

## 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	<b>Floor van Schijndel</b>		DB1	46.22	<b>47.26</b>	
	rd	15	<b>Corien de Jong</b>		DB2	46.83	<b>48.76</b>	
		<b>Floor van Schijndel</b>			<b>Corien de Jong</b>			
		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	<b>Iris Verbeek</b>		DB1	45.87	<b>46.87</b>	
	bl	8	<b>Dinte van Es</b>		DB1	45.72	<b>45.85</b>	
		<b>Iris Verbeek</b>			<b>Dinte van Es</b>			
		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	<b>Nynke Tinga</b>		DB2	45.78	<b>46.61</b>	
	rd	13	<b>Saar Hulzebosch</b>		DB1	45.87	<b>47.20</b>	
		<b>Nynke Tinga</b>			<b>Saar Hulzebosch</b>			
		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	<b>Isa van Wijhe</b>		DB2	44.53	<b>46.82</b>	
	bl	17	<b>Anouk Könst</b>		DB2	44.67	<b>46.32</b>	
		<b>Isa van Wijhe</b>			<b>Anouk Könst</b>			
		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	<b>Tannika Oussoren</b>		DB2	44.53	<b>46.20</b>	
	rd	35	<b>Isa Steegstra</b>		DB2	44.99	<b>46.14</b>	
		<b>Tannika Oussoren</b>			<b>Isa Steegstra</b>			
		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 <b>Lenthe Jansen</b>		DB1		45.33	<b>47.06</b>	
	bl	4 <b>Janne Boos</b>		DB1		45.12	<b>48.11</b>	
		<b>Lenthe Jansen</b>		<b>Janne Boos</b>				
		100m	12.46	(12.46)	100m	12.47	(12.47)	
		500m	47.06	(34.60)	500m	48.11	(35.64)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
7	wt	5 <b>Floortje Bregman</b>		DB1		45.38	<b>46.99</b>	
	rd							
		<b>Floortje Bregman</b>						
		m			100m	12.56	(12.56)	
					500m	46.99	(34.43)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
8	gl	28 <b>Luna van Polen</b>		DB2		44.20	<b>44.85</b>	
	bl	21 <b>Tes Leferink</b>		DB1		44.16	<b>46.45</b>	
		<b>Luna van Polen</b>		<b>Tes Leferink</b>				
		100m	12.29	(12.29)	100m	12.43	(12.43)	
		500m	44.85	(32.56)	500m	46.45	(34.02)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
9	wt	23 <b>Melissa Mooijman</b>		DB2		44.84	<b>45.67</b>	
	rd	24 <b>Luna Nieuwland</b>		DB1		44.68	<b>46.44</b>	
		<b>Melissa Mooijman</b>		<b>Luna Nieuwland</b>				
		100m	12.44	(12.44)	100m	12.32	(12.32)	
		500m	45.67	(33.23)	500m	46.44	(34.12)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
10	gl	38 <b>Valerie Vinken</b>		DB2		44.38	<b>45.31</b>	
	bl	6 <b>Noëmi De boer</b>		DB2		43.20	<b>46.20</b>	
		<b>Valerie Vinken</b>		<b>Noëmi De boer</b>				
		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	<b>Lieke Huizink</b>		DB1			43.77	<b>44.38</b>	
	rd	22	<b>Zhara Möllers</b>		DB1			44.28	<b>45.72</b>	
		<b>Lieke Huizink</b>			<b>Zhara Möllers</b>					
		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	<b>Talisha Renes</b>		DB1			43.43	<b>44.54</b>	
	bl	2	<b>Maud Biezen</b>		DB1			43.41	<b>44.01</b>	
		<b>Talisha Renes</b>			<b>Maud Biezen</b>					
		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	<b>Danique van Rooden</b>		DB1			44.24	<b>45.71</b>	
	rd	7	<b>Cleo Elenbaas</b>		DB2			43.56	<b>45.32</b>	
		<b>Danique van Rooden</b>			<b>Cleo Elenbaas</b>					
		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	<b>Sharissa Oussoren</b>		DB1			42.88	<b>44.25</b>	
	bl	39	<b>Julia de Vos</b>		DB2			41.71	<b>43.75</b>	
		<b>Sharissa Oussoren</b>			<b>Julia de Vos</b>					
		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	<b>Milou de Lange</b>		DB2			42.89	<b>44.03</b>	
	rd	34	<b>Fleur Smits</b>		DB1			42.97	<b>44.23</b>	
		<b>Milou de Lange</b>			<b>Fleur Smits</b>					
		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	<b>Lieke Hijlkema</b>		DB1	42.63	<b>45.03</b>	
	bl	1	<b>Ilse Bierma</b>		DB1	43.43	<b>DNF</b>	
		<b>Lieke Hijlkema</b>			<b>Ilse Bierma</b>			
		100m	11.97	(11.97)	100m	12.10	(12.10)	
		500m	45.03	(33.06)				

