

1. Uitslag 500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	124 Ole Bjørnsmoen Næss	HSA	12	O	40.07		
2	130 Martin Hänggi	H55	12	I	40.28		
3	103 Christiaan Smit	HSA	10	O	42.07	PR	
4	139 Sybe van Hijum	HSB	11	O	42.91		
5	3 Erol Aksoy	H50	11	I	43.00		
6	17 Freek Smits	H45	8	I	44.61		
7	11 Mircea Vranceanu	H65	10	I	45.09		
8	64 John van der Vlugt	H65	9	I	45.24		
9	69 Marc Nieuwenhuijse	H40	8	O	45.53	PR	
10	54 Trygve Reitan	H50	7	I	45.79		
11	123 Seppe Lybaert	HSB	7	O	45.80		
12	84 Peter Weiss	H65	9	O	46.45		
13	88 Koen van Egmond	HSB	5	I	47.12		
14	5 Marvin Zeisberg	HSB	6	O	47.67	PR	
15	32 Esther Bouman	DSB	6	I	48.15		
16	42 Ciska Stark	D60	5	O	48.84		
17	58 Kees Voorhoeve	H65	4	O	48.91		
18	7 Oktavian-Kornel Moga	H55	4	I	49.33		
19	16 Guylaine Larouche	D65	3	I	49.88	PR	
20	10 Johan Metting-van Rijn	H60	3	O	50.12		
21	53 Risto Nordman	H70	2	O	51.34		
22	28 Daniëlle Frijters	DSB	2	I	51.87	PR	
23	1 Tialda Gerritsma	D55	1	I	53.54		
24	12 Hans-Gerd Heyne	H55	1	O	54.14		

1. Rituitslag 500m Allround Big

		Naam		Cat		PR	Tijd	Info
1	wt	1	Tialda Gerritsma		D55	49.94	53.54	
	rd	12	Hans-Gerd Heyne		H55	48.05	54.14	
				Tialda Gerritsma		Hans-Gerd Heyne		
				100m	14.98	(14.98)	100m	14.10 (14.10)
				500m	53.54	(38.56)	500m	54.14 (40.04)

		Naam		Cat		PR	Tijd	Info
2	gl	28	Daniëlle Frijters		DSB	52.09	51.87	PR
	bl	53	Risto Nordman		H70	51.26	51.34	
				Daniëlle Frijters		Risto Nordman		
				100m	14.30	(14.30)	100m	13.86 (13.86)
				500m	51.87	(37.57)	500m	51.34 (37.48)

		Naam		Cat		PR	Tijd	Info
3	wt	16	Guyline Larouche		D65	50.02	49.88	PR
	rd	10	Johan Metting-van Rijn		H60	43.57	50.12	
				Guyline Larouche		Johan Metting-van Rijn		
				100m	13.60	(13.60)	100m	13.43 (13.43)
				500m	49.88	(36.28)	500m	50.12 (36.69)

		Naam		Cat		PR	Tijd	Info
4	gl	7	Oktavian-Kornel Moga		H55	44.30	49.33	
	bl	58	Kees Voorhoeve		H65	46.58	48.91	
				Oktavian-Kornel Moga		Kees Voorhoeve		
				100m	13.26	(13.26)	100m	13.36 (13.36)
				500m	49.33	(36.07)	500m	48.91 (35.55)

		Naam		Cat		PR	Tijd	Info
5	wt	88	Koen van Egmond		HSB	45.56	47.12	
	rd	42	Ciska Stark		D60	46.22	48.84	
				Koen van Egmond		Ciska Stark		
				100m	12.75	(12.75)	100m	13.32 (13.32)
				500m	47.12	(34.37)	500m	48.84 (35.52)

		Naam	Cat	PR	Tijd	Info
6	gl	32 Esther Bouman	DSB	45.73	48.15	
	bl	5 Marvin Zeisberg	HSB	48.08	47.67	PR
		Esther Bouman		Marvin Zeisberg		
		100m 13.37 (13.37)		100m 12.89 (12.89)		
		500m 48.15 (34.78)		500m 47.67 (34.78)		
		Naam	Cat	PR	Tijd	Info
7	wt	54 Trygve Reitan	H50	45.24	45.79	
	rd	123 Seppe Lybaert	HSB	44.40	45.80	
		Trygve Reitan		Seppe Lybaert		
		100m 12.49 (12.49)		100m 12.45 (12.45)		
		500m 45.79 (33.30)		500m 45.80 (33.35)		
		Naam	Cat	PR	Tijd	Info
8	gl	17 Freek Smits	H45	42.50	44.61	
	bl	69 Marc Nieuwenhuijse	H40	45.90	45.53	PR
		Freek Smits		Marc Nieuwenhuijse		
		100m 12.15 (12.15)		100m 13.11 (13.11)		
		500m 44.61 (32.46)		500m 45.53 (32.42)		
		Naam	Cat	PR	Tijd	Info
9	wt	64 John van der Vlugt	H65	42.37	45.24	
	rd	84 Peter Weiss	H65	45.72	46.45	
		John van der Vlugt		Peter Weiss		
		100m 12.68 (12.68)		100m 12.17 (12.17)		
		500m 45.24 (32.56)		500m 46.45 (34.28)		
		Naam	Cat	PR	Tijd	Info
10	gl	11 Mircea Vranceanu	H65	40.90	45.09	
	bl	103 Christiaan Smit	HSA	42.24	42.07	PR
		Mircea Vranceanu		Christiaan Smit		
		100m 12.62 (12.62)		100m 11.60 (11.60)		
		500m 45.09 (32.47)		500m 42.07 (30.47)		



3rd Masters International Thialf Record Races

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		Naam		Cat		PR		Tijd	Info
11	wt	3	Erol Aksoy		H50		42.65	43.00	
	rd	139	Sybe van Hijum		HSB		42.80	42.91	
		Erol Aksoy			Sybe van Hijum				
		100m	11.68	(11.68)	100m	12.03	(12.03)		
		500m	43.00	(31.32)	500m	42.91	(30.88)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
12	gl	130	Martin Hänggi		H55		38.47	40.28	
	bl	124	Ole Bjørnsmoen Næss		HSA		38.30	40.07	
		Martin Hänggi			Ole Bjørnsmoen Næss				
		100m	11.27	(11.27)	100m	11.19	(11.19)		
		500m	40.28	(29.01)	500m	40.07	(28.88)		



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2. Uitslag 500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Timon Nieuwenstein	HSB	22	I	40.31		
2	140 Andrus Kuusk	HSB	22	O	41.26	PR	
3	13 Frank Erik Tindvik	H40	21	I	41.80		
4	21 Ville Männistö	H40	21	O	42.41		
5	90 Daan Spoelstra	H45	20	I	43.01		
6	29 Gijs van Cappelle	HSB	20	O	43.52		
7	40 Stijn Verhagen	H45	19	O	43.54	PR	
8	48 Pekka Aho	H55	19	I	44.04		
9	34 Ed de Looze	H55	18	I	44.69		
10	97 Doede Wind	H45	18	O	44.72		
11	85 Imme Kampen	D40	17	I	46.65		
12	36 Fietje van Bochove	DSB	17	O	47.61		
13	18 Laura den Otter	D40	15	I	47.79	PR	
14	8 Stephan Haeisen	H55	16	O	48.71		
15	33 Kees Verdouw	H75	16	I	49.67		
16	144 Frank Günther	H60	15	O	49.77		
17	93 Eskil Andersson	H55	14	I	53.53		
18	76 Ad Kemp	H65	14	O	54.26		
19	100 Kathleen Toth	D45	13	I	54.34		

2. Rituitslag 500m Allround Normal

		Naam		Cat		PR	Tijd	Info																											
13	wt	100	Kathleen Toth		D45	54.26	54.34																												
	rd																																		
<table border="0" style="width: 100%;"> <tr> <td colspan="4"><u>Kathleen Toth</u></td> <td colspan="5"></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>14.47</td> <td>(14.47)</td> <td>m</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>54.34</td> <td>(39.87)</td> <td></td> <td></td> <td></td> <td></td> </tr> </table>									<u>Kathleen Toth</u>											100m	14.47	(14.47)	m						500m	54.34	(39.87)				
<u>Kathleen Toth</u>																																			
		100m	14.47	(14.47)	m																														
		500m	54.34	(39.87)																															

		Naam		Cat		PR	Tijd	Info																											
14	gl	93	Eskil Andersson		H55	52.90	53.53																												
	bl	76	Ad Kemp		H65	48.48	54.26																												
<table border="0" style="width: 100%;"> <tr> <td colspan="4"><u>Eskil Andersson</u></td> <td colspan="5"><u>Ad Kemp</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>14.15</td> <td>(14.15)</td> <td>100m</td> <td>14.37</td> <td>(14.37)</td> <td></td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>53.53</td> <td>(39.38)</td> <td>500m</td> <td>54.26</td> <td>(39.89)</td> <td></td> </tr> </table>									<u>Eskil Andersson</u>				<u>Ad Kemp</u>							100m	14.15	(14.15)	100m	14.37	(14.37)				500m	53.53	(39.38)	500m	54.26	(39.89)	
<u>Eskil Andersson</u>				<u>Ad Kemp</u>																															
		100m	14.15	(14.15)	100m	14.37	(14.37)																												
		500m	53.53	(39.38)	500m	54.26	(39.89)																												

		Naam		Cat		PR	Tijd	Info																											
15	wt	18	Laura den Otter		D40	48.45	47.79	PR																											
	rd	144	Frank Günther		H60	48.35	49.77																												
<table border="0" style="width: 100%;"> <tr> <td colspan="4"><u>Laura den Otter</u></td> <td colspan="5"><u>Frank Günther</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>13.26</td> <td>(13.26)</td> <td>100m</td> <td>13.18</td> <td>(13.18)</td> <td></td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>47.79</td> <td>(34.53)</td> <td>500m</td> <td>49.77</td> <td>(36.59)</td> <td></td> </tr> </table>									<u>Laura den Otter</u>				<u>Frank Günther</u>							100m	13.26	(13.26)	100m	13.18	(13.18)				500m	47.79	(34.53)	500m	49.77	(36.59)	
<u>Laura den Otter</u>				<u>Frank Günther</u>																															
		100m	13.26	(13.26)	100m	13.18	(13.18)																												
		500m	47.79	(34.53)	500m	49.77	(36.59)																												

		Naam		Cat		PR	Tijd	Info																											
16	gl	33	Kees Verdouw		H75	41.71	49.67																												
	bl	8	Stephan Haeisen		H55	43.46	48.71																												
<table border="0" style="width: 100%;"> <tr> <td colspan="4"><u>Kees Verdouw</u></td> <td colspan="5"><u>Stephan Haeisen</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>13.67</td> <td>(13.67)</td> <td>100m</td> <td>13.59</td> <td>(13.59)</td> <td></td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>49.67</td> <td>(36.00)</td> <td>500m</td> <td>48.71</td> <td>(35.12)</td> <td></td> </tr> </table>									<u>Kees Verdouw</u>				<u>Stephan Haeisen</u>							100m	13.67	(13.67)	100m	13.59	(13.59)				500m	49.67	(36.00)	500m	48.71	(35.12)	
<u>Kees Verdouw</u>				<u>Stephan Haeisen</u>																															
		100m	13.67	(13.67)	100m	13.59	(13.59)																												
		500m	49.67	(36.00)	500m	48.71	(35.12)																												

		Naam		Cat		PR	Tijd	Info																											
17	wt	85	Imme Kampen		D40	44.76	46.65																												
	rd	36	Fietje van Bochove		DSB	47.50	47.61																												
<table border="0" style="width: 100%;"> <tr> <td colspan="4"><u>Imme Kampen</u></td> <td colspan="5"><u>Fietje van Bochove</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>12.62</td> <td>(12.62)</td> <td>100m</td> <td>13.17</td> <td>(13.17)</td> <td></td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>46.65</td> <td>(34.03)</td> <td>500m</td> <td>47.61</td> <td>(34.44)</td> <td></td> </tr> </table>									<u>Imme Kampen</u>				<u>Fietje van Bochove</u>							100m	12.62	(12.62)	100m	13.17	(13.17)				500m	46.65	(34.03)	500m	47.61	(34.44)	
<u>Imme Kampen</u>				<u>Fietje van Bochove</u>																															
		100m	12.62	(12.62)	100m	13.17	(13.17)																												
		500m	46.65	(34.03)	500m	47.61	(34.44)																												

		Naam	Cat	PR	Tijd	Info
18	gl	34 Ed de Looze	H55	42.04	44.69	
	bl	97 Doede Wind	H45	44.23	44.72	
		Ed de Looze		Doede Wind		
		100m 12.58 (12.58)		100m 12.40 (12.40)		
		500m 44.69 (32.11)		500m 44.72 (32.32)		
		Naam	Cat	PR	Tijd	Info
19	wt	48 Pekka Aho	H55	43.57	44.04	
	rd	40 Stijn Verhagen	H45	43.81	43.54	PR
		Pekka Aho		Stijn Verhagen		
		100m 11.74 (11.74)		100m 12.17 (12.17)		
		500m 44.04 (32.30)		500m 43.54 (31.37)		
		Naam	Cat	PR	Tijd	Info
20	gl	90 Daan Spoelstra	H45	42.90	43.01	
	bl	29 Gijs van Cappelle	HSB	41.27	43.52	
		Daan Spoelstra		Gijs van Cappelle		
		100m 11.68 (11.68)		100m 11.46 (11.46)		
		500m 43.01 (31.33)		500m 43.52 (32.06)		
		Naam	Cat	PR	Tijd	Info
21	wt	13 Frank Erik Tindvik	H40	40.84	41.80	
	rd	21 Ville Männistö	H40	42.20	42.41	
		Frank Erik Tindvik		Ville Männistö		
		100m 11.80 (11.80)		100m 11.78 (11.78)		
		500m 41.80 (30.00)		500m 42.41 (30.63)		
		Naam	Cat	PR	Tijd	Info
22	gl	24 Timon Nieuwenstein	HSB	37.84	40.31	
	bl	140 Andrus Kuusk	HSB	42.00	41.26	PR
		Timon Nieuwenstein		Andrus Kuusk		
		100m 11.24 (11.24)		100m 11.15 (11.15)		
		500m 40.31 (29.07)		500m 41.26 (30.11)		



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3. Uitslag 500m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	114 Jasper van der Marel	HA1	24	I	39.27		
2	107 Niels Meijer	HN1	23	I	40.18		
3	106 Sylvian Hoogeveen	HA1	24	O	40.19		
4	110 Emma van der Liet	DA2	23	O	45.61		

3. Rituitslag 500m Allround Normal - O

		Naam		Cat		PR		Tijd	Info
23	wt	107	Niels Meijer		HN1		39.45	40.18	
	rd	110	Emma van der Liet		DA2		44.99	45.61	
		Niels Meijer				Emma van der Liet			
		100m	11.06	(11.06)		100m	12.84	(12.84)	
		500m	40.18	(29.12)		500m	45.61	(32.77)	

		Naam		Cat		PR		Tijd	Info
24	gl	114	Jasper van der Marel		HA1		39.13	39.27	
	bl	106	Sylvian Hoogeveen		HA1		39.25	40.19	
		Jasper van der Marel				Sylvian Hoogeveen			
		100m	11.11	(11.11)		100m	11.23	(11.23)	
		500m	39.27	(28.16)		500m	40.19	(28.96)	

4. Uitslag 500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	83 Rene van Bernum	H55	38	I	39.81		
2	82 Märt Kuus	H40	38	O	41.19	PR	
3	75 Bastiaan Geurts	HSB	37	O	41.67		
4	117 Sebastiaan Scargo	H40	37	I	42.72		
5	149 Ahti Oks	H45	34	O	42.85		
6	4 Martijn van der Horst	H50	35	O	43.39		
7	20 Jasper Knulst	H45	36	I	43.60		
8	26 Michel van der Sluijs	H50	36	O	44.14		
9	50 Jyrki Hietanen	H60	33	O	45.03		
10	49 Lars Henriksson	H55	35	I	45.24		
11	38 Wendy van der Ham	D50	32	O	45.90	PR	
12	59 Marco Roos	H60	33	I	46.06		
13	86 Henriëtte Goede	D55	31	O	46.80		
14	6 Hanspeter Ambass	H65	32	I	46.88		
15	31 Ab Nederlof	H65	31	I	48.19		
16	94 Frank Steenkamp	H65	30	O	48.67		
17	2 Anna Van der Stok	D45	30	I	48.93		
18	102 Jaap van Kouterik	H70	29	O	49.06		
19	81 Ralf Hartings	H65	29	I	49.26		
20	52 Outi Pinomäki	D55	28	O	49.78		
21	19 Heike Gaasbeek	D45	28	I	49.80	PR	
22	9 Paavo Salonen	H70	27	I	50.05		
23	73 Ton van Helden	H75	27	O	53.07		
24	78 Carolien van Rees	D65	25	I	54.29		
25	15 Andrej Kwadrin	H40	25	O	54.90		
	55 Mika Sirén	H50	34	I		DQ	

4. Rituitslag 500m Allround Small

		Naam		Cat		PR	Tijd	Info
25	wt	78	Carolien van Rees		D65	53.54	54.29	
	rd	15	Andrej Kwadrin		H40	51.42	54.90	
		Carolien van Rees			Andrej Kwadrin			
		100m	14.55	(14.55)	100m	14.03	(14.03)	
		500m	54.29	(39.74)	500m	54.90	(40.87)	

		Naam		Cat		PR	Tijd	Info
26	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
27	wt	9	Paavo Salonen		H70	44.38	50.05	
	rd	73	Ton van Helden		H75	44.15	53.07	
		Paavo Salonen			Ton van Helden			
		100m	13.52	(13.52)	100m	14.04	(14.04)	
		500m	50.05	(36.53)	500m	53.07	(39.03)	

		Naam		Cat		PR	Tijd	Info
28	gl	19	Heike Gaasbeek		D45	50.08	49.80	PR
	bl	52	Outi Pinomäki		D55	48.42	49.78	
		Heike Gaasbeek			Outi Pinomäki			
		100m	13.63	(13.63)	100m	13.52	(13.52)	
		500m	49.80	(36.17)	500m	49.78	(36.26)	

		Naam		Cat		PR	Tijd	Info
29	wt	81	Ralf Hartings		H65		49.26	
	rd	102	Jaap van Kouterik		H70	42.40	49.06	
		Ralf Hartings			Jaap van Kouterik			
		100m	13.20	(13.20)	100m	13.79	(13.79)	
		500m	49.26	(36.06)	500m	49.06	(35.27)	

		Naam	Cat	PR	Tijd	Info
30	gl	2 Anna Van der Stok	D45	48.72	48.93	
	bl	94 Frank Steenkamp	H65	44.97	48.67	
		<u>Anna Van der Stok</u>			<u>Frank Steenkamp</u>	
		100m 13.02 (13.02)		100m 13.66 (13.66)		
		500m 48.93 (35.91)		500m 48.67 (35.01)		
		Naam	Cat	PR	Tijd	Info
31	wt	31 Ab Nederlof	H65	43.00	48.19	
	rd	86 Henriëtte Goede	D55	43.73	46.80	
		<u>Ab Nederlof</u>			<u>Henriëtte Goede</u>	
		100m 13.38 (13.38)		100m 12.83 (12.83)		
		500m 48.19 (34.81)		500m 46.80 (33.97)		
		Naam	Cat	PR	Tijd	Info
32	gl	6 Hanspeter Ambass	H65	42.87	46.88	
	bl	38 Wendy van der Ham	D50	46.10	45.90	PR
		<u>Hanspeter Ambass</u>			<u>Wendy van der Ham</u>	
		100m 12.38 (12.38)		100m 12.52 (12.52)		
		500m 46.88 (34.50)		500m 45.90 (33.38)		
		Naam	Cat	PR	Tijd	Info
33	wt	59 Marco Roos	H60	43.41	46.06	
	rd	50 Jyrki Hietanen	H60	40.76	45.03	
		<u>Marco Roos</u>			<u>Jyrki Hietanen</u>	
		100m 12.59 (12.59)		100m 11.92 (11.92)		
		500m 46.06 (33.47)		500m 45.03 (33.11)		
		Naam	Cat	PR	Tijd	Info
34	gl	55 Mika Sirén	H50	40.28	DQ	
	bl	149 Ahti Oks	H45		42.85	
		<u>Mika Sirén</u>			<u>Ahti Oks</u>	
		100m 11.71 (11.71)		100m 11.08 (11.08)		
		500m 44.28 (32.57)		500m 42.85 (31.77)		

		Naam	Cat	PR	Tijd	Info
35	wt	49 Lars Henriksson	H55	42.37	45.24	
	rd	4 Martijn van der Horst	H50	39.70	43.39	
		Lars Henriksson		Martijn van der Horst		
		100m	12.48 (12.48)	100m	12.00 (12.00)	
		500m	45.24 (32.76)	500m	43.39 (31.39)	

		Naam	Cat	PR	Tijd	Info
36	gl	20 Jasper Knulst	H45	43.46	43.60	
	bl	26 Michel van der Sluijs	H50	43.57	44.14	
		Jasper Knulst		Michel van der Sluijs		
		100m	11.82 (11.82)	100m	12.35 (12.35)	
		500m	43.60 (31.78)	500m	44.14 (31.79)	

		Naam	Cat	PR	Tijd	Info
37	wt	117 Sebastiaan Scargo	H40	42.36	42.72	
	rd	75 Bastiaan Geurts	HSB	40.26	41.67	
		Sebastiaan Scargo		Bastiaan Geurts		
		100m	11.73 (11.73)	100m	11.42 (11.42)	
		500m	42.72 (30.99)	500m	41.67 (30.25)	

		Naam	Cat	PR	Tijd	Info
38	gl	83 Rene van Bernum	H55	37.91	39.81	
	bl	82 Märt Kuus	H40	41.65	41.19	PR
		Rene van Bernum		Märt Kuus		
		100m	11.13 (11.13)	100m	10.91 (10.91)	
		500m	39.81 (28.68)	500m	41.19 (30.28)	



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5. Uitslag 500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	104 Bryant Boogert	HA1	40	I	38.02		
2	109 Nomdo de Heer	HN2	40	O	38.58	HT FL	
3	108 Noëmi De boer	DB2	39	I	44.85		
4	105 Bo Meijer	DA2	39	O	48.31	HT FL	

5. Rituitslag 500m Allround Small - O

		Naam		Cat		PR	Tijd	Info
39	wt	108	Noëmi De boer		DB2	43.20	44.85	
	rd	105	Bo Meijer		DA2	46.19	48.31	HT FL
		Noëmi De boer			Bo Meijer			
		100m	12.05	(12.05)	100m	12.65	(12.65)	
		500m	44.85	(32.80)	500m	48.31	(35.66)	

		Naam		Cat		PR	Tijd	Info
40	gl	104	Bryant Boogert		HA1	37.06	38.02	
	bl	109	Nomdo de Heer		HN2	38.47	38.58	HT FL
		Bryant Boogert			Nomdo de Heer			
		100m	10.41	(10.41)	100m	10.61	(10.61)	
		500m	38.02	(27.61)	500m	38.58	(27.97)	

6. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	14 Filip-Mihail Woicik	H40	53	O	39.30	PR	
2	47 Bart Seffinga	H40	54	I	39.40		
3	126 Michiel Wienese	H40	53	I	40.97		
4	79 Christian Arlt	H40	52	O	41.28		
5	101 Joshua Stänz	HSA	54	O	41.50		
6	60 Marloes Westerhof	DSB	51	O	42.01	PR	
7	57 Jan van der Stouwe	H55	52	I	42.43		
8	77 Robbert-Jan Neven	H45	50	I	42.62	PR	
9	43 Erik Jeuring	H40	51	I	42.63	PR	
10	65 Anke Jannie Landman	D45	50	O	43.33		
11	71 Renske Winters	D45	49	O	43.54		
12	125 Piet Siemonsma	H65	48	O	44.19		
13	45 Hans Edens	H45	49	I	44.77		
14	80 Waldemar Kramer	H70	48	I	44.85		
15	46 Eelco van der Meer	H45	47	I	45.20		
16	62 Anja Bollaart	D55	47	O	46.10		
17	70 Ferd Veelenturf	H65	46	O	46.50		
18	61 Kees Bollaart	H60	46	I	48.23		
19	66 Karin Terhürne	D55	45	I	49.64		
20	23 Pentti Kiiskinen	H75	44	O	49.78		
21	39 Johan Smit	H65	44	I	50.23		
22	145 Astrid Janssen	D60	45	O	50.90		
23	91 Seppo Saarinen	H65	43	I	52.02		
24	30 Ronald Zwart	H55	42	I	53.05		
25	95 Bram de Vries	H80	43	O	56.36		
26	68 Henriët van Ling	D55	42	O	1:01.16	PR	
27	131 Hossein Heidari	H45	41	I	1:13.04		

6. Rituitslag 500m Sprint

		Naam		Cat		PR	Tijd	Info																											
41	wt	131	Hossein Heidari		H45		1:13.04																												
	rd																																		
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Hossein Heidari</u></td> <td colspan="5"></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>16.14</td> <td>(16.14)</td> <td></td> <td>m</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>1:13.04</td> <td>(56.90)</td> <td></td> <td></td> <td></td> <td></td> </tr> </table>									<u>Hossein Heidari</u>											100m	16.14	(16.14)		m					500m	1:13.04	(56.90)				
<u>Hossein Heidari</u>																																			
		100m	16.14	(16.14)		m																													
		500m	1:13.04	(56.90)																															

