

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

3 December 2022

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	21 Sebas Diniz	HN2	13	I	35.51		
2	20 Gijs Esders	HSB	14	I	35.90		
3	13 Mats Siemons	HN1	12	I	35.91		
4	26 Mika van Essen	HN4	9	O	36.07		
5	22 Armand Broos	HN3	13	O	36.10		
6	19 Kayo Vos	HN1	14	O	36.14		
7	28 Rem de Hair	HN3	12	O	36.21		
8	35 Thijs Govers	HSA	10	I	36.41		
9	34 Elwin Jongman	HN4	11	I	37.04		
10	27 Joost van Dobbenburgh	HSA	11	O	37.06		
11	16 Jesse Speijers	HN2	8	I	37.44		
12	23 Yves Vergeer	HN3	9	I	37.57		
13	14 Victor Ramler	HSA	8	O	37.66		
14	24 Sijmen Egberts	HA2	7	I	37.83		
15	15 Lex Dijkstra	HSA	6	I	37.85		
16	30 Jeroen Janissen	HSA	5	I	38.52		
17	11 Gert Wierda	HN1	7	O	38.54		
18	12 Marwin Talsma	HSA	6	O	38.94		
19	6 Elisa Dul	DSA	4	I	39.33		
20	9 Marijke Groenewoud	DSA	5	O	39.39		
21	17 Robin Groot	DN3	3	I	39.60		
22	5 Myrthe de Boer	DN2	4	O	39.73		
23	7 Irene Schouten	DSB	3	O	39.96		
24	10 Melissa Wijfje	DSA	1	I	40.48		
25	31 Aveline Hijlkema	DSA	2	O	40.89		
26	18 Kim Talsma	DN3	2	I	40.91		
27	33 Naomi van der Werf	DSA	1	O	41.04		

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1. Race Result 500 meter

		Name		Cat		PB	Time	Info
1	wt	10	Melissa Wijffe		DSA	38.83	40.48	
	rd	33	Naomi van der Werf		DSA	40.41	41.04	
		Melissa Wijffe			Naomi van der Werf			
		100m	11.52	(11.52)	100m	11.45	(11.45)	
		500m	40.48	(28.96)	500m	41.04	(29.59)	

		Name		Cat		PB	Time	Info
2	yw	18	Kim Talsma		DN3	40.35	40.91	
	bl	31	Aveline Hijlkema		DSA	39.78	40.89	
		Kim Talsma			Aveline Hijlkema			
		100m	11.45	(11.45)	100m	11.47	(11.47)	
		500m	40.91	(29.46)	500m	40.89	(29.42)	

		Name		Cat		PB	Time	Info
3	wt	17	Robin Groot		DN3	39.36	39.60	
	rd	7	Irene Schouten		DSB	39.24	39.96	
		Robin Groot			Irene Schouten			
		100m	11.08	(11.08)	100m	11.36	(11.36)	
		500m	39.60	(28.52)	500m	39.96	(28.60)	

		Name		Cat		PB	Time	Info
4	yw	6	Elisa Dul		DSA	38.66	39.33	
	bl	5	Myrthe de Boer		DN2	38.82	39.73	
		Elisa Dul			Myrthe de Boer			
		100m	11.01	(11.01)	100m	11.08	(11.08)	
		500m	39.33	(28.32)	500m	39.73	(28.65)	

		Name		Cat		PB	Time	Info
5	wt	30	Jeroen Janissen		HSA	37.64	38.52	
	rd	9	Marijke Groenewoud		DSA	38.57	39.39	
		Jeroen Janissen			Marijke Groenewoud			
		100m	10.81	(10.81)	100m	11.12	(11.12)	
		500m	38.52	(27.71)	500m	39.39	(28.27)	

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		Name			Cat			PB	Time	Info
6	yw	15	Lex Dijkstra		HSA			37.37	37.85	
	bl	12	Marwin Talsma		HSA			37.96	38.94	
		Lex Dijkstra			Marwin Talsma					
		100m	10.74	(10.74)	100m	11.02	(11.02)			
		500m	37.85	(27.11)	500m	38.94	(27.92)			

