

1. Uitslag Meisjes Jun.B 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	39 Julia de Vos	DB2	14	O	43.75		
2	2 Maud Biezen	DB1	12	O	44.01		
3	19 Milou de Lange	DB2	15	I	44.03		
4	34 Fleur Smits	DB1	15	O	44.23		
5	26 Sharissa Oussoren	DB1	14	I	44.25		
6	12 Lieke Huizink	DB1	11	I	44.38		
7	29 Talisha Renes	DB1	12	I	44.54		
8	28 Luna van Polen	DB2	8	I	44.85		
9	11 Lieke Hijlkema	DB1	16	I	45.03		
10	38 Valerie Vinken	DB2	10	I	45.31		
11	7 Cleo Elenbaas	DB2	13	O	45.32		
12	23 Melissa Mooijman	DB2	9	I	45.67		
13	30 Danique van Rooden	DB1	13	I	45.71		
14	22 Zhara Möllers	DB1	11	O	45.72		
15	8 Dinte van Es	DB1	2	O	45.85		
16	35 Isa Steegstra	DB2	5	O	46.14		
17	27 Tannika Oussoren	DB2	5	I	46.20		
	6 Noëmi De boer	DB2	10	O	46.20		
19	17 Anouk Könst	DB2	4	O	46.32		
20	24 Luna Nieuwland	DB1	9	O	46.44		
21	21 Tes Leferink	DB1	8	O	46.45		
22	10 Mimi van Hall	DB1	17	I	46.57		
23	36 Nynke Tinga	DB2	3	I	46.61		
24	40 Isa van Wijhe	DB2	4	I	46.82		
25	37 Iris Verbeek	DB1	2	I	46.87		
26	5 Floortje Bregman	DB1	7	O	46.99		
27	14 Lenthe Jansen	DB1	6	I	47.06		
28	13 Saar Hulzebosch	DB1	3	O	47.20		
29	32 Floor van Schijndel	DB1	1	I	47.26		
30	4 Janne Boos	DB1	6	O	48.11		
31	15 Corien de Jong	DB2	1	O	48.76		
	1 Ilse Bierma	DB1	16	O	DNF		

1. Rituitslag Meisjes Jun.B 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	32	Floor van Schijndel		DB1	46.22	47.26	
	rd	15	Corien de Jong		DB2	46.83	48.76	
			Floor van Schijndel				Corien de Jong	
			100m	12.40	(12.40)	100m	12.84	(12.84)
			500m	47.26	(34.86)	500m	48.76	(35.92)

		Naam		Cat		PR	Tijd	Info
2	gl	37	Iris Verbeek		DB1	45.87	46.87	
	bl	8	Dinte van Es		DB1	45.72	45.85	
			Iris Verbeek				Dinte van Es	
			100m	12.85	(12.85)	100m	12.60	(12.60)
			500m	46.87	(34.02)	500m	45.85	(33.25)

		Naam		Cat		PR	Tijd	Info
3	wt	36	Nynke Tinga		DB2	45.78	46.61	
	rd	13	Saar Hulzebosch		DB1	45.87	47.20	
			Nynke Tinga				Saar Hulzebosch	
			100m	12.44	(12.44)	100m	12.59	(12.59)
			500m	46.61	(34.17)	500m	47.20	(34.61)

		Naam		Cat		PR	Tijd	Info
4	gl	40	Isa van Wijhe		DB2	44.53	46.82	
	bl	17	Anouk Könst		DB2	44.67	46.32	
			Isa van Wijhe				Anouk Könst	
			100m	12.53	(12.53)	100m	12.60	(12.60)
			500m	46.82	(34.29)	500m	46.32	(33.72)

		Naam		Cat		PR	Tijd	Info
5	wt	27	Tannika Oussoren		DB2	44.53	46.20	
	rd	35	Isa Steegstra		DB2	44.99	46.14	
			Tannika Oussoren				Isa Steegstra	
			100m	12.42	(12.42)	100m	12.15	(12.15)
			500m	46.20	(33.78)	500m	46.14	(33.99)

		Naam		Cat		PR	Tijd	Info
6	gl	14 Lenthe Jansen		DB1		45.33	47.06	
	bl	4 Janne Boos		DB1		45.12	48.11	
		Lenthe Jansen		Janne Boos				
		100m	12.46	(12.46)	100m	12.47	(12.47)	
		500m	47.06	(34.60)	500m	48.11	(35.64)	
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		Naam		Cat		PR	Tijd	Info
7	wt	5 Floortje Bregman		DB1		45.38	46.99	
	rd							
		Floortje Bregman						
		m			100m	12.56	(12.56)	
					500m	46.99	(34.43)	
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		Naam		Cat		PR	Tijd	Info
8	gl	28 Luna van Polen		DB2		44.20	44.85	
	bl	21 Tes Leferink		DB1		44.16	46.45	
		Luna van Polen		Tes Leferink				
		100m	12.29	(12.29)	100m	12.43	(12.43)	
		500m	44.85	(32.56)	500m	46.45	(34.02)	
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		Naam		Cat		PR	Tijd	Info
9	wt	23 Melissa Mooijman		DB2		44.84	45.67	
	rd	24 Luna Nieuwland		DB1		44.68	46.44	
		Melissa Mooijman		Luna Nieuwland				
		100m	12.44	(12.44)	100m	12.32	(12.32)	
		500m	45.67	(33.23)	500m	46.44	(34.12)	
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		Naam		Cat		PR	Tijd	Info
10	gl	38 Valerie Vinken		DB2		44.38	45.31	
	bl	6 Noëmi De boer		DB2		43.20	46.20	
		Valerie Vinken		Noëmi De boer				
		100m	12.46	(12.46)	100m	12.20	(12.20)	
		500m	45.31	(32.85)	500m	46.20	(34.00)	

		Naam	Cat		PR	Tijd	Info
11	wt	12 Lieke Huizink	DB1		43.77	44.38	
	rd	22 Zhara Möllers	DB1		44.28	45.72	
		Lieke Huizink			Zhara Möllers		
		100m	12.15	(12.15)	100m	12.41	(12.41)
		500m	44.38	(32.23)	500m	45.72	(33.31)
		Naam	Cat		PR	Tijd	Info
12	gl	29 Talisha Renes	DB1		43.43	44.54	
	bl	2 Maud Biezen	DB1		43.41	44.01	
		Talisha Renes			Maud Biezen		
		100m	11.91	(11.91)	100m	11.81	(11.81)
		500m	44.54	(32.63)	500m	44.01	(32.20)
		Naam	Cat		PR	Tijd	Info
13	wt	30 Danique van Rooden	DB1		44.24	45.71	
	rd	7 Cleo Elenbaas	DB2		43.56	45.32	
		Danique van Rooden			Cleo Elenbaas		
		100m	12.11	(12.11)	100m	12.08	(12.08)
		500m	45.71	(33.60)	500m	45.32	(33.24)
		Naam	Cat		PR	Tijd	Info
14	gl	26 Sharissa Oussoren	DB1		42.88	44.25	
	bl	39 Julia de Vos	DB2		41.71	43.75	
		Sharissa Oussoren			Julia de Vos		
		100m	11.84	(11.84)	100m	11.54	(11.54)
		500m	44.25	(32.41)	500m	43.75	(32.21)
		Naam	Cat		PR	Tijd	Info
15	wt	19 Milou de Lange	DB2		42.89	44.03	
	rd	34 Fleur Smits	DB1		42.97	44.23	
		Milou de Lange			Fleur Smits		
		100m	12.00	(12.00)	100m	11.91	(11.91)
		500m	44.03	(32.03)	500m	44.23	(32.32)

		Naam			Cat			PR	Tijd	Info
16	gl	11	Lieke Hijlkema		DB1			42.63	45.03	
	bl	1	Ilse Bierma		DB1			43.43	DNF	
		Lieke Hijlkema			Ilse Bierma					
		100m	11.97	(11.97)	100m	12.10	(12.10)			
		500m	45.03	(33.06)						

		Naam			Cat			PR	Tijd	Info
17	wt	10	Mimi van Hall		DB1			45.00	46.57	
	rd									
		Mimi van Hall								
		100m	12.42	(12.42)	m					
		500m	46.57	(34.15)						

