26.03 | PR |

Isa Boer

| | | |
|-------|---------|---------|
| 300m | 30.67 | (30.67) |
| 700m | 1:07.01 | (36.34) |
| 1100m | 1:45.56 | (38.55) |
| 1500m | 2:25.03 | (39.47) |

Annika Korpershoek

| | | |
|-------|---------|---------|
| 300m | 30.49 | (30.49) |
| 700m | 1:06.95 | (36.46) |
| 1100m | 1:45.77 | (38.82) |
| 1500m | 2:26.03 | (40.26) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 62 | gl | 52 Elise Kortleve | DA1 | 2:27.54 | 2:23.62 | PR |
| | bl | 86 Juul van der Vliet | DC1 | 2:28.61 | 2:28.08 | PR |

Elise Kortleve

| | | |
|-------|---------|---------|
| 300m | 30.95 | (30.95) |
| 700m | 1:06.62 | (35.67) |
| 1100m | 1:44.73 | (38.11) |
| 1500m | 2:23.62 | (38.89) |

Juul van der Vliet

| | | |
|-------|---------|---------|
| 300m | 31.66 | (31.66) |
| 700m | 1:08.24 | (36.58) |
| 1100m | 1:47.24 | (39.00) |
| 1500m | 2:28.08 | (40.84) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 63 | wt | 124 Kees Bollaart | H60 | 2:12.40 | 2:28.75 | |
| | rd | 83 Ilse Kolmer | DC2 | 2:21.28 | 2:22.59 | |

Kees Bollaart

| | | |
|-------|---------|---------|
| 300m | 32.26 | (32.26) |
| 700m | 1:09.70 | (37.44) |
| 1100m | 1:49.24 | (39.54) |
| 1500m | 2:28.75 | (39.51) |

Ilse Kolmer

| | | |
|-------|---------|---------|
| 300m | 31.16 | (31.16) |
| 700m | 1:06.81 | (35.65) |
| 1100m | 1:44.42 | (37.61) |
| 1500m | 2:22.59 | (38.17) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|---------|----------------|------|
| 64 | gl | 107 Keira Vissenberg | DB1 | 2:25.35 | 2:29.11 | |
| | bl | 54 Senne Eggenkamp | DC1 | 2:26.61 | 2:27.83 | |

Keira Vissenberg

| | | |
|-------|---------|---------|
| 300m | 30.48 | (30.48) |
| 700m | 1:07.14 | (36.66) |
| 1100m | 1:47.63 | (40.49) |
| 1500m | 2:29.11 | (41.48) |

Senne Eggenkamp

| | | |
|-------|---------|---------|
| 300m | 31.34 | (31.34) |
| 700m | 1:08.40 | (37.06) |
| 1100m | 1:47.80 | (39.40) |
| 1500m | 2:27.83 | (40.03) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 65 | wt | 126 Caspian Alexander | HC1 | 2:26.37 | 2:16.09 | PR |
| | rd | 37 Meggie Verbakel | DC2 | 2:23.94 | 2:17.22 | PR |

Caspian Alexander

| | | |
|-------|---------|---------|
| 300m | 28.49 | (28.49) |
| 700m | 1:02.69 | (34.20) |
| 1100m | 1:39.24 | (36.55) |
| 1500m | 2:16.09 | (36.85) |

Meggie Verbakel

| | | |
|-------|---------|---------|
| 300m | 29.00 | (29.00) |
| 700m | 1:01.91 | (32.91) |
| 1100m | 1:38.70 | (36.79) |
| 1500m | 2:17.22 | (38.52) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|---------|----------------|------|
| 66 | gl | 40 Chantal Herms | D50 | 2:23.93 | 2:24.70 | |
| | bl | 114 Sara de Wolf | DC2 | 2:25.04 | 2:23.17 | PR |

Chantal Herms

| | | |
|-------|---------|---------|
| 300m | 30.54 | (30.54) |
| 700m | 1:06.61 | (36.07) |
| 1100m | 1:44.88 | (38.27) |
| 1500m | 2:24.70 | (39.82) |

Sara de Wolf

| | | |
|-------|---------|---------|
| 300m | 30.72 | (30.72) |
| 700m | 1:06.61 | (35.89) |
| 1100m | 1:45.39 | (38.78) |
| 1500m | 2:23.17 | (37.78) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 67 | wt | 111 Rudie Assink | H55 | 2:15.09 | 2:22.50 | |
| | rd | 58 Cas van der Zijden | HB1 | 2:18.85 | 2:21.25 | |

Rudie Assink

| | | |
|-------|---------|---------|
| 300m | 30.66 | (30.66) |
| 700m | 1:05.29 | (34.63) |
| 1100m | 1:42.98 | (37.69) |
| 1500m | 2:22.50 | (39.52) |

Cas van der Zijden

| | | |
|-------|---------|---------|
| 300m | 28.72 | (28.72) |
| 700m | 1:03.67 | (34.95) |
| 1100m | 1:41.40 | (37.73) |
| 1500m | 2:21.25 | (39.85) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 68 | gl | 76 Pieter Lankhaar | HC1 | 2:22.80 | 2:24.14 | |
| | bl | 69 Anne Breider | DC2 | 2:19.67 | 2:18.99 | PR |

Pieter Lankhaar

| | | |
|-------|---------|---------|
| 300m | 30.31 | (30.31) |
| 700m | 1:06.30 | (35.99) |
| 1100m | 1:44.85 | (38.55) |
| 1500m | 2:24.14 | (39.29) |

Anne Breider

| | | |
|-------|---------|---------|
| 300m | 29.50 | (29.50) |
| 700m | 1:03.57 | (34.07) |
| 1100m | 1:40.53 | (36.96) |
| 1500m | 2:18.99 | (38.46) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|---------|----------------|------|
| 69 | wt | 73 Lonneke Merkx | DB2 | 2:19.43 | 2:22.28 | |
| | rd | 51 Evi Blomberg | DC2 | 2:19.68 | 2:18.53 | PR |

Lonneke Merkx

| | | |
|-------|---------|---------|
| 300m | 29.59 | (29.59) |
| 700m | 1:03.94 | (34.35) |
| 1100m | 1:41.57 | (37.63) |
| 1500m | 2:22.28 | (40.71) |

Evi Blomberg

| | | |
|-------|---------|---------|
| 300m | 29.00 | (29.00) |
| 700m | 1:02.99 | (33.99) |
| 1100m | 1:39.92 | (36.93) |
| 1500m | 2:18.53 | (38.61) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|-----|---------|----------------|------|
| 70 | gl | 110 Maureen van Seumeren | DC2 | 2:19.84 | 2:16.20 | PR |
| | bl | 82 Abe van Laar | HC1 | 2:20.52 | 2:19.55 | PR |

Maureen van Seumeren

| | | |
|-------|---------|---------|
| 300m | 28.98 | (28.98) |
| 700m | 1:03.06 | (34.08) |
| 1100m | 1:39.20 | (36.14) |
| 1500m | 2:16.20 | (37.00) |

Abe van Laar

| | | |
|-------|---------|---------|
| 300m | 30.35 | (30.35) |
| 700m | 1:05.73 | (35.38) |
| 1100m | 1:42.44 | (36.71) |
| 1500m | 2:19.55 | (37.11) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 71 | wt | 57 Marleen Knol | DB2 | 2:18.01 | 2:15.08 | PR |
| | rd | 62 Sjoerd de Haan | HC2 | 2:18.79 | 2:16.15 | PR |

Marleen Knol

| | | |
|-------|---------|---------|
| 300m | 28.45 | (28.45) |
| 700m | 1:01.57 | (33.12) |
| 1100m | 1:37.77 | (36.20) |
| 1500m | 2:15.08 | (37.31) |

Sjoerd de Haan

| | | |
|-------|---------|---------|
| 300m | 29.72 | (29.72) |
| 700m | 1:03.45 | (33.73) |
| 1100m | 1:39.05 | (35.60) |
| 1500m | 2:16.15 | (37.10) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|---------|----------------|------|
| 72 | gl | 68 Elena Ruijtenberg | DB1 | 2:18.14 | 2:12.88 | PR |
| | bl | 46 Josephine Grill | DB2 | 2:18.74 | 2:17.59 | PR |

Elena Ruijtenberg

| | | |
|-------|---------|---------|
| 300m | 28.75 | (28.75) |
| 700m | 1:01.42 | (32.67) |
| 1100m | 1:36.43 | (35.01) |
| 1500m | 2:12.88 | (36.45) |