		Name			Cat			PB	Time	Info
7	wt	24	Sijmen Egberts		HA2			37.34	37.83	
	rd	11	Gert Wierda		HN1			36.92	38.54	
		Sijmen Egberts			Gert Wierda					
		100m	10.47	(10.47)	100m	10.76	(10.76)			
		500m	37.83	(27.36)	500m	38.54	(27.78)			

		Name			Cat			PB	Time	Info
8	yw	16	Jesse Speijers		HN2			37.13	37.44	
	bl	14	Victor Ramler		HSA			37.43	37.66	
		Jesse Speijers			Victor Ramler					
		100m	10.66	(10.66)	100m	10.54	(10.54)			
		500m	37.44	(26.78)	500m	37.66	(27.12)			

		Name			Cat			PB	Time	Info
9	wt	23	Yves Vergeer		HN3			37.03	37.57	
	rd	26	Mika van Essen		HN4			35.85	36.07	
		Yves Vergeer			Mika van Essen					
		100m	10.76	(10.76)	100m	10.08	(10.08)			
		500m	37.57	(26.81)	500m	36.07	(25.99)			

		Name			Cat			PB	Time	Info
10	yw	35	Thijs Govers		HSA			35.43	36.41	
	bl									
		Thijs Govers								
		100m	10.09	(10.09)	m					
		500m	36.41	(26.32)						

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		Name			Cat			PB	Time	Info
11	wt	34	Elwin Jongman		HN4			35.62	37.04	
	rd	27	Joost van Dobbenburgh		HSA			35.49	37.06	
		Elwin Jongman				Joost van Dobbenburgh				
		100m	10.45	(10.45)	100m	10.18	(10.18)			
		500m	37.04	(26.59)	500m	37.06	(26.88)			

		Name			Cat			PB	Time	Info
12	yw	13	Mats Siemons		HN1			35.54	35.91	
	bl	28	Rem de Hair		HN3			35.65	36.21	
		Mats Siemons				Rem de Hair				
		100m	10.06	(10.06)	100m	10.00	(10.00)			
		500m	35.91	(25.85)	500m	36.21	(26.21)			

		Name			Cat			PB	Time	Info
13	wt	21	Sebas Diniz		HN2			35.10	35.51	
	rd	22	Armand Broos		HN3			35.45	36.10	
		Sebas Diniz				Armand Broos				
		100m	9.86	(9.86)	100m	10.07	(10.07)			
		500m	35.51	(25.65)	500m	36.10	(26.03)			

		Name			Cat			PB	Time	Info
14	yw	20	Gijs Esders		HSB			34.99	35.90	
	bl	19	Kayo Vos		HN1			35.45	36.14	
		Gijs Esders				Kayo Vos				
		100m	10.10	(10.10)	100m	10.05	(10.05)			
		500m	35.90	(25.80)	500m	36.14	(26.09)			

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2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	44 Jelle Koeleman	HA2	2	I	6:41.91	PB	
2	48 Sil van der Veen	HB2	2	O	6:56.46		

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

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2. Race Result 5000 meter

	Name	Cat	PB	Time Info
1	wt rd			
	m	m		

	Name	Cat	PB	Time Info	
2	yw bl	44 Jelle Koeleman 48 Sil van der Veen	HA2 HB2	6:48.56 6:49.44	6:41.91 PB 6:56.46

Jelle Koeleman

200m	20.43	(20.43)
600m	51.97	(31.54)
1000m	1:23.69	(31.72)
1400m	1:55.48	(31.79)
1800m	2:27.36	(31.88)
2200m	2:59.25	(31.89)
2600m	3:30.99	(31.74)
3000m	4:02.47	(31.48)
3400m	4:33.85	(31.38)
3800m	5:05.34	(31.49)
4200m	5:37.43	(32.09)
4600m	6:09.64	(32.21)
5000m	6:41.91	(32.27)

