

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

29 November 2025

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	4 Dai Dai N'tab	HSB	14	I	34.98		
2	7 Serge Yoro	HSA	13	I	35.28		
3	36 Max Bergsma	HN3	13	O	36.22		
4	38 Jelle Plug	HN2	11	O	36.45		
5	39 Stein de Wit	HN3	12	I	36.60		
6	37 Roel Regts	HN1	11	I	36.90		
7	47 Calvin van Klink	HSA	9	O	36.97		
8	31 Jort de Gans	HN2	9	I	37.10		
9	15 Loek van Vilsteren	HN3	8	I	37.13		
10	18 Tygo Kompier	HN1	10	I	37.21		
11	19 Yoeri van Bostelen	HN2	12	O	37.30		
12	62 Laurens Bergé	HN2	6	O	37.43		
13	48 Remon Tamminga	HN1	10	O	37.61		
14	8 Naomi Verkerk	DSA	7	O	38.05		
15	27 Rinse Franken	HN1	8	O	38.07		
16	28 Lucas Fabrie	HA1	6	I	38.08	PB	
17	16 Luke Bavius	HA1	5	I	38.97		
18	17 Elanne de Vries	DN1	3	I	40.11	PB	
19	52 Tessa Oudman	DSA	2	I	41.01		
20	53 Amy van der Meer	DSA	4	I	41.31		
21	22 Marika de Glee	DA2	2	O	41.33		
22	25 Maud Biezen	DA2	3	O	43.04		
23	24 Anouk Könst	DN1	1	I	43.83		
24	32 Isabella Talen	DA1	1	O	44.20		
	57 Willem Bekkema	HN3	14	O	DNF		

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1. Race Result 500 meter

		Name	Cat	PB	Time	Info
1	wt	24 Anouk Könst	DN1	43.72	43.83	
	rd	32 Isabella Talen	DA1	43.80	44.20	
		Anouk Könst		Isabella Talen		
		100m	12.17 (12.17)	100m	12.04 (12.04)	
		500m	43.83 (31.66)	500m	44.20 (32.16)	

		Name	Cat	PB	Time	Info
2	yw	52 Tessa Oudman	DSA	40.95	41.01	
	bl	22 Marika de Glee	DA2	40.25	41.33	
		Tessa Oudman		Marika de Glee		
		100m	11.31 (11.31)	100m	11.73 (11.73)	
		500m	41.01 (29.70)	500m	41.33 (29.60)	

		Name	Cat	PB	Time	Info
3	wt	17 Elanne de Vries	DN1	40.32	40.11	PB
	rd	25 Maud Biezen	DA2	42.12	43.04	
		Elanne de Vries		Maud Biezen		
		100m	11.32 (11.32)	100m	12.02 (12.02)	
		500m	40.11 (28.79)	500m	43.04 (31.02)	

		Name	Cat	PB	Time	Info
4	yw	53 Amy van der Meer	DSA	39.76	41.31	
	bl					
		Amy van der Meer				
		100m	11.28 (11.28)	m		
		500m	41.31 (30.03)			

		Name	Cat	PB	Time	Info
5	wt	16 Luke Bavius	HA1	38.88	38.97	
	rd					
		Luke Bavius				
		100m	10.82 (10.82)	m		
		500m	38.97 (28.15)			

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		Name	Cat		PB	Time	Info
6	yw	28	Lucas Fabrie		HA1	38.38	38.08 PB
	bl	62	Laurens Bergé		HN2	37.14	37.43
			Lucas Fabrie		Laurens Bergé		
			100m	10.37 (10.37)	100m	10.37 (10.37)	
			500m	38.08 (27.71)	500m	37.43 (27.06)	
		Name	Cat		PB	Time	Info
7	wt	8	Naomi Verkerk		DSA	37.63	38.05
	rd			Naomi Verkerk			
			m	100m	10.74 (10.74)		
				500m	38.05 (27.31)		
		Name	Cat		PB	Time	Info
8	yw	15	Loek van Vilsteren		HN3	36.66	37.13
	bl	27	Rinse Franken		HN1	37.94	38.07
			Loek van Vilsteren		Rinse Franken		
			100m	10.45 (10.45)	100m	10.76 (10.76)	
			500m	37.13 (26.68)	500m	38.07 (27.31)	
		Name	Cat		PB	Time	Info
9	wt	31	Jort de Gans		HN2	37.10	37.10
	rd	47	Calvin van Klink		HSA	36.51	36.97
			Jort de Gans		Calvin van Klink		
			100m	10.42 (10.42)	100m	10.17 (10.17)	
			500m	37.10 (26.68)	500m	36.97 (26.80)	
		Name	Cat		PB	Time	Info
10	yw	18	Tygo Kompier		HN1	36.92	37.21
	bl	48	Remon Tamminga		HN1	37.35	37.61
			Tygo Kompier		Remon Tamminga		
			100m	10.47 (10.47)	100m	10.33 (10.33)	
			500m	37.21 (26.74)	500m	37.61 (27.28)	

