

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

1. Result 100

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	90 Luuk van de Pol	HB2	10	I	11.14	PB	
2	101 Liam Schroten	HPA	9	I	11.61	PB	
3	79 Erik Jeurig	H40	10	O	11.83		
4	3 Femke Lindeboom	DPA	9	O	11.95	PB	
5	92 Jens Bakker	HB2	7	O	12.49		
6	89 Lennaart Lamers	HSB	1	I	13.04		
7	94 Annabel Weteringe	DB1	8	I	13.07		
8	5 Stefan Aukema	H45	7	I	13.33	PB	
9	107 Maud Nijkamp	DPC	6	O	13.49	PB	
10	86 Alexander Warmink	HC1	8	O	13.52		
11	30 Tessa Bosman	DC2	1	O	13.62		
12	93 Lisa Oldenhof	DPB	6	I	13.93		
13	10 Lara Aukema	DPB	4	O	13.96	PB	
14	12 Christan van den Brink	HPE	5	O	14.19		
15	110 Elysa ter Kulve	DPC	5	I	14.48		
16	22 Jelle Nijkamp	HPC	3	O	14.56	PB	
17	85 Thijmen Warmink	HPB	4	I	15.03		
18	84 Vayèn van der Weerd	DPD	3	I	15.21		
19	42 Esmee Noordman	DPE	2	I	15.60		
20	21 Koen Nijkamp	HPE	2	O	15.64		

Referee:

Assistant:

Starter:

From 3/6/2024 5:15:00 PM to 3/6/2024 5:30:18 PM

Print: 12/24/2024 12:59:36 AM

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

1. Race Result 100

		Name		Cat		PB		Time	Info
1	wt	89	Lennaart Lamers		HSB			13.04	
	rd	30	Tessa Bosman		DC2			13.62	
		<u>Lennaart Lamers</u>			<u>Tessa Bosman</u>				
		100m	13.04	(13.04)	100m	13.62	(13.62)		

		Name		Cat		PB		Time	Info
2	yw	42	Esmee Noordman		DPE	14.79		15.60	
	bl	21	Koen Nijkamp		HPE	15.47		15.64	
		<u>Esmee Noordman</u>			<u>Koen Nijkamp</u>				
		100m	15.60	(15.60)	100m	15.64	(15.64)		

		Name		Cat		PB		Time	Info
3	wt	84	Vayèn van der Weerd		DPD	15.19		15.21	
	rd	22	Jelle Nijkamp		HPC	14.80		14.56	PB
		<u>Vayèn van der Weerd</u>			<u>Jelle Nijkamp</u>				
		100m	15.21	(15.21)	100m	14.56	(14.56)		

		Name		Cat		PB		Time	Info
4	yw	85	Thijmen Warmink		HPB	14.06		15.03	
	bl	10	Lara Aukema		DPB	14.42		13.96	PB
		<u>Thijmen Warmink</u>			<u>Lara Aukema</u>				
		100m	15.03	(15.03)	100m	13.96	(13.96)		

		Name		Cat		PB		Time	Info
5	wt	110	Elysa ter Kulve		DPC	13.82		14.48	
	rd	12	Christan van den Brink		HPE	13.78		14.19	
		<u>Elysa ter Kulve</u>			<u>Christan van den Brink</u>				
		100m	14.48	(14.48)	100m	14.19	(14.19)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

		Name	Cat	PB	Time	Info
6	yw	93 Lisa Oldenhof	DPB	13.84	13.93	
	bl	107 Maud Nijkamp	DPC	13.76	13.49	PB
		<u>Lisa Oldenhof</u>				
		100m	13.93	(13.93)		
		<u>Maud Nijkamp</u>				
		100m	13.49	(13.49)		

		Name	Cat	PB	Time	Info
7	wt	5 Stefan Aukema	H45	13.58	13.33	PB
	rd	92 Jens Bakker	HB2	12.45	12.49	
		<u>Stefan Aukema</u>				
		100m	13.33	(13.33)		
		<u>Jens Bakker</u>				
		100m	12.49	(12.49)		

		Name	Cat	PB	Time	Info
8	yw	94 Annabel Weteringe	DB1	12.91	13.07	
	bl	86 Alexander Warmink	HC1	13.43	13.52	
		<u>Annabel Weteringe</u>				
		100m	13.07	(13.07)		
		<u>Alexander Warmink</u>				
		100m	13.52	(13.52)		

		Name	Cat	PB	Time	Info
9	wt	101 Liam Schroten	HPA	11.63	11.61	PB
	rd	3 Femke Lindeboom	DPA	12.04	11.95	PB
		<u>Liam Schroten</u>				
		100m	11.61	(11.61)		
		<u>Femke Lindeboom</u>				
		100m	11.95	(11.95)		

		Name	Cat	PB	Time	Info
10	yw	90 Luuk van de Pol	HB2	11.53	11.14	PB
	bl	79 Erik Jeurig	H40	10.93	11.83	
		<u>Luuk van de Pol</u>				
		100m	11.14	(11.14)		
		<u>Erik Jeurig</u>				
		100m	11.83	(11.83)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

2. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	89 Lennaart Lamers	HSB	40	I	40.49		
2	100 Niels Teunissen	HB2	40	O	42.01		
3	44 Djem Smeele	HC2	39	O	42.53		
4	14 Twan van de Poppe	HC1	37	O	43.35		
5	101 Liam Schroten	HPA	38	O	43.37		
6	67 Lesley Bartelds	HA2	38	I	43.55		
7	47 Luca Batterink	HC1	35	O	43.95		
8	26 Elena Ruijtenberg	DC2	36	O	44.31		
9	33 Nick Hendriksen	HC1	36	I	44.72		
	79 Erik Jeurig	H40	37	I	44.72		
11	98 Klaas Jan van der Veen	H50	34	O	45.01		
12	1 Wouter Wietzes	H45	33	I	45.79		
13	2 Bas Ellenbroek	HC1	34	I	45.92		
14	103 Guido Loonstra	HN1	33	O	45.94		
15	4 Lenneke Groot Koerkamp	DA1	31	O	46.98		
16	39 Johan Bakker	H45	31	I	47.33		
17	92 Jens Bakker	HB2	32	I	47.65		
18	35 Barry Burgers	H50	30	I	47.73		
19	80 Norah van Elst	DPB	32	O	47.83		
20	78 Milou Klatt-ten Cate	DSB	28	I	48.50		
21	20 Marthe Schalkwijk	DC2	29	O	48.66		
22	16 Lisa Otten	DC2	29	I	48.85		
23	94 Annabel Weteringe	DB1	28	O	49.53		
24	112 Femke Ditzel	DA1	27	O	49.54		
25	72 Denice Burgmeijer	DA1	24	O	50.35		
26	40 Marit Noordman	DB1	27	I	50.60		
27	52 Just Klunder	HPA	30	O	50.71		
28	49 Noor Klunder	DPB	26	O	51.06		
29	5 Stefan Aukema	H45	20	I	51.14	PB	
30	88 Isa van der Weerd	DPA	25	O	51.28		
31	59 Maria Ufkes	D45	23	I	51.45		
32	96 Thijmen van Haaf	HB2	26	I	51.72		
33	43 Jill Krikken	DPC	21	O	51.81		
34	65 Evi de Vries	DPD	19	I	51.98	PB	
35	104 Fleur v.d. Beek	DPA	22	I	52.25		
36	41 Iris Noordman	DPA	19	O	52.54		
37	87 Mireille van der Weerd	DC2	21	I	52.76		
38	60 Sanna van der Velde	DC1	25	I	52.78		

Referee:

Assistant:

Starter:

From 3/6/2024 5:15:00 PM to 3/6/2024 6:01:51 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	9 Silke van den Bos	DC1	20	O	53.60	PB	
40	58 Emma van der Velde	DPB	23	O	53.63		
41	90 Luuk van de Pol	HB2	35	I	53.78	FL	
42	95 Jasmijn van Ittersum	DB2	17	I	53.92	PB	
43	57 Kim Versteeg	DPA	17	O	55.32		
44	37 Minke Nijenhuis	DPA	16	I	56.08	PB	
45	61 Lotte van Veen	DPD	13	I	56.54	PB	
46	38 Suze Kleinsman	DPA	15	O	56.59		
47	12 Christan van den Brink	HPE	16	O	56.82		
48	15 Jasmijn Smit	DPC	18	O	57.76		
49	93 Lisa Oldenhof	DPB	13	O	58.05		
50	55 Miquel Stout	HPE	14	O	58.18	PB	
51	86 Alexander Warmink	HC1	18	I	58.46		
52	31 Nadine Hendriksen	DPE	15	I	59.16		
53	29 Feline van de Brandhof	DPA	14	I	59.49	PB	
54	56 Eva Mezzo	DPB	22	O	1:01.83	FL	
55	66 Livia Wessling	DPC	12	O	1:04.72	PB	
56	54 Danique Stout	DPB	24	I	1:05.73	FL	
57	110 Elysa ter Kulve	DPC	11	O	1:11.25		
58	27 Jitske van de Hel	DC2	12	I	1:13.85	FL	
59	109 Jayvinn ter Kulve	HPE	11	I	1:16.08	FL	
	70 Beau Kappers	HB2			WDR		

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

2. Race Result 500 meter

		Name		Cat		PB		Time	Info
11	wt	109	Jayvinn ter Kulve		HPE			1:16.08	FL
	rd	110	Elysa ter Kulve		DPC	1:01.45		1:11.25	
		<u>Jayvinn ter Kulve</u>				<u>Elysa ter Kulve</u>			
		100m	15.38	(15.38)		100m	15.08	(15.08)	
		500m	1:16.08	(60.70)		500m	1:11.25	(56.17)	

		Name		Cat		PB		Time	Info
12	yw	27	Jitske van de Hel		DC2	1:04.09		1:13.85	FL
	bl	66	Livia Wessling		DPC	1:05.70		1:04.72	PB
		<u>Jitske van de Hel</u>				<u>Livia Wessling</u>			
		100m	24.56	(24.56)		100m	14.84	(14.84)	
		500m	1:13.85	(49.29)		500m	1:04.72	(49.88)	

		Name		Cat		PB		Time	Info
13	wt	61	Lotte van Veen		DPD	57.06		56.54	PB
	rd	93	Lisa Oldenhof		DPB	57.61		58.05	
		<u>Lotte van Veen</u>				<u>Lisa Oldenhof</u>			
		100m	13.91	(13.91)		100m	14.03	(14.03)	
		500m	56.54	(42.63)		500m	58.05	(44.02)	

		Name		Cat		PB		Time	Info
14	yw	29	Feline van de Brandhof		DPA	59.71		59.49	PB
	bl	55	Miquel Stout		HPE	58.41		58.18	PB
		<u>Feline van de Brandhof</u>				<u>Miquel Stout</u>			
		100m	14.72	(14.72)		100m	14.35	(14.35)	
		500m	59.49	(44.77)		500m	58.18	(43.83)	

		Name		Cat		PB		Time	Info
15	wt	31	Nadine Hendriksen		DPE	57.01		59.16	
	rd	38	Suze Kleinsman		DPA	56.45		56.59	
		<u>Nadine Hendriksen</u>				<u>Suze Kleinsman</u>			
		100m	14.33	(14.33)		100m	13.65	(13.65)	
		500m	59.16	(44.83)		500m	56.59	(42.94)	

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6 March 2024

		Name		Cat		PB		Time	Info
16	yw	37	Minke Nijenhuis		DPA		57.06	56.08	PB
	bl	12	Christan van den Brink		HPE		56.33	56.82	
		Minke Nijenhuis			Christan van den Brink				
		100m	13.76	(13.76)	100m	14.23	(14.23)		
		500m	56.08	(42.32)	500m	56.82	(42.59)		

