

1. Uitslag 500 meter 1500m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	65 Wies Twisk	HN4	10	I	49.28		
2	53 Lisa Feenstra	DN1	12	O	53.38		
3	36 Floris Naber	HSA	4	O	55.33		
4	42 Quinten Uppelschoten	HA2	7	O	55.34		
5	5 Ilse van Es	DSA	10	O	56.26		
6	27 Annepien de Vries	DSA	11	O	57.16		
7	56 Luuk van der Vlerk	HN1	3	I	57.51		
8	6 Lars Huiting	HN1	8	O	58.11		
9	33 Charlotte Bruring	DN2	9	O	58.20		
10	21 Iris van Duinen	DN3	12	I	58.24	PR	
11	40 Wiebe Hoogveld	HSA	5	I	59.17		
12	61 Jil Dissel	DSA	11	I	59.78		
13	49 Puck Berendschot	DN1	3	O	1:00.04		
14	12 Noa Vonk	DSA	8	I	1:00.13		
15	10 Niene Iping	DN2	9	I	1:02.25		
16	28 Hasin Ayari	HN1	5	O	1:02.93		
17	25 Carlijn van de Kam	DA2	1	I	1:04.64		
18	7 Mirte Neeffjes	DN3	4	I	1:06.16		
19	57 Kirsten ter Wisscha	DN1	1	O	1:06.75		
20	41 Derk Elling	HN1	6	O	1:14.39	FL	
21	52 Femke Huis In 'T Veld	DA2	7	I	1:21.25		
	19 Daniel de Reus	HSA	6	I		DQ	

1. Rituitslag 500 meter 1500m

		Naam		Cat		PR	Tijd	Info
1	wt	25	Carlijn van de Kam		DA2		1:04.64	
	rd	57	Kirsten ter Wisscha		DN1		1:06.75	
		Carlijn van de Kam			Kirsten ter Wisscha			
		167m	24.69	(24.69)	167m	25.33	(25.33)	
		500m	1:04.64	(39.95)	500m	1:06.75	(41.42)	

		Naam		Cat		PR	Tijd	Info
2	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
3	wt	56	Luuk van der Vlerk		HN1		57.51	
	rd	49	Puck Berendschot		DN1		1:00.04	
		Luuk van der Vlerk			Puck Berendschot			
		167m	21.75	(21.75)	167m	22.58	(22.58)	
		500m	57.51	(35.76)	500m	1:00.04	(37.46)	

		Naam		Cat		PR	Tijd	Info
4	gl	7	Mirte Neefjes		DN3		1:06.16	
	bl	36	Floris Naber		HSA		55.33	
		Mirte Neefjes			Floris Naber			
		167m	24.64	(24.64)	167m	22.63	(22.63)	
		500m	1:06.16	(41.52)	500m	55.33	(32.70)	

		Naam		Cat		PR	Tijd	Info
5	wt	40	Wiebe Hoogveld		HSA		59.17	
	rd	28	Hasin Ayari		HN1		1:02.93	
		Wiebe Hoogveld			Hasin Ayari			
		167m	22.70	(22.70)	167m	22.88	(22.88)	
		500m	59.17	(36.47)	500m	1:02.93	(40.05)	

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		Naam		Cat		PR	Tijd	Info
6	gl	19	Daniel de Reus		HSA			DQ
	bl	41	Derk Elling		HN1		1:14.39	FL
			Daniel de Reus				Derk Elling	
			167m	24.67	(24.67)	167m 23.98 (23.98)		
			500m	1:03.28	(38.61)	500m 1:14.39 (50.41)		

		Naam		Cat		PR	Tijd	Info
7	wt	52	Femke Huis In 'T Veld		DA2			1:21.25
	rd	42	Quinten Uppelschoten		HA2		55.34	
			Femke Huis In 'T Veld				Quinten Uppelschoten	
			167m	25.54	(25.54)	167m 21.01 (21.01)		
			500m	1:21.25	(55.71)	500m 55.34 (34.33)		

		Naam		Cat		PR	Tijd	Info
8	gl	12	Noa Vonk		DSA			1:00.13
	bl	6	Lars Huiting		HN1		58.11	
			Noa Vonk				Lars Huiting	
			167m	23.53	(23.53)	167m 22.53 (22.53)		
			500m	1:00.13	(36.60)	500m 58.11 (35.58)		

		Naam		Cat		PR	Tijd	Info
9	wt	10	Niene Iping		DN2			1:02.25
	rd	33	Charlotte Bruring		DN2		58.20	
			Niene Iping				Charlotte Bruring	
			167m	23.48	(23.48)	167m 22.64 (22.64)		
			500m	1:02.25	(38.77)	500m 58.20 (35.56)		

		Naam		Cat		PR	Tijd	Info
10	gl	65	Wies Twisk		HN4			49.28
	bl	5	Ilse van Es		DSA		56.26	
			Wies Twisk				Ilse van Es	
			167m	19.72	(19.72)	167m 22.58 (22.58)		
			500m	49.28	(29.56)	500m 56.26 (33.68)		



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		Naam		Cat		PR		Tijd	Info
11	wt	61	Jil Dissel		DSA		58.53	59.78	
	rd	27	Annepien de Vries		DSA		55.24	57.16	
		Jil Dissel			Annepien de Vries				
		167m	23.45	(23.45)	167m	22.39	(22.39)		
		500m	59.78	(36.33)	500m	57.16	(34.77)		

		Naam		Cat		PR		Tijd	Info
12	gl	21	Iris van Duinen		DN3		58.40	58.24	PR
	bl	53	Lisa Feenstra		DN1		50.70	53.38	
		Iris van Duinen			Lisa Feenstra				
		167m	22.25	(22.25)	167m	21.07	(21.07)		
		500m	58.24	(35.99)	500m	53.38	(32.31)		