		Naam		Cat		PR	Tijd	Info																											
42	gl	30	Ronald Zwart		H55	50.52	53.05																												
	bl	68	Henriët van Ling		D55	1:01.17	1:01.16	PR																											
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Ronald Zwart</u></td> <td colspan="5"><u>Henriët van Ling</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>14.24</td> <td>(14.24)</td> <td></td> <td>100m</td> <td>16.90</td> <td>(16.90)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>53.05</td> <td>(38.81)</td> <td></td> <td>500m</td> <td>1:01.16</td> <td>(44.26)</td> </tr> </table>									<u>Ronald Zwart</u>				<u>Henriët van Ling</u>							100m	14.24	(14.24)		100m	16.90	(16.90)			500m	53.05	(38.81)		500m	1:01.16	(44.26)
<u>Ronald Zwart</u>				<u>Henriët van Ling</u>																															
		100m	14.24	(14.24)		100m	16.90	(16.90)																											
		500m	53.05	(38.81)		500m	1:01.16	(44.26)																											

		Naam		Cat		PR	Tijd	Info																											
43	wt	91	Seppo Saarinen		H65		52.02																												
	rd	95	Bram de Vries		H80	44.64	56.36																												
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Seppo Saarinen</u></td> <td colspan="5"><u>Bram de Vries</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>13.37</td> <td>(13.37)</td> <td></td> <td>100m</td> <td>14.81</td> <td>(14.81)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>52.02</td> <td>(38.65)</td> <td></td> <td>500m</td> <td>56.36</td> <td>(41.55)</td> </tr> </table>									<u>Seppo Saarinen</u>				<u>Bram de Vries</u>							100m	13.37	(13.37)		100m	14.81	(14.81)			500m	52.02	(38.65)		500m	56.36	(41.55)
<u>Seppo Saarinen</u>				<u>Bram de Vries</u>																															
		100m	13.37	(13.37)		100m	14.81	(14.81)																											
		500m	52.02	(38.65)		500m	56.36	(41.55)																											

		Naam		Cat		PR	Tijd	Info																											
44	gl	39	Johan Smit		H65	47.45	50.23																												
	bl	23	Pentti Kiiskinen		H75	38.90	49.78																												
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Johan Smit</u></td> <td colspan="5"><u>Pentti Kiiskinen</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>13.57</td> <td>(13.57)</td> <td></td> <td>100m</td> <td>13.35</td> <td>(13.35)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>50.23</td> <td>(36.66)</td> <td></td> <td>500m</td> <td>49.78</td> <td>(36.43)</td> </tr> </table>									<u>Johan Smit</u>				<u>Pentti Kiiskinen</u>							100m	13.57	(13.57)		100m	13.35	(13.35)			500m	50.23	(36.66)		500m	49.78	(36.43)
<u>Johan Smit</u>				<u>Pentti Kiiskinen</u>																															
		100m	13.57	(13.57)		100m	13.35	(13.35)																											
		500m	50.23	(36.66)		500m	49.78	(36.43)																											

		Naam		Cat		PR	Tijd	Info																											
45	wt	66	Karin Terhürne		D55	46.45	49.64																												
	rd	145	Astrid Janssen		D60	46.77	50.90																												
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Karin Terhürne</u></td> <td colspan="5"><u>Astrid Janssen</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>13.46</td> <td>(13.46)</td> <td></td> <td>100m</td> <td>13.81</td> <td>(13.81)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>49.64</td> <td>(36.18)</td> <td></td> <td>500m</td> <td>50.90</td> <td>(37.09)</td> </tr> </table>									<u>Karin Terhürne</u>				<u>Astrid Janssen</u>							100m	13.46	(13.46)		100m	13.81	(13.81)			500m	49.64	(36.18)		500m	50.90	(37.09)
<u>Karin Terhürne</u>				<u>Astrid Janssen</u>																															
		100m	13.46	(13.46)		100m	13.81	(13.81)																											
		500m	49.64	(36.18)		500m	50.90	(37.09)																											

		Naam	Cat	PR	Tijd	Info
46	gl	61 Kees Bollaart	H60	45.39	48.23	
	bl	70 Ferd Veelenturf	H65	42.32	46.50	
		Kees Bollaart			Ferd Veelenturf	
		100m 13.45 (13.45)		100m 13.02 (13.02)		
		500m 48.23 (34.78)		500m 46.50 (33.48)		
		Naam	Cat	PR	Tijd	Info
47	wt	46 Eelco van der Meer	H45	41.82	45.20	
	rd	62 Anja Bollaart	D55	41.31	46.10	
		Eelco van der Meer			Anja Bollaart	
		100m 12.27 (12.27)		100m 12.69 (12.69)		
		500m 45.20 (32.93)		500m 46.10 (33.41)		
		Naam	Cat	PR	Tijd	Info
48	gl	80 Waldemar Kramer	H70	41.52	44.85	
	bl	125 Piet Siemonsma	H65	42.05	44.19	
		Waldemar Kramer			Piet Siemonsma	
		100m 12.08 (12.08)		100m 12.39 (12.39)		
		500m 44.85 (32.77)		500m 44.19 (31.80)		
		Naam	Cat	PR	Tijd	Info
49	wt	45 Hans Edens	H45	43.81	44.77	
	rd	71 Renske Winters	D45	42.36	43.54	
		Hans Edens			Renske Winters	
		100m 12.16 (12.16)		100m 11.93 (11.93)		
		500m 44.77 (32.61)		500m 43.54 (31.61)		
		Naam	Cat	PR	Tijd	Info
50	gl	77 Robbert-Jan Neven	H45	43.30	42.62	PR
	bl	65 Anke Jannie Landman	D45	41.26	43.33	
		Robbert-Jan Neven			Anke Jannie Landman	
		100m 11.59 (11.59)		100m 11.94 (11.94)		
		500m 42.62 (31.03)		500m 43.33 (31.39)		

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		Naam			Cat	PR	Tijd	Info
51	wt	43 Erik Jeuring			H40	42.68	42.63	PR
	rd	60 Marloes Westerhof			DSB	42.02	42.01	PR
		<u>Erik Jeuring</u>			<u>Marloes Westerhof</u>			
		100m	11.44	(11.44)	100m	11.58	(11.58)	
		500m	42.63	(31.19)	500m	42.01	(30.43)	

		Naam			Cat	PR	Tijd	Info
52	gl	57 Jan van der Stouwe			H55	39.24	42.43	
	bl	79 Christian Arlt			H40	39.73	41.28	
		<u>Jan van der Stouwe</u>			<u>Christian Arlt</u>			
		100m	11.62	(11.62)	100m	11.64	(11.64)	
		500m	42.43	(30.81)	500m	41.28	(29.64)	

		Naam			Cat	PR	Tijd	Info
53	wt	126 Michiel Wienese			H40	39.40	40.97	
	rd	14 Filip-Mihail Woicik			H40	39.59	39.30	PR
		<u>Michiel Wienese</u>			<u>Filip-Mihail Woicik</u>			
		100m	11.25	(11.25)	100m	10.73	(10.73)	
		500m	40.97	(29.72)	500m	39.30	(28.57)	

		Naam			Cat	PR	Tijd	Info
54	gl	47 Bart Seffinga			H40	37.10	39.40	
	bl	101 Joshua Stänz			HSA	39.10	41.50	
		<u>Bart Seffinga</u>			<u>Joshua Stänz</u>			
		100m	11.03	(11.03)	100m	11.45	(11.45)	
		500m	39.40	(28.37)	500m	41.50	(30.05)	



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7. Uitslag 500m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	116 Jasper Sinke	HN1	56	I	37.59		
2	143 Sarp Visser	HB2	55	I	40.23		
3	142 Rutger Verhoeff	HB2	56	O	42.19		

7. Rituitslag 500m Sprint - O

		Naam		Cat		PR		Tijd	Info
55	wt rd	143	Sarp Visser		HB2		39.68	40.23	
			Sarp Visser						
			100m	11.24	(11.24)				m
			500m	40.23	(28.99)				
		Naam		Cat		PR		Tijd	Info
56	gl	116	Jasper Sinke		HN1		37.33	37.59	
	bl	142	Rutger Verhoeff		HB2		38.76	42.19	
			Jasper Sinke						
			100m	10.24	(10.24)				
			500m	37.59	(27.35)				
			Rutger Verhoeff						
			100m	10.73	(10.73)				
			500m	42.19	(31.46)				

8. Uitslag 5000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	124 Ole Bjørnsmoen Næss	HSA	68	O	6:37.10		
2	130 Martin Hänggi	H55	68	I	6:44.03		
3	139 Sybe van Hijum	HSB	67	I	7:24.22	PR	
4	69 Marc Nieuwenhuijse	H40	67	O	7:27.19	PR	
5	64 John van der Vlugt	H65	66	O	7:41.82		
6	123 Seppe Lybaert	HSB	66	I	7:46.06	PR	
7	103 Christiaan Smit	HSA	65	I	8:11.51	PR	
8	3 Erol Aksoy	H50	65	O	8:13.03		
9	54 Trygve Reitan	H50	60	O	8:17.42		
10	88 Koen van Egmond	HSB	59	I	8:18.64	PR	
11	11 Mircea Vranceanu	H65	64	I	8:26.11		
12	12 Hans-Gerd Heyne	H55	63	O	8:26.92		
13	7 Oktavian-Kornel Moga	H55	61	O	8:31.30		
14	84 Peter Weiss	H65	63	I	8:31.65		
15	58 Kees Voorhoeve	H65	58	O	8:34.77		
16	32 Esther Bouman	DSB	64	O	8:41.27		
17	16 Guylaine Larouche	D65	59	O	8:47.36	PR	
18	42 Ciska Stark	D60	60	I	8:55.12		
19	1 Tialda Gerritsma	D55	58	I	8:55.42		
20	5 Marvin Zeisberg	HSB	62	I	8:57.91		
21	10 Johan Metting-van Rijn	H60	61	I	9:04.33		
22	28 Daniëlle Frijters	DSB	57	O	9:38.44	PR	
23	53 Risto Nordman	H70	57	I	9:59.56		
	17 Freek Smits	H45	62	O		DQ	

8. Rituitslag 5000m Allround Big

		Naam		Cat		PR	Tijd	Info
57	wt	53	Risto Nordman		H70		9:59.56	
	rd	28	Daniëlle Frijters		DSB	10:06.68	9:38.44	PR
Risto Nordman				Daniëlle Frijters				
		200m	26.89	(26.89)	200m	26.47	(26.47)	
		600m	1:10.70	(43.81)	600m	1:07.79	(41.32)	
		1000m	1:57.35	(46.65)	1000m	1:50.90	(43.11)	
		1400m	2:44.82	(47.47)	1400m	2:36.02	(45.12)	
		1800m	3:32.59	(47.77)	1800m	3:21.74	(45.72)	
		2200m	4:19.00	(46.41)	2200m	4:07.77	(46.03)	
		2600m	5:07.60	(48.60)	2600m	4:53.28	(45.51)	
		3000m	5:55.62	(48.02)	3000m	5:39.55	(46.27)	
		3400m	6:44.63	(49.01)	3400m	6:26.34	(46.79)	
		3800m	7:34.14	(49.51)	3800m	7:13.60	(47.26)	
		4200m	8:22.19	(48.05)	4200m	8:02.18	(48.58)	
		4600m	9:10.95	(48.76)	4600m	8:51.32	(49.14)	
		5000m	9:59.56	(48.61)	5000m	9:38.44	(47.12)	

		Naam		Cat		PR	Tijd	Info
58	gl	1	Tialda Gerritsma		D55	8:29.72	8:55.42	
	bl	58	Kees Voorhoeve		H65	8:23.90	8:34.77	
Tialda Gerritsma				Kees Voorhoeve				
		200m	26.64	(26.64)	200m	25.40	(25.40)	
		600m	1:07.81	(41.17)	600m	1:05.32	(39.92)	
		1000m	1:49.59	(41.78)	1000m	1:44.79	(39.47)	
		1400m	2:31.83	(42.24)	1400m	2:24.75	(39.96)	
		1800m	3:13.91	(42.08)	1800m	3:04.93	(40.18)	
		2200m	3:57.90	(43.99)	2200m	3:45.25	(40.32)	
		2600m	4:38.16	(40.26)	2600m	4:26.38	(41.13)	
		3000m	5:20.35	(42.19)	3000m	5:06.97	(40.59)	
		3400m	6:03.55	(43.20)	3400m	5:47.93	(40.96)	
		3800m	6:46.82	(43.27)	3800m	6:29.20	(41.27)	
		4200m	7:29.95	(43.13)	4200m	7:10.52	(41.32)	
		4600m	8:12.83	(42.88)	4600m	7:52.51	(41.99)	
		5000m	8:55.42	(42.59)	5000m	8:34.77	(42.26)	

		Naam	Cat	PR	Tijd	Info
59	wt	88 Koen van Egmond	HSB	8:42.89	8:18.64	PR
	rd	16 Guyllaine Larouche	D65	9:06.40	8:47.36	PR
		Koen van Egmond			Guyllaine Larouche	
		200m	24.24 (24.24)	200m	24.98 (24.98)	
		600m	1:03.45 (39.21)	600m	1:03.88 (38.90)	
		1000m	1:42.83 (39.38)	1000m	1:44.48 (40.60)	
		1400m	2:21.90 (39.07)	1400m	2:26.15 (41.67)	
		1800m	3:00.52 (38.62)	1800m	3:08.20 (42.05)	
		2200m	3:39.27 (38.75)	2200m	3:50.19 (41.99)	
		2600m	4:17.99 (38.72)	2600m	4:32.67 (42.48)	
		3000m	4:57.13 (39.14)	3000m	5:15.32 (42.65)	
		3400m	5:36.38 (39.25)	3400m	5:57.84 (42.52)	
		3800m	6:16.09 (39.71)	3800m	6:40.12 (42.28)	
		4200m	6:56.89 (40.80)	4200m	7:22.44 (42.32)	
		4600m	7:37.90 (41.01)	4600m	8:05.03 (42.59)	
		5000m	8:18.64 (40.74)	5000m	8:47.36 (42.33)	

		Naam	Cat	PR	Tijd	Info
60	gl	42 Ciska Stark	D60	8:46.99	8:55.12	
	bl	54 Trygve Reitan	H50	8:11.94	8:17.42	
		Ciska Stark			Trygve Reitan	
		200m	24.63 (24.63)	200m	24.30 (24.30)	
		600m	1:03.86 (39.23)	600m	1:01.76 (37.46)	
		1000m	1:45.68 (41.82)	1000m	1:39.70 (37.94)	
		1400m	2:28.06 (42.38)	1400m	2:18.19 (38.49)	
		1800m	3:11.12 (43.06)	1800m	2:57.24 (39.05)	
		2200m	3:53.65 (42.53)	2200m	3:36.69 (39.45)	
		2600m	4:36.53 (42.88)	2600m	4:16.36 (39.67)	
		3000m	5:19.80 (43.27)	3000m	4:56.04 (39.68)	
		3400m	6:03.23 (43.43)	3400m	5:35.83 (39.79)	
		3800m	6:46.97 (43.74)	3800m	6:16.07 (40.24)	
		4200m	7:30.09 (43.12)	4200m	6:56.19 (40.12)	
		4600m	8:13.06 (42.97)	4600m	7:36.72 (40.53)	
		5000m	8:55.12 (42.06)	5000m	8:17.42 (40.70)	

		Naam	Cat	PR	Tijd	Info
61	wt	10 Johan Metting-van Rijn	H60	7:48.64	9:04.33	
	rd	7 Oktavian-Kornel Moga	H55	7:58.31	8:31.30	
		Johan Metting-van Rijn			Oktavian-Kornel Moga	
		200m	25.00 (25.00)	200m	24.07 (24.07)	
		600m	1:06.51 (41.51)	600m	1:03.16 (39.09)	
		1000m	1:50.36 (43.85)	1000m	1:43.71 (40.55)	
		1400m	2:34.19 (43.83)	1400m	2:24.15 (40.44)	
		1800m	3:17.73 (43.54)	1800m	3:04.40 (40.25)	
		2200m	4:01.25 (43.52)	2200m	3:44.92 (40.52)	
		2600m	4:44.73 (43.48)	2600m	4:25.81 (40.89)	
		3000m	5:27.82 (43.09)	3000m	5:06.59 (40.78)	
		3400m	6:11.26 (43.44)	3400m	5:47.22 (40.63)	
		3800m	6:54.46 (43.20)	3800m	6:28.36 (41.14)	
		4200m	7:38.20 (43.74)	4200m	7:09.62 (41.26)	
		4600m	8:21.60 (43.40)	4600m	7:50.06 (40.44)	
		5000m	9:04.33 (42.73)	5000m	8:31.30 (41.24)	

		Naam	Cat	PR	Tijd	Info
62	gl	5 Marvin Zeisberg	HSB	8:46.52	8:57.91	
	bl	17 Freek Smits	H45	8:42.22	DQ	
		Marvin Zeisberg			Freek Smits	
		200m	23.49 (23.49)			
		600m	1:02.45 (38.96)			
		1000m	1:43.11 (40.66)			
		1400m	2:24.48 (41.37)			
		1800m	3:06.80 (42.32)			
		2200m	3:49.52 (42.72)			
		2600m	4:32.79 (43.27)			
		3000m	5:17.29 (44.50)			
		3400m	6:02.10 (44.81)			
		3800m	6:47.20 (45.10)			
		4200m	7:31.74 (44.54)			
		4600m	8:15.22 (43.48)			
		5000m	8:57.91 (42.69)			

		Naam	Cat	PR	Tijd	Info	
63	wt	84 Peter Weiss	H65	8:30.25	8:31.65		
	rd	12 Hans-Gerd Heyne	H55	8:15.76	8:26.92		
		Peter Weiss			Hans-Gerd Heyne		
		200m	23.57 (23.57)	200m	26.68 (26.68)		
		600m	1:01.79 (38.22)	600m	1:08.24 (41.56)		
		1000m	1:41.20 (39.41)	1000m	1:49.06 (40.82)		
		1400m	2:21.89 (40.69)	1400m	2:29.69 (40.63)		
		1800m	3:02.79 (40.90)	1800m	3:10.12 (40.43)		
		2200m	3:44.13 (41.34)	2200m	3:49.92 (39.80)		
		2600m	4:25.35 (41.22)	2600m	4:29.05 (39.13)		
		3000m	5:06.81 (41.46)	3000m	5:08.30 (39.25)		
		3400m	5:48.27 (41.46)	3400m	5:47.68 (39.38)		
		3800m	6:29.91 (41.64)	3800m	6:27.53 (39.85)		
		4200m	7:10.73 (40.82)	4200m	7:07.25 (39.72)		
		4600m	7:52.00 (41.27)	4600m	7:47.29 (40.04)		
		5000m	8:31.65 (39.65)	5000m	8:26.92 (39.63)		

		Naam	Cat	PR	Tijd	Info	
64	gl	11 Mircea Vranceanu	H65	7:41.39	8:26.11		
	bl	32 Esther Bouman	DSB	8:23.52	8:41.27		
		Mircea Vranceanu			Esther Bouman		
		200m	23.17 (23.17)	200m	24.62 (24.62)		
		600m	1:01.34 (38.17)	600m	1:03.46 (38.84)		
		1000m	1:40.77 (39.43)	1000m	1:43.51 (40.05)		
		1400m	2:20.33 (39.56)	1400m	2:23.82 (40.31)		
		1800m	2:59.83 (39.50)	1800m	3:04.41 (40.59)		
		2200m	3:39.35 (39.52)	2200m	3:45.47 (41.06)		
		2600m	4:19.08 (39.73)	2600m	4:26.93 (41.46)		
		3000m	4:58.88 (39.80)	3000m	5:08.88 (41.95)		
		3400m	5:39.36 (40.48)	3400m	5:51.36 (42.48)		
		3800m	6:20.26 (40.90)	3800m	6:34.25 (42.89)		
		4200m	7:01.62 (41.36)	4200m	7:16.90 (42.65)		
		4600m	7:43.55 (41.93)	4600m	7:59.27 (42.37)		
		5000m	8:26.11 (42.56)	5000m	8:41.27 (42.00)		

		Naam	Cat	PR	Tijd	Info
65	wt	103 Christiaan Smit	HSA	8:25.08	8:11.51	PR
	rd	3 Erol Aksoy	H50	8:08.20	8:13.03	
		Christiaan Smit			Erol Aksoy	
		200m 22.90 (22.90)		200m 22.99 (22.99)		
		600m 1:01.18 (38.28)		600m 1:00.32 (37.33)		
		1000m 1:40.05 (38.87)		1000m 1:39.05 (38.73)		
		1400m 2:18.80 (38.75)		1400m 2:17.87 (38.82)		
		1800m 2:57.55 (38.75)		1800m 2:57.32 (39.45)		
		2200m 3:36.30 (38.75)		2200m 3:37.05 (39.73)		
		2600m 4:15.20 (38.90)		2600m 4:16.68 (39.63)		
		3000m 4:54.61 (39.41)		3000m 4:56.78 (40.10)		
		3400m 5:33.98 (39.37)		3400m 5:37.42 (40.64)		
		3800m 6:13.40 (39.42)		3800m 6:18.04 (40.62)		
		4200m 6:52.95 (39.55)		4200m 6:57.18 (39.14)		
		4600m 7:33.17 (40.22)		4600m 7:35.64 (38.46)		
		5000m 8:11.51 (38.34)		5000m 8:13.03 (37.39)		

		Naam	Cat	PR	Tijd	Info
66	gl	123 Seppe Lybaert	HSB	7:51.74	7:46.06	PR
	bl	64 John van der Vlugt	H65	7:04.28	7:41.82	
		Seppe Lybaert			John van der Vlugt	
		200m 23.01 (23.01)		200m 23.53 (23.53)		
		600m 59.36 (36.35)		600m 59.69 (36.16)		
		1000m 1:35.27 (35.91)		1000m 1:36.47 (36.78)		
		1400m 2:11.92 (36.65)		1400m 2:13.01 (36.54)		
		1800m 2:48.67 (36.75)		1800m 2:49.59 (36.58)		
		2200m 3:25.59 (36.92)		2200m 3:26.26 (36.67)		
		2600m 4:02.52 (36.93)		2600m 4:02.97 (36.71)		
		3000m 4:39.85 (37.33)		3000m 4:39.97 (37.00)		
		3400m 5:16.77 (36.92)		3400m 5:17.00 (37.03)		
		3800m 5:53.74 (36.97)		3800m 5:53.73 (36.73)		
		4200m 6:31.18 (37.44)		4200m 6:30.53 (36.80)		
		4600m 7:08.77 (37.59)		4600m 7:06.86 (36.33)		
		5000m 7:46.06 (37.29)		5000m 7:41.82 (34.96)		

		Naam	Cat	PR	Tijd	Info
67	wt	139 Sybe van Hijum	HSB	7:31.95	7:24.22	PR
	rd	69 Marc Nieuwenhuijse	H40	7:37.88	7:27.19	PR
		<u>Sybe van Hijum</u>				
		200m	22.30 (22.30)			
		600m	57.35 (35.05)			
		1000m	1:32.68 (35.33)			
		1400m	2:08.22 (35.54)			
		1800m	2:43.39 (35.17)			
		2200m	3:18.47 (35.08)			
		2600m	3:53.29 (34.82)			
		3000m	4:28.06 (34.77)			
		3400m	5:02.94 (34.88)			
		3800m	5:38.03 (35.09)			
		4200m	6:12.93 (34.90)			
		4600m	6:48.45 (35.52)			
		5000m	7:24.22 (35.77)			
		<u>Marc Nieuwenhuijse</u>				
		200m	23.86 (23.86)			
		600m	58.84 (34.98)			
		1000m	1:33.53 (34.69)			
		1400m	2:08.23 (34.70)			
		1800m	2:43.37 (35.14)			
		2200m	3:18.39 (35.02)			
		2600m	3:53.00 (34.61)			
		3000m	4:28.05 (35.05)			
		3400m	5:03.50 (35.45)			
		3800m	5:38.71 (35.21)			
		4200m	6:14.27 (35.56)			
		4600m	6:50.29 (36.02)			
		5000m	7:27.19 (36.90)			

		Naam	Cat	PR	Tijd	Info
68	gl	130 Martin Hänggi	H55	6:35.30	6:44.03	
	bl	124 Ole Bjørnsmoen Næss	HSA	6:23.30	6:37.10	
		<u>Martin Hänggi</u>				
		200m	20.31 (20.31)			
		600m	52.32 (32.01)			
		1000m	1:23.93 (31.61)			
		1400m	1:55.46 (31.53)			
		1800m	2:27.18 (31.72)			
		2200m	2:59.10 (31.92)			
		2600m	3:30.82 (31.72)			
		3000m	4:02.62 (31.80)			
		3400m	4:34.86 (32.24)			
		3800m	5:07.17 (32.31)			
		4200m	5:39.61 (32.44)			
		4600m	6:11.80 (32.19)			
		5000m	6:44.03 (32.23)			
		<u>Ole Bjørnsmoen Næss</u>				
		200m	20.63 (20.63)			
		600m	51.68 (31.05)			
		1000m	1:22.90 (31.22)			
		1400m	1:54.17 (31.27)			
		1800m	2:25.30 (31.13)			
		2200m	2:56.19 (30.89)			
		2600m	3:27.11 (30.92)			
		3000m	3:58.25 (31.14)			
		3400m	4:29.52 (31.27)			
		3800m	5:01.08 (31.56)			
		4200m	5:32.74 (31.66)			
		4600m	6:04.74 (32.00)			
		5000m	6:37.10 (32.36)			

9. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	47 Bart Seffinga	H40	82	I	1:17.48		
2	14 Filip-Mihail Woicik	H40	81	O	1:19.51	PR	
3	79 Christian Arlt	H40	81	I	1:19.68		
4	126 Michiel Wienese	H40	80	O	1:20.33		
5	101 Joshua Stänz	HSA	82	O	1:22.97		
6	60 Marloes Westerhof	DSB	78	I	1:25.38		
7	65 Anke Jannie Landman	D45	79	I	1:25.75		
8	43 Erik Jeuring	H40	78	O	1:25.82		
9	77 Robbert-Jan Neven	H45	77	O	1:26.16	PR	
10	71 Renske Winters	D45	79	O	1:26.27		
11	125 Piet Siemonsma	H65	77	I	1:28.45		
12	80 Waldemar Kramer	H70	76	I	1:29.09		
13	45 Hans Edens	H45	76	O	1:29.42		
14	57 Jan van der Stouwe	H55	80	I	1:30.20		
15	46 Eelco van der Meer	H45	75	O	1:31.66		
16	62 Anja Bollaart	D55	75	I	1:33.26		
17	70 Ferd Veelenturf	H65	74	I	1:33.99		
18	66 Karin Terhürne	D55	74	O	1:38.22		
19	61 Kees Bollaart	H60	73	I	1:38.73		
20	23 Pentti Kiiskinen	H75	71	O	1:42.74		
21	145 Astrid Janssen	D60	72	I	1:43.19		
22	39 Johan Smit	H65	73	O	1:44.23		
23	30 Ronald Zwart	H55	72	O	1:46.21		
24	95 Bram de Vries	H80	70	I	1:58.32		
25	68 Henriët van Ling	D55	71	I	2:02.67		
	131 Hossein Heidari	H45	69	I		DQ	
	91 Seppo Saarinen	H65	70	O		DQ	

9. Rituitslag 1000m Sprint

		Naam	Cat	PR	Tijd	Info
69	wt rd	131 Hossein Heidari	H45			DQ
		<u>Hossein Heidari</u>				
				m		

		Naam	Cat	PR	Tijd	Info
70	gl	95 Bram de Vries	H80	1:29.98	1:58.32	
	bl	91 Seppo Saarinen	H65			DQ
		<u>Bram de Vries</u>		<u>Seppo Saarinen</u>		
		200m	27.09 (27.09)			
		600m	1:11.23 (44.14)			
		1000m	1:58.32 (47.09)			

		Naam	Cat	PR	Tijd	Info
71	wt	68 Henriët van Ling	D55	1:59.18	2:02.67	
	rd	23 Pentti Kiiskinen	H75	1:19.20	1:42.74	
		<u>Henriët van Ling</u>		<u>Pentti Kiiskinen</u>		
		200m	29.63 (29.63)	200m	24.04 (24.04)	
		600m	1:15.86 (46.23)	600m	1:02.75 (38.71)	
		1000m	2:02.67 (46.81)	1000m	1:42.74 (39.99)	

		Naam	Cat	PR	Tijd	Info
72	gl	145 Astrid Janssen	D60	1:31.53	1:43.19	
	bl	30 Ronald Zwart	H55	1:43.05	1:46.21	
		<u>Astrid Janssen</u>		<u>Ronald Zwart</u>		
		200m	23.80 (23.80)	200m	25.56 (25.56)	
		600m	1:02.33 (38.53)	600m	1:04.62 (39.06)	
		1000m	1:43.19 (40.86)	1000m	1:46.21 (41.59)	

		Naam	Cat	PR	Tijd	Info
73	wt	61 Kees Bollaart	H60	1:26.89	1:38.73	
	rd	39 Johan Smit	H65	1:36.51	1:44.23	
		Kees Bollaart			Johan Smit	
		200m 23.29 (23.29)		200m 24.43 (24.43)		
		600m 59.78 (36.49)		600m 1:02.90 (38.47)		
		1000m 1:38.73 (38.95)		1000m 1:44.23 (41.33)		

		Naam	Cat	PR	Tijd	Info
74	gl	70 Ferd Veelenturf	H65	1:23.83	1:33.99	
	bl	66 Karin Terhürne	D55	1:31.99	1:38.22	
		Ferd Veelenturf			Karin Terhürne	
		200m 22.17 (22.17)		200m 23.66 (23.66)		
		600m 57.36 (35.19)		600m 1:00.08 (36.42)		
		1000m 1:33.99 (36.63)		1000m 1:38.22 (38.14)		

		Naam	Cat	PR	Tijd	Info
75	wt	62 Anja Bollaart	D55	1:21.38	1:33.26	
	rd	46 Eelco van der Meer	H45	1:21.93	1:31.66	
		Anja Bollaart			Eelco van der Meer	
		200m 21.86 (21.86)		200m 21.42 (21.42)		
		600m 56.02 (34.16)		600m 55.01 (33.59)		
		1000m 1:33.26 (37.24)		1000m 1:31.66 (36.65)		

		Naam	Cat	PR	Tijd	Info
76	gl	80 Waldemar Kramer	H70	1:22.65	1:29.09	
	bl	45 Hans Edens	H45	1:29.17	1:29.42	
		Waldemar Kramer			Hans Edens	
		200m 20.94 (20.94)		200m 21.31 (21.31)		
		600m 53.89 (32.95)		600m 55.02 (33.71)		
		1000m 1:29.09 (35.20)		1000m 1:29.42 (34.40)		

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		Naam	Cat	PR	Tijd	Info
77	wt	125 Piet Siemonsma	H65	1:23.23	1:28.45	
	rd	77 Robbert-Jan Neven	H45	1:28.18	1:26.16	PR
		Piet Siemonsma			Robbert-Jan Neven	
		200m 21.43 (21.43)		200m 20.52 (20.52)		
		600m 53.89 (32.46)		600m 52.78 (32.26)		
		1000m 1:28.45 (34.56)		1000m 1:26.16 (33.38)		

		Naam	Cat	PR	Tijd	Info
78	gl	60 Marloes Westerhof	DSB	1:25.30	1:25.38	
	bl	43 Erik Jeuring	H40	1:25.30	1:25.82	
		Marloes Westerhof			Erik Jeuring	
		200m 19.97 (19.97)		200m 20.26 (20.26)		
		600m 51.50 (31.53)		600m 51.79 (31.53)		
		1000m 1:25.38 (33.88)		1000m 1:25.82 (34.03)		

		Naam	Cat	PR	Tijd	Info
79	wt	65 Anke Jannie Landman	D45	1:20.78	1:25.75	
	rd	71 Renske Winters	D45	1:23.17	1:26.27	
		Anke Jannie Landman			Renske Winters	
		200m 19.99 (19.99)		200m 20.61 (20.61)		
		600m 51.99 (32.00)		600m 52.42 (31.81)		
		1000m 1:25.75 (33.76)		1000m 1:26.27 (33.85)		

		Naam	Cat	PR	Tijd	Info
80	gl	57 Jan van der Stouwe	H55	1:17.12	1:30.20	
	bl	126 Michiel Wienese	H40	1:16.32	1:20.33	
		Jan van der Stouwe			Michiel Wienese	
		200m 20.17 (20.17)		200m 19.25 (19.25)		
		600m 52.83 (32.66)		600m 48.74 (29.49)		
		1000m 1:30.20 (37.37)		1000m 1:20.33 (31.59)		



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		Naam		Cat		PR		Tijd	Info
81	wt	79	Christian Arlt		H40			1:17.05	1:19.68
	rd	14	Filip-Mihail Woicik		H40			1:20.54	1:19.51 PR
		Christian Arlt				Filip-Mihail Woicik			
		200m	19.51	(19.51)		200m	18.69	(18.69)	
		600m	48.96	(29.45)		600m	48.02	(29.33)	
		1000m	1:19.68	(30.72)		1000m	1:19.51	(31.49)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
82	gl	47	Bart Seffinga		H40			1:12.16	1:17.48
	bl	101	Joshua Stänz		HSA			1:18.57	1:22.97
		Bart Seffinga				Joshua Stänz			
		200m	18.68	(18.68)		200m	19.67	(19.67)	
		600m	47.02	(28.34)		600m	50.07	(30.40)	
		1000m	1:17.48	(30.46)		1000m	1:22.97	(32.90)	



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10. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	116 Jasper Sinke	HN1	84	O	1:15.84		
2	143 Sarp Visser	HB2	83	I	1:20.46		
	142 Rutger Verhoeff	HB2	84	I	DNF		

10. Rituitslag 1000m Sprint - O

		Naam		Cat		PR	Tijd	Info
83	wt rd	143 Sarp Visser		HB2		1:18.53	1:20.46	
		Sarp Visser						
		200m	18.63	(18.63)	m			
		600m	47.96	(29.33)				
		1000m	1:20.46	(32.50)				
		Rutger Verhoeff						
		200m	18.46	(18.46)				
		Jasper Sinke						
		200m	17.39	(17.39)				
		600m	45.21	(27.82)				
		1000m	1:15.84	(30.63)				

11. Uitslag 3000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	13 Frank Erik Tindvik	H40	94	I	4:13.01		
2	24 Timon Nieuwenstein	HSB	93	O	4:15.83		
3	21 Ville Männistö	H40	93	I	4:19.29	PR	
4	140 Andrus Kuusk	HSB	92	I	4:20.39		
5	90 Daan Spoelstra	H45	94	O	4:25.13		
6	40 Stijn Verhagen	H45	92	O	4:34.86	PR	
7	34 Ed de Looze	H55	90	I	4:40.10		
8	29 Gijs van Cappelle	HSB	91	O	4:47.78		
9	85 Imme Kampen	D40	89	O	4:49.97		
10	8 Stephan Haueisen	H55	90	O	4:56.16		
11	36 Fietje van Bochove	DSB	89	I	5:04.74	PR	
12	48 Pekka Aho	H55	86	O	5:04.80	PR	
13	18 Laura den Otter	D40	88	O	5:07.02	PR	
14	93 Eskil Andersson	H55	87	I	5:09.01	PR	
15	33 Kees Verdouw	H75	87	O	5:13.19		
16	144 Frank Günther	H60	88	I	5:23.48		
17	76 Ad Kemp	H65	86	I	5:34.75		
18	100 Kathleen Toth	D45	85	I	5:58.82	PR	
	97 Doede Wind	H45	91	I		DQ	

11. Rituitslag 3000m Allround Normal

		Naam	Cat	PR	Tijd Info
85	wt rd	100 Kathleen Toth	D45	6:04.73	5:58.82 PR

Kathleen Toth

Distance	Time	Info
200m	27.56	(27.56) m
600m	1:10.81	(43.25)
1000m	1:56.95	(46.14)
1400m	2:44.68	(47.73)
1800m	3:33.09	(48.41)
2200m	4:21.65	(48.56)
2600m	5:10.33	(48.68)
3000m	5:58.82	(48.49)

		Naam	Cat	PR	Tijd Info
86	gl	76 Ad Kemp	H65	5:31.02	5:34.75
	bl	48 Pekka Aho	H55	5:05.73	5:04.80 PR

Ad Kemp

Distance	Time	Info
200m	27.56	(27.56)
600m	1:11.30	(43.74)
1000m	1:54.95	(43.65)
1400m	2:39.07	(44.12)
1800m	3:22.84	(43.77)
2200m	4:07.15	(44.31)
2600m	4:51.01	(43.86)
3000m	5:34.75	(43.74)

Pekka Aho

Distance	Time	Info
200m	22.96	(22.96)
600m	1:01.92	(38.96)
1000m	1:42.29	(40.37)
1400m	2:23.73	(41.44)
1800m	3:04.49	(40.76)
2200m	3:44.98	(40.49)
2600m	4:25.31	(40.33)
3000m	5:04.80	(39.49)

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		Naam			Cat	PR	Tijd	Info
87	wt	93	Eskil Andersson		H55	5:19.88	5:09.01	PR
	rd	33	Kees Verdouw		H75	4:22.55	5:13.19	
		Eskil Andersson			Kees Verdouw			
		200m	25.92	(25.92)	200m	25.29	(25.29)	
		600m	1:04.90	(38.98)	600m	1:04.46	(39.17)	
		1000m	1:44.37	(39.47)	1000m	1:43.94	(39.48)	
		1400m	2:24.88	(40.51)	1400m	2:23.95	(40.01)	
		1800m	3:05.86	(40.98)	1800m	3:04.49	(40.54)	
		2200m	3:46.98	(41.12)	2200m	3:46.27	(41.78)	
		2600m	4:27.64	(40.66)	2600m	4:28.98	(42.71)	
		3000m	5:09.01	(41.37)	3000m	5:13.19	(44.21)	

		Naam			Cat	PR	Tijd	Info
88	gl	144	Frank Günther		H60	5:17.28	5:23.48	
	bl	18	Laura den Otter		D40	5:21.35	5:07.02	PR
		Frank Günther			Laura den Otter			
		200m	24.63	(24.63)	200m	24.63	(24.63)	
		600m	1:03.35	(38.72)	600m	1:02.20	(37.57)	
		1000m	1:44.41	(41.06)	1000m	1:41.11	(38.91)	
		1400m	2:27.31	(42.90)	1400m	2:21.38	(40.27)	
		1800m	3:10.48	(43.17)	1800m	3:02.62	(41.24)	
		2200m	3:54.93	(44.45)	2200m	3:44.09	(41.47)	
		2600m	4:38.77	(43.84)	2600m	4:25.75	(41.66)	
		3000m	5:23.48	(44.71)	3000m	5:07.02	(41.27)	

		Naam			Cat	PR	Tijd	Info
89	wt	36	Fietje van Bochove		DSB	5:05.32	5:04.74	PR
	rd	85	Imme Kampen		D40	4:39.57	4:49.97	
		Fietje van Bochove			Imme Kampen			
		200m	23.51	(23.51)	200m	22.96	(22.96)	
		600m	59.82	(36.31)	600m	58.12	(35.16)	
		1000m	1:37.98	(38.16)	1000m	1:34.74	(36.62)	
		1400m	2:17.73	(39.75)	1400m	2:12.52	(37.78)	
		1800m	2:59.18	(41.45)	1800m	2:50.63	(38.11)	
		2200m	3:41.01	(41.83)	2200m	3:29.59	(38.96)	
		2600m	4:22.59	(41.58)	2600m	4:09.18	(39.59)	
		3000m	5:04.74	(42.15)	3000m	4:49.97	(40.79)	

		Naam			Cat	PR	Tijd	Info
90	gl	34	Ed de Looze		H55	4:17.42	4:40.10	
	bl	8	Stephan Haueisen		H55	4:20.59	4:56.16	
		Ed de Looze			Stephan Haueisen			
		200m	24.17	(24.17)	200m	24.10	(24.10)	
		600m	1:00.91	(36.74)	600m	1:01.01	(36.91)	
		1000m	1:37.17	(36.26)	1000m	1:39.65	(38.64)	
		1400m	2:13.90	(36.73)	1400m	2:18.47	(38.82)	
		1800m	2:50.96	(37.06)	1800m	2:56.98	(38.51)	
		2200m	3:27.71	(36.75)	2200m	3:36.65	(39.67)	
		2600m	4:03.97	(36.26)	2600m	4:16.30	(39.65)	
		3000m	4:40.10	(36.13)	3000m	4:56.16	(39.86)	

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		Naam	Cat	PR	Tijd	Info
91	wt	97 Doede Wind	H45	4:38.79		DQ
	rd	29 Gijs van Cappelle	HSB	4:41.45		4:47.78
		<u>Doede Wind</u>		<u>Gijs van Cappelle</u>		
				200m	22.27	(22.27)
				600m	57.92	(35.65)
				1000m	1:34.39	(36.47)
				1400m	2:11.94	(37.55)
				1800m	2:49.79	(37.85)
				2200m	3:28.41	(38.62)
				2600m	4:07.43	(39.02)
				3000m	4:47.78	(40.35)

		Naam	Cat	PR	Tijd	Info
92	gl	140 Andrus Kuusk	HSB			4:20.39
	bl	40 Stijn Verhagen	H45	4:37.06		4:34.86 PR
		<u>Andrus Kuusk</u>		<u>Stijn Verhagen</u>		
				200m	20.32	(20.32)
				600m	53.10	(32.78)
				1000m	1:28.11	(35.01)
				1400m	2:02.87	(34.76)
				1800m	2:37.03	(34.16)
				2200m	3:11.43	(34.40)
				2600m	3:46.17	(34.74)
				3000m	4:20.39	(34.22)
				200m	22.92	(22.92)
				600m	58.08	(35.16)
				1000m	1:33.23	(35.15)
				1400m	2:08.50	(35.27)
				1800m	2:43.85	(35.35)
				2200m	3:19.56	(35.71)
				2600m	3:56.63	(37.07)
				3000m	4:34.86	(38.23)

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		Naam	Cat	PR	Tijd	Info
93	wt	21 Ville Männistö	H40	4:25.14	4:19.29	PR
	rd	24 Timon Nieuwenstein	HSB	3:55.93	4:15.83	

Ville Männistö

200m	21.48	(21.48)
600m	54.85	(33.37)
1000m	1:28.08	(33.23)
1400m	2:01.49	(33.41)
1800m	2:34.99	(33.50)
2200m	3:08.86	(33.87)
2600m	3:43.49	(34.63)
3000m	4:19.29	(35.80)

Timon Nieuwenstein

200m	21.05	(21.05)
600m	53.63	(32.58)
1000m	1:26.27	(32.64)
1400m	1:59.44	(33.17)
1800m	2:32.93	(33.49)
2200m	3:06.99	(34.06)
2600m	3:41.27	(34.28)
3000m	4:15.83	(34.56)

		Naam	Cat	PR	Tijd	Info
94	gl	13 Frank Erik Tindvik	H40	4:10.72	4:13.01	
	bl	90 Daan Spoelstra	H45	4:21.92	4:25.13	

Frank Erik Tindvik

200m	20.87	(20.87)
600m	54.21	(33.34)
1000m	1:26.99	(32.78)
1400m	1:59.89	(32.90)
1800m	2:32.48	(32.59)
2200m	3:05.13	(32.65)
2600m	3:38.56	(33.43)
3000m	4:13.01	(34.45)

Daan Spoelstra

200m	21.37	(21.37)
600m	54.40	(33.03)
1000m	1:28.20	(33.80)
1400m	2:02.82	(34.62)
1800m	2:37.79	(34.97)
2200m	3:13.19	(35.40)
2600m	3:49.08	(35.89)
3000m	4:25.13	(36.05)



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12. Uitslag 3000m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	114 Jasper van der Marel	HA1	96	I	3:56.81	PR	
2	106 Sylvian Hoogeveen	HA1	95	I	4:18.08	PR	
3	107 Niels Meijer	HN1	96	O	4:25.78		
4	110 Emma van der Liet	DA2	95	O	4:51.02		

12. Rituitslag 3000m Allround Normal - O

		Naam	Cat	PR	Tijd	Info
95	wt	106 Sylvian Hoogeveen	HA1	4:18.20	4:18.08	PR
	rd	110 Emma van der Liet	DA2	4:46.45	4:51.02	

Sylvian Hoogeveen

200m	20.57	(20.57)
600m	54.07	(33.50)
1000m	1:27.82	(33.75)
1400m	2:02.09	(34.27)
1800m	2:36.18	(34.09)
2200m	3:10.34	(34.16)
2600m	3:44.66	(34.32)
3000m	4:18.08	(33.42)

Emma van der Liet

200m	22.96	(22.96)
600m	58.14	(35.18)
1000m	1:34.33	(36.19)
1400m	2:11.98	(37.65)
1800m	2:51.03	(39.05)
2200m	3:30.60	(39.57)
2600m	4:10.45	(39.85)
3000m	4:51.02	(40.57)

		Naam	Cat	PR	Tijd	Info
96	gl	114 Jasper van der Marel	HA1	4:02.62	3:56.81	PR
	bl	107 Niels Meijer	HN1	4:02.79	4:25.78	

Jasper van der Marel

200m	19.94	(19.94)
600m	49.73	(29.79)
1000m	1:19.37	(29.64)
1400m	1:50.12	(30.75)
1800m	2:21.31	(31.19)
2200m	2:52.85	(31.54)
2600m	3:24.75	(31.90)
3000m	3:56.81	(32.06)

Niels Meijer

200m	21.71	(21.71)
600m	57.30	(35.59)
1000m	1:32.71	(35.41)
1400m	2:08.06	(35.35)
1800m	2:43.15	(35.09)
2200m	3:17.53	(34.38)
2600m	3:52.16	(34.63)
3000m	4:25.78	(33.62)

13. Uitslag 1500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	83 Rene van Bernum	H55	110	I	1:59.04		
2	117 Sebastiaan Scargo	H40	109	I	2:08.08	PR	
3	149 Ahti Oks	H45	105	I	2:09.62		
4	75 Bastiaan Geurts	HSB	109	O	2:10.25		
5	82 Märt Kuus	H40	110	O	2:10.47		
6	4 Martijn van der Horst	H50	108	I	2:12.13		
7	20 Jasper Knulst	H45	108	O	2:13.30		
8	26 Michel van der Sluijs	H50	106	I	2:13.97		
9	55 Mika Sirén	H50	107	O	2:17.49		
10	59 Marco Roos	H60	107	I	2:18.98		
11	49 Lars Henriksson	H55	106	O	2:20.12		
12	86 Henriëtte Goede	D55	103	O	2:22.59		
13	38 Wendy van der Ham	D50	103	I	2:22.81	PR	
14	50 Jyrki Hietanen	H60	102	O	2:23.29		
15	94 Frank Steenkamp	H65	105	O	2:23.97		
16	31 Ab Nederlof	H65	104	I	2:24.48		
17	6 Hanspeter Ambass	H65	102	I	2:29.31		
18	102 Jaap van Kouterik	H70	104	O	2:30.77		
19	81 Ralf Hartings	H65	101	O	2:32.34		
20	9 Paavo Salonen	H70	99	I	2:33.14		
21	2 Anna Van der Stok	D45	101	I	2:33.40	PR	
22	52 Outi Pinomäki	D55	99	O	2:35.70		
23	73 Ton van Helden	H75	100	O	2:39.25		
24	19 Heike Gaasbeek	D45	100	I	2:40.23		
25	15 Andrej Kwadrin	H40	97	O	2:44.89		
26	78 Carolien van Rees	D65	97	I	2:46.34		

13. Rituitslag 1500m Allround Small

		Naam	Cat	PR	Tijd	Info
97	wt	78 Carolien van Rees	D65	2:43.07	2:46.34	
	rd	15 Andrej Kwadrin	H40	2:34.58	2:44.89	
		Carolien van Rees		Andrej Kwadrin		
		300m 35.13 (35.13)		300m 35.23 (35.23)		
		700m 1:17.41 (42.28)		700m 1:16.93 (41.70)		
		1100m 2:01.51 (44.10)		1100m 2:00.10 (43.17)		
		1500m 2:46.34 (44.83)		1500m 2:44.89 (44.79)		

		Naam	Cat	PR	Tijd	Info
98	gl					
	bl					
		m		m		

		Naam	Cat	PR	Tijd	Info
99	wt	9 Paavo Salonen	H70	2:19.56	2:33.14	
	rd	52 Outi Pinomäki	D55	2:32.48	2:35.70	
		Paavo Salonen		Outi Pinomäki		
		300m 33.82 (33.82)		300m 33.28 (33.28)		
		700m 1:11.90 (38.08)		700m 1:12.09 (38.81)		
		1100m 1:51.65 (39.75)		1100m 1:52.60 (40.51)		
		1500m 2:33.14 (41.49)		1500m 2:35.70 (43.10)		

		Naam	Cat	PR	Tijd	Info
100	gl	19 Heike Gaasbeek	D45	2:39.24	2:40.23	
	bl	73 Ton van Helden	H75	2:15.37	2:39.25	
		Heike Gaasbeek		Ton van Helden		
		300m 33.73 (33.73)		300m 35.03 (35.03)		
		700m 1:13.73 (40.00)		700m 1:16.05 (41.02)		
		1100m 1:56.34 (42.61)		1100m 1:57.38 (41.33)		
		1500m 2:40.23 (43.89)		1500m 2:39.25 (41.87)		

