

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

3 January 2026

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	36 Jack Boekema	HB2	13	I	36.43	PB	
2	5 Niels de Kruijk	HN1	14	O	36.56		
3	3 Loek van Vilsteren	HN3	11	O	36.87		
4	23 Sem Spruit	HA1	12	O	37.16	PB	
5	14 Jort de Gans	HN2	14	I	37.42		
6	25 Berend Lange	HA1	11	I	37.74		
7	20 Rutger Jansma	HA1	12	I	37.87		
8	12 Bodhi Smeele	HA2	10	O	37.89	PB	
9	40 Sjors Zautsen	HA2	9	I	38.05		
10	13 Julian de Boer	HA2	10	I	38.41		
11	37 Sietse de Vries	HN1	8	O	38.56		
12	17 Matteo van Schajik	HN1	8	I	38.69		
13	1 Sylke Kas	DSA	6	I	38.79		
14	15 Friso van Vliet	HA1	7	O	38.82		
15	7 Lucas Fabrie	HA1	9	O	38.92		
16	8 Mart Leroy	HB1	7	I	39.09		
17	16 Elanne de Vries	DN1	5	O	40.00	PB	
18	32 Marika de Glee	DA2	5	I	40.10		
19	34 Maud Blokhorst	DA1	4	I	40.61	PB	
20	27 Elbrich Nicolay	DN1	6	O	41.02		
21	10 Sophie Exterkate	DA2	1	O	41.14	PB	
22	24 Anouk Aalders	DB2	3	I	41.42		
23	31 Julia Pereira de Vos	DN1	4	O	41.99		
24	11 Elena Ruijtenberg	DB2	1	I	42.49		
25	42 Anouk Könst	DN1	3	O	42.88	PB	
26	9 Isabella Talen	DA1	2	O	43.82		
	6 Geophrey Coenraad	HA2	13	O	DQ	T04	
	22 Britt Breider	DA2			WDR		

T04 - False start (253.4)

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1. Race Result 500 meter

		Name	Cat	PB	Time	Info
1	wt	11 Elena Ruijtenberg	DB2	42.18	42.49	
	rd	10 Sophie Exterkate	DA2	41.61	41.14	PB
		Elena Ruijtenberg		Sophie Exterkate		
		100m	11.66 (11.66)	100m	11.56 (11.56)	
		500m	42.49 (30.83)	500m	41.14 (29.58)	

		Name	Cat	PB	Time	Info
2	yw	22 Britt Breider	DA2	41.01	WDR	
	bl	9 Isabella Talen	DA1	43.80	43.82	
		Britt Breider		Isabella Talen		
		100m	12.15 (12.15)	100m	12.15 (12.15)	
		500m	43.82 (31.67)	500m	43.82 (31.67)	

		Name	Cat	PB	Time	Info
3	wt	24 Anouk Aalders	DB2	40.97	41.42	
	rd	42 Anouk Könst	DN1	43.72	42.88	PB
		Anouk Aalders		Anouk Könst		
		100m	11.39 (11.39)	100m	12.21 (12.21)	
		500m	41.42 (30.03)	500m	42.88 (30.67)	

		Name	Cat	PB	Time	Info
4	yw	34 Maud Blokhorst	DA1	40.62	40.61	PB
	bl	31 Julia Pereira de Vos	DN1	41.03	41.99	
		Maud Blokhorst		Julia Pereira de Vos		
		100m	11.40 (11.40)	100m	11.30 (11.30)	
		500m	40.61 (29.21)	500m	41.99 (30.69)	

		Name	Cat	PB	Time	Info
5	wt	32 Marika de Glee	DA2	39.99	40.10	
	rd	16 Elanne de Vries	DN1	40.09	40.00	PB
		Marika de Glee		Elanne de Vries		
		100m	11.20 (11.20)	100m	11.25 (11.25)	
		500m	40.10 (28.90)	500m	40.00 (28.75)	

