

International Thialf Race

Thialf - Heerenveen
23 and 24 September 2023

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	98 Sven Kemp	HN4	60	I	36.29		
2	23 Gijs Kamp	HN1	62	I	36.32	PB	
3	40 Ties van Seumeren	HA2	51	O	36.62	PB	
4	71 Allan Dahl Johansson	HSA	59	I	36.64		
5	37 Niklas Reinders	HA2	61	O	36.70		
6	42 Johan Talsma	HA2	61	I	36.71		
7	19 Swen Halferkamps	HA2	57	I	36.78	PB	
8	96 Jim Dhore	HSA	60	O	36.79		
9	209 Mats van den Bos	HA2	62	O	36.93		
10	39 Thom Rooijackers	HN1	54	I	37.15	PB	
11	57 Yanick de Hoogd	HA2	56	I	37.22	PB	
12	54 Tijs van Gennip	HA1	52	I	37.26	PB	
	31 Jesper van Mieghem	HA2	56	O	37.26	PB	
14	35 Nathan Pijl	HB2	48	O	37.33	PB	
15	26 Niels de Kruijk	HA1	59	O	37.39		
16	3 Max Bergsma	HN1	58	I	37.40		
17	1 Stijn Beekelaar	HN1	57	O	37.45		
18	7 Bryant Boogert	HA2	54	O	37.58		
19	60 Tygo Kompier	HA1	47	I	37.63	PB	
20	24 Jelle Koeleman	HN1	50	O	37.70	PB	
21	2 Mats Bendijk	HA1	58	O	37.86		
22	43 Floris van Velsen	HA1	52	O	37.87		
23	121 Matthé Pronk	HN1	49	I	37.92	PB	
24	12 Geophrey Coenraad	HB2	50	I	37.96	PB	
25	4 Arjen Boersma	HB2	46	O	38.03	PB	
26	49 Yoeri van Bostelen	HA2	53	I	38.10		
27	61 Mathijs Molenaar	HA1	55	O	38.11		
28	79 Twan Kok	HN4	55	I	38.28		
29	53 Jort de Gans	HA2	49	O	38.31		
30	6 Joël Bom	HA2	45	I	38.41	PB	
31	77 Simcha Kruithof	HN1	45	O	38.70		
32	97 Daan van Zwienen	HB2	42	O	38.73	PB	
33	85 Wester Landman	HN2	44	I	38.80		
34	88 Mark Withagen	HA2	40	O	38.81		
35	111 Jelmer Hendriks	HN2	51	I	38.99		
36	52 Rinse Franken	HA1	46	I	39.08		
37	64 Eise van Schijndel	HA1	43	O	39.14		
38	84 Sylvian Hoogeveen	HA2	42	I	39.18		

Referee: Jan Depping (heren) / Miriam Kuiper (dames)

Assistant: Miriam Kuipers (heren) / Jan Depping (dames)

Starter: André de Vries (heren) / Michel Boelsma (dames)

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	16 Edsger van Felius	HB2	39	I	39.19		
40	28 Jasper van der Marel	HA2	39	O	39.47		
41	86 Daan Ridder	HA1	41	O	39.53		
42	29 Tsjerk van der Meer	HB1	41	I	39.59		
43	95 Thijs Wiersma	HB1	36	I	39.63		
44	70 Mats Westra	HB2	37	I	39.70		
45	66 Bodhi Smeele	HB2	37	O	39.75		
46	66 Sacha vander Weide	DN3	26	I	39.94		
47	62 Kai-Arne Ottenhoff	HB2	34	O	40.02	PB	
48	17 Jillian Knook	DA2	25	O	40.04	PB	
49	11 Lotte Groenen	DA2	24	O	40.05		
50	112 Jonas Bakker	HB2	40	I	40.16		
51	92 Niek Bijma	HB1	38	I	40.19		
52	56 Samuel Gunnink	HB2	36	O	40.38		
53	28 Meike Veen	DA2	24	I	40.48		
54	91 Nick Bontrop	HB2	38	O	40.54		
55	64 Romée Ebbinge	DSA	26	O	40.56		
56	32 Sanne Westra	DN2	25	I	40.61		
57	52 Sterre van Schaik	DA2	18	O	40.88	PB	
58	4 Sofie Bouw	DA2	23	O	40.99		
59	87 Taeke Jongbloed	HB1	35	I	41.07	PB	
60	23 Isa Leroy	DA1	23	I	41.08	PB	
61	30 Rosalie van Vliet	DA1	22	O	41.36		
62	11 Jesse van Buren	HB2	35	O	41.40		
63	39 Jet Fransen	DA2	15	O	41.42	PB	
64	10 Marika de Glee	DB2	21	O	41.46		
65	106 Martim José Coelho Vieira	HB1	34	I	41.54	PB	
66	20 Patricia Koot	DA2	22	I	41.58		
67	22 Milou de Lange	DA1	17	O	41.62	PB	
68	18 Maaïke Koelewijn	DB2	11	I	41.79	PB	
69	69 Sietske van der Meer	DN1	15	I	41.86		
70	3 Janna Bolsius	DA2	17	I	41.88		
71	25 Sanne Oosterwijk	DA2	21	I	41.89		
72	8 Vera van Ditshuizen	DN2	12	O	41.96	PB	
73	27 Jildou Schaaf	DN1	18	I	42.06		
74	46 Elbrich Nicolay	DA1	13	I	42.17	PB	
75	29 Jasmijn Veenhuis	DB2	20	I	42.34		
76	55 Elanne de Vries	DA1	19	I	42.43		
77	51 Susanne Prins	DA2	9	I	42.51	PB	

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
78	68 Lianne van Gammeren	DA1	20	O	42.62		
79	63 Jasmijn Soet	DN1	10	O	42.80		
80	60 Tosca Mulder	DN1	11	O	42.89		
81	71 Liotte Smits	DN4	8	I	42.93		
82	47 Emma Noz	DA2	14	O	42.97		
83	26 Evi de Ruijter	DB2	16	I	43.01		
84	35 Tijn Borst	DA1	16	O	43.05		
85	2 Maud Biezen	DB2	12	I	43.08		
86	37 Britt Breider	DB2	14	I	43.12		
87	48 Sharissa Oussoren	DB2	10	I	43.36		
	54 Fleur Smits	DB2	13	O	43.36		
89	40 Quinty Hersi	DB1	9	O	43.43		
90	109 Manuel Morgado Piteira	HB1	32	I	43.45	PB	
91	12 Sara ter Hart	DB2	7	I	43.69		
92	19 Emma Kole	DN1	6	I	43.79		
93	1 Ilse Bierma	DB2	7	O	43.83		
94	33 Ymke Wubben	DB1	6	O	44.29		
95	105 Tiago Amores Monteiro	HA1	33	O	44.49		
96	119 João da Silva Martins	HA1	27	I	44.62		
97	120 Afonso Silva Neto	HB1	29	O	44.77		
98	108 Tiago Filipe Calado Mestre	HB1	30	I	45.06	PB	
99	16 Maud Kempenaar	DB1	8	O	45.49		
100	73 Melle Boeijen	DB2	4	O	45.52		
101	58 Amber Koetsier	DB1	3	I	45.68		
102	36 Floortje Bregman	DB2	3	O	46.16		
103	117 Cian Ryan Cascão	HB2	63	I	46.37	RS	
104	79 Maria Procópio Dias	DC2	4	I	46.40		
105	65 Isa Oudenes	DB1	5	O	46.41		
106	115 Pedro Parker Brito	HB2	30	O	46.50		
107	76 Leonor Almodôvar Ladeira	DB1	2	I	47.21	PB	
108	116 Diogo da Silva Silveira	HA1	32	O	48.34		
109	77 Clara Correia Cruz Pereira	DB1	2	O	48.62		
110	75 Ana Rita Andrade De Freitas	DB2	1	I	51.92	PB	
111	78 Matilde Sofia Oliveira Ferreira	DB1	5	I	52.34		
	118 Filipe Castanheira Loureiro	HB1	29	I	DNF		
	27 Berend Lange	HB1	43	I	DNF		
	41 Sem Spruit	HB1	47	O	DNF		
	9 Janine Garretsen	DB2	19	O	DQ		
	107 João Afonso Calado Dias	HA1	31	O	DQ		

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Pos	Name	Cat	Pair	Lane	Time Info	Points
50	Chris Brommersma	HA2	33	I	DQ	
110	Colin Breed	HB2	44	O	DQ	
33	Tom Nijdam	HN1	48	I	DQ	
30	Rick Meijer	HN2	53	O	DQ	

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	Name	Cat	PB	Time	Info
1	wt rd	75 Ana Rita Andrade De Freitas	DB2	52.23	51.92 PB
	Ana Rita Andrade De Freitas				
	100m	13.68 (13.68)		m	
	500m	51.92 (38.24)			

	Name	Cat	PB	Time	Info
2	yw bl	76 Leonor Almodôvar Ladeira	DB1	47.48	47.21 PB
		77 Clara Correia Cruz Pereira	DB1		48.62
	Leonor Almodôvar Ladeira				
	100m	12.45 (12.45)		100m	13.33 (13.33)
	500m	47.21 (34.76)		500m	48.62 (35.29)

	Name	Cat	PB	Time	Info
3	wt rd	58 Amber Koetsier	DB1	45.10	45.68
		36 Floortje Bregman	DB2	44.99	46.16
	Amber Koetsier				
	100m	12.40 (12.40)		100m	12.60 (12.60)
	500m	45.68 (33.28)		500m	46.16 (33.56)

	Name	Cat	PB	Time	Info
4	yw bl	79 Maria Procópio Dias	DC2		46.40
		73 Melle Boeijen	DB2	44.06	45.52
	Maria Procópio Dias				
	100m	12.40 (12.40)		100m	12.15 (12.15)
	500m	46.40 (34.00)		500m	45.52 (33.37)

	Name	Cat	PB	Time	Info
5	wt rd	78 Matilde Sofia Oliveira Ferreira	DB1		52.34
		65 Isa Oudenes	DB1	44.76	46.41
	Matilde Sofia Oliveira Ferreira				
	100m	13.70 (13.70)		100m	12.46 (12.46)
	500m	52.34 (38.64)		500m	46.41 (33.95)

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		Name		Cat		PB		Time	Info
6	yw	19	Emma Kole		DN1		42.93	43.79	
	bl	33	Ymke Wubben		DB1		43.29	44.29	
		Emma Kole			Ymke Wubben				
		100m	12.31	(12.31)	100m	12.49	(12.49)		
		500m	43.79	(31.48)	500m	44.29	(31.80)		

		Name		Cat		PB		Time	Info
7	wt	12	Sara ter Hart		DB2		43.14	43.69	
	rd	1	Ilse Bierma		DB2		43.18	43.83	
		Sara ter Hart			Ilse Bierma				
		100m	12.22	(12.22)	100m	12.20	(12.20)		
		500m	43.69	(31.47)	500m	43.83	(31.63)		

		Name		Cat		PB		Time	Info
8	yw	71	Liotte Smits		DN4		42.17	42.93	
	bl	16	Maud Kempenaar		DB1		43.51	45.49	
		Liotte Smits			Maud Kempenaar				
		100m	12.02	(12.02)	100m	12.76	(12.76)		
		500m	42.93	(30.91)	500m	45.49	(32.73)		

		Name		Cat		PB		Time	Info
9	wt	51	Susanne Prins		DA2		42.57	42.51	PB
	rd	40	Quinty Hersi		DB1		42.70	43.43	
		Susanne Prins			Quinty Hersi				
		100m	11.88	(11.88)	100m	11.48	(11.48)		
		500m	42.51	(30.63)	500m	43.43	(31.95)		

		Name		Cat		PB		Time	Info
10	yw	48	Sharissa Oussoren		DB2		42.70	43.36	
	bl	63	Jasmijn Soet		DN1		42.37	42.80	
		Sharissa Oussoren			Jasmijn Soet				
		100m	11.86	(11.86)	100m	11.72	(11.72)		
		500m	43.36	(31.50)	500m	42.80	(31.08)		

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		Name		Cat		PB		Time	Info
11	wt	18	Maaïke Koelewijn		DB2	42.44		41.79	PB
	rd	60	Tosca Mulder		DN1	42.46		42.89	
		Maaïke Koelewijn			Tosca Mulder				
		100m	11.81	(11.81)	100m	12.13	(12.13)		
		500m	41.79	(29.98)	500m	42.89	(30.76)		
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		Name		Cat		PB		Time	Info
12	yw	2	Maud Biezen		DB2	42.33		43.08	
	bl	8	Vera van Ditshuizen		DN2	42.15		41.96	PB
		Maud Biezen			Vera van Ditshuizen				
		100m	11.93	(11.93)	100m	11.69	(11.69)		
		500m	43.08	(31.15)	500m	41.96	(30.27)		
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		Name		Cat		PB		Time	Info
13	wt	46	Elbrich Nicolay		DA1	42.27		42.17	PB
	rd	54	Fleur Smits		DB2	42.14		43.36	
		Elbrich Nicolay			Fleur Smits				
		100m	11.80	(11.80)	100m	12.01	(12.01)		
		500m	42.17	(30.37)	500m	43.36	(31.35)		
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		Name		Cat		PB		Time	Info
14	yw	37	Britt Breider		DB2	42.37		43.12	
	bl	47	Emma Noz		DA2	42.25		42.97	
		Britt Breider			Emma Noz				
		100m	11.94	(11.94)	100m	11.93	(11.93)		
		500m	43.12	(31.18)	500m	42.97	(31.04)		
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		Name		Cat		PB		Time	Info
15	wt	69	Sietske van der Meer		DN1	41.83		41.86	
	rd	39	Jet Fransen		DA2	41.76		41.42	PB
		Sietske van der Meer			Jet Fransen				
		100m	11.54	(11.54)	100m	11.77	(11.77)		
		500m	41.86	(30.32)	500m	41.42	(29.65)		