2. Uitslag 500 meter overige afstanden

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	13 Wester Landman	HN1	26	I	40.54		
2	69 Niels Ras	HA1	13	O	41.78		
3	47 Matthijs Meihuizen	HSA	25	I	43.41		
4	62 Matthijs Maas	HN2	26	O	43.49		
5	72 Persijn van de Velden	HN3	15	I	43.72		
6	18 Coen Stellinga	HSA	24	I	43.75		
7	1 Mark Reessink	HSB	21	O	44.52		
8	67 Peter Paul Erdman	HSB	25	O	44.54		
9	8 Fedor van der Laan	HSA	24	O	45.20		
10	9 Arthur Knibbe	HN4	23	O	45.27		
11	2 Ine Bonthuis	DN3	21	I	46.07		
12	73 Sybe Weening	HN2	22	O	46.10		
13	50 Martijn van der Zwaard	HSA	16	I	46.40		
14	46 David van Dijk	HN4	14	I	46.61		
15	17 Jorn Limburg	HSA	23	I	46.67		
16	59 Boris Petersen	HSA	19	O	47.40	PR	
17	54 Nicolle van Rijswijk	DSA	22	I	48.34		
18	70 Paulien van Dulst	DN3	17	I	48.58		
19	38 Boris Muller	HN2	18	I	48.68		
20	37 Marleen de Boer	DN1	18	O	49.49		
21	20 Rosanne van der Post	DSA	13	I	49.61		
22	64 Hiltje Gerritsma	DN3	20	I	50.07		
23	60 Amélie Coremans	DN1	17	O	50.48		
24	48 Kaija Berendschot	DSA	16	O	50.84		
	58 Mirjam Oosterom	DSA	14	O	50.84		
26	24 Petra Smits	DSB	15	O	51.71		
27	71 Charissa de Mes	DC1	19	I	51.81		
28	63 Rowen Knol	DN3	20	O	53.68		

2. Rituitslag 500 meter overige afstanden

		Naam		Cat		PR	Tijd	Info
13	wt	20	Rosanne van der Post		DSA		49.61	
	rd	69	Niels Ras		HA1		41.78	
			Rosanne van der Post		Niels Ras			
			167m	19.55	(19.55)	167m	16.67	(16.67)
			500m	49.61	(30.06)	500m	41.78	(25.11)

		Naam		Cat		PR	Tijd	Info
14	gl	46	David van Dijk		HN4		46.61	
	bl	58	Mirjam Oosterom		DSA		50.84	
			David van Dijk		Mirjam Oosterom			
			167m	18.31	(18.31)	167m	20.18	(20.18)
			500m	46.61	(28.30)	500m	50.84	(30.66)

		Naam		Cat		PR	Tijd	Info
15	wt	72	Persijn van de Velden		HN3		43.72	
	rd	24	Petra Smits		DSB		51.71	
			Persijn van de Velden		Petra Smits			
			167m	17.71	(17.71)	167m	20.51	(20.51)
			500m	43.72	(26.01)	500m	51.71	(31.20)

		Naam		Cat		PR	Tijd	Info
16	gl	50	Martijn van der Zwaard		HSA		46.40	
	bl	48	Kaija Berendschot		DSA		50.84	
			Martijn van der Zwaard		Kaija Berendschot			
			167m	18.30	(18.30)	167m	19.92	(19.92)
			500m	46.40	(28.10)	500m	50.84	(30.92)

		Naam		Cat		PR	Tijd	Info
17	wt	70	Paulien van Dulst		DN3		48.58	
	rd	60	Amélie Coremans		DN1		50.48	
			Paulien van Dulst		Amélie Coremans			
			167m	19.80	(19.80)	167m	20.53	(20.53)
			500m	48.58	(28.78)	500m	50.48	(29.95)

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		Naam	Cat	PR	Tijd	Info
18	gl	38 Boris Muller	HN2		48.68	
	bl	37 Marleen de Boer	DN1		49.49	
		Boris Muller		Marleen de Boer		
		167m 18.86 (18.86)		167m 19.66 (19.66)		
		500m 48.68 (29.82)		500m 49.49 (29.83)		

		Naam	Cat	PR	Tijd	Info
19	wt	71 Charissa de Mes	DC1	51.48	51.81	
	rd	59 Boris Petersen	HSA	49.18	47.40	PR
		Charissa de Mes		Boris Petersen		
		167m 20.46 (20.46)		167m 19.11 (19.11)		
		500m 51.81 (31.35)		500m 47.40 (28.29)		

		Naam	Cat	PR	Tijd	Info
20	gl	64 Hiltje Gerritsma	DN3	48.26	50.07	
	bl	63 Rowen Knol	DN3	50.39	53.68	
		Hiltje Gerritsma		Rowen Knol		
		167m 26.35 (26.35)		167m 30.75 (30.75)		
		500m 50.07 (23.72)		500m 53.68 (22.93)		

		Naam	Cat	PR	Tijd	Info
21	wt	2 Ine Bonthuis	DN3	45.23	46.07	
	rd	1 Mark Reessink	HSB	43.91	44.52	
		Ine Bonthuis		Mark Reessink		
		167m 18.55 (18.55)		167m 17.84 (17.84)		
		500m 46.07 (27.52)		500m 44.52 (26.68)		