		Naam		Cat		PR	Tijd	Info
17	wt	10	<b>Mimi van Hall</b>		DB1	45.00	<b>46.57</b>	
	rd							
		<b>Mimi van Hall</b>						
		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	<b>Kjell Slenema</b>		HB2	45.55	<b>47.53</b>	
	rd	32	<b>Robin van de Ven</b>		HB1	47.03	<b>50.26</b>	
		<u>Kjell Slenema</u>			<u>Robin van de Ven</u>			
		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	<b>Roelof Timmerman</b>		HB1	45.22	<b>46.50</b>	
	bl	22	<b>Twan Kuipers</b>		HB2	42.29	<b>44.47</b>	
		<u>Roelof Timmerman</u>			<u>Twan Kuipers</u>			
		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	<b>Robbin De Jager</b>		HB1	42.48	<b>43.85</b>	
	rd	10	<b>Jesper Feenstra</b>		HB2	41.87	<b>43.63</b>	
		<u>Robbin De Jager</u>			<u>Jesper Feenstra</u>			
		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	<b>Kai-Arne Ottenhoff</b>		HB1	42.92	<b>44.20</b>	
	bl	24	<b>Ynze Nijland</b>		HB1	43.34	<b>45.70</b>	
		<u>Kai-Arne Ottenhoff</u>			<u>Ynze Nijland</u>			
		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	<b>Mats Westra</b>		HB1	40.57	<b>41.45</b>	
	rd	29	<b>Bodhi Smeele</b>		HB1	40.77	<b>41.78</b>	
		<u>Mats Westra</u>			<u>Bodhi Smeele</u>			
		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 <b>Julian de Boer</b>	HB1	40.71	<b>41.75</b>	
	bl	8 <b>Vester Demoed</b>	HB2	40.67	<b>42.01</b>	
		<u>Julian de Boer</u>		<u>Vester Demoed</u>		
		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 <b>Johan Bouwhuis</b>	HB2	40.07	<b>42.45</b>	
	rd	16 <b>Stefan Has</b>	HB1	41.40	<b>43.59</b>	
		<u>Johan Bouwhuis</u>		<u>Stefan Has</u>		
		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 <b>Levi Kapp</b>	HB1	40.49	<b>42.62</b>	
	bl	2 <b>Chris Berkhout</b>	HB1	40.30	<b>41.77</b>	
		<u>Levi Kapp</u>		<u>Chris Berkhout</u>		
		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 <b>Samuel Gunnink</b>	HB1	40.19	<b>41.05</b>	
	rd	4 <b>Nick Bontrop</b>	HB1	39.54	<b>41.36</b>	
		<u>Samuel Gunnink</u>		<u>Nick Bontrop</u>		
		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 <b>Lieuwe ter Hoeve</b>	HB1	40.46	<b>41.76</b>	
	bl	25 <b>Niels Ott</b>	HB2	40.01	<b>41.20</b>	
		<u>Lieuwe ter Hoeve</u>		<u>Niels Ott</u>		
		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	<b>Jan Mooijman</b>		HB1	39.12	<b>40.71</b>	
	rd	37	<b>Jelmer de Winter</b>		HB2	39.62	<b>41.18</b>	
		<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	<b>Matteo van Schajik</b>		HB2	39.53	<b>41.60</b>	
	bl	30	<b>Remon Tamminga</b>		HB2	39.63	<b>41.07</b>	
		<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	<b>Alexander Boon</b>		HB1	39.56	<b>40.82</b>	
	rd	11	<b>Daan de Graaf</b>		HB1	39.62	<b>41.73</b>	
		<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	<b>Nathan Pijl</b>		HB1	38.77	<b>39.61</b>	
	bl	15	<b>Robbert-Jan van Hardeveld</b>		HB2	39.00	<b>40.77</b>	
		<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	<b>Rens Vergeer</b>		HB2	38.65	<b>40.75</b>	
	rd	9	<b>Tobias Elshof</b>		HB2	38.98	<b>41.13</b>	
		<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	<b>Sam Vermunt</b>		HB2		39.32	<b>40.91</b>
	bl	39	<b>Daan van Zwienen</b>		HB1		38.96	<b>40.57</b>
		<b>Sam Vermunt</b>			<b>Daan van Zwienen</b>			
		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	<b>Corien de Jong</b>		DB2	2:27.79	<b>2:30.93</b>	
	rd	32	<b>Floor van Schijndel</b>		DB1	2:25.31	<b>2:37.06</b>	