		Name		Cat		PB		Time	Info
17	wt	95	Jasmijn van Ittersum		DB2		54.15	53.92	PB
	rd	57	Kim Versteeg		DPA		54.45	55.32	
		Jasmijn van Ittersum			Kim Versteeg				
		100m	14.19	(14.19)	100m	13.84	(13.84)		
		500m	53.92	(39.73)	500m	55.32	(41.48)		

		Name		Cat		PB		Time	Info
18	yw	86	Alexander Warmink		HC1		56.23	58.46	
	bl	15	Jasmijn Smit		DPC		55.11	57.76	
		Alexander Warmink			Jasmijn Smit				
		100m	13.83	(13.83)	100m	14.83	(14.83)		
		500m	58.46	(44.63)	500m	57.76	(42.93)		

		Name		Cat		PB		Time	Info
19	wt	65	Evi de Vries		DPD		53.05	51.98	PB
	rd	41	Iris Noordman		DPA		51.95	52.54	
		Evi de Vries			Iris Noordman				
		100m	13.03	(13.03)	100m	13.45	(13.45)		
		500m	51.98	(38.95)	500m	52.54	(39.09)		

		Name		Cat		PB		Time	Info
20	yw	5	Stefan Aukema		H45		53.83	51.14	PB
	bl	9	Silke van den Bos		DC1		53.92	53.60	PB
		Stefan Aukema			Silke van den Bos				
		100m	13.65	(13.65)	100m	13.97	(13.97)		
		500m	51.14	(37.49)	500m	53.60	(39.63)		

Recordwedstrijd woensdag

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		Name		Cat		PB		Time	Info
21	wt	87	Mireille van der Weerd		DC2		51.83	52.76	
	rd	43	Jill Krikken		DPC		51.16	51.81	
		Mireille van der Weerd			Jill Krikken				
		100m	13.87	(13.87)	100m	13.15	(13.15)		
		500m	52.76	(38.89)	500m	51.81	(38.66)		

		Name		Cat		PB		Time	Info
22	yw	104	Fleur v.d. Beek		DPA		51.57	52.25	
	bl	56	Eva Mezzo		DPB		51.50	1:01.83	FL
		Fleur v.d. Beek			Eva Mezzo				
		100m	13.20	(13.20)	100m	12.91	(12.91)		
		500m	52.25	(39.05)	500m	1:01.83	(48.92)		

		Name		Cat		PB		Time	Info
23	wt	59	Maria Ufkes		D45		45.98	51.45	
	rd	58	Emma van der Velde		DPB		50.76	53.63	
		Maria Ufkes			Emma van der Velde				
		100m	13.65	(13.65)	100m	13.54	(13.54)		
		500m	51.45	(37.80)	500m	53.63	(40.09)		

		Name		Cat		PB		Time	Info
24	yw	54	Danique Stout		DPB		50.51	1:05.73	FL
	bl	72	Denice Burgmeijer		DA1		50.10	50.35	
		Danique Stout			Denice Burgmeijer				
		100m	13.52	(13.52)	100m	13.07	(13.07)		
		500m	1:05.73	(52.21)	500m	50.35	(37.28)		

		Name		Cat		PB		Time	Info
25	wt	60	Sanna van der Velde		DC1		49.56	52.78	
	rd	88	Isa van der Weerd		DPA		49.45	51.28	
		Sanna van der Velde			Isa van der Weerd				
		100m	13.38	(13.38)	100m	13.22	(13.22)		
		500m	52.78	(39.40)	500m	51.28	(38.06)		

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6 March 2024

		Name		Cat		PB		Time	Info
26	yw	96	Thijmen van Haaf		HB2		49.24	51.72	
	bl	49	Noor Klunder		DPB		49.84	51.06	
		Thijmen van Haaf			Noor Klunder				
		100m	12.94	(12.94)	100m	13.23	(13.23)		
		500m	51.72	(38.78)	500m	51.06	(37.83)		

		Name		Cat		PB		Time	Info
27	wt	40	Marit Noordman		DB1		49.21	50.60	
	rd	112	Femke Ditzel		DA1		48.72	49.54	
		Marit Noordman			Femke Ditzel				
		100m	13.25	(13.25)	100m	13.02	(13.02)		
		500m	50.60	(37.35)	500m	49.54	(36.52)		

		Name		Cat		PB		Time	Info
28	yw	78	Milou Klatt-ten Cate		DSB		43.41	48.50	
	bl	94	Annabel Weteringe		DB1		48.91	49.53	
		Milou Klatt-ten Cate			Annabel Weteringe				
		100m	12.97	(12.97)	100m	12.85	(12.85)		
		500m	48.50	(35.53)	500m	49.53	(36.68)		

		Name		Cat		PB		Time	Info
29	wt	16	Lisa Otten		DC2		47.98	48.85	
	rd	20	Marthe Schalkwijk		DC2		47.66	48.66	
		Lisa Otten			Marthe Schalkwijk				
		100m	12.97	(12.97)	100m	12.81	(12.81)		
		500m	48.85	(35.88)	500m	48.66	(35.85)		

		Name		Cat		PB		Time	Info
30	yw	35	Barry Burgers		H50		47.60	47.73	
	bl	52	Just Klunder		HPA		47.75	50.71	
		Barry Burgers			Just Klunder				
		100m	12.84	(12.84)	100m	13.23	(13.23)		
		500m	47.73	(34.89)	500m	50.71	(37.48)		

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		Name		Cat		PB		Time	Info
31	wt	39	Johan Bakker		H45		44.04	47.33	
	rd	4	Lenneke Groot Koerkamp		DA1		46.70	46.98	
		Johan Bakker			Lenneke Groot Koerkamp				
		100m	12.92	(12.92)	100m	12.22	(12.22)		
		500m	47.33	(34.41)	500m	46.98	(34.76)		

		Name		Cat		PB		Time	Info
32	yw	92	Jens Bakker		HB2		46.45	47.65	
	bl	80	Norah van Elst		DPB		46.25	47.83	
		Jens Bakker			Norah van Elst				
		100m	12.94	(12.94)	100m	12.54	(12.54)		
		500m	47.65	(34.71)	500m	47.83	(35.29)		