Josephine Grill

| | | |
|-------|---------|---------|
| 300m | 29.07 | (29.07) |
| 700m | 1:02.76 | (33.69) |
| 1100m | 1:39.86 | (37.10) |
| 1500m | 2:17.59 | (37.73) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-----|-----|---------|----------------|------|
| 73 | wt | 132 | Luca Batterink | | HC2 | 2:17.70 | 2:13.01 | PR |
| | rd | 61 | Sara van Leeuwen | | DA2 | 2:17.48 | 2:17.17 | PR |

Luca Batterink

| | | |
|-------|---------|---------|
| 300m | 26.85 | (26.85) |
| 700m | 59.43 | (32.58) |
| 1100m | 1:35.13 | (35.70) |
| 1500m | 2:13.01 | (37.88) |

Sara van Leeuwen

| | | |
|-------|---------|---------|
| 300m | 27.91 | (27.91) |
| 700m | 1:00.97 | (33.06) |
| 1100m | 1:37.72 | (36.75) |
| 1500m | 2:17.17 | (39.45) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-----|-----|---------|----------------|------|
| 74 | gl | 44 | Isabella Talen | | DB2 | 2:17.24 | 2:17.94 | |
| | bl | 116 | Esmee Zijderlaan | | DA1 | 2:16.75 | 2:19.38 | |

Isabella Talen

| | | |
|-------|---------|---------|
| 300m | 29.91 | (29.91) |
| 700m | 1:04.49 | (34.58) |
| 1100m | 1:41.17 | (36.68) |
| 1500m | 2:17.94 | (36.77) |

Esmee Zijderlaan

| | | |
|-------|---------|---------|
| 300m | 29.77 | (29.77) |
| 700m | 1:03.81 | (34.04) |
| 1100m | 1:41.11 | (37.30) |
| 1500m | 2:19.38 | (38.27) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-----|-----|---------|----------------|------|
| 75 | wt | 55 | Jibbe Koops | | HC1 | 2:15.16 | 2:14.37 | PR |
| | rd | 60 | Nyncke Dijkstra | | DN3 | 2:09.21 | 2:08.79 | PR |

Jibbe Koops

| | | |
|-------|---------|---------|
| 300m | 27.90 | (27.90) |
| 700m | 1:01.04 | (33.14) |
| 1100m | 1:37.23 | (36.19) |
| 1500m | 2:14.37 | (37.14) |

Nyncke Dijkstra

| | | |
|-------|---------|---------|
| 300m | 28.33 | (28.33) |
| 700m | 1:00.35 | (32.02) |
| 1100m | 1:34.02 | (33.67) |
| 1500m | 2:08.79 | (34.77) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-----|-----|---------|----------------|------|
| 76 | gl | 49 | Liam Schroten | | HC1 | 2:14.11 | 2:11.64 | PR |
| | bl | 43 | Elise Favre | | DB2 | 2:14.03 | 2:11.06 | PR |

Liam Schroten

| | | |
|-------|---------|---------|
| 300m | 27.32 | (27.32) |
| 700m | 59.13 | (31.81) |
| 1100m | 1:34.52 | (35.39) |
| 1500m | 2:11.64 | (37.12) |

Elise Favre

| | | |
|-------|---------|---------|
| 300m | 27.52 | (27.52) |
| 700m | 59.00 | (31.48) |
| 1100m | 1:33.71 | (34.71) |
| 1500m | 2:11.06 | (37.35) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 77 | wt | 74 Danique van Rooden | DA1 | 2:12.34 | 2:11.66 | PR |
| | rd | 81 Joachim van Laar | HB1 | 2:09.74 | 2:05.35 | PR |

Danique van Rooden

| | | |
|-------|---------|---------|
| 300m | 29.00 | (29.00) |
| 700m | 1:01.41 | (32.41) |
| 1100m | 1:35.53 | (34.12) |
| 1500m | 2:11.66 | (36.13) |

Joachim van Laar

| | | |
|-------|---------|---------|
| 300m | 27.97 | (27.97) |
| 700m | 59.43 | (31.46) |
| 1100m | 1:31.99 | (32.56) |
| 1500m | 2:05.35 | (33.36) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 78 | gl | 50 Maud Kempenaar | DB2 | 2:10.79 | 2:12.22 | |
| | bl | 53 Lars Bruggers | HC2 | 2:13.46 | 2:10.51 | PR |

Maud Kempenaar

| | | |
|-------|---------|---------|
| 300m | 28.60 | (28.60) |
| 700m | 1:01.66 | (33.06) |
| 1100m | 1:36.21 | (34.55) |
| 1500m | 2:12.22 | (36.01) |

Lars Bruggers

| | | |
|-------|---------|---------|
| 300m | 28.79 | (28.79) |
| 700m | 1:00.93 | (32.14) |
| 1100m | 1:35.06 | (34.13) |
| 1500m | 2:10.51 | (35.45) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 79 | wt | 99 Joas Woudstra | HSB | 2:04.73 | 2:07.90 | |
| | rd | 164 Lucien de Esch | HC2 | 2:10.56 | 2:07.97 | PR |

Joas Woudstra

| | | |
|-------|---------|---------|
| 300m | 28.38 | (28.38) |
| 700m | 1:00.46 | (32.08) |
| 1100m | 1:33.68 | (33.22) |
| 1500m | 2:07.90 | (34.22) |

Lucien de Esch

| | | |
|-------|---------|---------|
| 300m | 28.32 | (28.32) |
| 700m | 59.92 | (31.60) |
| 1100m | 1:33.34 | (33.42) |
| 1500m | 2:07.97 | (34.63) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|-----|---------|----------------|------|
| 80 | gl | 59 Michel van der Sluijs | H50 | 2:11.59 | 2:19.51 | |
| | bl | 97 Tessa Oudman | DSA | 2:08.82 | 2:09.09 | |

Michel van der Sluijs

| | | |
|-------|---------|---------|
| 300m | 29.36 | (29.36) |
| 700m | 1:03.38 | (34.02) |
| 1100m | 1:40.38 | (37.00) |
| 1500m | 2:19.51 | (39.13) |

Tessa Oudman

| | | |
|-------|---------|---------|
| 300m | 27.62 | (27.62) |
| 700m | 59.07 | (31.45) |
| 1100m | 1:32.68 | (33.61) |
| 1500m | 2:09.09 | (36.41) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-----|-----|----|---------|-------------------|
| 81 | wt | 168 | Laurens Taekema | | H45 | | 2:03.37 | 2:05.60 |
| | rd | 39 | Sander Stanneveld | | HB2 | | 2:06.57 | 2:04.55 PR |

Laurens Taekema

| | | |
|-------|---------|---------|
| 300m | 27.40 | (27.40) |
| 700m | 58.19 | (30.79) |
| 1100m | 1:31.10 | (32.91) |
| 1500m | 2:05.60 | (34.50) |

Sander Stanneveld

| | | |
|-------|---------|---------|
| 300m | 26.44 | (26.44) |
| 700m | 56.98 | (30.54) |
| 1100m | 1:30.36 | (33.38) |
| 1500m | 2:04.55 | (34.19) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-----|-----|----|---------|-------------------|
| 82 | gl | 38 | Sven Post | | HB2 | | 2:05.71 | DNF |
| | bl | 94 | Tijl de Vries | | HB1 | | 2:07.04 | 2:03.96 PR |

Sven Post

| | | |
|------|-------|---------|
| 300m | 26.27 | (26.27) |
|------|-------|---------|

Tijl de Vries

| | | |
|-------|---------|---------|
| 300m | 26.35 | (26.35) |
| 700m | 56.65 | (30.30) |
| 1100m | 1:29.58 | (32.93) |
| 1500m | 2:03.96 | (34.38) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-----|-----|----|---------|----------------|
| 83 | wt | 42 | Jaron Ridder | | HB1 | | 2:04.28 | 2:04.80 |
| | rd | 103 | Daan Spoelstra | | H45 | | 2:03.63 | 2:06.82 |

Jaron Ridder

| | | |
|-------|---------|---------|
| 300m | 26.69 | (26.69) |
| 700m | 57.45 | (30.76) |
| 1100m | 1:30.34 | (32.89) |
| 1500m | 2:04.80 | (34.46) |