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		Name	Cat	PB	Time	Info
6	yw	1 Sylke Kas	DSA	38.69	38.79	
	bl	27 Elbrich Nicolay	DN1	40.54	41.02	
		Sylke Kas		Elbrich Nicolay		
		100m	10.95 (10.95)	100m	11.46 (11.46)	
		500m	38.79 (27.84)	500m	41.02 (29.56)	
		Name	Cat	PB	Time	Info
7	wt	8 Mart Leroy	HB1	39.09	39.09	
	rd	15 Friso van Vliet	HA1	38.53	38.82	
		Mart Leroy		Friso van Vliet		
		100m	10.86 (10.86)	100m	11.01 (11.01)	
		500m	39.09 (28.23)	500m	38.82 (27.81)	
		Name	Cat	PB	Time	Info
8	yw	17 Matteo van Schajik	HN1	38.18	38.69	
	bl	37 Sietse de Vries	HN1	38.23	38.56	
		Matteo van Schajik		Sietse de Vries		
		100m	10.57 (10.57)	100m	10.78 (10.78)	
		500m	38.69 (28.12)	500m	38.56 (27.78)	
		Name	Cat	PB	Time	Info
9	wt	40 Sjors Zautsen	HA2	37.95	38.05	
	rd	7 Lucas Fabrie	HA1	38.08	38.92	
		Sjors Zautsen		Lucas Fabrie		
		100m	10.61 (10.61)	100m	10.46 (10.46)	
		500m	38.05 (27.44)	500m	38.92 (28.46)	
		Name	Cat	PB	Time	Info
10	yw	13 Julian de Boer	HA2	38.02	38.41	
	bl	12 Bodhi Smeele	HA2	38.44	37.89	PB
		Julian de Boer		Bodhi Smeele		
		100m	10.71 (10.71)	100m	10.54 (10.54)	
		500m	38.41 (27.70)	500m	37.89 (27.35)	

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		Name	Cat	PB	Time	Info
11	wt	25 Berend Lange	HA1	37.36	37.74	
	rd	3 Loek van Vilsteren	HN3	36.66	36.87	
		Berend Lange		Loek van Vilsteren		
		100m	10.61 (10.61)	100m	10.33 (10.33)	
		500m	37.74 (27.13)	500m	36.87 (26.54)	

		Name	Cat	PB	Time	Info
12	yw	20 Rutger Jansma	HA1	37.64	37.87	
	bl	23 Sem Spruit	HA1	37.34	37.16	PB
		Rutger Jansma		Sem Spruit		
		100m	10.61 (10.61)	100m	10.46 (10.46)	
		500m	37.87 (27.26)	500m	37.16 (26.70)	

		Name	Cat	PB	Time	Info
13	wt	36 Jack Boekema	HB2	36.48	36.43	PB
	rd	6 Geophrey Coenraad	HA2	35.99	DQ ^{T04}	
		Jack Boekema		Geophrey Coenraad		
		100m	10.21 (10.21)			
		500m	36.43 (26.22)			

		Name	Cat	PB	Time	Info
14	yw	14 Jort de Gans	HN2	37.10	37.42	
	bl	5 Niels de Kruijk	HN1	35.77	36.56	
		Jort de Gans		Niels de Kruijk		
		100m	10.61 (10.61)	100m	10.21 (10.21)	
		500m	37.42 (26.81)	500m	36.56 (26.35)	

T04 - False start (253.4)

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

3 January 2026

2. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	26 Colin Breed	HA2	4	I	3:48.05	PB	
2	44 Niels van Reeuwijk	HN2	4	O	3:48.89	PB	
3	30 Jasmijn Veenhuis	DA2	3	O	4:10.27	PB	
4	29 Jade Zijlstra	DB2	1	I	4:18.57	PB	
5	28 Eva-Sofie Elferink	DB2	1	O	4:18.60	PB	
6	35 Willeke Bouwhuis	DA1	2	O	4:35.15		

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

3 January 2026

2. Race Result 3000 meter

		Name	Cat			PB	Time	Info
1	wt	29 Jade Zijlstra	DB2			4:21.06	4:18.57	PB
	rd	28 Eva-Sofie Elferink	DB2			4:21.73	4:18.60	PB
		Jade Zijlstra			Eva-Sofie Elferink			
		200m	22.05	(22.05)	200m	21.45	(21.45)	
		600m	55.22	(33.17)	600m	54.04	(32.59)	
		1000m	1:28.30	(33.08)	1000m	1:27.25	(33.21)	
		1400m	2:02.03	(33.73)	1400m	2:00.48	(33.23)	
		1800m	2:35.78	(33.75)	1800m	2:34.08	(33.60)	
		2200m	3:09.77	(33.99)	2200m	3:08.66	(34.58)	
		2600m	3:44.24	(34.47)	2600m	3:43.96	(35.30)	
		3000m	4:18.57	(34.33)	3000m	4:18.60	(34.64)	

