

Hans Westerhof recordwedstrijden in HV

Thialf - Heerenveen

22 March 2026

1. Result 100 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	5 Benthe Kamerling	DC2	8	O	11.87		
2	33 Guus Brusche	HPE	8	I	14.44	PB	
3	94 Eline van 't Hul	DPC	4	I	14.88	PB	
4	39 Merel Wetzels	DPD	6	I	15.31	PB	
5	81 Wikke Zwart	DPE	6	O	15.84		
6	23 Kalijn Kruithof	DPD	7	I	15.99		
7	61 Floris Groothuis	HPC	5	O	16.30	PB	
8	70 Rosalie Grave	DPD	5	I	16.48		
9	71 Ted Grave	HPF	7	O	16.53		
10	85 Sara Pontenagel	DPF	4	O	17.89	PB	
11	41 Thijs Wetzels	HPF	2	O	18.05	PB	
12	95 Esmee Bleumink	DPF	3	I	18.14	PB	
13	99 Pieter Streppel	HPD	1	O	19.21	PB	
14	97 Marit van 't Hul	DPF	2	I	19.83	PB	
15	96 Yven van der Most	HPF	1	I	29.65	FL	
16	86 Nynke Sap	DPD	3	O	31.54	FL	

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1. Race Result 100 meter

		Name		Cat		PB		Time	Info
1	wt	96	Yven van der Most		HPF	23.19		29.65	FL
	rd	99	Pieter Streppel		HPD	32.55		19.21	PB
		<u>Yven van der Most</u>			<u>Pieter Streppel</u>				
		100m	29.65	(29.65)	100m	19.21	(19.21)		

		Name		Cat		PB		Time	Info
2	yw	97	Marit van 't Hul		DPF	22.52		19.83	PB
	bl	41	Thijs Wetzels		HPF	20.75		18.05	PB
		<u>Marit van 't Hul</u>			<u>Thijs Wetzels</u>				
		100m	19.83	(19.83)	100m	18.05	(18.05)		

		Name		Cat		PB		Time	Info
3	wt	95	Esmee Bleumink		DPF	19.23		18.14	PB
	rd	86	Nynke Sap		DPD	20.46		31.54	FL
		<u>Esmee Bleumink</u>			<u>Nynke Sap</u>				
		100m	18.14	(18.14)	100m	31.54	(31.54)		

		Name		Cat		PB		Time	Info
4	yw	94	Eline van 't Hul		DPC	17.86		14.88	PB
	bl	85	Sara Pontenagel		DPF	17.92		17.89	PB
		<u>Eline van 't Hul</u>			<u>Sara Pontenagel</u>				
		100m	14.88	(14.88)	100m	17.89	(17.89)		

		Name		Cat		PB		Time	Info
5	wt	70	Rosalie Grave		DPD	16.07		16.48	
	rd	61	Floris Groothuis		HPC	17.21		16.30	PB
		<u>Rosalie Grave</u>			<u>Floris Groothuis</u>				
		100m	16.48	(16.48)	100m	16.30	(16.30)		

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		Name	Cat	PB	Time	Info
6	yw	39 Merel Wetzels	DPD	15.72	15.31	PB
	bl	81 Wikke Zwart	DPE	15.66	15.84	
		Merel Wetzels		Wikke Zwart		
		100m 15.31 (15.31)		100m 15.84 (15.84)		

		Name	Cat	PB	Time	Info
7	wt	23 Kalijn Kruithof	DPD	15.51	15.99	
	rd	71 Ted Grave	HPF	15.08	16.53	
		Kalijn Kruithof		Ted Grave		
		100m 15.99 (15.99)		100m 16.53 (16.53)		

		Name	Cat	PB	Time	Info
8	yw	33 Guus Brusche	HPE	14.93	14.44	PB
	bl	5 Benthe Kamerling	DC2	11.82	11.87	
		Guus Brusche		Benthe Kamerling		
		100m 14.44 (14.44)		100m 11.87 (11.87)		

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2. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	78 Tim Hoogkamer	HSA	9	I	37.04		
2	100 Luuk van de Pol	HA2	9	O	37.70		
3	65 Beau Kappers	HA2	10	I	38.38		
4	37 Luca Batterink	HB1	10	O	39.07		
5	57 Liam Schroten	HC2	11	O	39.31	PB	
6	30 Evan Leeuwis	HN1	13	I	40.55		
7	8 Mees Klunder	HB2	12	I	40.62		
8	88 Jasmijn ter Haar	DB2	12	O	41.02		
9	83 Etienne Tournier	HA2	15	O	41.40		
10	3 Marloes Westerhof	D40	14	O	41.76	PB	
11	77 Paul de Leeuw	HB1	13	O	41.82		
12	59 Veerle Friso	DB2	14	I	42.00		
13	62 Herre Mak	HB1	15	I	42.56	PB	
14	17 Just Klunder	HC2	16	I	42.95	PB	
15	103 Femke Lindeboom	DC2	16	O	43.32		
16	102 Jesse Van Velde	HPA	17	I	44.13		
17	12 Wietze de Haan	HC2	20	O	44.34	PB	
	51 Loïc de Vries	HB2	23	I	44.34	PB	
19	13 Ivo Bakker	HN2	19	I	44.51		
20	74 Klaas Jan van der Veen	H55	22	I	44.59		
	1 Roan Varenbrink	HC1	21	O	44.59	PB	
22	2 Wouter Wietzes	H45	21	I	44.66		
23	29 Tes Leferink	DA2	24	I	44.69		
24	68 Jan-Willem van Velsen	H55	18	O	44.79		
25	44 Gerwin Boschloo	H55	19	O	45.19		
26	104 Renske Winters	D45	20	I	45.24		
27	16 Olle Klunder	HPB	18	I	45.42		
28	75 Siemen Draijer	HSA	27	O	45.48	PB	
29	25 Chantal Herms	D50	23	O	45.66		
30	9 Hugo Hulleman	HSA	26	I	45.90		
31	87 Lenneke Groot Koerkamp	DN1	25	O	46.33	PB	
32	10 Christan van den Brink	HPC	29	I	46.39	PB	
33	89 Dewi Ottenschot	DSA	30	I	46.67	PB	
34	11 Noor Klunder	DC1	26	O	46.94	PB	
35	60 Elin Mak	DPB	25	I	47.13		
36	34 Nora Venema	DPB	28	I	47.18	PB	
37	47 Luuk Groothuis	HC1	29	O	47.26	PB	
38	20 Fabian Kruithof	HC1	28	O	47.41	PB	