		Naam	Cat	PR	Tijd	Info
101	wt	2 Anna Van der Stok	D45	2:36.01	2:33.40	PR
	rd	81 Ralf Hartings	H65		2:32.34	
		Anna Van der Stok		Ralf Hartings		
		300m 32.47 (32.47)		300m 33.78 (33.78)		
		700m 1:10.35 (37.88)		700m 1:12.27 (38.49)		
		1100m 1:50.87 (40.52)		1100m 1:51.89 (39.62)		
		1500m 2:33.40 (42.53)		1500m 2:32.34 (40.45)		
		Naam	Cat	PR	Tijd	Info
102	gl	6 Hanspeter Ambass	H65	2:16.01	2:29.31	
	bl	50 Jyrki Hietanen	H60	2:05.79	2:23.29	
		Hanspeter Ambass		Jyrki Hietanen		
		300m 31.38 (31.38)		300m 29.62 (29.62)		
		700m 1:08.55 (37.17)		700m 1:05.98 (36.36)		
		1100m 1:48.17 (39.62)		1100m 1:44.38 (38.40)		
		1500m 2:29.31 (41.14)		1500m 2:23.29 (38.91)		
		Naam	Cat	PR	Tijd	Info
103	wt	38 Wendy van der Ham	D50	2:24.22	2:22.81	PR
	rd	86 Henriëtte Goede	D55	2:10.43	2:22.59	
		Wendy van der Ham		Henriëtte Goede		
		300m 30.43 (30.43)		300m 30.56 (30.56)		
		700m 1:05.89 (35.46)		700m 1:05.52 (34.96)		
		1100m 1:43.46 (37.57)		1100m 1:43.43 (37.91)		
		1500m 2:22.81 (39.35)		1500m 2:22.59 (39.16)		
		Naam	Cat	PR	Tijd	Info
104	gl	31 Ab Nederlof	H65	2:22.40	2:24.48	
	bl	102 Jaap van Kouterik	H70	2:08.00	2:30.77	
		Ab Nederlof		Jaap van Kouterik		
		300m 31.86 (31.86)		300m 33.62 (33.62)		
		700m 1:08.01 (36.15)		700m 1:10.96 (37.34)		
		1100m 1:45.83 (37.82)		1100m 1:50.01 (39.05)		
		1500m 2:24.48 (38.65)		1500m 2:30.77 (40.76)		

		Naam	Cat	PR	Tijd	Info
105	wt	149 Ahti Oks	H45		2:09.62	
	rd	94 Frank Steenkamp	H65	2:13.20	2:23.97	
		Ahti Oks		Frank Steenkamp		
		300m 28.05 (28.05)		300m 32.57 (32.57)		
		700m 1:01.60 (33.55)		700m 1:09.21 (36.64)		
		1100m 1:35.57 (33.97)		1100m 1:46.37 (37.16)		
		1500m 2:09.62 (34.05)		1500m 2:23.97 (37.60)		
		Naam	Cat	PR	Tijd	Info
106	gl	26 Michel van der Sluijs	H50	2:11.59	2:13.97	
	bl	49 Lars Henriksson	H55	2:11.67	2:20.12	
		Michel van der Sluijs		Lars Henriksson		
		300m 29.08 (29.08)		300m 30.27 (30.27)		
		700m 1:02.13 (33.05)		700m 1:04.96 (34.69)		
		1100m 1:37.20 (35.07)		1100m 1:41.82 (36.86)		
		1500m 2:13.97 (36.77)		1500m 2:20.12 (38.30)		
		Naam	Cat	PR	Tijd	Info
107	wt	59 Marco Roos	H60	2:09.92	2:18.98	
	rd	55 Mika Sirén	H50	2:01.64	2:17.49	
		Marco Roos		Mika Sirén		
		300m 30.16 (30.16)		300m 28.71 (28.71)		
		700m 1:05.12 (34.96)		700m 1:02.58 (33.87)		
		1100m 1:41.71 (36.59)		1100m 1:38.67 (36.09)		
		1500m 2:18.98 (37.27)		1500m 2:17.49 (38.82)		
		Naam	Cat	PR	Tijd	Info
108	gl	4 Martijn van der Horst	H50	2:10.14	2:12.13	
	bl	20 Jasper Knulst	H45	2:11.23	2:13.30	
		Martijn van der Horst		Jasper Knulst		
		300m 28.64 (28.64)		300m 28.53 (28.53)		
		700m 1:01.43 (32.79)		700m 1:01.08 (32.55)		
		1100m 1:35.93 (34.50)		1100m 1:35.92 (34.84)		
		1500m 2:12.13 (36.20)		1500m 2:13.30 (37.38)		

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		Naam			Cat	PR	Tijd	Info
109	wt	117	Sebastiaan Scargo		H40	2:08.31	2:08.08	PR
	rd	75	Bastiaan Geurts		HSB	2:01.94	2:10.25	
		Sebastiaan Scargo			Bastiaan Geurts			
		300m	28.07	(28.07)	300m	28.13	(28.13)	
		700m	59.82	(31.75)	700m	1:00.47	(32.34)	
		1100m	1:33.32	(33.50)	1100m	1:34.59	(34.12)	
		1500m	2:08.08	(34.76)	1500m	2:10.25	(35.66)	
		Naam			Cat	PR	Tijd	Info
110	gl	83	Rene van Bernum		H55	1:56.92	1:59.04	
	bl	82	Märt Kuus		H40	2:08.47	2:10.47	
		Rene van Bernum			Märt Kuus			
		300m	26.61	(26.61)	300m	27.60	(27.60)	
		700m	56.01	(29.40)	700m	1:00.19	(32.59)	
		1100m	1:26.52	(30.51)	1100m	1:34.63	(34.44)	
		1500m	1:59.04	(32.52)	1500m	2:10.47	(35.84)	



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14. Uitslag 1500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	104 Bryant Boogert	HA1	112	I	1:56.23		
2	109 Nomdo de Heer	HN2	112	O	1:57.04	PR	
3	105 Bo Meijer	DA2	111	I	2:21.51		
	108 Noëmi De boer	DB2				WDR	

14. Rituitslag 1500m Allround Small - O

		Naam		Cat		PR	Tijd	Info
111	wt	105	Bo Meijer		DA2	2:21.16	2:21.51	
	rd	108	Noëmi De boer		DB2	2:14.16	WDR	
		Bo Meijer			Noëmi De boer			
		300m	30.96	(30.96)				
		700m	1:06.28	(35.32)				
		1100m	1:43.71	(37.43)				
		1500m	2:21.51	(37.80)				

		Naam		Cat		PR	Tijd	Info
112	gl	104	Bryant Boogert		HA1	1:55.67	1:56.23	
	bl	109	Nomdo de Heer		HN2	1:57.98	1:57.04	PR
		Bryant Boogert			Nomdo de Heer			
		300m	24.08	(24.08)	300m	25.61	(25.61)	
		700m	51.87	(27.79)	700m	54.74	(29.13)	
		1100m	1:22.88	(31.01)	1100m	1:25.07	(30.33)	
		1500m	1:56.23	(33.35)	1500m	1:57.04	(31.97)	



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15. Uitslag 3000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	98 Bart de Kwaasteniet	H40	114	O	4:39.89	PR	
2	136 Azamat Ismailov	H45	114	I	4:42.81	PR	
3	135 Chantal Herms	D45	113	O	5:03.85		
4	129 Johan Jonker	H65	113	I	5:49.08		

15. Rituitslag 3000m Single Distance

		Naam	Cat	PR	Tijd	Info
113	wt	129 Johan Jonker	H65	4:41.21	5:49.08	
	rd	135 Chantal Herms	D45	5:03.37	5:03.85	
		Johan Jonker		Chantal Herms		
		200m	29.60 (29.60)	200m	23.11 (23.11)	
		600m	1:14.17 (44.57)	600m	1:00.19 (37.08)	
		1000m	1:58.72 (44.55)	1000m	1:38.72 (38.53)	
		1400m	2:43.45 (44.73)	1400m	2:20.09 (41.37)	
		1800m	3:28.91 (45.46)	1800m	3:01.05 (40.96)	
		2200m	4:14.40 (45.49)	2200m	3:41.60 (40.55)	
		2600m	5:01.42 (47.02)	2600m	4:22.27 (40.67)	
		3000m	5:49.08 (47.66)	3000m	5:03.85 (41.58)	

		Naam	Cat	PR	Tijd	Info
114	gl	136 Azamat Ismailov	H45	4:46.37	4:42.81	PR
	bl	98 Bart de Kwaasteniet	H40	4:48.02	4:39.89	PR
		Azamat Ismailov		Bart de Kwaasteniet		
		200m	22.01 (22.01)	200m	24.25 (24.25)	
		600m	56.46 (34.45)	600m	59.42 (35.17)	
		1000m	1:32.30 (35.84)	1000m	1:35.00 (35.58)	
		1400m	2:09.34 (37.04)	1400m	2:11.13 (36.13)	
		1800m	2:47.22 (37.88)	1800m	2:48.74 (37.61)	
		2200m	3:25.58 (38.36)	2200m	3:25.79 (37.05)	
		2600m	4:04.09 (38.51)	2600m	4:02.86 (37.07)	
		3000m	4:42.81 (38.72)	3000m	4:39.89 (37.03)	



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16. Uitslag 3000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	127 Olaf Vunderink	HB2	116	I	4:05.79	PR	
2	138 Danny Heijkoop	HN2	116	O	4:18.03	PR	
3	111 Jerry Coenen	HB1	115	O	4:39.92	PR	
4	122 Zéfina de Bruin	DN2	115	I	4:42.40	PR	

16. Rituitslag 3000m Single Distance - O

		Naam	Cat	PR	Tijd	Info
115	wt	122 Zéfina de Bruin	DN2	4:43.23	4:42.40	PR
	rd	111 Jerry Coenen	HB1	5:09.44	4:39.92	PR

Zéfina de Bruin

200m	22.37	(22.37)
600m	57.28	(34.91)
1000m	1:33.03	(35.75)
1400m	2:10.24	(37.21)
1800m	2:48.19	(37.95)
2200m	3:26.17	(37.98)
2600m	4:04.25	(38.08)
3000m	4:42.40	(38.15)

Jerry Coenen

200m	20.44	(20.44)
600m	55.46	(35.02)
1000m	1:31.82	(36.36)
1400m	2:09.27	(37.45)
1800m	2:46.88	(37.61)
2200m	3:24.77	(37.89)
2600m	4:02.95	(38.18)
3000m	4:39.92	(36.97)

		Naam	Cat	PR	Tijd	Info
116	gl	127 Olaf Vunderink	HB2	4:09.14	4:05.79	PR
	bl	138 Danny Heijkoop	HN2	4:18.97	4:18.03	PR

Olaf Vunderink

200m	19.65	(19.65)
600m	50.13	(30.48)
1000m	1:21.05	(30.92)
1400m	1:52.74	(31.69)
1800m	2:24.87	(32.13)
2200m	2:57.77	(32.90)
2600m	3:31.42	(33.65)
3000m	4:05.79	(34.37)

Danny Heijkoop

200m	20.57	(20.57)
600m	53.09	(32.52)
1000m	1:25.73	(32.64)
1400m	1:58.93	(33.20)
1800m	2:32.70	(33.77)
2200m	3:07.20	(34.50)
2600m	3:42.37	(35.17)
3000m	4:18.03	(35.66)



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17. Uitslag 5000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	35 Lennaart Lamers	HSB	118	O	7:32.53	PR	
2	99 Richard van den Broek	H50	118	I	8:13.88		
3	87 Marlies de Jong	D55	117	I	9:01.23		
4	56 Mariska van Haften- van den Bosch	D60	117	O	9:16.12		

17. Rituitslag 5000m Single Distance

		Naam	Cat	PR	Tijd	Info	
117	wt	87 Marlies de Jong	D55	9:00.89	9:01.23		
	rd	56 Mariska van Haften- van den Bosch	D60		9:16.12		
		Marlies de Jong				Mariska van Haften- van den Bosch	
		200m	24.69 (24.69)			200m	25.12 (25.12)
		600m	1:04.21 (39.52)			600m	1:05.16 (40.04)
		1000m	1:44.39 (40.18)			1000m	1:46.02 (40.86)
		1400m	2:26.70 (42.31)			1400m	2:28.51 (42.49)
		1800m	3:09.34 (42.64)			1800m	3:11.71 (43.20)
		2200m	3:52.84 (43.50)			2200m	3:55.84 (44.13)
		2600m	4:36.39 (43.55)			2600m	4:40.31 (44.47)
		3000m	5:19.64 (43.25)			3000m	5:24.95 (44.64)
		3400m	6:03.92 (44.28)			3400m	6:09.79 (44.84)
		3800m	6:48.07 (44.15)			3800m	6:55.82 (46.03)
		4200m	7:32.65 (44.58)			4200m	7:42.21 (46.39)
		4600m	8:17.28 (44.63)			4600m	8:29.04 (46.83)
		5000m	9:01.23 (43.95)			5000m	9:16.12 (47.08)

		Naam	Cat	PR	Tijd	Info	
118	gl	99 Richard van den Broek	H50		8:13.88		
	bl	35 Lennaart Lamers	HSB	7:38.90	7:32.53	PR	
		Richard van den Broek				Lennaart Lamers	
		200m	22.24 (22.24)			200m	20.63 (20.63)
		600m	58.56 (36.32)			600m	55.64 (35.01)
		1000m	1:36.17 (37.61)			1000m	1:31.39 (35.75)
		1400m	2:14.18 (38.01)			1400m	2:06.46 (35.07)
		1800m	2:52.91 (38.73)			1800m	2:41.66 (35.20)
		2200m	3:32.24 (39.33)			2200m	3:17.21 (35.55)
		2600m	4:11.31 (39.07)			2600m	3:53.38 (36.17)
		3000m	4:51.11 (39.80)			3000m	4:29.74 (36.36)
		3400m	5:31.70 (40.59)			3400m	5:06.16 (36.42)
		3800m	6:12.41 (40.71)			3800m	5:42.57 (36.41)
		4200m	6:53.24 (40.83)			4200m	6:19.37 (36.80)
		4600m	7:34.16 (40.92)			4600m	6:56.26 (36.89)
		5000m	8:13.88 (39.72)			5000m	7:32.53 (36.27)



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18. Uitslag 5000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	120 Thomas de Lange	HN1	120	O	6:46.24	PR	
2	141 Joep Stubbe	HA1	120	I	7:23.19		
3	113 Jitte Schuitemaker	DA1	119	I	8:18.43	PR	

18. Rituitslag 5000m Single Distance - O

	Naam	Cat	PR	Tijd Info
119	wt rd	113 Jitte Schuitemaker	DA1	8:20.39 8:18.43 PR

Jitte Schuitemaker

Distance	Time	Record	Unit
200m	23.22	(23.22)	m
600m	1:01.00	(37.78)	
1000m	1:40.01	(39.01)	
1400m	2:19.51	(39.50)	
1800m	2:58.86	(39.35)	
2200m	3:38.54	(39.68)	
2600m	4:18.68	(40.14)	
3000m	4:58.62	(39.94)	
3400m	5:38.30	(39.68)	
3800m	6:18.17	(39.87)	
4200m	6:58.19	(40.02)	
4600m	7:38.62	(40.43)	
5000m	8:18.43	(39.81)	

	Naam	Cat	PR	Tijd Info
120	gl	141 Joep Stubbe	HA1	7:23.19
	bl	120 Thomas de Lange	HN1	6:50.31 6:46.24 PR

Joep Stubbe

Distance	Time	Record
200m	19.75	(19.75)
600m	51.32	(31.57)
1000m	1:23.99	(32.67)
1400m	1:57.26	(33.27)
1800m	2:31.35	(34.09)
2200m	3:05.47	(34.12)
2600m	3:40.37	(34.90)
3000m	4:16.00	(35.63)
3400m	4:52.06	(36.06)
3800m	5:29.20	(37.14)
4200m	6:07.14	(37.94)
4600m	6:45.20	(38.06)
5000m	7:23.19	(37.99)

Thomas de Lange

Distance	Time	Record
200m	19.30	(19.30)
600m	49.86	(30.56)
1000m	1:21.11	(31.25)
1400m	1:52.51	(31.40)
1800m	2:24.06	(31.55)
2200m	2:55.46	(31.40)
2600m	3:27.74	(32.28)
3000m	3:59.89	(32.15)
3400m	4:32.31	(32.42)
3800m	5:05.07	(32.76)
4200m	5:37.85	(32.78)
4600m	6:11.51	(33.66)
5000m	6:46.24	(34.73)



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19. Uitslag 10000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	74 Robert Wierds	H45	124	O	14:17.87	PR	
2	107 Niels Meijer	HN1	121	O	14:49.58	PR	
3	72 Joost van Leenders	H50	123	I	15:48.31		
4	27 Martin Heerma	H50	123	O	15:51.03	PR	
5	92 Patrik Gelin	H50	122	I	16:25.76	PR	
6	115 Kees Langeveld	H65	124	I	17:12.88		
7	128 Wim Zwanenburg	H65	122	O	18:26.34		
8	137 Heine Deelstra	H60	121	I	18:46.63		

19. Rituitslag 10000m Single Distance

	Naam	Cat	PR	Tijd	Info
121	wt 137 Heine Deelstra	H60	18:17.67	18:46.63	
	rd 107 Niels Meijer	HN1	15:03.35	14:49.58	PR

Heine Deelstra			Niels Meijer		
400m	51.41	(51.41)	400m	40.42	(40.42)
800m	1:38.12	(46.71)	800m	1:16.68	(36.26)
1200m	2:23.31	(45.19)	1200m	1:52.38	(35.70)
1600m	3:07.94	(44.63)	1600m	2:27.49	(35.11)
2000m	3:53.24	(45.30)	2000m	3:02.59	(35.10)
2400m	4:39.10	(45.86)	2400m	3:38.03	(35.44)
2800m	5:24.36	(45.26)	2800m	4:13.80	(35.77)
3200m	6:09.60	(45.24)	3200m	4:49.35	(35.55)
3600m	6:54.40	(44.80)	3600m	5:24.55	(35.20)
4000m	7:38.71	(44.31)	4000m	6:00.04	(35.49)
4400m	8:23.43	(44.72)	4400m	6:35.92	(35.88)
4800m	9:07.86	(44.43)	4800m	7:11.54	(35.62)
5200m	9:51.96	(44.10)	5200m	7:47.09	(35.55)
5600m	10:36.11	(44.15)	5600m	8:22.72	(35.63)
6000m	11:20.83	(44.72)	6000m	8:58.12	(35.40)
6400m	12:04.91	(44.08)	6400m	9:33.41	(35.29)
6800m	12:49.29	(44.38)	6800m	10:08.80	(35.39)
7200m	13:33.24	(43.95)	7200m	10:44.30	(35.50)
7600m	14:17.23	(43.99)	7600m	11:19.85	(35.55)
8000m	15:01.21	(43.98)	8000m	11:54.87	(35.02)
8400m	15:45.82	(44.61)	8400m	12:30.30	(35.43)
8800m	16:31.42	(45.60)	8800m	13:05.90	(35.60)
9200m	17:16.93	(45.51)	9200m	13:41.08	(35.18)
9600m	18:02.08	(45.15)	9600m	14:15.68	(34.60)
10000m	18:46.63	(44.55)	10000m	14:49.58	(33.90)

		Naam	Cat	PR	Tijd	Info
122	gl	92 Patrik Gelin	H50	17:19.25	16:25.76	PR
	bl	128 Wim Zwanenburg	H65	17:31.16	18:26.34	
		Patrik Gelin		Wim Zwanenburg		
		400m	44.96 (44.96)	400m	46.70 (46.70)	
		800m	1:23.64 (38.68)	800m	1:28.16 (41.46)	
		1200m	2:02.49 (38.85)	1200m	2:10.96 (42.80)	
		1600m	2:42.14 (39.65)	1600m	2:54.12 (43.16)	
		2000m	3:21.35 (39.21)	2000m	3:37.17 (43.05)	
		2400m	4:00.11 (38.76)	2400m	4:20.41 (43.24)	
		2800m	4:39.26 (39.15)	2800m	5:04.19 (43.78)	
		3200m	5:18.64 (39.38)	3200m	5:47.45 (43.26)	
		3600m	5:58.17 (39.53)	3600m	6:31.46 (44.01)	
		4000m	6:37.57 (39.40)	4000m	7:15.65 (44.19)	
		4400m	7:16.41 (38.84)	4400m	7:59.52 (43.87)	
		4800m	7:55.81 (39.40)	4800m	8:43.40 (43.88)	
		5200m	8:35.69 (39.88)	5200m	9:27.52 (44.12)	
		5600m	9:15.14 (39.45)	5600m	10:12.07 (44.55)	
		6000m	9:54.13 (38.99)	6000m	10:56.51 (44.44)	
		6400m	10:33.42 (39.29)	6400m	11:40.19 (43.68)	
		6800m	11:12.48 (39.06)	6800m	12:24.12 (43.93)	
		7200m	11:51.70 (39.22)	7200m	13:08.60 (44.48)	
		7600m	12:30.46 (38.76)	7600m	13:53.91 (45.31)	
		8000m	13:09.55 (39.09)	8000m	14:38.80 (44.89)	
		8400m	13:48.77 (39.22)	8400m	15:23.78 (44.98)	
		8800m	14:28.31 (39.54)	8800m	16:08.75 (44.97)	
		9200m	15:07.67 (39.36)	9200m	16:54.40 (45.65)	
		9600m	15:46.85 (39.18)	9600m	17:40.42 (46.02)	
		10000m	16:25.76 (38.91)	10000m	18:26.34 (45.92)	



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		Naam	Cat	PR	Tijd	Info
123	wt	72 Joost van Leenders	H50		15:48.31	
	rd	27 Martin Heerma	H50	15:57.70	15:51.03	PR
		Joost van Leenders			Martin Heerma	
		400m	41.41 (41.41)	400m	42.42 (42.42)	
		800m	1:18.33 (36.92)	800m	1:19.71 (37.29)	
		1200m	1:55.97 (37.64)	1200m	1:57.34 (37.63)	
		1600m	2:33.96 (37.99)	1600m	2:34.95 (37.61)	
		2000m	3:12.89 (38.93)	2000m	3:13.18 (38.23)	
		2400m	3:50.51 (37.62)	2400m	3:50.99 (37.81)	
		2800m	4:28.64 (38.13)	2800m	4:28.46 (37.47)	
		3200m	5:05.46 (36.82)	3200m	5:05.86 (37.40)	
		3600m	5:43.82 (38.36)	3600m	5:43.84 (37.98)	
		4000m	6:21.47 (37.65)	4000m	6:21.90 (38.06)	
		4400m	6:59.34 (37.87)	4400m	6:59.87 (37.97)	
		4800m	7:37.17 (37.83)	4800m	7:38.00 (38.13)	
		5200m	8:16.26 (39.09)	5200m	8:16.08 (38.08)	
		5600m	8:54.28 (38.02)	5600m	8:54.45 (38.37)	
		6000m	9:32.75 (38.47)	6000m	9:32.75 (38.30)	
		6400m	10:09.83 (37.08)	6400m	10:10.60 (37.85)	
		6800m	10:47.77 (37.94)	6800m	10:48.24 (37.64)	
		7200m	11:24.87 (37.10)	7200m	11:26.26 (38.02)	
		7600m	12:03.03 (38.16)	7600m	12:04.04 (37.78)	
		8000m	12:40.80 (37.77)	8000m	12:42.16 (38.12)	
		8400m	13:18.87 (38.07)	8400m	13:20.21 (38.05)	
		8800m	13:56.83 (37.96)	8800m	13:58.54 (38.33)	
		9200m	14:34.53 (37.70)	9200m	14:36.19 (37.65)	
		9600m	15:12.10 (37.57)	9600m	15:13.63 (37.44)	
		10000m	15:48.31 (36.21)	10000m	15:51.03 (37.40)	

		Naam	Cat	PR	Tijd	Info
124	gl	115 Kees Langeveld	H65	16:04.82	17:12.88	
	bl	74 Robert Wierts	H45	14:30.77	14:17.87	PR
		Kees Langeveld				
		400m	43.80 (43.80)			
		800m	1:22.58 (38.78)			
		1200m	2:02.46 (39.88)			
		1600m	2:43.25 (40.79)			
		2000m	3:24.25 (41.00)			
		2400m	4:04.85 (40.60)			
		2800m	4:45.14 (40.29)			
		3200m	5:25.17 (40.03)			
		3600m	6:05.61 (40.44)			
		4000m	6:46.62 (41.01)			
		4400m	7:28.00 (41.38)			
		4800m	8:09.70 (41.70)			
		5200m	8:51.51 (41.81)			
		5600m	9:33.26 (41.75)			
		6000m	10:14.79 (41.53)			
		6400m	10:56.41 (41.62)			
		6800m	11:37.86 (41.45)			
		7200m	12:19.93 (42.07)			
		7600m	13:01.28 (41.35)			
		8000m	13:42.99 (41.71)			
		8400m	14:24.92 (41.93)			
		8800m	15:07.38 (42.46)			
		9200m	15:49.67 (42.29)			
		9600m	16:31.60 (41.93)			
		10000m	17:12.88 (41.28)			
		Robert Wierts				
		400m	37.92 (37.92)			
		800m	1:10.74 (32.82)			
		1200m	1:44.44 (33.70)			
		1600m	2:18.67 (34.23)			
		2000m	2:52.70 (34.03)			
		2400m	3:26.39 (33.69)			
		2800m	4:00.30 (33.91)			
		3200m	4:34.60 (34.30)			
		3600m	5:08.95 (34.35)			
		4000m	5:43.33 (34.38)			
		4400m	6:17.64 (34.31)			
		4800m	6:51.89 (34.25)			
		5200m	7:26.16 (34.27)			
		5600m	8:00.80 (34.64)			
		6000m	8:35.34 (34.54)			
		6400m	9:09.83 (34.49)			
		6800m	9:43.89 (34.06)			
		7200m	10:18.26 (34.37)			
		7600m	10:52.61 (34.35)			
		8000m	11:26.99 (34.38)			
		8400m	12:01.52 (34.53)			
		8800m	12:35.79 (34.27)			
		9200m	13:09.91 (34.12)			
		9600m	13:44.21 (34.30)			
		10000m	14:17.87 (33.66)			