2. Uitslag Jongens Jun.B 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	40 Nathan Pijl	HB1	14	I	39.61		
2	39 Daan van Zwienen	HB1	16	O	40.57		
3	23 Jan Mooijman	HB1	11	I	40.71		
4	33 Rens Vergeer	HB2	15	I	40.75		
5	15 Robbert-Jan van Hardeveld	HB2	14	O	40.77		
6	5 Alexander Boon	HB1	13	I	40.82		
7	35 Sam Vermunt	HB2	16	I	40.91		
8	12 Samuel Gunnink	HB1	9	I	41.05		
9	30 Remon Tamminga	HB2	12	O	41.07		
10	9 Tobias Elshof	HB2	15	O	41.13		
11	37 Jelmer de Winter	HB2	11	O	41.18		
12	25 Niels Ott	HB2	10	O	41.20		
13	4 Nick Bontrop	HB1	9	O	41.36		
14	36 Mats Westra	HB1	5	I	41.45		
15	27 Matteo van Schajik	HB2	12	I	41.60		
16	11 Daan de Graaf	HB1	13	O	41.73		
17	3 Julian de Boer	HB1	6	I	41.75		
18	18 Lieuwe ter Hoeve	HB1	10	I	41.76		
19	2 Chris Berkhout	HB1	8	O	41.77		
20	29 Bodhi Smeele	HB1	5	O	41.78		
21	8 Vester Demoed	HB2	6	O	42.01		
22	6 Johan Bouwhuis	HB2	7	I	42.45		
23	21 Levi Kapp	HB1	8	I	42.62		
24	16 Stefan Has	HB1	7	O	43.59		
25	10 Jesper Feenstra	HB2	3	O	43.63		
26	19 Robbin De Jager	HB1	3	I	43.85		
27	26 Kai-Arne Ottenhoff	HB1	4	I	44.20		
28	22 Twan Kuipers	HB2	2	O	44.47		
29	24 Ynze Nijland	HB1	4	O	45.70		
30	31 Roelof Timmerman	HB1	2	I	46.50		
31	28 Kjell Slenema	HB2	1	I	47.53		
32	32 Robin van de Ven	HB1	1	O	50.26		

2. Rituitslag Jongens Jun.B 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	28 Kjell Slenema		HB2		45.55	47.53	
	rd	32 Robin van de Ven		HB1		47.03	50.26	
		Kjell Slenema			Robin van de Ven			
		100m	12.25	(12.25)	100m	12.92	(12.92)	
		500m	47.53	(35.28)	500m	50.26	(37.34)	

		Naam		Cat		PR	Tijd	Info
2	gl	31 Roelof Timmerman		HB1		45.22	46.50	
	bl	22 Twan Kuipers		HB2		42.29	44.47	
		Roelof Timmerman			Twan Kuipers			
		100m	12.43	(12.43)	100m	11.86	(11.86)	
		500m	46.50	(34.07)	500m	44.47	(32.61)	

		Naam		Cat		PR	Tijd	Info
3	wt	19 Robbin De Jager		HB1		42.48	43.85	
	rd	10 Jesper Feenstra		HB2		41.87	43.63	
		Robbin De Jager			Jesper Feenstra			
		100m	11.68	(11.68)	100m	11.41	(11.41)	
		500m	43.85	(32.17)	500m	43.63	(32.22)	

		Naam		Cat		PR	Tijd	Info
4	gl	26 Kai-Arne Ottenhoff		HB1		42.92	44.20	
	bl	24 Ynze Nijland		HB1		43.34	45.70	
		Kai-Arne Ottenhoff			Ynze Nijland			
		100m	11.91	(11.91)	100m	12.13	(12.13)	
		500m	44.20	(32.29)	500m	45.70	(33.57)	

		Naam		Cat		PR	Tijd	Info
5	wt	36 Mats Westra		HB1		40.57	41.45	
	rd	29 Bodhi Smeele		HB1		40.77	41.78	
		Mats Westra			Bodhi Smeele			
		100m	10.95	(10.95)	100m	11.21	(11.21)	
		500m	41.45	(30.50)	500m	41.78	(30.57)	

		Naam	Cat	PR	Tijd	Info
6	gl	3 Julian de Boer	HB1	40.71	41.75	
	bl	8 Vester Demoed	HB2	40.67	42.01	
		Julian de Boer		Vester Demoed		
		100m	11.21 (11.21)	100m	11.25 (11.25)	
		500m	41.75 (30.54)	500m	42.01 (30.76)	

		Naam	Cat	PR	Tijd	Info
7	wt	6 Johan Bouwhuis	HB2	40.07	42.45	
	rd	16 Stefan Has	HB1	41.40	43.59	
		Johan Bouwhuis		Stefan Has		
		100m	11.34 (11.34)	100m	11.68 (11.68)	
		500m	42.45 (31.11)	500m	43.59 (31.91)	

		Naam	Cat	PR	Tijd	Info
8	gl	21 Levi Kapp	HB1	40.49	42.62	
	bl	2 Chris Berkhout	HB1	40.30	41.77	
		Levi Kapp		Chris Berkhout		
		100m	11.44 (11.44)	100m	11.37 (11.37)	
		500m	42.62 (31.18)	500m	41.77 (30.40)	

		Naam	Cat	PR	Tijd	Info
9	wt	12 Samuel Gunnink	HB1	40.19	41.05	
	rd	4 Nick Bontrop	HB1	39.54	41.36	
		Samuel Gunnink		Nick Bontrop		
		100m	11.24 (11.24)	100m	11.14 (11.14)	
		500m	41.05 (29.81)	500m	41.36 (30.22)	

		Naam	Cat	PR	Tijd	Info
10	gl	18 Lieuwe ter Hoeve	HB1	40.46	41.76	
	bl	25 Niels Ott	HB2	40.01	41.20	
		Lieuwe ter Hoeve		Niels Ott		
		100m	11.26 (11.26)	100m	11.21 (11.21)	
		500m	41.76 (30.50)	500m	41.20 (29.99)	

		Naam	Cat		PR	Tijd	Info
11	wt	23 Jan Mooijman	HB1		39.12	40.71	
	rd	37 Jelmer de Winter	HB2		39.62	41.18	
		<u>Jan Mooijman</u>		<u>Jelmer de Winter</u>			
		100m	11.23	(11.23)	100m	11.13	(11.13)
		500m	40.71	(29.48)	500m	41.18	(30.05)
		Naam	Cat		PR	Tijd	Info
12	gl	27 Matteo van Schajik	HB2		39.53	41.60	
	bl	30 Remon Tamminga	HB2		39.63	41.07	
		<u>Matteo van Schajik</u>		<u>Remon Tamminga</u>			
		100m	11.22	(11.22)	100m	10.71	(10.71)
		500m	41.60	(30.38)	500m	41.07	(30.36)
		Naam	Cat		PR	Tijd	Info
13	wt	5 Alexander Boon	HB1		39.56	40.82	
	rd	11 Daan de Graaf	HB1		39.62	41.73	
		<u>Alexander Boon</u>		<u>Daan de Graaf</u>			
		100m	10.95	(10.95)	100m	11.13	(11.13)
		500m	40.82	(29.87)	500m	41.73	(30.60)
		Naam	Cat		PR	Tijd	Info
14	gl	40 Nathan Pijl	HB1		38.77	39.61	
	bl	15 Robbert-Jan van Hardeveld	HB2		39.00	40.77	
		<u>Nathan Pijl</u>		<u>Robbert-Jan van Hardeveld</u>			
		100m	10.59	(10.59)	100m	10.86	(10.86)
		500m	39.61	(29.02)	500m	40.77	(29.91)
		Naam	Cat		PR	Tijd	Info
15	wt	33 Rens Vergeer	HB2		38.65	40.75	
	rd	9 Tobias Elshof	HB2		38.98	41.13	
		<u>Rens Vergeer</u>		<u>Tobias Elshof</u>			
		100m	11.23	(11.23)	100m	10.91	(10.91)
		500m	40.75	(29.52)	500m	41.13	(30.22)

		Naam		Cat		PR	Tijd	Info
16	gl	35	Sam Vermunt		HB2		39.32	40.91
	bl	39	Daan van Zwienen		HB1		38.96	40.57
		Sam Vermunt			Daan van Zwienen			
		100m	11.13	(11.13)	100m	10.86	(10.86)	
		500m	40.91	(29.78)	500m	40.57	(29.71)	

3. Uitslag Meisjes Jun.B 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	28 Luna van Polen	DB2	14	O	2:15.44		
2	1 Ilse Bierma	DB1	16	O	2:17.28		
3	12 Lieke Huizink	DB1	16	I	2:17.49		
4	39 Julia de Vos	DB2	14	I	2:18.31		
5	26 Sharissa Oussoren	DB1	13	O	2:18.82		
6	2 Maud Biezen	DB1	15	O	2:19.04		
7	17 Anouk Könst	DB2	10	I	2:19.58		
8	38 Valerie Vinken	DB2	11	I	2:19.71		
9	19 Milou de Lange	DB2	12	I	2:20.57		
10	23 Melissa Mooijman	DB2	11	O	2:21.26		
11	34 Fleur Smits	DB1	13	I	2:21.27		
12	8 Dinte van Es	DB1	9	O	2:21.37		
13	37 Iris Verbeek	DB1	8	I	2:21.66		
14	7 Cleo Elenbaas	DB2	15	I	2:22.81		
	27 Tannika Oussoren	DB2	2	I	2:22.81		
16	40 Isa van Wijhe	DB2	12	O	2:23.17		
17	5 Floortje Bregman	DB1	2	O	2:23.80		
18	24 Luna Nieuwland	DB1	8	O	2:23.93		
19	30 Danique van Rooden	DB1	6	I	2:24.66		
20	13 Saar Hulzebosch	DB1	9	I	2:24.85		
21	29 Talisha Renes	DB1	5	I	2:25.03		
22	14 Lenthe Jansen	DB1	6	O	2:26.37		
23	11 Lieke Hijlkema	DB1	10	O	2:26.43		
24	35 Isa Steegstra	DB2	4	I	2:26.72		
25	36 Nynke Tinga	DB2	7	O	2:26.82		
26	22 Zhara Möllers	DB1	7	I	2:27.02		
27	21 Tes Leferink	DB1	3	I	2:27.04		
28	4 Janne Boos	DB1	4	O	2:28.85		
29	10 Mimi van Hall	DB1	3	O	2:29.00		
30	6 Noëmi De boer	DB2	5	O	2:29.33		
31	15 Corien de Jong	DB2	1	I	2:30.93		
32	32 Floor van Schijndel	DB1	1	O	2:37.06		