### Corien de Jong

300m	31.19	(31.19)
700m	1:08.89	(37.70)
1100m	1:49.52	(40.63)
1500m	2:30.93	(41.41)

### Floor van Schijndel

300m	31.27	(31.27)
700m	1:09.88	(38.61)
1100m	1:51.81	(41.93)
1500m	2:37.06	(45.25)

		Naam		Cat		PR	Tijd	Info
2	gl	27	<b>Tannika Oussoren</b>		DB2	2:19.51	<b>2:22.81</b>	
	bl	5	<b>Floortje Bregman</b>		DB1	2:22.98	<b>2:23.80</b>	

### Tannika Oussoren

300m	30.42	(30.42)
700m	1:07.00	(36.58)
1100m	1:44.35	(37.35)
1500m	2:22.81	(38.46)

### Floortje Bregman

300m	30.64	(30.64)
700m	1:06.92	(36.28)
1100m	1:45.37	(38.45)
1500m	2:23.80	(38.43)

		Naam		Cat		PR	Tijd	Info
3	wt	21	<b>Tes Leferink</b>		DB1	2:16.66	<b>2:27.04</b>	
	rd	10	<b>Mimi van Hall</b>		DB1	2:21.35	<b>2:29.00</b>	

### Tes Leferink

300m	29.88	(29.88)
700m	1:06.32	(36.44)
1100m	1:45.45	(39.13)
1500m	2:27.04	(41.59)

### Mimi van Hall

300m	30.35	(30.35)
700m	1:07.89	(37.54)
1100m	1:47.85	(39.96)
1500m	2:29.00	(41.15)

		Naam		Cat		PR	Tijd	Info
4	gl	35	<b>Isa Steegstra</b>		DB2	2:19.88	<b>2:26.72</b>	
	bl	4	<b>Janne Boos</b>		DB1	2:24.60	<b>2:28.85</b>	

### Isa Steegstra

300m	29.04	(29.04)
700m	1:04.05	(35.01)
1100m	1:44.46	(40.41)
1500m	2:26.72	(42.26)

### Janne Boos

300m	30.40	(30.40)
700m	1:06.97	(36.57)
1100m	1:46.91	(39.94)
1500m	2:28.85	(41.94)