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		Name		Cat	PB		Time	Info
11	wt	37	Roel Regts	HN1	36.53		36.90	
	rd	38	Jelle Plug	HN2	36.29		36.45	
		Roel Regts			Jelle Plug			
		100m	10.12	(10.12)	100m	10.10	(10.10)	
		500m	36.90	(26.78)	500m	36.45	(26.35)	
		Name		Cat	PB		Time	Info
12	yw	39	Stein de Wit	HN3	36.28		36.60	
	bl	19	Yoei van Bostelen	HN2	35.98		37.30	
		Stein de Wit			Yoei van Bostelen			
		100m	10.35	(10.35)	100m	10.39	(10.39)	
		500m	36.60	(26.25)	500m	37.30	(26.91)	
		Name		Cat	PB		Time	Info
13	wt	7	Serge Yoro	HSA	34.83		35.28	
	rd	36	Max Bergsma	HN3	35.70		36.22	
		Serge Yoro			Max Bergsma			
		100m	10.08	(10.08)	100m	10.23	(10.23)	
		500m	35.28	(25.20)	500m	36.22	(25.99)	
		Name		Cat	PB		Time	Info
14	yw	4	Dai Dai N'tab	HSB	34.15		34.98	
	bl	57	Willem Bekkema	HN3	36.14		DNF	
		Dai Dai N'tab			Willem Bekkema			
		100m	9.76	(9.76)	100m	9.98	(9.98)	
		500m	34.98	(25.22)				

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2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	63 Dyon Talsma	HSA	4	I	6:44.91	PB	
2	49 Jesse van Buren	HA2	3	I	6:52.99	PB	
3	44 Robbert-Jan van Hardeveld	HN1	3	O	7:00.48	PB	
4	30 Julian de Boer	HA2	2	O	7:02.00		
5	29 Bodhi Smeele	HA2	2	I	7:02.05		
6	54 Mark Ooijevaar	H40	4	O	7:04.45		
7	55 Robin van de Ven	HA2	1	O	7:08.40	PB	
8	51 Danny Heijkoop	HSA	1	I	7:20.84		

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Thialf - Heerenveen

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2. Race Result 5000 meter

		Name	Cat	PB	Time	Info
1	wt	51 Danny Heijkoop	HSA	7:20.40	7:20.84	
	rd	55 Robin van de Ven	HA2	7:12.27	7:08.40	PB
		Danny Heijkoop		Robin van de Ven		
		200m	20.45 (20.45)	200m	20.67 (20.67)	
		600m	53.67 (33.22)	600m	52.87 (32.20)	
		1000m	1:27.30 (33.63)	1000m	1:25.83 (32.96)	
		1400m	2:00.97 (33.67)	1400m	1:59.22 (33.39)	
		1800m	2:34.69 (33.72)	1800m	2:33.13 (33.91)	
		2200m	3:08.73 (34.04)	2200m	3:06.91 (33.78)	
		2600m	3:43.16 (34.43)	2600m	3:40.75 (33.84)	
		3000m	4:18.12 (34.96)	3000m	4:14.60 (33.85)	
		3400m	4:53.65 (35.53)	3400m	4:49.31 (34.71)	
		3800m	5:29.91 (36.26)	3800m	5:24.03 (34.72)	
		4200m	6:06.48 (36.57)	4200m	5:59.08 (35.05)	
		4600m	6:43.48 (37.00)	4600m	6:33.80 (34.72)	
		5000m	7:20.84 (37.36)	5000m	7:08.40 (34.60)	