3. Rituitslag Meisjes Jun.B 1500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	15	Corien de Jong		DB2	2:27.79	2:30.93	
	rd	32	Floor van Schijndel		DB1	2:25.31	2:37.06	
		Corien de Jong			Floor van Schijndel			
		300m	31.19	(31.19)	300m	31.27	(31.27)	
		700m	1:08.89	(37.70)	700m	1:09.88	(38.61)	
		1100m	1:49.52	(40.63)	1100m	1:51.81	(41.93)	
		1500m	2:30.93	(41.41)	1500m	2:37.06	(45.25)	
2	gl	27	Tannika Oussoren		DB2	2:19.51	2:22.81	
	bl	5	Floortje Bregman		DB1	2:22.98	2:23.80	
		Tannika Oussoren			Floortje Bregman			
		300m	30.42	(30.42)	300m	30.64	(30.64)	
		700m	1:07.00	(36.58)	700m	1:06.92	(36.28)	
		1100m	1:44.35	(37.35)	1100m	1:45.37	(38.45)	
		1500m	2:22.81	(38.46)	1500m	2:23.80	(38.43)	
3	wt	21	Tes Leferink		DB1	2:16.66	2:27.04	
	rd	10	Mimi van Hall		DB1	2:21.35	2:29.00	
		Tes Leferink			Mimi van Hall			
		300m	29.88	(29.88)	300m	30.35	(30.35)	
		700m	1:06.32	(36.44)	700m	1:07.89	(37.54)	
		1100m	1:45.45	(39.13)	1100m	1:47.85	(39.96)	
		1500m	2:27.04	(41.59)	1500m	2:29.00	(41.15)	
4	gl	35	Isa Steegstra		DB2	2:19.88	2:26.72	
	bl	4	Janne Boos		DB1	2:24.60	2:28.85	
		Isa Steegstra			Janne Boos			
		300m	29.04	(29.04)	300m	30.40	(30.40)	
		700m	1:04.05	(35.01)	700m	1:06.97	(36.57)	
		1100m	1:44.46	(40.41)	1100m	1:46.91	(39.94)	
		1500m	2:26.72	(42.26)	1500m	2:28.85	(41.94)	

		Naam	Cat	PR	Tijd	Info
5	wt	29 Talisha Renes	DB1	2:17.53	2:25.03	
	rd	6 Noëmi De boer	DB2	2:14.16	2:29.33	
		Talisha Renes				Noëmi De boer
		300m 29.28 (29.28)			300m 30.09 (30.09)	
		700m 1:05.49 (36.21)			700m 1:07.46 (37.37)	
		1100m 1:45.22 (39.73)			1100m 1:48.00 (40.54)	
		1500m 2:25.03 (39.81)			1500m 2:29.33 (41.33)	
		Naam	Cat	PR	Tijd	Info
6	gl	30 Danique van Rooden	DB1	2:20.60	2:24.66	
	bl	14 Lenthe Jansen	DB1	2:21.36	2:26.37	
		Danique van Rooden				Lenthe Jansen
		300m 30.46 (30.46)			300m 30.00 (30.00)	
		700m 1:06.74 (36.28)			700m 1:06.29 (36.29)	
		1100m 1:45.40 (38.66)			1100m 1:46.27 (39.98)	
		1500m 2:24.66 (39.26)			1500m 2:26.37 (40.10)	
		Naam	Cat	PR	Tijd	Info
7	wt	22 Zhara Möllers	DB1	2:20.13	2:27.02	
	rd	36 Nynke Tinga	DB2	2:19.11	2:26.82	
		Zhara Möllers				Nynke Tinga
		300m 30.89 (30.89)			300m 31.33 (31.33)	
		700m 1:08.22 (37.33)			700m 1:09.48 (38.15)	
		1100m 1:47.63 (39.41)			1100m 1:48.11 (38.63)	
		1500m 2:27.02 (39.39)			1500m 2:26.82 (38.71)	
		Naam	Cat	PR	Tijd	Info
8	gl	37 Iris Verbeek	DB1	2:16.65	2:21.66	
	bl	24 Luna Nieuwland	DB1	2:17.64	2:23.93	
		Iris Verbeek				Luna Nieuwland
		300m 31.44 (31.44)			300m 31.17 (31.17)	
		700m 1:07.39 (35.95)			700m 1:07.69 (36.52)	
		1100m 1:44.17 (36.78)			1100m 1:44.89 (37.20)	
		1500m 2:21.66 (37.49)			1500m 2:23.93 (39.04)	

		Naam			Cat	PR	Tijd	Info
9	wt	13	Saar Hulzebosch		DB1	2:16.89	2:24.85	
	rd	8	Dinte van Es		DB1	2:18.37	2:21.37	
		Saar Hulzebosch			Dinte van Es			
		300m	30.58	(30.58)	300m	30.85	(30.85)	
		700m	1:07.06	(36.48)	700m	1:06.40	(35.55)	
		1100m	1:45.51	(38.45)	1100m	1:43.08	(36.68)	
		1500m	2:24.85	(39.34)	1500m	2:21.37	(38.29)	
		Naam			Cat	PR	Tijd	Info
10	gl	17	Anouk Könst		DB2	2:15.52	2:19.58	
	bl	11	Lieke Hijlkema		DB1	2:18.79	2:26.43	
		Anouk Könst			Lieke Hijlkema			
		300m	30.00	(30.00)	300m	29.41	(29.41)	
		700m	1:04.40	(34.40)	700m	1:04.35	(34.94)	
		1100m	1:41.38	(36.98)	1100m	1:44.29	(39.94)	
		1500m	2:19.58	(38.20)	1500m	2:26.43	(42.14)	
		Naam			Cat	PR	Tijd	Info
11	wt	38	Valerie Vinken		DB2	2:13.90	2:19.71	
	rd	23	Melissa Mooijman		DB2	2:14.80	2:21.26	
		Valerie Vinken			Melissa Mooijman			
		300m	30.42	(30.42)	300m	29.80	(29.80)	
		700m	1:05.19	(34.77)	700m	1:04.57	(34.77)	
		1100m	1:42.12	(36.93)	1100m	1:42.18	(37.61)	
		1500m	2:19.71	(37.59)	1500m	2:21.26	(39.08)	
		Naam			Cat	PR	Tijd	Info
12	gl	19	Milou de Lange		DB2	2:14.08	2:20.57	
	bl	40	Isa van Wijhe		DB2	2:12.23	2:23.17	
		Milou de Lange			Isa van Wijhe			
		300m	29.45	(29.45)	300m	30.18	(30.18)	
		700m	1:04.58	(35.13)	700m	1:06.26	(36.08)	
		1100m	1:42.13	(37.55)	1100m	1:43.88	(37.62)	
		1500m	2:20.57	(38.44)	1500m	2:23.17	(39.29)	

		Naam			Cat	PR	Tijd	Info
13	wt	34	Fleur Smits		DB1	2:14.59	2:21.27	
	rd	26	Sharissa Oussoren		DB1	2:15.50	2:18.82	
		Fleur Smits			Sharissa Oussoren			
		300m	28.98	(28.98)	300m	29.24	(29.24)	
		700m	1:03.94	(34.96)	700m	1:04.46	(35.22)	
		1100m	1:41.44	(37.50)	1100m	1:40.83	(36.37)	
		1500m	2:21.27	(39.83)	1500m	2:18.82	(37.99)	
		Naam			Cat	PR	Tijd	Info
14	gl	39	Julia de Vos		DB2	2:13.12	2:18.31	
	bl	28	Luna van Polen		DB2	2:10.09	2:15.44	
		Julia de Vos			Luna van Polen			
		300m	28.63	(28.63)	300m	29.29	(29.29)	
		700m	1:02.81	(34.18)	700m	1:02.35	(33.06)	
		1100m	1:39.80	(36.99)	1100m	1:37.88	(35.53)	
		1500m	2:18.31	(38.51)	1500m	2:15.44	(37.56)	
		Naam			Cat	PR	Tijd	Info
15	wt	7	Cleo Elenbaas		DB2	2:13.81	2:22.81	
	rd	2	Maud Biezen		DB1	2:13.58	2:19.04	
		Cleo Elenbaas			Maud Biezen			
		300m	29.46	(29.46)	300m	29.25	(29.25)	
		700m	1:04.46	(35.00)	700m	1:04.31	(35.06)	
		1100m	1:42.58	(38.12)	1100m	1:41.22	(36.91)	
		1500m	2:22.81	(40.23)	1500m	2:19.04	(37.82)	
		Naam			Cat	PR	Tijd	Info
16	gl	12	Lieke Huizink		DB1	2:10.40	2:17.49	
	bl	1	Ilse Bierma		DB1	2:11.62	2:17.28	
		Lieke Huizink			Ilse Bierma			
		300m	28.57	(28.57)	300m	29.09	(29.09)	
		700m	1:02.14	(33.57)	700m	1:02.81	(33.72)	
		1100m	1:38.95	(36.81)	1100m	1:39.27	(36.46)	
		1500m	2:17.49	(38.54)	1500m	2:17.28	(38.01)	