		Name		Cat		PB		Time	Info
33	wt	1	Wouter Wietzes		H45		42.68	45.79	
	rd	103	Guido Loonstra		HN1		43.34	45.94	
		Wouter Wietzes			Guido Loonstra				
		100m	12.44	(12.44)	100m	12.36	(12.36)		
		500m	45.79	(33.35)	500m	45.94	(33.58)		

		Name		Cat		PB		Time	Info
34	yw	2	Bas Ellenbroek		HC1		44.79	45.92	
	bl	98	Klaas Jan van der Veen		H50		41.97	45.01	
		Bas Ellenbroek			Klaas Jan van der Veen				
		100m	12.02	(12.02)	100m	12.40	(12.40)		
		500m	45.92	(33.90)	500m	45.01	(32.61)		

		Name		Cat		PB		Time	Info
35	wt	90	Luuk van de Pol		HB2		44.46	53.78	FL
	rd	47	Luca Batterink		HC1		43.19	43.95	
		Luuk van de Pol			Luca Batterink				
		100m	11.30	(11.30)	100m	11.44	(11.44)		
		500m	53.78	(42.48)	500m	43.95	(32.51)		

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		Name		Cat		PB		Time	Info
36	yw	33	Nick Hendriksen		HC1		43.92	44.72	
	bl	26	Elena Ruijtenberg		DC2		43.26	44.31	
		Nick Hendriksen			Elena Ruijtenberg				
		100m	12.14	(12.14)	100m	12.09	(12.09)		
		500m	44.72	(32.58)	500m	44.31	(32.22)		

		Name		Cat		PB		Time	Info
37	wt	79	Erik Jeuring		H40		41.78	44.72	
	rd	14	Twan van de Poppe		HC1		42.27	43.35	
		Erik Jeuring			Twan van de Poppe				
		100m	11.89	(11.89)	100m	11.71	(11.71)		
		500m	44.72	(32.83)	500m	43.35	(31.64)		

		Name		Cat		PB		Time	Info
38	yw	67	Lesley Bartelds		HA2		41.82	43.55	
	bl	101	Liam Schroten		HPA		42.16	43.37	
		Lesley Bartelds			Liam Schroten				
		100m	11.80	(11.80)	100m	11.67	(11.67)		
		500m	43.55	(31.75)	500m	43.37	(31.70)		

		Name		Cat		PB		Time	Info
39	wt	70	Beau Kappers		HB2		40.02	WDR	
	rd	44	Djem Smeele		HC2		41.72	42.53	
		Beau Kappers			Djem Smeele				
		100m			100m	11.30	(11.30)		
		500m			500m	42.53	(31.23)		

		Name		Cat		PB		Time	Info
40	yw	89	Lennaart Lamers		HSB		38.49	40.49	
	bl	100	Niels Teunissen		HB2		40.50	42.01	
		Lennaart Lamers			Niels Teunissen				
		100m	11.05	(11.05)	100m	11.32	(11.32)		
		500m	40.49	(29.44)	500m	42.01	(30.69)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

3. Result 100 (2e 100)

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	107 Maud Nijkamp	DPC	41	I	13.71	

Referee:

Assistant:

Starter:

From 3/6/2024 5:15:00 PM to 3/6/2024 6:02:57 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

3. Race Result 100 (2e 100)

	Name	Cat	PB	Time	Info
41	wt rd	107 Maud Nijkamp	DPC	13.76	13.71
	Maud Nijkamp				
	100m	13.71 (13.71)			m

Referee:

Assistant:

Starter:

From 3/6/2024 5:15:00 PM to 3/6/2024 6:02:57 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

5. Result 300 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	47 Luca Batterink	HC1	51	I	27.12	PB	
2	3 Femke Lindeboom	DPA	51	O	30.20	PB	
3	72 Denice Burgmeijer	DA1	50	I	31.08	PB	
4	112 Femke Ditzel	DA1	50	O	31.17	PB	
5	38 Suze Kleinsman	DPA	49	I	34.12		
6	61 Lotte van Veen	DPD	49	O	34.45		
7	30 Tessa Bosman	DC2	47	O	34.83	PB	
8	37 Minke Nijenhuis	DPA	48	O	34.96	PB	
9	57 Kim Versteeg	DPA	48	I	35.10		
10	31 Nadine Hendriksen	DPE	47	I	36.05		
11	55 Miquel Stout	HPE	46	I	36.23		
12	10 Lara Aukema	DPB	44	I	36.71	PB	
13	29 Feline van de Brandhof	DPA	46	O	37.67		
14	22 Jelle Nijkamp	HPC	45	O	38.86		
15	84 Vayèn van der Weerd	DPD	45	I	40.74		
16	85 Thijmen Warmink	HPB	44	O	41.35		
17	21 Koen Nijkamp	HPE	42	O	41.95	PB	
18	42 Esmee Noordman	DPE	42	I	42.00		

Referee:

Assistant:

Starter:

From 3/6/2024 5:15:00 PM to 3/6/2024 6:30:44 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

5. Race Result 300 meter

		Name	Cat	PB	Time Info
42	wt	42 Esmee Noordman	DPE	39.89	42.00
	rd	21 Koen Nijkamp	HPE	42.55	41.95 PB
		<u>Esmee Noordman</u>	<u>Koen Nijkamp</u>		
		300m 42.00 (42.00)	300m 41.95 (41.95)		

		Name	Cat	PB	Time Info
43	yw				
	bl				
		<u>m</u>	<u>m</u>		

		Name	Cat	PB	Time Info
44	wt	10 Lara Aukema	DPB	36.99	36.71 PB
	rd	85 Thijmen Warmink	HPB	38.03	41.35
		<u>Lara Aukema</u>	<u>Thijmen Warmink</u>		
		300m 36.71 (36.71)	300m 41.35 (41.35)		

		Name	Cat	PB	Time Info
45	yw	84 Vayèn van der Weerd	DPD	39.93	40.74
	bl	22 Jelle Nijkamp	HPC	38.70	38.86
		<u>Vayèn van der Weerd</u>	<u>Jelle Nijkamp</u>		
		300m 40.74 (40.74)	300m 38.86 (38.86)		