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	67 Niels Klein Koerkamp	HSB	33	I	47.92		
40	21 Eva Mezzo	DC1	24	O	47.99		
	18 Jasmijn Egers	DSA	31	O	47.99		
42	36 Simon de Olde	HPB	27	I	48.05		
43	6 Maud Nijkamp	DPA	34	O	48.19	PB	
44	84 Alexander Warmink	HB1	32	O	48.38	PB	
45	48 Ties Groothuis	HPA	32	I	48.70	PB	
46	35 Jill Krikken	DPA	34	I	49.59		
47	66 Douwe Gildemacher	HC1	36	I	49.65	PB	
48	4 Sander Wietzes	HN1	35	I	49.69	PB	
49	14 Jelle Nijkamp	HPA	33	O	49.87		
50	72 Tobi Kiers	HA1	30	O	50.05		
51	92 Just Venema	HN1	22	O	50.14		
52	32 Linda van Oosterom	D40	36	O	50.58		
53	55 Noor Koster	DPC	35	O	50.86		
54	43 Mirjam Hulsebos	D55	37	O	51.29		
55	45 Jill Isfordink	DPA	37	I	51.67	PB	
56	38 Eva Rietman	DN1	39	I	52.12	PB	
57	105 Anna Keijzer	DN4	40	I	52.43		
58	93 Simon Evers	HB1	39	O	52.45	PB	
59	98 Emma Kruihof	DB2	41	I	52.75	PB	
60	91 Marit Uiterlinden	DN4	38	O	53.31	PB	
61	52 Siem Jansma	HPA	42	O	53.99	PB	
62	90 Henk-Jan Keijzer	HSA	41	O	54.99		
63	28 Sterre Kremer	DPB	42	I	55.61	PB	
64	73 Maren Kerkdijk	DB2	44	O	56.08	PB	
65	54 Blom Ooijman	DB1	40	O	56.27		
66	15 Elina Martens	DPB	43	O	56.41	PB	
67	46 Daniël Bleumink	HPB	44	I	58.53	PB	
68	27 Fabiën Kroeze	DC2	45	O	59.77	PB	
69	50 Hidde Zuidinga	HPC	45	I	1:00.91	PB	
70	49 Mare Riphagen	DPB	47	I	1:02.88	PB	
71	76 Lucy Lobach	DPB	50	I	1:04.24	PB	
72	26 Lynn van Rijn	DPC	46	O	1:04.55	PB	
73	53 Lucie Wind	DPB	48	O	1:05.33	PB	
74	22 Koen Nijkamp	HPC	38	I	1:07.01	FL	
75	19 Faas Klunder	HPB	49	O	1:07.42	PB	
76	80 Jelte Zwart	HPC	47	O	1:08.09		
77	40 Sophie Wetzels	DPC	46	I	1:08.19		
78	24 Lotte Looman	DPB	50	O	1:09.39	PB	

Referee: Jelle Jan de Jong

Assistant: Tom van Mullem

Starter: Alfred Zwam

From 3/22/2026 4:30:00 PM to 3/22/2026 5:42:40 PM

Print: 4/5/2026 4:24:17 AM

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
	7 Lotte Mus	DPC	48	I	1:09.39		
80	31 Mick de Wals	HPA	49	I	1:09.74		
81	56 Elisa Rodriguez Kers	DPC	51	I	1:11.48	PB	
82	58 Britt Morsink	DPC	51	O	1:18.37	PB	
	101 Justin Van Velde	HC2	11	I	DNF		
	82 Pieter Dijkstra	HSA	31	I	DNS		
	64 Liz Wolters	DC2			WDR		
	42 Nika Daling	DSB			WDR		

T07 - Crossing the demarcation line (254.4)

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2. Race Result 500 meter

		Name		Cat		PB	Time	Info
9	wt	78	Tim Hoogkamer		HSA	36.35	37.04	
	rd	100	Luuk van de Pol		HA2	36.87	37.70	
		Tim Hoogkamer			Luuk van de Pol			
		100m	10.19	(10.19)	100m	10.34	(10.34)	
		500m	37.04	(26.85)	500m	37.70	(27.36)	

		Name		Cat		PB	Time	Info
10	yw	65	Beau Kappers		HA2	37.43	38.38	
	bl	37	Luca Batterink		HB1	38.31	39.07	
		Beau Kappers			Luca Batterink			
		100m	10.63	(10.63)	100m	10.56	(10.56)	
		500m	38.38	(27.75)	500m	39.07	(28.51)	

		Name		Cat		PB	Time	Info
11	wt	101	Justin Van Velde		HC2	39.21	DNF	
	rd	57	Liam Schroten		HC2	39.46	39.31	PB
		Justin Van Velde			Liam Schroten			
		100m	11.09	(11.09)	100m	10.94	(10.94)	
					500m	39.31	(28.37)	

		Name		Cat		PB	Time	Info
12	yw	8	Mees Klunder		HB2	39.72	40.62	
	bl	88	Jasmijn ter Haar		DB2	39.91	41.02	
		Mees Klunder			Jasmijn ter Haar			
		100m	11.19	(11.19)	100m	11.36	(11.36)	
		500m	40.62	(29.43)	500m	41.02	(29.66)	

		Name		Cat		PB	Time	Info
13	wt	30	Evan Leeuwis		HN1	39.33	40.55	
	rd	77	Paul de Leeuw		HB1	41.09	41.82	
		Evan Leeuwis			Paul de Leeuw			
		100m	11.33	(11.33)	100m	10.96	(10.96)	
		500m	40.55	(29.22)	500m	41.82	(30.86)	

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		Name	Cat	PB	Time	Info
14	yw	59 Veerle Friso	DB2	41.14	42.00	
	bl	3 Marloes Westerhof	D40	41.83	41.76	PB
		Veerle Friso		Marloes Westerhof		
		100m 11.59 (11.59)		100m 11.50 (11.50)		
		500m 42.00 (30.41)		500m 41.76 (30.26)		

		Name	Cat	PB	Time	Info
15	wt	62 Herre Mak	HB1	42.65	42.56	PB
	rd	83 Etienne Tournier	HA2	40.52	41.40	
		Herre Mak		Etienne Tournier		
		100m 11.63 (11.63)		100m 11.13 (11.13)		
		500m 42.56 (30.93)		500m 41.40 (30.27)		

		Name	Cat	PB	Time	Info
16	yw	17 Just Klunder	HC2	43.08	42.95	PB
	bl	103 Femke Lindeboom	DC2	43.00	43.32	
		Just Klunder		Femke Lindeboom		
		100m 11.50 (11.50)		100m 11.58 (11.58)		
		500m 42.95 (31.45)		500m 43.32 (31.74)		

		Name	Cat	PB	Time	Info
17	wt	102 Jesse Van Velde	HPA	44.08	44.13	
	rd	64 Liz Wolters	DC2	43.45	WDR	
		Jesse Van Velde		Liz Wolters		
		100m 11.97 (11.97)				
		500m 44.13 (32.16)				

		Name	Cat	PB	Time	Info
18	yw	16 Olle Klunder	HPB	44.42	45.42	
	bl	68 Jan-Willem van Velsen	H55	43.37	44.79	
		Olle Klunder		Jan-Willem van Velsen		
		100m 12.13 (12.13)		100m 12.15 (12.15)		
		500m 45.42 (33.29)		500m 44.79 (32.64)		

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		Name	Cat	PB	Time	Info
19	wt	13 Ivo Bakker	HN2	44.05	44.51	
	rd	44 Gerwin Boschloo	H55	43.16	45.19	
		Ivo Bakker		Gerwin Boschloo		
		100m	12.17 (12.17)	100m	12.26 (12.26)	
		500m	44.51 (32.34)	500m	45.19 (32.93)	