4. Uitslag Jongens Jun.B 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	40 Nathan Pijl	HB1	32	O	2:02.54		
2	23 Jan Mooijman	HB1	27	I	2:03.03		
3	2 Chris Berkhout	HB1	22	I	2:03.18		
4	33 Rens Vergeer	HB2	30	I	2:04.07		
5	12 Samuel Gunnink	HB1	32	I	2:04.14		
6	6 Johan Bouwhuis	HB2	24	I	2:04.22		
7	8 Vester Demoed	HB2	29	O	2:04.58		
8	37 Jelmer de Winter	HB2	31	O	2:04.85		
9	29 Bodhi Smeele	HB1	28	I	2:04.87		
10	9 Tobias Elshof	HB2	26	O	2:04.98		
11	3 Julian de Boer	HB1	23	O	2:05.10		
12	5 Alexander Boon	HB1	23	I	2:05.72		
13	35 Sam Vermunt	HB2	27	O	2:05.99		
14	21 Levi Kapp	HB1	30	O	2:06.40		
15	15 Robbert-Jan van Hardeveld	HB2	26	I	2:06.54		
16	27 Matteo van Schajik	HB2	24	O	2:06.80		
17	4 Nick Bontrop	HB1	29	I	2:06.89		
18	11 Daan de Graaf	HB1	31	I	2:07.15		
	16 Stefan Has	HB1	21	I	2:07.15		
20	18 Lieuwe ter Hoeve	HB1	28	O	2:07.54		
21	26 Kai-Arne Ottenhoff	HB1	18	O	2:09.06	PR	
22	39 Daan van Zwienen	HB1	21	O	2:09.61		
23	30 Remon Tamminga	HB2	22	O	2:10.91		
24	19 Robbin De Jager	HB1	20	I	2:13.93		
25	22 Twan Kuipers	HB2	18	I	2:14.48		
26	10 Jesper Feenstra	HB2	19	O	2:17.03		
27	31 Roelof Timmerman	HB1	20	O	2:18.56		
28	28 Kjell Slenema	HB2	17	O	2:23.59		
29	32 Robin van de Ven	HB1	17	I	2:25.59		
30	24 Ynze Nijland	HB1	19	I	2:29.24		
	25 Niels Ott	HB2	25	I	DQ		
	36 Mats Westra	HB1	25	O	DQ		

4. Rituitslag Jongens Jun.B 1500 meter

		Naam	Cat	PR	Tijd	Info
17	wt	32 Robin van de Ven	HB1	2:25.02	2:25.59	
	rd	28 Kjell Slenema	HB2	2:17.75	2:23.59	
		Robin van de Ven				Kjell Slenema
		300m 30.80 (30.80)		300m 30.15 (30.15)		
		700m 1:07.69 (36.89)		700m 1:06.62 (36.47)		
		1100m 1:46.51 (38.82)		1100m 1:44.90 (38.28)		
		1500m 2:25.59 (39.08)		1500m 2:23.59 (38.69)		
18	gl	22 Twan Kuipers	HB2	2:08.18	2:14.48	
	bl	26 Kai-Arne Ottenhoff	HB1	2:10.81	2:09.06	PR
		Twan Kuipers				Kai-Arne Ottenhoff
		300m 28.53 (28.53)		300m 28.05 (28.05)		
		700m 1:02.08 (33.55)		700m 1:00.79 (32.74)		
		1100m 1:38.04 (35.96)		1100m 1:34.63 (33.84)		
		1500m 2:14.48 (36.44)		1500m 2:09.06 (34.43)		
19	wt	24 Ynze Nijland	HB1	2:17.95	2:29.24	
	rd	10 Jesper Feenstra	HB2	2:15.35	2:17.03	
		Ynze Nijland				Jesper Feenstra
		300m 30.25 (30.25)		300m 28.21 (28.21)		
		700m 1:07.41 (37.16)		700m 1:01.82 (33.61)		
		1100m 1:47.71 (40.30)		1100m 1:38.46 (36.64)		
		1500m 2:29.24 (41.53)		1500m 2:17.03 (38.57)		
20	gl	19 Robbin De Jager	HB1	2:12.12	2:13.93	
	bl	31 Roelof Timmerman	HB1	2:13.51	2:18.56	
		Robbin De Jager				Roelof Timmerman
		300m 28.28 (28.28)		300m 29.70 (29.70)		
		700m 1:01.46 (33.18)		700m 1:04.73 (35.03)		
		1100m 1:37.40 (35.94)		1100m 1:41.19 (36.46)		
		1500m 2:13.93 (36.53)		1500m 2:18.56 (37.37)		

		Naam	Cat	PR	Tijd	Info
21	wt	16 Stefan Has	HB1	2:02.59	2:07.15	
	rd	39 Daan van Zwienen	HB1	2:03.96	2:09.61	
		Stefan Has			Daan van Zwienen	
		300m 27.80 (27.80)		300m 26.17 (26.17)		
		700m 59.25 (31.45)		700m 57.44 (31.27)		
		1100m 1:33.06 (33.81)		1100m 1:32.17 (34.73)		
		1500m 2:07.15 (34.09)		1500m 2:09.61 (37.44)		
		Naam	Cat	PR	Tijd	Info
22	gl	2 Chris Berkhout	HB1	2:02.73	2:03.18	
	bl	30 Remon Tamminga	HB2	2:04.43	2:10.91	
		Chris Berkhout			Remon Tamminga	
		300m 27.09 (27.09)		300m 26.89 (26.89)		
		700m 57.97 (30.88)		700m 58.13 (31.24)		
		1100m 1:30.58 (32.61)		1100m 1:33.40 (35.27)		
		1500m 2:03.18 (32.60)		1500m 2:10.91 (37.51)		
		Naam	Cat	PR	Tijd	Info
23	wt	5 Alexander Boon	HB1	2:03.46	2:05.72	
	rd	3 Julian de Boer	HB1	2:02.91	2:05.10	
		Alexander Boon			Julian de Boer	
		300m 26.68 (26.68)		300m 27.14 (27.14)		
		700m 57.89 (31.21)		700m 58.74 (31.60)		
		1100m 1:31.13 (33.24)		1100m 1:31.81 (33.07)		
		1500m 2:05.72 (34.59)		1500m 2:05.10 (33.29)		
		Naam	Cat	PR	Tijd	Info
24	gl	6 Johan Bouwhuis	HB2	2:01.60	2:04.22	
	bl	27 Matteo van Schajik	HB2	2:01.73	2:06.80	
		Johan Bouwhuis			Matteo van Schajik	
		300m 26.80 (26.80)		300m 26.96 (26.96)		
		700m 57.31 (30.51)		700m 58.58 (31.62)		
		1100m 1:29.94 (32.63)		1100m 1:32.11 (33.53)		
		1500m 2:04.22 (34.28)		1500m 2:06.80 (34.69)		