		Naam	Cat	PR	Tijd	Info
22	gl	54 Nicolle van Rijswijk	DSA	45.81	48.34	
	bl	73 Sybe Weening	HN2	43.68	46.10	
		Nicolle van Rijswijk		Sybe Weening		
		167m 18.04 (18.04)		167m 19.29 (19.29)		
		500m 48.34 (30.30)		500m 46.10 (26.81)		

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		Naam	Cat	PR	Tijd	Info
23	wt	17 Jorn Limburg	HSA	43.85	46.67	
	rd	9 Arthur Knibbe	HN4	43.15	45.27	
		Jorn Limburg		Arthur Knibbe		
		167m	18.70 (18.70)	167m	17.65 (17.65)	
		500m	46.67 (27.97)	500m	45.27 (27.62)	

		Naam	Cat	PR	Tijd	Info
24	gl	18 Coen Stellinga	HSA	42.28	43.75	
	bl	8 Fedor van der Laan	HSA	43.22	45.20	
		Coen Stellinga		Fedor van der Laan		
		167m	17.59 (17.59)	167m	18.05 (18.05)	
		500m	43.75 (26.16)	500m	45.20 (27.15)	

		Naam	Cat	PR	Tijd	Info
25	wt	47 Matthijs Meihuizen	HSA	42.08	43.41	
	rd	67 Peter Paul Erdman	HSB	42.53	44.54	
		Matthijs Meihuizen		Peter Paul Erdman		
		167m	17.66 (17.66)	167m	18.45 (18.45)	
		500m	43.41 (25.75)	500m	44.54 (26.09)	

		Naam	Cat	PR	Tijd	Info
26	gl	13 Wester Landman	HN1	38.77	40.54	
	bl	62 Matthijs Maas	HN2	42.45	43.49	
		Wester Landman		Matthijs Maas		
		167m	16.23 (16.23)	167m	17.47 (17.47)	
		500m	40.54 (24.31)	500m	43.49 (26.02)	

3. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	65 Wies Twisk	HN4	36	I	2:35.00		
2	36 Floris Naber	HSA	30	O	2:42.63		
3	5 Ilse van Es	DSA	36	O	2:44.76		
4	53 Lisa Feenstra	DN1	38	I	2:47.84	PR	
5	27 Annepien de Vries	DSA	37	I	2:51.32	PR	
6	42 Quinten Uppelschoten	HA2	33	I	2:52.70		
7	33 Charlotte Bruring	DN2	35	O	2:55.38		
8	56 Luuk van der Vlerk	HN1	30	I	2:56.23		
9	6 Lars Huiting	HN1	34	I	3:01.68		
10	12 Noa Vonk	DSA	33	O	3:11.43		
11	40 Wiebe Hoogveld	HSA	31	I	3:11.47		
12	19 Daniel de Reus	HSA	32	O	3:18.99		
13	49 Puck Berendschot	DN1	29	O	3:20.18		
14	21 Iris van Duinen	DN3	38	O	3:21.68	PR	
15	10 Niene Iping	DN2	35	I	3:23.29		
16	25 Carlijn van de Kam	DA2	27	O	3:26.05		
17	7 Mirte Neeffes	DN3	29	I	3:26.36		
18	57 Kirsten ter Wisscha	DN1	27	I	3:31.17		
19	28 Hasin Ayari	HN1	32	I	3:34.10		
20	52 Femke Huis In 'T Veld	DA2	34	O	3:34.51		
21	41 Derk Elling	HN1	31	O	3:40.65		
	61 Jil Dissel	DSA	37	O		DNF	

3. Rituitslag 1500 meter

		Naam	Cat	PR	Tijd	Info
27	wt	57 Kirsten ter Wisscha	DN1		3:31.17	
	rd	25 Carlijn van de Kam	DA2		3:26.05	
Kirsten ter Wisscha			Carlijn van de Kam			
		167m	27.72 (27.72)	167m	26.14 (26.14)	
		500m	1:12.96 (45.24)	500m	1:08.83 (42.69)	
		833m	1:58.36 (45.40)	833m	1:52.55 (43.72)	
		1167m	2:44.51 (46.15)	1167m	2:37.61 (45.06)	
		1500m	3:31.17 (46.66)	1500m	3:26.05 (48.44)	

		Naam	Cat	PR	Tijd	Info
28	gl					
	bl					
		m		m		

		Naam	Cat	PR	Tijd	Info
29	wt	7 Mirte Neeffjes	DN3		3:26.36	
	rd	49 Puck Berendschot	DN1		3:20.18	
Mirte Neeffjes			Puck Berendschot			
		167m	26.19 (26.19)	167m	24.11 (24.11)	
		500m	1:09.99 (43.80)	500m	1:06.74 (42.63)	
		833m	1:55.70 (45.71)	833m	1:51.49 (44.75)	
		1167m	2:41.26 (45.56)	1167m	2:36.38 (44.89)	
		1500m	3:26.36 (45.10)	1500m	3:20.18 (43.80)	

		Naam	Cat	PR	Tijd	Info
30	gl	56 Luuk van der Vlerk	HN1		2:56.23	
	bl	36 Floris Naber	HSA		2:42.63	
Luuk van der Vlerk			Floris Naber			
		167m	22.25 (22.25)	167m	22.16 (22.16)	
		500m	58.94 (36.69)	500m	55.72 (33.56)	
		833m	1:36.51 (37.57)	833m	1:29.71 (33.99)	
		1167m	2:15.81 (39.30)	1167m	2:05.97 (36.26)	
		1500m	2:56.23 (40.42)	1500m	2:42.63 (36.66)	