		Name	Cat	PB	Time	Info
2	yw	29 Bodhi Smeele	HA2		7:02.05	
	bl	30 Julian de Boer	HA2		7:02.00	
		Bodhi Smeele		Julian de Boer		
		200m	20.58 (20.58)	200m	20.66 (20.66)	
		600m	54.14 (33.56)	600m	54.16 (33.50)	
		1000m	1:28.04 (33.90)	1000m	1:28.06 (33.90)	
		1400m	2:02.59 (34.55)	1400m	2:01.70 (33.64)	
		1800m	2:36.91 (34.32)	1800m	2:35.74 (34.04)	
		2200m	3:11.28 (34.37)	2200m	3:09.74 (34.00)	
		2600m	3:45.29 (34.01)	2600m	3:43.52 (33.78)	
		3000m	4:19.21 (33.92)	3000m	4:17.06 (33.54)	
		3400m	4:52.40 (33.19)	3400m	4:50.32 (33.26)	
		3800m	5:25.12 (32.72)	3800m	5:23.89 (33.57)	
		4200m	5:57.74 (32.62)	4200m	5:57.62 (33.73)	
		4600m	6:30.46 (32.72)	4600m	6:30.94 (33.32)	
		5000m	7:02.05 (31.59)	5000m	7:02.00 (31.06)	

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		Name			Cat	PB		Time	Info
3	wt	49	Jesse van Buren		HA2	6:58.40		6:52.99	PB
	rd	44	Robbert-Jan van Hardeveld		HN1	7:07.23		7:00.48	PB
		Jesse van Buren				Robbert-Jan van Hardeveld			
		200m	20.13	(20.13)	200m	20.22	(20.22)		
		600m	51.74	(31.61)	600m	52.74	(32.52)		
		1000m	1:23.94	(32.20)	1000m	1:25.57	(32.83)		
		1400m	1:56.84	(32.90)	1400m	1:58.85	(33.28)		
		1800m	2:29.87	(33.03)	1800m	2:31.82	(32.97)		
		2200m	3:02.55	(32.68)	2200m	3:04.71	(32.89)		
		2600m	3:35.16	(32.61)	2600m	3:37.98	(33.27)		
		3000m	4:08.06	(32.90)	3000m	4:11.39	(33.41)		
		3400m	4:40.64	(32.58)	3400m	4:44.47	(33.08)		
		3800m	5:13.43	(32.79)	3800m	5:17.74	(33.27)		
		4200m	5:46.69	(33.26)	4200m	5:51.39	(33.65)		
		4600m	6:19.76	(33.07)	4600m	6:25.75	(34.36)		
		5000m	6:52.99	(33.23)	5000m	7:00.48	(34.73)		

		Name				Cat				PB	Time	Info
4	yw	63	Dyon Talsma			HSA				6:47.74	6:44.91	PB
	bl	54	Mark Ooijevaar			H40				6:24.56	7:04.45	
		Dyon Talsma				Mark Ooijevaar						
		200m	19.52	(19.52)		200m	21.39	(21.39)				
		600m	51.59	(32.07)		600m	53.38	(31.99)				
		1000m	1:24.02	(32.43)		1000m	1:25.84	(32.46)				
		1400m	1:55.98	(31.96)		1400m	1:58.57	(32.73)				
		1800m	2:27.69	(31.71)		1800m	2:31.48	(32.91)				
		2200m	2:59.46	(31.77)		2200m	3:04.59	(33.11)				
		2600m	3:31.19	(31.73)		2600m	3:38.21	(33.62)				
		3000m	4:03.20	(32.01)		3000m	4:11.86	(33.65)				
		3400m	4:35.04	(31.84)		3400m	4:45.86	(34.00)				
		3800m	5:07.19	(32.15)		3800m	5:20.14	(34.28)				
		4200m	5:39.45	(32.26)		4200m	5:54.65	(34.51)				
		4600m	6:12.09	(32.64)		4600m	6:29.39	(34.74)				
		5000m	6:44.91	(32.82)		5000m	7:04.45	(35.06)				