Daan Spoelstra

| | | |
|-------|---------|---------|
| 300m | 27.83 | (27.83) |
| 700m | 59.28 | (31.45) |
| 1100m | 1:32.32 | (33.04) |
| 1500m | 2:06.82 | (34.50) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------------|-----|-----|----|---------|-------------------|
| 84 | gl | 30 | Jonah Zwaan | | HB2 | | 2:04.11 | 2:00.98 PR |
| | bl | 88 | Hannes van de Wetering | | HC2 | | 2:04.01 | 2:00.96 PR |

Jonah Zwaan

| | | |
|-------|---------|---------|
| 300m | 27.31 | (27.31) |
| 700m | 57.25 | (29.94) |
| 1100m | 1:28.36 | (31.11) |
| 1500m | 2:00.98 | (32.62) |

Hannes van de Wetering

| | | |
|-------|---------|---------|
| 300m | 26.01 | (26.01) |
| 700m | 55.91 | (29.90) |
| 1100m | 1:27.46 | (31.55) |
| 1500m | 2:00.96 | (33.50) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|------|-------------------|
| 85 | wt | 45 Niels de Jager | H40 | 2:02.89 | | DNS |
| | rd | 119 Joep Aben | HA1 | 2:02.71 | | 1:59.19 PR |

Niels de Jager

Joep Aben

| | | |
|-------|---------|---------|
| 300m | 26.43 | (26.43) |
| 700m | 56.01 | (29.58) |
| 1100m | 1:26.75 | (30.74) |
| 1500m | 1:59.19 | (32.44) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|------|-------------------|
| 86 | gl | 71 Robert Wierts | H50 | 2:01.43 | | 2:04.18 |
| | bl | 163 Tobias Elshof | HA2 | 2:01.15 | | 1:58.96 PR |

Robert Wierts

Tobias Elshof

| | | | | | |
|-------|---------|---------|-------|---------|---------|
| 300m | 28.40 | (28.40) | 300m | 25.86 | (25.86) |
| 700m | 59.32 | (30.92) | 700m | 55.02 | (29.16) |
| 1100m | 1:31.29 | (31.97) | 1100m | 1:26.18 | (31.16) |
| 1500m | 2:04.18 | (32.89) | 1500m | 1:58.96 | (32.78) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|------|----------------|
| 87 | wt | 47 Ole ten Hove | HSA | 1:56.96 | | 1:57.58 |
| | rd | 89 Jeroen van Voorden | HSA | 1:55.16 | | 1:59.79 |

Ole ten Hove

Jeroen van Voorden

| | | | | | |
|-------|---------|---------|-------|---------|---------|
| 300m | 26.03 | (26.03) | 300m | 26.35 | (26.35) |
| 700m | 55.02 | (28.99) | 700m | 55.77 | (29.42) |
| 1100m | 1:25.38 | (30.36) | 1100m | 1:27.00 | (31.23) |
| 1500m | 1:57.58 | (32.20) | 1500m | 1:59.79 | (32.79) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|---------|------|----------------|
| 88 | gl | 84 Jarno van der Ent | HN4 | 1:59.07 | | 1:59.94 |
| | bl | 67 Rutger Verhoeff | HA2 | 1:59.73 | | 2:00.31 |

Jarno van der Ent

Rutger Verhoeff

| | | | | | |
|-------|---------|---------|-------|---------|---------|
| 300m | 25.46 | (25.46) | 300m | 25.61 | (25.61) |
| 700m | 54.92 | (29.46) | 700m | 54.61 | (29.00) |
| 1100m | 1:26.66 | (31.74) | 1100m | 1:26.24 | (31.63) |
| 1500m | 1:59.94 | (33.28) | 1500m | 2:00.31 | (34.07) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|-----|-----|---------|----------------|------|
| 89 | wt | 117 | Stijn Vlieland | | HB1 | 1:56.81 | 1:56.05 | PR |
| | rd | 64 | Niels van Reeuwijk | | HN1 | 1:51.58 | 1:50.72 | PR |

Stijn Vlieland

| | | |
|-------|---------|---------|
| 300m | 26.19 | (26.19) |
| 700m | 54.88 | (28.69) |
| 1100m | 1:24.83 | (29.95) |
| 1500m | 1:56.05 | (31.22) |

Niels van Reeuwijk

| | | |
|-------|---------|---------|
| 300m | 24.87 | (24.87) |
| 700m | 52.20 | (27.33) |
| 1100m | 1:20.74 | (28.54) |
| 1500m | 1:50.72 | (29.98) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-----|-----|---------|----------------|------|
| 90 | gl | 56 | Finn ten Hove | | HSA | 1:56.13 | 1:56.54 | |
| | bl | 162 | Bodhi Smeele | | HA1 | 1:54.61 | 1:54.94 | |

Finn ten Hove

| | | |
|-------|---------|---------|
| 300m | 26.31 | (26.31) |
| 700m | 55.30 | (28.99) |
| 1100m | 1:25.15 | (29.85) |
| 1500m | 1:56.54 | (31.39) |

Bodhi Smeele

| | | |
|-------|---------|---------|
| 300m | 25.53 | (25.53) |
| 700m | 54.02 | (28.49) |
| 1100m | 1:23.78 | (29.76) |
| 1500m | 1:54.94 | (31.16) |

3. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 141 Sam Vermunt | HA2 | 99 | I | 4:09.08 | PR | |
| 2 | 151 Pieter-Jorn Gemser | H45 | 104 | I | 4:10.69 | | |
| 3 | 118 Jordi Storm | HN2 | 104 | O | 4:11.01 | | |
| 4 | 87 Levi Kapp | HA1 | 101 | I | 4:11.82 | | |
| 5 | 145 Floris Verploeg | HB2 | 103 | O | 4:12.13 | PR | |
| 6 | 157 Paddy Smit | HN3 | 103 | I | 4:13.75 | | |
| 7 | 101 Joris Mulder | HB2 | 102 | I | 4:15.08 | PR | |
| 8 | 109 Boaz Buter | HA2 | 100 | O | 4:15.27 | PR | |
| 9 | 100 Nick Bontrop | HA1 | 100 | I | 4:23.99 | | |
| 10 | 136 Roberto van Goor | H50 | 101 | O | 4:24.23 | | |
| 11 | 95 Tjebbe Berkhout | HA1 | 97 | O | 4:25.93 | PR | |
| 12 | 115 Noam van de Koppel | HB2 | 94 | O | 4:27.03 | PR | |
| 13 | 105 Lidia Tempert | DSA | 97 | I | 4:27.47 | | |
| 14 | 98 Ids Witkamp | HB1 | 98 | O | 4:28.06 | PR | |
| 15 | 147 Etienne Tournier | HA1 | 95 | O | 4:30.01 | PR | |
| 16 | 91 Jitte Schuitemaker | DN1 | 95 | I | 4:34.12 | PR | |
| 17 | 112 Robert Crawford | HN3 | 99 | O | 4:34.89 | | |
| 18 | 92 Lucas Fabrie | HB2 | 92 | I | 4:36.91 | PR | |
| 19 | 153 Marije van der Spek | DN3 | 93 | O | 4:41.77 | PR | |
| 20 | 152 Lena de Groot | DB1 | 94 | I | 4:41.78 | PR | |
| 21 | 113 Stijn Verhagen | H45 | 98 | I | 4:43.14 | | |
| 22 | 96 Sybren Berkhout | HA1 | 96 | O | 4:44.06 | | |
| 23 | 104 Lara Dingjan | DN1 | 93 | I | 4:48.52 | PR | |
| 24 | 90 Emma van der Liet | DN2 | 96 | I | 4:49.03 | | |
| 25 | 134 Iris Verbeek | DA1 | 91 | I | 4:51.00 | | |
| 26 | 93 Melle Boeijen | DA1 | 91 | O | 4:51.48 | PR | |
| 27 | 31 Fabienne Maarse | DB2 | 92 | O | 4:51.95 | | |
| | 150 Max Eppinga | HA2 | 102 | O | | DQ | |