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		Name		Cat		PB		Time	Info
16	yw	26	Evi de Ruijter		DB2		41.92	43.01	
	bl	35	Tijn Borst		DA1		42.08	43.05	
		Evi de Ruijter			Tijn Borst				
		100m	11.99	(11.99)	100m	11.98	(11.98)		
		500m	43.01	(31.02)	500m	43.05	(31.07)		
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		Name		Cat		PB		Time	Info
17	wt	3	Janna Bolsius		DA2		41.81	41.88	
	rd	22	Milou de Lange		DA1		42.09	41.62	PB
		Janna Bolsius			Milou de Lange				
		100m	11.59	(11.59)	100m	11.85	(11.85)		
		500m	41.88	(30.29)	500m	41.62	(29.77)		
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		Name		Cat		PB		Time	Info
18	yw	27	Jildou Schaaf		DN1		40.70	42.06	
	bl	52	Sterre van Schaik		DA2		41.55	40.88	PB
		Jildou Schaaf			Sterre van Schaik				
		100m	11.94	(11.94)	100m	11.17	(11.17)		
		500m	42.06	(30.12)	500m	40.88	(29.71)		
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		Name		Cat		PB		Time	Info
19	wt	55	Elanne de Vries		DA1		41.47	42.43	
	rd	9	Janine Garretsen		DB2		41.57	DQ	
		Elanne de Vries			Janine Garretsen				
		100m	11.72	(11.72)					
		500m	42.43	(30.71)					
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		Name		Cat		PB		Time	Info
20	yw	29	Jasmijn Veenhuis		DB2		41.34	42.34	
	bl	68	Lianne van Gammeren		DA1		41.69	42.62	
		Jasmijn Veenhuis			Lianne van Gammeren				
		100m	11.88	(11.88)	100m	11.56	(11.56)		
		500m	42.34	(30.46)	500m	42.62	(31.06)		

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		Name	Cat	PB	Time	Info
21	wt	25 Sanne Oosterwijk	DA2	41.28	41.89	
	rd	10 Marika de Glee	DB2	41.28	41.46	
		Sanne Oosterwijk				
		100m	11.58 (11.58)			
		500m	41.89 (30.31)			
		Marika de Glee				
		100m	11.52 (11.52)			
		500m	41.46 (29.94)			
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		Name	Cat	PB	Time	Info
22	yw	20 Patricia Koot	DA2	41.18	41.58	
	bl	30 Rosalie van Vliet	DA1	40.86	41.36	
		Patricia Koot				
		100m	11.57 (11.57)			
		500m	41.58 (30.01)			
		Rosalie van Vliet				
		100m	11.39 (11.39)			
		500m	41.36 (29.97)			
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		Name	Cat	PB	Time	Info
23	wt	23 Isa Leroy	DA1	41.29	41.08	PB
	rd	4 Sofie Bouw	DA2	40.72	40.99	
		Isa Leroy				
		100m	11.38 (11.38)			
		500m	41.08 (29.70)			
		Sofie Bouw				
		100m	11.31 (11.31)			
		500m	40.99 (29.68)			
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		Name	Cat	PB	Time	Info
24	yw	28 Meike Veen	DA2	40.19	40.48	
	bl	11 Lotte Groenen	DA2	39.49	40.05	
		Meike Veen				
		100m	11.60 (11.60)			
		500m	40.48 (28.88)			
		Lotte Groenen				
		100m	11.06 (11.06)			
		500m	40.05 (28.99)			
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		Name	Cat	PB	Time	Info
25	wt	32 Sanne Westra	DN2	40.54	40.61	
	rd	17 Jillian Knook	DA2	40.63	40.04	PB
		Sanne Westra				
		100m	11.36 (11.36)			
		500m	40.61 (29.25)			
		Jillian Knook				
		100m	11.02 (11.02)			
		500m	40.04 (29.02)			

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		Name		Cat		PB	Time	Info
26	yw	66	Sacha vander Weide		DN3	38.99	39.94	
	bl	64	Roméé Ebbinge		DSA	40.30	40.56	
		Sacha vander Weide			Roméé Ebbinge			
		100m	10.86	(10.86)	100m	11.40	(11.40)	
		500m	39.94	(29.08)	500m	40.56	(29.16)	

		Name		Cat		PB	Time	Info
27	wt	119	João da Silva Martins		HA1		44.62	
	rd							
		João da Silva Martins						
		100m	11.68	(11.68)	m			
		500m	44.62	(32.94)				

		Name		Cat		PB	Time	Info
28	yw							
	bl							

		Name		Cat		PB	Time	Info
29	wt	118	Filipe Castanheira Loureiro		HB1		DNF	
	rd	120	Afonso Silva Neto		HB1		44.77	
		Filipe Castanheira Loureiro			Afonso Silva Neto			
		100m	12.35	(12.35)	100m	11.37	(11.37)	
					500m	44.77	(33.40)	

		Name		Cat		PB	Time	Info
30	yw	108	Tiago Filipe Calado Mestre		HB1	46.47	45.06	PB
	bl	115	Pedro Parker Brito		HB2		46.50	
		Tiago Filipe Calado Mestre			Pedro Parker Brito			
		100m	12.72	(12.72)	100m	12.42	(12.42)	
		500m	45.06	(32.34)	500m	46.50	(34.08)	

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		Name	Cat	PB	Time	Info
31	wt	117 Cian Ryan Cascão	HB2		47.65	
	rd	107 João Afonso Calado Dias	HA1	42.69	DQ	
		Cian Ryan Cascão		João Afonso Calado Dias		
		100m	12.51 (12.51)	100m	11.79 (11.79)	
		500m	47.65 (35.14)			

		Name	Cat	PB	Time	Info
32	yw	109 Manuel Morgado Piteira	HB1	46.57	43.45	PB
	bl	116 Diogo da Silva Silveira	HA1		48.34	
		Manuel Morgado Piteira		Diogo da Silva Silveira		
		100m	11.53 (11.53)	100m	11.81 (11.81)	
		500m	43.45 (31.92)	500m	48.34 (36.53)	

		Name	Cat	PB	Time	Info
33	wt	50 Chris Brommersma	HA2	40.13	DQ	
	rd	105 Tiago Amores Monteiro	HA1	42.28	44.49	
		Chris Brommersma		Tiago Amores Monteiro		
		100m	11.10 (11.10)	100m	11.50 (11.50)	
				500m	44.49 (32.99)	

		Name	Cat	PB	Time	Info
34	yw	106 Martim José Coelho Vieira	HB1	42.94	41.54	PB
	bl	62 Kai-Arne Ottenhoff	HB2	41.60	40.02	PB
		Martim José Coelho Vieira		Kai-Arne Ottenhoff		
		100m	11.41 (11.41)	100m	11.30 (11.30)	
		500m	41.54 (30.13)	500m	40.02 (28.72)	

		Name	Cat	PB	Time	Info
35	wt	87 Taeke Jongbloed	HB1	41.36	41.07	PB
	rd	11 Jesse van Buren	HB2	40.70	41.40	
		Taeke Jongbloed		Jesse van Buren		
		100m	11.42 (11.42)	100m	11.43 (11.43)	
		500m	41.07 (29.65)	500m	41.40 (29.97)	

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		Name		Cat		PB		Time	Info
36	yw	95	Thijs Wiersma		HB1		39.63	39.63	
	bl	56	Samuel Gunnink		HB2		40.06	40.38	
		Thijs Wiersma			Samuel Gunnink				
		100m	11.36	(11.36)	100m	11.31	(11.31)		
		500m	39.63	(28.27)	500m	40.38	(29.07)		

		Name		Cat		PB		Time	Info
37	wt	70	Mats Westra		HB2		39.47	39.70	
	rd	66	Bodhi Smeele		HB2		39.74	39.75	
		Mats Westra			Bodhi Smeele				
		100m	10.85	(10.85)	100m	11.05	(11.05)		
		500m	39.70	(28.85)	500m	39.75	(28.70)		

		Name		Cat		PB		Time	Info
38	yw	92	Niek Bijma		HB1		39.59	40.19	
	bl	91	Nick Bontrop		HB2		39.54	40.54	
		Niek Bijma			Nick Bontrop				
		100m	10.90	(10.90)	100m	11.13	(11.13)		
		500m	40.19	(29.29)	500m	40.54	(29.41)		

		Name		Cat		PB		Time	Info
39	wt	16	Edsger van Felius		HB2		39.06	39.19	
	rd	28	Jasper van der Marel		HA2		39.13	39.47	
		Edsger van Felius			Jasper van der Marel				
		100m	10.97	(10.97)	100m	11.32	(11.32)		
		500m	39.19	(28.22)	500m	39.47	(28.15)		

		Name		Cat		PB		Time	Info
40	yw	112	Jonas Bakker		HB2		39.34	40.16	
	bl	88	Mark Withagen		HA2		38.39	38.81	
		Jonas Bakker			Mark Withagen				
		100m	10.91	(10.91)	100m	10.89	(10.89)		
		500m	40.16	(29.25)	500m	38.81	(27.92)		

International Thialf Race

Thialf - Heerenveen
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		Name		Cat		PB		Time	Info
41	wt	29	Tsjerk van der Meer		HB1		39.18	39.59	
	rd	86	Daan Ridder		HA1		39.41	39.53	
		Tsjerk van der Meer			Daan Ridder				
		100m	11.22	(11.22)	100m	11.10	(11.10)		
		500m	39.59	(28.37)	500m	39.53	(28.43)		

		Name		Cat		PB		Time	Info
42	yw	84	Sylvian Hoogeveen		HA2		38.94	39.18	
	bl	97	Daan van Zwienen		HB2		38.96	38.73	PB
		Sylvian Hoogeveen			Daan van Zwienen				
		100m	10.97	(10.97)	100m	10.58	(10.58)		
		500m	39.18	(28.21)	500m	38.73	(28.15)		

		Name		Cat		PB		Time	Info
43	wt	27	Berend Lange		HB1		38.59	DNF	
	rd	64	Eise van Schijndel		HA1		38.93	39.14	
		Berend Lange			Eise van Schijndel				
		100m	11.22	(11.22)	100m	10.97	(10.97)		
					500m	39.14	(28.17)		

		Name		Cat		PB		Time	Info
44	yw	85	Wester Landman		HN2		38.77	38.80	
	bl	110	Colin Breed		HB2		38.59	DQ	
		Wester Landman			Colin Breed				
		100m	10.99	(10.99)					
		500m	38.80	(27.81)					

		Name		Cat		PB		Time	Info
45	wt	6	Joël Bom		HA2		38.58	38.41	PB
	rd	77	Simcha Kruithof		HN1		38.46	38.70	
		Joël Bom			Simcha Kruithof				
		100m	10.98	(10.98)	100m	10.58	(10.58)		
		500m	38.41	(27.43)	500m	38.70	(28.12)		

International Thialf Race

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		Name	Cat	PB	Time	Info
46	yw	52 Rinse Franken	HA1	38.52	39.08	
	bl	4 Arjen Boersma	HB2	38.15	38.03	PB
		<u>Rinse Franken</u>		<u>Arjen Boersma</u>		
		100m 11.01 (11.01)		100m 10.49 (10.49)		
		500m 39.08 (28.07)		500m 38.03 (27.54)		
		Name	Cat	PB	Time	Info
47	wt	60 Tygo Kompier	HA1	38.29	37.63	PB
	rd	41 Sem Spruit	HB1	38.38	DNF	
		<u>Tygo Kompier</u>		<u>Sem Spruit</u>		
		100m 10.55 (10.55)		100m 10.87 (10.87)		
		500m 37.63 (27.08)				
		Name	Cat	PB	Time	Info
48	yw	33 Tom Nijdam	HN1	38.08	DQ	
	bl	35 Nathan Pijl	HB2	37.98	37.33	PB
		<u>Tom Nijdam</u>		<u>Nathan Pijl</u>		
		100m 10.83 (10.83)		100m 10.37 (10.37)		
		500m 38.63 (27.80)		500m 37.33 (26.96)		
		Name	Cat	PB	Time	Info
49	wt	121 Matthé Pronk	HN1	38.21	37.92	PB
	rd	53 Jort de Gans	HA2	37.92	38.31	
		<u>Matthé Pronk</u>		<u>Jort de Gans</u>		
		100m 10.76 (10.76)		100m 10.79 (10.79)		
		500m 37.92 (27.16)		500m 38.31 (27.52)		
		Name	Cat	PB	Time	Info
50	yw	12 Geophrey Coenraad	HB2	38.08	37.96	PB
	bl	24 Jelle Koeleman	HN1	37.90	37.70	PB
		<u>Geophrey Coenraad</u>		<u>Jelle Koeleman</u>		
		100m 10.36 (10.36)		100m 10.30 (10.30)		
		500m 37.96 (27.60)		500m 37.70 (27.40)		

International Thialf Race

Thialf - Heerenveen
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		Name		Cat		PB	Time	Info
51	wt	111	Jelmer Hendriks		HN2		37.74	38.99
	rd	40	Ties van Seumeren		HA2		37.66	36.62 PB
		Jelmer Hendriks			Ties van Seumeren			
		100m	10.63	(10.63)	100m	10.31	(10.31)	
		500m	38.99	(28.36)	500m	36.62	(26.31)	
<hr/>								
		Name		Cat		PB	Time	Info
52	yw	54	Tijs van Gennip		HA1		37.90	37.26 PB
	bl	43	Floris van Velsen		HA1		37.53	37.87
		Tijs van Gennip			Floris van Velsen			
		100m	10.46	(10.46)	100m	10.63	(10.63)	
		500m	37.26	(26.80)	500m	37.87	(27.24)	
<hr/>								
		Name		Cat		PB	Time	Info
53	wt	49	Yoeri van Bostelen		HA2		37.90	38.10
	rd	30	Rick Meijer		HN2		37.60	DQ
		Yoeri van Bostelen			Rick Meijer			
		100m	10.75	(10.75)				
		500m	38.10	(27.35)				
<hr/>								
		Name		Cat		PB	Time	Info
54	yw	39	Thom Rooijackers		HN1		37.18	37.15 PB
	bl	7	Bryant Boogert		HA2		37.06	37.58
		Thom Rooijackers			Bryant Boogert			
		100m	10.37	(10.37)	100m	10.46	(10.46)	
		500m	37.15	(26.78)	500m	37.58	(27.12)	
<hr/>								
		Name		Cat		PB	Time	Info
55	wt	79	Twan Kok		HN4		37.48	38.28
	rd	61	Mathijs Molenaar		HA1		37.38	38.11
		Twan Kok			Mathijs Molenaar			
		100m	10.34	(10.34)	100m	10.56	(10.56)	
		500m	38.28	(27.94)	500m	38.11	(27.55)	

