

1. Uitslag SKA Speedstars 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 72 Fleur Horsten | DPD | 11 | I | 14.24 | | |
| 2 | 130 Isa Buursen | DPC | 8 | I | 14.41 | | |
| 3 | 136 Gijs van den Berg | HPC | 6 | O | 14.44 | | |
| 4 | 64 Melle Pronk | HPE | 7 | I | 14.67 | | |
| 5 | 150 Romee Hoorn | DPD | 8 | O | 14.74 | | |
| 6 | 118 Loes Kamphuis | DPC | 12 | I | 14.88 | | |
| | 15 Liz Broer | DPC | 4 | I | 14.88 | | |
| 8 | 63 Nina Kok | DPC | 10 | I | 14.97 | | |
| 9 | 75 Yntze de Haan | HPD | 3 | I | 15.09 | | |
| 10 | 144 Annelyn Regnerus | DPD | 10 | O | 15.14 | | |
| 11 | 73 David de Wilde | HPD | 9 | I | 15.27 | | |
| 12 | 128 Vera Wierda | DPC | 5 | I | 15.31 | | |
| 13 | 12 Marije Bellaar | DPC | 4 | O | 15.38 | | |
| 14 | 36 Joyce van Dijk | DPC | 5 | O | 15.54 | | |
| 15 | 17 Anny Hiemstra | DPD | 7 | O | 15.83 | | |
| 16 | 131 Liss Kuipers | DPF | 12 | O | 15.95 | | |
| 17 | 122 Stella Kluwer | DPC | 11 | O | 16.07 | | |
| 18 | 74 Kiki van Kerkvoorde | DPD | 3 | O | 16.34 | | |
| 19 | 143 Daphne Joffe | DPF | 1 | I | 16.68 | | |
| 20 | 4 Eline de Jager | DPF | 9 | O | 17.39 | | |
| | 13 Milyan Giaccone | HPE | 6 | I | DNS | | |

1. Rituitslag SKA Speedstars 100 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|---------------------|---------|-----|----|--------------|------|
| 1 | wt | 143 | Daphne Joffe | | DPF | | 16.68 | |
| | rd | | | | | | | |
| | | <u>Daphne Joffe</u> | | | | | | |
| | | 100m | 16.68 | (16.68) | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--|-----|--|----|------|------|
| 2 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | | | | | m | |
| | | | | | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|-----|----|--------------|------|
| 3 | wt | 75 | Yntze de Haan | | HPD | | 15.09 | |
| | rd | 74 | Kiki van Kerkvoorde | | DPD | | 16.34 | |
| | | <u>Yntze de Haan</u> | | | | | | |
| | | 100m | 15.09 | (15.09) | | | | |
| | | <u>Kiki van Kerkvoorde</u> | | | | | | |
| | | 100m | 16.34 | (16.34) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----|----|--------------|------|
| 4 | gl | 15 | Liz Broer | | DPC | | 14.88 | |
| | bl | 12 | Marije Bellaar | | DPC | | 15.38 | |
| | | <u>Liz Broer</u> | | | | | | |
| | | 100m | 14.88 | (14.88) | | | | |
| | | <u>Marije Bellaar</u> | | | | | | |
| | | 100m | 15.38 | (15.38) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----|----|--------------|------|
| 5 | wt | 128 | Vera Wierda | | DPC | | 15.31 | |
| | rd | 36 | Joyce van Dijk | | DPC | | 15.54 | |
| | | <u>Vera Wierda</u> | | | | | | |
| | | 100m | 15.31 | (15.31) | | | | |
| | | <u>Joyce van Dijk</u> | | | | | | |
| | | 100m | 15.54 | (15.54) | | | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|--------------------------|------|-----|--------------------------|---------|--------------|
| 6 | gl | 13 | Milyan Giaccone | | HPE | | | DNS |
| | bl | 136 | Gijs van den Berg | | HPC | | | 14.44 |
| | | <u>Milyan Giaccone</u> | | | | <u>Gijs van den Berg</u> | | |
| | | | | 100m | | 14.44 | (14.44) | |
| 7 | wt | 64 | Melle Pronk | | HPE | | | 14.67 |
| | rd | 17 | Anny Hiemstra | | DPD | | | 15.83 |
| | | <u>Melle Pronk</u> | | | | <u>Anny Hiemstra</u> | | |
| | | | | 100m | | 14.67 | (14.67) | |
| | | | | 100m | | 15.83 | (15.83) | |
| 8 | gl | 130 | Isa Buursen | | DPC | | | 14.41 |
| | bl | 150 | Romee Hoorn | | DPD | | | 14.74 |
| | | <u>Isa Buursen</u> | | | | <u>Romee Hoorn</u> | | |
| | | | | 100m | | 14.41 | (14.41) | |
| | | | | 100m | | 14.74 | (14.74) | |
| 9 | wt | 73 | David de Wilde | | HPD | | | 15.27 |
| | rd | 4 | Eline de Jager | | DPF | | | 17.39 |
| | | <u>David de Wilde</u> | | | | <u>Eline de Jager</u> | | |
| | | | | 100m | | 15.27 | (15.27) | |
| | | | | 100m | | 17.39 | (17.39) | |
| 10 | gl | 63 | Nina Kok | | DPC | | | 14.97 |
| | bl | 144 | Annelyn Regnerus | | DPD | | | 15.14 |
| | | <u>Nina Kok</u> | | | | <u>Annelyn Regnerus</u> | | |
| | | | | 100m | | 14.97 | (14.97) | |
| | | | | 100m | | 15.14 | (15.14) | |
| 11 | wt | 72 | Fleur Horsten | | DPD | | | 14.24 |
| | rd | 122 | Stella Kluwer | | DPC | | | 16.07 |
| | | <u>Fleur Horsten</u> | | | | <u>Stella Kluwer</u> | | |
| | | | | 100m | | 14.24 | (14.24) | |
| | | | | 100m | | 16.07 | (16.07) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|---------------------|-------|--------------|------|
| 12 | gl | 118 | Loes Kamphuis | | DPC | | 14.88 | |
| | bl | 131 | Liss Kuipers | | DPF | | 15.95 | |
| | | Loes Kamphuis | | | Liss Kuipers | | | |
| | | 100m | 14.88 | (14.88) | 100m | 15.95 | (15.95) | |

