

1. Uitslag Pupillen (3/300) 1e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 109 Florian de Kool | HPC | 24 | O | 34.81 | PR | |
| 2 | 24 Sten van der Knaap | HPE | 22 | O | 35.40 | PR | |
| 3 | 36 Damian Haesen | HPA | 24 | I | 35.67 | PR | |
| 4 | 37 Scott Berkelaar | HPB | 19 | I | 35.85 | PR | |
| 5 | 9 Sara van Schie | DPC | 23 | O | 37.06 | PR | |
| 6 | 49 Thomas Hulsman | HPC | 21 | O | 37.15 | PR | |
| 7 | 29 Ryan Post | HPD | 18 | O | 37.37 | PR | |
| 8 | 56 Sofie Mourik | DPB | 22 | I | 37.55 | PR | |
| 9 | 33 Jelle Kerstens | HPD | 16 | I | 37.61 | PR | |
| 10 | 112 Jurre van Wijk | HPB | 17 | I | 37.67 | PR | |
| 11 | 27 Leon Spivakovskiy | HPE | 11 | I | 37.95 | PR | |
| 12 | 111 Ian Schenderling | HPC | 13 | I | 37.96 | PR | |
| 13 | 94 Jonna van Duuren | DPA | 23 | I | 38.07 | FL | |
| 14 | 50 Daan van Geer | HPD | 18 | I | 38.11 | | |
| 15 | 51 Celine van Laar | DPD | 16 | O | 38.15 | | |
| 16 | 87 Lily Bakker | DPB | 12 | I | 38.18 | PR | |
| 17 | 40 Kate Van Nierop | DPA | 17 | O | 38.34 | PR | |
| 18 | 90 Anne-Roos Graveland | DPB | 11 | O | 38.36 | | |
| 19 | 78 Anna Hogendoorn | DPD | 21 | I | 38.38 | PR | |
| 20 | 46 Jo-Lien van Scheijndel | DPD | 20 | I | 38.44 | PR | |
| 21 | 41 Jane van Nierop | DPC | 20 | O | 39.01 | PR | |
| 22 | 30 Julian Dries | HPC | 10 | O | 39.03 | PR | |
| 23 | 53 Meijke Vijverberg | DPC | 13 | O | 39.82 | PR | |
| 24 | 55 Jasmijn van Haastrecht | DPB | 9 | I | 40.25 | PR | |
| 25 | 2 Kik Meliesie | HPC | 19 | O | 40.31 | | |
| 26 | 19 Kai van Paassen | HPE | 15 | O | 40.56 | | |
| | 101 Rens Pera | HPA | 15 | I | 40.56 | PR | |
| 28 | 110 Moen Heijne | DPB | 10 | I | 40.62 | PR | |
| 29 | 102 Benthe de Bruin | DPD | 7 | I | 40.77 | | |
| 30 | 20 Elise Stans | DPC | 7 | O | 40.90 | PR | |
| 31 | 52 Abhinav Nair | HPE | 8 | I | 40.91 | PR | |
| 32 | 92 Senn Borst | HPD | 14 | I | 41.33 | | |
| 33 | 64 Merle le Blanc | DPD | 8 | O | 42.90 | | |
| 34 | 32 Ravi Rijsterborgh | HPD | 5 | O | 43.23 | PR | |
| 35 | 13 Jouke Gravesteyn | HPB | 14 | O | 43.28 | | |
| 36 | 80 Nienke Zwaan | DPA | 3 | O | 43.57 | PR | |
| 37 | 11 Norah Kwee | DPC | 12 | O | 44.07 | PR | |
| 38 | 67 Kaydé Lanser | DPC | 1 | O | 44.48 | | |

De Uithof - Den Haag

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|-------|------|--------|
| 39 | 88 Djim Bakker | HPE | 4 | O | 44.58 | | |
| 40 | 99 Lois den Heijer | DPE | 5 | I | 44.59 | | |
| 41 | 106 Anniek Teeuw | DPC | 9 | O | 44.69 | PR | |
| 42 | 73 Lindy Bezemer | DPE | 4 | I | 45.35 | | |
| 43 | 95 Wess Duijvestijn | HPE | 3 | I | 48.96 | | |
| 44 | 121 Luuk Bronsgeest | HPD | 2 | O | 49.05 | HT | |
| 45 | 54 Evie Vijverberg | DPF | 2 | I | 50.75 | PR | |
| 46 | 31 Ilvy Rijsterborgh | DPF | 1 | I | 54.87 | HT | |

1. Rituitslag Pupillen (3/300) 1e 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|------|---------------------|--------------|------|
| 1 | wt | 31 | Ilvij Rijsterborgh | | DPF | 1:10.24 | 54.87 | HT |
| | rd | 67 | Kaydé Lanser | | DPC | 41.00 | 44.48 | |
| | | <u>Ilvij Rijsterborgh</u> | | | | <u>Kaydé Lanser</u> | | |
| | | 300m | 54.87 | (54.87) | 300m | 44.48 | (44.48) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|------------------------|---------|------|------------------------|--------------|------|
| 2 | gl | 54 | Evie Vijverberg | | DPF | 52.94 | 50.75 | PR |
| | bl | 121 | Luuk Bronsgeest | | HPD | | 49.05 | HT |
| | | <u>Evie Vijverberg</u> | | | | <u>Luuk Bronsgeest</u> | | |
| | | 300m | 50.75 | (50.75) | 300m | 49.05 | (49.05) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|------|---------------------|--------------|------|
| 3 | wt | 95 | Wess Duijvestijn | | HPE | | 48.96 | |
| | rd | 80 | Nienke Zwaan | | DPA | 44.71 | 43.57 | PR |
| | | <u>Wess Duijvestijn</u> | | | | <u>Nienke Zwaan</u> | | |
| | | 300m | 48.96 | (48.96) | 300m | 43.57 | (43.57) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|----------------------|---------|------|--------------------|--------------|------|
| 4 | gl | 73 | Lindy Bezemer | | DPE | | 45.35 | |
| | bl | 88 | Djim Bakker | | HPE | | 44.58 | |
| | | <u>Lindy Bezemer</u> | | | | <u>Djim Bakker</u> | | |
| | | 300m | 45.35 | (45.35) | 300m | 44.58 | (44.58) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|--------------------------|---------|------|--------------------------|--------------|------|
| 5 | wt | 99 | Lois den Heijer | | DPE | | 44.59 | |
| | rd | 32 | Ravi Rijsterborgh | | HPD | 49.35 | 43.23 | PR |
| | | <u>Lois den Heijer</u> | | | | <u>Ravi Rijsterborgh</u> | | |
| | | 300m | 44.59 | (44.59) | 300m | 43.23 | (43.23) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------------|-------|---------|-------|----|--------------|------|
| 6 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | | |
| | | | | | m | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 7 | wt | 102 Benthe de Bruin | | DPD | | | 40.77 | |
| | rd | 20 Elise Stans | | DPC | 44.49 | | 40.90 | PR |
| | | Benthe de Bruin | | | | | | |
| | | 300m | 40.77 | (40.77) | | | | |
| | | Elise Stans | | | | | | |
| | | 300m | 40.90 | (40.90) | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 8 | gl | 52 Abhinav Nair | | HPE | 42.78 | | 40.91 | PR |
| | bl | 64 Merle le Blanc | | DPD | | | 42.90 | |
| | | Abhinav Nair | | | | | | |
| | | 300m | 40.91 | (40.91) | | | | |
| | | Merle le Blanc | | | | | | |
| | | 300m | 42.90 | (42.90) | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 9 | wt | 55 Jasmijn van Haastrecht | | DPB | 40.41 | | 40.25 | PR |
| | rd | 106 Anniek Teeuw | | DPC | 44.77 | | 44.69 | PR |
| | | Jasmijn van Haastrecht | | | | | | |
| | | 300m | 40.25 | (40.25) | | | | |
| | | Anniek Teeuw | | | | | | |
| | | 300m | 44.69 | (44.69) | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 10 | gl | 110 Moen Heijne | | DPB | 42.15 | | 40.62 | PR |
| | bl | 30 Julian Dries | | HPC | 41.22 | | 39.03 | PR |
| | | Moen Heijne | | | | | | |
| | | 300m | 40.62 | (40.62) | | | | |
| | | Julian Dries | | | | | | |
| | | 300m | 39.03 | (39.03) | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 11 | wt | 27 Leon Spivakovskiy | | HPE | 38.12 | | 37.95 | PR |
| | rd | 90 Anne-Roos Graveland | | DPB | | | 38.36 | |
| | | Leon Spivakovskiy | | | | | | |
| | | 300m | 37.95 | (37.95) | | | | |
| | | Anne-Roos Graveland | | | | | | |
| | | 300m | 38.36 | (38.36) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------|-------|------------|------|-------|--------------|------|
| 12 | gl | 87 Lily Bakker | | DPB | | 44.69 | 38.18 | PR |
| | bl | 11 Norah Kwee | | DPC | | 45.05 | 44.07 | PR |
| | | Lily Bakker | | Norah Kwee | | | | |
| | | 300m | 38.18 | (38.18) | 300m | 44.07 | (44.07) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|-------|-------------------|------|-------|--------------|------|
| 13 | wt | 111 Ian Schenderling | | HPC | | 42.02 | 37.96 | PR |
| | rd | 53 Meijke Vijverberg | | DPC | | 40.90 | 39.82 | PR |
| | | Ian Schenderling | | Meijke Vijverberg | | | | |
| | | 300m | 37.96 | (37.96) | 300m | 39.82 | (39.82) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-------|------------------|------|-------|--------------|------|
| 14 | gl | 92 Senn Borst | | HPD | | | 41.33 | |
| | bl | 13 Jouke Gravesteyn | | HPB | | 43.21 | 43.28 | |
| | | Senn Borst | | Jouke Gravesteyn | | | | |
| | | 300m | 41.33 | (41.33) | 300m | 43.28 | (43.28) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|-------|-----------------|------|-------|--------------|------|
| 15 | wt | 101 Rens Pera | | HPA | | 43.22 | 40.56 | PR |
| | rd | 19 Kai van Paassen | | HPE | | | 40.56 | |
| | | Rens Pera | | Kai van Paassen | | | | |
| | | 300m | 40.56 | (40.56) | 300m | 40.56 | (40.56) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|-------|-----------------|------|-------|--------------|------|
| 16 | gl | 33 Jelle Kerstens | | HPD | | 39.38 | 37.61 | PR |
| | bl | 51 Celine van Laar | | DPD | | | 38.15 | |
| | | Jelle Kerstens | | Celine van Laar | | | | |
| | | 300m | 37.61 | (37.61) | 300m | 38.15 | (38.15) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|-------|-----------------|------|-------|--------------|------|
| 17 | wt | 112 Jurre van Wijk | | HPB | | 40.61 | 37.67 | PR |
| | rd | 40 Kate Van Nierop | | DPA | | 40.13 | 38.34 | PR |
| | | Jurre van Wijk | | Kate Van Nierop | | | | |
| | | 300m | 37.67 | (37.67) | 300m | 38.34 | (38.34) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|------------------|-------|--------------|------|
| 18 | gl | 50 | Daan van Geer | | HPD | | 38.11 | |
| | bl | 29 | Ryan Post | | HPD | 37.74 | 37.37 | PR |
| | | <u>Daan van Geer</u> | | | <u>Ryan Post</u> | | | |
| | | 300m | 38.11 | (38.11) | 300m | 37.37 | (37.37) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|---------------------|-------|--------------|------|
| 19 | wt | 37 | Scott Berkelaar | | HPB | 39.52 | 35.85 | PR |
| | rd | 2 | Kik Meliesie | | HPC | 37.97 | 40.31 | |
| | | <u>Scott Berkelaar</u> | | | <u>Kik Meliesie</u> | | | |
| | | 300m | 35.85 | (35.85) | 300m | 40.31 | (40.31) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------------|-------------------------------|---------|------------------------|-------|--------------|------|
| 20 | gl | 46 | Jo-Lien van Scheijndel | | DPD | 40.80 | 38.44 | PR |
| | bl | 41 | Jane van Nierop | | DPC | 39.84 | 39.01 | PR |
| | | <u>Jo-Lien van Scheijndel</u> | | | <u>Jane van Nierop</u> | | | |
| | | 300m | 38.44 | (38.44) | 300m | 39.01 | (39.01) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|--------------|------|
| 21 | wt | 78 | Anna Hogendoorn | | DPD | 39.50 | 38.38 | PR |
| | rd | 49 | Thomas Hulsman | | HPC | 39.81 | 37.15 | PR |
| | | <u>Anna Hogendoorn</u> | | | <u>Thomas Hulsman</u> | | | |
| | | 300m | 38.38 | (38.38) | 300m | 37.15 | (37.15) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 22 | gl | 56 | Sofie Mourik | | DPB | 39.18 | 37.55 | PR |
| | bl | 24 | Sten van der Knaap | | HPE | 40.01 | 35.40 | PR |
| | | <u>Sofie Mourik</u> | | | <u>Sten van der Knaap</u> | | | |
| | | 300m | 37.55 | (37.55) | 300m | 35.40 | (35.40) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-----------------------|-------|--------------|------|
| 23 | wt | 94 | Jonna van Duuren | | DPA | 38.01 | 38.07 | FL |
| | rd | 9 | Sara van Schie | | DPC | 38.56 | 37.06 | PR |
| | | <u>Jonna van Duuren</u> | | | <u>Sara van Schie</u> | | | |
| | | 300m | 38.07 | (38.07) | 300m | 37.06 | (37.06) | |