International Thialf Race

Thialf - Heerenveen
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		Name		Cat		PB		Time	Info
56	yw	57	Yanick de Hoogd		HA2		37.47	37.22	PB
	bl	31	Jesper van Mieghem		HA2		37.43	37.26	PB
		Yanick de Hoogd			Jesper van Mieghem				
		100m	10.35	(10.35)	100m	10.39	(10.39)		
		500m	37.22	(26.87)	500m	37.26	(26.87)		
<hr/>									
		Name		Cat		PB		Time	Info
57	wt	19	Swen Halferkamps		HA2		37.02	36.78	PB
	rd	1	Stijn Beekelaar		HN1		37.03	37.45	
		Swen Halferkamps			Stijn Beekelaar				
		100m	10.23	(10.23)	100m	10.46	(10.46)		
		500m	36.78	(26.55)	500m	37.45	(26.99)		
<hr/>									
		Name		Cat		PB		Time	Info
58	yw	3	Max Bergsma		HN1		36.89	37.40	
	bl	2	Mats Bendijk		HA1		36.65	37.86	
		Max Bergsma			Mats Bendijk				
		100m	10.23	(10.23)	100m	10.70	(10.70)		
		500m	37.40	(27.17)	500m	37.86	(27.16)		
<hr/>									
		Name		Cat		PB		Time	Info
59	wt	71	Allan Dahl Johansson		HSA		35.82	36.64	
	rd	26	Niels de Kruijk		HA1		37.04	37.39	
		Allan Dahl Johansson			Niels de Kruijk				
		100m	10.65	(10.65)	100m	10.44	(10.44)		
		500m	36.64	(25.99)	500m	37.39	(26.95)		
<hr/>									
		Name		Cat		PB		Time	Info
60	yw	98	Sven Kemp		HN4		35.82	36.29	
	bl	96	Jim Dhore		HSA		35.79	36.79	
		Sven Kemp			Jim Dhore				
		100m	10.07	(10.07)	100m	9.91	(9.91)		
		500m	36.29	(26.22)	500m	36.79	(26.88)		

International Thialf Race

Thialf - Heerenveen
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		Name			Cat			PB	Time	Info
61	wt	42	Johan Talsma		HA2			36.50	36.71	
	rd	37	Niklas Reinders		HA2			36.52	36.70	
		Johan Talsma			Niklas Reinders					
		100m	10.14	(10.14)	100m	10.52	(10.52)			
		500m	36.71	(26.57)	500m	36.70	(26.18)			
<hr/>										
		Name			Cat			PB	Time	Info
62	yw	23	Gijs Kamp		HN1			36.40	36.32	PB
	bl	209	Mats van den Bos		HA2			36.20	36.93	
		Gijs Kamp			Mats van den Bos					
		100m	10.05	(10.05)	100m	10.19	(10.19)			
		500m	36.32	(26.27)	500m	36.93	(26.74)			
<hr/>										
		Name			Cat			PB	Time	Info
63	wt	117	Cian Ryan Cascão		HB2				46.37	RS
	rd	105	Tiago Amores Monteiro		HA1			42.28	44.60	RS
		Cian Ryan Cascão			Tiago Amores Monteiro					
		100m	12.57	(12.57)	100m	11.44	(11.44)			
		500m	46.37	(33.80)	500m	44.60	(33.16)			

International Thialf Race

Thialf - Heerenveen
23 and 24 September 2023

2. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	18 Michiel de Groot	HA2	40	I	1:51.17	PB	
2	40 Ties van Seumeren	HA2	39	I	1:51.97	PB	
3	3 Max Bergsma	HN1	40	O	1:52.96		
4	2 Mats Bendijk	HA1	41	I	1:52.98		
5	17 Rinze Bart de Glee	HN1	41	O	1:53.07		
6	57 Yanick de Hoogd	HA2	36	O	1:53.40	PB	
7	24 Jelle Koeleman	HN1	39	O	1:53.42		
8	30 Rick Meijer	HN2	42	O	1:53.69		
9	6 Joël Bom	HA2	36	I	1:53.92	PB	
10	80 Max Douma	HSA	42	I	1:54.00		
11	49 Yoeri van Bostelen	HA2	38	I	1:54.18	PB	
12	60 Tygo Kompier	HA1	30	I	1:54.64	PB	
13	26 Niels de Kruijk	HA1	37	O	1:55.08		
14	64 Eise van Schijndel	HA1	33	O	1:55.39	PB	
15	28 Jasper van der Marel	HA2	35	I	1:55.40	PB	
16	16 Edsger van Felius	HB2	33	I	1:55.58	PB	
17	43 Floris van Velsen	HA1	38	O	1:55.74		
18	33 Tom Nijdam	HN1	37	I	1:55.80		
19	4 Arjen Boersma	HB2	28	I	1:56.49	PB	
20	86 Daan Ridder	HA1	29	I	1:56.60	PB	
21	52 Rinse Franken	HA1	34	O	1:56.78		
22	85 Wester Landman	HN2	31	O	1:57.21	PB	
23	47 Sem Bodewes	HA2	28	O	1:57.50	PB	
24	42 Johan Talsma	HA2	29	O	1:57.83	PB	
25	68 Chris de Velde	HA1	25	I	1:58.70	PB	
26	88 Mark Withagen	HA2	27	I	1:58.91		
27	70 Mats Westra	HB2	26	I	1:59.02	PB	
28	62 Kai-Arne Ottenhoff	HB2	24	I	1:59.10	PB	
29	61 Mathijs Molenaar	HA1	31	I	1:59.23		
30	12 Geophrey Coenraad	HB2	34	I	1:59.63		
31	50 Chris Brommersma	HA2	23	I	1:59.76	PB	
32	84 Sylvian Hoogeveen	HA2	24	O	1:59.97	PB	
33	56 Samuel Gunnink	HB2	27	O	2:00.69		
34	29 Tsjerk van der Meer	HB1	32	I	2:00.93		
35	32 Sanne Westra	DN2	20	O	2:02.28		
36	30 Rosalie van Vliet	DA1	20	I	2:03.39	PB	
37	57 Sofie Karoline Haugen	DN1	22	I	2:03.89		
38	11 Jesse van Buren	HB2	25	O	2:04.30		

Referee: Jan Depping (heren) / Miriam Kuiper (dames)

Assistant: Miriam Kuipers (heren) / Jan Depping (dames)

Starter: André de Vries (heren) / Michel Boelsma (dames)

International Thialf Race

Thialf - Heerenveen
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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	11 Lotte Groenen	DA2	18	I	2:04.46		
40	112 Jonas Bakker	HB2	21	I	2:04.57	PB	
41	27 Berend Lange	HB1	32	O	2:04.95		
42	18 Maaike Koelewijn	DB2	13	I	2:05.30	PB	
43	8 Vera van Ditshuizen	DN2	12	I	2:05.55	PB	
44	20 Patricia Koot	DA2	19	I	2:05.92		
45	72 Lisan van der Linde	DN2	19	O	2:06.12		
46	62 Lidia Tempert	DN4	18	O	2:06.84		
47	87 Taeke Jongbloed	HB1	23	O	2:06.92		
48	71 Liotte Smits	DN4	14	O	2:07.17		
49	25 Sanne Oosterwijk	DA2	15	O	2:07.22		
50	21 Veerle van Koppen	DN1	16	O	2:07.91		
51	3 Janna Bolsius	DA2	16	I	2:08.10		
52	17 Jillian Knook	DA2	14	I	2:08.21	PB	
53	46 Elbrich Nicolay	DA1	12	O	2:08.78		
54	52 Sterre van Schaik	DA2	7	I	2:09.08	PB	
55	60 Tosca Mulder	DN1	5	O	2:09.27	PB	
56	51 Susanne Prins	DA2	9	I	2:09.65	PB	
57	29 Jasmijn Veenhuis	DB2	15	I	2:09.90		
58	92 Niek Bijma	HB1	21	O	2:09.95		
59	26 Evi de Ruijter	DB2	17	I	2:10.29		
60	4 Sofie Bouw	DA2	11	I	2:10.43		
61	9 Janine Garretsen	DB2	11	O	2:10.49	PB	
62	19 Emma Kole	DN1	4	O	2:11.13		
63	35 Tijn Borst	DA1	8	O	2:11.23	PB	
64	16 Maud Kempenaar	DB1	6	O	2:11.66		
65	22 Milou de Lange	DA1	9	O	2:11.97		
66	1 Ilse Bierma	DB2	6	I	2:12.22		
67	48 Sharissa Oussoren	DB2	5	I	2:12.33	PB	
68	37 Britt Breider	DB2	3	O	2:12.67		
69	33 Ymke Wubben	DB1	10	O	2:12.94		
70	54 Fleur Smits	DB2	4	I	2:13.20	PB	
71	12 Sara ter Hart	DB2	10	I	2:13.45		
72	2 Maud Biezen	DB2	8	I	2:13.48		
73	55 Elanne de Vries	DA1	7	O	2:14.41		
74	68 Lianne van Gammeren	DA1	3	I	2:15.58		
75	58 Amber Koetsier	DB1	1	I	2:21.93		
76	65 Isa Oudenes	DB1	2	I	2:22.44	PB	
77	36 Floortje Bregman	DB2	1	O	2:22.52		

International Thialf Race

Thialf - Heerenveen
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Pos	Name	Cat	Pair	Lane	Time	Info	Points
23	Isa Leroy	DA1	17	0		DQ	
31	Jesper van Mieghem	HA2	35	0		DQ	
63	Jasmijn Soet	DN1				WDR	
47	Emma Noz	DA2				WDR	
91	Nick Bontrop	HB2				WDR	
95	Thijs Wiersma	HB1				WDR	

International Thialf Race

Thialf - Heerenveen
23 and 24 September 2023

2. Race Result 1500 meter

		Name	Cat	PB	Time Info
1	wt	58 Amber Koetsier	DB1	2:21.58	2:21.93
	rd	36 Floortje Bregman	DB2	2:15.31	2:22.52

Amber Koetsier

300m	30.01	(30.01)
700m	1:05.61	(35.60)
1100m	1:43.83	(38.22)
1500m	2:21.93	(38.10)

Floortje Bregman

300m	31.38	(31.38)
700m	1:07.53	(36.15)
1100m	1:45.06	(37.53)
1500m	2:22.52	(37.46)

		Name	Cat	PB	Time Info
2	yw	65 Isa Oudenes	DB1	2:24.54	2:22.44 PB
	bl	63 Jasmijn Soet	DN1	2:15.08	WDR

Isa Oudenes

300m	31.34	(31.34)
700m	1:07.46	(36.12)
1100m	1:44.69	(37.23)
1500m	2:22.44	(37.75)

Jasmijn Soet

		Name	Cat	PB	Time Info
3	wt	68 Lianne van Gammeren	DA1	2:12.26	2:15.58
	rd	37 Britt Breider	DB2	2:12.22	2:12.67

Lianne van Gammeren

300m	28.75	(28.75)
700m	1:02.48	(33.73)
1100m	1:38.35	(35.87)
1500m	2:15.58	(37.23)

Britt Breider

300m	28.58	(28.58)
700m	1:01.40	(32.82)
1100m	1:36.27	(34.87)
1500m	2:12.67	(36.40)

		Name	Cat	PB	Time Info
4	yw	54 Fleur Smits	DB2	2:14.59	2:13.20 PB
	bl	19 Emma Kole	DN1	2:05.81	2:11.13

Fleur Smits

300m	28.41	(28.41)
700m	1:01.37	(32.96)
1100m	1:35.99	(34.62)
1500m	2:13.20	(37.21)

Emma Kole

300m	28.99	(28.99)
700m	1:01.42	(32.43)
1100m	1:35.71	(34.29)
1500m	2:11.13	(35.42)

International Thialf Race

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		Name		Cat		PB	Time	Info
5	wt	48	Sharissa Oussoren		DB2	2:13.67	2:12.33	PB
	rd	60	Tosca Mulder		DN1	2:09.68	2:09.27	PB
		Sharissa Oussoren			Tosca Mulder			
		300m	28.16	(28.16)	300m	27.82	(27.82)	
		700m	1:00.44	(32.28)	700m	59.08	(31.26)	
		1100m	1:35.30	(34.86)	1100m	1:32.74	(33.66)	
		1500m	2:12.33	(37.03)	1500m	2:09.27	(36.53)	
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		Name		Cat		PB	Time	Info
6	yw	1	Ilse Bierma		DB2	2:10.97	2:12.22	
	bl	16	Maud Kempenaar		DB1	2:10.79	2:11.66	
		Ilse Bierma			Maud Kempenaar			
		300m	28.52	(28.52)	300m	28.94	(28.94)	
		700m	1:00.69	(32.17)	700m	1:01.52	(32.58)	
		1100m	1:35.46	(34.77)	1100m	1:35.69	(34.17)	
		1500m	2:12.22	(36.76)	1500m	2:11.66	(35.97)	
<hr/>								
		Name		Cat		PB	Time	Info
7	wt	52	Sterre van Schaik		DA2	2:11.42	2:09.08	PB
	rd	55	Elanne de Vries		DA1	2:10.41	2:14.41	
		Sterre van Schaik			Elanne de Vries			
		300m	27.41	(27.41)	300m	27.72	(27.72)	
		700m	58.83	(31.42)	700m	1:00.62	(32.90)	
		1100m	1:32.65	(33.82)	1100m	1:36.83	(36.21)	
		1500m	2:09.08	(36.43)	1500m	2:14.41	(37.58)	
<hr/>								
		Name		Cat		PB	Time	Info
8	yw	2	Maud Biezen		DB2	2:11.03	2:13.48	
	bl	35	Tijn Borst		DA1	2:11.75	2:11.23	PB
		Maud Biezen			Tijn Borst			
		300m	28.61	(28.61)	300m	28.09	(28.09)	
		700m	1:01.38	(32.77)	700m	1:00.68	(32.59)	
		1100m	1:36.80	(35.42)	1100m	1:35.49	(34.81)	
		1500m	2:13.48	(36.68)	1500m	2:11.23	(35.74)	