3. Rituitslag 3000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---------------------|----|------------------|----------------------|---------|--|---------|----------------|---------|
| 91 | wt | 134 Iris Verbeek | | DA1 | | 4:49.48 | 4:51.00 | |
| | rd | 93 Melle Boeijen | | DA1 | | 4:58.43 | 4:51.48 | PR |
| Iris Verbeek | | | Melle Boeijen | | | | | |
| | | 200m | 22.79 | (22.79) | | 200m | 21.71 | (21.71) |
| | | 600m | 57.26 | (34.47) | | 600m | 56.88 | (35.17) |
| | | 1000m | 1:33.09 | (35.83) | | 1000m | 1:33.23 | (36.35) |
| | | 1400m | 2:11.17 | (38.08) | | 1400m | 2:11.15 | (37.92) |
| | | 1800m | 2:50.54 | (39.37) | | 1800m | 2:50.41 | (39.26) |
| | | 2200m | 3:30.39 | (39.85) | | 2200m | 3:30.37 | (39.96) |
| | | 2600m | 4:10.38 | (39.99) | | 2600m | 4:11.07 | (40.70) |
| | | 3000m | 4:51.00 | (40.62) | | 3000m | 4:51.48 | (40.41) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---------------------|----|--------------------|------------------------|---------|--|---------|----------------|---------|
| 92 | gl | 92 Lucas Fabrie | | HB2 | | 4:53.50 | 4:36.91 | PR |
| | bl | 31 Fabienne Maarse | | DB2 | | 4:51.25 | 4:51.95 | |
| Lucas Fabrie | | | Fabienne Maarse | | | | | |
| | | 200m | 19.98 | (19.98) | | 200m | 22.13 | (22.13) |
| | | 600m | 53.37 | (33.39) | | 600m | 56.46 | (34.33) |
| | | 1000m | 1:28.44 | (35.07) | | 1000m | 1:32.32 | (35.86) |
| | | 1400m | 2:04.84 | (36.40) | | 1400m | 2:09.70 | (37.38) |
| | | 1800m | 2:41.96 | (37.12) | | 1800m | 2:47.92 | (38.22) |
| | | 2200m | 3:19.63 | (37.67) | | 2200m | 3:27.94 | (40.02) |
| | | 2600m | 3:58.14 | (38.51) | | 2600m | 4:09.30 | (41.36) |
| | | 3000m | 4:36.91 | (38.77) | | 3000m | 4:51.95 | (42.65) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|-----|---------|----------------|------|
| 93 | wt | 104 Lara Dingjan | DN1 | 4:49.57 | 4:48.52 | PR |
| | rd | 153 Marije van der Spek | DN3 | 4:47.02 | 4:41.77 | PR |

Lara Dingjan

| | | |
|-------|---------|---------|
| 200m | 21.77 | (21.77) |
| 600m | 56.62 | (34.85) |
| 1000m | 1:32.16 | (35.54) |
| 1400m | 2:09.15 | (36.99) |
| 1800m | 2:47.58 | (38.43) |
| 2200m | 3:27.48 | (39.90) |
| 2600m | 4:08.22 | (40.74) |
| 3000m | 4:48.52 | (40.30) |

Marije van der Spek

| | | |
|-------|---------|---------|
| 200m | 21.93 | (21.93) |
| 600m | 56.40 | (34.47) |
| 1000m | 1:32.13 | (35.73) |
| 1400m | 2:08.29 | (36.16) |
| 1800m | 2:45.21 | (36.92) |
| 2200m | 3:23.37 | (38.16) |
| 2600m | 4:02.92 | (39.55) |
| 3000m | 4:41.77 | (38.85) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-----|---------|----------------|------|
| 94 | gl | 152 Lena de Groot | DB1 | 4:46.88 | 4:41.78 | PR |
| | bl | 115 Noam van de Koppel | HB2 | 4:51.08 | 4:27.03 | PR |

Lena de Groot

| | | |
|-------|---------|---------|
| 200m | 21.51 | (21.51) |
| 600m | 56.29 | (34.78) |
| 1000m | 1:32.96 | (36.67) |
| 1400m | 2:10.32 | (37.36) |
| 1800m | 2:48.27 | (37.95) |
| 2200m | 3:26.27 | (38.00) |
| 2600m | 4:04.42 | (38.15) |
| 3000m | 4:41.78 | (37.36) |

Noam van de Koppel

| | | |
|-------|---------|---------|
| 200m | 20.77 | (20.77) |
| 600m | 53.29 | (32.52) |
| 1000m | 1:27.28 | (33.99) |
| 1400m | 2:02.86 | (35.58) |
| 1800m | 2:38.65 | (35.79) |
| 2200m | 3:15.33 | (36.68) |
| 2600m | 3:51.82 | (36.49) |
| 3000m | 4:27.03 | (35.21) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 95 | wt | 91 Jitte Schuitemaker | DN1 | 4:40.07 | 4:34.12 | PR |
| | rd | 147 Etienne Tournier | HA1 | 4:40.04 | 4:30.01 | PR |

Jitte Schuitemaker

| | | |
|-------|---------|---------|
| 200m | 21.80 | (21.80) |
| 600m | 55.57 | (33.77) |
| 1000m | 1:30.34 | (34.77) |
| 1400m | 2:06.36 | (36.02) |
| 1800m | 2:42.60 | (36.24) |
| 2200m | 3:19.44 | (36.84) |
| 2600m | 3:56.70 | (37.26) |
| 3000m | 4:34.12 | (37.42) |

Etienne Tournier

| | | |
|-------|---------|---------|
| 200m | 20.15 | (20.15) |
| 600m | 52.81 | (32.66) |
| 1000m | 1:27.55 | (34.74) |
| 1400m | 2:02.91 | (35.36) |
| 1800m | 2:39.15 | (36.24) |
| 2200m | 3:15.71 | (36.56) |
| 2600m | 3:52.99 | (37.28) |
| 3000m | 4:30.01 | (37.02) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|---------|----------------|------|
| 96 | gl | 90 Emma van der Liet | DN2 | 4:37.87 | 4:49.03 | |
| | bl | 96 Sybren Berkhout | HA1 | 4:38.20 | 4:44.06 | |

Emma van der Liet

| | | |
|-------|---------|---------|
| 200m | 22.15 | (22.15) |
| 600m | 56.38 | (34.23) |
| 1000m | 1:32.26 | (35.88) |
| 1400m | 2:09.89 | (37.63) |
| 1800m | 2:48.41 | (38.52) |
| 2200m | 3:27.44 | (39.03) |
| 2600m | 4:08.19 | (40.75) |
| 3000m | 4:49.03 | (40.84) |

Sybren Berkhout

| | | |
|-------|---------|---------|
| 200m | 22.72 | (22.72) |
| 600m | 57.83 | (35.11) |
| 1000m | 1:33.29 | (35.46) |
| 1400m | 2:09.61 | (36.32) |
| 1800m | 2:47.04 | (37.43) |
| 2200m | 3:25.48 | (38.44) |
| 2600m | 4:04.49 | (39.01) |
| 3000m | 4:44.06 | (39.57) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd Info |
|----|----|---------------------------|-----|---------|-------------------|
| 97 | wt | 105 Lidia Tempert | DSA | 4:19.30 | 4:27.47 |
| | rd | 95 Tjebbe Berkhout | HA1 | 4:32.78 | 4:25.93 PR |

Lidia Tempert

| | | |
|-------|---------|---------|
| 200m | 21.18 | (21.18) |
| 600m | 54.99 | (33.81) |
| 1000m | 1:29.03 | (34.04) |
| 1400m | 2:03.23 | (34.20) |
| 1800m | 2:38.20 | (34.97) |
| 2200m | 3:13.93 | (35.73) |
| 2600m | 3:50.59 | (36.66) |
| 3000m | 4:27.47 | (36.88) |

Tjebbe Berkhout

| | | |
|-------|---------|---------|
| 200m | 20.74 | (20.74) |
| 600m | 53.91 | (33.17) |
| 1000m | 1:27.54 | (33.63) |
| 1400m | 2:01.45 | (33.91) |
| 1800m | 2:36.16 | (34.71) |
| 2200m | 3:12.10 | (35.94) |
| 2600m | 3:48.78 | (36.68) |
| 3000m | 4:25.93 | (37.15) |

| | | Naam | Cat | PR | Tijd Info |
|----|----|---------------------------|-----|---------|-------------------|
| 98 | gl | 113 Stijn Verhagen | H45 | 4:34.82 | 4:43.14 |
| | bl | 98 Ids Witkamp | HB1 | 4:32.38 | 4:28.06 PR |