		Naam		Cat		PR	Tijd	Info
5	wt	29 <b>Talisha Renes</b>		DB1		2:17.53	<b>2:25.03</b>	
	rd	6 <b>Noëmi De boer</b>		DB2		2:14.16	<b>2:29.33</b>	
		<b>Talisha Renes</b>			<b>Noëmi De boer</b>			
		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)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
6	gl	30 <b>Danique van Rooden</b>		DB1		2:20.60	<b>2:24.66</b>	
	bl	14 <b>Lenthe Jansen</b>		DB1		2:21.36	<b>2:26.37</b>	
		<b>Danique van Rooden</b>			<b>Lenthe Jansen</b>			
		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)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
7	wt	22 <b>Zhara Möllers</b>		DB1		2:20.13	<b>2:27.02</b>	
	rd	36 <b>Nynke Tinga</b>		DB2		2:19.11	<b>2:26.82</b>	
		<b>Zhara Möllers</b>			<b>Nynke Tinga</b>			
		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)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
8	gl	37 <b>Iris Verbeek</b>		DB1		2:16.65	<b>2:21.66</b>	
	bl	24 <b>Luna Nieuwland</b>		DB1		2:17.64	<b>2:23.93</b>	
		<b>Iris Verbeek</b>			<b>Luna Nieuwland</b>			
		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	<b>Saar Hulzebosch</b>		DB1	2:16.89	<b>2:24.85</b>	
	rd	8	<b>Dinte van Es</b>		DB1	2:18.37	<b>2:21.37</b>	
		<b>Saar Hulzebosch</b>			<b>Dinte van Es</b>			
		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	<b>Anouk Könst</b>		DB2	2:15.52	<b>2:19.58</b>	
	bl	11	<b>Lieke Hijlkema</b>		DB1	2:18.79	<b>2:26.43</b>	
		<b>Anouk Könst</b>			<b>Lieke Hijlkema</b>			
		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	<b>Valerie Vinken</b>		DB2	2:13.90	<b>2:19.71</b>	
	rd	23	<b>Melissa Mooijman</b>		DB2	2:14.80	<b>2:21.26</b>	
		<b>Valerie Vinken</b>			<b>Melissa Mooijman</b>			
		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	<b>Milou de Lange</b>		DB2	2:14.08	<b>2:20.57</b>	
	bl	40	<b>Isa van Wijhe</b>		DB2	2:12.23	<b>2:23.17</b>	
		<b>Milou de Lange</b>			<b>Isa van Wijhe</b>			
		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	<b>Fleur Smits</b>		DB1			2:14.59	<b>2:21.27</b>	
	rd	26	<b>Sharissa Oussoren</b>		DB1			2:15.50	<b>2:18.82</b>	
		<b>Fleur Smits</b>			<b>Sharissa Oussoren</b>					
		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	<b>Julia de Vos</b>		DB2			2:13.12	<b>2:18.31</b>	
	bl	28	<b>Luna van Polen</b>		DB2			2:10.09	<b>2:15.44</b>	
		<b>Julia de Vos</b>			<b>Luna van Polen</b>					
		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	<b>Cleo Elenbaas</b>		DB2			2:13.81	<b>2:22.81</b>	
	rd	2	<b>Maud Biezen</b>		DB1			2:13.58	<b>2:19.04</b>	
		<b>Cleo Elenbaas</b>			<b>Maud Biezen</b>					
		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	<b>Lieke Huizink</b>		DB1			2:10.40	<b>2:17.49</b>	
	bl	1	<b>Ilse Bierma</b>		DB1			2:11.62	<b>2:17.28</b>	
		<b>Lieke Huizink</b>			<b>Ilse Bierma</b>					
		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 <b>Robin van de Ven</b>	HB1	2:25.02	<b>2:25.59</b>	
	rd	28 <b>Kjell Slenema</b>	HB2	2:17.75	<b>2:23.59</b>	
		<b>Robin van de Ven</b>				<b>Kjell Slenema</b>
		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 <b>Twan Kuipers</b>	HB2	2:08.18	<b>2:14.48</b>	
	bl	26 <b>Kai-Arne Ottenhoff</b>	HB1	2:10.81	<b>2:09.06</b>	PR
		<b>Twan Kuipers</b>				<b>Kai-Arne Ottenhoff</b>
		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 <b>Ynze Nijland</b>	HB1	2:17.95	<b>2:29.24</b>	
	rd	10 <b>Jesper Feenstra</b>	HB2	2:15.35	<b>2:17.03</b>	
		<b>Ynze Nijland</b>				<b>Jesper Feenstra</b>
		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 <b>Robbin De Jager</b>	HB1	2:12.12	<b>2:13.93</b>	