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| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|------------------------|---------|------------------------|-------|---------|-----------------|
| 24 | gl | 36 | Damian Haesen | | HPA | | 41.03 | 35.67 PR |
| | bl | 109 | Florian de Kool | | HPC | | 35.47 | 34.81 PR |
| | | Damian Haesen | | | Florian de Kool | | | |
| | | 300m | 35.67 | (35.67) | 300m | 34.81 | (34.81) | |

2. Uitslag Pupillen (3/700) 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 18 Feline Scholten | DPA | 42 | I | 29.93 | PR | |
| | 5 Roos Bos | DPA | 40 | O | 29.93 | PR | |
| 3 | 68 Vincent Meulmeester | HPC | 41 | O | 30.38 | | |
| 4 | 7 Liese van der Laan | DPA | 42 | O | 30.43 | PR | |
| 5 | 17 Wende Linnenbank | DPA | 40 | I | 30.55 | | |
| 6 | 42 Felice Koutstaal | DPB | 41 | I | 30.78 | | |
| 7 | 113 Philine Jansen | DPA | 33 | O | 31.05 | PR | |
| 8 | 43 Moreno Koutstaal | HPB | 35 | I | 31.29 | PR | |
| 9 | 62 Fenne Valentijn | DPA | 39 | O | 31.31 | PR | |
| 10 | 10 Julia van Schie | DPA | 34 | O | 31.78 | PR | |
| 11 | 6 Tessa Bos | DPB | 38 | O | 32.01 | | |
| 12 | 26 Noa Halma | DPB | 37 | O | 32.29 | | |
| 13 | 23 Lisa Rimmelzwaan | DPC | 39 | I | 32.39 | | |
| 14 | 107 Tom Hartveld | HPB | 34 | I | 32.78 | PR | |
| 15 | 4 Yara Lagerwerf | DPA | 35 | O | 33.10 | | |
| 16 | 103 Tom Plag | HPA | 36 | O | 33.29 | | |
| 17 | 16 Hessel Veldhuizen | HPB | 37 | I | 33.34 | | |
| 18 | 75 Isis van Etten | DPB | 31 | O | 33.78 | | |
| 19 | 25 Roos Toonen | DPD | 28 | O | 33.79 | PR | |
| 20 | 82 Fenna Stougje | DPB | 29 | I | 33.80 | PR | |
| 21 | 39 Roëll Köhler | HPC | 33 | I | 34.25 | PR | |
| 22 | 15 Ellen Govaert | DPB | 31 | I | 34.67 | | |
| 23 | 21 Cas van der Knaap | HPB | 32 | O | 34.93 | PR | |
| 24 | 8 Jelle Govers | HPA | 28 | I | 35.09 | PR | |
| 25 | 47 Merel Adriaanse | DPA | 25 | I | 35.11 | PR | |
| 26 | 114 Tess van der Salm | DPB | 27 | I | 35.13 | | |
| 27 | 22 Emma Rimmelzwaan | DPA | 29 | O | 35.78 | PR | |
| 28 | 122 Siem Brouwer | HPC | 25 | O | 36.41 | PR | |
| 29 | 14 Fenna Vissenberg | DPA | 26 | O | 36.79 | | |
| 30 | 97 Tessa Verboom | DPC | 30 | O | 37.09 | | |
| 31 | 71 Sophie van der Ven | DPC | 30 | I | 37.46 | | |
| 32 | 91 Guusje Spaargaren | DPB | 26 | I | 37.78 | | |
| 33 | 3 Femke Schouten | DPC | 27 | O | 37.91 | | |
| 34 | 74 Nienke Molleman | DPA | 38 | I | 40.79 | FL | |
| | 70 Magnus Kaper | HPB | | | WDR | | |