Sil van der Veen

200m	21.13	(21.13)
600m	53.10	(31.97)
1000m	1:25.61	(32.51)
1400m	1:57.88	(32.27)
1800m	2:30.14	(32.26)
2200m	3:02.55	(32.41)
2600m	3:35.09	(32.54)
3000m	4:07.48	(32.39)
3400m	4:40.09	(32.61)
3800m	5:12.95	(32.86)
4200m	5:46.85	(33.90)
4600m	6:21.25	(34.40)
5000m	6:56.46	(35.21)

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3. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	15 Lex Dijkstra	HSA	6	I	3:44.32	
2	16 Jesse Speijers	HN2	5	I	3:44.50 PB	
3	8 Tjerk de Boer	HSA	6	O	3:45.20 PB	
4	14 Victor Ramler	HSA	5	O	3:50.53	
5	24 Sijmen Egberts	HA2	3	O	3:53.98	
6	29 Lars Woelders	HN2	3	I	3:58.51	
7	50 Olaf Vunderink	HB2	7	O	4:13.94	
8	39 Tijs van Gennip	HB2	7	I	4:16.96	
9	42 Bente Kerkhoff	DN2	1	O	4:20.22	
10	41 Yael Prenger	DN1	2	O	4:20.59 PB	
11	53 Sterre Jonkers	DSA	1	I	4:25.59	
12	52 Sanne Westra	DN1	2	I	4:29.28	
	10 Melissa Wijffe	DSA			WDR	

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3. Race Result 3000 meter

		Name		Cat		PB		Time	Info
1	wt	53	Sterre Jonkers		DSA		4:07.69	4:25.59	
	rd	42	Bente Kerkhoff		DN2		4:14.61	4:20.22	
		Sterre Jonkers			Bente Kerkhoff				
		200m	21.81	(21.81)	200m	20.81	(20.81)		
		600m	55.44	(33.63)	600m	54.45	(33.64)		
		1000m	1:29.35	(33.91)	1000m	1:28.56	(34.11)		
		1400m	2:03.68	(34.33)	1400m	2:02.29	(33.73)		
		1800m	2:38.15	(34.47)	1800m	2:36.27	(33.98)		
		2200m	3:13.43	(35.28)	2200m	3:10.85	(34.58)		
		2600m	3:49.32	(35.89)	2600m	3:45.43	(34.58)		
		3000m	4:25.59	(36.27)	3000m	4:20.22	(34.79)		

		Name		Cat		PB		Time	Info
2	yw	52	Sanne Westra		DN1		4:27.29	4:29.28	
	bl	41	Yael Prenger		DN1		4:20.74	4:20.59	PB
		Sanne Westra			Yael Prenger				
		200m	21.07	(21.07)	200m	20.73	(20.73)		
		600m	54.12	(33.05)	600m	53.52	(32.79)		
		1000m	1:28.24	(34.12)	1000m	1:27.23	(33.71)		
		1400m	2:03.03	(34.79)	1400m	2:01.03	(33.80)		
		1800m	2:38.42	(35.39)	1800m	2:34.71	(33.68)		
		2200m	3:14.60	(36.18)	2200m	3:08.94	(34.23)		
		2600m	3:51.55	(36.95)	2600m	3:44.12	(35.18)		
		3000m	4:29.28	(37.73)	3000m	4:20.59	(36.47)		

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		Name		Cat		PB	Time	Info
3	wt	29	Lars Woelders		HN2	3:49.32	3:58.51	
	rd	24	Sijmen Egberts		HA2	3:45.17	3:53.98	
		Lars Woelders			Sijmen Egberts			
		200m	19.92	(19.92)	200m	19.69	(19.69)	
		600m	50.52	(30.60)	600m	50.31	(30.62)	
		1000m	1:21.05	(30.53)	1000m	1:21.10	(30.79)	
		1400m	1:51.66	(30.61)	1400m	1:51.47	(30.37)	
		1800m	2:22.18	(30.52)	1800m	2:22.00	(30.53)	
		2200m	2:52.84	(30.66)	2200m	2:52.20	(30.20)	
		2600m	3:24.58	(31.74)	2600m	3:22.71	(30.51)	
		3000m	3:58.51	(33.93)	3000m	3:53.98	(31.27)	