		Naam	Cat		PR	Tijd	Info
25	wt	25 Niels Ott	HB2		2:02.01		DQ
	rd	36 Mats Westra	HB1		2:01.97		DQ
		Niels Ott			Mats Westra		
		300m	26.97	(26.97)	300m	26.81	(26.81)
		700m	57.30	(30.33)	700m	58.12	(31.31)
		1100m	1:30.11	(32.81)	1100m	1:31.53	(33.41)
		1500m	2:05.16	(35.05)	1500m	2:07.41	(35.88)
		Naam	Cat		PR	Tijd	Info
26	gl	15 Robbert-Jan van Hardeveld	HB2		1:59.94		2:06.54
	bl	9 Tobias Elshof	HB2		2:01.42		2:04.98
		Robbert-Jan van Hardeveld			Tobias Elshof		
		300m	26.71	(26.71)	300m	26.23	(26.23)
		700m	58.12	(31.41)	700m	57.19	(30.96)
		1100m	1:31.73	(33.61)	1100m	1:30.21	(33.02)
		1500m	2:06.54	(34.81)	1500m	2:04.98	(34.77)
		Naam	Cat		PR	Tijd	Info
27	wt	23 Jan Mooijman	HB1		1:58.09		2:03.03
	rd	35 Sam Vermunt	HB2		2:00.82		2:05.99
		Jan Mooijman			Sam Vermunt		
		300m	26.19	(26.19)	300m	26.51	(26.51)
		700m	56.28	(30.09)	700m	57.55	(31.04)
		1100m	1:28.79	(32.51)	1100m	1:31.33	(33.78)
		1500m	2:03.03	(34.24)	1500m	2:05.99	(34.66)
		Naam	Cat		PR	Tijd	Info
28	gl	29 Bodhi Smeele	HB1		2:01.27		2:04.87
	bl	18 Lieuwe ter Hoeve	HB1		2:01.36		2:07.54
		Bodhi Smeele			Lieuwe ter Hoeve		
		300m	26.90	(26.90)	300m	26.65	(26.65)
		700m	57.94	(31.04)	700m	58.29	(31.64)
		1100m	1:30.48	(32.54)	1100m	1:31.92	(33.63)
		1500m	2:04.87	(34.39)	1500m	2:07.54	(35.62)

		Naam			Cat	PR	Tijd	Info
29	wt	4	Nick Bontrop		HB1	2:00.65	2:06.89	
	rd	8	Vester Demoed		HB2	2:01.21	2:04.58	
		Nick Bontrop			Vester Demoed			
		300m	26.53	(26.53)	300m	27.06	(27.06)	
		700m	57.09	(30.56)	700m	57.86	(30.80)	
		1100m	1:30.14	(33.05)	1100m	1:30.41	(32.55)	
		1500m	2:06.89	(36.75)	1500m	2:04.58	(34.17)	
		Naam			Cat	PR	Tijd	Info
30	gl	33	Rens Vergeer		HB2	1:59.49	2:04.07	
	bl	21	Levi Kapp		HB1	2:00.07	2:06.40	
		Rens Vergeer			Levi Kapp			
		300m	26.95	(26.95)	300m	27.50	(27.50)	
		700m	57.73	(30.78)	700m	59.05	(31.55)	
		1100m	1:30.02	(32.29)	1100m	1:32.05	(33.00)	
		1500m	2:04.07	(34.05)	1500m	2:06.40	(34.35)	
		Naam			Cat	PR	Tijd	Info
31	wt	11	Daan de Graaf		HB1	1:59.80	2:07.15	
	rd	37	Jelmer de Winter		HB2	1:59.12	2:04.85	
		Daan de Graaf			Jelmer de Winter			
		300m	26.82	(26.82)	300m	26.76	(26.76)	
		700m	58.04	(31.22)	700m	57.38	(30.62)	
		1100m	1:31.96	(33.92)	1100m	1:30.10	(32.72)	
		1500m	2:07.15	(35.19)	1500m	2:04.85	(34.75)	
		Naam			Cat	PR	Tijd	Info
32	gl	12	Samuel Gunnink		HB1	2:00.39	2:04.14	
	bl	40	Nathan Pijl		HB1	1:57.99	2:02.54	
		Samuel Gunnink			Nathan Pijl			
		300m	27.12	(27.12)	300m	25.55	(25.55)	
		700m	57.93	(30.81)	700m	56.14	(30.59)	
		1100m	1:30.40	(32.47)	1100m	1:28.63	(32.49)	
		1500m	2:04.14	(33.74)	1500m	2:02.54	(33.91)	

5. Uitslag Meisjes Jun.B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	2 Maud Biezen	DB1	15	O	4:50.89		
2	28 Luna van Polen	DB2	16	O	4:52.07		
3	12 Lieke Huizink	DB1	15	I	4:52.82		
4	1 Ilse Bierma	DB1	1	I	4:54.06		
5	17 Anouk Könst	DB2	12	O	4:56.06		
6	23 Melissa Mooijman	DB2	12	I	4:57.39		
7	5 Floortje Bregman	DB1	6	I	4:59.65	PR	
8	19 Milou de Lange	DB2	14	O	5:01.08		
9	26 Sharissa Oussoren	DB1	14	I	5:01.39		
10	38 Valerie Vinken	DB2	13	O	5:03.00		
11	13 Saar Hulzebosch	DB1	5	O	5:03.12		
12	37 Iris Verbeek	DB1	8	I	5:04.65		
13	40 Isa van Wijhe	DB2	7	I	5:04.70		
14	30 Danique van Rooden	DB1	9	O	5:05.33		
15	27 Tannika Oussoren	DB2	10	O	5:06.35		
16	8 Dinte van Es	DB1	10	I	5:06.56		
17	14 Lenthe Jansen	DB1	4	O	5:06.59		
18	24 Luna Nieuwland	DB1	8	O	5:06.72		
19	36 Nynke Tinga	DB2	4	I	5:07.60		
20	7 Cleo Elenbaas	DB2	11	O	5:09.36		
21	39 Julia de Vos	DB2	16	I	5:09.52		
22	34 Fleur Smits	DB1	13	I	5:09.61	PR	
23	11 Lieke Hijlkema	DB1	9	I	5:17.15		
24	21 Tes Leferink	DB1	5	I	5:19.98		
25	22 Zhara Möllers	DB1	7	O	5:20.15		
26	29 Talisha Renes	DB1	11	I	5:21.58		
27	15 Corien de Jong	DB2	2	O	5:30.13		
28	4 Janne Boos	DB1	2	I	5:31.92		
29	6 Noëmi De boer	DB2	3	I	5:33.72		
30	35 Isa Steegstra	DB2	6	O	5:38.14		
	10 Mimi van Hall	DB1	3	O		DQ	

5. Rituitslag Meisjes Jun.B 3000 meter

		Naam	Cat	PR	Tijd	Info
1	wt rd	1 Ilse Bierma	DB1	4:53.63	4:54.06	
		Ilse Bierma				
		200m	21.89 (21.89)			m
		600m	57.35 (35.46)			
		1000m	1:34.68 (37.33)			
		1400m	2:13.06 (38.38)			
		1800m	2:52.72 (39.66)			
		2200m	3:32.79 (40.07)			
		2600m	4:13.39 (40.60)			
		3000m	4:54.06 (40.67)			

		Naam	Cat	PR	Tijd	Info
2	gl	4 Janne Boos	DB1	5:22.10	5:31.92	
	bl	15 Corien de Jong	DB2	5:07.19	5:30.13	
		Janne Boos		Corien de Jong		
		200m	22.39 (22.39)	200m	22.95 (22.95)	
		600m	1:00.91 (38.52)	600m	1:02.69 (39.74)	
		1000m	1:42.84 (41.93)	1000m	1:44.94 (42.25)	
		1400m	2:27.13 (44.29)	1400m	2:29.62 (44.68)	
		1800m	3:12.68 (45.55)	1800m	3:14.51 (44.89)	
		2200m	3:59.63 (46.95)	2200m	3:57.13 (42.62)	
		2600m	4:46.70 (47.07)	2600m	4:45.54 (48.41)	
		3000m	5:31.92 (45.22)	3000m	5:30.13 (44.59)	

		Naam	Cat	PR	Tijd Info
3	wt	6 Noëmi De boer	DB2	4:59.26	5:33.72
	rd	10 Mimi van Hall	DB1	5:06.01	DQ

Noëmi De boer

200m	22.51	(22.51)
600m	1:02.11	(39.60)
1000m	1:45.46	(43.35)
1400m	2:29.83	(44.37)
1800m	3:14.76	(44.93)
2200m	4:01.27	(46.51)
2600m	4:48.53	(47.26)
3000m	5:33.72	(45.19)

Mimi van Hall

		Naam	Cat	PR	Tijd Info
4	gl	36 Nynke Tinga	DB2	4:55.10	5:07.60
	bl	14 Lenthe Jansen	DB1	4:58.94	5:06.59

Nynke Tinga

200m	22.14	(22.14)
600m	59.97	(37.83)
1000m	1:40.68	(40.71)
1400m	2:22.87	(42.19)
1800m	3:04.70	(41.83)
2200m	3:45.10	(40.40)
2600m	4:26.86	(41.76)
3000m	5:07.60	(40.74)

Lenthe Jansen

200m	21.84	(21.84)
600m	58.50	(36.66)
1000m	1:39.16	(40.66)
1400m	2:21.78	(42.62)
1800m	3:03.62	(41.84)
2200m	3:44.68	(41.06)
2600m	4:26.45	(41.77)
3000m	5:06.59	(40.14)

		Naam	Cat	PR	Tijd	Info
5	wt	21 Tes Leferink	DB1	5:17.40	5:19.98	
	rd	13 Saar Hulzebosch	DB1	4:49.70	5:03.12	

Tes Leferink

200m	22.06	(22.06)
600m	59.86	(37.80)
1000m	1:39.86	(40.00)
1400m	2:21.67	(41.81)
1800m	3:05.05	(43.38)
2200m	3:50.30	(45.25)
2600m	4:37.13	(46.83)
3000m	5:19.98	(42.85)