2. Uitslag Pupillen DEF 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------|-----|------|------|-------|------|--------|
| 1 | 121 Silvan Stroetinga | HPD | 22 | O | 12.74 | PR | |
| 2 | 141 Ties Wierda | HPD | 22 | I | 13.73 | | |
| 3 | 126 Aniek van der Tuuk | DPD | 20 | I | 13.74 | PR | |
| 4 | 6 Fayenna Schaap | DPD | 23 | O | 13.84 | PR | |
| 5 | 45 Sylvan Radewalt | HPD | 23 | I | 14.02 | | |
| 6 | 49 Marijn Elling | HPD | 21 | I | 14.16 | PR | |
| 7 | 58 Anna Meems | DPE | 19 | I | 14.28 | PR | |
| 8 | 139 Doutzen Geertje Ferbeek | DPE | 19 | O | 14.30 | PR | |
| 9 | 69 Marijn ten Bloemendaal | HPD | 20 | O | 14.36 | PR | |
| 10 | 156 Miahkykh Sofia | DPD | 14 | I | 14.58 | HT | |
| 11 | 138 Lotte Bosgra | DPD | 18 | O | 14.62 | PR | |
| 12 | 44 Benthe van der Zandt | DPD | 16 | O | 15.03 | PR | |
| 13 | 56 Tim Nijboer | HPE | 21 | O | 15.09 | | |
| 14 | 152 Michella De Jong | DPE | 18 | I | 15.26 | PR | |
| 15 | 114 Norah Müller | DPE | 16 | I | 15.54 | PR | |
| 16 | 32 Hylke van der Heide | HPF | 17 | I | 15.93 | PR | |
| 17 | 42 Elvyra Koning | DPF | 17 | O | 16.71 | PR | |