	bl	31 <b>Roelof Timmerman</b>	HB1	2:13.51	<b>2:18.56</b>	
		<b>Robbin De Jager</b>				<b>Roelof Timmerman</b>
		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 <b>Stefan Has</b>	HB1	2:02.59	<b>2:07.15</b>	
	rd	39 <b>Daan van Zwienen</b>	HB1	2:03.96	<b>2:09.61</b>	
		<b>Stefan Has</b>			<b>Daan van Zwienen</b>	
		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 <b>Chris Berkhout</b>	HB1	2:02.73	<b>2:03.18</b>	
	bl	30 <b>Remon Tamminga</b>	HB2	2:04.43	<b>2:10.91</b>	
		<b>Chris Berkhout</b>			<b>Remon Tamminga</b>	
		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 <b>Alexander Boon</b>	HB1	2:03.46	<b>2:05.72</b>	
	rd	3 <b>Julian de Boer</b>	HB1	2:02.91	<b>2:05.10</b>	
		<b>Alexander Boon</b>			<b>Julian de Boer</b>	
		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 <b>Johan Bouwhuis</b>	HB2	2:01.60	<b>2:04.22</b>	
	bl	27 <b>Matteo van Schajik</b>	HB2	2:01.73	<b>2:06.80</b>	
		<b>Johan Bouwhuis</b>			<b>Matteo van Schajik</b>	
		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	<b>Niels Ott</b>		HB2	2:02.01		<b>DQ</b>
	rd	36	<b>Mats Westra</b>		HB1	2:01.97		<b>DQ</b>
		<b>Niels Ott</b>			<b>Mats Westra</b>			
		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	<b>Robbert-Jan van Hardeveld</b>		HB2	1:59.94		<b>2:06.54</b>
	bl	9	<b>Tobias Elshof</b>		HB2	2:01.42		<b>2:04.98</b>
		<b>Robbert-Jan van Hardeveld</b>			<b>Tobias Elshof</b>			
		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	<b>Jan Mooijman</b>		HB1	1:58.09		<b>2:03.03</b>
	rd	35	<b>Sam Vermunt</b>		HB2	2:00.82		<b>2:05.99</b>
		<b>Jan Mooijman</b>			<b>Sam Vermunt</b>			
		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	<b>Bodhi Smeele</b>		HB1	2:01.27		<b>2:04.87</b>
	bl	18	<b>Lieuwe ter Hoeve</b>		HB1	2:01.36		<b>2:07.54</b>
		<b>Bodhi Smeele</b>			<b>Lieuwe ter Hoeve</b>			
		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	<b>Nick Bontrop</b>		HB1	2:00.65	<b>2:06.89</b>	
	rd	8	<b>Vester Demoed</b>		HB2	2:01.21	<b>2:04.58</b>	
		<b>Nick Bontrop</b>			<b>Vester Demoed</b>			
		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	<b>Rens Vergeer</b>		HB2	1:59.49	<b>2:04.07</b>	
	bl	21	<b>Levi Kapp</b>		HB1	2:00.07	<b>2:06.40</b>	
		<b>Rens Vergeer</b>			<b>Levi Kapp</b>			
		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	<b>Daan de Graaf</b>		HB1	1:59.80	<b>2:07.15</b>	
	rd	37	<b>Jelmer de Winter</b>		HB2	1:59.12	<b>2:04.85</b>	
		<b>Daan de Graaf</b>			<b>Jelmer de Winter</b>			
		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	<b>Samuel Gunnink</b>		HB1	2:00.39	<b>2:04.14</b>	
	bl	40	<b>Nathan Pijl</b>		HB1	1:57.99	<b>2:02.54</b>	
		<b>Samuel Gunnink</b>			<b>Nathan Pijl</b>			
		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	<b>Ilse Bierma</b>		DB1	4:53.63		<b>4:54.06</b>	
			<b>Ilse Bierma</b>						
			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	<b>Janne Boos</b>		DB1	5:22.10		<b>5:31.92</b>	
	bl	15	<b>Corien de Jong</b>		DB2	5:07.19		<b>5:30.13</b>	
			<b>Janne Boos</b>						
			200m	22.39	(22.39)				
			600m	1:00.91	(38.52)				
			1000m	1:42.84	(41.93)				
			1400m	2:27.13	(44.29)				
			1800m	3:12.68	(45.55)				
			2200m	3:59.63	(46.95)				
			2600m	4:46.70	(47.07)				
			3000m	5:31.92	(45.22)				
			<b>Corien de Jong</b>						
			200m	22.95	(22.95)				
			600m	1:02.69	(39.74)				
			1000m	1:44.94	(42.25)				
			1400m	2:29.62	(44.68)				
			1800m	3:14.51	(44.89)				
			2200m	3:57.13	(42.62)				
			2600m	4:45.54	(48.41)				
			3000m	5:30.13	(44.59)				