		Name	Cat	PB	Time Info
46	wt	55 Miquel Stout	HPE	35.94	36.23
	rd	29 Feline van de Brandhof	DPA	36.67	37.67
		<u>Miquel Stout</u>	<u>Feline van de Brandhof</u>		
		300m 36.23 (36.23)	300m 37.67 (37.67)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

		Name	Cat	PB	Time	Info
47	yw	31 Nadine Hendriksen	DPE	35.55	36.05	
	bl	30 Tessa Bosman	DC2	36.04	34.83	PB
		<u>Nadine Hendriksen</u>		<u>Tessa Bosman</u>		
		300m 36.05 (36.05)		300m 34.83 (34.83)		

		Name	Cat	PB	Time	Info
48	wt	57 Kim Versteeg	DPA	33.96	35.10	
	rd	37 Minke Nijenhuis	DPA	35.34	34.96	PB
		<u>Kim Versteeg</u>		<u>Minke Nijenhuis</u>		
		300m 35.10 (35.10)		300m 34.96 (34.96)		

		Name	Cat	PB	Time	Info
49	yw	38 Suze Kleinsman	DPA	34.08	34.12	
	bl	61 Lotte van Veen	DPD	34.09	34.45	
		<u>Suze Kleinsman</u>		<u>Lotte van Veen</u>		
		300m 34.12 (34.12)		300m 34.45 (34.45)		

		Name	Cat	PB	Time	Info
50	wt	72 Denice Burgmeijer	DA1	32.62	31.08	PB
	rd	112 Femke Ditzel	DA1	32.25	31.17	PB
		<u>Denice Burgmeijer</u>		<u>Femke Ditzel</u>		
		300m 31.08 (31.08)		300m 31.17 (31.17)		

		Name	Cat	PB	Time	Info
51	yw	47 Luca Batterink	HC1	27.38	27.12	PB
	bl	3 Femke Lindeboom	DPA	32.32	30.20	PB
		<u>Luca Batterink</u>		<u>Femke Lindeboom</u>		
		300m 27.12 (27.12)		300m 30.20 (30.20)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

6. Result 700 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	44 Djem Smeele	HC2	61	O	59.09	PB	
2	36 Zoë Tiemens	DN3	62	O	59.32	PB	
3	67 Lesley Bartelds	HA2	61	I	59.83	PB	
4	64 Femke Assink	DN4	63	O	1:01.72	PB	
5	33 Nick Hendriksen	HC1	60	I	1:02.84	PB	
6	98 Klaas Jan van der Veen	H50	62	I	1:02.97		
7	48 Demi Bartelds	DN3	60	O	1:08.94	PB	
8	56 Eva Mezzo	DPB	59	I	1:10.37	PB	
9	96 Thijmen van Haaf	HB2	56	O	1:10.44	PB	
10	40 Marit Noordman	DB1	53	O	1:10.56	PB	
11	59 Maria Ufkes	D45	52	I	1:10.65		
12	88 Isa van der Weerd	DPA	58	O	1:11.84		
13	43 Jill Krikken	DPC	59	O	1:12.85		
14	41 Iris Noordman	DPA	58	I	1:13.24	PB	
15	60 Sanna van der Velde	DC1	54	I	1:13.50	PB	
16	104 Fleur v.d. Beek	DPA	57	O	1:13.86	PB	
17	54 Danique Stout	DPB	57	I	1:14.25	PB	
18	51 Olle Klunder	HPD	56	I	1:14.26	PB	
19	87 Mireille van der Weerd	DC2	53	I	1:14.46	PB	
20	65 Evi de Vries	DPD	54	O	1:15.13	PB	
21	9 Silke van den Bos	DC1	55	I	1:15.18	PB	
22	11 Florine Zunnbeld	DPB	55	O	1:16.68	PB	
23	15 Jasmijn Smit	DPC	52	O	1:22.42		
	70 Beau Kappers	HB2			WDR		

Referee:

Assistant:

Starter:

From 3/6/2024 5:15:00 PM to 3/6/2024 6:44:40 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

6. Race Result 700 meter

		Name		Cat		PB		Time	Info
52	wt	59	Maria Ufkes		D45			1:10.65	
	rd	15	Jasmijn Smit		DPC	1:18.86		1:22.42	
		Maria Ufkes			Jasmijn Smit				
		300m	32.25	(32.25)	300m	37.19	(37.19)		
		700m	1:10.65	(38.40)	700m	1:22.42	(45.23)		

		Name		Cat		PB		Time	Info
53	yw	87	Mireille van der Weerd		DC2	1:25.08		1:14.46	PB
	bl	40	Marit Noordman		DB1	1:21.74		1:10.56	PB
		Mireille van der Weerd			Marit Noordman				
		300m	34.20	(34.20)	300m	32.75	(32.75)		
		700m	1:14.46	(40.26)	700m	1:10.56	(37.81)		

		Name		Cat		PB		Time	Info
54	wt	60	Sanna van der Velde		DC1	1:15.79		1:13.50	PB
	rd	65	Evi de Vries		DPD	1:17.43		1:15.13	PB
		Sanna van der Velde			Evi de Vries				
		300m	33.52	(33.52)	300m	33.82	(33.82)		
		700m	1:13.50	(39.98)	700m	1:15.13	(41.31)		

		Name		Cat		PB		Time	Info
55	yw	9	Silke van den Bos		DC1	1:17.96		1:15.18	PB
	bl	11	Florine Zunnabeld		DPB	1:18.40		1:16.68	PB
		Silke van den Bos			Florine Zunnabeld				
		300m	33.31	(33.31)	300m	34.83	(34.83)		
		700m	1:15.18	(41.87)	700m	1:16.68	(41.85)		

		Name		Cat		PB		Time	Info
56	wt	51	Olle Klunder		HPD	1:15.47		1:14.26	PB
	rd	96	Thijmen van Haaf		HB2	1:14.68		1:10.44	PB
		Olle Klunder			Thijmen van Haaf				
		300m	32.94	(32.94)	300m	31.88	(31.88)		
		700m	1:14.26	(41.32)	700m	1:10.44	(38.56)		