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3. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	2 Stijn van de Bunt	HN3	5	O	3:38.94	PB	
2	1 Jesse Speijers	HSA	5	I	3:41.59	PB	
3	26 Eise van Schijndel	HN1	6	O	3:51.42	PB	
4	33 Kai-Arne Ottenhoff	HA2	6	I	3:52.35	PB	
5	23 Rutger Jansma	HA1	3	I	4:03.63		
6	16 Luke Bavius	HA1	4	I	4:11.27		
7	50 Frits Horstman	HB2	4	O	4:17.92		
8	41 Naomi van der Werf	DSA	1	I	4:18.56		
9	21 Elise Favre	DA1	1	O	4:48.66		

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3. Race Result 3000 meter

		Name	Cat			PB	Time	Info
1	wt	41 Naomi van der Werf	DSA			4:12.59	4:18.56	
	rd	21 Elise Favre	DA1			4:42.14	4:48.66	
		Naomi van der Werf			Elise Favre			
		200m	20.43	(20.43)	200m	20.89	(20.89)	
		600m	52.62	(32.19)	600m	53.39	(32.50)	
		1000m	1:25.64	(33.02)	1000m	1:28.50	(35.11)	
		1400m	1:59.00	(33.36)	1400m	2:04.97	(36.47)	
		1800m	2:32.81	(33.81)	1800m	2:43.55	(38.58)	
		2200m	3:07.21	(34.40)	2200m	3:24.06	(40.51)	
		2600m	3:42.49	(35.28)	2600m	4:05.74	(41.68)	
		3000m	4:18.56	(36.07)	3000m	4:48.66	(42.92)	
		Name	Cat			PB	Time	Info
2	yw							
	bl							
		m			m			
		Name	Cat			PB	Time	Info
3	wt	23 Rutger Jansma	HA1			4:01.03	4:03.63	
	rd							
		Rutger Jansma						
		200m	19.78	(19.78)	m			
		600m	51.34	(31.56)				
		1000m	1:23.05	(31.71)				
		1400m	1:54.74	(31.69)				
		1800m	2:26.48	(31.74)				
		2200m	2:58.59	(32.11)				
		2600m	3:31.08	(32.49)				
		3000m	4:03.63	(32.55)				

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		Name	Cat	PB	Time	Info
4	yw	16 Luke Bavius	HA1	4:11.12	4:11.27	
	bl	50 Frits Horstman	HB2	4:17.35	4:17.92	
		Luke Bavius		Frits Horstman		
		200m	19.73 (19.73)	200m	20.31 (20.31)	
		600m	50.83 (31.10)	600m	51.77 (31.46)	
		1000m	1:22.29 (31.46)	1000m	1:23.84 (32.07)	
		1400m	1:54.43 (32.14)	1400m	1:56.88 (33.04)	
		1800m	2:27.46 (33.03)	1800m	2:30.93 (34.05)	
		2200m	3:01.11 (33.65)	2200m	3:06.06 (35.13)	
		2600m	3:35.81 (34.70)	2600m	3:41.88 (35.82)	
		3000m	4:11.27 (35.46)	3000m	4:17.92 (36.04)	

		Name	Cat	PB	Time	Info
5	wt	1 Jesse Speijers	HSA	3:44.50	3:41.59	PB
	rd	2 Stijn van de Bunt	HN3	3:42.62	3:38.94	PB
		Jesse Speijers		Stijn van de Bunt		
		200m	18.77 (18.77)	200m	19.23 (19.23)	
		600m	47.45 (28.68)	600m	48.01 (28.78)	
		1000m	1:16.05 (28.60)	1000m	1:16.50 (28.49)	
		1400m	1:44.81 (28.76)	1400m	1:45.14 (28.64)	
		1800m	2:13.39 (28.58)	1800m	2:13.64 (28.50)	
		2200m	2:42.37 (28.98)	2200m	2:41.80 (28.16)	
		2600m	3:11.69 (29.32)	2600m	3:10.26 (28.46)	
		3000m	3:41.59 (29.90)	3000m	3:38.94 (28.68)	