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		Naam			Cat	PR	Tijd	Info
31	wt	40	Wiebe Hoogveld		HSA		3:11.47	
	rd	41	Derk Elling		HN1		3:40.65	
		<u>Wiebe Hoogveld</u>			<u>Derk Elling</u>			
		167m	23.37	(23.37)	167m	24.64	(24.64)	
		500m	1:02.97	(39.60)	500m	1:10.27	(45.63)	
		833m	1:44.97	(42.00)	833m	1:58.52	(48.25)	
		1167m	2:28.67	(43.70)	1167m	2:49.38	(50.86)	
		1500m	3:11.47	(42.80)	1500m	3:40.65	(51.27)	
		Naam			Cat	PR	Tijd	Info
32	gl	28	Hasin Ayari		HN1		3:34.10	
	bl	19	Daniel de Reus		HSA		3:18.99	
		<u>Hasin Ayari</u>			<u>Daniel de Reus</u>			
		167m	24.25	(24.25)	167m	26.55	(26.55)	
		500m	1:08.39	(44.14)	500m	1:08.83	(42.28)	
		833m	1:55.50	(47.11)	833m	1:51.06	(42.23)	
		1167m	2:43.96	(48.46)	1167m	2:34.79	(43.73)	
		1500m	3:34.10	(50.14)	1500m	3:18.99	(44.20)	
		Naam			Cat	PR	Tijd	Info
33	wt	42	Quinten Uppelschoten		HA2		2:52.70	
	rd	12	Noa Vonk		DSA		3:11.43	
		<u>Quinten Uppelschoten</u>			<u>Noa Vonk</u>			
		167m	21.01	(21.01)	167m	25.17	(25.17)	
		500m	57.36	(36.35)	500m	1:05.35	(40.18)	
		833m	1:34.93	(37.57)	833m	1:46.58	(41.23)	
		1167m	2:13.09	(38.16)	1167m	2:29.18	(42.60)	
		1500m	2:52.70	(39.61)	1500m	3:11.43	(42.25)	

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		Naam	Cat	PR	Tijd	Info
34	gl	6 Lars Huiting	HN1		3:01.68	
	bl	52 Femke Huis In 'T Veld	DA2		3:34.51	
		Lars Huiting			Femke Huis In 'T Veld	
		167m	21.92 (21.92)	167m	26.40 (26.40)	
		500m	58.35 (36.43)	500m	1:12.16 (45.76)	
		833m	1:37.91 (39.56)	833m	1:58.44 (46.28)	
		1167m	2:19.28 (41.37)	1167m	2:46.47 (48.03)	
		1500m	3:01.68 (42.40)	1500m	3:34.51 (48.04)	

		Naam	Cat	PR	Tijd	Info
35	wt	10 Niene Iping	DN2		3:23.29	
	rd	33 Charlotte Bruring	DN2		2:55.38	
		Niene Iping			Charlotte Bruring	
		167m	24.56 (24.56)	167m	22.85 (22.85)	
		500m	1:08.00 (43.44)	500m	59.35 (36.50)	
		833m	1:52.94 (44.94)	833m	1:36.39 (37.04)	
		1167m	2:38.29 (45.35)	1167m	2:15.46 (39.07)	
		1500m	3:23.29 (45.00)	1500m	2:55.38 (39.92)	

		Naam	Cat	PR	Tijd	Info
36	gl	65 Wies Twisk	HN4		2:35.00	
	bl	5 Ilse van Es	DSA		2:44.76	
		Wies Twisk			Ilse van Es	
		167m	20.77 (20.77)	167m	23.05 (23.05)	
		500m	52.78 (32.01)	500m	57.64 (34.59)	
		833m	1:25.92 (33.14)	833m	1:32.21 (34.57)	
		1167m	1:59.78 (33.86)	1167m	2:08.19 (35.98)	
		1500m	2:35.00 (35.22)	1500m	2:44.76 (36.57)	

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		Naam	Cat	PR	Tijd	Info
37	wt	27 Annepien de Vries	DSA	2:57.05	2:51.32	PR
	rd	61 Jil Dissel	DSA	2:58.97	DNF	
		<u>Annepien de Vries</u>			<u>Jil Dissel</u>	
		167m 22.03 (22.03)		167m 23.99 (23.99)		
		500m 57.50 (35.47)		500m 1:01.21 (37.22)		
		833m 1:34.16 (36.66)		833m 1:39.58 (38.37)		
		1167m 2:11.93 (37.77)		1167m 4:22.59 (163.01)		
		1500m 2:51.32 (39.39)		1500m 11:57.78 (455.19)		

		Naam	Cat	PR	Tijd	Info
38	gl	53 Lisa Feenstra	DN1	2:55.47	2:47.84	PR
	bl	21 Iris van Duinen	DN3	3:29.11	3:21.68	PR
		<u>Lisa Feenstra</u>			<u>Iris van Duinen</u>	
		167m 21.73 (21.73)		167m 23.68 (23.68)		
		500m 56.62 (34.89)		500m 1:03.13 (39.45)		
		833m 1:33.43 (36.81)		833m 1:45.57 (42.44)		
		1167m 2:10.92 (37.49)		1167m 2:32.16 (46.59)		
		1500m 2:47.84 (36.92)		1500m 3:21.68 (49.52)		

4. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	69 Niels Ras	HA1	47	O	4:43.05		
2	2 Ine Bonthuis	DN3	48	O	4:55.24	PR	
3	50 Martijn van der Zwaard	HSA	41	I	4:58.34		
4	1 Mark Reessink	HSB	47	I	4:58.88		
5	70 Paulien van Dulst	DN3	43	I	5:07.82		
6	46 David van Dijk	HN4	42	I	5:10.87		
7	73 Sybe Weening	HN2	48	I	5:18.68	PR	
8	9 Arthur Knibbe	HN4	42	O	5:22.54		
9	59 Boris Petersen	HSA	46	I	5:26.22	PR	
10	60 Amélie Coremans	DN1	45	I	5:28.53		
11	24 Petra Smits	DSB	44	O	5:30.02		
12	71 Charissa de Mes	DC1	46	O	5:32.30	PR	
13	38 Boris Muller	HN2	45	O	5:33.19		
14	58 Mirjam Oosterom	DSA	41	O	5:33.50		
15	48 Kaija Berendschot	DSA	44	I	5:50.89		
16	20 Rosanne van der Post	DSA	39	O	5:54.42		
17	63 Rowen Knol	DN3	39	I	6:00.18		
	37 Marleen de Boer	DN1	43	O		DQ	

4. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd	Info
39	wt	63 Rowen Knol	DN3	5:29.67	6:00.18	
	rd	20 Rosanne van der Post	DSA		5:54.42	
		Rowen Knol				Rosanne van der Post
		333m 40.98 (40.98)			333m 40.33 (40.33)	
		667m 1:18.28 (37.30)			667m 1:17.80 (37.47)	
		1000m 1:57.91 (39.63)			1000m 1:56.76 (38.96)	
		1333m 2:38.02 (40.11)			1333m 2:36.61 (39.85)	
		1667m 3:18.17 (40.15)			1667m 3:16.40 (39.79)	
		2000m 3:58.54 (40.37)			2000m 3:55.70 (39.30)	
		2333m 4:39.23 (40.69)			2333m 4:36.18 (40.48)	
		2667m 5:20.18 (40.95)			2667m 5:15.88 (39.70)	
		3000m 6:00.18 (40.00)			3000m 5:54.42 (38.54)	

		Naam	Cat	PR	Tijd	Info
40	gl					
	bl					
		m			m	

		Naam	Cat	PR	Tijd	Info
41	wt	50 Martijn van der Zwaard	HSA		4:58.34	
	rd	58 Mirjam Oosterom	DSA		5:33.50	
		Martijn van der Zwaard				Mirjam Oosterom
		333m 35.06 (35.06)			333m 37.34 (37.34)	
		667m 1:06.64 (31.58)			667m 1:11.82 (34.48)	
		1000m 1:38.94 (32.30)			1000m 1:47.98 (36.16)	
		1333m 2:12.10 (33.16)			1333m 2:24.65 (36.67)	
		1667m 2:45.46 (33.36)			1667m 3:02.29 (37.64)	
		2000m 3:18.39 (32.93)			2000m 3:39.92 (37.63)	
		2333m 3:51.23 (32.84)			2333m 4:18.28 (38.36)	
		2667m 4:24.97 (33.74)			2667m 4:56.39 (38.11)	
		3000m 4:58.34 (33.37)			3000m 5:33.50 (37.11)	



Lacustris Final Races

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		Naam		Cat		PR		Tijd	Info
42	gl	46	David van Dijk		HN4			5:10.87	
	bl	9	Arthur Knibbe		HN4			5:22.54	
		David van Dijk			Arthur Knibbe				
		333m	35.92	(35.92)	333m	36.19	(36.19)		
		667m	1:08.25	(32.33)	667m	1:10.20	(34.01)		
		1000m	1:41.91	(33.66)	1000m	1:45.91	(35.71)		
		1333m	2:16.41	(34.50)	1333m	2:22.20	(36.29)		
		1667m	2:50.84	(34.43)	1667m	2:59.04	(36.84)		
		2000m	3:26.17	(35.33)	2000m	3:35.68	(36.64)		
		2333m	4:01.06	(34.89)	2333m	4:12.58	(36.90)		
		2667m	4:36.39	(35.33)	2667m	4:48.59	(36.01)		
		3000m	5:10.87	(34.48)	3000m	5:22.54	(33.95)		

		Naam		Cat		PR		Tijd	Info
43	wt	70	Paulien van Dulst		DN3			5:07.82	
	rd	37	Marleen de Boer		DN1			DQ	
		Paulien van Dulst			Marleen de Boer				
		333m	37.07	(37.07)	333m	36.79	(36.79)		
		667m	1:08.04	(30.97)	667m	1:09.05	(32.26)		
		1000m	1:41.29	(33.25)	1000m	1:42.10	(33.05)		
		1333m	2:14.90	(33.61)	1333m	2:15.62	(33.52)		
		1667m	2:48.49	(33.59)	1667m	2:49.73	(34.11)		
		2000m	3:23.37	(34.88)	2000m	3:23.90	(34.17)		
		2333m	3:58.44	(35.07)	2333m	3:59.85	(35.95)		
		2667m	4:33.39	(34.95)	2667m	5:06.84	(66.99)		
		3000m	5:07.82	(34.43)	3000m	5:31.57	(24.73)		



Lacustris Final Races

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		Naam		Cat		PR		Tijd	Info
44	gl	48	Kaija Berendschot		DSA			5:50.89	
	bl	24	Petra Smits		DSB			5:30.02	
		Kaija Berendschot			Petra Smits				
		333m	37.98	(37.98)	333m	40.14	(40.14)		
		667m	1:14.81	(36.83)	667m	1:15.57	(35.43)		
		1000m	1:53.60	(38.79)	1000m	1:51.45	(35.88)		
		1333m	2:32.66	(39.06)	1333m	2:27.49	(36.04)		
		1667m	3:51.55	(78.89)	1667m	3:04.04	(36.55)		
		2000m	4:13.67	(22.12)	2000m	3:38.80	(34.76)		
		2333m	4:46.08	(32.41)	2333m	4:13.45	(34.65)		
		2667m	5:18.48	(32.40)	2667m	4:48.11	(34.66)		
		3000m	5:50.89	(32.41)	3000m	5:30.02	(41.91)		