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

### 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 <b>Nynke Tinga</b>	DB2	4:55.10	<b>5:07.60</b>
	bl	14 <b>Lenthe Jansen</b>	DB1	4:58.94	<b>5:06.59</b>

### 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 <b>Tes Leferink</b>		DB1		5:17.40	<b>5:19.98</b>	
	rd	13 <b>Saar Hulzebosch</b>		DB1		4:49.70	<b>5:03.12</b>	

### 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 <b>Floortje Bregman</b>		DB1		5:01.96	<b>4:59.65</b>	PR
	bl	35 <b>Isa Steegstra</b>		DB2		4:59.48	<b>5:38.14</b>	

### 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 <b>Isa van Wijhe</b>	DB2	4:50.44	<b>5:04.70</b>	
	rd	22 <b>Zhara Möllers</b>	DB1	5:16.28	<b>5:20.15</b>	

### 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 <b>Iris Verbeek</b>	DB1	5:00.18	<b>5:04.65</b>	
	bl	24 <b>Luna Nieuwland</b>	DB1	4:59.51	<b>5:06.72</b>	

### 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 <b>Lieke Hijlkema</b>	DB1	5:08.82	<b>5:17.15</b>	
	rd	30 <b>Danique van Rooden</b>	DB1	5:04.46	<b>5:05.33</b>	

### Lieke Hijlkema

200m	22.44	(22.44)
600m	1:00.54	(38.10)
1000m	1:39.78	(39.24)
1400m	2:20.68	(40.90)
1800m	3:03.15	(42.47)
2200m	3:46.30	(43.15)
2600m	4:31.99	(45.69)
3000m	5:17.15	(45.16)

### Danique van Rooden

200m	23.88	(23.88)
600m	1:02.97	(39.09)
1000m	1:42.06	(39.09)
1400m	2:22.74	(40.68)
1800m	3:03.03	(40.29)
2200m	3:44.06	(41.03)
2600m	4:24.90	(40.84)
3000m	5:05.33	(40.43)

		Naam	Cat	PR	Tijd	Info
10	gl	8 <b>Dinte van Es</b>	DB1	4:57.86	<b>5:06.56</b>	
	bl	27 <b>Tannika Oussoren</b>	DB2	5:01.48	<b>5:06.35</b>	

### Dinte van Es

200m	22.70	(22.70)
600m	59.74	(37.04)
1000m	1:38.86	(39.12)
1400m	2:19.65	(40.79)
1800m	3:01.13	(41.48)
2200m	3:42.75	(41.62)
2600m	4:24.83	(42.08)
3000m	5:06.56	(41.73)

### Tannika Oussoren

200m	22.86	(22.86)
600m	1:01.01	(38.15)
1000m	1:40.03	(39.02)
1400m	2:20.12	(40.09)
1800m	3:01.06	(40.94)
2200m	3:42.50	(41.44)
2600m	4:24.71	(42.21)
3000m	5:06.35	(41.64)