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		Name	Cat	PB	Time	Info
6	yw	33 Kai-Arne Ottenhoff	HA2	4:03.96	3:52.35	PB
	bl	26 Eise van Schijndel	HN1	3:56.20	3:51.42	PB
		Kai-Arne Ottenhoff		Eise van Schijndel		
		200m	19.30 (19.30)	200m	19.93 (19.93)	
		600m	49.24 (29.94)	600m	49.47 (29.54)	
		1000m	1:18.68 (29.44)	1000m	1:18.51 (29.04)	
		1400m	1:48.42 (29.74)	1400m	1:47.63 (29.12)	
		1800m	2:18.16 (29.74)	1800m	2:17.44 (29.81)	
		2200m	2:48.73 (30.57)	2200m	2:47.81 (30.37)	
		2600m	3:19.91 (31.18)	2600m	3:19.15 (31.34)	
		3000m	3:52.35 (32.44)	3000m	3:51.42 (32.27)	

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4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	42 Michiel de Groot	HN2	6	I	1:49.52	PB	
2	14 Jur Veenje	HSA	5	I	1:49.85		
3	35 Rinze Bart de Glee	HN3	6	O	1:51.70		
4	27 Rinse Franken	HN1	3	I	1:51.73	PB	
5	43 Niels van Reeuwijk	HN2	5	O	1:52.61		
6	40 Isa Leroy	DN1	4	I	2:05.58		
7	53 Amy van der Meer	DSA	4	O	2:06.16		
8	24 Anouk Könst	DN1	3	O	2:09.64		
9	32 Isabella Talen	DA1	2	I	2:15.09		
10	25 Maud Biezen	DA2	2	O	2:15.78		
	22 Marika de Glee	DA2				WDR	

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4. Race Result 1500 meter

		Name	Cat	PB	Time	Info
1	wt	22 Marika de Glee	DA2	2:06.66	WDR	
	rd					
		<u>Marika de Glee</u>		<u>m</u>		

		Name	Cat	PB	Time	Info
2	yw	32 Isabella Talen	DA1	2:11.76	2:15.09	
	bl	25 Maud Biezen	DA2	2:10.74	2:15.78	
		<u>Isabella Talen</u>		<u>Maud Biezen</u>		
		300m	29.24 (29.24)	300m	28.73 (28.73)	
		700m	1:02.60 (33.36)	700m	1:02.13 (33.40)	
		1100m	1:37.95 (35.35)	1100m	1:38.38 (36.25)	
		1500m	2:15.09 (37.14)	1500m	2:15.78 (37.40)	

		Name	Cat	PB	Time	Info
3	wt	27 Rinse Franken	HN1	1:52.27	1:51.73	PB
	rd	24 Anouk Könst	DN1	2:08.96	2:09.64	
		<u>Rinse Franken</u>		<u>Anouk Könst</u>		
		300m	25.13 (25.13)	300m	28.47 (28.47)	
		700m	52.34 (27.21)	700m	1:00.71 (32.24)	
		1100m	1:20.27 (27.93)	1100m	1:34.45 (33.74)	
		1500m	1:51.73 (31.46)	1500m	2:09.64 (35.19)	

		Name	Cat	PB	Time	Info
4	yw	40 Isa Leroy	DN1	2:03.90	2:05.58	
	bl	53 Amy van der Meer	DSA	2:05.91	2:06.16	
		<u>Isa Leroy</u>		<u>Amy van der Meer</u>		
		300m	26.90 (26.90)	300m	30.20 (30.20)	
		700m	57.67 (30.77)	700m	58.92 (28.72)	
		1100m	1:30.42 (32.75)	1100m	1:31.32 (32.40)	
		1500m	2:05.58 (35.16)	1500m	2:06.16 (34.84)	

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		Name		Cat	PB		Time	Info
5	wt	14	Jur Veenje	HSA	1:47.93		1:49.85	
	rd	43	Niels van Reeuwijk	HN2	1:50.25		1:52.61	
		Jur Veenje			Niels van Reeuwijk			
		300m	24.68	(24.68)	300m	24.84	(24.84)	
		700m	51.46	(26.78)	700m	52.61	(27.77)	
		1100m	1:19.90	(28.44)	1100m	1:21.87	(29.26)	
		1500m	1:49.85	(29.95)	1500m	1:52.61	(30.74)	
		Name		Cat	PB		Time	Info
6	yw	42	Michiel de Groot	HN2	1:50.01		1:49.52	PB
	bl	35	Rinze Bart de Glee	HN3	1:49.98		1:51.70	
		Michiel de Groot			Rinze Bart de Glee			
		300m	25.08	(25.08)	300m	24.33	(24.33)	
		700m	52.44	(27.36)	700m	51.35	(27.02)	
		1100m	1:20.34	(27.90)	1100m	1:20.02	(28.67)	
		1500m	1:49.52	(29.18)	1500m	1:51.70	(31.68)	