Saar Hulzebosch

200m	22.52	(22.52)
600m	1:00.92	(38.40)
1000m	1:40.83	(39.91)
1400m	2:21.22	(40.39)
1800m	3:01.39	(40.17)
2200m	3:42.52	(41.13)
2600m	4:23.23	(40.71)
3000m	5:03.12	(39.89)

		Naam	Cat	PR	Tijd	Info
6	gl	5 Floortje Bregman	DB1	5:01.96	4:59.65	PR
	bl	35 Isa Steegstra	DB2	4:59.48	5:38.14	

Floortje Bregman

200m	22.24	(22.24)
600m	59.04	(36.80)
1000m	1:38.06	(39.02)
1400m	2:17.87	(39.81)
1800m	2:58.05	(40.18)
2200m	3:38.51	(40.46)
2600m	4:19.76	(41.25)
3000m	4:59.65	(39.89)

Isa Steegstra

200m	22.20	(22.20)
600m	59.51	(37.31)
1000m	1:40.28	(40.77)
1400m	2:25.12	(44.84)
1800m	3:12.13	(47.01)
2200m	4:00.62	(48.49)
2600m	4:49.05	(48.43)
3000m	5:38.14	(49.09)

		Naam	Cat	PR	Tijd	Info
7	wt	40 Isa van Wijhe	DB2	4:50.44	5:04.70	
	rd	22 Zhara Möllers	DB1	5:16.28	5:20.15	

Isa van Wijhe

200m	21.99	(21.99)
600m	58.12	(36.13)
1000m	1:37.98	(39.86)
1400m	2:18.97	(40.99)
1800m	3:00.21	(41.24)
2200m	3:41.27	(41.06)
2600m	4:22.87	(41.60)
3000m	5:04.70	(41.83)

Zhara Möllers

200m	22.87	(22.87)
600m	1:00.56	(37.69)
1000m	1:41.89	(41.33)
1400m	2:25.11	(43.22)
1800m	3:08.26	(43.15)
2200m	3:52.69	(44.43)
2600m	4:36.57	(43.88)
3000m	5:20.15	(43.58)

		Naam	Cat	PR	Tijd	Info
8	gl	37 Iris Verbeek	DB1	5:00.18	5:04.65	
	bl	24 Luna Nieuwland	DB1	4:59.51	5:06.72	

Iris Verbeek

200m	23.35	(23.35)
600m	1:01.22	(37.87)
1000m	1:40.19	(38.97)
1400m	2:19.42	(39.23)
1800m	2:59.84	(40.42)
2200m	3:40.82	(40.98)
2600m	4:22.86	(42.04)
3000m	5:04.65	(41.79)

Luna Nieuwland

200m	23.15	(23.15)
600m	1:01.46	(38.31)
1000m	1:41.21	(39.75)
1400m	2:22.14	(40.93)
1800m	3:03.10	(40.96)
2200m	3:44.57	(41.47)
2600m	4:25.60	(41.03)
3000m	5:06.72	(41.12)

		Naam			Cat	PR	Tijd	Info
9	wt	11	Lieke Hijlkema		DB1	5:08.82	5:17.15	
	rd	30	Danique van Rooden		DB1	5:04.46	5:05.33	
		Lieke Hijlkema			Danique van Rooden			
		200m	22.44	(22.44)	200m	23.88	(23.88)	
		600m	1:00.54	(38.10)	600m	1:02.97	(39.09)	
		1000m	1:39.78	(39.24)	1000m	1:42.06	(39.09)	
		1400m	2:20.68	(40.90)	1400m	2:22.74	(40.68)	
		1800m	3:03.15	(42.47)	1800m	3:03.03	(40.29)	
		2200m	3:46.30	(43.15)	2200m	3:44.06	(41.03)	
		2600m	4:31.99	(45.69)	2600m	4:24.90	(40.84)	
		3000m	5:17.15	(45.16)	3000m	5:05.33	(40.43)	

		Naam			Cat	PR	Tijd	Info
10	gl	8	Dinte van Es		DB1	4:57.86	5:06.56	
	bl	27	Tannika Oussoren		DB2	5:01.48	5:06.35	
		Dinte van Es			Tannika Oussoren			
		200m	22.70	(22.70)	200m	22.86	(22.86)	
		600m	59.74	(37.04)	600m	1:01.01	(38.15)	
		1000m	1:38.86	(39.12)	1000m	1:40.03	(39.02)	
		1400m	2:19.65	(40.79)	1400m	2:20.12	(40.09)	
		1800m	3:01.13	(41.48)	1800m	3:01.06	(40.94)	
		2200m	3:42.75	(41.62)	2200m	3:42.50	(41.44)	
		2600m	4:24.83	(42.08)	2600m	4:24.71	(42.21)	
		3000m	5:06.56	(41.73)	3000m	5:06.35	(41.64)	

		Naam			Cat	PR	Tijd	Info
11	wt	29	Talisha Renes		DB1	5:09.55	5:21.58	
	rd	7	Cleo Elenbaas		DB2	4:53.25	5:09.36	
		Talisha Renes			Cleo Elenbaas			
		200m	21.96	(21.96)	200m	22.08	(22.08)	
		600m	59.58	(37.62)	600m	59.00	(36.92)	
		1000m	1:39.70	(40.12)	1000m	1:38.14	(39.14)	
		1400m	2:20.52	(40.82)	1400m	2:19.21	(41.07)	
		1800m	3:04.27	(43.75)	1800m	3:01.23	(42.02)	
		2200m	3:49.11	(44.84)	2200m	3:43.86	(42.63)	
		2600m	4:36.96	(47.85)	2600m	4:26.98	(43.12)	
		3000m	5:21.58	(44.62)	3000m	5:09.36	(42.38)	

		Naam			Cat	PR	Tijd	Info
12	gl	23	Melissa Mooijman		DB2	4:46.22	4:57.39	
	bl	17	Anouk Könst		DB2	4:47.87	4:56.06	
		Melissa Mooijman			Anouk Könst			
		200m	21.76	(21.76)	200m	22.43	(22.43)	
		600m	58.15	(36.39)	600m	58.27	(35.84)	
		1000m	1:36.07	(37.92)	1000m	1:36.58	(38.31)	
		1400m	2:15.14	(39.07)	1400m	2:15.97	(39.39)	
		1800m	2:54.84	(39.70)	1800m	2:55.65	(39.68)	
		2200m	3:34.83	(39.99)	2200m	3:35.81	(40.16)	
		2600m	4:15.48	(40.65)	2600m	4:16.33	(40.52)	
		3000m	4:57.39	(41.91)	3000m	4:56.06	(39.73)	

		Naam	Cat	PR	Tijd	Info	
13	wt	34 Fleur Smits	DB1	5:20.71	5:09.61	PR	
	rd	38 Valerie Vinken	DB2	4:49.53	5:03.00		
		Fleur Smits			Valerie Vinken		
		200m	23.11 (23.11)	200m	23.53 (23.53)		
		600m	1:02.35 (39.24)	600m	1:01.52 (37.99)		
		1000m	1:41.92 (39.57)	1000m	1:40.67 (39.15)		
		1400m	2:22.17 (40.25)	1400m	2:20.61 (39.94)		
		1800m	3:03.40 (41.23)	1800m	3:01.37 (40.76)		
		2200m	3:44.94 (41.54)	2200m	3:42.63 (41.26)		
		2600m	4:27.67 (42.73)	2600m	4:23.27 (40.64)		
		3000m	5:09.61 (41.94)	3000m	5:03.00 (39.73)		

		Naam	Cat	PR	Tijd	Info	
14	gl	26 Sharissa Oussoren	DB1	4:59.38	5:01.39		
	bl	19 Milou de Lange	DB2	4:53.52	5:01.08		
		Sharissa Oussoren			Milou de Lange		
		200m	21.79 (21.79)	200m	21.32 (21.32)		
		600m	1:00.00 (38.21)	600m	56.79 (35.47)		
		1000m	1:40.43 (40.43)	1000m	1:35.33 (38.54)		
		1400m	2:20.16 (39.73)	1400m	2:15.99 (40.66)		
		1800m	3:00.67 (40.51)	1800m	2:57.54 (41.55)		
		2200m	3:40.89 (40.22)	2200m	3:39.38 (41.84)		
		2600m	4:21.63 (40.74)	2600m	4:21.06 (41.68)		
		3000m	5:01.39 (39.76)	3000m	5:01.08 (40.02)		