		Naam	Cat	PR	Tijd	Info
11	wt	29 <b>Talisha Renes</b>	DB1	5:09.55	<b>5:21.58</b>	
	rd	7 <b>Cleo Elenbaas</b>	DB2	4:53.25	<b>5:09.36</b>	
		<b>Talisha Renes</b>				<b>Cleo Elenbaas</b>
		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 <b>Melissa Mooijman</b>	DB2	4:46.22	<b>4:57.39</b>	
	bl	17 <b>Anouk Könst</b>	DB2	4:47.87	<b>4:56.06</b>	
		<b>Melissa Mooijman</b>				<b>Anouk Könst</b>
		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 <b>Fleur Smits</b>	DB1	5:20.71	<b>5:09.61</b>	PR	
	rd	38 <b>Valerie Vinken</b>	DB2	4:49.53	<b>5:03.00</b>		
		<b>Fleur Smits</b>			<b>Valerie Vinken</b>		
		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 <b>Sharissa Oussoren</b>	DB1	4:59.38	<b>5:01.39</b>		
	bl	19 <b>Milou de Lange</b>	DB2	4:53.52	<b>5:01.08</b>		
		<b>Sharissa Oussoren</b>			<b>Milou de Lange</b>		
		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	<b>Lieke Huizink</b>		DB1	4:44.34	<b>4:52.82</b>	
	rd	2	<b>Maud Biezen</b>		DB1	4:43.91	<b>4:50.89</b>	
		<b>Lieke Huizink</b>			<b>Maud Biezen</b>			
		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	<b>Julia de Vos</b>		DB2	4:50.83	<b>5:09.52</b>	
	bl	28	<b>Luna van Polen</b>		DB2	4:44.51	<b>4:52.07</b>	
		<b>Julia de Vos</b>			<b>Luna van Polen</b>			
		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 <b>Mats Westra</b>	HB1	4:21.18	<b>4:35.35</b>	

### 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 <b>Robin van de Ven</b>	HB1	5:11.46	<b>5:09.48</b>	PR
	bl	25 <b>Niels Ott</b>	HB2	4:18.58	<b>4:22.24</b>	

### 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 <b>Kjell Slenema</b>	HB2	4:58.04	<b>5:07.09</b>	
	rd	24 <b>Ynze Nijland</b>	HB1	5:29.55	<b>5:19.83</b>	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 <b>Jesper Feenstra</b>	HB2	4:52.56	<b>5:01.42</b>	
	bl	31 <b>Roelof Timmerman</b>	HB1	4:44.96	<b>4:45.55</b>	

### 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 <b>Robbin De Jager</b>	HB1	4:49.38	<b>4:57.00</b>	
	rd	22 <b>Twan Kuipers</b>	HB2	4:35.98	<b>4:37.75</b>	

### Robbin De Jager

200m	20.77	(20.77)
600m	55.68	(34.91)
1000m	1:33.12	(37.44)
1400m	2:12.63	(39.51)
1800m	2:53.26	(40.63)
2200m	3:34.64	(41.38)
2600m	4:16.65	(42.01)
3000m	4:57.00	(40.35)

### Twan Kuipers

200m	21.13	(21.13)
600m	55.90	(34.77)
1000m	1:31.71	(35.81)
1400m	2:08.95	(37.24)
1800m	2:45.94	(36.99)
2200m	3:23.28	(37.34)
2600m	4:00.51	(37.23)
3000m	4:37.75	(37.24)

		Naam	Cat	PR	Tijd	Info
6	gl	16 <b>Stefan Has</b>	HB1	4:15.11	<b>4:22.83</b>	
	bl	26 <b>Kai-Arne Ottenhoff</b>	HB1	4:32.39	<b>4:35.22</b>	

### Stefan Has

200m	20.36	(20.36)
600m	53.19	(32.83)
1000m	1:27.25	(34.06)
1400m	2:02.12	(34.87)
1800m	2:36.80	(34.68)
2200m	3:11.82	(35.02)
2600m	3:47.14	(35.32)
3000m	4:22.83	(35.69)

### Kai-Arne Ottenhoff

200m	20.15	(20.15)
600m	53.17	(33.02)
1000m	1:27.88	(34.71)
1400m	2:03.48	(35.60)
1800m	2:40.18	(36.70)
2200m	3:18.03	(37.85)
2600m	3:56.66	(38.63)
3000m	4:35.22	(38.56)

		Naam	Cat	PR	Tijd	Info
7	wt	30 <b>Remon Tamminga</b>	HB2	4:54.61	<b>4:46.88</b>	PR
	rd	21 <b>Levi Kapp</b>	HB1	4:16.82	<b>4:31.36</b>	

### Remon Tamminga

200m	20.02	(20.02)
600m	53.78	(33.76)
1000m	1:28.69	(34.91)
1400m	2:05.27	(36.58)
1800m	2:44.37	(39.10)
2200m	3:24.86	(40.49)
2600m	4:06.58	(41.72)
3000m	4:46.88	(40.30)