2. Rituitslag Pupillen DEF 100 meter

| | Naam | Cat | PR | Tijd | Info |
|----|----------|-----|----|------|------|
| 13 | wt rd | | | | |
| | m | m | | | |

| | Naam | Cat | PR | Tijd | Info |
|----|----------|---------------------------|-------|---------|-----------------|
| 14 | gl bl | 156 Miahkykh Sofia | DPD | | 14.58 HT |
| | | Miahkykh Sofia | | | |
| | | 100m | 14.58 | (14.58) | m |

| | Naam | Cat | PR | Tijd | Info |
|----|----------|-----|----|------|------|
| 15 | wt rd | | | | |
| | m | m | | | |

| | Naam | Cat | PR | Tijd | Info |
|----|----------|--------------------------------|-------|---------|-----------------|
| 16 | gl bl | 114 Norah Müller | DPE | 18.48 | 15.54 PR |
| | | 44 Benthe van der Zandt | DPD | 16.09 | 15.03 PR |
| | | Norah Müller | | | |
| | | 100m | 15.54 | (15.54) | |
| | | Benthe van der Zandt | | | |
| | | 100m | 15.03 | (15.03) | |

| | Naam | Cat | PR | Tijd | Info |
|----|----------|-------------------------------|-------|---------|-----------------|
| 17 | wt rd | 32 Hylke van der Heide | HPF | 15.93 | 15.93 PR |
| | | 42 Elvyra Koning | DPF | 16.90 | 16.71 PR |
| | | Hylke van der Heide | | | |
| | | 100m | 15.93 | (15.93) | |
| | | Elvyra Koning | | | |
| | | 100m | 16.71 | (16.71) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|---------------------------|--------------------------------|---------|--------------------------------|-------|--------------|------|
| 18 | gl | 152 | Michella De Jong | | DPE | 15.27 | 15.26 | PR |
| | bl | 138 | Lotte Bosgra | | DPD | 14.91 | 14.62 | PR |
| | | <u>Michella De Jong</u> | | | <u>Lotte Bosgra</u> | | | |
| | | 100m | 15.26 | (15.26) | 100m | 14.62 | (14.62) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 19 | wt | 58 | Anna Meems | | DPE | 15.27 | 14.28 | PR |
| | rd | 139 | Doutzen Geertje Ferbeek | | DPE | 14.81 | 14.30 | PR |
| | | <u>Anna Meems</u> | | | <u>Doutzen Geertje Ferbeek</u> | | | |
| | | 100m | 14.28 | (14.28) | 100m | 14.30 | (14.30) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 20 | gl | 126 | Aniek van der Tuuk | | DPD | 14.26 | 13.74 | PR |
| | bl | 69 | Marijn ten Bloemendaal | | HPD | 14.49 | 14.36 | PR |
| | | <u>Aniek van der Tuuk</u> | | | <u>Marijn ten Bloemendaal</u> | | | |
| | | 100m | 13.74 | (13.74) | 100m | 14.36 | (14.36) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 21 | wt | 49 | Marijn Elling | | HPD | 14.34 | 14.16 | PR |
| | rd | 56 | Tim Nijboer | | HPE | 14.80 | 15.09 | |
| | | <u>Marijn Elling</u> | | | <u>Tim Nijboer</u> | | | |
| | | 100m | 14.16 | (14.16) | 100m | 15.09 | (15.09) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 22 | gl | 141 | Ties Wierda | | HPD | 13.70 | 13.73 | |
| | bl | 121 | Silvan Stroetinga | | HPD | 13.15 | 12.74 | PR |
| | | <u>Ties Wierda</u> | | | <u>Silvan Stroetinga</u> | | | |
| | | 100m | 13.73 | (13.73) | 100m | 12.74 | (12.74) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 23 | wt | 45 | Sylvan Radewalt | | HPD | 13.88 | 14.02 | |
| | rd | 6 | Fayenna Schaap | | DPD | 14.13 | 13.84 | PR |
| | | <u>Sylvan Radewalt</u> | | | <u>Fayenna Schaap</u> | | | |
| | | 100m | 14.02 | (14.02) | 100m | 13.84 | (13.84) | |