Stijn Verhagen

| | | |
|-------|---------|---------|
| 200m | 22.55 | (22.55) |
| 600m | 57.49 | (34.94) |
| 1000m | 1:33.19 | (35.70) |
| 1400m | 2:09.35 | (36.16) |
| 1800m | 2:46.41 | (37.06) |
| 2200m | 3:24.27 | (37.86) |
| 2600m | 4:02.77 | (38.50) |
| 3000m | 4:43.14 | (40.37) |

Ids Witkamp

| | | |
|-------|---------|---------|
| 200m | 21.85 | (21.85) |
| 600m | 56.45 | (34.60) |
| 1000m | 1:31.29 | (34.84) |
| 1400m | 2:05.82 | (34.53) |
| 1800m | 2:40.52 | (34.70) |
| 2200m | 3:15.49 | (34.97) |
| 2600m | 3:51.31 | (35.82) |
| 3000m | 4:28.06 | (36.75) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 99 | wt | 141 Sam Vermunt | HA2 | 4:19.93 | 4:09.08 | PR |
| | rd | 112 Robert Crawford | HN3 | 4:23.08 | 4:34.89 | |

Sam Vermunt

| | | |
|-------|---------|---------|
| 200m | 19.08 | (19.08) |
| 600m | 49.67 | (30.59) |
| 1000m | 1:21.31 | (31.64) |
| 1400m | 1:53.80 | (32.49) |
| 1800m | 2:26.88 | (33.08) |
| 2200m | 3:00.47 | (33.59) |
| 2600m | 3:34.43 | (33.96) |
| 3000m | 4:09.08 | (34.65) |

Robert Crawford

| | | |
|-------|---------|---------|
| 200m | 21.43 | (21.43) |
| 600m | 55.20 | (33.77) |
| 1000m | 1:29.25 | (34.05) |
| 1400m | 2:04.35 | (35.10) |
| 1800m | 2:40.65 | (36.30) |
| 2200m | 3:18.05 | (37.40) |
| 2600m | 3:56.41 | (38.36) |
| 3000m | 4:34.89 | (38.48) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-----|---------|----------------|------|
| 100 | gl | 100 Nick Bontrop | HA1 | 4:23.68 | 4:23.99 | |
| | bl | 109 Boaz Buter | HA2 | 4:19.78 | 4:15.27 | PR |

Nick Bontrop

| | | |
|-------|---------|---------|
| 200m | 20.28 | (20.28) |
| 600m | 52.64 | (32.36) |
| 1000m | 1:25.16 | (32.52) |
| 1400m | 1:58.38 | (33.22) |
| 1800m | 2:32.61 | (34.23) |
| 2200m | 3:08.47 | (35.86) |
| 2600m | 3:45.69 | (37.22) |
| 3000m | 4:23.99 | (38.30) |

Boaz Buter

| | | |
|-------|---------|---------|
| 200m | 20.69 | (20.69) |
| 600m | 52.05 | (31.36) |
| 1000m | 1:24.45 | (32.40) |
| 1400m | 1:57.58 | (33.13) |
| 1800m | 2:31.57 | (33.99) |
| 2200m | 3:06.14 | (34.57) |
| 2600m | 3:40.85 | (34.71) |
| 3000m | 4:15.27 | (34.42) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd Info |
|-----|----|-----------------------------|-----|---------|----------------|
| 101 | wt | 87 Levi Kapp | HA1 | 4:11.15 | 4:11.82 |
| | rd | 136 Roberto van Goor | H50 | 4:18.86 | 4:24.23 |

Levi Kapp

| | | |
|-------|---------|---------|
| 200m | 20.78 | (20.78) |
| 600m | 52.65 | (31.87) |
| 1000m | 1:24.39 | (31.74) |
| 1400m | 1:56.75 | (32.36) |
| 1800m | 2:29.56 | (32.81) |
| 2200m | 3:02.97 | (33.41) |
| 2600m | 3:37.15 | (34.18) |
| 3000m | 4:11.82 | (34.67) |

Roberto van Goor

| | | |
|-------|---------|---------|
| 200m | 21.37 | (21.37) |
| 600m | 55.09 | (33.72) |
| 1000m | 1:29.29 | (34.20) |
| 1400m | 2:03.73 | (34.44) |
| 1800m | 2:38.55 | (34.82) |
| 2200m | 3:13.59 | (35.04) |
| 2600m | 3:48.94 | (35.35) |
| 3000m | 4:24.23 | (35.29) |

| | | Naam | Cat | PR | Tijd Info |
|-----|----|-------------------------|-----|---------|-------------------|
| 102 | gl | 101 Joris Mulder | HB2 | 4:17.75 | 4:15.08 PR |
| | bl | 150 Max Eppinga | HA2 | 4:17.93 | DQ |

Joris Mulder

| | | |
|-------|---------|---------|
| 200m | 19.77 | (19.77) |
| 600m | 51.51 | (31.74) |
| 1000m | 1:24.73 | (33.22) |
| 1400m | 1:58.31 | (33.58) |
| 1800m | 2:32.22 | (33.91) |
| 2200m | 3:06.22 | (34.00) |
| 2600m | 3:40.50 | (34.28) |
| 3000m | 4:15.08 | (34.58) |

Max Eppinga

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-------|------------------------|---------|-----|-------|------------------------|-------------------|
| 103 | wt | 157 | Paddy Smit | | HN3 | | 4:10.29 | 4:13.75 |
| | rd | 145 | Floris Verploeg | | HB2 | | 4:15.42 | 4:12.13 PR |
| | | | Paddy Smit | | | | Floris Verploeg | |
| | | 200m | 18.95 | (18.95) | | 200m | 21.08 | (21.08) |
| | | 600m | 50.22 | (31.27) | | 600m | 53.15 | (32.07) |
| | | 1000m | 1:22.28 | (32.06) | | 1000m | 1:25.93 | (32.78) |
| | | 1400m | 1:55.42 | (33.14) | | 1400m | 1:58.96 | (33.03) |
| | | 1800m | 2:29.19 | (33.77) | | 1800m | 2:32.05 | (33.09) |
| | | 2200m | 3:03.46 | (34.27) | | 2200m | 3:05.47 | (33.42) |
| | | 2600m | 3:38.40 | (34.94) | | 2600m | 3:38.98 | (33.51) |
| | | 3000m | 4:13.75 | (35.35) | | 3000m | 4:12.13 | (33.15) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-------|---------------------------|---------|-----|-------|--------------------|----------------|
| 104 | gl | 151 | Pieter-Jorn Gemser | | H45 | | 4:06.86 | 4:10.69 |
| | bl | 118 | Jordi Storm | | HN2 | | 4:07.39 | 4:11.01 |
| | | | Pieter-Jorn Gemser | | | | Jordi Storm | |
| | | 200m | 21.06 | (21.06) | | 200m | 20.62 | (20.62) |
| | | 600m | 52.93 | (31.87) | | 600m | 52.38 | (31.76) |
| | | 1000m | 1:25.13 | (32.20) | | 1000m | 1:24.75 | (32.37) |
| | | 1400m | 1:57.98 | (32.85) | | 1400m | 1:57.20 | (32.45) |
| | | 1800m | 2:30.94 | (32.96) | | 1800m | 2:30.03 | (32.83) |
| | | 2200m | 3:04.39 | (33.45) | | 2200m | 3:03.05 | (33.02) |
| | | 2600m | 3:37.80 | (33.41) | | 2600m | 3:36.89 | (33.84) |
| | | 3000m | 4:10.69 | (32.89) | | 3000m | 4:11.01 | (34.12) |

4. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 158 Teun de Wit | HSA | 136 | I | 1:12.92 | | |
| 2 | 1 Jort de Gans | HN1 | 135 | O | 1:13.53 | PR | |
| 3 | 166 Jack Boekema | HB1 | 135 | I | 1:14.89 | | |
| 4 | 122 Nomdo de Heer | HN4 | 133 | O | 1:15.36 | PR | |
| 5 | 106 Seb van Schelven | HN3 | 134 | I | 1:15.86 | PR | |
| 6 | 20 Bart Seffinga | H40 | 133 | I | 1:17.24 | | |
| 7 | 130 Vigo Nederstigt | HN2 | 131 | I | 1:19.34 | PR | |
| 8 | 125 Jeroen de Heer | HN2 | 131 | O | 1:19.77 | | |
| 9 | 144 Jeroen Goudswaard | HSB | 127 | I | 1:21.04 | PR | |
| 10 | 35 Joeke van Mulligen | HN4 | 130 | I | 1:21.29 | | |
| 11 | 129 Luuk van de Pol | HA1 | 129 | O | 1:21.35 | PR | |
| 12 | 138 Niels Hiddink | HB1 | 132 | O | 1:21.65 | PR | |
| 13 | 161 Tyler Robertson | HN1 | 132 | I | 1:22.06 | PR | |
| 14 | 7 Ryan Brina | HC2 | 128 | O | 1:22.48 | PR | |
| 15 | 156 Max Wokke | HSA | 125 | O | 1:22.52 | | |
| 16 | 34 Mats Verschoor | HB1 | 127 | O | 1:22.86 | PR | |
| 17 | 165 Thomas van Herk | HN4 | 130 | O | 1:23.01 | PR | |
| 18 | 143 Emma Hulshof | DSA | 125 | I | 1:23.21 | | |
| 19 | 154 Charley Boekema | DPA | 129 | I | 1:24.64 | | |
| 20 | 79 Cerinthe De Jonge | DN1 | 128 | I | 1:24.67 | | |
| 21 | 148 Gwen Konter | DN2 | 126 | I | 1:25.22 | PR | |
| 22 | 13 Kasper Rooks | HC2 | 121 | O | 1:25.42 | PR | |
| 23 | 27 Laura Linssen | DA2 | 123 | O | 1:25.53 | PR | |
| 24 | 133 Lars Peute | HC1 | 124 | O | 1:26.08 | PR | |
| 25 | 19 Koos Dijkstra | H55 | 123 | I | 1:26.48 | | |
| 26 | 167 Renske van Winkoop | DPA | 126 | O | 1:27.48 | | |
| 27 | 75 Charissa de Mes | DB1 | 116 | O | 1:28.42 | PR | |
| 28 | 146 Janne Boos | DA1 | 122 | I | 1:28.88 | PR | |
| 29 | 155 Maaïke Haveman | DB1 | 120 | O | 1:28.91 | PR | |
| 30 | 26 Sverre Slenema | HC1 | 118 | I | 1:29.04 | PR | |
| 31 | 15 Huib de Vries | HPA | 120 | I | 1:29.13 | PR | |
| 32 | 142 Mariël Mur | DB1 | 121 | I | 1:30.89 | | |
| 33 | 8 Sem de Bie | HPA | 122 | O | 1:31.60 | | |
| 34 | 14 Quinty Bloedjes | DB2 | 117 | I | 1:31.77 | PR | |
| 35 | 10 Imre Blomberg | DPA | 119 | O | 1:32.19 | PR | |
| 36 | 102 Sjuul Te Braake | DC1 | 114 | I | 1:32.24 | PR | |
| 37 | 9 Loek Oudenes | HC2 | 115 | I | 1:32.34 | PR | |
| 38 | 139 Lisa Konst | DC1 | 117 | O | 1:32.71 | PR | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 39 | 135 Madee Hadders | DPA | 119 | I | 1:32.94 | PR | |
| 40 | 12 Mischa Slot | HPA | 115 | O | 1:33.42 | PR | |
| 41 | 33 Luna Beks | DC2 | 108 | O | 1:33.63 | PR | |
| 42 | 28 Floortje Korpershoek | DB1 | 118 | O | 1:33.82 | PR | |
| 43 | 36 Boaz Damminga | HC1 | 108 | I | 1:33.90 | PR | |
| 44 | 23 Owen Knook | HB2 | 110 | I | 1:34.07 | | |
| 45 | 2 Ava Zachrisson | DC1 | 114 | O | 1:34.14 | PR | |
| 46 | 72 Dara van Hees | DC1 | 112 | I | 1:34.61 | PR | |
| 47 | 128 Jelte Blomberg | HPB | 107 | I | 1:34.91 | PR | |
| 48 | 25 Marit Veenhuis | DC1 | 111 | O | 1:36.36 | PR | |
| 49 | 63 Twan Kempenaar | HC1 | 105 | I | 1:36.40 | PR | |
| 50 | 17 Eva Hogendoorn | DB1 | 109 | O | 1:36.44 | PR | |
| 51 | 5 Anne-Fleur van der Liet | DA1 | 113 | O | 1:36.55 | | |
| 52 | 29 Femke Lindeboom | DC1 | 111 | I | 1:36.78 | | |
| 53 | 127 Marit de Heer | DA2 | 106 | I | 1:36.85 | PR | |
| 54 | 66 Mette Verdoold | DB1 | 109 | I | 1:37.18 | PR | |
| 55 | 6 Federico Talen | HPA | 113 | I | 1:37.22 | | |
| 56 | 3 Danique Stout | DPA | 110 | O | 1:37.72 | PR | |
| 57 | 123 Anja Bollaart | D55 | 107 | O | 1:38.41 | | |
| 58 | 108 Jonne Holthuis | DC1 | 106 | O | 1:40.04 | PR | |
| 59 | 16 Jasmijn Verdoold | DB1 | 105 | O | 1:40.63 | PR | |
| | 137 Tobi Raams | HA1 | 124 | I | DNF | | |
| | 32 Isolde de Koster | DB1 | 112 | O | DQ | | |
| | 22 Wende Linnenbank | DPA | 116 | I | DNS | | |
| | 120 Donald Stappenbelt | HN2 | 136 | O | DNS | | |
| | 18 Jan van der Stouwe | H55 | | | WDR | | |

4. Rituitslag 1000 meter

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------|-----|---------|----------------|------|
| 105 | wt | 63 Twan Kempenaar | HC1 | 1:42.59 | 1:36.40 | PR |
| | rd | 16 Jasmijn Verdoold | DB1 | 1:42.32 | 1:40.63 | PR |

Twan Kempenaar

| | | |
|-------|---------|---------|
| 200m | 22.56 | (22.56) |
| 600m | 58.76 | (36.20) |
| 1000m | 1:36.40 | (37.64) |

Jasmijn Verdoold

| | | |
|-------|---------|---------|
| 200m | 22.92 | (22.92) |
| 600m | 1:00.19 | (37.27) |
| 1000m | 1:40.63 | (40.44) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-----|---------|----------------|------|
| 106 | gl | 127 Marit de Heer | DA2 | 1:40.74 | 1:36.85 | PR |
| | bl | 108 Jonne Holthuis | DC1 | 1:41.75 | 1:40.04 | PR |

Marit de Heer

| | | |
|-------|---------|---------|
| 200m | 21.93 | (21.93) |
| 600m | 57.98 | (36.05) |
| 1000m | 1:36.85 | (38.87) |

Jonne Holthuis

| | | |
|-------|---------|---------|
| 200m | 23.07 | (23.07) |
| 600m | 1:00.43 | (37.36) |
| 1000m | 1:40.04 | (39.61) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-----|---------|----------------|------|
| 107 | wt | 128 Jelte Blomberg | HPB | 1:39.28 | 1:34.91 | PR |
| | rd | 123 Anja Bollaart | D55 | 1:21.38 | 1:38.41 | |

Jelte Blomberg

| | | |
|-------|---------|---------|
| 200m | 21.74 | (21.74) |
| 600m | 56.83 | (35.09) |
| 1000m | 1:34.91 | (38.08) |

Anja Bollaart

| | | |
|-------|---------|---------|
| 200m | 23.34 | (23.34) |
| 600m | 59.25 | (35.91) |
| 1000m | 1:38.41 | (39.16) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-----|---------|----------------|------|
| 108 | gl | 36 Boaz Damminga | HC1 | 1:40.59 | 1:33.90 | PR |
| | bl | 33 Luna Beks | DC2 | 1:36.89 | 1:33.63 | PR |

Boaz Damminga

| | | |
|-------|---------|---------|
| 200m | 21.13 | (21.13) |
| 600m | 56.85 | (35.72) |
| 1000m | 1:33.90 | (37.05) |