		Name		Cat		PB	Time	Info
4	yw	10	Melissa Wijffe		DSA	4:01.07	WDR	
	bl							
		Melissa Wijffe						
								m

		Name		Cat		PB	Time	Info
5	wt	16	Jesse Speijers		HN2	3:46.51	3:44.50	PB
	rd	14	Victor Ramler		HSA	3:47.98	3:50.53	
		Jesse Speijers			Victor Ramler			
		200m	19.02	(19.02)	200m	19.54	(19.54)	
		600m	48.07	(29.05)	600m	49.21	(29.67)	
		1000m	1:17.30	(29.23)	1000m	1:18.76	(29.55)	
		1400m	1:46.81	(29.51)	1400m	1:48.70	(29.94)	
		1800m	2:16.14	(29.33)	1800m	2:19.09	(30.39)	
		2200m	2:45.47	(29.33)	2200m	2:49.48	(30.39)	
		2600m	3:14.88	(29.41)	2600m	3:19.91	(30.43)	
		3000m	3:44.50	(29.62)	3000m	3:50.53	(30.62)	

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		Name		Cat		PB	Time	Info
6	yw	15 Lex Dijkstra		HSA		3:43.67	3:44.32	
	bl	8 Tjerk de Boer		HSA		3:48.31	3:45.20	PB
		<u>Lex Dijkstra</u>			<u>Tjerk de Boer</u>			
		200m	18.75	(18.75)	200m	18.48	(18.48)	
		600m	47.90	(29.15)	600m	47.58	(29.10)	
		1000m	1:17.11	(29.21)	1000m	1:17.20	(29.62)	
		1400m	1:46.20	(29.09)	1400m	1:46.36	(29.16)	
		1800m	2:15.38	(29.18)	1800m	2:15.59	(29.23)	
		2200m	2:44.89	(29.51)	2200m	2:44.81	(29.22)	
		2600m	3:14.48	(29.59)	2600m	3:14.55	(29.74)	
		3000m	3:44.32	(29.84)	3000m	3:45.20	(30.65)	

		Name		Cat		PB	Time	Info
7	wt	39 Tijs van Gennip		HB2		4:13.59	4:16.96	
	rd	50 Olaf Vunderink		HB2		4:09.14	4:13.94	
		<u>Tijs van Gennip</u>			<u>Olaf Vunderink</u>			
		200m	20.30	(20.30)	200m	20.43	(20.43)	
		600m	53.46	(33.16)	600m	52.29	(31.86)	
		1000m	1:26.49	(33.03)	1000m	1:24.69	(32.40)	
		1400m	1:59.97	(33.48)	1400m	1:57.47	(32.78)	
		1800m	2:33.92	(33.95)	1800m	2:30.90	(33.43)	
		2200m	3:08.07	(34.15)	2200m	3:04.82	(33.92)	
		2600m	3:42.24	(34.17)	2600m	3:39.09	(34.27)	
		3000m	4:16.96	(34.72)	3000m	4:13.94	(34.85)	

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4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	2 Tijmen Snel	HSA	5	I	1:49.04		
2	11 Gert Wierda	HN1	5	O	1:50.43		
3	30 Jeroen Janissen	HSA	6	I	1:50.48		
4	12 Marwin Talsma	HSA	6	O	1:51.76		
5	7 Irene Schouten	DSB	4	I	1:56.23		
6	6 Elisa Dul	DSA	4	O	1:57.59		
7	17 Robin Groot	DN3	3	O	1:58.49		
8	31 Aveline Hijlkema	DSA	3	I	2:00.93		
9	43 Sylke Kas	DN2	2	O	2:04.57		
10	49 Sofia Schilder	DB2	1	O	2:10.01	PB	
	33 Naomi van der Werf	DSA				WDR	