		Name	Cat	PB	Time	Info
20	yw	104 Renske Winters	D45	42.36	45.24	
	bl	12 Wietze de Haan	HC2	44.90	44.34	PB
		Renske Winters		Wietze de Haan		
		100m	12.32 (12.32)	100m	11.95 (11.95)	
		500m	45.24 (32.92)	500m	44.34 (32.39)	

		Name	Cat	PB	Time	Info
21	wt	2 Wouter Wietzes	H45	42.68	44.66	
	rd	1 Roan Varenbrink	HC1	44.91	44.59	PB
		Wouter Wietzes		Roan Varenbrink		
		100m	12.09 (12.09)	100m	11.57 (11.57)	
		500m	44.66 (32.57)	500m	44.59 (33.02)	

		Name	Cat	PB	Time	Info
22	yw	74 Klaas Jan van der Veen	H55	41.97	44.59	
	bl	92 Just Venema	HN1	45.42	50.14	
		Klaas Jan van der Veen		Just Venema		
		100m	12.23 (12.23)	100m	13.32 (13.32)	
		500m	44.59 (32.36)	500m	50.14 (36.82)	

		Name	Cat	PB	Time	Info
23	wt	51 Loïc de Vries	HB2	45.51	44.34	PB
	rd	25 Chantal Herms	D50	45.49	45.66	
		Loïc de Vries		Chantal Herms		
		100m	11.66 (11.66)	100m	12.39 (12.39)	
		500m	44.34 (32.68)	500m	45.66 (33.27)	

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		Name	Cat	PB	Time	Info
24	yw	29 Tes Leferink	DA2	44.08	44.69	
	bl	21 Eva Mezzo	DC1	46.74	47.99	
		Tes Leferink		Eva Mezzo		
		100m 12.12 (12.12)		100m 12.35 (12.35)		
		500m 44.69 (32.57)		500m 47.99 (35.64)		

		Name	Cat	PB	Time	Info
25	wt	60 Elin Mak	DPB	46.78	47.13	
	rd	87 Lenneke Groot Koerkamp	DN1	46.70	46.33	PB
		Elin Mak		Lenneke Groot Koerkamp		
		100m 12.63 (12.63)		100m 12.41 (12.41)		
		500m 47.13 (34.50)		500m 46.33 (33.92)		

		Name	Cat	PB	Time	Info
26	yw	9 Hugo Hulleman	HSA	44.99	45.90	
	bl	11 Noor Klunder	DC1	47.26	46.94	PB
		Hugo Hulleman		Noor Klunder		
		100m 12.73 (12.73)		100m 12.34 (12.34)		
		500m 45.90 (33.17)		500m 46.94 (34.60)		

		Name	Cat	PB	Time	Info
27	wt	36 Simon de Olde	HPB	47.64	48.05	
	rd	75 Siemen Draijer	HSA	47.44	45.48	PB
		Simon de Olde		Siemen Draijer		
		100m 12.68 (12.68)		100m 12.54 (12.54)		
		500m 48.05 (35.37)		500m 45.48 (32.94)		

		Name	Cat	PB	Time	Info
28	yw	34 Nora Venema	DPB	47.70	47.18	PB
	bl	20 Fabian Kruithof	HC1	47.66	47.41	PB
		Nora Venema		Fabian Kruithof		
		100m 12.52 (12.52)		100m 12.77 (12.77)		
		500m 47.18 (34.66)		500m 47.41 (34.64)		

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		Name	Cat	PB	Time	Info
29	wt	10 Christan van den Brink	HPC	47.78	46.39	PB
	rd	47 Luuk Groothuis	HC1	47.76	47.26	PB
		Christan van den Brink		Luuk Groothuis		
		100m 12.65 (12.65)		100m 12.46 (12.46)		
		500m 46.39 (33.74)		500m 47.26 (34.80)		

		Name	Cat	PB	Time	Info
30	yw	89 Dewi Ottenschot	DSA	48.10	46.67	PB
	bl	72 Tobi Kiers	HA1	47.95	50.05	
		Dewi Ottenschot		Tobi Kiers		
		100m 12.76 (12.76)		100m 12.88 (12.88)		
		500m 46.67 (33.91)		500m 50.05 (37.17)		

		Name	Cat	PB	Time	Info
31	wt	82 Pieter Dijkstra	HSA	47.63		DNS
	rd	18 Jasmijn Egers	DSA	47.66	47.99	
		Pieter Dijkstra		Jasmijn Egers		
				100m 13.06 (13.06)		
				500m 47.99 (34.93)		

		Name	Cat	PB	Time	Info
32	yw	48 Ties Groothuis	HPA	49.01	48.70	PB
	bl	84 Alexander Warmink	HB1	48.77	48.38	PB
		Ties Groothuis		Alexander Warmink		
		100m 12.40 (12.40)		100m 12.40 (12.40)		
		500m 48.70 (36.30)		500m 48.38 (35.98)		

		Name	Cat	PB	Time	Info
33	wt	67 Niels Klein Koerkamp	HSB	47.11	47.92	
	rd	14 Jelle Nijkamp	HPA	49.20	49.87	
		Niels Klein Koerkamp		Jelle Nijkamp		
		100m 12.84 (12.84)		100m 13.03 (13.03)		
		500m 47.92 (35.08)		500m 49.87 (36.84)		

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		Name	Cat		PB	Time	Info
34	yw	35 Jill Krikken	DPA		49.03	49.59	
	bl	6 Maud Nijkamp	DPA		49.61	48.19	PB
		Jill Krikken		Maud Nijkamp			
		100m	13.34	(13.34)	100m	12.62	(12.62)
		500m	49.59	(36.25)	500m	48.19	(35.57)

		Name	Cat		PB	Time	Info
35	wt	4 Sander Wietzes	HN1		49.98	49.69	PB
	rd	55 Noor Koster	DPC		50.33	50.86	
		Sander Wietzes		Noor Koster			
		100m	14.01	(14.01)	100m	13.30	(13.30)
		500m	49.69	(35.68)	500m	50.86	(37.56)

		Name	Cat		PB	Time	Info
36	yw	66 Douwe Gildemacher	HC1		51.84	49.65	PB
	bl	32 Linda van Oosterom	D40		47.98	50.58	
		Douwe Gildemacher		Linda van Oosterom			
		100m	12.54	(12.54)	100m	13.52	(13.52)
		500m	49.65	(37.11)	500m	50.58	(37.06)

		Name	Cat		PB	Time	Info
37	wt	45 Jill Isfordink	DPA		51.97	51.67	PB
	rd	43 Mirjam Hulsebos	D55		50.18	51.29	
		Jill Isfordink		Mirjam Hulsebos			
		100m	13.73	(13.73)	100m	13.84	(13.84)
		500m	51.67	(37.94)	500m	51.29	(37.45)

		Name	Cat		PB	Time	Info
38	yw	22 Koen Nijkamp	HPC		53.40	1:07.01	FL
	bl	91 Marit Uiterlinden	DN4		53.54	53.31	PB
		Koen Nijkamp		Marit Uiterlinden			
		100m	13.62	(13.62)	100m	14.29	(14.29)
		500m	1:07.01	(53.39)	500m	53.31	(39.02)