		Name	Cat	PB		Time	Info		
2	yw	35 Willeke Bouwhuis	DA1	4:28.73		4:35.15			
	bl								
	Willeke Bouwhuis								
	m						200m	21.14	(21.14)
							600m	55.23	(34.09)
							1000m	1:29.85	(34.62)
							1400m	2:05.29	(35.44)
							1800m	2:41.49	(36.20)
							2200m	3:18.65	(37.16)
							2600m	3:56.70	(38.05)
		3000m	4:35.15	(38.45)					

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		Name	Cat	PB	Time	Info
3	wt					
	rd	30 Jasmijn Veenhuis	DA2	4:15.88	4:10.27	PB
		Jasmijn Veenhuis				
		m	200m	20.29	(20.29)	
			600m	51.67	(31.38)	
			1000m	1:23.91	(32.24)	
			1400m	1:56.64	(32.73)	
			1800m	2:26.69	(30.05)	
			2200m	3:03.16	(36.47)	
			2600m	3:36.70	(33.54)	
			3000m	4:10.27	(33.57)	
		Name	Cat	PB	Time	Info
4	yw	26 Colin Breed	HA2	3:52.12	3:48.05	PB
	bl	44 Niels van Reeuwijk	HN2	3:56.30	3:48.89	PB
		Colin Breed				
		200m	19.07	(19.07)		
		600m	48.64	(29.57)		
		1000m	1:18.12	(29.48)		
		1400m	1:47.81	(29.69)		
		1800m	2:16.66	(28.85)		
		2200m	2:47.64	(30.98)		
		2600m	3:17.64	(30.00)		
		3000m	3:48.05	(30.41)		
		Niels van Reeuwijk				
		200m	19.21	(19.21)		
		600m	49.26	(30.05)		
		1000m	1:18.69	(29.43)		
		1400m	1:48.08	(29.39)		
		1800m	2:17.74	(29.66)		
		2200m	2:47.61	(29.87)		
		2600m	3:18.16	(30.55)		
		3000m	3:48.89	(30.73)		

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3. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	38 Lieuwe ter Hoeve	HA2	1	I	6:45.36	PB	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

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3. Race Result 5000 meter

		Name	Cat	PB	Time	Info
1	wt rd	38 Lieuwe ter Hoeve	HA2	7:03.19	6:45.36	pB
		Lieuwe ter Hoeve				
		200m	20.57	(20.57)	m	
		600m	52.14	(31.57)		
		1000m	1:24.00	(31.86)		
		1400m	1:56.07	(32.07)		
		1800m	2:27.54	(31.47)		
		2200m	2:58.80	(31.26)		
		2600m	3:30.14	(31.34)		
		3000m	4:01.45	(31.31)		
		3400m	4:33.37	(31.92)		
		3800m	5:05.89	(32.52)		
		4200m	5:38.76	(32.87)		
		4600m	6:11.63	(32.87)		
		5000m	6:45.36	(33.73)		

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4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	2 Ties van Seumeren	HN2	7	O	1:47.62		
2	4 Hidde Westra	HN3	8	I	1:48.89		
3	3 Loek van Vilsteren	HN3	7	I	1:50.76		
4	25 Berend Lange	HA1	8	O	1:53.08	PB	
5	15 Friso van Vliet	HA1	4	I	1:54.90	PB	
6	40 Sjors Zautsen	HA2	6	O	1:55.42		
7	41 Rens Vergeer	HN1	6	I	1:56.28		
8	8 Mart Leroy	HB1	4	O	1:59.05		
9	10 Sophie Exterkate	DA2	3	I	2:03.29		
10	34 Maud Blokhorst	DA1	2	O	2:08.06		
11	42 Anouk Könst	DN1	1	O	2:09.75		
12	9 Isabella Talen	DA1	1	I	2:12.14		
	22 Britt Breider	DA2				WDR	