International Thialf Race

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		Name	Cat	PB	Time	Info
9	wt	51 Susanne Prins	DA2	2:10.29	2:09.65	PB
	rd	22 Milou de Lange	DA1	2:10.11	2:11.97	
		Susanne Prins				
		300m	28.30 (28.30)	300m	28.83 (28.83)	
		700m	1:00.66 (32.36)	700m	1:01.30 (32.47)	
		1100m	1:34.73 (34.07)	1100m	1:35.91 (34.61)	
		1500m	2:09.65 (34.92)	1500m	2:11.97 (36.06)	
		Milou de Lange				
		300m	28.83 (28.83)	300m	28.83 (28.83)	
		700m	1:01.30 (32.47)	700m	1:01.30 (32.47)	
		1100m	1:35.91 (34.61)	1100m	1:35.91 (34.61)	
		1500m	2:11.97 (36.06)	1500m	2:11.97 (36.06)	
		Name	Cat	PB	Time	Info
10	yw	12 Sara ter Hart	DB2	2:10.38	2:13.45	
	bl	33 Ymke Wubben	DB1	2:08.99	2:12.94	
		Sara ter Hart				
		300m	29.50 (29.50)	300m	29.54 (29.54)	
		700m	1:02.66 (33.16)	700m	1:01.92 (32.38)	
		1100m	1:37.62 (34.96)	1100m	1:36.90 (34.98)	
		1500m	2:13.45 (35.83)	1500m	2:12.94 (36.04)	
		Ymke Wubben				
		300m	29.54 (29.54)	300m	29.54 (29.54)	
		700m	1:01.92 (32.38)	700m	1:01.92 (32.38)	
		1100m	1:36.90 (34.98)	1100m	1:36.90 (34.98)	
		1500m	2:12.94 (36.04)	1500m	2:12.94 (36.04)	
		Name	Cat	PB	Time	Info
11	wt	4 Sofie Bouw	DA2	2:10.25	2:10.43	
	rd	9 Janine Garretsen	DB2	2:10.58	2:10.49	PB
		Sofie Bouw				
		300m	28.38 (28.38)	300m	28.23 (28.23)	
		700m	1:00.91 (32.53)	700m	1:00.11 (31.88)	
		1100m	1:35.15 (34.24)	1100m	1:34.27 (34.16)	
		1500m	2:10.43 (35.28)	1500m	2:10.49 (36.22)	
		Janine Garretsen				
		300m	28.23 (28.23)	300m	28.23 (28.23)	
		700m	1:00.11 (31.88)	700m	1:00.11 (31.88)	
		1100m	1:34.27 (34.16)	1100m	1:34.27 (34.16)	
		1500m	2:10.49 (36.22)	1500m	2:10.49 (36.22)	
		Name	Cat	PB	Time	Info
12	yw	8 Vera van Ditshuizen	DN2	2:06.68	2:05.55	PB
	bl	46 Elbrich Nicolay	DA1	2:08.20	2:08.78	
		Vera van Ditshuizen				
		300m	27.75 (27.75)	300m	28.61 (28.61)	
		700m	59.18 (31.43)	700m	1:00.74 (32.13)	
		1100m	1:31.97 (32.79)	1100m	1:34.49 (33.75)	
		1500m	2:05.55 (33.58)	1500m	2:08.78 (34.29)	
		Elbrich Nicolay				
		300m	28.61 (28.61)	300m	28.61 (28.61)	
		700m	1:00.74 (32.13)	700m	1:00.74 (32.13)	
		1100m	1:34.49 (33.75)	1100m	1:34.49 (33.75)	
		1500m	2:08.78 (34.29)	1500m	2:08.78 (34.29)	

International Thialf Race

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		Name	Cat	PB	Time	Info
13	wt	18 Maaïke Koelewijn	DB2	2:07.57	2:05.30	PB
	rd	47 Emma Noz	DA2	2:06.88	WDR	
		Maaïke Koelewijn		Emma Noz		
		300m 27.93 (27.93)				
		700m 59.70 (31.77)				
		1100m 1:32.74 (33.04)				
		1500m 2:05.30 (32.56)				
<hr/>						
		Name	Cat	PB	Time	Info
14	yw	17 Jillian Knook	DA2	2:08.30	2:08.21	PB
	bl	71 Liotte Smits	DN4	2:07.04	2:07.17	
		Jillian Knook		Liotte Smits		
		300m 26.69 (26.69)		300m 27.99 (27.99)		
		700m 57.46 (30.77)		700m 58.98 (30.99)		
		1100m 1:31.38 (33.92)		1100m 1:32.18 (33.20)		
		1500m 2:08.21 (36.83)		1500m 2:07.17 (34.99)		
<hr/>						
		Name	Cat	PB	Time	Info
15	wt	29 Jasmijn Veenhuis	DB2	2:05.29	2:09.90	
	rd	25 Sanne Oosterwijk	DA2	2:05.30	2:07.22	
		Jasmijn Veenhuis		Sanne Oosterwijk		
		300m 28.26 (28.26)		300m 27.51 (27.51)		
		700m 1:00.38 (32.12)		700m 58.89 (31.38)		
		1100m 1:35.05 (34.67)		1100m 1:32.04 (33.15)		
		1500m 2:09.90 (34.85)		1500m 2:07.22 (35.18)		
<hr/>						
		Name	Cat	PB	Time	Info
16	yw	3 Janna Bolsius	DA2	2:07.30	2:08.10	
	bl	21 Veerle van Koppen	DN1	2:05.87	2:07.91	
		Janna Bolsius		Veerle van Koppen		
		300m 27.68 (27.68)		300m 28.54 (28.54)		
		700m 58.82 (31.14)		700m 59.88 (31.34)		
		1100m 1:32.32 (33.50)		1100m 1:32.91 (33.03)		
		1500m 2:08.10 (35.78)		1500m 2:07.91 (35.00)		

International Thialf Race

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		Name	Cat		PB	Time	Info
17	wt	26 Evi de Ruijter	DB2		2:05.46	2:10.29	
	rd	23 Isa Leroy	DA1		2:06.13		DQ
		Evi de Ruijter			Isa Leroy		
		300m	28.44	(28.44)	300m	27.38	(27.38)
		700m	1:00.95	(32.51)	700m	58.49	(31.11)
		1100m	1:34.87	(33.92)	1100m	1:31.23	(32.74)
		1500m	2:10.29	(35.42)	1500m	2:06.38	(35.15)
		Name	Cat		PB	Time	Info
18	yw	11 Lotte Groenen	DA2		2:03.42	2:04.46	
	bl	62 Lidia Tempert	DN4		2:04.71		2:06.84
		Lotte Groenen			Lidia Tempert		
		300m	26.37	(26.37)	300m	27.79	(27.79)
		700m	56.87	(30.50)	700m	59.21	(31.42)
		1100m	1:29.68	(32.81)	1100m	1:32.45	(33.24)
		1500m	2:04.46	(34.78)	1500m	2:06.84	(34.39)
		Name	Cat		PB	Time	Info
19	wt	20 Patricia Koot	DA2		2:03.26	2:05.92	
	rd	72 Lisan van der Linde	DN2		2:04.76		2:06.12
		Patricia Koot			Lisan van der Linde		
		300m	27.79	(27.79)	300m	27.93	(27.93)
		700m	58.93	(31.14)	700m	58.89	(30.96)
		1100m	1:31.36	(32.43)	1100m	1:31.51	(32.62)
		1500m	2:05.92	(34.56)	1500m	2:06.12	(34.61)
		Name	Cat		PB	Time	Info
20	yw	30 Rosalie van Vliet	DA1		2:03.46	2:03.39	PB
	bl	32 Sanne Westra	DN2		2:01.40		2:02.28
		Rosalie van Vliet			Sanne Westra		
		300m	27.14	(27.14)	300m	27.04	(27.04)
		700m	57.82	(30.68)	700m	57.16	(30.12)
		1100m	1:29.93	(32.11)	1100m	1:28.83	(31.67)
		1500m	2:03.39	(33.46)	1500m	2:02.28	(33.45)

International Thialf Race

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		Name	Cat	PB	Time	Info
21	wt	112 Jonas Bakker	HB2	2:05.26	2:04.57	PB
	rd	92 Niek Bijma	HB1	2:04.20	2:09.95	
		Jonas Bakker			Niek Bijma	
		300m 26.06 (26.06)		300m 26.88 (26.88)		
		700m 56.81 (30.75)		700m 58.88 (32.00)		
		1100m 1:29.98 (33.17)		1100m 1:33.21 (34.33)		
		1500m 2:04.57 (34.59)		1500m 2:09.95 (36.74)		
		Name	Cat	PB	Time	Info
22	yw	57 Sofie Karoline Haugen	DN1	1:57.11	2:03.89	
	bl					
		Sofie Karoline Haugen				
		300m 27.88 (27.88)		m		
		700m 58.83 (30.95)				
		1100m 1:30.74 (31.91)				
		1500m 2:03.89 (33.15)				
		Name	Cat	PB	Time	Info
23	wt	50 Chris Brommersma	HA2	2:00.70	1:59.76	PB
	rd	87 Taeke Jongbloed	HB1	2:04.76	2:06.92	
		Chris Brommersma			Taeke Jongbloed	
		300m 26.03 (26.03)		300m 27.28 (27.28)		
		700m 54.96 (28.93)		700m 57.96 (30.68)		
		1100m 1:25.85 (30.89)		1100m 1:31.36 (33.40)		
		1500m 1:59.76 (33.91)		1500m 2:06.92 (35.56)		
		Name	Cat	PB	Time	Info
24	yw	62 Kai-Arne Ottenhoff	HB2	2:05.51	1:59.10	PB
	bl	84 Sylvian Hoogeveen	HA2	2:01.47	1:59.97	PB
		Kai-Arne Ottenhoff			Sylvian Hoogeveen	
		300m 26.37 (26.37)		300m 26.28 (26.28)		
		700m 55.31 (28.94)		700m 55.97 (29.69)		
		1100m 1:26.32 (31.01)		1100m 1:27.05 (31.08)		
		1500m 1:59.10 (32.78)		1500m 1:59.97 (32.92)		

International Thialf Race

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		Name	Cat	PB	Time	Info
25	wt	68 Chris de Velde	HA1	2:00.12	1:58.70	PB
	rd	11 Jesse van Buren	HB2	2:00.29	2:04.30	
		Chris de Velde		Jesse van Buren		
		300m	25.77 (25.77)	300m	27.30 (27.30)	
		700m	55.05 (29.28)	700m	59.04 (31.74)	
		1100m	1:26.36 (31.31)	1100m	1:31.93 (32.89)	
		1500m	1:58.70 (32.34)	1500m	2:04.30 (32.37)	
		Name	Cat	PB	Time	Info
26	yw	70 Mats Westra	HB2	2:00.51	1:59.02	PB
	bl	91 Nick Bontrop	HB2	2:00.65	WDR	
		Mats Westra		Nick Bontrop		
		300m	26.12 (26.12)			
		700m	55.54 (29.42)			
		1100m	1:26.17 (30.63)			
		1500m	1:59.02 (32.85)			
		Name	Cat	PB	Time	Info
27	wt	88 Mark Withagen	HA2	1:58.07	1:58.91	
	rd	56 Samuel Gunnink	HB2	2:00.39	2:00.69	
		Mark Withagen		Samuel Gunnink		
		300m	26.28 (26.28)	300m	26.71 (26.71)	
		700m	55.04 (28.76)	700m	56.06 (29.35)	
		1100m	1:25.68 (30.64)	1100m	1:27.05 (30.99)	
		1500m	1:58.91 (33.23)	1500m	2:00.69 (33.64)	
		Name	Cat	PB	Time	Info
28	yw	4 Arjen Boersma	HB2	1:58.60	1:56.49	PB
	bl	47 Sem Bodewes	HA2	1:59.30	1:57.50	PB
		Arjen Boersma		Sem Bodewes		
		300m	25.48 (25.48)	300m	25.86 (25.86)	
		700m	54.25 (28.77)	700m	54.38 (28.52)	
		1100m	1:24.53 (30.28)	1100m	1:25.08 (30.70)	
		1500m	1:56.49 (31.96)	1500m	1:57.50 (32.42)	

International Thialf Race

Thialf - Heerenveen
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		Name	Cat	PB	Time	Info
29	wt	86 Daan Ridder	HA1	1:58.35	1:56.60	PB
	rd	42 Johan Talsma	HA2	1:58.00	1:57.83	PB
		Daan Ridder		Johan Talsma		
		300m	26.28 (26.28)	300m	24.88 (24.88)	
		700m	55.17 (28.89)	700m	53.34 (28.46)	
		1100m	1:25.11 (29.94)	1100m	1:24.40 (31.06)	
		1500m	1:56.60 (31.49)	1500m	1:57.83 (33.43)	