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4. Race Result 1500 meter

	Name	Cat	PB	Time	Info
1	wt				
	rd	49 Sofia Schilder	DB2	2:10.53	2:10.01 PB
		<u>Sofia Schilder</u>			
	m	300m	28.17	(28.17)	
		700m	1:00.77	(32.60)	
		1100m	1:34.84	(34.07)	
		1500m	2:10.01	(35.17)	
<hr/>					
	Name	Cat	PB	Time	Info
2	yw	33 Naomi van der Werf	DSA	2:01.20	WDR
	bl	43 Sylke Kas	DN2	2:04.45	2:04.57
		<u>Naomi van der Werf</u>			
		<u>Sylke Kas</u>			
		300m	26.05	(26.05)	
		700m	56.21	(30.16)	
		1100m	1:28.93	(32.72)	
		1500m	2:04.57	(35.64)	
<hr/>					
	Name	Cat	PB	Time	Info
3	wt	31 Aveline Hijlkema	DSA	1:57.78	2:00.93
	rd	17 Robin Groot	DN3	1:57.14	1:58.49
		<u>Aveline Hijlkema</u>			
		<u>Robin Groot</u>			
		300m	26.82	(26.82)	
		700m	56.35	(29.53)	
		1100m	1:27.44	(31.09)	
		1500m	2:00.93	(33.49)	
<hr/>					
	Name	Cat	PB	Time	Info
4	yw	7 Irene Schouten	DSB	1:52.12	1:56.23
	bl	6 Elisa Dul	DSA	1:54.68	1:57.59
		<u>Irene Schouten</u>			
		<u>Elisa Dul</u>			
		300m	26.16	(26.16)	
		700m	55.42	(29.26)	
		1100m	1:25.49	(30.07)	
		1500m	1:56.23	(30.74)	

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		Name		Cat		PB		Time	Info
5	wt	2	Tijmen Snel		HSA		1:45.16	1:49.04	
	rd	11	Gert Wierda		HN1		1:46.38	1:50.43	
		Tijmen Snel				Gert Wierda			
		300m	23.82	(23.82)		300m	25.22	(25.22)	
		700m	50.16	(26.34)		700m	52.71	(27.49)	
		1100m	1:18.34	(28.18)		1100m	1:21.15	(28.44)	
		1500m	1:49.04	(30.70)		1500m	1:50.43	(29.28)	

		Name		Cat		PB		Time	Info
6	yw	30	Jeroen Janissen		HSA		1:49.06	1:50.48	
	bl	12	Marwin Talsma		HSA		1:46.20	1:51.76	
		Jeroen Janissen				Marwin Talsma			
		300m	25.37	(25.37)		300m	25.54	(25.54)	
		700m	53.06	(27.69)		700m	53.74	(28.20)	
		1100m	1:21.61	(28.55)		1100m	1:22.91	(29.17)	
		1500m	1:50.48	(28.87)		1500m	1:51.76	(28.85)	

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	4 Jarle Gerrits	HN2	7	I	1:11.59		
2	54 Pim Stuij	HN1	7	O	1:12.64		
3	46 Mika Kolder	HB2	6	O	1:15.65		
4	9 Marijke Groenewoud	DSA	3	O	1:16.22		
5	37 Swen Halferkamps	HA1	6	I	1:16.49		
6	25 Sanneke de Neeling	DSA	4	I	1:17.95		
7	18 Kim Talsma	DN3	2	O	1:19.93		
8	36 Lotte Groenen	DA1	4	O	1:19.95	PB	
9	33 Naomi van der Werf	DSA	5	O	1:20.24		
10	56 Patricia Koot	DA1	5	I	1:21.28		
11	3 Evelien Vijn	DN1	1	I	1:21.79		
12	40 Tess Postma	DA1	2	I	1:22.96	PB	
13	51 Sanne Oosterwijk	DA1	1	O	1:23.38		
	13 Mats Siemons	HN1	8	I	DNF		
	32 Paulien Verhaar	DN4	3	I	DNS		
	1 Serge Yoro	HN4			WDR		
	34 Elwin Jongman	HN4			WDR		