2. Rituitslag Pupillen (3/700) 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|---------------------|-------|--------------|------|
| 25 | wt | 47 | Merel Adriaanse | | DPA | 37.08 | 35.11 | PR |
| | rd | 122 | Siem Brouwer | | HPC | 36.68 | 36.41 | PR |
| | | <u>Merel Adriaanse</u> | | | <u>Siem Brouwer</u> | | | |
| | | 300m | 35.11 | (35.11) | 300m | 36.41 | (36.41) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-------------------------|-------|--------------|------|
| 26 | gl | 91 | Guusje Spaargaren | | DPB | 37.39 | 37.78 | |
| | bl | 14 | Fenna Vissenberg | | DPA | 36.42 | 36.79 | |
| | | <u>Guusje Spaargaren</u> | | | <u>Fenna Vissenberg</u> | | | |
| | | 300m | 37.78 | (37.78) | 300m | 36.79 | (36.79) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-----------------------|-------|--------------|------|
| 27 | wt | 114 | Tess van der Salm | | DPB | | 35.13 | |
| | rd | 3 | Femke Schouten | | DPC | 36.64 | 37.91 | |
| | | <u>Tess van der Salm</u> | | | <u>Femke Schouten</u> | | | |
| | | 300m | 35.13 | (35.13) | 300m | 37.91 | (37.91) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|--------------------|-------|--------------|------|
| 28 | gl | 8 | Jelle Govers | | HPA | 35.55 | 35.09 | PR |
| | bl | 25 | Roos Toonen | | DPD | 35.15 | 33.79 | PR |
| | | <u>Jelle Govers</u> | | | <u>Roos Toonen</u> | | | |
| | | 300m | 35.09 | (35.09) | 300m | 33.79 | (33.79) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 29 | wt | 82 | Fenna Stougje | | DPB | 35.75 | 33.80 | PR |
| | rd | 22 | Emma Rimmelzwaan | | DPA | 36.19 | 35.78 | PR |
| | | <u>Fenna Stougje</u> | | | <u>Emma Rimmelzwaan</u> | | | |
| | | 300m | 33.80 | (33.80) | 300m | 35.78 | (35.78) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|---------------------------|---------------------------|---------|------------------------|-------|---------|-----------------|
| 30 | gl | 71 | Sophie van der Ven | | DPC | | 35.44 | 37.46 |
| | bl | 97 | Tessa Verboom | | DPC | | 36.33 | 37.09 |
| | | <u>Sophie van der Ven</u> | | | <u>Tessa Verboom</u> | | | |
| | | 300m | 37.46 | (37.46) | 300m | 37.09 | (37.09) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 31 | wt | 15 | Ellen Govaert | | DPB | | 34.52 | 34.67 |
| | rd | 75 | Isis van Etten | | DPB | | 33.21 | 33.78 |
| | | <u>Ellen Govaert</u> | | | <u>Isis van Etten</u> | | | |
| | | 300m | 34.67 | (34.67) | 300m | 33.78 | (33.78) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 32 | gl | 21 | Cas van der Knaap | | HPB | | 35.13 | 34.93 PR |
| | bl | | | | | | | |
| | | <u>Cas van der Knaap</u> | | | | | | |
| | | m | 34.93 | (34.93) | 300m | 34.93 | (34.93) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 33 | wt | 39 | Roëll Köhler | | HPC | | 34.84 | 34.25 PR |
| | rd | 113 | Philine Jansen | | DPA | | 33.67 | 31.05 PR |
| | | <u>Roëll Köhler</u> | | | <u>Philine Jansen</u> | | | |
| | | 300m | 34.25 | (34.25) | 300m | 31.05 | (31.05) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 34 | gl | 107 | Tom Hartveld | | HPB | | 32.89 | 32.78 PR |
| | bl | 10 | Julia van Schie | | DPA | | 32.64 | 31.78 PR |
| | | <u>Tom Hartveld</u> | | | <u>Julia van Schie</u> | | | |
| | | 300m | 32.78 | (32.78) | 300m | 31.78 | (31.78) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 35 | wt | 43 | Moreno Koutstaal | | HPB | | 32.27 | 31.29 PR |
| | rd | 4 | Yara Lagerwerf | | DPA | | 32.86 | 33.10 |
| | | <u>Moreno Koutstaal</u> | | | <u>Yara Lagerwerf</u> | | | |
| | | 300m | 31.29 | (31.29) | 300m | 33.10 | (33.10) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|----------------------------|-----|------|----------------------------|--|-------|-----------------|
| 36 | gl | 70 | Magnus Kaper | | HPB | | | 33.07 | WDR |
| | bl | 103 | Tom Plag | | HPA | | | 33.17 | 33.29 |
| | | <u>Magnus Kaper</u> | | | | <u>Tom Plag</u> | | | |
| | | | | | 300m | | | 33.29 | (33.29) |
| 37 | wt | 16 | Hessel Veldhuizen | | HPB | | | 32.98 | 33.34 |
| | rd | 26 | Noa Halma | | DPB | | | 32.03 | 32.29 |
| | | <u>Hessel Veldhuizen</u> | | | | <u>Noa Halma</u> | | | |
| | | | | | 300m | | | 33.34 | (33.34) |
| | | | | | 300m | | | 32.29 | (32.29) |
| 38 | gl | 74 | Nienke Molleman | | DPA | | | 32.39 | 40.79 FL |
| | bl | 6 | Tessa Bos | | DPB | | | 31.72 | 32.01 |
| | | <u>Nienke Molleman</u> | | | | <u>Tessa Bos</u> | | | |
| | | | | | 300m | | | 40.79 | (40.79) |
| | | | | | 300m | | | 32.01 | (32.01) |
| 39 | wt | 23 | Lisa Rimmelzwaan | | DPC | | | 32.06 | 32.39 |
| | rd | 62 | Fenne Valentijn | | DPA | | | 32.12 | 31.31 PR |
| | | <u>Lisa Rimmelzwaan</u> | | | | <u>Fenne Valentijn</u> | | | |
| | | | | | 300m | | | 32.39 | (32.39) |
| | | | | | 300m | | | 31.31 | (31.31) |
| 40 | gl | 17 | Wende Linnenbank | | DPA | | | 29.71 | 30.55 |
| | bl | 5 | Roos Bos | | DPA | | | 30.42 | 29.93 PR |
| | | <u>Wende Linnenbank</u> | | | | <u>Roos Bos</u> | | | |
| | | | | | 300m | | | 30.55 | (30.55) |
| | | | | | 300m | | | 29.93 | (29.93) |
| 41 | wt | 42 | Felice Koutstaal | | DPB | | | 30.77 | 30.78 |
| | rd | 68 | Vincent Meulmeester | | HPC | | | 30.08 | 30.38 |
| | | <u>Felice Koutstaal</u> | | | | <u>Vincent Meulmeester</u> | | | |
| | | | | | 300m | | | 30.78 | (30.78) |
| | | | | | 300m | | | 30.38 | (30.38) |

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| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 42 | gl | 18 | Feline Scholten | | DPA | 30.14 | 29.93 | PR |
| | bl | 7 | Liese van der Laan | | DPA | 31.54 | 30.43 | PR |
| | | Feline Scholten | | | Liese van der Laan | | | |
| | | 300m | 29.93 | (29.93) | 300m | 30.43 | (30.43) | |

3. Uitslag Pupillen (3/300) 2e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 109 Florian de Kool | HPC | 66 | I | 35.66 | | |
| 2 | 36 Damian Haesen | HPA | 66 | O | 36.18 | | |
| 3 | 37 Scott Berkelaar | HPB | 61 | O | 36.73 | | |
| 4 | 9 Sara van Schie | DPC | 65 | I | 36.95 | PR | |
| 5 | 24 Sten van der Knaap | HPE | 64 | I | 37.00 | | |
| 6 | 94 Jonna van Duuren | DPA | 65 | O | 37.48 | | |
| 7 | 29 Ryan Post | HPD | 60 | I | 38.03 | | |
| 8 | 111 Ian Schenderling | HPC | 55 | O | 38.18 | | |
| 9 | 27 Leon Spivakovskiy | HPE | 53 | O | 38.19 | | |
| 10 | 56 Sofie Mourik | DPB | 64 | O | 38.21 | | |
| 11 | 46 Jo-Lien van Scheijndel | DPD | 62 | O | 38.89 | | |
| 12 | 112 Jurre van Wijk | HPB | 59 | O | 38.97 | | |
| 13 | 40 Kate Van Nierop | DPA | 59 | I | 39.06 | | |
| 14 | 78 Anna Hogendoorn | DPD | 63 | O | 39.11 | | |
| 15 | 33 Jelle Kerstens | HPD | 58 | O | 39.15 | | |
| 16 | 50 Daan van Geer | HPD | 60 | O | 39.22 | | |
| 17 | 90 Anne-Roos Graveland | DPB | 53 | I | 39.23 | | |
| 18 | 53 Meijke Vijverberg | DPC | 55 | I | 39.25 | PR | |
| 19 | 30 Julian Dries | HPC | 52 | I | 39.30 | | |
| 20 | 51 Celine van Laar | DPD | 58 | I | 39.37 | | |
| 21 | 88 Djim Bakker | HPE | 46 | I | 39.53 | | |
| 22 | 87 Lily Bakker | DPB | 54 | O | 39.85 | | |
| 23 | 41 Jane van Nierop | DPC | 62 | I | 40.30 | | |
| 24 | 52 Abhinav Nair | HPE | 50 | O | 40.98 | | |
| 25 | 2 Kik Meliesie | HPC | 61 | I | 41.39 | | |
| 26 | 110 Moen Heijne | DPB | 52 | O | 41.67 | | |
| 27 | 20 Elise Stans | DPC | 49 | I | 41.86 | | |
| 28 | 55 Jasmijn van Haastrecht | DPB | 51 | O | 41.93 | | |
| | 64 Merle le Blanc | DPD | 50 | I | 41.93 | | |
| 30 | 92 Senn Borst | HPD | 56 | O | 41.97 | | |
| 31 | 80 Nienke Zwaan | DPA | 45 | I | 42.15 | PR | |
| 32 | 101 Rens Pera | HPA | 57 | O | 43.16 | | |
| 33 | 32 Ravi Rijsterborgh | HPD | 47 | I | 43.88 | FL | |
| 34 | 67 Kaydé Lanser | DPC | 44 | I | 44.05 | | |
| 35 | 13 Jouke Gravesteyn | HPB | 56 | I | 44.72 | | |
| 36 | 73 Lindy Bezemer | DPE | 46 | O | 44.79 | | |
| 37 | 121 Luuk Bronsgeest | HPD | 43 | I | 45.20 | | |
| 38 | 106 Anniek Teeuw | DPC | 51 | I | 45.26 | | |