		Name	Cat	PB	Time	Info
30	yw	60 Tygo Kompier	HA1	1:55.26	1:54.64	PB
	bl	95 Thijs Wiersma	HB1	1:59.26	WDR	
		Tygo Kompier		Thijs Wiersma		
		300m	25.05 (25.05)			
		700m	53.33 (28.28)			
		1100m	1:23.18 (29.85)			
		1500m	1:54.64 (31.46)			

		Name	Cat	PB	Time	Info
31	wt	61 Mathijs Molenaar	HA1	1:56.97	1:59.23	
	rd	85 Wester Landman	HN2	1:57.59	1:57.21	PB
		Mathijs Molenaar		Wester Landman		
		300m	25.04 (25.04)	300m	25.50 (25.50)	
		700m	53.90 (28.86)	700m	54.24 (28.74)	
		1100m	1:24.87 (30.97)	1100m	1:24.55 (30.31)	
		1500m	1:59.23 (34.36)	1500m	1:57.21 (32.66)	

		Name	Cat	PB	Time	Info
32	yw	29 Tsjerk van der Meer	HB1	1:57.12	2:00.93	
	bl	27 Berend Lange	HB1	1:57.48	2:04.95	
		Tsjerk van der Meer		Berend Lange		
		300m	26.36 (26.36)	300m	27.04 (27.04)	
		700m	55.52 (29.16)	700m	57.69 (30.65)	
		1100m	1:27.36 (31.84)	1100m	1:30.89 (33.20)	
		1500m	2:00.93 (33.57)	1500m	2:04.95 (34.06)	

International Thialf Race

Thialf - Heerenveen
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		Name	Cat		PB	Time	Info
33	wt	16 Edsger van Felius	HB2		1:57.16	1:55.58	PB
	rd	64 Eise van Schijndel	HA1		1:57.05	1:55.39	PB
		Edsger van Felius			Eise van Schijndel		
		300m	25.43	(25.43)	300m	25.70	(25.70)
		700m	53.72	(28.29)	700m	54.08	(28.38)
		1100m	1:23.49	(29.77)	1100m	1:23.88	(29.80)
		1500m	1:55.58	(32.09)	1500m	1:55.39	(31.51)
		Name	Cat		PB	Time	Info
34	yw	12 Geophrey Coenraad	HB2		1:56.85	1:59.63	
	bl	52 Rinse Franken	HA1		1:55.11	1:56.78	
		Geophrey Coenraad			Rinse Franken		
		300m	25.09	(25.09)	300m	25.45	(25.45)
		700m	54.58	(29.49)	700m	53.93	(28.48)
		1100m	1:26.32	(31.74)	1100m	1:24.32	(30.39)
		1500m	1:59.63	(33.31)	1500m	1:56.78	(32.46)
		Name	Cat		PB	Time	Info
35	wt	28 Jasper van der Marel	HA2		1:55.58	1:55.40	PB
	rd	31 Jesper van Mieghem	HA2		1:56.48	DQ	
		Jasper van der Marel			Jesper van Mieghem		
		300m	25.54	(25.54)	300m	24.50	(24.50)
		700m	53.98	(28.44)	700m	52.09	(27.59)
		1100m	1:23.89	(29.91)	1100m	1:21.81	(29.72)
		1500m	1:55.40	(31.51)	1500m	1:54.42	(32.61)
		Name	Cat		PB	Time	Info
36	yw	6 Joël Bom	HA2		1:54.82	1:53.92	PB
	bl	57 Yanick de Hoogd	HA2		1:53.75	1:53.40	PB
		Joël Bom			Yanick de Hoogd		
		300m	25.23	(25.23)	300m	24.73	(24.73)
		700m	53.12	(27.89)	700m	52.07	(27.34)
		1100m	1:22.60	(29.48)	1100m	1:21.15	(29.08)
		1500m	1:53.92	(31.32)	1500m	1:53.40	(32.25)

International Thialf Race

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		Name		Cat		PB		Time	Info
37	wt	33	Tom Nijdam		HN1		1:54.25	1:55.80	
	rd	26	Niels de Kruijk		HA1		1:54.08	1:55.08	
		Tom Nijdam			Niels de Kruijk				
		300m	25.21	(25.21)	300m	24.15	(24.15)		
		700m	53.28	(28.07)	700m	52.31	(28.16)		
		1100m	1:23.56	(30.28)	1100m	1:22.82	(30.51)		
		1500m	1:55.80	(32.24)	1500m	1:55.08	(32.26)		

		Name		Cat		PB		Time	Info
38	yw	49	Yoeri van Bostelen		HA2		1:54.54	1:54.18	PB
	bl	43	Floris van Velsen		HA1		1:53.05	1:55.74	
		Yoeri van Bostelen			Floris van Velsen				
		300m	24.89	(24.89)	300m	25.16	(25.16)		
		700m	53.15	(28.26)	700m	53.20	(28.04)		
		1100m	1:22.74	(29.59)	1100m	1:23.46	(30.26)		
		1500m	1:54.18	(31.44)	1500m	1:55.74	(32.28)		

		Name		Cat		PB		Time	Info
39	wt	40	Ties van Seumeren		HA2		1:52.70	1:51.97	PB
	rd	24	Jelle Koeleman		HN1		1:53.36	1:53.42	
		Ties van Seumeren			Jelle Koeleman				
		300m	24.63	(24.63)	300m	25.08	(25.08)		
		700m	52.29	(27.66)	700m	53.15	(28.07)		
		1100m	1:21.39	(29.10)	1100m	1:22.52	(29.37)		
		1500m	1:51.97	(30.58)	1500m	1:53.42	(30.90)		

		Name		Cat		PB		Time	Info
40	yw	18	Michiel de Groot		HA2		1:51.70	1:51.17	PB
	bl	3	Max Bergsma		HN1		1:52.19	1:52.96	
		Michiel de Groot			Max Bergsma				
		300m	25.30	(25.30)	300m	25.06	(25.06)		
		700m	52.77	(27.47)	700m	52.64	(27.58)		
		1100m	1:21.27	(28.50)	1100m	1:21.84	(29.20)		
		1500m	1:51.17	(29.90)	1500m	1:52.96	(31.12)		

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		Name			Cat			PB	Time	Info
41	wt	2	Mats Bendijk		HA1			1:49.43	1:52.98	
	rd	17	Rinze Bart de Glee		HN1			1:50.01	1:53.07	
		Mats Bendijk			Rinze Bart de Glee					
		300m	24.86	(24.86)	300m	24.57	(24.57)			
		700m	52.68	(27.82)	700m	51.69	(27.12)			
		1100m	1:21.95	(29.27)	1100m	1:21.11	(29.42)			
		1500m	1:52.98	(31.03)	1500m	1:53.07	(31.96)			
<hr/>										
		Name			Cat			PB	Time	Info
42	yw	80	Max Douma		HSA			1:51.36	1:54.00	
	bl	30	Rick Meijer		HN2			1:52.40	1:53.69	
		Max Douma			Rick Meijer					
		300m	24.83	(24.83)	300m	24.92	(24.92)			
		700m	52.37	(27.54)	700m	52.06	(27.14)			
		1100m	1:21.96	(29.59)	1100m	1:21.45	(29.39)			
		1500m	1:54.00	(32.04)	1500m	1:53.69	(32.24)			

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3. Result Dames 1000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	66 Sacha vander Weide	DN3	12	O	1:20.32	
2	17 Jillian Knook	DA2	11	O	1:20.65 PB	
3	23 Isa Leroy	DA1	7	I	1:20.80 PB	
4	214 Lieke Hoogendoorn	DA1	11	I	1:20.85 PB	
5	30 Rosalie van Vliet	DA1	10	O	1:21.03	
6	25 Sanne Oosterwijk	DA2	10	I	1:22.04 PB	
7	39 Jet Fransen	DA2	8	O	1:22.50 PB	
8	10 Marika de Glee	DB2	9	O	1:22.76 PB	
9	70 Silke Hijma	DN1	12	I	1:24.40	
10	69 Sietske van der Meer	DN1	9	I	1:24.55	
11	19 Emma Kole	DN1	5	I	1:25.49	
12	12 Sara ter Hart	DB2	4	I	1:25.86 PB	
13	55 Elanne de Vries	DA1	7	O	1:26.37	
14	48 Sharissa Oussoren	DB2	8	I	1:26.87	
15	16 Maud Kempenaar	DB1	5	O	1:32.44	
16	36 Floortje Bregman	DB2	4	O	1:32.94	
17	76 Leonor Almodôvar Ladeira	DB1	6	I	1:35.32 PB	
18	77 Clara Correia Cruz Pereira	DB1	3	I	1:36.78	
19	75 Ana Rita Andrade De Freitas	DB2	6	O	1:43.78	
20	78 Matilde Sofia Oliveira Ferreira	DB1	1	I	1:50.59	
	79 Maria Procópio Dias	DC2	3	O	DQ	

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3. Race Result Dames 1000 meter

	Name	Cat	PB	Time Info
1	wt rd	78 Matilde Sofia Oliveira Ferreira	DB1	1:50.59

Matilde Sofia Oliveira Ferreira

200m	25.30	(25.30)	m
600m	1:07.64	(42.34)	
1000m	1:50.59	(42.95)	

	Name	Cat	PB	Time Info
2	yw bl			

m

m

	Name	Cat	PB	Time Info
3	wt rd	77 Clara Correia Cruz Pereira	DB1	1:36.78
		79 Maria Procópio Dias	DC2	DQ

Clara Correia Cruz Pereira

200m	23.39	(23.39)
600m	59.16	(35.77)
1000m	1:36.78	(37.62)

Maria Procópio Dias

200m	21.57	(21.57)
600m	57.24	(35.67)
1000m	1:33.77	(36.53)

	Name	Cat	PB	Time Info
4	yw bl	12 Sara ter Hart	DB2	1:26.47 1:25.86 PB
		36 Floortje Bregman	DB2	1:29.41 1:32.94

Sara ter Hart

200m	20.75	(20.75)
600m	52.67	(31.92)
1000m	1:25.86	(33.19)

Floortje Bregman

200m	22.17	(22.17)
600m	56.60	(34.43)
1000m	1:32.94	(36.34)

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		Name		Cat		PB	Time	Info
5	wt	19	Emma Kole		DN1	1:22.95	1:25.49	
	rd	16	Maud Kempenaar		DB1	1:28.11	1:32.44	
		Emma Kole			Maud Kempenaar			
		200m	20.93	(20.93)	200m	21.86	(21.86)	
		600m	52.35	(31.42)	600m	56.38	(34.52)	
		1000m	1:25.49	(33.14)	1000m	1:32.44	(36.06)	

		Name		Cat		PB	Time	Info
6	yw	76	Leonor Almodôvar Ladeira		DB1	1:37.81	1:35.32	PB
	bl	75	Ana Rita Andrade De Freitas		DB2		1:43.78	
		Leonor Almodôvar Ladeira			Ana Rita Andrade De Freitas			
		200m	21.56	(21.56)	200m	23.66	(23.66)	
		600m	56.78	(35.22)	600m	1:01.66	(38.00)	
		1000m	1:35.32	(38.54)	1000m	1:43.78	(42.12)	

		Name		Cat		PB	Time	Info
7	wt	23	Isa Leroy		DA1	1:22.69	1:20.80	PB
	rd	55	Elanne de Vries		DA1	1:23.07	1:26.37	
		Isa Leroy			Elanne de Vries			
		200m	19.07	(19.07)	200m	19.74	(19.74)	
		600m	48.78	(29.71)	600m	51.10	(31.36)	
		1000m	1:20.80	(32.02)	1000m	1:26.37	(35.27)	

		Name		Cat		PB	Time	Info
8	yw	48	Sharissa Oussoren		DB2	1:24.77	1:26.87	
	bl	39	Jet Fransen		DA2	1:22.96	1:22.50	PB
		Sharissa Oussoren			Jet Fransen			
		200m	20.55	(20.55)	200m	19.69	(19.69)	
		600m	52.58	(32.03)	600m	49.57	(29.88)	
		1000m	1:26.87	(34.29)	1000m	1:22.50	(32.93)	

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		Name		Cat		PB		Time	Info
9	wt	69	Sietske van der Meer		DN1		1:22.66	1:24.55	
	rd	10	Marika de Glee		DB2		1:24.09	1:22.76	PB
		Sietske van der Meer			Marika de Glee				
		200m	19.52	(19.52)	200m	19.55	(19.55)		
		600m	50.48	(30.96)	600m	49.96	(30.41)		
		1000m	1:24.55	(34.07)	1000m	1:22.76	(32.80)		

		Name		Cat		PB		Time	Info
10	yw	25	Sanne Oosterwijk		DA2		1:22.37	1:22.04	PB
	bl	30	Rosalie van Vliet		DA1		1:20.49	1:21.03	
		Sanne Oosterwijk			Rosalie van Vliet				
		200m	19.55	(19.55)	200m	19.54	(19.54)		
		600m	49.44	(29.89)	600m	49.50	(29.96)		
		1000m	1:22.04	(32.60)	1000m	1:21.03	(31.53)		

		Name		Cat		PB		Time	Info
11	wt	214	Lieke Hoogendoorn		DA1		1:22.47	1:20.85	PB
	rd	17	Jillian Knook		DA2		1:22.00	1:20.65	PB
		Lieke Hoogendoorn			Jillian Knook				
		200m	19.32	(19.32)	200m	18.83	(18.83)		
		600m	49.13	(29.81)	600m	48.13	(29.30)		
		1000m	1:20.85	(31.72)	1000m	1:20.65	(32.52)		

		Name		Cat		PB		Time	Info
12	yw	70	Silke Hijma		DN1		1:22.30	1:24.40	
	bl	66	Sacha vander Weide		DN3		1:19.23	1:20.32	
		Silke Hijma			Sacha vander Weide				
		200m	19.63	(19.63)	200m	18.65	(18.65)		
		600m	50.12	(30.49)	600m	47.75	(29.10)		
		1000m	1:24.40	(34.28)	1000m	1:20.32	(32.57)		