		Naam			Cat	PR	Tijd	Info
15	wt	12	Lieke Huizink		DB1	4:44.34	4:52.82	
	rd	2	Maud Biezen		DB1	4:43.91	4:50.89	
		Lieke Huizink			Maud Biezen			
		200m	21.68	(21.68)	200m	21.85	(21.85)	
		600m	56.33	(34.65)	600m	57.22	(35.37)	
		1000m	1:34.01	(37.68)	1000m	1:35.52	(38.30)	
		1400m	2:12.49	(38.48)	1400m	2:15.01	(39.49)	
		1800m	2:51.94	(39.45)	1800m	2:54.52	(39.51)	
		2200m	3:31.95	(40.01)	2200m	3:33.64	(39.12)	
		2600m	4:12.29	(40.34)	2600m	4:11.85	(38.21)	
		3000m	4:52.82	(40.53)	3000m	4:50.89	(39.04)	

		Naam			Cat	PR	Tijd	Info
16	gl	39	Julia de Vos		DB2	4:50.83	5:09.52	
	bl	28	Luna van Polen		DB2	4:44.51	4:52.07	
		Julia de Vos			Luna van Polen			
		200m	21.51	(21.51)	200m	21.35	(21.35)	
		600m	56.65	(35.14)	600m	55.57	(34.22)	
		1000m	1:35.26	(38.61)	1000m	1:32.07	(36.50)	
		1400m	2:16.65	(41.39)	1400m	2:10.34	(38.27)	
		1800m	2:59.26	(42.61)	1800m	2:49.49	(39.15)	
		2200m	3:42.57	(43.31)	2200m	3:30.24	(40.75)	
		2600m	4:26.92	(44.35)	2600m	4:11.47	(41.23)	
		3000m	5:09.52	(42.60)	3000m	4:52.07	(40.60)	

6. Uitslag Jongens Jun.B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	40 Nathan Pijl	HB1	16	I	4:19.61	PR	
2	2 Chris Berkhout	HB1	13	O	4:20.01		
3	23 Jan Mooijman	HB1	16	O	4:20.93		
4	6 Johan Bouwhuis	HB2	9	I	4:21.82		
5	25 Niels Ott	HB2	2	O	4:22.24		
6	16 Stefan Has	HB1	6	I	4:22.83		
7	8 Vester Demoed	HB2	10	I	4:24.82		
8	29 Bodhi Smeele	HB1	11	I	4:27.14		
9	3 Julian de Boer	HB1	11	O	4:27.30		
10	33 Rens Vergeer	HB2	15	I	4:28.41		
11	18 Lieuwe ter Hoeve	HB1	8	O	4:28.91		
12	9 Tobias Elshof	HB2	14	O	4:29.35		
13	15 Robbert-Jan van Hardeveld	HB2	12	O	4:29.44		
14	37 Jelmer de Winter	HB2	13	I	4:30.04		
15	21 Levi Kapp	HB1	7	O	4:31.36		
16	35 Sam Vermunt	HB2	12	I	4:31.41		
17	12 Samuel Gunnink	HB1	15	O	4:32.86		
18	11 Daan de Graaf	HB1	8	I	4:33.20		
19	4 Nick Bontrop	HB1	10	O	4:33.28		
20	27 Matteo van Schajik	HB2	9	O	4:34.02		
21	26 Kai-Arne Ottenhoff	HB1	6	O	4:35.22		
22	36 Mats Westra	HB1	1	I	4:35.35		
23	5 Alexander Boon	HB1	14	I	4:37.40		
24	22 Twan Kuipers	HB2	5	O	4:37.75		
25	31 Roelof Timmerman	HB1	4	O	4:45.55		
26	30 Remon Tamminga	HB2	7	I	4:46.88	PR	
27	19 Robbin De Jager	HB1	5	I	4:57.00		
28	10 Jesper Feenstra	HB2	4	I	5:01.42		
29	28 Kjell Slenema	HB2	3	I	5:07.09		
30	32 Robin van de Ven	HB1	2	I	5:09.48	PR	
31	24 Ynze Nijland	HB1	3	O	5:19.83	PR	

6. Rituitslag Jongens Jun.B 3000 meter

		Naam	Cat	PR	Tijd	Info
1	wt rd	36 Mats Westra	HB1	4:21.18	4:35.35	

Mats Westra

Distance	Time	PR	Info
200m	20.03	(20.03)	m
600m	53.82	(33.79)	
1000m	1:28.92	(35.10)	
1400m	2:04.42	(35.50)	
1800m	2:40.94	(36.52)	
2200m	3:17.68	(36.74)	
2600m	3:55.79	(38.11)	
3000m	4:35.35	(39.56)	

		Naam	Cat	PR	Tijd	Info
2	gl	32 Robin van de Ven	HB1	5:11.46	5:09.48	PR
	bl	25 Niels Ott	HB2	4:18.58	4:22.24	

Robin van de Ven

Distance	Time	PR
200m	22.47	(22.47)
600m	1:00.67	(38.20)
1000m	1:40.65	(39.98)
1400m	2:21.53	(40.88)
1800m	3:03.02	(41.49)
2200m	3:44.00	(40.98)
2600m	4:25.77	(41.77)
3000m	5:09.48	(43.71)

Niels Ott

Distance	Time	PR
200m	19.92	(19.92)
600m	52.94	(33.02)
1000m	1:26.30	(33.36)
1400m	2:00.12	(33.82)
1800m	2:34.29	(34.17)
2200m	3:09.63	(35.34)
2600m	3:45.69	(36.06)
3000m	4:22.24	(36.55)

		Naam	Cat	PR	Tijd	Info
3	wt	28 Kjell Slenema	HB2	4:58.04	5:07.09	
	rd	24 Ynze Nijland	HB1	5:29.55	5:19.83	PR

Kjell Slenema

200m	21.80	(21.80)
600m	58.74	(36.94)
1000m	1:37.73	(38.99)
1400m	2:18.26	(40.53)
1800m	3:00.31	(42.05)
2200m	3:42.73	(42.42)
2600m	4:25.00	(42.27)
3000m	5:07.09	(42.09)

Ynze Nijland

200m	21.63	(21.63)
600m	58.41	(36.78)
1000m	1:38.90	(40.49)
1400m	2:22.06	(43.16)
1800m	3:05.84	(43.78)
2200m	3:50.56	(44.72)
2600m	4:35.04	(44.48)
3000m	5:19.83	(44.79)

		Naam	Cat	PR	Tijd	Info
4	gl	10 Jesper Feenstra	HB2	4:52.56	5:01.42	
	bl	31 Roelof Timmerman	HB1	4:44.96	4:45.55	

Jesper Feenstra

200m	21.74	(21.74)
600m	57.91	(36.17)
1000m	1:35.59	(37.68)
1400m	2:14.81	(39.22)
1800m	2:55.46	(40.65)
2200m	3:37.02	(41.56)
2600m	4:18.94	(41.92)
3000m	5:01.42	(42.48)

Roelof Timmerman

200m	21.98	(21.98)
600m	58.03	(36.05)
1000m	1:35.43	(37.40)
1400m	2:13.43	(38.00)
1800m	2:51.18	(37.75)
2200m	3:28.64	(37.46)
2600m	4:06.66	(38.02)
3000m	4:45.55	(38.89)

		Naam	Cat	PR	Tijd	Info
5	wt	19 Robbin De Jager	HB1	4:49.38	4:57.00	
	rd	22 Twan Kuipers	HB2	4:35.98	4:37.75	
		Robbin De Jager		Twan Kuipers		
		200m	20.77 (20.77)	200m	21.13 (21.13)	
		600m	55.68 (34.91)	600m	55.90 (34.77)	
		1000m	1:33.12 (37.44)	1000m	1:31.71 (35.81)	
		1400m	2:12.63 (39.51)	1400m	2:08.95 (37.24)	
		1800m	2:53.26 (40.63)	1800m	2:45.94 (36.99)	
		2200m	3:34.64 (41.38)	2200m	3:23.28 (37.34)	
		2600m	4:16.65 (42.01)	2600m	4:00.51 (37.23)	
		3000m	4:57.00 (40.35)	3000m	4:37.75 (37.24)	

		Naam	Cat	PR	Tijd	Info
6	gl	16 Stefan Has	HB1	4:15.11	4:22.83	
	bl	26 Kai-Arne Ottenhoff	HB1	4:32.39	4:35.22	
		Stefan Has		Kai-Arne Ottenhoff		
		200m	20.36 (20.36)	200m	20.15 (20.15)	
		600m	53.19 (32.83)	600m	53.17 (33.02)	
		1000m	1:27.25 (34.06)	1000m	1:27.88 (34.71)	
		1400m	2:02.12 (34.87)	1400m	2:03.48 (35.60)	
		1800m	2:36.80 (34.68)	1800m	2:40.18 (36.70)	
		2200m	3:11.82 (35.02)	2200m	3:18.03 (37.85)	
		2600m	3:47.14 (35.32)	2600m	3:56.66 (38.63)	
		3000m	4:22.83 (35.69)	3000m	4:35.22 (38.56)	