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4. Race Result 1500 meter

		Name	Cat	PB	Time	Info
1	wt	9 Isabella Talen	DA1	2:11.76	2:12.14	
	rd	42 Anouk Könst	DN1	2:08.96	2:09.75	
		Isabella Talen		Anouk Könst		
		300m 28.55 (28.55)		300m 28.42 (28.42)		
		700m 1:01.13 (32.58)		700m 1:00.31 (31.89)		
		1100m 1:35.58 (34.45)		1100m 1:34.50 (34.19)		
		1500m 2:12.14 (36.56)		1500m 2:09.75 (35.25)		
		Name	Cat	PB	Time	Info
2	yw	34 Maud Blokhorst	DA1	2:05.97	2:08.06	
	bl					
		Maud Blokhorst				
		m 300m 27.16 (27.16)		300m 27.16 (27.16)		
		700m 58.24 (31.08)		700m 58.24 (31.08)		
		1100m 1:31.66 (33.42)		1100m 1:31.66 (33.42)		
		1500m 2:08.06 (36.40)		1500m 2:08.06 (36.40)		
		Name	Cat	PB	Time	Info
3	wt	10 Sophie Exterkate	DA2	2:02.12	2:03.29	
	rd	22 Britt Breider	DA2	2:04.99	WDR	
		Sophie Exterkate		Britt Breider		
		300m 27.06 (27.06)				
		700m 57.14 (30.08)				
		1100m 1:29.26 (32.12)				
		1500m 2:03.29 (34.03)				
		Name	Cat	PB	Time	Info
4	yw	15 Friso van Vliet	HA1	1:56.19	1:54.90	PB
	bl	8 Mart Leroy	HB1	1:57.86	1:59.05	
		Friso van Vliet		Mart Leroy		
		300m 25.82 (25.82)		300m 25.88 (25.88)		
		700m 54.30 (28.48)		700m 54.94 (29.06)		
		1100m 1:24.03 (29.73)		1100m 1:26.29 (31.35)		
		1500m 1:54.90 (30.87)		1500m 1:59.05 (32.76)		

Trainingswedstrijd KNSB- en topteams

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		Name	Cat	PB	Time	Info
5	wt rd					
		m	m			
		Name	Cat	PB	Time	Info
6	yw	41 Rens Vergeer	HN1	1:53.81	1:56.28	
	bl	40 Sjors Zautsen	HA2	1:55.17	1:55.42	
		Rens Vergeer				
		300m	24.97 (24.97)			
		700m	52.97 (28.00)			
		1100m	1:23.11 (30.14)			
		1500m	1:56.28 (33.17)			
		Sjors Zautsen				
		300m	25.37 (25.37)			
		700m	53.41 (28.04)			
		1100m	1:23.37 (29.96)			
		1500m	1:55.42 (32.05)			
		Name	Cat	PB	Time	Info
7	wt	3 Loek van Vilsteren	HN3	1:49.58	1:50.76	
	rd	2 Ties van Seumeren	HN2	1:47.50	1:47.62	
		Loek van Vilsteren				
		300m	24.28 (24.28)			
		700m	51.46 (27.18)			
		1100m	1:20.15 (28.69)			
		1500m	1:50.76 (30.61)			
		Ties van Seumeren				
		300m	24.07 (24.07)			
		700m	50.22 (26.15)			
		1100m	1:17.92 (27.70)			
		1500m	1:47.62 (29.70)			
		Name	Cat	PB	Time	Info
8	yw	4 Hidde Westra	HN3	1:47.88	1:48.89	
	bl	25 Berend Lange	HA1	1:53.16	1:53.08 PB	
		Hidde Westra				
		300m	24.64 (24.64)			
		700m	51.08 (26.44)			
		1100m	1:18.89 (27.81)			
		1500m	1:48.89 (30.00)			
		Berend Lange				
		300m	24.77 (24.77)			
		700m	52.40 (27.63)			
		1100m	1:21.88 (29.48)			
		1500m	1:53.08 (31.20)			