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4. Result Heren 1000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	3 Max Bergsma	HN1	27	I	1:12.35	
2	15 Tom Egbertsen	HN1	27	O	1:12.46 PB	
3	98 Sven Kemp	HN4	28	O	1:13.29	
4	35 Nathan Pijl	HB2	23	O	1:13.42 MT	
5	5 Pelle Bolsius	HB2	23	I	1:13.59 MT	
6	54 Tijs van Gennip	HA1	21	I	1:13.65 PB	
7	81 Bram van Essen	HN3	28	I	1:14.11	
8	1 Stijn Beekelaar	HN1	22	O	1:14.30	
9	23 Gijs Kamp	HN1	24	I	1:14.38 MT	
10	7 Bryant Boogert	HA2	26	I	1:14.59	
11	209 Mats van den Bos	HA2	26	O	1:14.79	
12	19 Swen Halferkamps	HA2	25	I	1:15.28	
13	93 Daan van der Elst	HN3	24	O	1:15.39 MT	
14	39 Thom Rooijackers	HN1	25	O	1:15.63	
15	110 Colin Breed	HB2	22	I	1:16.35	
16	29 Tsjerk van der Meer	HB1	20	I	1:16.87	
17	79 Twan Kok	HN4	20	O	1:18.52	
18	62 Kai-Arne Ottenhoff	HB2	15	I	1:18.72 PB	
19	97 Daan van Zwienen	HB2	21	O	1:19.33 PB	
20	11 Jesse van Buren	HB2	17	O	1:21.44	
21	106 Martim José Coelho Vieira	HB1	19	I	1:22.77 PB	
22	105 Tiago Amores Monteiro	HA1	18	I	1:24.98	
23	108 Tiago Filipe Calado Mestre	HB1	16	O	1:27.06	
24	109 Manuel Morgado Piteira	HB1	18	O	1:27.25	
25	119 João da Silva Martins	HA1	16	I	1:27.41	
26	115 Pedro Parker Brito	HB2	13	I	1:27.87	
27	120 Afonso Silva Neto	HB1	14	O	1:29.04	
28	118 Filipe Castanheira Loureiro	HB1	15	O	1:31.36	
29	117 Cian Ryan Cascão	HB2	14	I	1:31.85	
30	116 Diogo da Silva Silveira	HA1	19	O	1:40.35	
	107 João Afonso Calado Dias	HA1	17	I	DQ	

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4. Race Result Heren 1000 meter

	Name	Cat	PB	Time	Info
13	wt rd	115 Pedro Parker Brito	HB2		1:27.87

Pedro Parker Brito

200m	20.56	(20.56)	m
600m	53.51	(32.95)	
1000m	1:27.87	(34.36)	

	Name	Cat	PB	Time	Info
14	yw	117 Cian Ryan Cascão	HB2		1:31.85
	bl	120 Afonso Silva Neto	HB1		1:29.04

Cian Ryan Cascão

200m	20.72	(20.72)
600m	54.57	(33.85)
1000m	1:31.85	(37.28)

Afonso Silva Neto

200m	19.91	(19.91)
600m	53.40	(33.49)
1000m	1:29.04	(35.64)

	Name	Cat	PB	Time	Info
15	wt	62 Kai-Arne Ottenhoff	HB2	1:30.18	1:18.72 PB
	rd	118 Filipe Castanheira Loureiro	HB1		1:31.36

Kai-Arne Ottenhoff

200m	19.13	(19.13)
600m	48.14	(29.01)
1000m	1:18.72	(30.58)

Filipe Castanheira Loureiro

200m	21.34	(21.34)
600m	55.63	(34.29)
1000m	1:31.36	(35.73)

	Name	Cat	PB	Time	Info
16	yw	119 João da Silva Martins	HA1		1:27.41
	bl	108 Tiago Filipe Calado Mestre	HB1		1:27.06

João da Silva Martins

200m	20.06	(20.06)
600m	52.74	(32.68)
1000m	1:27.41	(34.67)

Tiago Filipe Calado Mestre

200m	20.71	(20.71)
600m	52.98	(32.27)
1000m	1:27.06	(34.08)

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		Name	Cat	PB	Time	Info	
17	wt	107 João Afonso Calado Dias	HA1	1:23.50		DQ	
	rd	11 Jesse van Buren	HB2	1:19.83		1:21.44	
		João Afonso Calado Dias			Jesse van Buren		
		200m	19.78 (19.78)	200m	19.43 (19.43)		
		600m	52.78 (33.00)	600m	49.71 (30.28)		
				1000m	1:21.44 (31.73)		

		Name	Cat	PB	Time	Info	
18	yw	105 Tiago Amores Monteiro	HA1	1:24.23		1:24.98	
	bl	109 Manuel Morgado Piteira	HB1			1:27.25	
		Tiago Amores Monteiro			Manuel Morgado Piteira		
		200m	19.65 (19.65)	200m	19.86 (19.86)		
		600m	51.13 (31.48)	600m	52.12 (32.26)		
		1000m	1:24.98 (33.85)	1000m	1:27.25 (35.13)		

		Name	Cat	PB	Time	Info	
19	wt	106 Martim José Coelho Vieira	HB1	1:29.76		1:22.77 PB	
	rd	116 Diogo da Silva Silveira	HA1			1:40.35	
		Martim José Coelho Vieira			Diogo da Silva Silveira		
		200m	19.35 (19.35)	200m	21.56 (21.56)		
		600m	50.02 (30.67)	600m	59.66 (38.10)		
		1000m	1:22.77 (32.75)	1000m	1:40.35 (40.69)		

		Name	Cat	PB	Time	Info	
20	yw	29 Tsjerk van der Meer	HB1	1:16.31		1:16.87	
	bl	79 Twan Kok	HN4	1:16.95		1:18.52	
		Tsjerk van der Meer			Twan Kok		
		200m	18.89 (18.89)	200m	18.00 (18.00)		
		600m	46.88 (27.99)	600m	46.27 (28.27)		
		1000m	1:16.87 (29.99)	1000m	1:18.52 (32.25)		

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		Name		Cat		PB		Time	Info
21	wt	54	Tijs van Gennip		HA1		1:15.79	1:13.65	PB
	rd	97	Daan van Zwienen		HB2		1:19.44	1:19.33	PB
		Tijs van Gennip			Daan van Zwienen				
		200m	17.52	(17.52)	200m	18.78	(18.78)		
		600m	44.55	(27.03)	600m	47.36	(28.58)		
		1000m	1:13.65	(29.10)	1000m	1:19.33	(31.97)		

		Name		Cat		PB		Time	Info
22	yw	110	Colin Breed		HB2		1:15.78	1:16.35	
	bl	1	Stijn Beekelaar		HN1		1:14.18	1:14.30	
		Colin Breed			Stijn Beekelaar				
		200m	18.10	(18.10)	200m	17.59	(17.59)		
		600m	46.33	(28.23)	600m	44.53	(26.94)		
		1000m	1:16.35	(30.02)	1000m	1:14.30	(29.77)		

		Name		Cat		PB		Time	Info
23	wt	5	Pelle Bolsius		HB2		1:14.07	1:13.59	MT
	rd	35	Nathan Pijl		HB2		1:14.80	1:13.42	MT
		Pelle Bolsius			Nathan Pijl				
		200m	1:13.59	(73.59)	200m	1:13.42	(73.42)		

		Name		Cat		PB		Time	Info
24	yw	23	Gijs Kamp		HN1		1:14.16	1:14.38	MT
	bl	93	Daan van der Elst		HN3		1:14.20	1:15.39	MT
		Gijs Kamp			Daan van der Elst				
		200m	1:14.38	(74.38)	200m	1:15.39	(75.39)		

		Name		Cat		PB		Time	Info
25	wt	19	Swen Halferkamps		HA2		1:14.70	1:15.28	
	rd	39	Thom Rooijackers		HN1		1:15.24	1:15.63	
		Swen Halferkamps			Thom Rooijackers				
		200m	17.36	(17.36)	200m	17.37	(17.37)		
		600m	44.39	(27.03)	600m	44.72	(27.35)		
		1000m	1:15.28	(30.89)	1000m	1:15.63	(30.91)		

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		Name		Cat		PB		Time	Info
26	yw	7	Bryant Boogert		HA2		1:13.98	1:14.59	
	bl	209	Mats van den Bos		HA2		1:12.70	1:14.79	
		Bryant Boogert			Mats van den Bos				
		200m	17.83	(17.83)	200m	17.68	(17.68)		
		600m	45.24	(27.41)	600m	45.19	(27.51)		
		1000m	1:14.59	(29.35)	1000m	1:14.79	(29.60)		

		Name		Cat		PB		Time	Info
27	wt	3	Max Bergsma		HN1		1:12.28	1:12.35	
	rd	15	Tom Egbertsen		HN1		1:12.59	1:12.46	PB
		Max Bergsma			Tom Egbertsen				
		200m	17.40	(17.40)	200m	17.40	(17.40)		
		600m	44.04	(26.64)	600m	43.83	(26.43)		
		1000m	1:12.35	(28.31)	1000m	1:12.46	(28.63)		

		Name		Cat		PB		Time	Info
28	yw	81	Bram van Essen		HN3		1:12.81	1:14.11	
	bl	98	Sven Kemp		HN4		1:11.55	1:13.29	
		Bram van Essen			Sven Kemp				
		200m	17.88	(17.88)	200m	17.24	(17.24)		
		600m	45.05	(27.17)	600m	43.87	(26.63)		
		1000m	1:14.11	(29.06)	1000m	1:13.29	(29.42)		

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5. Result Dames 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	214 Lieke Hoogendoorn	DA1	38	O	4:24.03	PB	
2	20 Patricia Koot	DA2	36	O	4:25.21		
3	21 Veerle van Koppen	DN1	37	O	4:25.39		
4	28 Meike Veen	DA2	37	I	4:25.64		
5	25 Sanne Oosterwijk	DA2	36	I	4:25.99		
6	18 Maaïke Koelewijn	DB2	34	I	4:27.56	PB	
7	45 Amber van der Meijden	DA1	35	I	4:32.96		
8	35 Tijn Borst	DA1	33	I	4:34.89	PB	
9	16 Maud Kempenaar	DB1	34	O	4:35.59	PB	
10	51 Susanne Prins	DA2	35	O	4:36.57	PB	
11	12 Sara ter Hart	DB2	32	I	4:37.59	PB	
12	47 Emma Noz	DA2	38	I	4:39.94		
13	50 Tess Postma	DA2	33	O	4:41.38		
14	40 Quinty Hersi	DB1	31	O	4:44.93	PB	
15	6 Mette ten Cate	DB1	29	O	4:46.20		
16	205 Willeke Bouwhuis	DB1	29	I	4:46.97		
17	22 Milou de Lange	DA1	30	O	4:47.42		
18	36 Floortje Bregman	DB2	32	O	4:58.09		
19	13 Lieke Hijlkema	DB2	30	I	5:02.60	PB	
	39 Jet Fransen	DA2			WDR		

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5. Race Result Dames 3000 meter

	Name	Cat	PB	Time	Info
29	wt 205 Willeke Bouwhuis	DB1		4:46.97	
	rd 6 Mette ten Cate	DB1		4:46.20	
	Willeke Bouwhuis				
	200m	22.35 (22.35)		200m	22.46 (22.46)
	600m	59.47 (37.12)		600m	58.97 (36.51)
	1000m	1:37.44 (37.97)		1000m	1:36.92 (37.95)
	1400m	2:15.72 (38.28)		1400m	2:14.67 (37.75)
	1800m	2:53.62 (37.90)		1800m	2:53.05 (38.38)
	2200m	3:31.68 (38.06)		2200m	3:30.66 (37.61)
	2600m	4:09.56 (37.88)		2600m	4:08.73 (38.07)
	3000m	4:46.97 (37.41)		3000m	4:46.20 (37.47)

	Name	Cat	PB	Time	Info
30	yw 13 Lieke Hijlkema	DB2	5:08.82	5:02.60	PB
	bl 22 Milou de Lange	DA1	4:42.14	4:47.42	
	Lieke Hijlkema				
	200m	22.66 (22.66)		200m	21.58 (21.58)
	600m	59.19 (36.53)		600m	56.27 (34.69)
	1000m	1:37.21 (38.02)		1000m	1:33.07 (36.80)
	1400m	2:16.41 (39.20)		1400m	2:11.07 (38.00)
	1800m	2:56.38 (39.97)		1800m	2:49.82 (38.75)
	2200m	3:37.11 (40.73)		2200m	3:28.72 (38.90)
	2600m	4:19.52 (42.41)		2600m	4:07.89 (39.17)
	3000m	5:02.60 (43.08)		3000m	4:47.42 (39.53)

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		Name	Cat	PB	Time Info
31	wt	39 Jet Fransen	DA2	4:45.08	WDR
	rd	40 Quinty Hersi	DB1	4:51.32	4:44.93 PB
		<u>Jet Fransen</u>		<u>Quinty Hersi</u>	
		200m		21.55 (21.55)	
		600m		55.21 (33.66)	
		1000m		1:31.79 (36.58)	
		1400m		2:10.00 (38.21)	
		1800m		2:48.24 (38.24)	
		2200m		3:26.87 (38.63)	
		2600m		4:05.86 (38.99)	
		3000m		4:44.93 (39.07)	

		Name	Cat	PB	Time Info
32	yw	12 Sara ter Hart	DB2	4:42.78	4:37.59 PB
	bl	36 Floortje Bregman	DB2	4:48.62	4:58.09
		<u>Sara ter Hart</u>		<u>Floortje Bregman</u>	
		200m		22.09 (22.09)	200m 22.81 (22.81)
		600m		57.03 (34.94)	600m 59.20 (36.39)
		1000m		1:33.07 (36.04)	1000m 1:37.65 (38.45)
		1400m		2:09.75 (36.68)	1400m 2:17.02 (39.37)
		1800m		2:46.56 (36.81)	1800m 2:57.02 (40.00)
		2200m		3:23.42 (36.86)	2200m 3:36.88 (39.86)
		2600m		4:00.58 (37.16)	2600m 4:17.55 (40.67)
		3000m		4:37.59 (37.01)	3000m 4:58.09 (40.54)