		Naam		Cat		PR		Tijd	Info
45	wt	60	Amélie Coremans		DN1			5:28.53	
	rd	38	Boris Muller		HN2			5:33.19	
		Amélie Coremans			Boris Muller				
		333m	35.83	(35.83)	333m	34.83	(34.83)		
		667m	1:08.37	(32.54)	667m	1:08.85	(34.02)		
		1000m	1:43.12	(34.75)	1000m	1:46.05	(37.20)		
		1333m	2:19.19	(36.07)	1333m	2:24.14	(38.09)		
		1667m	2:55.83	(36.64)	1667m	3:02.00	(37.86)		
		2000m	3:33.19	(37.36)	2000m	3:40.22	(38.22)		
		2333m	4:11.22	(38.03)	2333m	4:18.83	(38.61)		
		2667m	4:49.94	(38.72)	2667m	4:58.13	(39.30)		
		3000m	5:28.53	(38.59)	3000m	5:33.19	(35.06)		



Lacustris Final Races

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		Naam	Cat	PR	Tijd	Info
46	gl	59 Boris Petersen	HSA	5:36.92	5:26.22	PR
	bl	71 Charissa de Mes	DC1	5:48.90	5:32.30	PR

Boris Petersen

333m	36.10	(36.10)
667m	1:08.03	(31.93)
1000m	1:41.48	(33.45)
1333m	2:17.39	(35.91)
1667m	2:54.71	(37.32)
2000m	3:32.78	(38.07)
2333m	4:11.21	(38.43)
2667m	4:49.53	(38.32)
3000m	5:26.22	(36.69)

Charissa de Mes

333m	38.00	(38.00)
667m	1:11.79	(33.79)
1000m	1:47.07	(35.28)
1333m	2:23.35	(36.28)
1667m	3:00.66	(37.31)
2000m	3:38.53	(37.87)
2333m	4:16.90	(38.37)
2667m	4:55.50	(38.60)
3000m	5:32.30	(36.80)

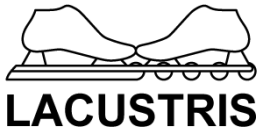
		Naam	Cat	PR	Tijd	Info
47	wt	1 Mark Reessink	HSB	4:29.84	4:58.88	
	rd	69 Niels Ras	HA1		4:43.05	

Mark Reessink

333m	32.53	(32.53)
667m	1:02.15	(29.62)
1000m	1:33.01	(30.86)
1333m	2:04.47	(31.46)
1667m	2:36.92	(32.45)
2000m	3:12.23	(35.31)
2333m	3:46.89	(34.66)
2667m	4:22.59	(35.70)
3000m	4:58.88	(36.29)

Niels Ras

333m	30.05	(30.05)
667m	58.60	(28.55)
1000m	1:29.78	(31.18)
1333m	2:01.78	(32.00)
1667m	2:34.01	(32.23)
2000m	3:06.51	(32.50)
2333m	3:39.30	(32.79)
2667m	4:12.18	(32.88)
3000m	4:43.05	(30.87)



Lacustris Final Races

Triavium - Nijmegen

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		Naam		Cat		PR		Tijd	Info
48	gl	73	Sybe Weening		HN2			5:28.53	5:18.68 PR
	bl	2	Ine Bonthuis		DN3			4:58.69	4:55.24 PR
		Sybe Weening			Ine Bonthuis				
		333m	34.53	(34.53)	333m	33.69	(33.69)		
		667m	1:07.82	(33.29)	667m	1:03.86	(30.17)		
		1000m	1:43.57	(35.75)	1000m	1:35.43	(31.57)		
		1333m	2:18.72	(35.15)	1333m	2:07.67	(32.24)		
		1667m	2:54.03	(35.31)	1667m	2:40.54	(32.87)		
		2000m	3:30.17	(36.14)	2000m	3:13.67	(33.13)		
		2333m	4:06.49	(36.32)	2333m	3:47.29	(33.62)		
		2667m	4:43.29	(36.80)	2667m	4:21.13	(33.84)		
		3000m	5:18.68	(35.39)	3000m	4:55.24	(34.11)		



Lacustris Final Races

Triavium - Nijmegen

18 maart 2023

5. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	47 Matthijs Meihuizen	HSA	51	I	8:02.87		
2	62 Matthijs Maas	HN2	49	I	8:05.13		
3	72 Persijn van de Velden	HN3	49	O	8:16.99		
4	64 Hiltje Gerritsma	DN3	52	O	8:38.07		
5	54 Nicolle van Rijswijk	DSA	52	I	8:38.13		



Lacustris Final Races

Triavium - Nijmegen

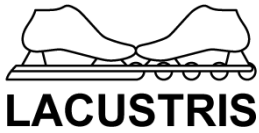
18 maart 2023

	Naam	Cat	PR	Tijd	Info
51	wt rd	47 Matthijs Meihuizen	HSA	7:58.69	8:02.87

Matthijs Meihuizen

333m	31.59	(31.59)
667m	1:00.29	(28.70)
1000m	1:31.17	(30.88)
1333m	2:03.03	(31.86)
1667m	2:34.90	(31.87)
2000m	3:07.05	(32.15)
2333m	3:39.20	(32.15)
2667m	4:10.24	(31.04)
3000m	4:43.94	(33.70)
3333m	5:16.10	(32.16)
3667m	5:49.01	(32.91)
4000m	6:21.94	(32.93)
4333m	6:54.98	(33.04)
4667m	7:29.06	(34.08)
5000m	8:02.87	(33.81)