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| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------|-----|------|------|----------------|------|--------|
| 39 | 11 Norah Kwee | DPC | 54 | I | 45.44 | | |
| 40 | 99 Lois den Heijer | DPE | 47 | O | 46.79 | | |
| 41 | 49 Thomas Hulsman | HPC | 63 | I | 46.84 | | |
| 42 | 54 Evie Vijverberg | DPF | 44 | O | 50.26 | HT | |
| 43 | 102 Benthe de Bruin | DPD | 49 | O | 51.63 | FL | |
| 44 | 31 Ilyv Rijsterborgh | DPF | 43 | O | 54.62 | | |
| 45 | 95 Wess Duijvestijn | HPE | 45 | O | 1:00.19 | FL | |
| | 19 Kai van Paassen | HPE | 57 | I | DNS | | |

3. Rituitslag Pupillen (3/300) 2e 300 meter

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|------------------------|---------------------------|---------|---------------------------|---------|--------------|------|--|
| 43 | wt | 121 | Luuk Bronsgeest | | HPD | | 45.20 | | |
| | rd | 31 | Ilvij Rijsterborgh | | DPF | 1:10.24 | 54.62 | | |
| | | <u>Luuk Bronsgeest</u> | | | <u>Ilvij Rijsterborgh</u> | | | | |
| | | 300m | 45.20 | (45.20) | 300m | 54.62 | (54.62) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|---------------------|------------------------|---------|------------------------|-------|--------------|------|--|
| 44 | gl | 67 | Kaydé Lanser | | DPC | 41.00 | 44.05 | | |
| | bl | 54 | Evie Vijverberg | | DPF | 52.94 | 50.26 | HT | |
| | | <u>Kaydé Lanser</u> | | | <u>Evie Vijverberg</u> | | | | |
| | | 300m | 44.05 | (44.05) | 300m | 50.26 | (50.26) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|---------------------|-------------------------|---------|-------------------------|---------|----------------|------|--|
| 45 | wt | 80 | Nienke Zwaan | | DPA | 44.71 | 42.15 | PR | |
| | rd | 95 | Wess Duijvestijn | | HPE | | 1:00.19 | FL | |
| | | <u>Nienke Zwaan</u> | | | <u>Wess Duijvestijn</u> | | | | |
| | | 300m | 42.15 | (42.15) | 300m | 1:00.19 | (60.19) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------|----------------------|---------|----------------------|-------|--------------|------|--|
| 46 | gl | 88 | Djim Bakker | | HPE | | 39.53 | | |
| | bl | 73 | Lindy Bezemer | | DPE | | 44.79 | | |
| | | <u>Djim Bakker</u> | | | <u>Lindy Bezemer</u> | | | | |
| | | 300m | 39.53 | (39.53) | 300m | 44.79 | (44.79) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------------|--------------------------|---------|------------------------|-------|--------------|------|--|
| 47 | wt | 32 | Ravi Rijsterborgh | | HPD | 49.35 | 43.88 | FL | |
| | rd | 99 | Lois den Heijer | | DPE | | 46.79 | | |
| | | <u>Ravi Rijsterborgh</u> | | | <u>Lois den Heijer</u> | | | | |
| | | 300m | 43.88 | (43.88) | 300m | 46.79 | (46.79) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----------|----------------------------------|---|-----|-------------------------------|-------|--------------|------|
| 48 | gl bl | | | | | | | |
| | | | m | | | | m | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 49 | wt | 20 Elise Stans | | DPC | | 44.49 | 41.86 | |
| | rd | 102 Benthe de Bruin | | DPD | | | 51.63 | FL |
| | | <u>Elise Stans</u> | | | <u>Benthe de Bruin</u> | | | |
| | | 300m 41.86 (41.86) | | | 300m 51.63 (51.63) | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 50 | gl | 64 Merle le Blanc | | DPD | | | 41.93 | |
| | bl | 52 Abbhinav Nair | | HPE | | 42.78 | 40.98 | |
| | | <u>Merle le Blanc</u> | | | <u>Abbhinav Nair</u> | | | |
| | | 300m 41.93 (41.93) | | | 300m 40.98 (40.98) | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 51 | wt | 106 Anniek Teeuw | | DPC | | 44.77 | 45.26 | |
| | rd | 55 Jasmijn van Haastrecht | | DPB | | 40.41 | 41.93 | |
| | | <u>Anniek Teeuw</u> | | | <u>Jasmijn van Haastrecht</u> | | | |
| | | 300m 45.26 (45.26) | | | 300m 41.93 (41.93) | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 52 | gl | 30 Julian Dries | | HPC | | 41.22 | 39.30 | |
| | bl | 110 Moen Heijne | | DPB | | 42.15 | 41.67 | |
| | | <u>Julian Dries</u> | | | <u>Moen Heijne</u> | | | |
| | | 300m 39.30 (39.30) | | | 300m 41.67 (41.67) | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 53 | wt | 90 Anne-Roos Graveland | | DPB | | | 39.23 | |
| | rd | 27 Leon Spivakovskiy | | HPE | | 38.12 | 38.19 | |
| | | <u>Anne-Roos Graveland</u> | | | <u>Leon Spivakovskiy</u> | | | |
| | | 300m 39.23 (39.23) | | | 300m 38.19 (38.19) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------|--------------------|---------|--------------------|-------|---------|--------------|
| 54 | gl | 11 | Norah Kwee | | DPC | | 45.05 | 45.44 |
| | bl | 87 | Lily Bakker | | DPB | | 44.69 | 39.85 |
| | | <u>Norah Kwee</u> | | | <u>Lily Bakker</u> | | | |
| | | 300m | 45.44 | (45.44) | 300m | 39.85 | (39.85) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-------------------------|-------|---------|-----------------|
| 55 | wt | 53 | Meijke Vijverberg | | DPC | | 40.90 | 39.25 PR |
| | rd | 111 | Ian Schenderling | | HPC | | 42.02 | 38.18 |
| | | <u>Meijke Vijverberg</u> | | | <u>Ian Schenderling</u> | | | |
| | | 300m | 39.25 | (39.25) | 300m | 38.18 | (38.18) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-------------------|-------|---------|--------------|
| 56 | gl | 13 | Jouke Gravesteyn | | HPB | | 43.21 | 44.72 |
| | bl | 92 | Senn Borst | | HPD | | | 41.97 |
| | | <u>Jouke Gravesteyn</u> | | | <u>Senn Borst</u> | | | |
| | | 300m | 44.72 | (44.72) | 300m | 41.97 | (41.97) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|-----|------------------|-------|---------|--------------|
| 57 | wt | 19 | Kai van Paassen | | HPE | | | DNS |
| | rd | 101 | Rens Pera | | HPA | | 43.22 | 43.16 |
| | | <u>Kai van Paassen</u> | | | <u>Rens Pera</u> | | | |
| | | | | | 300m | 43.16 | (43.16) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|---------|--------------|
| 58 | gl | 51 | Celine van Laar | | DPD | | | 39.37 |
| | bl | 33 | Jelle Kerstens | | HPD | | 39.38 | 39.15 |
| | | <u>Celine van Laar</u> | | | <u>Jelle Kerstens</u> | | | |
| | | 300m | 39.37 | (39.37) | 300m | 39.15 | (39.15) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|---------|--------------|
| 59 | wt | 40 | Kate Van Nierop | | DPA | | 40.13 | 39.06 |
| | rd | 112 | Jurre van Wijk | | HPB | | 40.61 | 38.97 |
| | | <u>Kate Van Nierop</u> | | | <u>Jurre van Wijk</u> | | | |
| | | 300m | 39.06 | (39.06) | 300m | 38.97 | (38.97) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------|----------------------|------|-------|--------------|------|
| 60 | gl | 29 Ryan Post | | HPD | | 37.74 | 38.03 | |
| | bl | 50 Daan van Geer | | HPD | | | 39.22 | |
| | | <u>Ryan Post</u> | | <u>Daan van Geer</u> | | | | |
| | | 300m | 38.03 | (38.03) | 300m | 39.22 | (39.22) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------------|-------|------------------------|------|-------|--------------|------|
| 61 | wt | 2 Kik Meliesie | | HPC | | 37.97 | 41.39 | |
| | rd | 37 Scott Berkelaar | | HPB | | 39.52 | 36.73 | |
| | | <u>Kik Meliesie</u> | | <u>Scott Berkelaar</u> | | | | |
| | | 300m | 41.39 | (41.39) | 300m | 36.73 | (36.73) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------------|-------|-------------------------------|------|-------|--------------|------|
| 62 | gl | 41 Jane van Nierop | | DPC | | 39.84 | 40.30 | |
| | bl | 46 Jo-Lien van Scheijndel | | DPD | | 40.80 | 38.89 | |
| | | <u>Jane van Nierop</u> | | <u>Jo-Lien van Scheijndel</u> | | | | |
| | | 300m | 40.30 | (40.30) | 300m | 38.89 | (38.89) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------------|-------|------------------------|------|-------|--------------|------|
| 63 | wt | 49 Thomas Hulsman | | HPC | | 39.81 | 46.84 | |
| | rd | 78 Anna Hogendoorn | | DPD | | 39.50 | 39.11 | |
| | | <u>Thomas Hulsman</u> | | <u>Anna Hogendoorn</u> | | | | |
| | | 300m | 46.84 | (46.84) | 300m | 39.11 | (39.11) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------------|-------|---------------------|------|-------|--------------|------|
| 64 | gl | 24 Sten van der Knaap | | HPE | | 40.01 | 37.00 | |
| | bl | 56 Sofie Mourik | | DPB | | 39.18 | 38.21 | |
| | | <u>Sten van der Knaap</u> | | <u>Sofie Mourik</u> | | | | |
| | | 300m | 37.00 | (37.00) | 300m | 38.21 | (38.21) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|-------------------------|------|-------|--------------|------|
| 65 | wt | 9 Sara van Schie | | DPC | | 38.56 | 36.95 | PR |
| | rd | 94 Jonna van Duuren | | DPA | | 38.01 | 37.48 | |
| | | <u>Sara van Schie</u> | | <u>Jonna van Duuren</u> | | | | |
| | | 300m | 36.95 | (36.95) | 300m | 37.48 | (37.48) | |