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		Name		Cat		PB		Time	Info
33	wt	35	Tijn Borst		DA1		4:36.09	4:34.89	PB
	rd	50	Tess Postma		DA2		4:35.64	4:41.38	
		Tijn Borst			Tess Postma				
		200m	21.48	(21.48)	200m	21.56	(21.56)		
		600m	55.41	(33.93)	600m	55.77	(34.21)		
		1000m	1:30.64	(35.23)	1000m	1:31.19	(35.42)		
		1400m	2:07.05	(36.41)	1400m	2:07.89	(36.70)		
		1800m	2:43.62	(36.57)	1800m	2:45.14	(37.25)		
		2200m	3:20.58	(36.96)	2200m	3:23.20	(38.06)		
		2600m	3:57.69	(37.11)	2600m	4:01.97	(38.77)		
		3000m	4:34.89	(37.20)	3000m	4:41.38	(39.41)		

		Name		Cat		PB		Time	Info
34	yw	18	Maike Koelewijn		DB2		4:37.24	4:27.56	PB
	bl	16	Maud Kempenaar		DB1		4:41.76	4:35.59	PB
		Maike Koelewijn			Maud Kempenaar				
		200m	20.80	(20.80)	200m	21.96	(21.96)		
		600m	53.98	(33.18)	600m	55.79	(33.83)		
		1000m	1:29.29	(35.31)	1000m	1:31.46	(35.67)		
		1400m	2:04.65	(35.36)	1400m	2:08.35	(36.89)		
		1800m	2:39.97	(35.32)	1800m	2:44.89	(36.54)		
		2200m	3:15.48	(35.51)	2200m	3:21.56	(36.67)		
		2600m	3:51.70	(36.22)	2600m	3:58.44	(36.88)		
		3000m	4:27.56	(35.86)	3000m	4:35.59	(37.15)		

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		Name			Cat			PB	Time	Info
35	wt	45	Amber van der Meijden		DA1			4:31.86	4:32.96	
	rd	51	Susanne Prins		DA2			4:38.09	4:36.57	PB
		Amber van der Meijden			Susanne Prins					
		200m	20.85	(20.85)	200m	20.93	(20.93)			
		600m	53.95	(33.10)	600m	54.01	(33.08)			
		1000m	1:28.40	(34.45)	1000m	1:29.23	(35.22)			
		1400m	2:04.42	(36.02)	1400m	2:05.89	(36.66)			
		1800m	2:40.98	(36.56)	1800m	2:42.99	(37.10)			
		2200m	3:17.86	(36.88)	2200m	3:20.63	(37.64)			
		2600m	3:55.19	(37.33)	2600m	3:58.74	(38.11)			
		3000m	4:32.96	(37.77)	3000m	4:36.57	(37.83)			

		Name			Cat			PB	Time	Info
36	yw	25	Sanne Oosterwijk		DA2			4:22.86	4:25.99	
	bl	20	Patricia Koot		DA2			4:21.66	4:25.21	
		Sanne Oosterwijk			Patricia Koot					
		200m	20.10	(20.10)	200m	20.57	(20.57)			
		600m	53.22	(33.12)	600m	53.39	(32.82)			
		1000m	1:27.62	(34.40)	1000m	1:27.46	(34.07)			
		1400m	2:02.30	(34.68)	1400m	2:02.09	(34.63)			
		1800m	2:37.50	(35.20)	1800m	2:37.46	(35.37)			
		2200m	3:13.48	(35.98)	2200m	3:13.36	(35.90)			
		2600m	3:49.46	(35.98)	2600m	3:49.39	(36.03)			
		3000m	4:25.99	(36.53)	3000m	4:25.21	(35.82)			

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		Name		Cat		PB		Time	Info
37	wt	28	Meike Veen		DA2		4:22.17	4:25.64	
	rd	21	Veerle van Koppen		DN1		4:22.87	4:25.39	
		Meike Veen				Veerle van Koppen			
		200m	20.38	(20.38)		200m	21.58	(21.58)	
		600m	52.78	(32.40)		600m	55.29	(33.71)	
		1000m	1:26.51	(33.73)		1000m	1:29.89	(34.60)	
		1400m	2:01.70	(35.19)		1400m	2:04.47	(34.58)	
		1800m	2:37.47	(35.77)		1800m	2:39.18	(34.71)	
		2200m	3:13.82	(36.35)		2200m	3:14.27	(35.09)	
		2600m	3:50.03	(36.21)		2600m	3:49.77	(35.50)	
		3000m	4:25.64	(35.61)		3000m	4:25.39	(35.62)	

		Name		Cat		PB		Time	Info
38	yw	47	Emma Noz		DA2		4:29.96	4:39.94	
	bl	214	Lieke Hoogendoorn		DA1		4:25.87	4:24.03	PB
		Emma Noz				Lieke Hoogendoorn			
		200m	21.10	(21.10)		200m	20.81	(20.81)	
		600m	54.23	(33.13)		600m	53.09	(32.28)	
		1000m	1:28.79	(34.56)		1000m	1:27.13	(34.04)	
		1400m	2:04.77	(35.98)		1400m	2:01.92	(34.79)	
		1800m	2:41.93	(37.16)		1800m	2:37.20	(35.28)	
		2200m	3:20.39	(38.46)		2200m	3:12.57	(35.37)	
		2600m	3:59.72	(39.33)		2600m	3:48.07	(35.50)	
		3000m	4:39.94	(40.22)		3000m	4:24.03	(35.96)	

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6. Result Heren 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	101 Colin James Duivenvoorden	HN2	54	I	3:46.47	PB	
2	24 Jelle Koeleman	HN1	54	O	3:53.69	PB	
3	25 Mika Kolder	HA1	56	I	3:53.87		
4	37 Niklas Reinders	HA2	53	I	3:57.61	PB	
5	5 Pelle Bolsius	HB2	53	O	3:58.19	PB	
6	28 Jasper van der Marel	HA2	55	I	3:59.10		
7	41 Sem Spruit	HB1	43	I	3:59.42	PB	
8	2 Mats Bendijk	HA1	56	O	3:59.90		
9	95 Thijs Wiersma	HB1	41	I	4:01.02		
10	50 Chris Brommersma	HA2	52	I	4:03.69		
11	62 Kai-Arne Ottenhoff	HB2	42	I	4:03.96	PB	
	21 Stefan Has	HB2	50	O	4:03.96	PB	
13	31 Jesper van Mieghem	HA2	52	O	4:05.20	PB	
14	68 Chris de Velde	HA1	47	I	4:05.72	PB	
15	49 Yoeri van Bostelen	HA2	50	I	4:06.13		
16	60 Tygo Kompier	HA1	49	I	4:09.90	PB	
17	53 Jort de Gans	HA2	48	I	4:10.08		
18	67 Joep Stubbe	HA2	49	O	4:10.59		
19	66 Bodhi Smeele	HB2	45	O	4:11.48	PB	
20	29 Tsjerk van der Meer	HB1	41	O	4:13.47		
21	51 Philip Diniz	HB1	44	I	4:13.61	PB	
22	32 Jan Mooijman	HB2	51	I	4:15.33		
23	47 Sem Bodewes	HA2	46	I	4:16.38	PB	
24	70 Mats Westra	HB2	44	O	4:16.62	PB	
25	11 Jesse van Buren	HB2	48	O	4:17.58		
26	61 Mathijs Molenaar	HA1	46	O	4:21.90		
27	92 Niek Bijma	HB1	42	O	4:22.03		
28	94 Rick Schuurman	HB1	43	O	4:22.08		
29	27 Berend Lange	HB1	39	I	4:25.39		
30	55 Daan de Graaf	HB2	45	I	4:32.30		
31	59 Levi Kapp	HB2	47	O	4:32.62		
	43 Floris van Velsen	HA1	55	O		DQ	
	40 Ties van Seumeren	HA2				WDR	

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6. Race Result Heren 3000 meter

	Name	Cat	PB	Time Info
39	wt rd 27 Berend Lange	HB1		4:25.39
	Berend Lange			
	200m	20.17 (20.17)		m
	600m	52.82 (32.65)		
	1000m	1:26.78 (33.96)		
	1400m	2:01.01 (34.23)		
	1800m	2:35.85 (34.84)		
	2200m	3:11.31 (35.46)		
	2600m	3:47.82 (36.51)		
	3000m	4:25.39 (37.57)		

	Name	Cat	PB	Time Info
40	yw bl			
	m			m

	Name	Cat	PB	Time Info
41	wt rd 95 Thijs Wiersma	HB1		4:01.02
	29 Tsjerk van der Meer	HB1		4:13.47
	Thijs Wiersma			
	200m	20.21 (20.21)		
	600m	52.08 (31.87)		
	1000m	1:23.69 (31.61)		
	1400m	1:55.47 (31.78)		
	1800m	2:27.48 (32.01)		
	2200m	2:59.25 (31.77)		
	2600m	3:29.92 (30.67)		
	3000m	4:01.02 (31.10)		
	Tsjerk van der Meer			
	200m	20.43 (20.43)		
	600m	51.72 (31.29)		
	1000m	1:23.38 (31.66)		
	1400m	1:55.51 (32.13)		
	1800m	2:28.40 (32.89)		
	2200m	3:02.07 (33.67)		
	2600m	3:37.45 (35.38)		
	3000m	4:13.47 (36.02)		

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		Name		Cat		PB		Time	Info
42	yw	62	Kai-Arne Ottenhoff		HB2		4:20.21	4:03.96	PB
	bl	92	Niek Bijma		HB1			4:22.03	
		Kai-Arne Ottenhoff			Niek Bijma				
		200m	19.52	(19.52)	200m	19.63	(19.63)		
		600m	49.56	(30.04)	600m	51.85	(32.22)		
		1000m	1:20.69	(31.13)	1000m	1:26.70	(34.85)		
		1400m	1:52.57	(31.88)	1400m	2:02.42	(35.72)		
		1800m	2:25.12	(32.55)	1800m	2:37.80	(35.38)		
		2200m	2:58.16	(33.04)	2200m	3:13.04	(35.24)		
		2600m	3:31.01	(32.85)	2600m	3:47.77	(34.73)		
		3000m	4:03.96	(32.95)	3000m	4:22.03	(34.26)		

		Name		Cat		PB		Time	Info
43	wt	41	Sem Spruit		HB1		4:22.00	3:59.42	PB
	rd	94	Rick Schuurman		HB1			4:22.08	
		Sem Spruit			Rick Schuurman				
		200m	19.11	(19.11)	200m	20.50	(20.50)		
		600m	49.31	(30.20)	600m	53.42	(32.92)		
		1000m	1:20.32	(31.01)	1000m	1:27.23	(33.81)		
		1400m	1:52.10	(31.78)	1400m	2:01.75	(34.52)		
		1800m	2:23.83	(31.73)	1800m	2:36.55	(34.80)		
		2200m	2:55.55	(31.72)	2200m	3:11.51	(34.96)		
		2600m	3:27.51	(31.96)	2600m	3:46.81	(35.30)		
		3000m	3:59.42	(31.91)	3000m	4:22.08	(35.27)		

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		Name		Cat		PB		Time	Info
44	yw	51	Philip Diniz		HB1		4:21.70	4:13.61	PB
	bl	70	Mats Westra		HB2		4:21.18	4:16.62	PB
		Philip Diniz				Mats Westra			
		200m	20.29	(20.29)		200m	20.28	(20.28)	
		600m	52.94	(32.65)		600m	52.95	(32.67)	
		1000m	1:26.15	(33.21)		1000m	1:25.71	(32.76)	
		1400m	1:59.69	(33.54)		1400m	1:58.79	(33.08)	
		1800m	2:33.08	(33.39)		1800m	2:32.41	(33.62)	
		2200m	3:06.66	(33.58)		2200m	3:06.71	(34.30)	
		2600m	3:40.12	(33.46)		2600m	3:41.50	(34.79)	
		3000m	4:13.61	(33.49)		3000m	4:16.62	(35.12)	

		Name		Cat		PB		Time	Info
45	wt	55	Daan de Graaf		HB2		4:19.99	4:32.30	
	rd	66	Bodhi Smeele		HB2		4:14.37	4:11.48	PB
		Daan de Graaf				Bodhi Smeele			
		200m	20.32	(20.32)		200m	20.48	(20.48)	
		600m	52.45	(32.13)		600m	52.39	(31.91)	
		1000m	1:25.58	(33.13)		1000m	1:25.52	(33.13)	
		1400m	1:59.78	(34.20)		1400m	1:58.68	(33.16)	
		1800m	2:35.11	(35.33)		1800m	2:32.05	(33.37)	
		2200m	3:13.40	(38.29)		2200m	3:05.61	(33.56)	
		2600m	3:52.59	(39.19)		2600m	3:38.68	(33.07)	
		3000m	4:32.30	(39.71)		3000m	4:11.48	(32.80)	

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		Name		Cat		PB	Time	Info
46	yw	47	Sem Bodewes		HA2	4:18.32	4:16.38	PB
	bl	61	Mathijs Molenaar		HA1	4:13.67	4:21.90	
		Sem Bodewes			Mathijs Molenaar			
		200m	20.03	(20.03)	200m	19.50	(19.50)	
		600m	51.07	(31.04)	600m	50.49	(30.99)	
		1000m	1:23.44	(32.37)	1000m	1:23.54	(33.05)	
		1400m	1:56.64	(33.20)	1400m	1:57.16	(33.62)	
		1800m	2:30.57	(33.93)	1800m	2:31.39	(34.23)	
		2200m	3:05.32	(34.75)	2200m	3:06.99	(35.60)	
		2600m	3:40.93	(35.61)	2600m	3:44.24	(37.25)	
		3000m	4:16.38	(35.45)	3000m	4:21.90	(37.66)	