Luna Beks

| | | |
|-------|---------|---------|
| 200m | 21.77 | (21.77) |
| 600m | 56.38 | (34.61) |
| 1000m | 1:33.63 | (37.25) |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-------|----|------------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 109 | wt | 66 | Mette Verdoold | | DB1 | 1:38.47 | 1:37.18 | PR |
| | rd | 17 | Eva Hogendoorn | | DB1 | 1:38.94 | 1:36.44 | PR |
| | | Mette Verdoold | | | Eva Hogendoorn | | | |
| | | 200m | 22.01 | (22.01) | 200m | 22.77 | (22.77) | |
| | | 600m | 57.95 | (35.94) | 600m | 58.72 | (35.95) | |
| | | 1000m | 1:37.18 | (39.23) | 1000m | 1:36.44 | (37.72) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 110 | gl | 23 | Owen Knook | | HB2 | 1:34.07 | 1:34.07 | |
| | bl | 3 | Danique Stout | | DPA | 1:38.60 | 1:37.72 | PR |
| | | Owen Knook | | | Danique Stout | | | |
| | | 200m | 20.49 | (20.49) | 200m | 22.52 | (22.52) | |
| | | 600m | 55.71 | (35.22) | 600m | 59.16 | (36.64) | |
| | | 1000m | 1:34.07 | (38.36) | 1000m | 1:37.72 | (38.56) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 111 | wt | 29 | Femke Lindeboom | | DC1 | 1:36.70 | 1:36.78 | |
| | rd | 25 | Marit Veenhuis | | DC1 | 1:37.44 | 1:36.36 | PR |
| | | Femke Lindeboom | | | Marit Veenhuis | | | |
| | | 200m | 22.28 | (22.28) | 200m | 22.26 | (22.26) | |
| | | 600m | 58.52 | (36.24) | 600m | 58.69 | (36.43) | |
| | | 1000m | 1:36.78 | (38.26) | 1000m | 1:36.36 | (37.67) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 112 | gl | 72 | Dara van Hees | | DC1 | 1:37.31 | 1:34.61 | PR |
| | bl | 32 | Isolde de Koster | | DB1 | 1:36.89 | DQ | |
| | | Dara van Hees | | | Isolde de Koster | | | |
| | | 200m | 22.05 | (22.05) | 200m | 22.18 | (22.18) | |
| | | 600m | 57.41 | (35.36) | 600m | 57.72 | (35.54) | |
| | | 1000m | 1:34.61 | (37.20) | 1000m | 1:36.02 | (38.30) | |

Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|----------------------------------|---------|---------|--------------------------------|----------------|---------|
| 113 | wt | 6 Federico Talen | HPA | | 1:36.33 | 1:37.22 | |
| | rd | 5 Anne-Fleur van der Liet | DA1 | | 1:34.21 | 1:36.55 | |
| | | Federico Talen | | | Anne-Fleur van der Liet | | |
| | | 200m | 22.15 | (22.15) | 200m | 22.27 | (22.27) |
| | | 600m | 58.95 | (36.80) | 600m | 57.28 | (35.01) |
| | | 1000m | 1:37.22 | (38.27) | 1000m | 1:36.55 | (39.27) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|----------------------------|---------|---------|-----------------------|----------------|---------|
| 114 | gl | 102 Sjuul Te Braake | DC1 | | 1:36.64 | 1:32.24 | PR |
| | bl | 2 Ava Zachrisson | DC1 | | 1:36.65 | 1:34.14 | PR |
| | | Sjuul Te Braake | | | Ava Zachrisson | | |
| | | 200m | 21.93 | (21.93) | 200m | 22.13 | (22.13) |
| | | 600m | 56.58 | (34.65) | 600m | 57.21 | (35.08) |
| | | 1000m | 1:32.24 | (35.66) | 1000m | 1:34.14 | (36.93) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-----------------------|---------|---------|--------------------|----------------|---------|
| 115 | wt | 9 Loek Oudenes | HC2 | | 1:34.92 | 1:32.34 | PR |
| | rd | 12 Mischa Slot | HPA | | 1:34.64 | 1:33.42 | PR |
| | | Loek Oudenes | | | Mischa Slot | | |
| | | 200m | 21.51 | (21.51) | 200m | 22.19 | (22.19) |
| | | 600m | 56.23 | (34.72) | 600m | 56.79 | (34.60) |
| | | 1000m | 1:32.34 | (36.11) | 1000m | 1:33.42 | (36.63) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|----------------------------|-----|--|------------------------|----------------|---------|
| 116 | gl | 22 Wende Linnenbank | DPA | | 1:34.71 | DNS | |
| | bl | 75 Charissa de Mes | DB1 | | 1:34.58 | 1:28.42 | PR |
| | | Wende Linnenbank | | | Charissa de Mes | | |
| | | 200m | | | 200m | 21.23 | (21.23) |
| | | 600m | | | 600m | 53.88 | (32.65) |
| | | 1000m | | | 1000m | 1:28.42 | (34.54) |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|-------------------|---------|----------------|------|
| 117 | wt | 14 | Quinty Bloedjes | | DB2 | 1:34.54 | 1:31.77 | PR |
| | rd | 139 | Lisa Konst | | DC1 | 1:34.34 | 1:32.71 | PR |
| | | Quinty Bloedjes | | | Lisa Konst | | | |
| | | 200m | 21.44 | (21.44) | 200m | 21.91 | (21.91) | |
| | | 600m | 54.71 | (33.27) | 600m | 56.32 | (34.41) | |
| | | 1000m | 1:31.77 | (37.06) | 1000m | 1:32.71 | (36.39) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------------|---------|-----------------------------|---------|----------------|------|
| 118 | gl | 26 | Sverre Slenema | | HC1 | 1:33.78 | 1:29.04 | PR |
| | bl | 28 | Floortje Korpershoek | | DB1 | 1:34.38 | 1:33.82 | PR |
| | | Sverre Slenema | | | Floortje Korpershoek | | | |
| | | 200m | 20.56 | (20.56) | 200m | 21.31 | (21.31) | |
| | | 600m | 53.35 | (32.79) | 600m | 56.32 | (35.01) | |
| | | 1000m | 1:29.04 | (35.69) | 1000m | 1:33.82 | (37.50) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|----------------------|---------|----------------------|---------|----------------|------|
| 119 | wt | 135 | Madee Hadders | | DPA | 1:33.45 | 1:32.94 | PR |
| | rd | 10 | Imre Blomberg | | DPA | 1:32.30 | 1:32.19 | PR |
| | | Madee Hadders | | | Imre Blomberg | | | |
| | | 200m | 21.93 | (21.93) | 200m | 21.17 | (21.17) | |
| | | 600m | 56.22 | (34.29) | 600m | 55.35 | (34.18) | |
| | | 1000m | 1:32.94 | (36.72) | 1000m | 1:32.19 | (36.84) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 120 | gl | 15 | Huib de Vries | | HPA | 1:32.96 | 1:29.13 | PR |
| | bl | 155 | Maaike Haveman | | DB1 | 1:31.06 | 1:28.91 | PR |
| | | Huib de Vries | | | Maaike Haveman | | | |
| | | 200m | 20.92 | (20.92) | 200m | 21.09 | (21.09) | |
| | | 600m | 53.91 | (32.99) | 600m | 54.31 | (33.22) | |
| | | 1000m | 1:29.13 | (35.22) | 1000m | 1:28.91 | (34.60) | |

Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|-------|----|-------------------------|---------|---------|----------------------|----------------|---------|
| 121 | wt | 142 Mariël Mur | DB1 | | 1:29.49 | 1:30.89 | |
| | rd | 13 Kasper Rooks | HC2 | | 1:29.53 | 1:25.42 | PR |
| | | Mariël Mur | | | Kasper Rooks | | |
| | | 200m | 21.40 | (21.40) | 200m | 19.66 | (19.66) |
| | | 600m | 54.93 | (33.53) | 600m | 51.77 | (32.11) |
| | | 1000m | 1:30.89 | (35.96) | 1000m | 1:25.42 | (33.65) |
| <hr/> | | | | | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 122 | gl | 146 Janne Boos | DA1 | | 1:29.02 | 1:28.88 | PR |
| | bl | 8 Sem de Bie | HPA | | 1:30.76 | 1:31.60 | |
| | | Janne Boos | | | Sem de Bie | | |
| | | 200m | 20.55 | (20.55) | 200m | 20.67 | (20.67) |
| | | 600m | 53.42 | (32.87) | 600m | 54.50 | (33.83) |
| | | 1000m | 1:28.88 | (35.46) | 1000m | 1:31.60 | (37.10) |
| <hr/> | | | | | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 123 | wt | 19 Koos Dijkstra | H55 | | 1:21.10 | 1:26.48 | |
| | rd | 27 Laura Linssen | DA2 | | 1:26.71 | 1:25.53 | PR |
| | | Koos Dijkstra | | | Laura Linssen | | |
| | | 200m | 20.48 | (20.48) | 200m | 20.46 | (20.46) |
| | | 600m | 52.40 | (31.92) | 600m | 52.10 | (31.64) |
| | | 1000m | 1:26.48 | (34.08) | 1000m | 1:25.53 | (33.43) |
| <hr/> | | | | | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 124 | gl | 137 Tobi Raams | HA1 | | 1:28.72 | DNF | |
| | bl | 133 Lars Peute | HC1 | | 1:26.76 | 1:26.08 | PR |
| | | Tobi Raams | | | Lars Peute | | |
| | | 200m | 19.59 | (19.59) | 200m | 19.94 | (19.94) |
| | | 600m | 50.89 | (31.30) | 600m | 51.82 | (31.88) |
| | | | | | 1000m | 1:26.08 | (34.26) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---------------------|---------|---------|-------|------------------|----------------|
| 125 | wt | 143 | Emma Hulshof | | DSA | | 1:22.80 | 1:23.21 |
| | rd | 156 | Max Wokke | | HSA | | 1:17.95 | 1:22.52 |
| | | | Emma Hulshof | | | | Max Wokke | |
| | | | 200m | 20.20 | (20.20) | 200m | 19.04 | (19.04) |
| | | | 600m | 50.81 | (30.61) | 600m | 49.69 | (30.65) |
| | | | 1000m | 1:23.21 | (32.40) | 1000m | 1:22.52 | (32.83) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---------------------------|---------|---------|-------|---------------------------|-------------------|
| 126 | gl | 148 | Gwen Konter | | DN2 | | 1:25.62 | 1:25.22 PR |
| | bl | 167 | Renske van Winkoop | | DPA | | 1:26.13 | 1:27.48 |
| | | | Gwen Konter | | | | Renske van Winkoop | |
| | | | 200m | 19.88 | (19.88) | 200m | 20.23 | (20.23) |
| | | | 600m | 51.05 | (31.17) | 600m | 52.16 | (31.93) |
| | | | 1000m | 1:25.22 | (34.17) | 1000m | 1:27.48 | (35.32) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------------|---------|---------|-------|-----------------------|-------------------|
| 127 | wt | 144 | Jeroen Goudswaard | | HSB | | 1:21.43 | 1:21.04 PR |
| | rd | 34 | Mats Verschoor | | HB1 | | 1:24.70 | 1:22.86 PR |
| | | | Jeroen Goudswaard | | | | Mats Verschoor | |
| | | | 200m | 19.61 | (19.61) | 200m | 19.19 | (19.19) |
| | | | 600m | 49.60 | (29.99) | 600m | 49.72 | (30.53) |
| | | | 1000m | 1:21.04 | (31.44) | 1000m | 1:22.86 | (33.14) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------------|---------|---------|-------|-------------------|-------------------|
| 128 | gl | 79 | Cerintje De Jonge | | DN1 | | 1:24.37 | 1:24.67 |
| | bl | 7 | Ryan Brina | | HC2 | | 1:24.92 | 1:22.48 PR |
| | | | Cerintje De Jonge | | | | Ryan Brina | |
| | | | 200m | 19.26 | (19.26) | 200m | 19.82 | (19.82) |
| | | | 600m | 49.94 | (30.68) | 600m | 50.19 | (30.37) |
| | | | 1000m | 1:24.67 | (34.73) | 1000m | 1:22.48 | (32.29) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|------------------------|---------|---------|-----------------------|------------------------|-------------------|
| 129 | wt | 154 | Charley Boekema | | DPA | | 1:24.19 | 1:24.64 |
| | rd | 129 | Luuk van de Pol | | HA1 | | 1:23.92 | 1:21.35 PR |
| | | | Charley Boekema | | | | Luuk van de Pol | |
| | | | 200m | 19.71 | (19.71) | 200m 18.70 (18.70) | | |
| | | | 600m | 50.78 | (31.07) | 600m 48.37 (29.67) | | |
| | | | 1000m | 1:24.64 | (33.86) | 1000m 1:21.35 (32.98) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---------------------------|---------|---------|-----------------------|------------------------|-------------------|
| 130 | gl | 35 | Joeke van Mulligen | | HN4 | | 1:20.53 | 1:21.29 |
| | bl | 165 | Thomas van Herk | | HN4 | | 1:23.67 | 1:23.01 PR |
| | | | Joeke van Mulligen | | | | Thomas van Herk | |
| | | | 200m | 19.20 | (19.20) | 200m 18.82 (18.82) | | |
| | | | 600m | 49.03 | (29.83) | 600m 49.48 (30.66) | | |
| | | | 1000m | 1:21.29 | (32.26) | 1000m 1:23.01 (33.53) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|------------------------|---------|---------|-----------------------|-----------------------|-------------------|
| 131 | wt | 130 | Vigo Nederstigt | | HN2 | | 1:20.73 | 1:19.34 PR |
| | rd | 125 | Jeroen de Heer | | HN2 | | 1:19.31 | 1:19.77 |
| | | | Vigo Nederstigt | | | | Jeroen de Heer | |
| | | | 200m | 18.54 | (18.54) | 200m 18.94 (18.94) | | |
| | | | 600m | 47.33 | (28.79) | 600m 48.72 (29.78) | | |
| | | | 1000m | 1:19.34 | (32.01) | 1000m 1:19.77 (31.05) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|------------------------|---------|---------|-----------------------|----------------------|-------------------|
| 132 | gl | 161 | Tyler Robertson | | HN1 | | 1:22.49 | 1:22.06 PR |
| | bl | 138 | Niels Hiddink | | HB1 | | 1:22.76 | 1:21.65 PR |
| | | | Tyler Robertson | | | | Niels Hiddink | |
| | | | 200m | 19.15 | (19.15) | 200m 19.42 (19.42) | | |
| | | | 600m | 49.42 | (30.27) | 600m 49.65 (30.23) | | |
| | | | 1000m | 1:22.06 | (32.64) | 1000m 1:21.65 (32.00) | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|----------------------|---------|---------|-----------------------|----------------------|-------------------|
| 133 | wt | 20 | Bart Seffinga | | H40 | | 1:12.16 | 1:17.24 |
| | rd | 122 | Nomdo de Heer | | HN4 | | 1:15.37 | 1:15.36 PR |
| | | | Bart Seffinga | | | | Nomdo de Heer | |
| | | | 200m | 18.61 | (18.61) | 200m 18.13 (18.13) | | |
| | | | 600m | 46.69 | (28.08) | 600m 45.86 (27.73) | | |
| | | | 1000m | 1:17.24 | (30.55) | 1000m 1:15.36 (29.50) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---------------------------|---------|---------|----|---------------------------|-------------------|
| 134 | gl | 106 | Seb van Schelven | | HN3 | | 1:16.22 | 1:15.86 PR |
| | bl | 18 | Jan van der Stouwe | | H55 | | 1:17.12 | WDR |
| | | | Seb van Schelven | | | | Jan van der Stouwe | |
| | | | 200m | 17.89 | (17.89) | | | |
| | | | 600m | 45.89 | (28.00) | | | |
| | | | 1000m | 1:15.86 | (29.97) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---------------------|---------|---------|-----------------------|---------------------|-------------------|
| 135 | wt | 166 | Jack Boekema | | HB1 | | 1:14.30 | 1:14.89 |
| | rd | 1 | Jort de Gans | | HN1 | | 1:13.86 | 1:13.53 PR |
| | | | Jack Boekema | | | | Jort de Gans | |
| | | | 200m | 17.59 | (17.59) | 200m 17.68 (17.68) | | |
| | | | 600m | 44.99 | (27.40) | 600m 44.44 (26.76) | | |
| | | | 1000m | 1:14.89 | (29.90) | 1000m 1:13.53 (29.09) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---------------------------|---------|---------|----|---------------------------|----------------|
| 136 | gl | 158 | Teun de Wit | | HSA | | 1:10.98 | 1:12.92 |
| | bl | 120 | Donald Stappenbelt | | HN2 | | 1:15.63 | DNS |
| | | | Teun de Wit | | | | Donald Stappenbelt | |
| | | | 200m | 17.60 | (17.60) | | | |
| | | | 600m | 44.16 | (26.56) | | | |
| | | | 1000m | 1:12.92 | (28.76) | | | |