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| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----|----|-------|--------------|
| 66 | gl | 109 | Florian de Kool | | HPC | | 35.47 | 35.66 |
| | bl | 36 | Damian Haesen | | HPA | | 41.03 | 36.18 |
| | | Florian de Kool | | | | | | |
| | | 300m | 35.66 | (35.66) | | | | |
| | | Damian Haesen | | | | | | |
| | | 300m | 36.18 | (36.18) | | | | |

4. Uitslag Pupillen (3/700) 700 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 5 Roos Bos | DPA | 82 | O | 1:05.29 | PR | |
| 2 | 18 Feline Scholten | DPA | 84 | I | 1:05.33 | PR | |
| 3 | 7 Liese van der Laan | DPA | 84 | O | 1:07.17 | PR | |
| 4 | 62 Fenne Valentijn | DPA | 81 | O | 1:08.41 | PR | |
| 5 | 42 Felice Koutstaal | DPB | 83 | I | 1:08.98 | PR | |
| 6 | 17 Wende Linnenbank | DPA | 82 | I | 1:09.03 | PR | |
| 7 | 43 Moreno Koutstaal | HPB | 77 | I | 1:10.42 | PR | |
| 8 | 113 Philine Jansen | DPA | 75 | O | 1:10.54 | | |
| 9 | 68 Vincent Meulmeester | HPC | 83 | O | 1:11.76 | PR | |
| 10 | 4 Yara Lagerwerf | DPA | 77 | O | 1:13.24 | PR | |
| 11 | 26 Noa Halma | DPB | 79 | O | 1:13.67 | | |
| 12 | 23 Lisa Rimmelzwaan | DPC | 81 | I | 1:13.87 | PR | |
| 13 | 6 Tessa Bos | DPB | 80 | O | 1:13.99 | | |
| 14 | 10 Julia van Schie | DPA | 76 | O | 1:14.38 | PR | |
| 15 | 75 Isis van Etten | DPB | 73 | O | 1:16.23 | | |
| 16 | 16 Hessel Veldhuizen | HPB | 79 | I | 1:16.26 | PR | |
| 17 | 103 Tom Plag | HPA | 78 | O | 1:16.87 | | |
| 18 | 15 Ellen Govaert | DPB | 73 | I | 1:17.32 | PR | |
| 19 | 107 Tom Hartveld | HPB | 76 | I | 1:17.82 | | |
| 20 | 25 Roos Toonen | DPD | 70 | O | 1:18.19 | PR | |
| 21 | 82 Fenna Stougje | DPB | 71 | I | 1:18.76 | PR | |
| 22 | 47 Merel Adriaanse | DPA | 67 | I | 1:19.51 | PR | |
| 23 | 39 Roëll Köhler | HPC | 75 | I | 1:19.62 | PR | |
| 24 | 114 Tess van der Salm | DPB | 69 | I | 1:20.24 | | |
| 25 | 22 Emma Rimmelzwaan | DPA | 71 | O | 1:20.26 | PR | |
| 26 | 21 Cas van der Knaap | HPB | 74 | O | 1:22.51 | PR | |
| 27 | 14 Fenna Vissenberg | DPA | 67 | O | 1:23.64 | PR | |
| 28 | 122 Siem Brouwer | HPC | 68 | O | 1:24.45 | | |
| 29 | 74 Nienke Molleman | DPA | 80 | I | 1:24.85 | | |
| 30 | 8 Jelle Govers | HPA | 70 | I | 1:25.29 | PR | |
| 31 | 97 Tessa Verboom | DPC | 72 | O | 1:25.85 | PR | |
| 32 | 91 Guusje Spaargaren | DPB | 68 | I | 1:25.89 | PR | |
| 33 | 3 Femke Schouten | DPC | 69 | O | 1:25.90 | | |
| 34 | 71 Sophie van der Ven | DPC | 72 | I | 1:26.17 | | |
| | 70 Magnus Kaper | HPB | | | | WDR | |

4. Rituitslag Pupillen (3/700) 700 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|---------|---------|---------|-------------------------|---------|
| 67 | wt | 47 | Merel Adriaanse | | DPA | 1:25.35 | 1:19.51 | PR |
| | rd | 14 | Fenna Vissenberg | | DPA | 1:45.37 | 1:23.64 | PR |
| | | | Merel Adriaanse | | | | Fenna Vissenberg | |
| | | | 300m | 35.70 | (35.70) | 300m | 38.04 | (38.04) |
| | | | 700m | 1:19.51 | (43.81) | 700m | 1:23.64 | (45.60) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|---------|---------|---------|---------------------|---------|
| 68 | gl | 91 | Guusje Spaargaren | | DPB | 1:27.99 | 1:25.89 | PR |
| | bl | 122 | Siem Brouwer | | HPC | | 1:24.45 | |
| | | | Guusje Spaargaren | | | | Siem Brouwer | |
| | | | 300m | 37.92 | (37.92) | 300m | 37.68 | (37.68) |
| | | | 700m | 1:25.89 | (47.97) | 700m | 1:24.45 | (46.77) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|---------|---------|---------|-----------------------|---------|
| 69 | wt | 114 | Tess van der Salm | | DPB | | 1:20.24 | |
| | rd | 3 | Femke Schouten | | DPC | 1:23.32 | 1:25.90 | |
| | | | Tess van der Salm | | | | Femke Schouten | |
| | | | 300m | 36.30 | (36.30) | 300m | 38.37 | (38.37) |
| | | | 700m | 1:20.24 | (43.94) | 700m | 1:25.90 | (47.53) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------|---------|---------|---------|--------------------|---------|
| 70 | gl | 8 | Jelle Govers | | HPA | 1:38.14 | 1:25.29 | PR |
| | bl | 25 | Roos Toonen | | DPD | 1:21.12 | 1:18.19 | PR |
| | | | Jelle Govers | | | | Roos Toonen | |
| | | | 300m | 37.73 | (37.73) | 300m | 34.74 | (34.74) |
| | | | 700m | 1:25.29 | (47.56) | 700m | 1:18.19 | (43.45) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|---------|---------|---------|-------------------------|---------|
| 71 | wt | 82 | Fenna Stougje | | DPB | 1:29.97 | 1:18.76 | PR |
| | rd | 22 | Emma Rimmelzwaan | | DPA | 1:20.85 | 1:20.26 | PR |
| | | | Fenna Stougje | | | | Emma Rimmelzwaan | |
| | | | 300m | 35.18 | (35.18) | 300m | 36.66 | (36.66) |
| | | | 700m | 1:18.76 | (43.58) | 700m | 1:20.26 | (43.60) |