21. Uitslag 1500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Timon Nieuwenstein	HSB	10	I	1:59.67		
2	13 Frank Erik Tindvik	H40	10	O	2:00.00		
3	21 Ville Männistö	H40	9	O	2:01.92	PR	
4	140 Andrus Kuusk	HSB	9	I	2:03.79	PR	
5	90 Daan Spoelstra	H45	8	I	2:04.25		
6	40 Stijn Verhagen	H45	8	O	2:08.44	PR	
7	97 Doede Wind	H45	1	I	2:12.40		
8	29 Gijs van Cappelle	HSB	7	O	2:12.74		
9	34 Ed de Looze	H55	7	I	2:14.81		
10	85 Imme Kampen	D40	6	O	2:17.34		
11	48 Pekka Aho	H55	6	I	2:20.51	PR	
12	36 Fietje van Bochove	DSB	5	O	2:23.93	PR	
13	18 Laura den Otter	D40	4	I	2:25.55	PR	
14	33 Kees Verdouw	H75	4	O	2:25.61		
15	8 Stephan Haueisen	H55	5	I	2:30.85		
16	93 Eskil Andersson	H55	3	O	2:30.95	PR	
17	144 Frank Günther	H60	3	I	2:31.14		
18	76 Ad Kemp	H65	2	I	2:45.85		
19	100 Kathleen Toth	D45	2	O	2:46.96	PR	

21. Rituitslag 1500m Allround Normal

		Naam		Cat		PR	Tijd	Info
1	wt	97	Doede Wind		H45	2:11.15	2:12.40	
	rd							

Doede Wind

300m	29.45	(29.45)	m
700m	1:01.96	(32.51)	
1100m	1:36.58	(34.62)	
1500m	2:12.40	(35.82)	

		Naam		Cat		PR	Tijd	Info
2	gl	76	Ad Kemp		H65	2:23.60	2:45.85	
	bl	100	Kathleen Toth		D45	2:49.69	2:46.96	PR

Ad Kemp

300m	36.93	(36.93)
700m	1:20.15	(43.22)
1100m	2:02.49	(42.34)
1500m	2:45.85	(43.36)

Kathleen Toth

300m	36.11	(36.11)
700m	1:17.73	(41.62)
1100m	2:01.10	(43.37)
1500m	2:46.96	(45.86)

		Naam		Cat		PR	Tijd	Info
3	wt	144	Frank Günther		H60	2:30.56	2:31.14	
	rd	93	Eskil Andersson		H55	2:37.99	2:30.95	PR

Frank Günther

300m	31.60	(31.60)
700m	1:09.54	(37.94)
1100m	1:49.72	(40.18)
1500m	2:31.14	(41.42)

Eskil Andersson

300m	34.08	(34.08)
700m	1:12.24	(38.16)
1100m	1:51.38	(39.14)
1500m	2:30.95	(39.57)

		Naam		Cat		PR	Tijd	Info
4	gl	18	Laura den Otter		D40	2:29.46	2:25.55	PR
	bl	33	Kees Verdouw		H75	2:04.95	2:25.61	

Laura den Otter

300m	32.50	(32.50)
700m	1:08.91	(36.41)
1100m	1:47.23	(38.32)
1500m	2:25.55	(38.32)

Kees Verdouw

300m	32.57	(32.57)
700m	1:08.59	(36.02)
1100m	1:46.55	(37.96)
1500m	2:25.61	(39.06)

		Naam	Cat	PR	Tijd	Info
5	wt	8 Stephan Haueisen	H55	2:05.06	2:30.85	
	rd	36 Fietje van Bochove	DSB	2:24.53	2:23.93	PR
		Stephan Haueisen			Fietje van Bochove	
		300m 33.56 (33.56)			300m 31.55 (31.55)	
		700m 1:11.99 (38.43)			700m 1:07.24 (35.69)	
		1100m 1:51.40 (39.41)			1100m 1:45.47 (38.23)	
		1500m 2:30.85 (39.45)			1500m 2:23.93 (38.46)	
		Naam	Cat	PR	Tijd	Info
6	gl	48 Pekka Aho	H55	2:20.55	2:20.51	PR
	bl	85 Imme Kampen	D40	2:13.55	2:17.34	
		Pekka Aho			Imme Kampen	
		300m 29.15 (29.15)			300m 29.96 (29.96)	
		700m 1:04.28 (35.13)			700m 1:03.95 (33.99)	
		1100m 1:41.47 (37.19)			1100m 1:39.71 (35.76)	
		1500m 2:20.51 (39.04)			1500m 2:17.34 (37.63)	
		Naam	Cat	PR	Tijd	Info
7	wt	34 Ed de Looze	H55	2:03.01	2:14.81	
	rd	29 Gijs van Cappelle	HSB	2:06.78	2:12.74	
		Ed de Looze			Gijs van Cappelle	
		300m 31.08 (31.08)			300m 28.66 (28.66)	
		700m 1:05.16 (34.08)			700m 1:01.77 (33.11)	
		1100m 1:39.96 (34.80)			1100m 1:36.32 (34.55)	
		1500m 2:14.81 (34.85)			1500m 2:12.74 (36.42)	
		Naam	Cat	PR	Tijd	Info
8	gl	90 Daan Spoelstra	H45	2:03.63	2:04.25	
	bl	40 Stijn Verhagen	H45	2:09.19	2:08.44	PR
		Daan Spoelstra			Stijn Verhagen	
		300m 27.78 (27.78)			300m 28.78 (28.78)	
		700m 58.74 (30.96)			700m 1:00.70 (31.92)	
		1100m 1:30.91 (32.17)			1100m 1:34.02 (33.32)	
		1500m 2:04.25 (33.34)			1500m 2:08.44 (34.42)	

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		Naam			Cat	PR	Tijd	Info
9	wt	140	Andrus Kuusk		HSB	2:07.77	2:03.79	PR
	rd	21	Ville Männistö		H40	2:03.15	2:01.92	PR
		Andrus Kuusk			Ville Männistö			
		300m	27.43	(27.43)	300m	27.27	(27.27)	
		700m	58.80	(31.37)	700m	57.65	(30.38)	
		1100m	1:30.84	(32.04)	1100m	1:29.18	(31.53)	
		1500m	2:03.79	(32.95)	1500m	2:01.92	(32.74)	
		Naam			Cat	PR	Tijd	Info
10	gl	24	Timon Nieuwenstein		HSB	1:51.19	1:59.67	
	bl	13	Frank Erik Tindvik		H40	1:59.58	2:00.00	
		Timon Nieuwenstein			Frank Erik Tindvik			
		300m	26.48	(26.48)	300m	27.20	(27.20)	
		700m	56.12	(29.64)	700m	56.83	(29.63)	
		1100m	1:27.06	(30.94)	1100m	1:27.63	(30.80)	
		1500m	1:59.67	(32.61)	1500m	2:00.00	(32.37)	



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22. Uitslag 1500m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	114 Jasper van der Marel	HA1	12	I	1:55.58	PR	
2	107 Niels Meijer	HN1	11	I	2:00.08		
3	106 Sylvian Hoogeveen	HA1	12	O	2:02.26	PR	
4	110 Emma van der Liet	DA2	11	O	2:16.35	PR	

22. Rituitslag 1500m Allround Normal - O

		Naam	Cat	PR	Tijd	Info
11	wt	107 Niels Meijer	HN1	1:56.66	2:00.08	
	rd	110 Emma van der Liet	DA2	2:17.20	2:16.35	PR

Niels Meijer

300m	26.94	(26.94)
700m	56.85	(29.91)
1100m	1:27.87	(31.02)
1500m	2:00.08	(32.21)

Emma van der Liet

300m	29.51	(29.51)
700m	1:02.79	(33.28)
1100m	1:38.72	(35.93)
1500m	2:16.35	(37.63)

		Naam	Cat	PR	Tijd	Info
12	gl	114 Jasper van der Marel	HA1	1:56.37	1:55.58	PR
	bl	106 Sylvian Hoogeveen	HA1	2:02.43	2:02.26	PR

Jasper van der Marel

300m	26.26	(26.26)
700m	54.65	(28.39)
1100m	1:24.46	(29.81)
1500m	1:55.58	(31.12)

Sylvian Hoogeveen

300m	26.33	(26.33)
700m	56.23	(29.90)
1100m	1:28.49	(32.26)
1500m	2:02.26	(33.77)

23. Uitslag 1500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	124 Ole Bjørnsmoen Næss	HSA	24	I	1:54.02		
2	130 Martin Hänggi	H55	24	O	1:56.70		
3	139 Sybe van Hijum	HSB	23	I	2:05.49	PR	
4	103 Christiaan Smit	HSA	22	I	2:09.78	PR	
5	69 Marc Nieuwenhuijse	H40	23	O	2:11.76	PR	
6	3 Erol Aksoy	H50	21	I	2:11.94		
7	123 Seppe Lybaert	HSB	21	O	2:13.06		
8	64 John van der Vlugt	H65	22	O	2:13.55		
9	11 Mircea Vranceanu	H65	20	O	2:16.43		
10	54 Trygve Reitan	H50	20	I	2:16.58	PR	
11	17 Freek Smits	H45	13	O	2:18.67		
12	84 Peter Weiss	H65	19	O	2:18.82		
13	88 Koen van Egmond	HSB	19	I	2:20.68		
14	32 Esther Bouman	DSB	18	I	2:22.64		
15	58 Kees Voorhoeve	H65	18	O	2:22.98		
16	5 Marvin Zeisberg	HSB	17	O	2:23.76	PR	
17	7 Oktavian-Kornel Moga	H55	17	I	2:26.00		
18	42 Ciska Stark	D60	16	I	2:29.04		
19	16 Guylaine Larouche	D65	16	O	2:29.37		
20	10 Johan Metting-van Rijn	H60	15	I	2:30.85		
21	1 Tialda Gerritsma	D55	14	I	2:33.06		
22	12 Hans-Gerd Heyne	H55	15	O	2:33.63		
23	28 Daniëlle Frijters	DSB	14	O	2:36.50	PR	
24	53 Risto Nordman	H70	13	I	2:40.49	PR	

23. Rituitslag 1500m Allround Big

		Naam	Cat	PR	Tijd	Info
13	wt	53 Risto Nordman	H70	2:49.05	2:40.49	PR
	rd	17 Freek Smits	H45	2:13.39	2:18.67	

Risto Nordman

300m	34.41	(34.41)
700m	1:14.71	(40.30)
1100m	1:56.99	(42.28)
1500m	2:40.49	(43.50)

Freek Smits

300m	29.37	(29.37)
700m	1:04.31	(34.94)
1100m	1:40.99	(36.68)
1500m	2:18.67	(37.68)

		Naam	Cat	PR	Tijd	Info
14	gl	1 Tialda Gerritsma	D55	2:25.51	2:33.06	
	bl	28 Daniëlle Frijters	DSB	2:37.36	2:36.50	PR

Tialda Gerritsma

300m	34.87	(34.87)
700m	1:13.04	(38.17)
1100m	1:52.62	(39.58)
1500m	2:33.06	(40.44)

Daniëlle Frijters

300m	34.55	(34.55)
700m	1:13.16	(38.61)
1100m	1:53.97	(40.81)
1500m	2:36.50	(42.53)

		Naam	Cat	PR	Tijd	Info
15	wt	10 Johan Metting-van Rijn	H60	2:09.58	2:30.85	
	rd	12 Hans-Gerd Heyne	H55	2:32.99	2:33.63	

Johan Metting-van Rijn

300m	33.31	(33.31)
700m	1:11.77	(38.46)
1100m	1:51.16	(39.39)
1500m	2:30.85	(39.69)

Hans-Gerd Heyne

300m	34.70	(34.70)
700m	1:14.46	(39.76)
1100m	1:54.50	(40.04)
1500m	2:33.63	(39.13)

		Naam	Cat	PR	Tijd	Info
16	gl	42 Ciska Stark	D60	2:23.28	2:29.04	
	bl	16 Guylaine Larouche	D65	2:27.18	2:29.37	

Ciska Stark

300m	32.11	(32.11)
700m	1:08.80	(36.69)
1100m	1:47.93	(39.13)
1500m	2:29.04	(41.11)

Guylaine Larouche

300m	32.54	(32.54)
700m	1:09.83	(37.29)
1100m	1:49.44	(39.61)
1500m	2:29.37	(39.93)

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15 en 16 maart 2023

		Naam	Cat	PR	Tijd	Info
17	wt	7 Oktavian-Kornel Moga	H55	2:13.84	2:26.00	
	rd	5 Marvin Zeisberg	HSB	2:23.82	2:23.76	PR
		Oktavian-Kornel Moga				Marvin Zeisberg
		300m 32.31 (32.31)		300m 30.84 (30.84)		
		700m 1:08.63 (36.32)		700m 1:06.33 (35.49)		
		1100m 1:46.70 (38.07)		1100m 1:43.87 (37.54)		
		1500m 2:26.00 (39.30)		1500m 2:23.76 (39.89)		
		Naam	Cat	PR	Tijd	Info
18	gl	32 Esther Bouman	DSB	2:16.32	2:22.64	
	bl	58 Kees Voorhoeve	H65	2:19.73	2:22.98	
		Esther Bouman				Kees Voorhoeve
		300m 31.56 (31.56)		300m 31.87 (31.87)		
		700m 1:06.91 (35.35)		700m 1:07.68 (35.81)		
		1100m 1:43.70 (36.79)		1100m 1:44.68 (37.00)		
		1500m 2:22.64 (38.94)		1500m 2:22.98 (38.30)		
		Naam	Cat	PR	Tijd	Info
19	wt	88 Koen van Egmond	HSB	2:20.27	2:20.68	
	rd	84 Peter Weiss	H65	2:18.41	2:18.82	
		Koen van Egmond				Peter Weiss
		300m 31.32 (31.32)		300m 30.19 (30.19)		
		700m 1:06.70 (35.38)		700m 1:05.40 (35.21)		
		1100m 1:43.20 (36.50)		1100m 1:41.91 (36.51)		
		1500m 2:20.68 (37.48)		1500m 2:18.82 (36.91)		
		Naam	Cat	PR	Tijd	Info
20	gl	54 Trygve Reitan	H50	2:19.18	2:16.58	PR
	bl	11 Mircea Vranceanu	H65	2:04.09	2:16.43	
		Trygve Reitan				Mircea Vranceanu
		300m 30.39 (30.39)		300m 30.16 (30.16)		
		700m 1:04.42 (34.03)		700m 1:03.80 (33.64)		
		1100m 1:39.92 (35.50)		1100m 1:39.46 (35.66)		
		1500m 2:16.58 (36.66)		1500m 2:16.43 (36.97)		

		Naam	Cat	PR	Tijd	Info
21	wt	3 Erol Aksoy	H50	2:10.87	2:11.94	
	rd	123 Seppe Lybaert	HSB	2:11.07	2:13.06	
		Erol Aksoy			Seppe Lybaert	
		300m 28.38 (28.38)		300m 29.51 (29.51)		
		700m 1:00.49 (32.11)		700m 1:02.66 (33.15)		
		1100m 1:35.20 (34.71)		1100m 1:37.07 (34.41)		
		1500m 2:11.94 (36.74)		1500m 2:13.06 (35.99)		
		Naam	Cat	PR	Tijd	Info
22	gl	103 Christiaan Smit	HSA	2:10.46	2:09.78	PR
	bl	64 John van der Vlugt	H65	2:00.94	2:13.55	
		Christiaan Smit			John van der Vlugt	
		300m 27.94 (27.94)		300m 29.82 (29.82)		
		700m 59.36 (31.42)		700m 1:03.48 (33.66)		
		1100m 1:33.31 (33.95)		1100m 1:38.55 (35.07)		
		1500m 2:09.78 (36.47)		1500m 2:13.55 (35.00)		
		Naam	Cat	PR	Tijd	Info
23	wt	139 Sybe van Hijum	HSB	2:05.59	2:05.49	PR
	rd	69 Marc Nieuwenhuijse	H40	2:12.52	2:11.76	PR
		Sybe van Hijum			Marc Nieuwenhuijse	
		300m 28.24 (28.24)		300m 30.32 (30.32)		
		700m 59.28 (31.04)		700m 1:03.28 (32.96)		
		1100m 1:31.75 (32.47)		1100m 1:36.92 (33.64)		
		1500m 2:05.49 (33.74)		1500m 2:11.76 (34.84)		
		Naam	Cat	PR	Tijd	Info
24	gl	124 Ole Bjørnsmoen Næss	HSA	1:49.76	1:54.02	
	bl	130 Martin Hänggi	H55	1:52.16	1:56.70	
		Ole Bjørnsmoen Næss			Martin Hänggi	
		300m 26.30 (26.30)		300m 26.31 (26.31)		
		700m 54.79 (28.49)		700m 55.48 (29.17)		
		1100m 1:23.95 (29.16)		1100m 1:25.86 (30.38)		
		1500m 1:54.02 (30.07)		1500m 1:56.70 (30.84)		

24. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	14 Filip-Mihail Woicik	H40	38	I	39.31		
2	47 Bart Seffinga	H40	38	O	39.38		
3	101 Joshua Stänz	HSA	36	I	40.93		
4	79 Christian Arlt	H40	37	I	40.94		
5	126 Michiel Wienese	H40	37	O	41.11		
6	60 Marloes Westerhof	DSB	35	I	42.27		
7	43 Erik Jeurig	H40	36	O	42.30	PR	
8	77 Robbert-Jan Neven	H45	35	O	42.78		
9	57 Jan van der Stouwe	H55	34	O	42.81		
10	65 Anke Jannie Landman	D45	34	I	43.60		
11	71 Renske Winters	D45	33	I	43.77		
12	45 Hans Edens	H45	32	O	43.81	PR	
13	125 Piet Siemonsma	H65	32	I	44.10		
14	80 Waldemar Kramer	H70	33	O	44.54		
15	46 Eelco van der Meer	H45	31	O	45.15		
16	62 Anja Bollaart	D55	31	I	46.61		
17	70 Ferd Veelenturf	H65	30	I	46.74		
18	61 Kees Bollaart	H60	30	O	48.18		
19	66 Karin Terhürne	D55	29	O	49.83		
20	23 Pentti Kiiskinen	H75	29	I	49.97		
21	39 Johan Smit	H65	28	O	50.29		
22	145 Astrid Janssen	D60	28	I	50.84		
23	91 Seppo Saarinen	H65	27	O	53.34		
24	68 Henriët van Ling	D55	27	I	1:01.18		
25	131 Hossein Heidari	H45	25	O	1:10.27	PR	

24. Rituitslag 500m Sprint

	Naam	Cat	PR	Tijd	Info
25	wt				
	rd	131 Hossein Heidari	H45	1:13.04	1:10.27 PR
	Hossein Heidari				
	m		100m	15.47	(15.47)
			500m	1:10.27	(54.80)

	Naam	Cat	PR	Tijd	Info
26	gl				
	bl				
	m		m		

	Naam	Cat	PR	Tijd	Info
27	wt	68 Henriët van Ling	D55	1:01.16	1:01.18
	rd	91 Seppo Saarinen	H65	52.02	53.34
	Henriët van Ling				
			100m	16.51	(16.51)
			500m	1:01.18	(44.67)
	Seppo Saarinen				
			100m	13.50	(13.50)
			500m	53.34	(39.84)

	Naam	Cat	PR	Tijd	Info
28	gl	145 Astrid Janssen	D60	46.77	50.84
	bl	39 Johan Smit	H65	47.45	50.29
	Astrid Janssen				
			100m	13.70	(13.70)
			500m	50.84	(37.14)
	Johan Smit				
			100m	13.52	(13.52)
			500m	50.29	(36.77)

	Naam	Cat	PR	Tijd	Info
29	wt	23 Pentti Kiiskinen	H75	38.90	49.97
	rd	66 Karin Terhürne	D55	46.45	49.83
	Pentti Kiiskinen				
			100m	13.38	(13.38)
			500m	49.97	(36.59)
	Karin Terhürne				
			100m	13.49	(13.49)
			500m	49.83	(36.34)

		Naam	Cat	PR	Tijd	Info
30	gl	70 Ferd Veelenturf	H65	42.32	46.74	
	bl	61 Kees Bollaart	H60	45.39	48.18	
		Ferd Veelenturf		Kees Bollaart		
		100m 12.83 (12.83)		100m 13.23 (13.23)		
		500m 46.74 (33.91)		500m 48.18 (34.95)		
		Naam	Cat	PR	Tijd	Info
31	wt	62 Anja Bollaart	D55	41.31	46.61	
	rd	46 Eelco van der Meer	H45	41.82	45.15	
		Anja Bollaart		Eelco van der Meer		
		100m 12.70 (12.70)		100m 12.25 (12.25)		
		500m 46.61 (33.91)		500m 45.15 (32.90)		
		Naam	Cat	PR	Tijd	Info
32	gl	125 Piet Siemonsma	H65	42.05	44.10	
	bl	45 Hans Edens	H45	43.81	43.81	PR
		Piet Siemonsma		Hans Edens		
		100m 12.42 (12.42)		100m 12.11 (12.11)		
		500m 44.10 (31.68)		500m 43.81 (31.70)		
		Naam	Cat	PR	Tijd	Info
33	wt	71 Renske Winters	D45	42.36	43.77	
	rd	80 Waldemar Kramer	H70	41.52	44.54	
		Renske Winters		Waldemar Kramer		
		100m 12.11 (12.11)		100m 12.19 (12.19)		
		500m 43.77 (31.66)		500m 44.54 (32.35)		
		Naam	Cat	PR	Tijd	Info
34	gl	65 Anke Jannie Landman	D45	41.26	43.60	
	bl	57 Jan van der Stouwe	H55	39.24	42.81	
		Anke Jannie Landman		Jan van der Stouwe		
		100m 11.98 (11.98)		100m 11.62 (11.62)		
		500m 43.60 (31.62)		500m 42.81 (31.19)		

		Naam	Cat	PR	Tijd	Info
35	wt	60 Marloes Westerhof	DSB	41.98	42.27	
	rd	77 Robbert-Jan Neven	H45	42.62	42.78	
		Marloes Westerhof		Robbert-Jan Neven		
		100m 11.66 (11.66)		100m 11.62 (11.62)		
		500m 42.27 (30.61)		500m 42.78 (31.16)		

		Naam	Cat	PR	Tijd	Info
36	gl	101 Joshua Stänz	HSA	39.10	40.93	
	bl	43 Erik Jeuring	H40	42.63	42.30	PR
		Joshua Stänz		Erik Jeuring		
		100m 11.20 (11.20)		100m 11.35 (11.35)		
		500m 40.93 (29.73)		500m 42.30 (30.95)		

		Naam	Cat	PR	Tijd	Info
37	wt	79 Christian Arlt	H40	39.73	40.94	
	rd	126 Michiel Wienese	H40	39.40	41.11	
		Christian Arlt		Michiel Wienese		
		100m 11.54 (11.54)		100m 11.27 (11.27)		
		500m 40.94 (29.40)		500m 41.11 (29.84)		

		Naam	Cat	PR	Tijd	Info
38	gl	14 Filip-Mihail Woicik	H40	39.30	39.31	
	bl	47 Bart Seffinga	H40	37.10	39.38	
		Filip-Mihail Woicik		Bart Seffinga		
		100m 10.67 (10.67)		100m 11.03 (11.03)		
		500m 39.31 (28.64)		500m 39.38 (28.35)		



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25. Uitslag 500m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	116 Jasper Sinke	HN1	40	O	37.82		
2	142 Rutger Verhoeff	HB2	40	I	39.24		
	143 Sarp Visser	HB2			WDR		



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25. Rituitslag 500m Sprint - O

	Naam	Cat	PR	Tijd	Info
39	wt rd 143 Sarp Visser	HB2	39.68		WDR
		<u>Sarp Visser</u>			
	m				

	Naam	Cat	PR	Tijd	Info
40	gl 142 Rutger Verhoeff	HB2	38.76		39.24
	bl 116 Jasper Sinke	HN1	37.33		37.82
	<u>Rutger Verhoeff</u>	<u>Jasper Sinke</u>			
	100m 10.76 (10.76)	100m 10.40 (10.40)			
	500m 39.24 (28.48)	500m 37.82 (27.42)			

26. Uitslag 5000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	13 Frank Erik Tindvik	H40	50	O	7:19.12		
2	140 Andrus Kuusk	HSB	49	I	7:27.64		
3	21 Ville Männistö	H40	49	O	7:36.96	PR	
4	24 Timon Nieuwenstein	HSB	50	I	7:42.74		
5	90 Daan Spoelstra	H45	48	I	7:47.86	PR	
6	34 Ed de Looze	H55	47	I	8:02.04		
7	40 Stijn Verhagen	H45	48	O	8:04.48	PR	
8	85 Imme Kampen	D40	46	O	8:16.73		
9	29 Gijs van Cappelle	HSB	47	O	8:17.21		
10	97 Doede Wind	H45	41	I	8:18.83	PR	
11	18 Laura den Otter	D40	44	I	8:44.94		
12	8 Stephan Haueisen	H55	45	I	8:45.15		
13	33 Kees Verdouw	H75	44	O	8:48.27		
14	93 Eskil Andersson	H55	43	O	8:49.62	PR	
15	48 Pekka Aho	H55	46	I	8:53.53		
16	36 Fietje van Bochove	DSB	45	O	9:00.63		
17	144 Frank Günther	H60	43	I	9:09.09		
18	100 Kathleen Toth	D45	42	O	10:14.45	PR	
	76 Ad Kemp	H65	42	I		DQ	