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		Name	Cat		PB	Time	Info
39	wt	38 Eva Rietman	DN1		53.98	52.12	PB
	rd	93 Simon Evers	HB1		53.65	52.45	PB
		Eva Rietman		Simon Evers			
		100m	14.01	(14.01)	100m	13.36	(13.36)
		500m	52.12	(38.11)	500m	52.45	(39.09)
		Name	Cat		PB	Time	Info
40	yw	105 Anna Keijzer	DN4		52.03	52.43	
	bl	54 Blom Ooijman	DB1		54.67	56.27	
		Anna Keijzer		Blom Ooijman			
		100m	13.41	(13.41)	100m	14.07	(14.07)
		500m	52.43	(39.02)	500m	56.27	(42.20)
		Name	Cat		PB	Time	Info
41	wt	98 Emma Kruithof	DB2		55.57	52.75	PB
	rd	90 Henk-Jan Keijzer	HSA		49.80	54.99	
		Emma Kruithof		Henk-Jan Keijzer			
		100m	14.15	(14.15)	100m	13.59	(13.59)
		500m	52.75	(38.60)	500m	54.99	(41.40)
		Name	Cat		PB	Time	Info
42	yw	28 Sterre Kremer	DPB		56.60	55.61	PB
	bl	52 Siem Jansma	HPA		57.56	53.99	PB
		Sterre Kremer		Siem Jansma			
		100m	13.86	(13.86)	100m	13.64	(13.64)
		500m	55.61	(41.75)	500m	53.99	(40.35)
		Name	Cat		PB	Time	Info
43	wt	42 Nika Daling	DSB		56.13	WDR	
	rd	15 Elina Martens	DPB		57.81	56.41	PB
		Nika Daling		Elina Martens			
					100m	13.72	(13.72)
					500m	56.41	(42.69)

Hans Westerhof recordwedstrijden in HV

Thialf - Heerenveen

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		Name			Cat			PB	Time	Info	
44	yw	46	Daniël Bleumink		HPB			59.08	58.53	PB	
	bl	73	Maren Kerkdijk		DB2			1:01.75	56.08	PB	
		Daniël Bleumink			Maren Kerkdijk						
		100m	14.16	(14.16)	100m	15.20	(15.20)				
		500m	58.53	(44.37)	500m	56.08	(40.88)				

		Name			Cat			PB	Time	Info	
45	wt	50	Hidde Zuidinga		HPC			1:03.36	1:00.91	PB	
	rd	27	Fabiën Kroeze		DC2			1:02.49	59.77	PB	
		Hidde Zuidinga			Fabiën Kroeze						
		100m	14.38	(14.38)	100m	14.72	(14.72)				
		500m	1:00.91	(46.53)	500m	59.77	(45.05)				

		Name			Cat			PB	Time	Info	
46	yw	40	Sophie Wetzels		DPC			1:06.63	1:08.19		
	bl	26	Lynn van Rijn		DPC			1:04.68	1:04.55	PB	
		Sophie Wetzels			Lynn van Rijn						
		100m	15.45	(15.45)	100m	15.04	(15.04)				
		500m	1:08.19	(52.74)	500m	1:04.55	(49.51)				

		Name			Cat			PB	Time	Info	
47	wt	49	Mare Riphagen		DPB			1:07.18	1:02.88	PB	
	rd	80	Jelte Zwart		HPC			1:07.49	1:08.09		
		Mare Riphagen			Jelte Zwart						
		100m	15.27	(15.27)	100m	14.51	(14.51)				
		500m	1:02.88	(47.61)	500m	1:08.09	(53.58)				

		Name			Cat			PB	Time	Info	
48	yw	7	Lotte Mus		DPC			1:08.04	1:09.39		
	bl	53	Lucie Wind		DPB			1:07.81	1:05.33	PB	
		Lotte Mus			Lucie Wind						
		100m	15.07	(15.07)	100m	15.05	(15.05)				
		500m	1:09.39	(54.32)	500m	1:05.33	(50.28)				

Hans Westerhof recordwedstrijden in HV

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		Name	Cat	PB	Time	Info
49	wt	31 Mick de Wals	HPA	1:08.85	1:09.74	
	rd	19 Faas Klunder	HPB	1:09.58	1:07.42	PB
		Mick de Wals		Faas Klunder		
		100m 15.21 (15.21)		100m 16.60 (16.60)		
		500m 1:09.74 (54.53)		500m 1:07.42 (50.82)		

		Name	Cat	PB	Time	Info
50	yw	76 Lucy Lobach	DPB	1:11.31	1:04.24	PB
	bl	24 Lotte Looman	DPB	1:13.08	1:09.39	PB
		Lucy Lobach		Lotte Looman		
		100m 14.69 (14.69)		100m 15.66 (15.66)		
		500m 1:04.24 (49.55)		500m 1:09.39 (53.73)		

		Name	Cat	PB	Time	Info
51	wt	56 Elisa Rodriguez Kers	DPC	1:15.39	1:11.48	PB
	rd	58 Britt Morsink	DPC	1:21.47	1:18.37	PB
		Elisa Rodriguez Kers		Britt Morsink		
		100m 16.46 (16.46)		100m 17.46 (17.46)		
		500m 1:11.48 (55.02)		500m 1:18.37 (60.91)		

T07 - Crossing the demarcation line (254.4)

Hans Westerhof recordwedstrijden in HV

Thialf - Heerenveen

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3. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	78 Tim Hoogkamer	HSA	52	I	1:14.48		
2	100 Luuk van de Pol	HA2	52	O	1:15.74		
3	65 Beau Kappers	HA2	53	I	1:16.48		
4	101 Justin Van Velde	HC2	53	O	1:17.49	PB	
5	57 Liam Schroten	HC2	54	I	1:18.02	PB	
6	37 Luca Batterink	HB1	54	O	1:19.56		
7	77 Paul de Leeuw	HB1	56	I	1:22.08	PB	
8	83 Etienne Tournier	HA2	55	I	1:23.79		
9	3 Marloes Westerhof	D40	57	O	1:26.16		
10	17 Just Klunder	HC2	58	I	1:26.80	PB	
11	68 Jan-Willem van Velsen	H55	59	O	1:27.25		
12	13 Ivo Bakker	HN2	58	O	1:27.71	PB	
13	103 Femke Lindeboom	DC2	57	I	1:28.89		
14	44 Gerwin Boschloo	H55	60	O	1:29.33		
15	104 Renske Winters	D45	59	I	1:29.69		
16	74 Klaas Jan van der Veen	H55	61	I	1:29.71		
17	51 Loïc de Vries	HB2	62	O	1:33.17	PB	
18	89 Dewi Ottenschot	DSA	73	I	1:34.08	PB	
19	10 Christan van den Brink	HPC	64	O	1:34.19	PB	
20	102 Jesse Van Velde	HPA	63	I	1:34.26	PB	
21	60 Elin Mak	DPB	66	O	1:35.15	MT PB	
22	67 Niels Klein Koerkamp	HSB	68	O	1:35.84		
23	4 Sander Wietzes	HN1	69	I	1:36.43	PB	
24	36 Simon de Olde	HPB	66	I	1:36.48	MT PB	
25	47 Luuk Groothuis	HC1	65	I	1:37.41	PB	
26	11 Noor Klunder	DC1	63	O	1:38.37		
27	21 Eva Mezzo	DC1	64	I	1:38.75		
28	72 Tobi Kiers	HA1	65	O	1:39.38	PB	
29	34 Nora Venema	DPB	67	I	1:40.79	PB	
	84 Alexander Warmink	HB1	70	O	1:40.79	PB	
31	6 Maud Nijkamp	DPA	70	I	1:41.38	PB	
32	92 Just Venema	HN1	62	I	1:41.99		
33	43 Mirjam Hulsebos	D55	71	I	1:42.34		
34	66 Douwe Gildemacher	HC1	72	I	1:43.17	PB	
35	48 Ties Groothuis	HPA	68	I	1:43.87		
36	55 Noor Koster	DPC	69	O	1:43.96		
37	38 Eva Rietman	DN1	71	O	1:44.16	PB	
38	91 Marit Uiterlinden	DN4	72	O	1:47.40	PB	