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| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|---------|---------|----------------------|---------|-------------------|
| 72 | gl | 71 | Sophie van der Ven | | DPC | | 1:25.54 | 1:26.17 |
| | bl | 97 | Tessa Verboom | | DPC | | 1:28.32 | 1:25.85 PR |
| | | | Sophie van der Ven | | | Tessa Verboom | | |
| | | | 300m | 37.21 | (37.21) | 300m | 38.14 | (38.14) |
| | | | 700m | 1:26.17 | (48.96) | 700m | 1:25.85 | (47.71) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|---------|---------|-----------------------|---------|-------------------|
| 73 | wt | 15 | Ellen Govaert | | DPB | | 1:21.32 | 1:17.32 PR |
| | rd | 75 | Isis van Etten | | DPB | | 1:15.98 | 1:16.23 |
| | | | Ellen Govaert | | | Isis van Etten | | |
| | | | 300m | 34.64 | (34.64) | 300m | 34.75 | (34.75) |
| | | | 700m | 1:17.32 | (42.68) | 700m | 1:16.23 | (41.48) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-----|-----|------|---------|-------------------|
| 74 | gl | 21 | Cas van der Knaap | | HPB | | 1:33.15 | 1:22.51 PR |
| | bl | | | | | | | |
| | | | Cas van der Knaap | | | | | |
| | | | m | | | 300m | 36.37 | (36.37) |
| | | | | | | 700m | 1:22.51 | (46.14) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|---------|---------|-----------------------|---------|-------------------|
| 75 | wt | 39 | Roëll Köhler | | HPC | | 1:23.99 | 1:19.62 PR |
| | rd | 113 | Philine Jansen | | DPA | | | 1:10.54 |
| | | | Roëll Köhler | | | Philine Jansen | | |
| | | | 300m | 35.12 | (35.12) | 300m | 32.31 | (32.31) |
| | | | 700m | 1:19.62 | (44.50) | 700m | 1:10.54 | (38.23) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|---------|---------|------------------------|---------|-------------------|
| 76 | gl | 107 | Tom Hartveld | | HPB | | 1:17.78 | 1:17.82 |
| | bl | 10 | Julia van Schie | | DPA | | 1:20.63 | 1:14.38 PR |
| | | | Tom Hartveld | | | Julia van Schie | | |
| | | | 300m | 34.68 | (34.68) | 300m | 33.71 | (33.71) |
| | | | 700m | 1:17.82 | (43.14) | 700m | 1:14.38 | (40.67) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|------------------------|---------|----------------|------|
| 77 | wt | 43 | Moreno Koutstaal | | HPB | 1:12.63 | 1:10.42 | PR |
| | rd | 4 | Yara Lagerwerf | | DPA | 1:18.61 | 1:13.24 | PR |
| | | Moreno Koutstaal | | | Yara Lagerwerf | | | |
| | | 300m | 32.46 | (32.46) | 300m | 33.05 | (33.05) | |
| | | 700m | 1:10.42 | (37.96) | 700m | 1:13.24 | (40.19) | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 78 | gl | 70 | Magnus Kaper | | HPB | 1:28.97 | WDR | |
| | bl | 103 | Tom Plag | | HPA | 1:14.39 | 1:16.87 | |
| | | Magnus Kaper | | | Tom Plag | | | |
| | | 300m | | | 300m | 34.85 | (34.85) | |
| | | 700m | | | 700m | 1:16.87 | (42.02) | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 79 | wt | 16 | Hessel Veldhuizen | | HPB | 1:17.32 | 1:16.26 | PR |
| | rd | 26 | Noa Halma | | DPB | | 1:13.67 | |
| | | Hessel Veldhuizen | | | Noa Halma | | | |
| | | 300m | 34.56 | (34.56) | 300m | 33.01 | (33.01) | |
| | | 700m | 1:16.26 | (41.70) | 700m | 1:13.67 | (40.66) | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 80 | gl | 74 | Nienke Molleman | | DPA | 1:13.10 | 1:24.85 | |
| | bl | 6 | Tessa Bos | | DPB | 1:13.92 | 1:13.99 | |
| | | Nienke Molleman | | | Tessa Bos | | | |
| | | 300m | 42.95 | (42.95) | 300m | 33.18 | (33.18) | |
| | | 700m | 1:24.85 | (41.90) | 700m | 1:13.99 | (40.81) | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 81 | wt | 23 | Lisa Rimmelzwaan | | DPC | 1:14.62 | 1:13.87 | PR |
| | rd | 62 | Fenne Valentijn | | DPA | 1:12.77 | 1:08.41 | PR |
| | | Lisa Rimmelzwaan | | | Fenne Valentijn | | | |
| | | 300m | 32.88 | (32.88) | 300m | 31.28 | (31.28) | |
| | | 700m | 1:13.87 | (40.99) | 700m | 1:08.41 | (37.13) | |

De Uithof - Den Haag

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-----------------|---------|----------------|------|
| 82 | gl | 17 | Wende Linnenbank | | DPA | 1:09.63 | 1:09.03 | PR |
| | bl | 5 | Roos Bos | | DPA | 1:08.09 | 1:05.29 | PR |
| | | Wende Linnenbank | | | Roos Bos | | | |
| | | 300m | 30.84 | (30.84) | 300m | 30.12 | (30.12) | |
| | | 700m | 1:09.03 | (38.19) | 700m | 1:05.29 | (35.17) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|----------------------------|---------|----------------------------|---------|----------------|------|
| 83 | wt | 42 | Felice Koutstaal | | DPB | 1:16.60 | 1:08.98 | PR |
| | rd | 68 | Vincent Meulmeester | | HPC | 1:12.48 | 1:11.76 | PR |
| | | Felice Koutstaal | | | Vincent Meulmeester | | | |
| | | 300m | 31.52 | (31.52) | 300m | 32.15 | (32.15) | |
| | | 700m | 1:08.98 | (37.46) | 700m | 1:11.76 | (39.61) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|---------------------------|---------|---------------------------|---------|----------------|------|
| 84 | gl | 18 | Feline Scholten | | DPA | 1:07.34 | 1:05.33 | PR |
| | bl | 7 | Liese van der Laan | | DPA | 1:08.97 | 1:07.17 | PR |
| | | Feline Scholten | | | Liese van der Laan | | | |
| | | 300m | 30.23 | (30.23) | 300m | 31.39 | (31.39) | |
| | | 700m | 1:05.33 | (35.10) | 700m | 1:07.17 | (35.78) | |

5. Uitslag 3000 meter Masters

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 83 Giel Hermans | H60 | 92 | O | 4:51.71 | | |
| 2 | 57 Gerard Snel | H60 | 92 | I | 5:01.52 | | |
| 3 | 104 Richard Heikoop | H55 | 90 | I | 5:15.41 | | |
| 4 | 28 Frank Steenkamp | H70 | 91 | O | 5:20.34 | | |
| 5 | 48 Peter van den Bos | H40 | 91 | I | 5:20.41 | | |
| 6 | 96 Ferd Veelenturf | H65 | 90 | O | 5:31.72 | | |
| 7 | 79 Lex van Tol | H65 | 89 | I | 5:36.29 | | |
| 8 | 76 Jan Floor | H45 | 85 | O | 5:43.64 | | |
| 9 | 119 Menco van den Berg | H55 | 89 | O | 5:46.37 | | |
| 10 | 35 Edwin van Leeuwen | H40 | 85 | I | 5:57.68 | | |
| 11 | 105 Lutske Lindeman | D50 | 87 | O | 6:12.27 | | |
| 12 | 34 Annewil Stelloo | D40 | 88 | I | 6:17.63 | | |
| 13 | 12 Nico Woldendorp | H80 | 87 | I | 6:27.83 | | |

5. Rituitslag 3000 meter Masters

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|------------------|---------|---------|----------------|------|
| 85 | wt | 35 | Edwin van Leeuwen | | H40 | | | 5:57.68 | |
| | rd | 76 | Jan Floor | | H45 | 5:38.37 | | 5:43.64 | |
| | | Edwin van Leeuwen | | | Jan Floor | | | | |
| | | 200m | 28.52 | (28.52) | 200m | 26.76 | (26.76) | | |
| | | 600m | 1:13.91 | (45.39) | 600m | 1:08.04 | (41.28) | | |
| | | 1000m | 2:00.42 | (46.51) | 1000m | 1:51.00 | (42.96) | | |
| | | 1400m | 2:48.41 | (47.99) | 1400m | 2:35.72 | (44.72) | | |
| | | 1800m | 3:36.68 | (48.27) | 1800m | 3:21.21 | (45.49) | | |
| | | 2200m | 4:23.98 | (47.30) | 2200m | 4:08.41 | (47.20) | | |
| | | 2600m | 5:11.24 | (47.26) | 2600m | 4:56.59 | (48.18) | | |
| | | 3000m | 5:57.68 | (46.44) | 3000m | 5:43.64 | (47.05) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|--|-----|--|----|--|------|------|
| 86 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|------------------------|---------|---------|----------------|------|
| 87 | wt | 12 | Nico Woldendorp | | H80 | 4:51.16 | | 6:27.83 | |
| | rd | 105 | Lutske Lindeman | | D50 | 6:07.63 | | 6:12.27 | |
| | | Nico Woldendorp | | | Lutske Lindeman | | | | |
| | | 200m | 28.75 | (28.75) | 200m | 30.50 | (30.50) | | |
| | | 600m | 1:16.05 | (47.30) | 600m | 1:17.73 | (47.23) | | |
| | | 1000m | 2:05.17 | (49.12) | 1000m | 2:05.32 | (47.59) | | |
| | | 1400m | 2:55.44 | (50.27) | 1400m | 2:53.81 | (48.49) | | |
| | | 1800m | 3:47.25 | (51.81) | 1800m | 3:43.18 | (49.37) | | |
| | | 2200m | 4:40.84 | (53.59) | 2200m | 4:32.55 | (49.37) | | |
| | | 2600m | 5:35.00 | (54.16) | 2600m | 5:22.78 | (50.23) | | |
| | | 3000m | 6:27.83 | (52.83) | 3000m | 6:12.27 | (49.49) | | |

| | | Naam | Cat | PR | Tijd Info |
|----|----------|---------------------------|-----|---------|----------------|
| 88 | gl bl | 34 Annewil Stelloo | D40 | 5:58.77 | 6:17.63 |

Annewil Stelloo

| | | |
|-------|---------|---------|
| 200m | 28.11 | (28.11) |
| 600m | 1:14.06 | (45.95) |
| 1000m | 2:01.91 | (47.85) |
| 1400m | 2:51.93 | (50.02) |
| 1800m | 3:43.11 | (51.18) |
| 2200m | 4:35.51 | (52.40) |
| 2600m | 5:27.61 | (52.10) |
| 3000m | 6:17.63 | (50.02) |

m

| | | Naam | Cat | PR | Tijd Info |
|----|----|-------------------------------|-----|---------|----------------|
| 89 | wt | 79 Lex van Tol | H65 | 5:09.08 | 5:36.29 |
| | rd | 119 Menco van den Berg | H55 | 5:35.49 | 5:46.37 |

Lex van Tol

| | | |
|-------|---------|---------|
| 200m | 25.35 | (25.35) |
| 600m | 1:08.07 | (42.72) |
| 1000m | 1:51.58 | (43.51) |
| 1400m | 2:35.92 | (44.34) |
| 1800m | 3:20.74 | (44.82) |
| 2200m | 4:06.59 | (45.85) |
| 2600m | 4:52.03 | (45.44) |
| 3000m | 5:36.29 | (44.26) |