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	61 Ted Dalrymple	HN3	16	I	1:10.84		
2	36 Max Bergsma	HN3	16	O	1:11.50		
3	38 Jelle Plug	HN2	14	I	1:11.53	PB	
4	37 Roel Regts	HN1	11	I	1:12.30	PB	
5	15 Loek van Vilsteren	HN3	9	I	1:12.64		
6	45 Mervin Maatman	HSA	13	I	1:12.77		
7	19 Yoeri van Bostelen	HN2	12	I	1:13.22		
8	31 Jort de Gans	HN2	12	O	1:13.24		
9	59 Tim Hoogkamer	HSA	7	I	1:13.31		
10	47 Calvin van Klink	HSA	11	O	1:13.48		
11	62 Laurens Bergé	HN2	7	O	1:13.63		
12	18 Tygo Kompier	HN1	10	O	1:14.40		
13	48 Remon Tamminga	HN1	6	I	1:14.84	PB	
14	11 Helga Drost	DSA	8	O	1:17.13		
15	28 Lucas Fabrie	HA1	4	I	1:17.42	PB	
16	58 Sanne Westra	DN4	5	O	1:19.17		
17	17 Elanne de Vries	DN1	1	O	1:20.18	PB	
18	56 Henny de Vries	DSA	5	I	1:22.56		
19	52 Tessa Oudman	DSA	1	I	1:23.37		
	12 Sylke Kas	DSA	3	O	DNF		
	8 Naomi Verkerk	DSA	8	I	DNF		
	7 Serge Yoro	HSA	15	I	DNF		
	34 Teun de Wit	HSA	9	O	DNS		
	46 Jildou Schaaf	DN3			WDR		
	39 Stein de Wit	HN3			WDR		
	4 Dai Dai N'tab	HSB			WDR		

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5. Race Result 1000 meter

		Name	Cat	PB	Time	Info
1	wt	52 Tessa Oudman	DSA	1:21.96	1:23.37	
	rd	17 Elanne de Vries	DN1	1:21.18	1:20.18	PB
		Tessa Oudman	Elanne de Vries			
		200m	19.29 (19.29)	200m	19.14 (19.14)	
		600m	49.44 (30.15)	600m	48.64 (29.50)	
		1000m	1:23.37 (33.93)	1000m	1:20.18 (31.54)	
		Name	Cat	PB	Time	Info
2	yw					
	bl					
		m	m			
		Name	Cat	PB	Time	Info
3	wt					
	rd	12 Sylke Kas	DSA	1:17.67	DNF	
		m	Sylke Kas			
			200m	18.28 (18.28)		
			600m	46.27 (27.99)		
		Name	Cat	PB	Time	Info
4	yw	28 Lucas Fabrie	HA1	1:17.57	1:17.42	PB
	bl	46 Jildou Schaaf	DN3	1:20.83	WDR	
		Lucas Fabrie	Jildou Schaaf			
		200m	18.01 (18.01)			
		600m	46.29 (28.28)			
		1000m	1:17.42 (31.13)			

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		Name	Cat	PB	Time	Info
5	wt	56 Henny de Vries	DSA	1:17.14	1:22.56	
	rd	58 Sanne Westra	DN4	1:17.43	1:19.17	
		Henny de Vries		Sanne Westra		
		200m	20.58 (20.58)	200m	19.36 (19.36)	
		600m	50.57 (29.99)	600m	48.42 (29.06)	
		1000m	1:22.56 (31.99)	1000m	1:19.17 (30.75)	