Hans Westerhof recordwedstrijden in HV

Thialf - Heerenveen

22 March 2026

Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	98 Emma Kruithof	DB2	75	I	1:47.97	PB	
40	105 Anna Keijzer	DN4	74	O	1:49.02		
41	93 Simon Evers	HB1	75	O	1:49.67	PB	
42	90 Henk-Jan Keijzer	HSA	74	I	1:50.43		
43	73 Maren Kerkdijk	DB2	76	I	1:57.34	PB	
44	54 Blom Ooijman	DB1	73	O	1:58.68		
45	27 Fabiën Kroeze	DC2	76	O	2:07.92	PB	
	29 Tes Leferink	DA2	61	O	DNF		
	82 Pieter Dijkstra	HSA	67	O	DNS		
	59 Veerle Friso	DB2			WDR		
	88 Jasmijn ter Haar	DB2			WDR		
	64 Liz Wolters	DC2			WDR		
	42 Nika Daling	DSB			WDR		

Hans Westerhof recordwedstrijden in HV

Thialf - Heerenveen

22 March 2026

3. Race Result 1000 meter

		Name	Cat	PB	Time	Info
52	wt	78 Tim Hoogkamer	HSA	1:12.12	1:14.48	
	rd	100 Luuk van de Pol	HA2	1:14.07	1:15.74	

Tim Hoogkamer

200m	17.29	(17.29)
600m	44.35	(27.06)
1000m	1:14.48	(30.13)

Luuk van de Pol

200m	17.87	(17.87)
600m	45.53	(27.66)
1000m	1:15.74	(30.21)

		Name	Cat	PB	Time	Info
53	yw	65 Beau Kappers	HA2	1:15.14	1:16.48	
	bl	101 Justin Van Velde	HC2	1:17.89	1:17.49	PB

Beau Kappers

200m	18.15	(18.15)
600m	46.31	(28.16)
1000m	1:16.48	(30.17)

Justin Van Velde

200m	18.65	(18.65)
600m	47.04	(28.39)
1000m	1:17.49	(30.45)

		Name	Cat	PB	Time	Info
54	wt	57 Liam Schroten	HC2	1:18.29	1:18.02	PB
	rd	37 Luca Batterink	HB1	1:18.19	1:19.56	

Liam Schroten

200m	18.26	(18.26)
600m	46.92	(28.66)
1000m	1:18.02	(31.10)

Luca Batterink

200m	18.43	(18.43)
600m	47.33	(28.90)
1000m	1:19.56	(32.23)

		Name	Cat	PB	Time	Info
55	yw	83 Etienne Tournier	HA2	1:21.96	1:23.79	
	bl	59 Veerle Friso	DB2	1:21.34	WDR	

Etienne Tournier

200m	19.14	(19.14)
600m	50.07	(30.93)
1000m	1:23.79	(33.72)

Veerle Friso

Hans Westerhof recordwedstrijden in HV

Thialf - Heerenveen

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		Name	Cat	PB	Time	Info
56	wt	77 Paul de Leeuw	HB1	1:22.79	1:22.08	PB
	rd	88 Jasmijn ter Haar	DB2	1:21.99		WDR
		Paul de Leeuw				Jasmijn ter Haar
		200m	18.98 (18.98)			
		600m	49.69 (30.71)			
		1000m	1:22.08 (32.39)			

		Name	Cat	PB	Time	Info
57	yw	103 Femke Lindeboom	DC2	1:26.63	1:28.89	
	bl	3 Marloes Westerhof	D40	1:25.30	1:26.16	
		Femke Lindeboom				Marloes Westerhof
		200m	20.48 (20.48)	200m	20.05 (20.05)	
		600m	53.22 (32.74)	600m	51.36 (31.31)	
		1000m	1:28.89 (35.67)	1000m	1:26.16 (34.80)	

		Name	Cat	PB	Time	Info
58	wt	17 Just Klunder	HC2	1:27.46	1:26.80	PB
	rd	13 Ivo Bakker	HN2	1:28.00	1:27.71	PB
		Just Klunder				Ivo Bakker
		200m	19.81 (19.81)	200m	20.72 (20.72)	
		600m	52.24 (32.43)	600m	53.19 (32.47)	
		1000m	1:26.80 (34.56)	1000m	1:27.71 (34.52)	

		Name	Cat	PB	Time	Info
59	yw	104 Renske Winters	D45	1:23.17	1:29.69	
	bl	68 Jan-Willem van Velsen	H55	1:26.24	1:27.25	
		Renske Winters				Jan-Willem van Velsen
		200m	21.13 (21.13)	200m	21.06 (21.06)	
		600m	54.04 (32.91)	600m	53.59 (32.53)	
		1000m	1:29.69 (35.65)	1000m	1:27.25 (33.66)	

Hans Westerhof recordwedstrijden in HV

Thialf - Heerenveen

22 March 2026

		Name	Cat	PB	Time	Info
60	wt	64 Liz Wolters	DC2	1:30.35		WDR
	rd	44 Gerwin Boschloo	H55	1:26.02	1:29.33	
		Liz Wolters		Gerwin Boschloo		
		200m		21.32	(21.32)	
		600m		54.72	(33.40)	
		1000m		1:29.33	(34.61)	

		Name	Cat	PB	Time	Info
61	yw	74 Klaas Jan van der Veen	H55	1:25.23	1:29.71	
	bl	29 Tes Leferink	DA2	1:28.15		DNF
		Klaas Jan van der Veen		Tes Leferink		
		200m		21.02	(21.02)	
		600m		53.88	(32.86)	
		1000m		1:29.71	(35.83)	
		200m		21.26	(21.26)	
		600m		55.58	(34.32)	