m



Lacustris Final Races

Triavium - Nijmegen

18 maart 2023

		Naam		Cat		PR		Tijd	Info
52	gl	54	Nicolle van Rijswijk		DSA			8:38.13	
	bl	64	Hiltje Gerritsma		DN3			8:38.07	
		Nicolle van Rijswijk				Hiltje Gerritsma			
		333m	36.10	(36.10)		333m	37.39	(37.39)	
		667m	1:08.80	(32.70)		667m	1:10.65	(33.26)	
		1000m	1:42.78	(33.98)		1000m	1:44.23	(33.58)	
		1333m	2:17.48	(34.70)		1333m	2:18.44	(34.21)	
		1667m	2:51.35	(33.87)		1667m	2:53.71	(35.27)	
		2000m	3:25.41	(34.06)		2000m	3:26.53	(32.82)	
		2333m	3:59.67	(34.26)		2333m	4:00.33	(33.80)	
		2667m	4:34.29	(34.62)		2667m	4:34.52	(34.19)	
		3000m	5:08.95	(34.66)		3000m	5:08.99	(34.47)	
		3333m	5:43.63	(34.68)		3333m	5:43.90	(34.91)	
		3667m	6:18.64	(35.01)		3667m	6:18.71	(34.81)	
		4000m	6:53.60	(34.96)		4000m	6:53.75	(35.04)	
		4333m	7:28.75	(35.15)		4333m	7:28.88	(35.13)	
		4667m	8:03.96	(35.21)		4667m	8:04.16	(35.28)	
		5000m	8:38.13	(34.17)		5000m	8:38.07	(33.91)	



Lacustris Final Races

Triavium - Nijmegen

18 maart 2023

6. Uitslag 10 km

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	66 Roza Blokker	DSB	56	O	15:33.67		
2	13 Wester Landman	HN1	54	O	15:47.19		
3	31 Janneke Elzinga	DSA	56	I	15:50.65		
4	8 Fedor van der Laan	HSA	54	I	16:22.98		
5	18 Coen Stellinga	HSA	55	I	16:29.39		
6	68 Denise van der Hulst	DSA	55	O	16:37.71		
	17 Jorn Limburg	HSA	53	I	DQ		
	67 Peter Paul Erdman	HSB	53	O	DQ		



Lacustris Final Races

Triavium - Nijmegen

18 maart 2023

6. Rituitslag 10 km

		Naam		Cat		PR		Tijd	Info
53	wt	17	Jorn Limburg		HSA				DQ
	rd	67	Peter Paul Erdman		HSB				DQ
		Jorn Limburg			Peter Paul Erdman				
		333m	33.62	(33.62)	333m	34.31	(34.31)		
		667m	1:04.61	(30.99)	667m	1:03.28	(28.97)		
		1000m	1:36.57	(31.96)	1000m	1:33.47	(30.19)		
		1333m	2:08.97	(32.40)	1333m	2:04.83	(31.36)		
		1667m	2:41.86	(32.89)	1667m	2:40.02	(35.19)		



Lacustris Final Races

Triavium - Nijmegen

18 maart 2023

		Naam	Cat	PR	Tijd	Info
54	gl	8 Fedor van der Laan	HSA	16:17.83	16:22.98	
	bl	13 Wester Landman	HN1		15:47.19	

Fedor van der Laan

333m	34.09	(34.09)
667m	1:05.39	(31.30)
1000m	1:37.61	(32.22)
1333m	2:09.90	(32.29)
1667m	2:42.50	(32.60)
2000m	3:15.20	(32.70)
2333m	3:47.77	(32.57)
2667m	4:20.78	(33.01)
3000m	4:53.85	(33.07)
3333m	5:26.74	(32.89)
3667m	5:59.88	(33.14)
4000m	6:32.99	(33.11)
4333m	7:06.29	(33.30)
4667m	7:39.66	(33.37)
5000m	8:13.23	(33.57)
5333m	8:46.27	(33.04)
5667m	9:19.22	(32.95)
6000m	9:52.11	(32.89)
6333m	10:25.13	(33.02)
6667m	10:57.63	(32.50)
7000m	11:30.30	(32.67)
7333m	12:02.39	(32.09)
7667m	12:34.08	(31.69)
8000m	13:06.86	(32.78)
8333m	13:40.68	(33.82)
8667m	14:13.00	(32.32)
9000m	14:45.32	(32.32)
9333m	15:18.01	(32.69)
9667m	15:50.16	(32.15)
10000m	16:22.98	(32.82)

Wester Landman

333m	32.62	(32.62)
667m	1:03.39	(30.77)
1000m	1:34.61	(31.22)
1333m	2:05.59	(30.98)
1667m	2:36.55	(30.96)
2000m	3:07.47	(30.92)
2333m	3:38.36	(30.89)
2667m	4:09.54	(31.18)
3000m	4:40.50	(30.96)
3333m	5:11.69	(31.19)
3667m	5:43.18	(31.49)
4000m	6:14.71	(31.53)
4333m	6:46.65	(31.94)
4667m	7:18.53	(31.88)
5000m	7:50.59	(32.06)
5333m	8:22.36	(31.77)
5667m	8:54.33	(31.97)
6000m	9:25.62	(31.29)
6333m	9:57.02	(31.40)
6667m	10:28.38	(31.36)
7000m	10:59.40	(31.02)
7333m	11:29.98	(30.58)
7667m	12:01.32	(31.34)
8000m	12:32.98	(31.66)
8333m	13:05.24	(32.26)
8667m	13:37.72	(32.48)
9000m	14:09.81	(32.09)
9333m	14:42.18	(32.37)
9667m	15:14.82	(32.64)
10000m	15:47.19	(32.37)