		Naam	Cat	PR	Tijd	Info	
7	wt	30 Remon Tamminga	HB2	4:54.61	4:46.88	PR	
	rd	21 Levi Kapp	HB1	4:16.82	4:31.36		
		Remon Tamminga			Levi Kapp		
		200m	20.02 (20.02)	200m	20.16 (20.16)		
		600m	53.78 (33.76)	600m	53.58 (33.42)		
		1000m	1:28.69 (34.91)	1000m	1:28.08 (34.50)		
		1400m	2:05.27 (36.58)	1400m	2:03.43 (35.35)		
		1800m	2:44.37 (39.10)	1800m	2:39.34 (35.91)		
		2200m	3:24.86 (40.49)	2200m	3:16.74 (37.40)		
		2600m	4:06.58 (41.72)	2600m	3:54.00 (37.26)		
		3000m	4:46.88 (40.30)	3000m	4:31.36 (37.36)		

		Naam	Cat	PR	Tijd	Info	
8	gl	11 Daan de Graaf	HB1	4:24.60	4:33.20		
	bl	18 Lieuwe ter Hoeve	HB1	4:22.28	4:28.91		
		Daan de Graaf			Lieuwe ter Hoeve		
		200m	20.27 (20.27)	200m	20.25 (20.25)		
		600m	53.04 (32.77)	600m	53.14 (32.89)		
		1000m	1:27.21 (34.17)	1000m	1:27.78 (34.64)		
		1400m	2:02.32 (35.11)	1400m	2:03.25 (35.47)		
		1800m	2:38.92 (36.60)	1800m	2:38.88 (35.63)		
		2200m	3:16.25 (37.33)	2200m	3:15.32 (36.44)		
		2600m	3:54.77 (38.52)	2600m	3:51.93 (36.61)		
		3000m	4:33.20 (38.43)	3000m	4:28.91 (36.98)		

		Naam			Cat	PR	Tijd	Info
9	wt	6	Johan Bouwhuis		HB2	4:14.38	4:21.82	
	rd	27	Matteo van Schajik		HB2	4:22.54	4:34.02	
		<u>Johan Bouwhuis</u>			<u>Matteo van Schajik</u>			
		200m	19.80	(19.80)	200m	20.14	(20.14)	
		600m	52.09	(32.29)	600m	52.85	(32.71)	
		1000m	1:25.21	(33.12)	1000m	1:26.87	(34.02)	
		1400m	1:59.45	(34.24)	1400m	2:03.13	(36.26)	
		1800m	2:34.46	(35.01)	1800m	2:40.07	(36.94)	
		2200m	3:09.90	(35.44)	2200m	3:18.11	(38.04)	
		2600m	3:45.72	(35.82)	2600m	3:55.94	(37.83)	
		3000m	4:21.82	(36.10)	3000m	4:34.02	(38.08)	

		Naam			Cat	PR	Tijd	Info
10	gl	8	Vester Demoed		HB2	4:16.94	4:24.82	
	bl	4	Nick Bontrop		HB1	4:23.68	4:33.28	
		<u>Vester Demoed</u>			<u>Nick Bontrop</u>			
		200m	20.12	(20.12)	200m	20.44	(20.44)	
		600m	51.89	(31.77)	600m	53.11	(32.67)	
		1000m	1:24.72	(32.83)	1000m	1:26.94	(33.83)	
		1400m	1:58.94	(34.22)	1400m	2:02.21	(35.27)	
		1800m	2:34.38	(35.44)	1800m	2:38.46	(36.25)	
		2200m	3:11.02	(36.64)	2200m	3:16.29	(37.83)	
		2600m	3:48.06	(37.04)	2600m	3:54.44	(38.15)	
		3000m	4:24.82	(36.76)	3000m	4:33.28	(38.84)	

		Naam	Cat	PR	Tijd	Info
11	wt	29 Bodhi Smeele	HB1	4:14.37	4:27.14	
	rd	3 Julian de Boer	HB1	4:24.37	4:27.30	
		Bodhi Smeele				Julian de Boer
		200m	20.17 (20.17)	200m	20.36 (20.36)	
		600m	53.65 (33.48)	600m	53.49 (33.13)	
		1000m	1:28.12 (34.47)	1000m	1:28.01 (34.52)	
		1400m	2:03.64 (35.52)	1400m	2:03.55 (35.54)	
		1800m	2:39.55 (35.91)	1800m	2:39.75 (36.20)	
		2200m	3:15.70 (36.15)	2200m	3:16.12 (36.37)	
		2600m	3:51.87 (36.17)	2600m	3:52.52 (36.40)	
		3000m	4:27.14 (35.27)	3000m	4:27.30 (34.78)	

		Naam	Cat	PR	Tijd	Info
12	gl	35 Sam Vermunt	HB2	4:22.51	4:31.41	
	bl	15 Robbert-Jan van Hardeveld	HB2	4:17.82	4:29.44	
		Sam Vermunt				Robbert-Jan van Hardeveld
		200m	19.58 (19.58)	200m	20.02 (20.02)	
		600m	51.84 (32.26)	600m	53.29 (33.27)	
		1000m	1:25.87 (34.03)	1000m	1:27.94 (34.65)	
		1400m	2:01.02 (35.15)	1400m	2:02.91 (34.97)	
		1800m	2:37.69 (36.67)	1800m	2:38.29 (35.38)	
		2200m	3:15.56 (37.87)	2200m	3:15.04 (36.75)	
		2600m	3:53.88 (38.32)	2600m	3:51.91 (36.87)	
		3000m	4:31.41 (37.53)	3000m	4:29.44 (37.53)	

		Naam			Cat	PR	Tijd	Info
13	wt	37 Jelmer de Winter			HB2	4:23.37	4:30.04	
	rd	2 Chris Berkhout			HB1	4:13.63	4:20.01	
		Jelmer de Winter			Chris Berkhout			
		200m	19.55	(19.55)	200m	19.45	(19.45)	
		600m	51.36	(31.81)	600m	51.42	(31.97)	
		1000m	1:25.24	(33.88)	1000m	1:25.13	(33.71)	
		1400m	2:00.53	(35.29)	1400m	1:59.41	(34.28)	
		1800m	2:36.60	(36.07)	1800m	2:34.44	(35.03)	
		2200m	3:13.33	(36.73)	2200m	3:09.50	(35.06)	
		2600m	3:51.41	(38.08)	2600m	3:44.70	(35.20)	
		3000m	4:30.04	(38.63)	3000m	4:20.01	(35.31)	

		Naam			Cat	PR	Tijd	Info
14	gl	5 Alexander Boon			HB1	4:24.49	4:37.40	
	bl	9 Tobias Elshof			HB2	4:17.07	4:29.35	
		Alexander Boon			Tobias Elshof			
		200m	19.12	(19.12)	200m	19.63	(19.63)	
		600m	51.59	(32.47)	600m	51.44	(31.81)	
		1000m	1:25.67	(34.08)	1000m	1:25.12	(33.68)	
		1400m	2:01.60	(35.93)	1400m	2:00.66	(35.54)	
		1800m	2:39.16	(37.56)	1800m	2:36.79	(36.13)	
		2200m	3:17.69	(38.53)	2200m	3:13.35	(36.56)	
		2600m	3:57.98	(40.29)	2600m	3:51.28	(37.93)	
		3000m	4:37.40	(39.42)	3000m	4:29.35	(38.07)	

		Naam	Cat	PR	Tijd	Info
15	wt	33 Rens Vergeer	HB2	4:17.74	4:28.41	
	rd	12 Samuel Gunnink	HB1	4:18.69	4:32.86	
		Rens Vergeer				
		200m	20.72 (20.72)			
		600m	54.20 (33.48)			
		1000m	1:28.65 (34.45)			
		1400m	2:02.92 (34.27)			
		1800m	2:37.56 (34.64)			
		2200m	3:12.87 (35.31)			
		2600m	3:50.05 (37.18)			
		3000m	4:28.41 (38.36)			
		Samuel Gunnink				
		200m	20.82 (20.82)			
		600m	55.04 (34.22)			
		1000m	1:30.07 (35.03)			
		1400m	2:06.03 (35.96)			
		1800m	2:42.15 (36.12)			
		2200m	3:18.49 (36.34)			
		2600m	3:54.93 (36.44)			
		3000m	4:32.86 (37.93)			

		Naam	Cat	PR	Tijd	Info
16	gl	40 Nathan Pijl	HB1	4:20.84	4:19.61	PR
	bl	23 Jan Mooijman	HB1	4:18.07	4:20.93	
		Nathan Pijl				
		200m	18.64 (18.64)			
		600m	50.03 (31.39)			
		1000m	1:22.07 (32.04)			
		1400m	1:56.00 (33.93)			
		1800m	2:31.18 (35.18)			
		2200m	3:07.03 (35.85)			
		2600m	3:43.12 (36.09)			
		3000m	4:19.61 (36.49)			
		Jan Mooijman				
		200m	19.67 (19.67)			
		600m	50.59 (30.92)			
		1000m	1:23.05 (32.46)			
		1400m	1:57.28 (34.23)			
		1800m	2:32.54 (35.26)			
		2200m	3:08.12 (35.58)			
		2600m	3:44.20 (36.08)			
		3000m	4:20.93 (36.73)			