Menco van den Berg

| | | |
|-------|---------|---------|
| 200m | 26.63 | (26.63) |
| 600m | 1:10.64 | (44.01) |
| 1000m | 1:55.49 | (44.85) |
| 1400m | 2:41.67 | (46.18) |
| 1800m | 3:27.53 | (45.86) |
| 2200m | 4:13.87 | (46.34) |
| 2600m | 5:00.56 | (46.69) |
| 3000m | 5:46.37 | (45.81) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 90 | gl | 104 Richard Heikoop | H55 | 4:51.56 | 5:15.41 | |
| | bl | 96 Ferd Veelenturf | H65 | 4:42.16 | 5:31.72 | |

Richard Heikoop

| | | |
|-------|---------|---------|
| 200m | 24.27 | (24.27) |
| 600m | 1:03.26 | (38.99) |
| 1000m | 1:44.06 | (40.80) |
| 1400m | 2:25.87 | (41.81) |
| 1800m | 3:07.78 | (41.91) |
| 2200m | 3:50.74 | (42.96) |
| 2600m | 4:32.81 | (42.07) |
| 3000m | 5:15.41 | (42.60) |

Ferd Veelenturf

| | | |
|-------|---------|---------|
| 200m | 25.45 | (25.45) |
| 600m | 1:06.40 | (40.95) |
| 1000m | 1:49.18 | (42.78) |
| 1400m | 2:32.84 | (43.66) |
| 1800m | 3:17.37 | (44.53) |
| 2200m | 4:01.80 | (44.43) |
| 2600m | 4:46.57 | (44.77) |
| 3000m | 5:31.72 | (45.15) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|---------|----------------|------|
| 91 | wt | 48 Peter van den Bos | H40 | 5:08.68 | 5:20.41 | |
| | rd | 28 Frank Steenkamp | H70 | 4:36.38 | 5:20.34 | |

Peter van den Bos

| | | |
|-------|---------|---------|
| 200m | 24.06 | (24.06) |
| 600m | 1:04.08 | (40.02) |
| 1000m | 1:44.99 | (40.91) |
| 1400m | 2:27.86 | (42.87) |
| 1800m | 3:11.06 | (43.20) |
| 2200m | 3:55.15 | (44.09) |
| 2600m | 4:38.79 | (43.64) |
| 3000m | 5:20.41 | (41.62) |

Frank Steenkamp

| | | |
|-------|---------|---------|
| 200m | 25.79 | (25.79) |
| 600m | 1:06.73 | (40.94) |
| 1000m | 1:48.01 | (41.28) |
| 1400m | 2:30.35 | (42.34) |
| 1800m | 3:13.04 | (42.69) |
| 2200m | 3:55.44 | (42.40) |
| 2600m | 4:38.44 | (43.00) |
| 3000m | 5:20.34 | (41.90) |

De Uithof - Den Haag

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------|-----|---------|----------------|------|
| 92 | gl | 57 Gerard Snel | H60 | 4:20.37 | 5:01.52 | |
| | bl | 83 Giel Hermans | H60 | 4:38.02 | 4:51.71 | |

Gerard Snel

| | | |
|-------|---------|---------|
| 200m | 23.13 | (23.13) |
| 600m | 1:01.87 | (38.74) |
| 1000m | 1:41.69 | (39.82) |
| 1400m | 2:21.76 | (40.07) |
| 1800m | 3:01.66 | (39.90) |
| 2200m | 3:41.74 | (40.08) |
| 2600m | 4:21.47 | (39.73) |
| 3000m | 5:01.52 | (40.05) |

Giel Hermans

| | | |
|-------|---------|---------|
| 200m | 22.91 | (22.91) |
| 600m | 1:00.11 | (37.20) |
| 1000m | 1:38.02 | (37.91) |
| 1400m | 2:16.03 | (38.01) |
| 1800m | 2:54.86 | (38.83) |
| 2200m | 3:33.46 | (38.60) |
| 2600m | 4:12.18 | (38.72) |
| 3000m | 4:51.71 | (39.53) |

6. Uitslag 3000 meter (Neo) Senioren

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 66 Guus Gelderblom | HN1 | 100 | I | 4:34.33 | PR | |
| 2 | 77 Berto Anker | HN1 | 103 | I | 4:37.58 | | |
| 3 | 60 Alexander Doornekamp | HSA | 104 | I | 4:38.64 | | |
| 4 | 1 Joppe Kleiweg | HSA | 102 | I | 4:38.82 | | |
| 5 | 81 Thijs Langeveld | HSA | 100 | O | 4:42.15 | PR | |
| 6 | 98 Sven Pera | HN1 | 102 | O | 4:44.89 | | |
| 7 | 44 Remco Boere | HSA | 104 | O | 4:45.59 | | |
| 8 | 85 Freek Bennis | HN4 | 101 | I | 4:47.37 | | |
| 9 | 89 Thomas van Herk | HN4 | 98 | O | 4:47.64 | PR | |
| 10 | 72 Mark Veenstra | HSB | 103 | O | 4:51.98 | | |
| 11 | 116 Hilde Houtzager | DN3 | 96 | O | 4:52.30 | PR | |
| 12 | 120 Tom Hoogenboom | HSA | 96 | I | 4:53.47 | PR | |
| 13 | 108 Bart Oostdam | HSB | 99 | O | 4:54.97 | | |
| 14 | 115 Meerle van den Berg | DN4 | 99 | I | 5:03.13 | | |
| 15 | 93 Isabelle Hersbach | DSA | 97 | I | 5:06.48 | | |
| 16 | 61 Mariska van Zon | DSA | 98 | I | 5:09.56 | | |
| 17 | 69 Nerena van Vuuren | DN4 | 97 | O | 5:15.89 | | |
| 18 | 65 Famke Hogenboom | DN1 | 95 | O | 5:33.75 | | |
| 19 | 84 Wendy Oostdam | DSA | 95 | I | 5:43.77 | | |
| 20 | 117 Lieke van der Meer | DN1 | 93 | O | 5:45.97 | | |
| 21 | 63 Inge Rotteveel | DSA | 93 | I | 6:09.20 | FL | |

6. Rituitslag 3000 meter (Neo) Senioren

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------|---------------------------|---------|-------|---------|---------------------------|------|
| 93 | wt | 63 | Inge Rotteveel | | DSA | 5:51.03 | 6:09.20 | FL |
| | rd | 117 | Lieke van der Meer | | DN1 | | 5:45.97 | |
| | | | Inge Rotteveel | | | | Lieke van der Meer | |
| | | 200m | 28.88 | (28.88) | 200m | 26.95 | (26.95) | |
| | | 600m | 1:13.17 | (44.29) | 600m | 1:12.34 | (45.39) | |
| | | 1000m | 2:05.32 | (52.15) | 1000m | 1:58.03 | (45.69) | |
| | | 1400m | 2:57.51 | (52.19) | 1400m | 2:43.99 | (45.96) | |
| | | 1800m | 3:45.13 | (47.62) | 1800m | 3:29.70 | (45.71) | |
| | | 2200m | 4:32.90 | (47.77) | 2200m | 4:15.81 | (46.11) | |
| | | 2600m | 5:21.69 | (48.79) | 2600m | 5:01.33 | (45.52) | |
| | | 3000m | 6:09.20 | (47.51) | 3000m | 5:45.97 | (44.64) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--|-----|--|----|------|------|
| 94 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------|------------------------|---------|-------|---------|------------------------|------|
| 95 | wt | 84 | Wendy Oostdam | | DSA | 5:17.67 | 5:43.77 | |
| | rd | 65 | Famke Hogenboom | | DN1 | 5:27.48 | 5:33.75 | |
| | | | Wendy Oostdam | | | | Famke Hogenboom | |
| | | 200m | 26.24 | (26.24) | 200m | 24.90 | (24.90) | |
| | | 600m | 1:08.03 | (41.79) | 600m | 1:05.96 | (41.06) | |
| | | 1000m | 1:51.45 | (43.42) | 1000m | 1:49.09 | (43.13) | |
| | | 1400m | 2:35.97 | (44.52) | 1400m | 2:32.86 | (43.77) | |
| | | 1800m | 3:20.95 | (44.98) | 1800m | 3:18.64 | (45.78) | |
| | | 2200m | 4:07.34 | (46.39) | 2200m | 4:03.66 | (45.02) | |
| | | 2600m | 4:54.92 | (47.58) | 2600m | 4:49.28 | (45.62) | |
| | | 3000m | 5:43.77 | (48.85) | 3000m | 5:33.75 | (44.47) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|--|-----|--|---------|----------------|------|
| 96 | gl | 120 Tom Hoogenboom | | HSA | | 5:27.01 | 4:53.47 | PR |
| | bl | 116 Hilde Houtzager | | DN3 | | 4:53.83 | 4:52.30 | PR |

Tom Hoogenboom

| | | |
|-------|---------|---------|
| 200m | 21.07 | (21.07) |
| 600m | 57.21 | (36.14) |
| 1000m | 1:35.22 | (38.01) |
| 1400m | 2:14.31 | (39.09) |
| 1800m | 2:53.95 | (39.64) |
| 2200m | 3:33.86 | (39.91) |
| 2600m | 4:14.07 | (40.21) |
| 3000m | 4:53.47 | (39.40) |