Lacustris Final Races

Triavium - Nijmegen

18 maart 2023

		Naam	Cat	PR	Tijd Info
55	wt	18 Coen Stellinga	HSA	15:34.24	16:29.39
	rd	68 Denise van der Hulst	DSA		16:37.71

Coen Stellinga

333m	34.52	(34.52)
667m	1:04.90	(30.38)
1000m	1:36.00	(31.10)
1333m	2:07.46	(31.46)
1667m	2:39.44	(31.98)
2000m	3:11.75	(32.31)
2333m	3:44.18	(32.43)
2667m	4:16.70	(32.52)
3000m	4:49.50	(32.80)
3333m	5:22.40	(32.90)
3667m	5:55.28	(32.88)
4000m	6:28.69	(33.41)
4333m	7:01.92	(33.23)
4667m	7:35.15	(33.23)
5000m	8:07.33	(32.18)
5333m	8:40.03	(32.70)
5667m	9:13.09	(33.06)
6000m	9:46.67	(33.58)
6333m	10:20.22	(33.55)
6667m	10:53.90	(33.68)
7000m	11:27.51	(33.61)
7333m	12:00.96	(33.45)
7667m	12:34.89	(33.93)
8000m	13:08.90	(34.01)
8333m	13:42.91	(34.01)
8667m	14:16.82	(33.91)
9000m	14:50.65	(33.83)
9333m	15:24.42	(33.77)
9667m	15:57.80	(33.38)
10000m	16:29.39	(31.59)

Denise van der Hulst

333m	36.30	(36.30)
667m	1:08.63	(32.33)
1000m	1:41.51	(32.88)
1333m	2:14.32	(32.81)
1667m	2:47.43	(33.11)
2000m	3:20.52	(33.09)
2333m	3:53.94	(33.42)
2667m	4:27.14	(33.20)
3000m	5:00.34	(33.20)
3333m	5:33.03	(32.69)
3667m	6:06.02	(32.99)
4000m	6:38.90	(32.88)
4333m	7:11.86	(32.96)
4667m	7:45.33	(33.47)
5000m	8:19.16	(33.83)
5333m	8:52.59	(33.43)
5667m	9:26.15	(33.56)
6000m	9:59.76	(33.61)
6333m	10:33.93	(34.17)
6667m	11:07.75	(33.82)
7000m	11:41.31	(33.56)
7333m	12:14.55	(33.24)
7667m	12:47.72	(33.17)
8000m	13:20.49	(32.77)
8333m	13:53.21	(32.72)
8667m	14:25.90	(32.69)
9000m	14:59.18	(33.28)
9333m	15:32.10	(32.92)
9667m	16:04.95	(32.85)
10000m	16:37.71	(32.76)



Lacustris Final Races

Triavium - Nijmegen

18 maart 2023

		Naam		Cat		PR	Tijd	Info
56	gl	31	Janneke Elzinga		DSA		15:16.42	15:50.65
	bl	66	Roza Blokker		DSB			15:33.67
Janneke Elzinga				Roza Blokker				
		333m	33.75	(33.75)		333m	32.91	(32.91)
		667m	1:02.41	(28.66)		667m	1:01.90	(28.99)
		1000m	1:32.34	(29.93)		1000m	1:31.80	(29.90)
		1333m	2:02.45	(30.11)		1333m	2:01.51	(29.71)
		1667m	2:32.47	(30.02)		1667m	2:31.59	(30.08)
		2000m	3:02.87	(30.40)		2000m	3:01.71	(30.12)
		2333m	3:33.59	(30.72)		2333m	3:31.79	(30.08)
		2667m	4:04.03	(30.44)		2667m	4:02.33	(30.54)
		3000m	4:34.56	(30.53)		3000m	4:33.02	(30.69)
		3333m	5:05.26	(30.70)		3333m	5:03.35	(30.33)
		3667m	5:35.92	(30.66)		3667m	5:34.09	(30.74)
		4000m	6:06.88	(30.96)		4000m	6:05.18	(31.09)
		4333m	6:38.40	(31.52)		4333m	6:35.92	(30.74)
		4667m	7:10.40	(32.00)		4667m	7:06.81	(30.89)
		5000m	7:42.37	(31.97)		5000m	7:37.95	(31.14)
		5333m	8:14.74	(32.37)		5333m	8:09.01	(31.06)
		5667m	8:46.94	(32.20)		5667m	8:40.33	(31.32)
		6000m	9:19.12	(32.18)		6000m	9:11.73	(31.40)
		6333m	9:51.51	(32.39)		6333m	9:43.35	(31.62)
		6667m	10:24.25	(32.74)		6667m	10:14.94	(31.59)
		7000m	10:56.84	(32.59)		7000m	10:46.69	(31.75)
		7333m	11:29.73	(32.89)		7333m	11:18.51	(31.82)
		7667m	12:02.48	(32.75)		7667m	11:50.38	(31.87)
		8000m	12:35.17	(32.69)		8000m	12:22.47	(32.09)
		8333m	13:08.00	(32.83)		8333m	12:54.69	(32.22)
		8667m	13:40.86	(32.86)		8667m	13:26.97	(32.28)
		9000m	14:13.75	(32.89)		9000m	13:58.62	(31.65)
		9333m	14:46.61	(32.86)		9333m	14:30.10	(31.48)
		9667m	15:18.77	(32.16)		9667m	15:01.76	(31.66)
		10000m	15:50.65	(31.88)		10000m	15:33.67	(31.91)