Referee:

Assistant:

Starter:

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

		Name		Cat		PB		Time	Info
57	yw	54	Danique Stout		DPB	1:14.50		1:14.25	PB
	bl	104	Fleur v.d. Beek		DPA	1:14.31		1:13.86	PB
		Danique Stout				Fleur v.d. Beek			
		300m	33.64	(33.64)		300m	33.41	(33.41)	
		700m	1:14.25	(40.61)		700m	1:13.86	(40.45)	

		Name		Cat		PB		Time	Info
58	wt	41	Iris Noordman		DPA	1:13.65		1:13.24	PB
	rd	88	Isa van der Weerd		DPA	1:10.90		1:11.84	
		Iris Noordman				Isa van der Weerd			
		300m	33.36	(33.36)		300m	32.73	(32.73)	
		700m	1:13.24	(39.88)		700m	1:11.84	(39.11)	

		Name		Cat		PB		Time	Info
59	yw	56	Eva Mezzo		DPB	1:11.42		1:10.37	PB
	bl	43	Jill Krikken		DPC	1:12.44		1:12.85	
		Eva Mezzo				Jill Krikken			
		300m	31.64	(31.64)		300m	32.72	(32.72)	
		700m	1:10.37	(38.73)		700m	1:12.85	(40.13)	

		Name		Cat		PB		Time	Info
60	wt	33	Nick Hendriksen		HC1	1:07.48		1:02.84	PB
	rd	48	Demi Bartelds		DN3	1:09.09		1:08.94	PB
		Nick Hendriksen				Demi Bartelds			
		300m	29.19	(29.19)		300m	31.74	(31.74)	
		700m	1:02.84	(33.65)		700m	1:08.94	(37.20)	

		Name		Cat		PB		Time	Info
61	yw	67	Lesley Bartelds		HA2	1:03.82		59.83	PB
	bl	44	Djem Smeele		HC2	1:05.31		59.09	PB
		Lesley Bartelds				Djem Smeele			
		300m	27.75	(27.75)		300m	27.44	(27.44)	
		700m	59.83	(32.08)		700m	59.09	(31.65)	

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

		Name		Cat		PB		Time	Info
62	wt	98	Klaas Jan van der Veen		H50		1:00.60	1:02.97	
	rd	36	Zoë Tiemens		DN3		59.87	59.32	PB
		Klaas Jan van der Veen			Zoë Tiemens				
		300m	29.18	(29.18)	300m	27.54	(27.54)		
		700m	1:02.97	(33.79)	700m	59.32	(31.78)		

		Name		Cat		PB		Time	Info
63	yw	70	Beau Kappers		HB2		58.74	WDR	
	bl	64	Femke Assink		DN4		1:02.55	1:01.72	PB
		Beau Kappers			Femke Assink				
		300m	28.69	(28.69)	300m	28.69	(28.69)		
		700m	1:01.72	(33.03)	700m	1:01.72	(33.03)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

7. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	105 Lauren van den Brink	DPB	64	O	2:18.06	TRC	
2	1 Wouter Wietzes	H45	71	I	2:20.68		
3	39 Johan Bakker	H45	70	I	2:21.42		
4	103 Guido Loonstra	HN1	71	O	2:22.81		
5	35 Barry Burgers	H50	69	I	2:25.04	PB	
6	8 Veerle Zunnabeld	DPA	70	O	2:25.52		
7	4 Lenneke Groot Koerkamp	DA1	68	O	2:28.57		
8	80 Norah van Elst	DPB	65	O	2:29.58		
9	2 Bas Ellenbroek	HC1	69	O	2:32.26		
10	13 Caspian Alexander	HPA	65	I	2:32.79		
11	81 Federico Talen	HPB	66	O	2:34.44		
12	16 Lisa Otten	DC2	68	I	2:35.78		
13	20 Marthe Schalkwijk	DC2	67	O	2:37.45	PB	
14	52 Just Klunder	HPA	67	I	2:37.70		
15	49 Noor Klunder	DPB	66	I	2:48.83		
16	58 Emma van der Velde	DPB	64	I	2:57.08		

Referee:

Assistant:

Starter:

From 3/6/2024 5:15:00 PM to 3/6/2024 7:13:41 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

7. Race Result 1500 meter

		Name	Cat	PB	Time	Info
64	wt	58 Emma van der Velde	DPB		2:57.08	
	rd	105 Lauren van den Brink	DPB		2:18.06	TRC

Emma van der Velde

300m	34.82	(34.82)
700m	1:20.26	(45.44)
1100m	2:09.35	(49.09)
1500m	2:57.08	(47.73)

Lauren van den Brink

300m	29.89	(29.89)
700m	1:04.44	(34.55)
1100m	1:41.26	(36.82)
1500m	2:18.06	(36.80)

		Name	Cat	PB	Time	Info
65	yw	13 Caspian Alexander	HPA		2:32.79	
	bl	80 Norah van Elst	DPB		2:29.58	

Caspian Alexander

300m	30.62	(30.62)
700m	1:09.73	(39.11)
1100m	1:50.43	(40.70)
1500m	2:32.79	(42.36)

Norah van Elst

300m	31.16	(31.16)
700m	1:09.17	(38.01)
1100m	1:49.63	(40.46)
1500m	2:29.58	(39.95)

		Name	Cat	PB	Time	Info
66	wt	49 Noor Klunder	DPB		2:48.83	
	rd	81 Federico Talen	HPB		2:34.44	

Noor Klunder

300m	33.32	(33.32)
700m	1:14.91	(41.59)
1100m	2:01.20	(46.29)
1500m	2:48.83	(47.63)

Federico Talen

300m	31.98	(31.98)
700m	1:10.97	(38.99)
1100m	1:52.36	(41.39)
1500m	2:34.44	(42.08)

		Name	Cat	PB	Time	Info
67	yw	52 Just Klunder	HPA	2:36.23	2:37.70	
	bl	20 Marthe Schalkwijk	DC2	2:37.81	2:37.45	PB