		Name		Cat		PB	Time	Info
47	wt	68	Chris de Velde		HA1	4:11.57	4:05.72	PB
	rd	59	Levi Kapp		HB2	4:14.67	4:32.62	
		Chris de Velde			Levi Kapp			
		200m	19.45	(19.45)	200m	20.69	(20.69)	
		600m	50.44	(30.99)	600m	52.57	(31.88)	
		1000m	1:22.23	(31.79)	1000m	1:25.61	(33.04)	
		1400m	1:53.82	(31.59)	1400m	2:00.56	(34.95)	
		1800m	2:25.80	(31.98)	1800m	2:37.22	(36.66)	
		2200m	2:58.60	(32.80)	2200m	3:14.97	(37.75)	
		2600m	3:31.96	(33.36)	2600m	3:53.85	(38.88)	
		3000m	4:05.72	(33.76)	3000m	4:32.62	(38.77)	

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		Name		Cat		PB	Time	Info
48	yw	53	Jort de Gans		HA2	4:09.03	4:10.08	
	bl	11	Jesse van Buren		HB2	4:06.72	4:17.58	
		Jort de Gans			Jesse van Buren			
		200m	19.53	(19.53)	200m	20.69	(20.69)	
		600m	49.96	(30.43)	600m	52.20	(31.51)	
		1000m	1:21.53	(31.57)	1000m	1:25.24	(33.04)	
		1400m	1:53.91	(32.38)	1400m	1:59.39	(34.15)	
		1800m	2:26.87	(32.96)	1800m	2:33.78	(34.39)	
		2200m	3:00.66	(33.79)	2200m	3:08.67	(34.89)	
		2600m	3:35.09	(34.43)	2600m	3:43.22	(34.55)	
		3000m	4:10.08	(34.99)	3000m	4:17.58	(34.36)	

		Name		Cat		PB	Time	Info
49	wt	60	Tygo Kompier		HA1	4:11.10	4:09.90	PB
	rd	67	Joep Stubbe		HA2	4:00.38	4:10.59	
		Tygo Kompier			Joep Stubbe			
		200m	18.67	(18.67)	200m	19.22	(19.22)	
		600m	49.55	(30.88)	600m	49.99	(30.77)	
		1000m	1:20.75	(31.20)	1000m	1:21.02	(31.03)	
		1400m	1:53.45	(32.70)	1400m	1:52.60	(31.58)	
		1800m	2:26.67	(33.22)	1800m	2:25.13	(32.53)	
		2200m	3:00.55	(33.88)	2200m	2:59.05	(33.92)	
		2600m	3:35.10	(34.55)	2600m	3:34.29	(35.24)	
		3000m	4:09.90	(34.80)	3000m	4:10.59	(36.30)	

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		Name		Cat		PB	Time	Info
50	yw	49	Yoeri van Bostelen		HA2		4:05.97	4:06.13
	bl	21	Stefan Has		HB2		4:10.55	4:03.96 PB
		Yoeri van Bostelen			Stefan Has			
		200m	18.84	(18.84)	200m	20.14	(20.14)	
		600m	49.91	(31.07)	600m	50.78	(30.64)	
		1000m	1:21.55	(31.64)	1000m	1:22.27	(31.49)	
		1400m	1:53.73	(32.18)	1400m	1:54.21	(31.94)	
		1800m	2:25.93	(32.20)	1800m	2:26.18	(31.97)	
		2200m	2:58.38	(32.45)	2200m	2:58.40	(32.22)	
		2600m	3:31.57	(33.19)	2600m	3:31.19	(32.79)	
		3000m	4:06.13	(34.56)	3000m	4:03.96	(32.77)	

		Name		Cat		PB	Time	Info
51	wt	32	Jan Mooijman		HB2		4:05.54	4:15.33
	rd	40	Ties van Seumeren		HA2		4:00.41	WDR
		Jan Mooijman			Ties van Seumeren			
		200m	19.35	(19.35)				
		600m	50.94	(31.59)				
		1000m	1:23.02	(32.08)				
		1400m	1:55.97	(32.95)				
		1800m	2:29.60	(33.63)				
		2200m	3:04.43	(34.83)				
		2600m	3:39.71	(35.28)				
		3000m	4:15.33	(35.62)				

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		Name		Cat		PB		Time	Info
52	yw	50	Chris Brommersma		HA2		4:03.45	4:03.69	
	bl	31	Jesper van Mieghem		HA2		4:06.15	4:05.20	PB
		Chris Brommersma			Jesper van Mieghem				
		200m	20.33	(20.33)	200m	19.58	(19.58)		
		600m	51.58	(31.25)	600m	50.34	(30.76)		
		1000m	1:23.04	(31.46)	1000m	1:21.51	(31.17)		
		1400m	1:54.47	(31.43)	1400m	1:52.82	(31.31)		
		1800m	2:26.08	(31.61)	1800m	2:24.44	(31.62)		
		2200m	2:58.03	(31.95)	2200m	2:56.97	(32.53)		
		2600m	3:30.34	(32.31)	2600m	3:30.70	(33.73)		
		3000m	4:03.69	(33.35)	3000m	4:05.20	(34.50)		

		Name		Cat		PB		Time	Info
53	wt	37	Niklas Reinders		HA2		4:05.79	3:57.61	PB
	rd	5	Pelle Bolsius		HB2		3:59.39	3:58.19	PB
		Niklas Reinders			Pelle Bolsius				
		200m	19.43	(19.43)	200m	19.96	(19.96)		
		600m	50.89	(31.46)	600m	50.77	(30.81)		
		1000m	1:21.71	(30.82)	1000m	1:21.49	(30.72)		
		1400m	1:52.79	(31.08)	1400m	1:52.18	(30.69)		
		1800m	2:23.68	(30.89)	1800m	2:23.17	(30.99)		
		2200m	2:54.68	(31.00)	2200m	2:54.31	(31.14)		
		2600m	3:25.82	(31.14)	2600m	3:26.01	(31.70)		
		3000m	3:57.61	(31.79)	3000m	3:58.19	(32.18)		

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		Name		Cat		PB	Time	Info
54	yw	101	Colin James Duivenvoorden		HN2		3:48.97	3:46.47 PB
	bl	24	Jelle Koeleman		HN1		3:57.45	3:53.69 PB
		Colin James Duivenvoorden			Jelle Koeleman			
		200m	18.82	(18.82)	200m	19.20	(19.20)	
		600m	48.20	(29.38)	600m	48.91	(29.71)	
		1000m	1:17.55	(29.35)	1000m	1:18.02	(29.11)	
		1400m	1:46.61	(29.06)	1400m	1:47.90	(29.88)	
		1800m	2:15.56	(28.95)	1800m	2:18.31	(30.41)	
		2200m	2:45.22	(29.66)	2200m	2:49.24	(30.93)	
		2600m	3:15.64	(30.42)	2600m	3:21.04	(31.80)	
		3000m	3:46.47	(30.83)	3000m	3:53.69	(32.65)	

		Name		Cat		PB	Time	Info
55	wt	28	Jasper van der Marel		HA2		3:56.81	3:59.10
	rd	43	Floris van Velsen		HA1		3:58.34	DQ
		Jasper van der Marel			Floris van Velsen			
		200m	19.41	(19.41)				
		600m	49.05	(29.64)				
		1000m	1:19.12	(30.07)				
		1400m	1:50.27	(31.15)				
		1800m	2:22.19	(31.92)				
		2200m	2:54.36	(32.17)				
		2600m	3:26.64	(32.28)				
		3000m	3:59.10	(32.46)				

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		Name		Cat		PB	Time	Info
56	yw	25	Mika Kolder		HA1		3:52.19	3:53.87
	bl	2	Mats Bendijk		HA1		3:51.39	3:59.90
		Mika Kolder			Mats Bendijk			
		200m	18.69	(18.69)	200m	18.56	(18.56)	
		600m	47.87	(29.18)	600m	47.96	(29.40)	
		1000m	1:17.74	(29.87)	1000m	1:18.19	(30.23)	
		1400m	1:48.04	(30.30)	1400m	1:48.89	(30.70)	
		1800m	2:18.28	(30.24)	1800m	2:20.26	(31.37)	
		2200m	2:48.95	(30.67)	2200m	2:52.72	(32.46)	
		2600m	3:20.68	(31.73)	2600m	3:26.21	(33.49)	
		3000m	3:53.87	(33.19)	3000m	3:59.90	(33.69)	

International Thialf Race

Thialf - Heerenveen
23 and 24 September 2023

7. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	20 Freek van der Ham	HA2	57	I	6:37.29 PB	
2	78 Daan Berkhout	HN2	58	O	6:43.05 PB	
3	18 Michiel de Groot	HA2	60	I	6:45.65 PB	
4	90 Nino van Dijk	HSA	59	I	6:48.30	
5	103 Dyon Talsma	HN3	58	I	6:54.98	
6	100 Jasper Tinga	HN1	60	O	6:55.42	
7	104 Thijs van Bostelen	HA2	57	O	7:31.18 PB	
	45 Hidde Westra	HN1			WDR	

International Thialf Race

Thialf - Heerenveen
23 and 24 September 2023

7. Race Result 5000 meter

	Name	Cat	PB	Time	Info
57	wt 20 Freek van der Ham	HA2	7:00.64	6:37.29	PB
	rd 104 Thijs van Bostelen	HA2	7:46.15	7:31.18	PB
Freek van der Ham		Thijs van Bostelen			
200m	19.73 (19.73)	200m	21.20 (21.20)		
600m	50.87 (31.14)	600m	55.57 (34.37)		
1000m	1:22.05 (31.18)	1000m	1:30.12 (34.55)		
1400m	1:53.64 (31.59)	1400m	2:04.69 (34.57)		
1800m	2:24.86 (31.22)	1800m	2:39.37 (34.68)		
2200m	2:56.09 (31.23)	2200m	3:14.13 (34.76)		
2600m	3:27.37 (31.28)	2600m	3:49.32 (35.19)		
3000m	3:58.89 (31.52)	3000m	4:24.98 (35.66)		
3400m	4:30.29 (31.40)	3400m	5:01.29 (36.31)		
3800m	5:01.71 (31.42)	3800m	5:38.08 (36.79)		
4200m	5:33.40 (31.69)	4200m	6:15.23 (37.15)		
4600m	6:05.22 (31.82)	4600m	6:53.19 (37.96)		
5000m	6:37.29 (32.07)	5000m	7:31.18 (37.99)		

	Name	Cat	PB	Time	Info
58	yw 103 Dyon Talsma	HN3	6:54.03	6:54.98	
	bl 78 Daan Berkhout	HN2	6:45.48	6:43.05	PB
Dyon Talsma		Daan Berkhout			
200m	19.47 (19.47)	200m	19.46 (19.46)		
600m	51.29 (31.82)	600m	50.53 (31.07)		
1000m	1:23.98 (32.69)	1000m	1:22.18 (31.65)		
1400m	1:56.74 (32.76)	1400m	1:53.40 (31.22)		
1800m	2:29.50 (32.76)	1800m	2:24.57 (31.17)		
2200m	3:02.16 (32.66)	2200m	2:55.92 (31.35)		
2600m	3:34.78 (32.62)	2600m	3:27.61 (31.69)		
3000m	4:07.64 (32.86)	3000m	3:59.24 (31.63)		
3400m	4:40.49 (32.85)	3400m	4:31.36 (32.12)		
3800m	5:13.53 (33.04)	3800m	5:03.88 (32.52)		
4200m	5:46.99 (33.46)	4200m	5:36.65 (32.77)		
4600m	6:21.05 (34.06)	4600m	6:09.65 (33.00)		
5000m	6:54.98 (33.93)	5000m	6:43.05 (33.40)		

International Thialf Race

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		Name	Cat	PB	Time Info
59	wt	90 Nino van Dijk	HSA	6:42.12	6:48.30
	rd	45 Hidde Westra	HN1	6:48.93	WDR
		Nino van Dijk		Hidde Westra	
		200m	19.67 (19.67)		
		600m	50.81 (31.14)		
		1000m	1:21.98 (31.17)		
		1400m	1:53.40 (31.42)		
		1800m	2:24.77 (31.37)		
		2200m	2:56.26 (31.49)		
		2600m	3:27.99 (31.73)		
		3000m	4:00.29 (32.30)		
		3400m	4:33.00 (32.71)		
		3800m	5:06.47 (33.47)		
		4200m	5:40.28 (33.81)		
		4600m	6:14.18 (33.90)		
		5000m	6:48.30 (34.12)		

		Name	Cat	PB	Time Info
60	yw	18 Michiel de Groot	HA2	6:49.36	6:45.65 PB
	bl	100 Jasper Tinga	HN1	6:51.48	6:55.42
		Michiel de Groot		Jasper Tinga	
		200m	19.57 (19.57)	200m	20.62 (20.62)
		600m	50.28 (30.71)	600m	52.44 (31.82)
		1000m	1:21.40 (31.12)	1000m	1:23.91 (31.47)
		1400m	1:52.83 (31.43)	1400m	1:55.74 (31.83)
		1800m	2:24.31 (31.48)	1800m	2:27.78 (32.04)
		2200m	2:55.79 (31.48)	2200m	3:00.30 (32.52)
		2600m	3:27.44 (31.65)	2600m	3:32.82 (32.52)
		3000m	3:59.30 (31.86)	3000m	4:05.63 (32.81)
		3400m	4:31.32 (32.02)	3400m	4:38.32 (32.69)
		3800m	5:03.70 (32.38)	3800m	5:11.34 (33.02)
		4200m	5:36.90 (33.20)	4200m	5:44.91 (33.57)
		4600m	6:11.09 (34.19)	4600m	6:19.62 (34.71)
		5000m	6:45.65 (34.56)	5000m	6:55.42 (35.80)