		Name	Cat	PB	Time	Info
62	wt	92 Just Venema	HN1	1:34.63	1:41.99	
	rd	51 Loïc de Vries	HB2	1:33.76	1:33.17	PB
		Just Venema		Loïc de Vries		
		200m		22.90	(22.90)	
		600m		1:00.98	(38.08)	
		1000m		1:41.99	(41.01)	
		200m		20.84	(20.84)	
		600m		55.61	(34.77)	
		1000m		1:33.17	(37.56)	

		Name	Cat	PB	Time	Info
63	yw	102 Jesse Van Velde	HPA	1:35.93	1:34.26	PB
	bl	11 Noor Klunder	DC1	1:37.79	1:38.37	
		Jesse Van Velde		Noor Klunder		
		200m		21.13	(21.13)	
		600m		57.26	(36.13)	
		1000m		1:34.26	(37.00)	
		200m		22.36	(22.36)	
		600m		59.07	(36.71)	
		1000m		1:38.37	(39.30)	

Hans Westerhof recordwedstrijden in HV

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		Name	Cat	PB	Time	Info
64	wt	21 Eva Mezzo	DC1	1:38.17	1:38.75	
	rd	10 Christan van den Brink	HPC	1:38.26	1:34.19	PB
		Eva Mezzo		Christan van den Brink		
		200m	22.12 (22.12)	200m	22.57 (22.57)	
		600m	59.26 (37.14)	600m	57.63 (35.06)	
		1000m	1:38.75 (39.49)	1000m	1:34.19 (36.56)	

		Name	Cat	PB	Time	Info
65	yw	47 Luuk Groothuis	HC1	1:38.74	1:37.41	PB
	bl	72 Tobi Kiers	HA1	1:39.54	1:39.38	PB
		Luuk Groothuis		Tobi Kiers		
		200m	22.05 (22.05)	200m	22.84 (22.84)	
		600m	58.26 (36.21)	600m	59.25 (36.41)	
		1000m	1:37.41 (39.15)	1000m	1:39.38 (40.13)	

		Name	Cat	PB	Time	Info
66	wt	36 Simon de Olde	HPB	1:40.13	1:36.48	MT PB
	rd	60 Elin Mak	DPB	1:40.65	1:35.15	MT PB
		Simon de Olde		Elin Mak		
		200m	1:36.48 (96.48)	200m	1:35.15 (95.15)	

		Name	Cat	PB	Time	Info
67	yw	34 Nora Venema	DPB	1:41.65	1:40.79	PB
	bl	82 Pieter Dijkstra	HSA	1:35.89	DNS	
		Nora Venema		Pieter Dijkstra		
		200m	22.71 (22.71)			
		600m	1:19.93 (57.22)			
		1000m	1:40.79 (20.86)			

Hans Westerhof recordwedstrijden in HV

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		Name			Cat			PB	Time	Info
68	wt	48	Ties Groothuis		HPA			1:42.90	1:43.87	
	rd	67	Niels Klein Koerkamp		HSB			1:34.06	1:35.84	
		Ties Groothuis			Niels Klein Koerkamp					
		200m	23.06	(23.06)	200m	22.94	(22.94)			
		600m	1:02.13	(39.07)	600m	58.48	(35.54)			
		1000m	1:43.87	(41.74)	1000m	1:35.84	(37.36)			

		Name			Cat			PB	Time	Info
69	yw	4	Sander Wietzes		HN1			1:38.25	1:36.43	PB
	bl	55	Noor Koster		DPC			1:43.53	1:43.96	
		Sander Wietzes			Noor Koster					
		200m	23.49	(23.49)	200m	23.96	(23.96)			
		600m	59.39	(35.90)	600m	1:03.89	(39.93)			
		1000m	1:36.43	(37.04)	1000m	1:43.96	(40.07)			

		Name			Cat			PB	Time	Info
70	wt	6	Maud Nijkamp		DPA			1:45.30	1:41.38	PB
	rd	84	Alexander Warmink		HB1			1:45.69	1:40.79	PB
		Maud Nijkamp			Alexander Warmink					
		200m	22.23	(22.23)	200m	22.11	(22.11)			
		600m	1:00.09	(37.86)	600m	59.50	(37.39)			
		1000m	1:41.38	(41.29)	1000m	1:40.79	(41.29)			

		Name			Cat			PB	Time	Info
71	yw	43	Mirjam Hulsebos		D55			1:40.50	1:42.34	
	bl	38	Eva Rietman		DN1			1:47.83	1:44.16	PB
		Mirjam Hulsebos			Eva Rietman					
		200m	24.23	(24.23)	200m	24.96	(24.96)			
		600m	1:02.50	(38.27)	600m	1:04.25	(39.29)			
		1000m	1:42.34	(39.84)	1000m	1:44.16	(39.91)			

Hans Westerhof recordwedstrijden in HV

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		Name	Cat	PB	Time	Info
72	wt	66 Douwe Gildemacher	HC1	1:51.17	1:43.17	PB
	rd	91 Marit Uiterlinden	DN4	1:49.72	1:47.40	PB
		Douwe Gildemacher				
		200m	22.84 (22.84)	200m	24.86 (24.86)	
		600m	1:00.67 (37.83)	600m	1:04.94 (40.08)	
		1000m	1:43.17 (42.50)	1000m	1:47.40 (42.46)	

		Name	Cat	PB	Time	Info
73	yw	89 Dewi Ottenschot	DSA	1:51.50	1:34.08	PB
	bl	54 Blom Ooijman	DB1	1:52.73	1:58.68	
		Dewi Ottenschot				
		200m	22.36 (22.36)	200m	25.93 (25.93)	
		600m	57.54 (35.18)	600m	1:10.51 (44.58)	
		1000m	1:34.08 (36.54)	1000m	1:58.68 (48.17)	

		Name	Cat	PB	Time	Info
74	wt	90 Henk-Jan Keijzer	HSA	1:44.54	1:50.43	
	rd	105 Anna Keijzer	DN4	1:47.99	1:49.02	
		Henk-Jan Keijzer				
		200m	23.47 (23.47)	200m	23.68 (23.68)	
		600m	1:04.76 (41.29)	600m	1:03.92 (40.24)	
		1000m	1:50.43 (45.67)	1000m	1:49.02 (45.10)	

		Name	Cat	PB	Time	Info
75	yw	98 Emma Kruithof	DB2	1:56.15	1:47.97	PB
	bl	93 Simon Evers	HB1	1:57.59	1:49.67	PB
		Emma Kruithof				
		200m	25.44 (25.44)	200m	24.45 (24.45)	
		600m	1:06.11 (40.67)	600m	1:06.60 (42.15)	
		1000m	1:47.97 (41.86)	1000m	1:49.67 (43.07)	

Hans Westerhof recordwedstrijden in HV

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		Name			Cat			PB	Time	Info
76	wt	73	Maren Kerkdijk		DB2			2:01.59	1:57.34	PB
	rd	27	Fabiën Kroeze		DC2			2:13.64	2:07.92	PB
		Maren Kerkdijk			Fabiën Kroeze					
		200m	27.35	(27.35)	200m	28.74	(28.74)			
		600m	1:13.09	(45.74)	600m	1:17.66	(48.92)			
		1000m	1:57.34	(44.25)	1000m	2:07.92	(50.26)			