		Name	Cat	PB	Time	Info
6	yw	48 Remon Tamminga	HN1	1:15.39	1:14.84	pB
	bl					
		Remon Tamminga				
		200m	17.65 (17.65)	m		
		600m	44.92 (27.27)			
		1000m	1:14.84 (29.92)			

		Name	Cat	PB	Time	Info
7	wt	59 Tim Hoogkamer	HSA	1:12.12	1:13.31	
	rd	62 Laurens Bergé	HN2	1:12.83	1:13.63	
		Tim Hoogkamer		Laurens Bergé		
		200m	17.42 (17.42)	200m	17.61 (17.61)	
		600m	44.30 (26.88)	600m	44.48 (26.87)	
		1000m	1:13.31 (29.01)	1000m	1:13.63 (29.15)	

		Name	Cat	PB	Time	Info
8	yw	8 Naomi Verkerk	DSA	1:14.86	DNF	
	bl	11 Helga Drost	DSA	1:15.28	1:17.13	
		Naomi Verkerk		Helga Drost		
		200m	17.99 (17.99)	200m	18.25 (18.25)	
		600m	45.11 (27.12)	600m	45.81 (27.56)	
				1000m	1:17.13 (31.32)	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

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		Name	Cat	PB	Time	Info
9	wt	15 Loek van Vilsteren	HN3	1:11.94	1:12.64	
	rd	34 Teun de Wit	HSA	1:10.98	DNS	
		Loek van Vilsteren		Teun de Wit		
		200m	17.59 (17.59)			
		600m	44.31 (26.72)			
		1000m	1:12.64 (28.33)			

		Name	Cat	PB	Time	Info
10	yw					
	bl	18 Tygo Kompier	HN1	1:12.70	1:14.40	
				Tygo Kompier		
		m		200m	17.53 (17.53)	
				600m	44.86 (27.33)	
				1000m	1:14.40 (29.54)	

		Name	Cat	PB	Time	Info
11	wt	37 Roel Regts	HN1	1:13.00	1:12.30	PB
	rd	47 Calvin van Klink	HSA	1:12.70	1:13.48	
		Roel Regts		Calvin van Klink		
		200m	17.15 (17.15)	200m	17.28 (17.28)	
		600m	43.69 (26.54)	600m	44.09 (26.81)	
		1000m	1:12.30 (28.61)	1000m	1:13.48 (29.39)	

		Name	Cat	PB	Time	Info
12	yw	19 Yoeri van Bostelen	HN2	1:11.87	1:13.22	
	bl	31 Jort de Gans	HN2	1:13.21	1:13.24	
		Yoeri van Bostelen		Jort de Gans		
		200m	17.20 (17.20)	200m	17.48 (17.48)	
		600m	44.05 (26.85)	600m	43.93 (26.45)	
		1000m	1:13.22 (29.17)	1000m	1:13.24 (29.31)	

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		Name	Cat	PB	Time	Info
13	wt	45 Mervin Maatman	HSA	1:11.55	1:12.77	
	rd	39 Stein de Wit	HN3	1:12.31	WDR	
		Mervin Maatman		Stein de Wit		
		200m	17.23 (17.23)			
		600m	43.85 (26.62)			
		1000m	1:12.77 (28.92)			
		Name	Cat	PB	Time	Info
14	yw	38 Jelle Plug	HN2	1:12.04	1:11.53	pB
	bl					
		Jelle Plug				
		200m	17.04 (17.04)		m	
		600m	43.34 (26.30)			
		1000m	1:11.53 (28.19)			
		Name	Cat	PB	Time	Info
15	wt	7 Serge Yoro	HSA	1:08.29	DNF	
	rd	4 Dai Dai N'tab	HSB	1:08.39	WDR	
		Serge Yoro		Dai Dai N'tab		
		200m	16.88 (16.88)			
		600m	42.32 (25.44)			
		Name	Cat	PB	Time	Info
16	yw	61 Ted Dalrymple	HN3	1:10.30	1:10.84	
	bl	36 Max Bergsma	HN3	1:11.19	1:11.50	
		Ted Dalrymple		Max Bergsma		
		200m	16.88 (16.88)	200m	17.10 (17.10)	
		600m	42.79 (25.91)	600m	43.17 (26.07)	
		1000m	1:10.84 (28.05)	1000m	1:11.50 (28.33)	