Hilde Houtzager

| | | |
|-------|---------|---------|
| 200m | 22.30 | (22.30) |
| 600m | 58.66 | (36.36) |
| 1000m | 1:36.12 | (37.46) |
| 1400m | 2:14.51 | (38.39) |
| 1800m | 2:52.15 | (37.64) |
| 2200m | 3:31.92 | (39.77) |
| 2600m | 4:12.50 | (40.58) |
| 3000m | 4:52.30 | (39.80) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|--|-----|--|---------|----------------|------|
| 97 | wt | 93 Isabelle Hersbach | | DSA | | 4:51.31 | 5:06.48 | |
| | rd | 69 Nerena van Vuuren | | DN4 | | 5:01.04 | 5:15.89 | |

Isabelle Hersbach

| | | |
|-------|---------|---------|
| 200m | 23.14 | (23.14) |
| 600m | 1:01.51 | (38.37) |
| 1000m | 1:40.22 | (38.71) |
| 1400m | 2:19.71 | (39.49) |
| 1800m | 3:00.58 | (40.87) |
| 2200m | 3:42.17 | (41.59) |
| 2600m | 4:24.59 | (42.42) |
| 3000m | 5:06.48 | (41.89) |

Nerena van Vuuren

| | | |
|-------|---------|---------|
| 200m | 24.09 | (24.09) |
| 600m | 1:03.50 | (39.41) |
| 1000m | 1:45.19 | (41.69) |
| 1400m | 2:27.87 | (42.68) |
| 1800m | 3:10.39 | (42.52) |
| 2200m | 3:51.83 | (41.44) |
| 2600m | 4:33.40 | (41.57) |
| 3000m | 5:15.89 | (42.49) |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------|---------|------------------------|---------|----------------|------|
| 98 | gl | 61 Mariska van Zon | | | DSA | 4:53.50 | 5:09.56 | |
| | bl | 89 Thomas van Herk | | | HN4 | 4:56.11 | 4:47.64 | PR |
| | | Mariska van Zon | | | Thomas van Herk | | | |
| | | 200m | 22.72 | (22.72) | 200m | 22.77 | (22.77) | |
| | | 600m | 59.41 | (36.69) | 600m | 59.78 | (37.01) | |
| | | 1000m | 1:37.63 | (38.22) | 1000m | 1:36.46 | (36.68) | |
| | | 1400m | 2:17.67 | (40.04) | 1400m | 2:13.79 | (37.33) | |
| | | 1800m | 2:59.39 | (41.72) | 1800m | 2:50.94 | (37.15) | |
| | | 2200m | 3:42.60 | (43.21) | 2200m | 3:29.07 | (38.13) | |
| | | 2600m | 4:26.10 | (43.50) | 2600m | 4:08.45 | (39.38) | |
| | | 3000m | 5:09.56 | (43.46) | 3000m | 4:47.64 | (39.19) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------------|---------|---------|---------------------|---------|----------------|------|
| 99 | wt | 115 Meerle van den Berg | | | DN4 | 4:54.36 | 5:03.13 | |
| | rd | 108 Bart Oostdam | | | HSB | 4:23.77 | 4:54.97 | |
| | | Meerle van den Berg | | | Bart Oostdam | | | |
| | | 200m | 22.82 | (22.82) | 200m | 21.94 | (21.94) | |
| | | 600m | 1:00.05 | (37.23) | 600m | 57.04 | (35.10) | |
| | | 1000m | 1:38.75 | (38.70) | 1000m | 1:34.03 | (36.99) | |
| | | 1400m | 2:18.91 | (40.16) | 1400m | 2:12.53 | (38.50) | |
| | | 1800m | 2:59.59 | (40.68) | 1800m | 2:51.78 | (39.25) | |
| | | 2200m | 3:40.91 | (41.32) | 2200m | 3:32.22 | (40.44) | |
| | | 2600m | 4:22.13 | (41.22) | 2600m | 4:13.21 | (40.99) | |
| | | 3000m | 5:03.13 | (41.00) | 3000m | 4:54.97 | (41.76) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|------------------------|-----|-----|----|---------|-------------------|
| 100 | gl | 66 | Guus Gelderblom | | HN1 | | 4:37.32 | 4:34.33 PR |
| | bl | 81 | Thijs Langeveld | | HSA | | 4:42.64 | 4:42.15 PR |

Guus Gelderblom

| | | |
|-------|---------|---------|
| 200m | 21.23 | (21.23) |
| 600m | 55.03 | (33.80) |
| 1000m | 1:29.73 | (34.70) |
| 1400m | 2:05.22 | (35.49) |
| 1800m | 2:41.35 | (36.13) |
| 2200m | 3:18.30 | (36.95) |
| 2600m | 3:55.51 | (37.21) |
| 3000m | 4:34.33 | (38.82) |

Thijs Langeveld

| | | |
|-------|---------|---------|
| 200m | 21.39 | (21.39) |
| 600m | 55.33 | (33.94) |
| 1000m | 1:31.17 | (35.84) |
| 1400m | 2:08.04 | (36.87) |
| 1800m | 2:45.30 | (37.26) |
| 2200m | 3:24.00 | (38.70) |
| 2600m | 4:03.37 | (39.37) |
| 3000m | 4:42.15 | (38.78) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---------------------|-----|-----|----|---------|----------------|
| 101 | wt | 85 | Freek Bennis | | HN4 | | 4:30.77 | 4:47.37 |
| | rd | | | | | | | |

Freek Bennis

| | | |
|-------|---------|---------|
| 200m | 21.52 | (21.52) |
| 600m | 57.38 | (35.86) |
| 1000m | 1:35.12 | (37.74) |
| 1400m | 2:13.36 | (38.24) |
| 1800m | 2:51.35 | (37.99) |
| 2200m | 3:29.32 | (37.97) |
| 2600m | 4:07.98 | (38.66) |
| 3000m | 4:47.37 | (39.39) |

m

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|----------------------|---------|------------------|---------|----------------|------|
| 102 | gl | 1 | Joppe Kleiweg | | HSA | 4:29.36 | 4:38.82 | |
| | bl | 98 | Sven Pera | | HN1 | 4:35.22 | 4:44.89 | |
| | | Joppe Kleiweg | | | Sven Pera | | | |
| | | 200m | 19.70 | (19.70) | 200m | 20.97 | (20.97) | |
| | | 600m | 52.90 | (33.20) | 600m | 56.36 | (35.39) | |
| | | 1000m | 1:27.68 | (34.78) | 1000m | 1:33.42 | (37.06) | |
| | | 1400m | 2:03.81 | (36.13) | 1400m | 2:10.90 | (37.48) | |
| | | 1800m | 2:41.07 | (37.26) | 1800m | 2:48.80 | (37.90) | |
| | | 2200m | 3:19.64 | (38.57) | 2200m | 3:27.09 | (38.29) | |
| | | 2600m | 3:58.95 | (39.31) | 2600m | 4:05.92 | (38.83) | |
| | | 3000m | 4:38.82 | (39.87) | 3000m | 4:44.89 | (38.97) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|--------------------|----------------------|---------|----------------------|---------|----------------|------|
| 103 | wt | 77 | Berto Anker | | HN1 | 4:20.78 | 4:37.58 | |
| | rd | 72 | Mark Veenstra | | HSB | 4:29.98 | 4:51.98 | |
| | | Berto Anker | | | Mark Veenstra | | | |
| | | 200m | 21.07 | (21.07) | 200m | 22.54 | (22.54) | |
| | | 600m | 57.11 | (36.04) | 600m | 1:00.81 | (38.27) | |
| | | 1000m | 1:33.85 | (36.74) | 1000m | 1:39.64 | (38.83) | |
| | | 1400m | 2:10.57 | (36.72) | 1400m | 2:18.08 | (38.44) | |
| | | 1800m | 2:47.46 | (36.89) | 1800m | 2:56.12 | (38.04) | |
| | | 2200m | 3:24.26 | (36.80) | 2200m | 3:34.28 | (38.16) | |
| | | 2600m | 4:01.14 | (36.88) | 2600m | 4:12.72 | (38.44) | |
| | | 3000m | 4:37.58 | (36.44) | 3000m | 4:51.98 | (39.26) | |

De Uithof - Den Haag

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------------|-----|---------|----------------|------|
| 104 | gl | 60 Alexander Doornekamp | HSA | 4:31.80 | 4:38.64 | |
| | bl | 44 Remco Boere | HSA | 4:25.27 | 4:45.59 | |

Alexander Doornekamp

| | | |
|-------|---------|---------|
| 200m | 20.51 | (20.51) |
| 600m | 56.01 | (35.50) |
| 1000m | 1:32.47 | (36.46) |
| 1400m | 2:09.22 | (36.75) |
| 1800m | 2:46.26 | (37.04) |
| 2200m | 3:23.49 | (37.23) |
| 2600m | 4:01.05 | (37.56) |
| 3000m | 4:38.64 | (37.59) |

Remco Boere

| | | |
|-------|---------|---------|
| 200m | 20.77 | (20.77) |
| 600m | 55.22 | (34.45) |
| 1000m | 1:31.39 | (36.17) |
| 1400m | 2:08.42 | (37.03) |
| 1800m | 2:46.60 | (38.18) |
| 2200m | 3:25.74 | (39.14) |
| 2600m | 4:05.39 | (39.65) |
| 3000m | 4:45.59 | (40.20) |