### Levi Kapp

200m	20.16	(20.16)
600m	53.58	(33.42)
1000m	1:28.08	(34.50)
1400m	2:03.43	(35.35)
1800m	2:39.34	(35.91)
2200m	3:16.74	(37.40)
2600m	3:54.00	(37.26)
3000m	4:31.36	(37.36)

		Naam	Cat	PR	Tijd	Info
8	gl	11 <b>Daan de Graaf</b>	HB1	4:24.60	<b>4:33.20</b>	
	bl	18 <b>Lieuwe ter Hoeve</b>	HB1	4:22.28	<b>4:28.91</b>	

### Daan de Graaf

200m	20.27	(20.27)
600m	53.04	(32.77)
1000m	1:27.21	(34.17)
1400m	2:02.32	(35.11)
1800m	2:38.92	(36.60)
2200m	3:16.25	(37.33)
2600m	3:54.77	(38.52)
3000m	4:33.20	(38.43)

### Lieuwe ter Hoeve

200m	20.25	(20.25)
600m	53.14	(32.89)
1000m	1:27.78	(34.64)
1400m	2:03.25	(35.47)
1800m	2:38.88	(35.63)
2200m	3:15.32	(36.44)
2600m	3:51.93	(36.61)
3000m	4:28.91	(36.98)

		Naam			Cat	PR	Tijd	Info
9	wt	6	<b>Johan Bouwhuis</b>		HB2	4:14.38	<b>4:21.82</b>	
	rd	27	<b>Matteo van Schajik</b>		HB2	4:22.54	<b>4:34.02</b>	
		<b>Johan Bouwhuis</b>			<b>Matteo van Schajik</b>			
		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	<b>Vester Demoed</b>		HB2	4:16.94	<b>4:24.82</b>	
	bl	4	<b>Nick Bontrop</b>		HB1	4:23.68	<b>4:33.28</b>	
		<b>Vester Demoed</b>			<b>Nick Bontrop</b>			
		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 <b>Bodhi Smeele</b>	HB1	4:14.37	<b>4:27.14</b>	
	rd	3 <b>Julian de Boer</b>	HB1	4:24.37	<b>4:27.30</b>	
		<b>Bodhi Smeele</b>				<b>Julian de Boer</b>
		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 <b>Sam Vermunt</b>	HB2	4:22.51	<b>4:31.41</b>	
	bl	15 <b>Robbert-Jan van Hardeveld</b>	HB2	4:17.82	<b>4:29.44</b>	
		<b>Sam Vermunt</b>				<b>Robbert-Jan van Hardeveld</b>
		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 <b>Jelmer de Winter</b>			HB2	4:23.37	<b>4:30.04</b>	
	rd	2 <b>Chris Berkhout</b>			HB1	4:13.63	<b>4:20.01</b>	
		<b>Jelmer de Winter</b>			<b>Chris Berkhout</b>			
		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 <b>Alexander Boon</b>			HB1	4:24.49	<b>4:37.40</b>	
	bl	9 <b>Tobias Elshof</b>			HB2	4:17.07	<b>4:29.35</b>	
		<b>Alexander Boon</b>			<b>Tobias Elshof</b>			
		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 <b>Rens Vergeer</b>	HB2	4:17.74	<b>4:28.41</b>	
	rd	12 <b>Samuel Gunnink</b>	HB1	4:18.69	<b>4:32.86</b>	
		<b>Rens Vergeer</b>			<b>Samuel Gunnink</b>	
		200m	20.72 (20.72)	200m	20.82 (20.82)	
		600m	54.20 (33.48)	600m	55.04 (34.22)	
		1000m	1:28.65 (34.45)	1000m	1:30.07 (35.03)	
		1400m	2:02.92 (34.27)	1400m	2:06.03 (35.96)	
		1800m	2:37.56 (34.64)	1800m	2:42.15 (36.12)	
		2200m	3:12.87 (35.31)	2200m	3:18.49 (36.34)	
		2600m	3:50.05 (37.18)	2600m	3:54.93 (36.44)	
		3000m	4:28.41 (38.36)	3000m	4:32.86 (37.93)	

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