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

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5. Race Result 1000 meter

		Name	Cat	PB	Time Info
1	wt	3 Evelien Vijn	DN1	1:19.59	1:21.79
	rd	51 Sanne Oosterwijk	DA1	1:22.37	1:23.38

Evelien Vijn

200m	19.75	(19.75)
600m	49.73	(29.98)
1000m	1:21.79	(32.06)

Sanne Oosterwijk

200m	20.14	(20.14)
600m	50.94	(30.80)
1000m	1:23.38	(32.44)

		Name	Cat	PB	Time Info
2	yw	40 Tess Postma	DA1	1:23.10	1:22.96 PB
	bl	18 Kim Talsma	DN3	1:17.24	1:19.93

Tess Postma

200m	19.41	(19.41)
600m	49.58	(30.17)
1000m	1:22.96	(33.38)

Kim Talsma

200m	19.38	(19.38)
600m	48.73	(29.35)
1000m	1:19.93	(31.20)

		Name	Cat	PB	Time Info
3	wt	32 Paulien Verhaar	DN4	1:18.55	DNS
	rd	9 Marijke Groenewoud	DSA	1:15.20	1:16.22

Paulien Verhaar

Marijke Groenewoud

200m	18.73	(18.73)
600m	46.92	(28.19)
1000m	1:16.22	(29.30)

		Name	Cat	PB	Time Info
4	yw	25 Sanneke de Neeling	DSA	1:13.74	1:17.95
	bl	36 Lotte Groenen	DA1	1:21.00	1:19.95 PB

Sanneke de Neeling

200m	18.62	(18.62)
600m	47.13	(28.51)
1000m	1:17.95	(30.82)

Lotte Groenen

200m	18.76	(18.76)
600m	47.81	(29.05)
1000m	1:19.95	(32.14)

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

3 December 2022

		Name	Cat	PB	Time	Info
5	wt	56 Patricia Koot	DA1	1:21.17	1:21.28	
	rd	33 Naomi van der Werf	DSA	1:20.13	1:20.24	
		<u>Patricia Koot</u>		<u>Naomi van der Werf</u>		
		200m 19.58 (19.58)		200m 19.38 (19.38)		
		600m 49.31 (29.73)		600m 48.96 (29.58)		
		1000m 1:21.28 (31.97)		1000m 1:20.24 (31.28)		

		Name	Cat	PB	Time	Info
6	yw	37 Swen Halferkamp	HA1	1:14.73	1:16.49	
	bl	46 Mika Kolder	HB2	1:14.64	1:15.65	
		<u>Swen Halferkamp</u>		<u>Mika Kolder</u>		
		200m 17.53 (17.53)		200m 18.44 (18.44)		
		600m 44.94 (27.41)		600m 46.08 (27.64)		
		1000m 1:16.49 (31.55)		1000m 1:15.65 (29.57)		

		Name	Cat	PB	Time	Info
7	wt	4 Jarle Gerrits	HN2	1:11.28	1:11.59	
	rd	54 Pim Stuij	HN1	1:12.22	1:12.64	
		<u>Jarle Gerrits</u>		<u>Pim Stuij</u>		
		200m 17.20 (17.20)		200m 17.02 (17.02)		
		600m 43.56 (26.36)		600m 43.66 (26.64)		
		1000m 1:11.59 (28.03)		1000m 1:12.64 (28.98)		

		Name	Cat	PB	Time	Info
8	yw	13 Mats Siemons	HN1	1:09.78	DNF	
	bl	1 Serge Yoro	HN4	1:08.37	WDR	
		<u>Mats Siemons</u>		<u>Serge Yoro</u>		
		200m 16.88 (16.88)				
		600m 42.31 (25.43)				

		Name	Cat	PB	Time	Info
9	wt	34 Elwin Jongman	HN4	1:10.39	WDR	
	rd					
		<u>Elwin Jongman</u>				
				m		