26. Rituitslag 5000m Allround Normal

		Naam	Cat	PR	Tijd Info
41	wt rd	97 Doede Wind	H45	8:23.73	8:18.83 PR

Doede Wind

Distance	Time	Record	Unit
200m	23.63	(23.63)	m
600m	1:01.91	(38.28)	
1000m	1:40.72	(38.81)	
1400m	2:20.10	(39.38)	
1800m	2:59.87	(39.77)	
2200m	3:39.35	(39.48)	
2600m	4:19.22	(39.87)	
3000m	4:59.17	(39.95)	
3400m	5:39.55	(40.38)	
3800m	6:19.64	(40.09)	
4200m	6:59.70	(40.06)	
4600m	7:39.85	(40.15)	
5000m	8:18.83	(38.98)	

		Naam	Cat	PR	Tijd Info
42	gl	76 Ad Kemp	H65	9:23.99	DQ
	bl	100 Kathleen Toth	D45	10:15.99	10:14.45 PR

Ad Kemp

Distance	Time	Record
200m	29.06	(29.06)
600m	1:14.75	(45.69)
1000m	2:00.46	(45.71)
1400m	2:45.86	(45.40)
1800m	3:31.30	(45.44)
2200m	4:16.12	(44.82)
2600m	5:00.12	(44.00)
3000m	5:44.42	(44.30)
3400m	6:29.29	(44.87)
3800m	7:15.07	(45.78)
4200m	8:00.45	(45.38)
4600m	8:43.95	(43.50)
5000m	9:27.45	(43.50)

Kathleen Toth

Distance	Time	Record
200m	26.74	(26.74)
600m	1:10.93	(44.19)
1000m	1:59.37	(48.44)
1400m	2:47.85	(48.48)
1800m	3:35.04	(47.19)
2200m	4:24.09	(49.05)
2600m	5:14.36	(50.27)
3000m	6:04.66	(50.30)
3400m	6:54.76	(50.10)
3800m	7:45.46	(50.70)
4200m	8:35.79	(50.33)
4600m	9:25.61	(49.82)
5000m	10:14.45	(48.84)

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		Naam	Cat		PR	Tijd	Info
43	wt	144 Frank Günther	H60		9:03.74	9:09.09	
	rd	93 Eskil Andersson	H55		9:15.66	8:49.62	PR
		Frank Günther			Eskil Andersson		
		200m	24.75	(24.75)	200m	25.74	(25.74)
		600m	1:05.80	(41.05)	600m	1:05.13	(39.39)
		1000m	1:47.62	(41.82)	1000m	1:45.32	(40.19)
		1400m	2:30.61	(42.99)	1400m	2:26.51	(41.19)
		1800m	3:13.88	(43.27)	1800m	3:08.00	(41.49)
		2200m	3:57.62	(43.74)	2200m	3:49.78	(41.78)
		2600m	4:41.87	(44.25)	2600m	4:31.69	(41.91)
		3000m	5:26.65	(44.78)	3000m	5:14.26	(42.57)
		3400m	6:11.74	(45.09)	3400m	5:56.96	(42.70)
		3800m	6:57.02	(45.28)	3800m	6:39.87	(42.91)
		4200m	7:41.28	(44.26)	4200m	7:22.72	(42.85)
		4600m	8:25.52	(44.24)	4600m	8:06.24	(43.52)
		5000m	9:09.09	(43.57)	5000m	8:49.62	(43.38)

		Naam	Cat		PR	Tijd	Info
44	gl	18 Laura den Otter	D40			8:44.94	
	bl	33 Kees Verdouw	H75		7:35.62	8:48.27	
		Laura den Otter			Kees Verdouw		
		200m	24.88	(24.88)	200m	25.11	(25.11)
		600m	1:03.78	(38.90)	600m	1:04.53	(39.42)
		1000m	1:43.77	(39.99)	1000m	1:45.37	(40.84)
		1400m	2:25.62	(41.85)	1400m	2:26.51	(41.14)
		1800m	3:07.83	(42.21)	1800m	3:08.71	(42.20)
		2200m	3:50.72	(42.89)	2200m	3:50.91	(42.20)
		2600m	4:33.50	(42.78)	2600m	4:33.36	(42.45)
		3000m	5:16.48	(42.98)	3000m	5:15.76	(42.40)
		3400m	5:59.86	(43.38)	3400m	5:58.45	(42.69)
		3800m	6:41.89	(42.03)	3800m	6:40.99	(42.54)
		4200m	7:24.16	(42.27)	4200m	7:23.93	(42.94)
		4600m	8:05.65	(41.49)	4600m	8:05.98	(42.05)
		5000m	8:44.94	(39.29)	5000m	8:48.27	(42.29)

		Naam			Cat	PR	Tijd	Info
45	wt	8 Stephan Hau Eisen			H55	7:27.39	8:45.15	
	rd	36 Fietje van Bochove			DSB		9:00.63	
		Stephan Hau Eisen			Fietje van Bochove			
		200m	24.62	(24.62)	200m	25.13	(25.13)	
		600m	1:04.76	(40.14)	600m	1:04.38	(39.25)	
		1000m	1:44.78	(40.02)	1000m	1:45.27	(40.89)	
		1400m	2:25.76	(40.98)	1400m	2:26.70	(41.43)	
		1800m	3:06.28	(40.52)	1800m	3:07.91	(41.21)	
		2200m	3:47.78	(41.50)	2200m	3:50.91	(43.00)	
		2600m	4:29.34	(41.56)	2600m	4:34.54	(43.63)	
		3000m	5:11.68	(42.34)	3000m	5:18.36	(43.82)	
		3400m	5:53.54	(41.86)	3400m	6:02.88	(44.52)	
		3800m	6:35.29	(41.75)	3800m	6:47.76	(44.88)	
		4200m	7:18.52	(43.23)	4200m	7:32.93	(45.17)	
		4600m	8:02.01	(43.49)	4600m	8:17.46	(44.53)	
		5000m	8:45.15	(43.14)	5000m	9:00.63	(43.17)	

		Naam			Cat	PR	Tijd	Info
46	gl	48 Pekka Aho			H55		8:53.53	
	bl	85 Imme Kampen			D40	7:55.54	8:16.73	
		Pekka Aho			Imme Kampen			
		200m	23.04	(23.04)	200m	22.95	(22.95)	
		600m	1:01.23	(38.19)	600m	58.70	(35.75)	
		1000m	1:43.84	(42.61)	1000m	1:36.31	(37.61)	
		1400m	2:27.44	(43.60)	1400m	2:14.64	(38.33)	
		1800m	3:09.80	(42.36)	1800m	2:53.27	(38.63)	
		2200m	3:52.04	(42.24)	2200m	3:32.38	(39.11)	
		2600m	4:34.84	(42.80)	2600m	4:11.24	(38.86)	
		3000m	5:17.69	(42.85)	3000m	4:51.11	(39.87)	
		3400m	6:00.76	(43.07)	3400m	5:31.49	(40.38)	
		3800m	6:44.00	(43.24)	3800m	6:12.49	(41.00)	
		4200m	7:27.48	(43.48)	4200m	6:54.01	(41.52)	
		4600m	8:11.17	(43.69)	4600m	7:35.46	(41.45)	
		5000m	8:53.53	(42.36)	5000m	8:16.73	(41.27)	

		Naam	Cat	PR	Tijd	Info
47	wt	34 Ed de Looze	H55	7:42.48	8:02.04	
	rd	29 Gijs van Cappelle	HSB		8:17.21	
		Ed de Looze			Gijs van Cappelle	
		200m 24.57 (24.57)		200m 22.59 (22.59)		
		600m 1:02.55 (37.98)		600m 1:00.16 (37.57)		
		1000m 1:40.23 (37.68)		1000m 1:39.90 (39.74)		
		1400m 2:18.79 (38.56)		1400m 2:19.31 (39.41)		
		1800m 2:57.36 (38.57)		1800m 2:58.36 (39.05)		
		2200m 3:35.62 (38.26)		2200m 3:37.39 (39.03)		
		2600m 4:13.66 (38.04)		2600m 4:16.54 (39.15)		
		3000m 4:51.56 (37.90)		3000m 4:56.22 (39.68)		
		3400m 5:29.14 (37.58)		3400m 5:36.23 (40.01)		
		3800m 6:06.51 (37.37)		3800m 6:16.06 (39.83)		
		4200m 6:44.92 (38.41)		4200m 6:56.45 (40.39)		
		4600m 7:23.83 (38.91)		4600m 7:36.74 (40.29)		
		5000m 8:02.04 (38.21)		5000m 8:17.21 (40.47)		

		Naam	Cat	PR	Tijd	Info
48	gl	90 Daan Spoelstra	H45	7:48.60	7:47.86	PR
	bl	40 Stijn Verhagen	H45	8:10.81	8:04.48	PR
		Daan Spoelstra			Stijn Verhagen	
		200m 21.55 (21.55)		200m 22.88 (22.88)		
		600m 56.67 (35.12)		600m 59.20 (36.32)		
		1000m 1:33.32 (36.65)		1000m 1:37.22 (38.02)		
		1400m 2:10.26 (36.94)		1400m 2:15.35 (38.13)		
		1800m 2:47.39 (37.13)		1800m 2:53.19 (37.84)		
		2200m 3:24.84 (37.45)		2200m 3:31.56 (38.37)		
		2600m 4:02.51 (37.67)		2600m 4:10.33 (38.77)		
		3000m 4:40.26 (37.75)		3000m 4:48.93 (38.60)		
		3400m 5:17.91 (37.65)		3400m 5:27.70 (38.77)		
		3800m 5:55.64 (37.73)		3800m 6:06.47 (38.77)		
		4200m 6:33.43 (37.79)		4200m 6:45.76 (39.29)		
		4600m 7:11.02 (37.59)		4600m 7:25.06 (39.30)		
		5000m 7:47.86 (36.84)		5000m 8:04.48 (39.42)		

		Naam	Cat	PR	Tijd	Info
49	wt	140 Andrus Kuusk	HSB		7:27.64	
	rd	21 Ville Männistö	H40	7:43.69	7:36.96	PR
		Andrus Kuusk			Ville Männistö	
		200m 20.96 (20.96)		200m 22.07 (22.07)		
		600m 56.56 (35.60)		600m 56.77 (34.70)		
		1000m 1:31.67 (35.11)		1000m 1:32.78 (36.01)		
		1400m 2:06.61 (34.94)		1400m 2:08.71 (35.93)		
		1800m 2:41.60 (34.99)		1800m 2:44.28 (35.57)		
		2200m 3:16.52 (34.92)		2200m 3:20.08 (35.80)		
		2600m 3:51.79 (35.27)		2600m 3:55.70 (35.62)		
		3000m 4:27.09 (35.30)		3000m 4:32.02 (36.32)		
		3400m 5:02.38 (35.29)		3400m 5:08.30 (36.28)		
		3800m 5:38.13 (35.75)		3800m 5:44.91 (36.61)		
		4200m 6:14.27 (36.14)		4200m 6:22.16 (37.25)		
		4600m 6:50.94 (36.67)		4600m 6:59.70 (37.54)		
		5000m 7:27.64 (36.70)		5000m 7:36.96 (37.26)		

		Naam	Cat	PR	Tijd	Info
50	gl	24 Timon Nieuwenstein	HSB	6:49.50	7:42.74	
	bl	13 Frank Erik Tindvik	H40	7:12.43	7:19.12	
		Timon Nieuwenstein			Frank Erik Tindvik	
		200m 21.60 (21.60)		200m 21.66 (21.66)		
		600m 57.98 (36.38)		600m 56.38 (34.72)		
		1000m 1:34.52 (36.54)		1000m 1:31.42 (35.04)		
		1400m 2:10.59 (36.07)		1400m 2:06.38 (34.96)		
		1800m 2:46.86 (36.27)		1800m 2:40.56 (34.18)		
		2200m 3:23.20 (36.34)		2200m 3:14.60 (34.04)		
		2600m 3:59.71 (36.51)		2600m 3:48.65 (34.05)		
		3000m 4:36.41 (36.70)		3000m 4:22.92 (34.27)		
		3400m 5:13.57 (37.16)		3400m 4:57.31 (34.39)		
		3800m 5:50.68 (37.11)		3800m 5:32.43 (35.12)		
		4200m 6:28.15 (37.47)		4200m 6:07.80 (35.37)		
		4600m 7:05.83 (37.68)		4600m 6:43.34 (35.54)		
		5000m 7:42.74 (36.91)		5000m 7:19.12 (35.78)		



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27. Uitslag 5000m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	114 Jasper van der Marel	HA1	52	I	6:51.71	PR	
2	107 Niels Meijer	HN1	51	I	7:04.27	PR	
3	106 Sylvian Hoogeveen	HA1	52	O	7:30.50	PR	
4	110 Emma van der Liet	DA2	51	O	8:18.59	PR	

27. Rituitslag 5000m Allround Normal - O

		Naam	Cat	PR	Tijd	Info
51	wt	107 Niels Meijer	HN1	7:10.04	7:04.27	PR
	rd	110 Emma van der Liet	DA2	8:31.64	8:18.59	PR
		Niels Meijer				
		200m	20.83 (20.83)			
		600m	54.06 (33.23)			
		1000m	1:27.68 (33.62)			
		1400m	2:01.16 (33.48)			
		1800m	2:34.42 (33.26)			
		2200m	3:07.63 (33.21)			
		2600m	3:40.82 (33.19)			
		3000m	4:13.88 (33.06)			
		3400m	4:47.72 (33.84)			
		3800m	5:22.06 (34.34)			
		4200m	5:56.69 (34.63)			
		4600m	6:30.50 (33.81)			
		5000m	7:04.27 (33.77)			
		Emma van der Liet				
		200m	23.45 (23.45)			
		600m	59.46 (36.01)			
		1000m	1:37.44 (37.98)			
		1400m	2:16.30 (38.86)			
		1800m	2:55.87 (39.57)			
		2200m	3:35.96 (40.09)			
		2600m	4:16.24 (40.28)			
		3000m	4:56.15 (39.91)			
		3400m	5:36.50 (40.35)			
		3800m	6:17.19 (40.69)			
		4200m	6:58.43 (41.24)			
		4600m	7:39.21 (40.78)			
		5000m	8:18.59 (39.38)			

		Naam	Cat	PR	Tijd	Info
52	gl	114 Jasper van der Marel	HA1	7:11.28	6:51.71	PR
	bl	106 Sylvian Hoogeveen	HA1	8:01.86	7:30.50	PR
		Jasper van der Marel				
		200m	20.45 (20.45)			
		600m	52.80 (32.35)			
		1000m	1:24.77 (31.97)			
		1400m	1:57.04 (32.27)			
		1800m	2:29.54 (32.50)			
		2200m	3:01.90 (32.36)			
		2600m	3:34.48 (32.58)			
		3000m	4:07.26 (32.78)			
		3400m	4:40.30 (33.04)			
		3800m	5:13.13 (32.83)			
		4200m	5:46.08 (32.95)			
		4600m	6:18.89 (32.81)			
		5000m	6:51.71 (32.82)			
		Sylvian Hoogeveen				
		200m	21.68 (21.68)			
		600m	57.03 (35.35)			
		1000m	1:32.48 (35.45)			
		1400m	2:08.27 (35.79)			
		1800m	2:44.26 (35.99)			
		2200m	3:20.03 (35.77)			
		2600m	3:55.74 (35.71)			
		3000m	4:30.94 (35.20)			
		3400m	5:07.09 (36.15)			
		3800m	5:43.41 (36.32)			
		4200m	6:19.66 (36.25)			
		4600m	6:55.05 (35.39)			
		5000m	7:30.50 (35.45)			

28. Uitslag 1000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	83 Rene van Bernum	H55	66	I	1:18.44		
2	75 Bastiaan Geurts	HSB	65	I	1:23.51		
3	82 Märt Kuus	H40	66	O	1:23.52		
4	117 Sebastiaan Scargo	H40	65	O	1:24.51	PR	
5	149 Ahti Oks	H45	67	I	1:25.22	RS	
6	26 Michel van der Sluijs	H50	63	O	1:27.36		
7	20 Jasper Knulst	H45	63	I	1:28.29		
8	55 Mika Sirén	H50	53	O	1:29.13		
9	59 Marco Roos	H60	62	O	1:31.36		
10	50 Jyrki Hietanen	H60	61	I	1:31.66		
11	38 Wendy van der Ham	D50	61	O	1:34.04	PR	
12	86 Henriëtte Goede	D55	60	I	1:34.32		
13	31 Ab Nederlof	H65	60	O	1:35.76		
14	102 Jaap van Kouterik	H70	58	I	1:36.26		
15	6 Hanspeter Ambass	H65	59	I	1:36.86		
16	94 Frank Steenkamp	H65	59	O	1:37.14		
17	81 Ralf Hartings	H65	58	O	1:37.21		
18	9 Paavo Salonen	H70	57	O	1:39.00		
19	52 Outi Pinomäki	D55	56	I	1:39.92		
20	2 Anna Van der Stok	D45	57	I	1:41.15	PR	
21	19 Heike Gaasbeek	D45	56	O	1:43.26	PR	
22	73 Ton van Helden	H75	55	I	1:46.05		
23	78 Carolien van Rees	D65	55	O	1:48.65		
24	15 Andrej Kwadrin	H40	53	I	1:49.72		
	4 Martijn van der Horst	H50	64	O	DNF		
	49 Lars Henriksson	H55	62	I	DNS		

28. Rituitslag 1000m Allround Small

		Naam	Cat	PR	Tijd	Info
53	wt	15 Andrej Kwadrin	H40	1:41.13	1:49.72	
	rd	55 Mika Sirén	H50	1:20.25	1:29.13	

Andrej Kwadrin

200m	24.71	(24.71)
600m	1:06.88	(42.17)
1000m	1:49.72	(42.84)

Mika Sirén

200m	20.48	(20.48)
600m	53.49	(33.01)
1000m	1:29.13	(35.64)

		Naam	Cat	PR	Tijd	Info
54	gl					
	bl					
			m			
			m			

		Naam	Cat	PR	Tijd	Info
55	wt	73 Ton van Helden	H75	1:31.44	1:46.05	
	rd	78 Carolien van Rees	D65	1:47.46	1:48.65	
		Ton van Helden				
		200m	24.71	(24.71)		
		600m	1:04.58	(39.87)		
		1000m	1:46.05	(41.47)		
		Carolien van Rees				
		200m	25.90	(25.90)		
		600m	1:06.29	(40.39)		
		1000m	1:48.65	(42.36)		

		Naam	Cat	PR	Tijd	Info
56	gl	52 Outi Pinomäki	D55	1:38.55	1:39.92	
	bl	19 Heike Gaasbeek	D45	1:46.78	1:43.26	PR
		Outi Pinomäki				
		200m	23.54	(23.54)		
		600m	1:00.50	(36.96)		
		1000m	1:39.92	(39.42)		
		Heike Gaasbeek				
		200m	24.37	(24.37)		
		600m	1:01.83	(37.46)		
		1000m	1:43.26	(41.43)		

		Naam	Cat	PR	Tijd	Info
57	wt	2 Anna Van der Stok	D45	1:43.19	1:41.15	PR
	rd	9 Paavo Salonen	H70	1:30.84	1:39.00	
		Anna Van der Stok		Paavo Salonen		
		200m 22.56 (22.56)		200m 23.60 (23.60)		
		600m 1:00.52 (37.96)		600m 1:00.05 (36.45)		
		1000m 1:41.15 (40.63)		1000m 1:39.00 (38.95)		

		Naam	Cat	PR	Tijd	Info
58	gl	102 Jaap van Kouterik	H70	1:32.93	1:36.26	
	bl	81 Ralf Hartings	H65		1:37.21	
		Jaap van Kouterik		Ralf Hartings		
		200m 23.40 (23.40)		200m 23.11 (23.11)		
		600m 58.65 (35.25)		600m 59.12 (36.01)		
		1000m 1:36.26 (37.61)		1000m 1:37.21 (38.09)		

		Naam	Cat	PR	Tijd	Info
59	wt	6 Hanspeter Ambass	H65	1:26.70	1:36.86	
	rd	94 Frank Steenkamp	H65	1:28.89	1:37.14	
		Hanspeter Ambass		Frank Steenkamp		
		200m 22.28 (22.28)		200m 23.80 (23.80)		
		600m 58.18 (35.90)		600m 59.89 (36.09)		
		1000m 1:36.86 (38.68)		1000m 1:37.14 (37.25)		

		Naam	Cat	PR	Tijd	Info
60	gl	86 Henriëtte Goede	D55	1:27.37	1:34.32	
	bl	31 Ab Nederlof	H65	1:35.67	1:35.76	
		Henriëtte Goede		Ab Nederlof		
		200m 22.37 (22.37)		200m 23.09 (23.09)		
		600m 57.29 (34.92)		600m 58.36 (35.27)		
		1000m 1:34.32 (37.03)		1000m 1:35.76 (37.40)		

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		Naam	Cat		PR	Tijd	Info
61	wt	50 Jyrki Hietanen	H60		1:24.12	1:31.66	
	rd	38 Wendy van der Ham	D50		1:34.33	1:34.04	PR
		Jyrki Hietanen			Wendy van der Ham		
		200m	20.60	(20.60)	200m	21.97	(21.97)
		600m	54.64	(34.04)	600m	56.47	(34.50)
		1000m	1:31.66	(37.02)	1000m	1:34.04	(37.57)

		Naam	Cat		PR	Tijd	Info
62	gl	49 Lars Henriksson	H55		1:23.91	DNS	
	bl	59 Marco Roos	H60		1:24.10	1:31.36	
		Lars Henriksson			Marco Roos		
		200m			200m	22.47	(22.47)
		600m			600m	56.25	(33.78)
		1000m			1000m	1:31.36	(35.11)

		Naam	Cat		PR	Tijd	Info
63	wt	20 Jasper Knulst	H45		1:26.15	1:28.29	
	rd	26 Michel van der Sluijs	H50		1:26.72	1:27.36	
		Jasper Knulst			Michel van der Sluijs		
		200m	20.36	(20.36)	200m	21.56	(21.56)
		600m	52.55	(32.19)	600m	53.63	(32.07)
		1000m	1:28.29	(35.74)	1000m	1:27.36	(33.73)

		Naam	Cat		PR	Tijd	Info
64	gl	4 Martijn van der Horst	H50		1:23.17	DNF	
	bl						
		Martijn van der Horst					
		m					

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		Naam	Cat		PR	Tijd	Info
65	wt	75 Bastiaan Geurts	HSB		1:21.74	1:23.51	
	rd	117 Sebastiaan Scargo	H40		1:26.53	1:24.51	PR
		Bastiaan Geurts			Sebastiaan Scargo		
		200m	19.49	(19.49)	200m	20.45	(20.45)
		600m	50.57	(31.08)	600m	51.79	(31.34)
		1000m	1:23.51	(32.94)	1000m	1:24.51	(32.72)
		Naam	Cat		PR	Tijd	Info
66	gl	83 Rene van Bernum	H55		1:16.06	1:18.44	
	bl	82 Märt Kuus	H40		1:23.35	1:23.52	
		Rene van Bernum			Märt Kuus		
		200m	19.02	(19.02)	200m	19.11	(19.11)
		600m	47.90	(28.88)	600m	49.81	(30.70)
		1000m	1:18.44	(30.54)	1000m	1:23.52	(33.71)
		Naam	Cat		PR	Tijd	Info
67	wt	149 Ahti Oks	H45			1:25.22	RS
	rd						
		Ahti Oks					
		200m	19.77	(19.77)	m		
		600m	51.85	(32.08)			
		1000m	1:25.22	(33.37)			



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29. Uitslag 1000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	109 Nomdo de Heer	HN2	67	I	1:16.49	PR	
2	105 Bo Meijer	DA2	67	O	1:32.41	PR	



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29. Rituitslag 1000m Allround Small - O

		Naam		Cat		PR		Tijd	Info
67	wt	109	Nomdo de Heer		HN2		1:17.32	1:16.49	PR
	rd	105	Bo Meijer		DA2		1:33.22	1:32.41	PR
		Nomdo de Heer			Bo Meijer				
		200m	18.42	(18.42)	200m	22.33	(22.33)		
		600m	46.68	(28.26)	600m	56.42	(34.09)		
		1000m	1:16.49	(29.81)	1000m	1:32.41	(35.99)		

30. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	47 Bart Seffinga	H40	81	O	1:17.45		
2	79 Christian Arlt	H40	80	O	1:19.76		
3	14 Filip-Mihail Woicik	H40	81	I	1:19.85		
4	126 Michiel Wienese	H40	80	I	1:20.60		
5	77 Robbert-Jan Neven	H45	77	I	1:24.62	PR	
6	43 Erik Jeuring	H40	78	I	1:25.75		
7	71 Renske Winters	D45	76	I	1:26.56		
8	65 Anke Jannie Landman	D45	78	O	1:26.69		
9	57 Jan van der Stouwe	H55	77	O	1:26.97		
10	125 Piet Siemonsma	H65	76	O	1:27.59		
11	60 Marloes Westerhof	DSB	79	O	1:28.12		
12	45 Hans Edens	H45	75	I	1:29.04	PR	
13	80 Waldemar Kramer	H70	75	O	1:29.61		
14	46 Eelco van der Meer	H45	74	I	1:31.73		
15	62 Anja Bollaart	D55	74	O	1:33.13		
16	61 Kees Bollaart	H60	72	O	1:37.43		
17	66 Karin Terhürne	D55	73	I	1:38.02		
18	23 Pentti Kiiskinen	H75	72	I	1:38.72		
19	145 Astrid Janssen	D60	71	O	1:41.20		
20	39 Johan Smit	H65	71	I	1:41.71		
21	91 Seppo Saarinen	H65	68	O	1:52.06		
22	68 Henriët van Ling	D55	70	O	2:00.75		
	131 Hossein Heidari	H45	70	I	DNF		
	70 Ferd Veelenturf	H65	73	O	DQ		
	101 Joshua Stänz	HSA			WDR		

30. Rituitslag 1000m Sprint

		Naam		Cat		PR		Tijd	Info
68	wt	91	Seppo Saarinen	H65				1:52.06	
	rd								
						Seppo Saarinen			
			m			200m	24.96	(24.96)	
						600m	1:08.06	(43.10)	
						1000m	1:52.06	(44.00)	
		Naam		Cat		PR		Tijd	Info
69	gl								
	bl								
			m						
		Naam		Cat		PR		Tijd	Info
70	wt	131	Hossein Heidari	H45				DNF	
	rd	68	Henriët van Ling	D55		1:59.18		2:00.75	
						Hossein Heidari			
			200m	27.87	(27.87)				
						Henriët van Ling			
			200m	29.45	(29.45)				
			600m	1:14.59	(45.14)				
			1000m	2:00.75	(46.16)				
		Naam		Cat		PR		Tijd	Info
71	gl	39	Johan Smit	H65		1:36.51		1:41.71	
	bl	145	Astrid Janssen	D60		1:31.53		1:41.20	
						Johan Smit			
			200m	23.83	(23.83)				
			600m	1:01.68	(37.85)				
			1000m	1:41.71	(40.03)				
						Astrid Janssen			
			200m	23.86	(23.86)				
			600m	1:01.27	(37.41)				
			1000m	1:41.20	(39.93)				

		Naam	Cat	PR	Tijd	Info
72	wt	23 Pentti Kiiskinen	H75	1:19.20	1:38.72	
	rd	61 Kees Bollaart	H60	1:26.89	1:37.43	
		Pentti Kiiskinen				Kees Bollaart
		200m	22.79 (22.79)	200m	23.45 (23.45)	
		600m	1:00.00 (37.21)	600m	58.96 (35.51)	
		1000m	1:38.72 (38.72)	1000m	1:37.43 (38.47)	

		Naam	Cat	PR	Tijd	Info
73	gl	66 Karin Terhürne	D55	1:31.99	1:38.02	
	bl	70 Ferd Veelenturf	H65	1:23.83	DQ	
		Karin Terhürne				Ferd Veelenturf
		200m	23.42 (23.42)	200m	22.25 (22.25)	
		600m	59.22 (35.80)	600m	57.05 (34.80)	
		1000m	1:38.02 (38.80)	1000m	1:34.41 (37.36)	

		Naam	Cat	PR	Tijd	Info
74	wt	46 Eelco van der Meer	H45	1:21.93	1:31.73	
	rd	62 Anja Bollaart	D55	1:21.38	1:33.13	
		Eelco van der Meer				Anja Bollaart
		200m	20.99 (20.99)	200m	21.97 (21.97)	
		600m	54.68 (33.69)	600m	55.98 (34.01)	
		1000m	1:31.73 (37.05)	1000m	1:33.13 (37.15)	

		Naam	Cat	PR	Tijd	Info
75	gl	45 Hans Edens	H45	1:29.17	1:29.04	PR
	bl	80 Waldemar Kramer	H70	1:22.65	1:29.61	
		Hans Edens				Waldemar Kramer
		200m	20.70 (20.70)	200m	21.24 (21.24)	
		600m	54.39 (33.69)	600m	55.05 (33.81)	
		1000m	1:29.04 (34.65)	1000m	1:29.61 (34.56)	

		Naam	Cat	PR	Tijd	Info
76	wt	71 Renske Winters	D45	1:23.17	1:26.56	
	rd	125 Piet Siemonsma	H65	1:23.23	1:27.59	
Renske Winters			Piet Siemonsma			
		200m	20.54 (20.54)	200m	21.36 (21.36)	
		600m	52.68 (32.14)	600m	53.43 (32.07)	
		1000m	1:26.56 (33.88)	1000m	1:27.59 (34.16)	

		Naam	Cat	PR	Tijd	Info
77	gl	77 Robbert-Jan Neven	H45	1:26.16	1:24.62	PR
	bl	57 Jan van der Stouwe	H55	1:17.12	1:26.97	
Robbert-Jan Neven			Jan van der Stouwe			
		200m	19.95 (19.95)	200m	20.18 (20.18)	
		600m	51.18 (31.23)	600m	52.01 (31.83)	
		1000m	1:24.62 (33.44)	1000m	1:26.97 (34.96)	

		Naam	Cat	PR	Tijd	Info
78	wt	43 Erik Jeuring	H40	1:25.30	1:25.75	
	rd	65 Anke Jannie Landman	D45	1:20.78	1:26.69	
Erik Jeuring			Anke Jannie Landman			
		200m	19.86 (19.86)	200m	20.25 (20.25)	
		600m	51.30 (31.44)	600m	52.39 (32.14)	
		1000m	1:25.75 (34.45)	1000m	1:26.69 (34.30)	

		Naam	Cat	PR	Tijd	Info
79	gl	101 Joshua Stänz	HSA	1:18.57	WDR	
	bl	60 Marloes Westerhof	DSB	1:25.30	1:28.12	
Joshua Stänz			Marloes Westerhof			
		200m		200m	20.38 (20.38)	
		600m		600m	52.72 (32.34)	
		1000m		1000m	1:28.12 (35.40)	



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		Naam		Cat		PR		Tijd	Info
80	wt	126	Michiel Wienese		H40		1:16.32	1:20.60	
	rd	79	Christian Arlt		H40		1:17.05	1:19.76	
		Michiel Wienese				Christian Arlt			
		200m	19.29	(19.29)		200m	19.61	(19.61)	
		600m	49.10	(29.81)		600m	48.96	(29.35)	
		1000m	1:20.60	(31.50)		1000m	1:19.76	(30.80)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
81	gl	14	Filip-Mihail Woicik		H40		1:19.51	1:19.85	
	bl	47	Bart Seffinga		H40		1:12.16	1:17.45	
		Filip-Mihail Woicik				Bart Seffinga			
		200m	18.49	(18.49)		200m	18.62	(18.62)	
		600m	47.98	(29.49)		600m	46.84	(28.22)	
		1000m	1:19.85	(31.87)		1000m	1:17.45	(30.61)	



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31. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	116 Jasper Sinke	HN1	83	I	1:14.41		
2	142 Rutger Verhoeff	HB2	83	O	1:18.42		
	143 Sarp Visser	HB2			WDR		



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31. Rituitslag 1000m Sprint - O

	Naam	Cat	PR	Tijd	Info
82	wt rd 143 Sarp Visser	HB2	1:18.53		WDR
					Sarp Visser
	m				

	Naam	Cat	PR	Tijd	Info
83	gl 116 Jasper Sinke	HN1	1:13.88		1:14.41
	bl 142 Rutger Verhoeff	HB2	1:17.74		1:18.42
	<u>Jasper Sinke</u>				<u>Rutger Verhoeff</u>
	200m 17.39 (17.39)		200m 18.60 (18.60)		
	600m 44.56 (27.17)		600m 47.36 (28.76)		
	1000m 1:14.41 (29.85)		1000m 1:18.42 (31.06)		

32. Uitslag 10000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	124 Ole Bjørnsmoen Næss	HSA	95	I	13:40.47		
2	130 Martin Hänggi	H55	95	O	13:51.84		
3	139 Sybe van Hijum	HSB	94	I	15:25.20	PR	
4	69 Marc Nieuwenhuijse	H40	94	O	15:25.99	PR	
5	64 John van der Vlugt	H65	93	O	15:48.35		
6	123 Seppe Lybaert	HSB	92	O	16:17.92	PR	
7	3 Erol Aksoy	H50	92	I	16:59.45		
8	54 Trygve Reitan	H50	91	I	17:01.21		
9	11 Mircea Vranceanu	H65	91	O	17:17.76		
10	103 Christiaan Smit	HSA	93	I	17:25.07	PR	
11	88 Koen van Egmond	HSB	90	I	17:25.20	PR	
12	12 Hans-Gerd Heyne	H55	86	O	17:27.84		
13	7 Oktavian-Kornel Moga	H55	88	I	17:31.15		
14	17 Freek Smits	H45	84	O	17:32.57	PR	
15	84 Peter Weiss	H65	90	O	17:40.17	PR	
16	58 Kees Voorhoeve	H65	89	O	17:55.02		
17	32 Esther Bouman	DSB	89	I	18:04.42		
18	42 Ciska Stark	D60	87	I	18:19.47		
19	16 Guylaine Larouche	D65	87	O	18:21.04	PR	
20	1 Tialda Gerritsma	D55	85	I	18:32.46		
21	5 Marvin Zeisberg	HSB	88	O	18:42.83	PR	
22	10 Johan Metting-van Rijn	H60	86	I	19:21.13		
23	28 Daniëlle Frijters	DSB	85	O	19:39.74	PR	
24	53 Risto Nordman	H70	84	I	21:09.44		

32. Rituitslag 10000m Allround Big

	Naam	Cat	PR	Tijd	Info
84	wt 53 Risto Nordman	H70		21:09.44	
	rd 17 Freek Smits	H45	18:01.46	17:32.57	PR
	Risto Nordman				
	400m	52.04 (52.04)			
	800m	1:40.52 (48.48)			
	1200m	2:29.51 (48.99)			
	1600m	3:18.67 (49.16)			
	2000m	4:07.81 (49.14)			
	2400m	4:57.04 (49.23)			
	2800m	5:45.89 (48.85)			
	3200m	6:35.94 (50.05)			
	3600m	7:27.07 (51.13)			
	4000m	8:18.52 (51.45)			
	4400m	9:09.98 (51.46)			
	4800m	10:00.90 (50.92)			
	5200m	10:51.51 (50.61)			
	5600m	11:42.73 (51.22)			
	6000m	12:34.59 (51.86)			
	6400m	13:26.14 (51.55)			
	6800m	14:17.74 (51.60)			
	7200m	15:10.03 (52.29)			
	7600m	16:02.21 (52.18)			
	8000m	16:54.10 (51.89)			
	8400m	17:44.91 (50.81)			
	8800m	18:36.24 (51.33)			
	9200m	19:27.28 (51.04)			
	9600m	20:18.92 (51.64)			
	10000m	21:09.44 (50.52)			
	Freek Smits				
	400m	43.55 (43.55)			
	800m	1:25.53 (41.98)			
	1200m	2:07.87 (42.34)			
	1600m	2:49.33 (41.46)			
	2000m	3:30.85 (41.52)			
	2400m	4:12.66 (41.81)			
	2800m	4:54.64 (41.98)			
	3200m	5:36.22 (41.58)			
	3600m	6:17.65 (41.43)			
	4000m	6:59.67 (42.02)			
	4400m	7:42.39 (42.72)			
	4800m	8:24.57 (42.18)			
	5200m	9:06.94 (42.37)			
	5600m	9:49.43 (42.49)			
	6000m	10:31.65 (42.22)			
	6400m	11:13.70 (42.05)			
	6800m	11:56.06 (42.36)			
	7200m	12:38.62 (42.56)			
	7600m	13:21.31 (42.69)			
	8000m	14:03.61 (42.30)			
	8400m	14:45.75 (42.14)			
	8800m	15:27.83 (42.08)			
	9200m	16:10.03 (42.20)			
	9600m	16:51.85 (41.82)			
	10000m	17:32.57 (40.72)			

		Naam	Cat	PR	Tijd	Info
85	gl	1 Tialda Gerritsma	D55	17:29.34	18:32.46	
	bl	28 Daniëlle Frijters	DSB	21:30.66	19:39.74	PR
		Tialda Gerritsma			Daniëlle Frijters	
		400m	48.61 (48.61)	400m	48.91 (48.91)	
		800m	1:30.92 (42.31)	800m	1:32.74 (43.83)	
		1200m	2:14.69 (43.77)	1200m	2:18.05 (45.31)	
		1600m	2:58.75 (44.06)	1600m	3:04.91 (46.86)	
		2000m	3:42.87 (44.12)	2000m	3:52.05 (47.14)	
		2400m	4:27.04 (44.17)	2400m	4:39.52 (47.47)	
		2800m	5:11.31 (44.27)	2800m	5:26.38 (46.86)	
		3200m	5:55.39 (44.08)	3200m	6:13.72 (47.34)	
		3600m	6:38.97 (43.58)	3600m	7:00.73 (47.01)	
		4000m	7:22.69 (43.72)	4000m	7:49.02 (48.29)	
		4400m	8:07.07 (44.38)	4400m	8:36.71 (47.69)	
		4800m	8:52.01 (44.94)	4800m	9:24.48 (47.77)	
		5200m	9:37.36 (45.35)	5200m	10:11.28 (46.80)	
		5600m	10:22.64 (45.28)	5600m	10:59.17 (47.89)	
		6000m	11:08.19 (45.55)	6000m	11:46.99 (47.82)	
		6400m	11:53.19 (45.00)	6400m	12:34.79 (47.80)	
		6800m	12:37.59 (44.40)	6800m	13:22.18 (47.39)	
		7200m	13:21.45 (43.86)	7200m	14:09.31 (47.13)	
		7600m	14:06.15 (44.70)	7600m	14:56.42 (47.11)	
		8000m	14:51.11 (44.96)	8000m	15:43.87 (47.45)	
		8400m	15:35.59 (44.48)	8400m	16:30.74 (46.87)	
		8800m	16:20.19 (44.60)	8800m	17:17.73 (46.99)	
		9200m	17:04.81 (44.62)	9200m	18:05.93 (48.20)	
		9600m	17:48.90 (44.09)	9600m	18:53.88 (47.95)	
		10000m	18:32.46 (43.56)	10000m	19:39.74 (45.86)	

3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	PR	Tijd	Info
86	wt	10 Johan Metting-van Rijn	H60	16:11.40	19:21.13	
	rd	12 Hans-Gerd Heyne	H55	17:07.79	17:27.84	
		Johan Metting-van Rijn			Hans-Gerd Heyne	
		400m	50.47 (50.47)	400m	49.77 (49.77)	
		800m	1:36.40 (45.93)	800m	1:32.05 (42.28)	
		1200m	2:22.49 (46.09)	1200m	2:14.69 (42.64)	
		1600m	3:08.44 (45.95)	1600m	2:57.18 (42.49)	
		2000m	3:54.32 (45.88)	2000m	3:39.29 (42.11)	
		2400m	4:40.29 (45.97)	2400m	4:21.28 (41.99)	
		2800m	5:26.00 (45.71)	2800m	5:02.55 (41.27)	
		3200m	6:12.24 (46.24)	3200m	5:43.57 (41.02)	
		3600m	6:58.62 (46.38)	3600m	6:24.35 (40.78)	
		4000m	7:44.38 (45.76)	4000m	7:05.34 (40.99)	
		4400m	8:29.56 (45.18)	4400m	7:46.01 (40.67)	
		4800m	9:14.65 (45.09)	4800m	8:26.74 (40.73)	
		5200m	10:00.56 (45.91)	5200m	9:07.39 (40.65)	
		5600m	10:46.03 (45.47)	5600m	9:48.34 (40.95)	
		6000m	11:32.33 (46.30)	6000m	10:29.16 (40.82)	
		6400m	12:18.48 (46.15)	6400m	11:10.25 (41.09)	
		6800m	13:05.27 (46.79)	6800m	11:51.84 (41.59)	
		7200m	13:52.32 (47.05)	7200m	12:33.34 (41.50)	
		7600m	14:39.32 (47.00)	7600m	13:15.07 (41.73)	
		8000m	15:26.45 (47.13)	8000m	13:56.90 (41.83)	
		8400m	16:13.62 (47.17)	8400m	14:38.97 (42.07)	
		8800m	17:00.88 (47.26)	8800m	15:21.52 (42.55)	
		9200m	17:48.33 (47.45)	9200m	16:03.84 (42.32)	
		9600m	18:34.86 (46.53)	9600m	16:45.81 (41.97)	
		10000m	19:21.13 (46.27)	10000m	17:27.84 (42.03)	



3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023



		Naam	Cat	PR	Tijd Info
87	gl	42 Ciska Stark	D60	17:57.44	18:19.47
	bl	16 Guylaine Larouche	D65	18:32.00	18:21.04 PR

Ciska Stark

400m	45.45	(45.45)
800m	1:27.06	(41.61)
1200m	2:10.43	(43.37)
1600m	2:54.89	(44.46)
2000m	3:38.65	(43.76)
2400m	4:22.40	(43.75)
2800m	5:06.78	(44.38)
3200m	5:50.65	(43.87)
3600m	6:33.87	(43.22)
4000m	7:18.83	(44.96)
4400m	8:03.36	(44.53)
4800m	8:46.64	(43.28)
5200m	9:30.24	(43.60)
5600m	10:14.49	(44.25)
6000m	10:58.95	(44.46)
6400m	11:43.26	(44.31)
6800m	12:27.61	(44.35)
7200m	13:12.43	(44.82)
7600m	13:56.97	(44.54)
8000m	14:42.27	(45.30)
8400m	15:26.65	(44.38)
8800m	16:10.98	(44.33)
9200m	16:55.00	(44.02)
9600m	17:38.19	(43.19)
10000m	18:19.47	(41.28)

Guylaine Larouche

400m	45.45	(45.45)
800m	1:26.71	(41.26)
1200m	2:08.71	(42.00)
1600m	2:52.14	(43.43)
2000m	3:35.55	(43.41)
2400m	4:19.30	(43.75)
2800m	5:03.28	(43.98)
3200m	5:47.17	(43.89)
3600m	6:31.16	(43.99)
4000m	7:15.50	(44.34)
4400m	8:00.04	(44.54)
4800m	8:44.68	(44.64)
5200m	9:29.45	(44.77)
5600m	10:14.23	(44.78)
6000m	10:58.46	(44.23)
6400m	11:42.71	(44.25)
6800m	12:26.75	(44.04)
7200m	13:11.44	(44.69)
7600m	13:56.17	(44.73)
8000m	14:40.77	(44.60)
8400m	15:25.21	(44.44)
8800m	16:09.51	(44.30)
9200m	16:53.72	(44.21)
9600m	17:38.19	(44.47)
10000m	18:21.04	(42.85)

		Naam	Cat	PR	Tijd	Info
88	wt	7 Oktavian-Kornel Moga	H55	16:41.86	17:31.15	
	rd	5 Marvin Zeisberg	HSB	18:53.88	18:42.83	PR
		Oktavian-Kornel Moga			Marvin Zeisberg	
		400m	45.00 (45.00)	400m	45.52 (45.52)	
		800m	1:26.43 (41.43)	800m	1:27.98 (42.46)	
		1200m	2:08.35 (41.92)	1200m	2:12.19 (44.21)	
		1600m	2:50.22 (41.87)	1600m	2:56.53 (44.34)	
		2000m	3:31.68 (41.46)	2000m	3:40.90 (44.37)	
		2400m	4:13.35 (41.67)	2400m	4:25.81 (44.91)	
		2800m	4:55.37 (42.02)	2800m	5:10.83 (45.02)	
		3200m	5:37.42 (42.05)	3200m	5:56.32 (45.49)	
		3600m	6:19.61 (42.19)	3600m	6:41.64 (45.32)	
		4000m	7:01.50 (41.89)	4000m	7:27.02 (45.38)	
		4400m	7:43.20 (41.70)	4400m	8:12.70 (45.68)	
		4800m	8:24.91 (41.71)	4800m	8:57.82 (45.12)	
		5200m	9:06.70 (41.79)	5200m	9:42.74 (44.92)	
		5600m	9:48.18 (41.48)	5600m	10:28.62 (45.88)	
		6000m	10:29.92 (41.74)	6000m	11:13.88 (45.26)	
		6400m	11:11.34 (41.42)	6400m	11:58.70 (44.82)	
		6800m	11:53.48 (42.14)	6800m	12:43.56 (44.86)	
		7200m	12:35.45 (41.97)	7200m	13:28.95 (45.39)	
		7600m	13:17.05 (41.60)	7600m	14:14.50 (45.55)	
		8000m	13:58.68 (41.63)	8000m	15:00.05 (45.55)	
		8400m	14:40.24 (41.56)	8400m	15:45.83 (45.78)	
		8800m	15:22.78 (42.54)	8800m	16:31.39 (45.56)	
		9200m	16:05.47 (42.69)	9200m	17:16.74 (45.35)	
		9600m	16:48.57 (43.10)	9600m	18:00.66 (43.92)	
		10000m	17:31.15 (42.58)	10000m	18:42.83 (42.17)	



3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023



		Naam	Cat	PR	Tijd	Info
89	gl	32 Esther Bouman	DSB		18:04.42	
	bl	58 Kees Voorhoeve	H65	17:40.29	17:55.02	

Esther Bouman

400m	45.78	(45.78)
800m	1:27.74	(41.96)
1200m	2:11.35	(43.61)
1600m	2:54.45	(43.10)
2000m	3:37.48	(43.03)
2400m	4:20.51	(43.03)
2800m	5:04.21	(43.70)
3200m	5:47.32	(43.11)
3600m	6:30.46	(43.14)
4000m	7:13.92	(43.46)
4400m	7:57.42	(43.50)
4800m	8:40.41	(42.99)
5200m	9:23.70	(43.29)
5600m	10:07.05	(43.35)
6000m	10:50.71	(43.66)
6400m	11:34.11	(43.40)
6800m	12:18.07	(43.96)
7200m	13:01.96	(43.89)
7600m	13:45.69	(43.73)
8000m	14:29.26	(43.57)
8400m	15:12.88	(43.62)
8800m	15:56.63	(43.75)
9200m	16:39.98	(43.35)
9600m	17:22.53	(42.55)
10000m	18:04.42	(41.89)

Kees Voorhoeve

400m	47.29	(47.29)
800m	1:28.62	(41.33)
1200m	2:10.34	(41.72)
1600m	2:52.57	(42.23)
2000m	3:34.92	(42.35)
2400m	4:17.33	(42.41)
2800m	4:59.59	(42.26)
3200m	5:41.87	(42.28)
3600m	6:24.22	(42.35)
4000m	7:06.43	(42.21)
4400m	7:48.43	(42.00)
4800m	8:31.40	(42.97)
5200m	9:13.69	(42.29)
5600m	9:56.21	(42.52)
6000m	10:38.80	(42.59)
6400m	11:22.04	(43.24)
6800m	12:05.09	(43.05)
7200m	12:47.97	(42.88)
7600m	13:31.09	(43.12)
8000m	14:14.95	(43.86)
8400m	14:57.45	(42.50)
8800m	15:41.59	(44.14)
9200m	16:25.20	(43.61)
9600m	17:09.88	(44.68)
10000m	17:55.02	(45.14)



3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023



		Naam	Cat	PR	Tijd	Info
90	wt	88 Koen van Egmond	HSB	18:16.25	17:25.20	PR
	rd	84 Peter Weiss	H65	17:55.97	17:40.17	PR
		Koen van Egmond				
		400m	47.32 (47.32)	400m	45.24 (45.24)	
		800m	1:29.92 (42.60)	800m	1:25.78 (40.54)	
		1200m	2:12.99 (43.07)	1200m	2:06.80 (41.02)	
		1600m	2:54.99 (42.00)	1600m	2:48.15 (41.35)	
		2000m	3:37.35 (42.36)	2000m	3:29.59 (41.44)	
		2400m	4:18.84 (41.49)	2400m	4:11.17 (41.58)	
		2800m	5:00.37 (41.53)	2800m	4:53.32 (42.15)	
		3200m	5:41.79 (41.42)	3200m	5:35.67 (42.35)	
		3600m	6:23.51 (41.72)	3600m	6:18.44 (42.77)	
		4000m	7:05.51 (42.00)	4000m	7:01.49 (43.05)	
		4400m	7:47.43 (41.92)	4400m	7:44.39 (42.90)	
		4800m	8:29.47 (42.04)	4800m	8:26.92 (42.53)	
		5200m	9:11.44 (41.97)	5200m	9:09.78 (42.86)	
		5600m	9:53.67 (42.23)	5600m	9:53.06 (43.28)	
		6000m	10:35.98 (42.31)	6000m	10:36.00 (42.94)	
		6400m	11:16.97 (40.99)	6400m	11:18.73 (42.73)	
		6800m	11:58.48 (41.51)	6800m	12:01.58 (42.85)	
		7200m	12:39.97 (41.49)	7200m	12:44.48 (42.90)	
		7600m	13:20.97 (41.00)	7600m	13:27.33 (42.85)	
		8000m	14:02.82 (41.85)	8000m	14:09.98 (42.65)	
		8400m	14:43.35 (40.53)	8400m	14:52.46 (42.48)	
		8800m	15:22.64 (39.29)	8800m	15:34.95 (42.49)	
		9200m	16:03.00 (40.36)	9200m	16:17.24 (42.29)	
		9600m	16:44.18 (41.18)	9600m	16:59.62 (42.38)	
		10000m	17:25.20 (41.02)	10000m	17:40.17 (40.55)	