Just Klunder

300m	31.97	(31.97)
700m	1:12.05	(40.08)
1100m	1:54.55	(42.50)
1500m	2:37.70	(43.15)

Marthe Schalkwijk

300m	31.87	(31.87)
700m	1:11.71	(39.84)
1100m	1:54.92	(43.21)
1500m	2:37.45	(42.53)

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

		Name	Cat	PB	Time	Info
68	wt	16 Lisa Otten	DC2	2:35.49	2:35.78	
	rd	4 Lenneke Groot Koerkamp	DA1	2:28.17	2:28.57	
		Lisa Otten				Lenneke Groot Koerkamp
		300m	31.74 (31.74)	300m	31.28 (31.28)	
		700m	1:10.75 (39.01)	700m	1:09.27 (37.99)	
		1100m	1:53.46 (42.71)	1100m	1:48.55 (39.28)	
		1500m	2:35.78 (42.32)	1500m	2:28.57 (40.02)	

		Name	Cat	PB	Time	Info
69	yw	35 Barry Burgers	H50	2:28.31	2:25.04	PB
	bl	2 Bas Ellenbroek	HC1	2:31.48	2:32.26	
		Barry Burgers				Bas Ellenbroek
		300m	31.96 (31.96)	300m	30.56 (30.56)	
		700m	1:08.34 (36.38)	700m	1:07.56 (37.00)	
		1100m	1:46.49 (38.15)	1100m	1:48.52 (40.96)	
		1500m	2:25.04 (38.55)	1500m	2:32.26 (43.74)	

		Name	Cat	PB	Time	Info
70	wt	39 Johan Bakker	H45	2:13.62	2:21.42	
	rd	8 Veerle Zunnebeld	DPA	2:22.26	2:25.52	
		Johan Bakker				Veerle Zunnebeld
		300m	30.78 (30.78)	300m	30.84 (30.84)	
		700m	1:06.06 (35.28)	700m	1:07.12 (36.28)	
		1100m	1:43.27 (37.21)	1100m	1:45.85 (38.73)	
		1500m	2:21.42 (38.15)	1500m	2:25.52 (39.67)	

		Name	Cat	PB	Time	Info
71	yw	1 Wouter Wietzes	H45	2:07.87	2:20.68	
	bl	103 Guido Loonstra	HN1	2:21.06	2:22.81	
		Wouter Wietzes				Guido Loonstra
		300m	30.02 (30.02)	300m	30.08 (30.08)	
		700m	1:05.36 (35.34)	700m	1:05.58 (35.50)	
		1100m	1:43.10 (37.74)	1100m	1:43.24 (37.66)	
		1500m	2:20.68 (37.58)	1500m	2:22.81 (39.57)	

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

9. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	100 Niels Teunissen	HB2	76	O	4:25.01		
2	14 Twan van de Poppe	HC1	76	I	4:41.40	PB	
3	62 Tijl de Vries	HC2	72	I	4:52.86		
4	26 Elena Ruijtenberg	DC2	75	O	5:02.61	PB	
5	82 Isabella Talen	DB1	77	I	5:04.48		
6	78 Milou Klatt-ten Cate	DSB	77	O	5:16.82		
7	63 Marcel Bloemenkamp	H55	75	I	5:31.18		
8	69 Myrthe Kuiper	DB2	74	I	5:50.18		
9	6 Famke Aukema	DC1	74	O	5:54.48		
10	99 Thea de Groot	DB2	73	I	5:54.56		
	91 Herman van de Bunt	HN1	73	O	DNS		
	111 Reina Wietzes	D40			WDR		

Referee:

Assistant:

Starter:

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

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9. Race Result 3000 meter

		Name	Cat	PB	Time Info
72	wt	62 Tijl de Vries	HC2		4:52.86
	rd	111 Reina Wietzes	D40		WDR
		Tijl de Vries			Reina Wietzes
		200m	22.10 (22.10)		
		600m	58.67 (36.57)		
		1000m	1:36.04 (37.37)		
		1400m	2:13.72 (37.68)		
		1800m	2:52.80 (39.08)		
		2200m	3:33.05 (40.25)		
		2600m	4:12.86 (39.81)		
		3000m	4:52.86 (40.00)		

		Name	Cat	PB	Time Info
73	yw	99 Thea de Groot	DB2	5:51.26	5:54.56
	bl	91 Herman van de Bunt	HN1		DNS
		Thea de Groot			Herman van de Bunt
		200m	26.71 (26.71)		
		600m	1:10.84 (44.13)		
		1000m	1:56.18 (45.34)		
		1400m	2:43.22 (47.04)		
		1800m	3:30.63 (47.41)		
		2200m	4:18.71 (48.08)		
		2600m	5:07.41 (48.70)		
		3000m	5:54.56 (47.15)		

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

		Name		Cat		PB		Time	Info
74	wt	69	Myrthe Kuiper		DB2		5:22.40	5:50.18	
	rd	6	Famke Aukema		DC1		5:46.86	5:54.48	
		Myrthe Kuiper				Famke Aukema			
		200m	25.18	(25.18)		200m	25.85	(25.85)	
		600m	1:08.44	(43.26)		600m	1:09.22	(43.37)	
		1000m	1:52.55	(44.11)		1000m	1:54.88	(45.66)	
		1400m	2:37.14	(44.59)		1400m	2:42.37	(47.49)	
		1800m	3:22.52	(45.38)		1800m	3:30.62	(48.25)	
		2200m	4:10.64	(48.12)		2200m	4:19.18	(48.56)	
		2600m	5:00.64	(50.00)		2600m	5:08.11	(48.93)	
		3000m	5:50.18	(49.54)		3000m	5:54.48	(46.37)	