		Name			Cat			PB	Time	Info
77	yw									
	bl	42	Nika Daling		DSB			1:51.16	WDR	
		Nika Daling								
		m								

Hans Westerhof recordwedstrijden in HV

Thialf - Heerenveen

22 March 2026

4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	30 Evan Leeuwis	HN1	78	I	2:02.35		
2	8 Mees Klunder	HB2	78	O	2:10.65		
3	62 Herre Mak	HB1	79	I	2:14.22	PB	
4	2 Wouter Wietzes	H45	79	O	2:16.21		
5	75 Siemen Draijer	HSA	80	O	2:16.35	PB	
6	12 Wietze de Haan	HC2	80	I	2:17.28	PB	
7	16 Olle Klunder	HPB	81	I	2:21.55	PB	
8	9 Hugo Hulleman	HSA	84	I	2:21.96		
9	1 Roan Varenbrink	HC1	82	I	2:22.35	PB	
10	25 Chantal Herms	D50	81	O	2:24.19		
11	87 Lenneke Groot Koerkamp	DN1	82	O	2:25.25	PB	
12	18 Jasmijn Egers	DSA	83	O	2:25.51		
13	20 Fabian Kruithof	HC1	83	I	2:30.73	PB	
14	32 Linda van Oosterom	D40	84	O	2:34.01		

Hans Westerhof recordwedstrijden in HV

Thialf - Heerenveen

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4. Race Result 1500 meter

		Name	Cat	PB	Time	Info
78	wt	30 Evan Leeuwis	HN1	1:56.27	2:02.35	
	rd	8 Mees Klunder	HB2	2:01.04	2:10.65	

Evan Leeuwis

300m	26.89	(26.89)
700m	56.73	(29.84)
1100m	1:28.58	(31.85)
1500m	2:02.35	(33.77)

Mees Klunder

300m	27.23	(27.23)
700m	58.98	(31.75)
1100m	1:33.67	(34.69)
1500m	2:10.65	(36.98)

		Name	Cat	PB	Time	Info
79	yw	62 Herre Mak	HB1	2:17.91	2:14.22	PB
	bl	2 Wouter Wietzes	H45	2:07.87	2:16.21	

Herre Mak

300m	27.73	(27.73)
700m	1:00.47	(32.74)
1100m	1:35.77	(35.30)
1500m	2:14.22	(38.45)

Wouter Wietzes

300m	29.28	(29.28)
700m	1:03.62	(34.34)
1100m	1:39.64	(36.02)
1500m	2:16.21	(36.57)

		Name	Cat	PB	Time	Info
80	wt	12 Wietze de Haan	HC2	2:20.05	2:17.28	PB
	rd	75 Siemen Draijer	HSA	2:21.35	2:16.35	PB

Wietze de Haan

300m	29.39	(29.39)
700m	1:03.59	(34.20)
1100m	1:39.99	(36.40)
1500m	2:17.28	(37.29)

Siemen Draijer

300m	30.23	(30.23)
700m	1:03.82	(33.59)
1100m	1:39.42	(35.60)
1500m	2:16.35	(36.93)

		Name	Cat	PB	Time	Info
81	yw	16 Olle Klunder	HPB	2:22.64	2:21.55	PB
	bl	25 Chantal Herms	D50	2:21.67	2:24.19	

Olle Klunder

300m	29.23	(29.23)
700m	1:04.61	(35.38)
1100m	1:42.63	(38.02)
1500m	2:21.55	(38.92)

Chantal Herms

300m	30.27	(30.27)
700m	1:05.67	(35.40)
1100m	1:44.50	(38.83)
1500m	2:24.19	(39.69)

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		Name	Cat	PB	Time	Info
82	wt	1 Roan Varenbrink	HC1	2:28.59	2:22.35	PB
	rd	87 Lenneke Groot Koerkamp	DN1	2:25.38	2:25.25	PB

Roan Varenbrink

300m	28.67	(28.67)
700m	1:03.92	(35.25)
1100m	1:42.49	(38.57)
1500m	2:22.35	(39.86)

Lenneke Groot Koerkamp

300m	30.24	(30.24)
700m	1:06.94	(36.70)
1100m	1:45.73	(38.79)
1500m	2:25.25	(39.52)

		Name	Cat	PB	Time	Info
83	yw	20 Fabian Kruithof	HC1	2:31.60	2:30.73	PB
	bl	18 Jasmijn Egers	DSA	2:23.41	2:25.51	

Fabian Kruithof

300m	31.73	(31.73)
700m	1:10.79	(39.06)
1100m	1:50.81	(40.02)
1500m	2:30.73	(39.92)

Jasmijn Egers

300m	31.78	(31.78)
700m	1:08.31	(36.53)
1100m	1:46.84	(38.53)
1500m	2:25.51	(38.67)

		Name	Cat	PB	Time	Info
84	wt	9 Hugo Hulleman	HSA	2:19.23	2:21.96	
	rd	32 Linda van Oosterom	D40	2:20.77	2:34.01	

Hugo Hulleman

300m	30.37	(30.37)
700m	1:05.25	(34.88)
1100m	1:42.45	(37.20)
1500m	2:21.96	(39.51)

Linda van Oosterom

300m	33.08	(33.08)
700m	1:11.94	(38.86)
1100m	1:52.64	(40.70)
1500m	2:34.01	(41.37)

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5. Result 300 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	5 Benthe Kamerling	DC2	85	I	28.35	PB	
2	14 Jelle Nijkamp	HPA	103	I	31.20	PB	
3	35 Jill Krikken	DPA	85	O	31.25		
4	22 Koen Nijkamp	HPC	86	I	33.66		
5	45 Jill Isfordink	DPA	86	O	33.69		
6	15 Elina Martens	DPB	87	O	34.29	PB	
7	28 Sterre Kremer	DPB	87	I	34.59	PB	
8	52 Siem Jansma	HPA	88	I	35.27	PB	
9	46 Daniël Bleumink	HPB	88	O	36.41		
10	50 Hidde Zuidinga	HPC	89	I	37.05	PB	
11	26 Lynn van Rijn	DPC	90	O	38.27	PB	
12	76 Lucy Lobach	DPB	94	O	38.48	PB	
13	80 Jelte Zwart	HPC	90	I	39.44	PB	
14	53 Lucie Wind	DPB	93	O	39.45	PB	
15	49 Mare Riphagen	DPB	97	I	39.72	PB	
16	7 Lotte Mus	DPC	91	I	39.78	PB	
17	31 Mick de Wals	HPA	96	I	40.21	PB	
18	24 Lotte Looman	DPB	93	I	40.31	PB	
19	40 Sophie Wetzels	DPC	89	O	40.39		
20	33 Guus Brusche	HPE	91	O	40.62	PB	
21	19 Faas Klunder	HPB	92	O	41.69	PB	
22	56 Elisa Rodriguez Kers	DPC	96	O	41.71	PB	
23	39 Merel Wetzels	DPD	95	O	41.77	PB	
24	81 Wikke Zwart	DPE	97	O	42.21	PB	
25	70 Rosalie Grave	DPD	95	I	42.55	PB	
26	23 Kalijn Kruithof	DPD	92	I	42.87		
27	61 Floris Groothuis	HPC	98	I	43.92	PB	
28	58 Britt Morsink	DPC	99	O	45.75	PB	
29	71 Ted Grave	HPF	98	O	45.90		
30	94 Eline van 't Hul	DPC	94	I	48.40	FL	
31	85 Sara Pontenagel	DPF	102	O	48.57		
32	95 Esmee Bleumink	DPF	100	I	50.33	PB	
33	99 Pieter Streppel	HPD	100	O	51.78	PB	
34	41 Thijs Wetzels	HPF	101	O	52.01		
35	86 Nynke Sap	DPD	99	I	55.28	PB	
36	96 Yven van der Most	HPF	102	I	56.28		
37	97 Marit van 't Hul	DPF	101	I	59.09		