		Naam	Cat	PR	Tijd	Info	
91	gl	54 Trygve Reitan	H50	16:17.09	17:01.21		
	bl	11 Mircea Vranceanu	H65	15:53.65	17:17.76		
		Trygve Reitan				Mircea Vranceanu	
		400m	44.44 (44.44)			400m	45.20 (45.20)
		800m	1:24.20 (39.76)			800m	1:25.65 (40.45)
		1200m	2:05.16 (40.96)			1200m	2:05.97 (40.32)
		1600m	2:46.30 (41.14)			1600m	2:47.85 (41.88)
		2000m	3:27.56 (41.26)			2000m	3:28.78 (40.93)
		2400m	4:08.26 (40.70)			2400m	4:09.68 (40.90)
		2800m	4:49.38 (41.12)			2800m	4:50.76 (41.08)
		3200m	5:29.76 (40.38)			3200m	5:31.39 (40.63)
		3600m	6:10.27 (40.51)			3600m	6:12.61 (41.22)
		4000m	6:50.77 (40.50)			4000m	6:53.68 (41.07)
		4400m	7:31.46 (40.69)			4400m	7:35.50 (41.82)
		4800m	8:12.04 (40.58)			4800m	8:17.25 (41.75)
		5200m	8:52.56 (40.52)			5200m	8:59.16 (41.91)
		5600m	9:32.76 (40.20)			5600m	9:40.92 (41.76)
		6000m	10:13.01 (40.25)			6000m	10:22.41 (41.49)
		6400m	10:54.14 (41.13)			6400m	11:04.23 (41.82)
		6800m	11:35.52 (41.38)			6800m	11:46.12 (41.89)
		7200m	12:16.91 (41.39)			7200m	12:27.89 (41.77)
		7600m	12:58.12 (41.21)			7600m	13:09.51 (41.62)
		8000m	13:39.60 (41.48)			8000m	13:51.37 (41.86)
		8400m	14:20.43 (40.83)			8400m	14:33.15 (41.78)
		8800m	15:01.09 (40.66)			8800m	15:14.87 (41.72)
		9200m	15:41.16 (40.07)			9200m	15:56.38 (41.51)
		9600m	16:22.16 (41.00)			9600m	16:37.73 (41.35)
		10000m	17:01.21 (39.05)			10000m	17:17.76 (40.03)

3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	PR	Tijd	Info
92	wt	3 Erol Aksoy	H50	16:56.68	16:59.45	
	rd	123 Seppe Lybaert	HSB	16:35.14	16:17.92	PR
		Erol Aksoy		Seppe Lybaert		
		400m	45.37 (45.37)	400m	43.85 (43.85)	
		800m	1:26.19 (40.82)	800m	1:22.53 (38.68)	
		1200m	2:06.62 (40.43)	1200m	2:00.73 (38.20)	
		1600m	2:47.08 (40.46)	1600m	2:38.95 (38.22)	
		2000m	3:27.65 (40.57)	2000m	3:17.05 (38.10)	
		2400m	4:08.52 (40.87)	2400m	3:54.72 (37.67)	
		2800m	4:49.60 (41.08)	2800m	4:33.22 (38.50)	
		3200m	5:30.31 (40.71)	3200m	5:12.22 (39.00)	
		3600m	6:11.01 (40.70)	3600m	5:51.09 (38.87)	
		4000m	6:51.98 (40.97)	4000m	6:30.49 (39.40)	
		4400m	7:32.66 (40.68)	4400m	7:10.01 (39.52)	
		4800m	8:13.10 (40.44)	4800m	7:49.03 (39.02)	
		5200m	8:53.59 (40.49)	5200m	8:28.02 (38.99)	
		5600m	9:34.29 (40.70)	5600m	9:07.18 (39.16)	
		6000m	10:14.74 (40.45)	6000m	9:46.24 (39.06)	
		6400m	10:55.33 (40.59)	6400m	10:25.53 (39.29)	
		6800m	11:36.26 (40.93)	6800m	11:04.87 (39.34)	
		7200m	12:17.87 (41.61)	7200m	11:44.08 (39.21)	
		7600m	12:59.33 (41.46)	7600m	12:23.42 (39.34)	
		8000m	13:40.80 (41.47)	8000m	13:02.91 (39.49)	
		8400m	14:21.89 (41.09)	8400m	13:42.29 (39.38)	
		8800m	15:02.36 (40.47)	8800m	14:22.01 (39.72)	
		9200m	15:42.37 (40.01)	9200m	15:00.82 (38.81)	
		9600m	16:21.66 (39.29)	9600m	15:39.34 (38.52)	
		10000m	16:59.45 (37.79)	10000m	16:17.92 (38.58)	

		Naam	Cat	PR	Tijd	Info
93	gl	103 Christiaan Smit	HSA	17:35.38	17:25.07	PR
	bl	64 John van der Vlugt	H65	14:57.56	15:48.35	
		Christiaan Smit				
		400m	46.14 (46.14)			
		800m	1:27.79 (41.65)			
		1200m	2:09.13 (41.34)			
		1600m	2:50.76 (41.63)			
		2000m	3:32.03 (41.27)			
		2400m	4:12.67 (40.64)			
		2800m	4:53.20 (40.53)			
		3200m	5:34.22 (41.02)			
		3600m	6:15.40 (41.18)			
		4000m	6:56.88 (41.48)			
		4400m	7:38.33 (41.45)			
		4800m	8:20.14 (41.81)			
		5200m	9:01.71 (41.57)			
		5600m	9:43.30 (41.59)			
		6000m	10:25.21 (41.91)			
		6400m	11:06.77 (41.56)			
		6800m	11:48.70 (41.93)			
		7200m	12:30.56 (41.86)			
		7600m	13:13.40 (42.84)			
		8000m	13:56.07 (42.67)			
		8400m	14:38.73 (42.66)			
		8800m	15:21.23 (42.50)			
		9200m	16:02.98 (41.75)			
		9600m	16:44.16 (41.18)			
		10000m	17:25.07 (40.91)			
		John van der Vlugt				
		400m	42.23 (42.23)			
		800m	1:20.34 (38.11)			
		1200m	1:58.78 (38.44)			
		1600m	2:36.86 (38.08)			
		2000m	3:14.76 (37.90)			
		2400m	3:52.40 (37.64)			
		2800m	4:30.24 (37.84)			
		3200m	5:08.37 (38.13)			
		3600m	5:46.33 (37.96)			
		4000m	6:24.46 (38.13)			
		4400m	7:02.32 (37.86)			
		4800m	7:39.84 (37.52)			
		5200m	8:17.68 (37.84)			
		5600m	8:55.77 (38.09)			
		6000m	9:33.80 (38.03)			
		6400m	10:11.58 (37.78)			
		6800m	10:49.27 (37.69)			
		7200m	11:27.05 (37.78)			
		7600m	12:04.62 (37.57)			
		8000m	12:42.02 (37.40)			
		8400m	13:19.24 (37.22)			
		8800m	13:57.28 (38.04)			
		9200m	14:34.61 (37.33)			
		9600m	15:11.88 (37.27)			
		10000m	15:48.35 (36.47)			

3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	PR	Tijd	Info
94	wt	139 Sybe van Hijum	HSB	15:32.97	15:25.20	PR
	rd	69 Marc Nieuwenhuijse	H40	15:38.39	15:25.99	PR

Sybe van Hijum

400m	41.95	(41.95)
800m	1:19.42	(37.47)
1200m	1:56.59	(37.17)
1600m	2:33.36	(36.77)
2000m	3:10.04	(36.68)
2400m	3:46.47	(36.43)
2800m	4:23.44	(36.97)
3200m	5:00.55	(37.11)
3600m	5:37.72	(37.17)
4000m	6:14.26	(36.54)
4400m	6:51.21	(36.95)
4800m	7:27.75	(36.54)
5200m	8:04.34	(36.59)
5600m	8:40.61	(36.27)
6000m	9:17.04	(36.43)
6400m	9:53.79	(36.75)
6800m	10:30.59	(36.80)
7200m	11:07.50	(36.91)
7600m	11:44.64	(37.14)
8000m	12:21.33	(36.69)
8400m	12:58.09	(36.76)
8800m	13:34.72	(36.63)
9200m	14:11.52	(36.80)
9600m	14:48.49	(36.97)
10000m	15:25.20	(36.71)

Marc Nieuwenhuijse

400m	43.62	(43.62)
800m	1:21.08	(37.46)
1200m	1:57.95	(36.87)
1600m	2:35.13	(37.18)
2000m	3:11.37	(36.24)
2400m	3:47.91	(36.54)
2800m	4:24.39	(36.48)
3200m	5:01.34	(36.95)
3600m	5:38.15	(36.81)
4000m	6:15.07	(36.92)
4400m	6:51.95	(36.88)
4800m	7:28.81	(36.86)
5200m	8:05.23	(36.42)
5600m	8:42.05	(36.82)
6000m	9:19.02	(36.97)
6400m	9:56.01	(36.99)
6800m	10:32.83	(36.82)
7200m	11:09.72	(36.89)
7600m	11:46.53	(36.81)
8000m	12:23.14	(36.61)
8400m	12:59.45	(36.31)
8800m	13:36.21	(36.76)
9200m	14:12.79	(36.58)
9600m	14:49.65	(36.86)
10000m	15:25.99	(36.34)

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Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	PR	Tijd Info
95	gl	124 Ole Bjørnsmoen Næss	HSA	13:09.34	13:40.47
	bl	130 Martin Hänggi	H55	13:28.86	13:51.84

Ole Bjørnsmoen Næss

400m	37.17	(37.17)
800m	1:09.47	(32.30)
1200m	1:42.25	(32.78)
1600m	2:14.57	(32.32)
2000m	2:46.93	(32.36)
2400m	3:19.42	(32.49)
2800m	3:52.03	(32.61)
3200m	4:24.69	(32.66)
3600m	4:57.13	(32.44)
4000m	5:29.65	(32.52)
4400m	6:02.06	(32.41)
4800m	6:34.42	(32.36)
5200m	7:06.68	(32.26)
5600m	7:39.52	(32.84)
6000m	8:12.16	(32.64)
6400m	8:44.79	(32.63)
6800m	9:17.54	(32.75)
7200m	9:50.18	(32.64)
7600m	10:22.87	(32.69)
8000m	10:55.76	(32.89)
8400m	11:28.73	(32.97)
8800m	12:01.58	(32.85)
9200m	12:34.20	(32.62)
9600m	13:07.29	(33.09)
10000m	13:40.47	(33.18)

Martin Hänggi

400m	37.16	(37.16)
800m	1:09.83	(32.67)
1200m	1:41.88	(32.05)
1600m	2:14.63	(32.75)
2000m	2:47.28	(32.65)
2400m	3:20.27	(32.99)
2800m	3:53.36	(33.09)
3200m	4:26.43	(33.07)
3600m	4:59.74	(33.31)
4000m	5:32.92	(33.18)
4400m	6:06.04	(33.12)
4800m	6:39.16	(33.12)
5200m	7:12.15	(32.99)
5600m	7:45.15	(33.00)
6000m	8:17.81	(32.66)
6400m	8:51.20	(33.39)
6800m	9:24.64	(33.44)
7200m	9:58.43	(33.79)
7600m	10:32.05	(33.62)
8000m	11:05.70	(33.65)
8400m	11:39.02	(33.32)
8800m	12:12.51	(33.49)
9200m	12:45.81	(33.30)
9600m	13:18.96	(33.15)
10000m	13:51.84	(32.88)

33. Uitslag 3000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	83 Rene van Bernum	H55	109	I	4:18.09		
2	117 Sebastiaan Scargo	H40	108	O	4:34.97	PR	
3	149 Ahti Oks	H45	107	I	4:36.98		
4	75 Bastiaan Geurts	HSB	108	I	4:44.59		
5	26 Michel van der Sluijs	H50	106	O	4:49.77	PR	
6	20 Jasper Knulst	H45	106	I	4:50.01		
7	59 Marco Roos	H60	105	O	4:53.95		
8	82 Märt Kuus	H40	109	O	4:55.72		
9	31 Ab Nederlof	H65	103	O	5:02.56		
10	86 Henriëtte Goede	D55	103	I	5:07.23		
11	50 Jyrki Hietanen	H60	104	I	5:09.86		
12	38 Wendy van der Ham	D50	104	O	5:19.09	PR	
13	9 Paavo Salonen	H70	100	O	5:22.00		
14	102 Jaap van Kouterik	H70	101	I	5:23.07		
15	81 Ralf Hartings	H65	101	O	5:28.97	HT	
16	52 Outi Pinomäki	D55	99	I	5:33.59	PR	
17	2 Anna Van der Stok	D45	100	I	5:34.72	PR	
18	6 Hanspeter Ambass	H65	102	I	5:35.78		
19	73 Ton van Helden	H75	98	I	5:46.48		
20	78 Carolien van Rees	D65	98	O	5:50.43		
21	15 Andrej Kwadrin	H40	96	I	5:51.76	PR	
22	19 Heike Gaasbeek	D45	99	O	6:02.43		
	55 Mika Sirén	H50	96	O	DNF		
	94 Frank Steenkamp	H65			WDR		
	49 Lars Henriksson	H55			WDR		
	4 Martijn van der Horst	H50			WDR		

33. Rituitslag 3000m Allround Small

		Naam	Cat	PR	Tijd	Info
96	wt	15 Andrej Kwadrin	H40	5:59.79	5:51.76	PR
	rd	55 Mika Sirén	H50	4:24.77	DNF	

Andrej Kwadrin

200m	27.64	(27.64)
600m	1:12.80	(45.16)
1000m	1:57.00	(44.20)
1400m	2:41.46	(44.46)
1800m	3:26.79	(45.33)
2200m	4:13.26	(46.47)
2600m	5:02.27	(49.01)
3000m	5:51.76	(49.49)

Mika Sirén

200m	22.88	(22.88)
600m	1:03.05	(40.17)
1000m	1:43.21	(40.16)

		Naam	Cat	PR	Tijd	Info
97	gl					
	bl					
		m				
		m				

		Naam	Cat	PR	Tijd	Info
98	wt	73 Ton van Helden	H75	4:48.74	5:46.48	
	rd	78 Carolien van Rees	D65	5:34.29	5:50.43	

Ton van Helden

200m	26.96	(26.96)
600m	1:10.82	(43.86)
1000m	1:56.29	(45.47)
1400m	2:42.23	(45.94)
1800m	3:29.02	(46.79)
2200m	4:15.64	(46.62)
2600m	5:01.60	(45.96)
3000m	5:46.48	(44.88)

Carolien van Rees

200m	26.11	(26.11)
600m	1:09.27	(43.16)
1000m	1:54.41	(45.14)
1400m	2:40.43	(46.02)
1800m	3:27.50	(47.07)
2200m	4:15.34	(47.84)
2600m	5:03.42	(48.08)
3000m	5:50.43	(47.01)

		Naam	Cat	PR	Tijd	Info
99	gl	52 Outi Pinomäki	D55	5:40.66	5:33.59	PR
	bl	19 Heike Gaasbeek	D45		6:02.43	
		Outi Pinomäki			Heike Gaasbeek	
		200m 25.42 (25.42)		200m 26.48 (26.48)		
		600m 1:07.18 (41.76)		600m 1:10.54 (44.06)		
		1000m 1:50.87 (43.69)		1000m 1:56.74 (46.20)		
		1400m 2:35.03 (44.16)		1400m 2:44.37 (47.63)		
		1800m 3:19.27 (44.24)		1800m 3:33.28 (48.91)		
		2200m 4:03.92 (44.65)		2200m 4:23.06 (49.78)		
		2600m 4:49.31 (45.39)		2600m 5:13.16 (50.10)		
		3000m 5:33.59 (44.28)		3000m 6:02.43 (49.27)		

		Naam	Cat	PR	Tijd	Info
100	wt	2 Anna Van der Stok	D45	5:45.73	5:34.72	PR
	rd	9 Paavo Salonen	H70	4:35.06	5:22.00	
		Anna Van der Stok			Paavo Salonen	
		200m 25.37 (25.37)		200m 26.39 (26.39)		
		600m 1:06.54 (41.17)		600m 1:06.08 (39.69)		
		1000m 1:48.68 (42.14)		1000m 1:47.12 (41.04)		
		1400m 2:32.15 (43.47)		1400m 2:29.32 (42.20)		
		1800m 3:16.77 (44.62)		1800m 3:11.71 (42.39)		
		2200m 4:02.39 (45.62)		2200m 3:54.85 (43.14)		
		2600m 4:48.22 (45.83)		2600m 4:38.23 (43.38)		
		3000m 5:34.72 (46.50)		3000m 5:22.00 (43.77)		

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		Naam			Cat			PR	Tijd	Info
101	gl	102	Jaap van Kouterik		H70			5:21.08	5:23.07	
	bl	81	Ralf Hartings		H65				5:28.97	HT
		Jaap van Kouterik				Ralf Hartings				
		200m	25.45	(25.45)	200m	25.47	(25.47)			
		600m	1:06.35	(40.90)	600m	1:06.31	(40.84)			
		1000m	1:48.41	(42.06)	1000m	1:49.25	(42.94)			
		1400m	2:31.34	(42.93)	1400m	2:32.35	(43.10)			
		1800m	3:14.12	(42.78)	1800m	3:16.50	(44.15)			
		2200m	3:57.54	(43.42)	2200m	4:00.29	(43.79)			
		2600m	4:40.28	(42.74)	2600m	4:44.37	(44.08)			
		3000m	5:23.07	(42.79)	3000m	5:28.97	(44.60)			

		Naam			Cat			PR	Tijd	Info
102	wt	6	Hanspeter Ambass		H65			4:53.00	5:35.78	
	rd	94	Frank Steenkamp		H65			4:36.38	WDR	
		Hanspeter Ambass				Frank Steenkamp				
		200m	25.34	(25.34)						
		600m	1:10.04	(44.70)						
		1000m	1:54.20	(44.16)						
		1400m	2:38.78	(44.58)						
		1800m	3:23.05	(44.27)						
		2200m	4:07.09	(44.04)						
		2600m	4:51.37	(44.28)						
		3000m	5:35.78	(44.41)						

		Naam			Cat	PR	Tijd	Info
103	gl	86 Henriëtte Goede			D55	4:46.59	5:07.23	
	bl	31 Ab Nederlof			H65	5:00.68	5:02.56	
		Henriëtte Goede			Ab Nederlof			
		200m	24.26	(24.26)	200m	25.03	(25.03)	
		600m	1:03.05	(38.79)	600m	1:03.15	(38.12)	
		1000m	1:42.66	(39.61)	1000m	1:41.34	(38.19)	
		1400m	2:23.44	(40.78)	1400m	2:21.15	(39.81)	
		1800m	3:04.44	(41.00)	1800m	3:01.67	(40.52)	
		2200m	3:44.68	(40.24)	2200m	3:42.01	(40.34)	
		2600m	4:25.83	(41.15)	2600m	4:22.32	(40.31)	
		3000m	5:07.23	(41.40)	3000m	5:02.56	(40.24)	

		Naam			Cat	PR	Tijd	Info
104	wt	50 Jyrki Hietanen			H60	4:46.91	5:09.86	
	rd	38 Wendy van der Ham			D50	5:21.16	5:19.09	PR
		Jyrki Hietanen			Wendy van der Ham			
		200m	22.94	(22.94)	200m	23.14	(23.14)	
		600m	1:02.59	(39.65)	600m	1:02.56	(39.42)	
		1000m	1:43.45	(40.86)	1000m	1:45.35	(42.79)	
		1400m	2:25.29	(41.84)	1400m	2:29.24	(43.89)	
		1800m	3:06.77	(41.48)	1800m	3:12.44	(43.20)	
		2200m	3:47.37	(40.60)	2200m	3:55.21	(42.77)	
		2600m	4:28.77	(41.40)	2600m	4:37.45	(42.24)	
		3000m	5:09.86	(41.09)	3000m	5:19.09	(41.64)	

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		Naam	Cat	PR	Tijd	Info
105	gl	49 Lars Henriksson	H55	4:41.01		WDR
	bl	59 Marco Roos	H60	4:34.57		4:53.95
		<u>Lars Henriksson</u>			<u>Marco Roos</u>	
				200m	23.77	(23.77)
				600m	1:00.98	(37.21)
				1000m	1:39.24	(38.26)
				1400m	2:18.46	(39.22)
				1800m	2:57.35	(38.89)
				2200m	3:35.88	(38.53)
				2600m	4:14.88	(39.00)
				3000m	4:53.95	(39.07)

		Naam	Cat	PR	Tijd	Info
106	wt	20 Jasper Knulst	H45	4:44.00		4:50.01
	rd	26 Michel van der Sluijs	H50	4:56.67		4:49.77 PR
		<u>Jasper Knulst</u>			<u>Michel van der Sluijs</u>	
		200m	21.90	(21.90)	200m	22.70 (22.70)
		600m	58.42	(36.52)	600m	58.04 (35.34)
		1000m	1:35.33	(36.91)	1000m	1:34.65 (36.61)
		1400m	2:13.20	(37.87)	1400m	2:12.64 (37.99)
		1800m	2:51.53	(38.33)	1800m	2:51.58 (38.94)
		2200m	3:30.54	(39.01)	2200m	3:30.70 (39.12)
		2600m	4:10.43	(39.89)	2600m	4:10.36 (39.66)
		3000m	4:50.01	(39.58)	3000m	4:49.77 (39.41)

		Naam	Cat	PR	Tijd	Info
107	gl	149 Ahti Oks	H45		4:36.98	
	bl	4 Martijn van der Horst	H50	4:26.39	WDR	
		Ahti Oks		Martijn van der Horst		
		200m	21.18 (21.18)			
		600m	56.69 (35.51)			
		1000m	1:33.33 (36.64)			
		1400m	2:09.81 (36.48)			
		1800m	2:46.60 (36.79)			
		2200m	3:23.61 (37.01)			
		2600m	4:01.00 (37.39)			
		3000m	4:36.98 (35.98)			

		Naam	Cat	PR	Tijd	Info
108	wt	75 Bastiaan Geurts	HSB	4:18.70	4:44.59	
	rd	117 Sebastiaan Scargo	H40	4:35.59	4:34.97	PR
		Bastiaan Geurts		Sebastiaan Scargo		
		200m	21.16 (21.16)	200m	21.70 (21.70)	
		600m	56.87 (35.71)	600m	56.09 (34.39)	
		1000m	1:33.96 (37.09)	1000m	1:31.76 (35.67)	
		1400m	2:12.28 (38.32)	1400m	2:07.62 (35.86)	
		1800m	2:50.40 (38.12)	1800m	2:43.60 (35.98)	
		2200m	3:28.61 (38.21)	2200m	3:20.00 (36.40)	
		2600m	4:06.82 (38.21)	2600m	3:56.82 (36.82)	
		3000m	4:44.59 (37.77)	3000m	4:34.97 (38.15)	



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		Naam		Cat		PR		Tijd	Info
109	gl	83	Rene van Bernum		H55		4:10.45	4:18.09	
	bl	82	Märt Kuus		H40		4:54.51	4:55.72	
		Rene van Bernum			Märt Kuus				
		200m	21.29	(21.29)	200m	22.34	(22.34)		
		600m	54.86	(33.57)	600m	59.82	(37.48)		
		1000m	1:28.65	(33.79)	1000m	1:38.00	(38.18)		
		1400m	2:02.64	(33.99)	1400m	2:15.88	(37.88)		
		1800m	2:36.08	(33.44)	1800m	2:54.77	(38.89)		
		2200m	3:09.78	(33.70)	2200m	3:34.69	(39.92)		
		2600m	3:43.59	(33.81)	2600m	4:15.37	(40.68)		
		3000m	4:18.09	(34.50)	3000m	4:55.72	(40.35)		



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34. Uitslag 3000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	109 Nomdo de Heer	HN2	110	I	4:18.13	PR	
2	105 Bo Meijer	DA2	110	O	4:54.04	PR	

34. Rituitslag 3000m Allround Small - O

		Naam		Cat		PR		Tijd	Info	
110	wt	109	Nomdo de Heer		HN2	4:20.25		4:18.13	PR	
	rd	105	Bo Meijer		DA2	4:57.58		4:54.04	PR	
		Nomdo de Heer						Bo Meijer		
		200m	20.08	(20.08)			200m	22.87	(22.87)	
		600m	53.23	(33.15)			600m	58.52	(35.65)	
		1000m	1:27.29	(34.06)			1000m	1:36.18	(37.66)	
		1400m	2:01.32	(34.03)			1400m	2:14.78	(38.60)	
		1800m	2:35.23	(33.91)			1800m	2:54.44	(39.66)	
		2200m	3:09.45	(34.22)			2200m	3:34.38	(39.94)	
		2600m	3:43.77	(34.32)			2600m	4:14.64	(40.26)	
		3000m	4:18.13	(34.36)			3000m	4:54.04	(39.40)	