		Name		Cat		PB		Time	Info
75	yw	63	Marcel Bloemenkamp		H55		5:21.39	5:31.18	
	bl	26	Elena Ruijtenberg		DC2		5:11.90	5:02.61	PB
		Marcel Bloemenkamp				Elena Ruijtenberg			
		200m	25.31	(25.31)		200m	24.63	(24.63)	
		600m	1:05.18	(39.87)		600m	1:03.12	(38.49)	
		1000m	1:47.43	(42.25)		1000m	1:42.23	(39.11)	
		1400m	2:30.38	(42.95)		1400m	2:21.99	(39.76)	
		1800m	3:13.96	(43.58)		1800m	3:02.42	(40.43)	
		2200m	3:59.00	(45.04)		2200m	3:42.45	(40.03)	
		2600m	4:44.63	(45.63)		2600m	4:22.72	(40.27)	
		3000m	5:31.18	(46.55)		3000m	5:02.61	(39.89)	

Referee:

Assistant:

Starter:

From 3/6/2024 5:15:00 PM to 3/6/2024 7:48:06 PM

Print: 12/24/2024 1:59:37 AM

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

		Name		Cat		PB		Time	Info
76	wt	14	Twan van de Poppe		HC1		4:45.39	4:41.40	PB
	rd	100	Niels Teunissen		HB2		4:23.74	4:25.01	
			Twan van de Poppe				Niels Teunissen		
		200m	21.60	(21.60)		200m	20.83	(20.83)	
		600m	57.20	(35.60)		600m	54.84	(34.01)	
		1000m	1:33.97	(36.77)		1000m	1:29.42	(34.58)	
		1400m	2:10.74	(36.77)		1400m	2:04.16	(34.74)	
		1800m	2:47.47	(36.73)		1800m	2:39.25	(35.09)	
		2200m	3:25.13	(37.66)		2200m	3:14.45	(35.20)	
		2600m	4:02.85	(37.72)		2600m	3:49.60	(35.15)	
		3000m	4:41.40	(38.55)		3000m	4:25.01	(35.41)	

		Name		Cat		PB		Time	Info
77	yw	82	Isabella Talen		DB1		4:54.24	5:04.48	
	bl	78	Milou Klatt-ten Cate		DSB		4:34.60	5:16.82	
			Isabella Talen				Milou Klatt-ten Cate		
		200m	22.73	(22.73)		200m	23.21	(23.21)	
		600m	59.17	(36.44)		600m	1:00.94	(37.73)	
		1000m	1:37.82	(38.65)		1000m	1:41.64	(40.70)	
		1400m	2:18.02	(40.20)		1400m	2:24.06	(42.42)	
		1800m	2:58.81	(40.79)		1800m	3:07.33	(43.27)	
		2200m	3:39.88	(41.07)		2200m	3:50.65	(43.32)	
		2600m	4:22.02	(42.14)		2600m	4:34.20	(43.55)	
		3000m	5:04.48	(42.46)		3000m	5:16.82	(42.62)	

Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

10. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	7 Joris Mulder	HB1	78	O	7:49.47	PB	
2	50 Mees Klunder	HC2	78	I	7:55.95		
3	34 Henk Hendriksen	HSB	79	O	8:13.37	PB	
4	106 Michiel Arendsen	H45	79	I	8:38.13		

Referee:

Assistant:

Starter:

From 3/6/2024 5:15:00 PM to 3/6/2024 7:58:22 PM

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Recordwedstrijd woensdag

Sport- en Recreatiecentrum de Scheg - Deventer

6 March 2024

10. Race Result 5000 meter

	Name	Cat	PB	Time	Info
78	wt 50 Mees Klunder	HC2		7:55.95	
	rd 7 Joris Mulder	HB1	8:02.75	7:49.47	PB
	Mees Klunder				
	200m	20.73 (20.73)			
	600m	55.84 (35.11)			
	1000m	1:32.15 (36.31)			
	1400m	2:08.64 (36.49)			
	1800m	2:45.61 (36.97)			
	2200m	3:22.60 (36.99)			
	2600m	4:00.17 (37.57)			
	3000m	4:38.49 (38.32)			
	3400m	5:17.12 (38.63)			
	3800m	5:56.66 (39.54)			
	4200m	6:36.06 (39.40)			
	4600m	7:16.11 (40.05)			
	5000m	7:55.95 (39.84)			
	Joris Mulder				
	200m	21.32 (21.32)			
	600m	56.98 (35.66)			
	1000m	1:34.48 (37.50)			
	1400m	2:11.35 (36.87)			
	1800m	2:48.18 (36.83)			
	2200m	3:25.69 (37.51)			
	2600m	4:03.36 (37.67)			
	3000m	4:41.15 (37.79)			
	3400m	5:19.24 (38.09)			
	3800m	5:57.35 (38.11)			
	4200m	6:35.22 (37.87)			
	4600m	7:12.83 (37.61)			
	5000m	7:49.47 (36.64)			

	Name	Cat	PB	Time	Info
79	yw 106 Michiel Arendsen	H45		8:38.13	
	bl 34 Henk Hendriksen	HSB	8:20.57	8:13.37	PB
	Michiel Arendsen				
	200m	24.22 (24.22)			
	600m	1:02.87 (38.65)			
	1000m	1:41.23 (38.36)			
	1400m	2:20.27 (39.04)			
	1800m	2:59.69 (39.42)			
	2200m	3:39.86 (40.17)			
	2600m	4:20.97 (41.11)			
	3000m	5:01.52 (40.55)			
	3400m	5:43.22 (41.70)			
	3800m	6:25.69 (42.47)			
	4200m	7:09.50 (43.81)			
	4600m	7:54.20 (44.70)			
	5000m	8:38.13 (43.93)			
	Henk Hendriksen				
	200m	24.51 (24.51)			
	600m	1:02.19 (37.68)			
	1000m	1:40.73 (38.54)			
	1400m	2:18.67 (37.94)			
	1800m	2:57.09 (38.42)			
	2200m	3:35.57 (38.48)			
	2600m	4:14.21 (38.64)			
	3000m	4:53.19 (38.98)			
	3400m	5:32.63 (39.44)			
	3800m	6:12.39 (39.76)			
	4200m	6:52.18 (39.79)			
	4600m	7:32.72 (40.54)			
	5000m	8:13.37 (40.65)			

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