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5. Race Result 300 meter

		Name	Cat	PB	Time	Info
85	wt	5 Benthe Kamerling	DC2	28.47	28.35	PB
	rd	35 Jill Krikken	DPA	30.38	31.25	
		Benthe Kamerling		Jill Krikken		
		300m 28.35 (28.35)		300m 31.25 (31.25)		

		Name	Cat	PB	Time	Info
86	yw	22 Koen Nijkamp	HPC	33.02	33.66	
	bl	45 Jill Isfordink	DPA	33.35	33.69	
		Koen Nijkamp		Jill Isfordink		
		300m 33.66 (33.66)		300m 33.69 (33.69)		

		Name	Cat	PB	Time	Info
87	wt	28 Sterre Kremer	DPB	34.99	34.59	PB
	rd	15 Elina Martens	DPB	35.28	34.29	PB
		Sterre Kremer		Elina Martens		
		300m 34.59 (34.59)		300m 34.29 (34.29)		

		Name	Cat	PB	Time	Info
88	yw	52 Siem Jansma	HPA	37.13	35.27	PB
	bl	46 Daniël Bleumink	HPB	36.15	36.41	
		Siem Jansma		Daniël Bleumink		
		300m 35.27 (35.27)		300m 36.41 (36.41)		

		Name	Cat	PB	Time	Info
89	wt	50 Hidde Zuidinga	HPC	38.45	37.05	PB
	rd	40 Sophie Wetzels	DPC	39.46	40.39	
		Hidde Zuidinga		Sophie Wetzels		
		300m 37.05 (37.05)		300m 40.39 (40.39)		

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		Name	Cat	PB	Time	Info
90	yw	80 Jelte Zwart	HPC	40.05	39.44	PB
	bl	26 Lynn van Rijn	DPC	39.63	38.27	PB
		<u>Jelte Zwart</u>			<u>Lynn van Rijn</u>	
		300m 39.44 (39.44)		300m 38.27 (38.27)		

		Name	Cat	PB	Time	Info
91	wt	7 Lotte Mus	DPC	40.57	39.78	PB
	rd	33 Guus Brusche	HPE	41.55	40.62	PB
		<u>Lotte Mus</u>			<u>Guus Brusche</u>	
		300m 39.78 (39.78)		300m 40.62 (40.62)		

		Name	Cat	PB	Time	Info
92	yw	23 Kalijn Kruithof	DPD	42.03	42.87	
	bl	19 Faas Klunder	HPB	41.98	41.69	PB
		<u>Kalijn Kruithof</u>			<u>Faas Klunder</u>	
		300m 42.87 (42.87)		300m 41.69 (41.69)		

		Name	Cat	PB	Time	Info
93	wt	24 Lotte Looman	DPB	42.27	40.31	PB
	rd	53 Lucie Wind	DPB	42.49	39.45	PB
		<u>Lotte Looman</u>			<u>Lucie Wind</u>	
		300m 40.31 (40.31)		300m 39.45 (39.45)		

		Name	Cat	PB	Time	Info
94	yw	94 Eline van 't Hul	DPC	42.61	48.40	FL
	bl	76 Lucy Lobach	DPB	42.64	38.48	PB
		<u>Eline van 't Hul</u>			<u>Lucy Lobach</u>	
		300m 48.40 (48.40)		300m 38.48 (38.48)		

		Name	Cat	PB	Time	Info
95	wt	70 Rosalie Grave	DPD	42.81	42.55	PB
	rd	39 Merel Wetzels	DPD	42.67	41.77	PB
		<u>Rosalie Grave</u>			<u>Merel Wetzels</u>	
		300m 42.55 (42.55)		300m 41.77 (41.77)		

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		Name	Cat	PB	Time	Info
96	yw	31 Mick de Wals	HPA	43.10	40.21	PB
	bl	56 Elisa Rodriguez Kers	DPC	43.21	41.71	PB
		<u>Mick de Wals</u>		<u>Elisa Rodriguez Kers</u>		
		300m 40.21 (40.21)		300m 41.71 (41.71)		

		Name	Cat	PB	Time	Info
97	wt	49 Mare Riphagen	DPB	43.56	39.72	PB
	rd	81 Wikke Zwart	DPE	43.52	42.21	PB
		<u>Mare Riphagen</u>		<u>Wikke Zwart</u>		
		300m 39.72 (39.72)		300m 42.21 (42.21)		

		Name	Cat	PB	Time	Info
98	yw	61 Floris Groothuis	HPC	45.60	43.92	PB
	bl	71 Ted Grave	HPF	44.27	45.90	
		<u>Floris Groothuis</u>		<u>Ted Grave</u>		
		300m 43.92 (43.92)		300m 45.90 (45.90)		

		Name	Cat	PB	Time	Info
99	wt	86 Nynke Sap	DPD	55.33	55.28	PB
	rd	58 Britt Morsink	DPC	48.46	45.75	PB
		<u>Nynke Sap</u>		<u>Britt Morsink</u>		
		300m 55.28 (55.28)		300m 45.75 (45.75)		

		Name	Cat	PB	Time	Info
100	yw	95 Esmee Bleumink	DPF	1:06.13	50.33	PB
	bl	99 Pieter Streppel	HPD	1:07.85	51.78	PB
		<u>Esmee Bleumink</u>		<u>Pieter Streppel</u>		
		300m 50.33 (50.33)		300m 51.78 (51.78)		

		Name	Cat	PB	Time	Info
101	wt	97 Marit van 't Hul	DPF		59.09	
	rd	41 Thijs Wetzels	HPF		52.01	
		<u>Marit van 't Hul</u>		<u>Thijs Wetzels</u>		
		300m 59.09 (59.09)		300m 52.01 (52.01)		

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		Name		Cat		PB		Time	Info
102	yw	96	Yven van der Most		HPF			56.28	
	bl	85	Sara Pontenagel		DPF			48.57	
		Yven van der Most			Sara Pontenagel				
		300m	56.28	(56.28)	300m	48.57	(48.57)		

		Name		Cat		PB		Time	Info
103	wt	14	Jelle Nijkamp		HPA			31.37	31.20 PB
	rd								
		Jelle Nijkamp							
		300m	31.20	(31.20)	m				