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	23 Sem Spruit	HA1	8	O	1:12.24	PB	
2	6 Geophrey Coenraad	HA2	7	I	1:13.13		
3	5 Niels de Kruijk	HN1	7	O	1:13.16		
4	39 Jan Mooijman	HA2	6	O	1:13.26	PB	
5	14 Jort de Gans	HN2	8	I	1:13.76		
6	12 Bodhi Smeele	HA2	6	I	1:13.93	PB	
7	13 Julian de Boer	HA2	5	O	1:15.38		
8	17 Matteo van Schajik	HN1	5	I	1:16.57		
9	7 Lucas Fabrie	HA1	4	I	1:16.97	PB	
10	1 Sylke Kas	DSA	4	O	1:17.71		
11	16 Elanne de Vries	DN1	3	O	1:19.89	PB	
12	43 Mara Vergeer	DA1	2	I	1:23.10		
13	31 Julia Pereira de Vos	DN1	3	I	1:24.41		
	11 Elena Ruijtenberg	DB2			WDR		
	27 Elbrich Nicolay	DN1			WDR		

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5. Race Result 1000 meter

		Name	Cat	PB	Time Info
1	wt rd	11 Elena Ruijtenberg	DB2	1:25.58	WDR
		<u>Elena Ruijtenberg</u>			
			m		

		Name	Cat	PB	Time Info
2	yw	43 Mara Vergeer	DA1	1:22.19	1:23.10
	bl	27 Elbrich Nicolay	DN1	1:21.10	WDR
		<u>Mara Vergeer</u>		<u>Elbrich Nicolay</u>	
		200m 19.78 (19.78)			
		600m 50.21 (30.43)			
		1000m 1:23.10 (32.89)			

		Name	Cat	PB	Time Info
3	wt	31 Julia Pereira de Vos	DN1	1:22.79	1:24.41
	rd	16 Elanne de Vries	DN1	1:20.18	1:19.89 PB
		<u>Julia Pereira de Vos</u>		<u>Elanne de Vries</u>	
		200m 19.60 (19.60)		200m 19.38 (19.38)	
		600m 50.30 (30.70)		600m 48.78 (29.40)	
		1000m 1:24.41 (34.11)		1000m 1:19.89 (31.11)	

		Name	Cat	PB	Time Info
4	yw	7 Lucas Fabrie	HA1	1:17.42	1:16.97 PB
	bl	1 Sylke Kas	DSA	1:17.67	1:17.71
		<u>Lucas Fabrie</u>		<u>Sylke Kas</u>	
		200m 17.87 (17.87)		200m 18.26 (18.26)	
		600m 46.07 (28.20)		600m 46.38 (28.12)	
		1000m 1:16.97 (30.90)		1000m 1:17.71 (31.33)	

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		Name	Cat	PB	Time	Info
5	wt	17 Matteo van Schajik	HN1	1:15.87	1:16.57	
	rd	13 Julian de Boer	HA2	1:13.94	1:15.38	
		Matteo van Schajik		Julian de Boer		
		200m	18.18 (18.18)	200m	18.24 (18.24)	
		600m	46.33 (28.15)	600m	45.91 (27.67)	
		1000m	1:16.57 (30.24)	1000m	1:15.38 (29.47)	

		Name	Cat	PB	Time	Info
6	yw	12 Bodhi Smeele	HA2	1:14.56	1:13.93	PB
	bl	39 Jan Mooijman	HA2	1:14.62	1:13.26	PB
		Bodhi Smeele		Jan Mooijman		
		200m	17.88 (17.88)	200m	17.81 (17.81)	
		600m	45.33 (27.45)	600m	44.72 (26.91)	
		1000m	1:13.93 (28.60)	1000m	1:13.26 (28.54)	

		Name	Cat	PB	Time	Info
7	wt	6 Geophrey Coenraad	HA2	1:12.78	1:13.13	
	rd	5 Niels de Kruijk	HN1	1:11.41	1:13.16	
		Geophrey Coenraad		Niels de Kruijk		
		200m	16.95 (16.95)	200m	17.05 (17.05)	
		600m	43.95 (27.00)	600m	43.76 (26.71)	
		1000m	1:13.13 (29.18)	1000m	1:13.16 (29.40)	

		Name	Cat	PB	Time	Info
8	yw	14 Jort de Gans	HN2	1:13.21	1:13.76	
	bl	23 Sem Spruit	HA1	1:12.32	1:12.24	PB
		Jort de Gans		Sem Spruit		
		200m	17.43 (17.43)	200m	17.51 (17.51)	
		600m	44.20 (26.77)	600m	44.11 (26.60)	
		1000m	1:13.76 (29.56)	1000m	1:12.24 (28.13)	