3. Uitslag Pupillen BC 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 50 Tirza Stojanovski | DPB | 34 | O | 12.12 | PR | |
| 2 | 133 Jurre Valkenburg | HPB | 35 | O | 12.38 | PR | |
| 3 | 124 Nick van der Staal | HPB | 35 | I | 12.44 | PR | |
| 4 | 47 Miriam van Es | DPB | 34 | I | 12.82 | | |
| 5 | 33 Ilana Hokse | DPC | 32 | I | 12.85 | PR | |
| | 57 Silke Meems | DPC | 32 | O | 12.85 | PR | |
| 7 | 66 Femke Hazeveld | DPC | 33 | O | 13.29 | | |
| 8 | 19 Julia Boersma | DPB | 33 | I | 13.33 | | |
| | 117 Anna de Vegt | DPC | 30 | O | 13.33 | PR | |
| 10 | 76 Loïss van der Zwaag | DPB | 24 | I | 13.50 | | |
| 11 | 29 Myrthe Zwaagstra | DPB | 31 | O | 13.60 | PR | |
| 12 | 2 Ranomi Schaap | DPB | 29 | I | 13.68 | PR | |
| | 129 Lize Boons | DPB | 30 | I | 13.68 | | |
| 14 | 155 Romée Lanser | DPB | 29 | O | 13.70 | PR | |
| 15 | 35 Matthijs Jacobs-Monsees | HPB | 31 | I | 13.77 | | |
| 16 | 20 Esra Alkema | DPC | 28 | I | 13.80 | PR | |
| 17 | 71 Nina Poltavets | DPC | 27 | I | 13.97 | PR | |
| 18 | 10 Niels de Jager | HPC | 28 | O | 14.31 | | |
| 19 | 147 Merle Bandsma | DPC | 26 | I | 14.47 | PR | |
| 20 | 60 Nick Peek | HPB | 26 | O | 14.76 | | |
| 21 | 11 Yfke Vries | DPC | 27 | O | 15.04 | | |
| 22 | 30 Lara De Vries | DPC | 24 | O | 22.11 | FL | |

3. Rituitslag Pupillen BC 100 meter

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|----------------------------|----------------------------|---------|----------------------|-------|--------------|------|--|
| 24 | wt | 76 | Loïss van der Zwaag | | DPB | | 13.50 | | |
| | rd | 30 | Lara De Vries | | DPC | 15.04 | 22.11 | FL | |
| | | Loïss van der Zwaag | | | Lara De Vries | | | | |
| | | 100m | 13.50 | (13.50) | 100m | 22.11 | (22.11) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|------|--|-----|---|----|------|------|--|
| 25 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | m | | | m | | | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|----------------------|----------------------|---------|------------------|-------|--------------|------|--|
| 26 | wt | 147 | Merle Bandsma | | DPC | 14.48 | 14.47 | PR | |
| | rd | 60 | Nick Peek | | HPB | 14.28 | 14.76 | | |
| | | Merle Bandsma | | | Nick Peek | | | | |
| | | 100m | 14.47 | (14.47) | 100m | 14.76 | (14.76) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|-----------------------|-----------------------|---------|-------------------|-------|--------------|------|--|
| 27 | gl | 71 | Nina Poltavets | | DPC | 14.14 | 13.97 | PR | |
| | bl | 11 | Yfke Vries | | DPC | 14.70 | 15.04 | | |
| | | Nina Poltavets | | | Yfke Vries | | | | |
| | | 100m | 13.97 | (13.97) | 100m | 15.04 | (15.04) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------|-----------------------|---------|-----------------------|-------|--------------|------|--|
| 28 | wt | 20 | Esra Alkema | | DPC | 13.83 | 13.80 | PR | |
| | rd | 10 | Niels de Jager | | HPC | 14.07 | 14.31 | | |
| | | Esra Alkema | | | Niels de Jager | | | | |
| | | 100m | 13.80 | (13.80) | 100m | 14.31 | (14.31) | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|----------------------|----------------------|---------|---------------------|-------|--------------|------|--|
| 29 | gl | 2 | Ranomi Schaap | | DPB | 13.77 | 13.68 | PR | |
| | bl | 155 | Roméé Lanser | | DPB | 13.99 | 13.70 | PR | |
| | | <u>Ranomi Schaap</u> | | | <u>Roméé Lanser</u> | | | | |
| | | 100m | 13.68 | (13.68) | 100m | 13.70 | (13.70) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|-------------------|---------------------|---------|---------------------|-------|--------------|------|--|
| 30 | wt | 129 | Lize Boons | | DPB | 13.44 | 13.68 | | |
| | rd | 117 | Anna de Vegt | | DPC | 13.35 | 13.33 | PR | |
| | | <u>Lize Boons</u> | | | <u>Anna de Vegt</u> | | | | |
| | | 100m | 13.68 | (13.68) | 100m | 13.33 | (13.33) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------------------|--------------------------------|---------|-------------------------|-------|--------------|------|--|
| 31 | gl | 35 | Matthijs Jacobs-Monsees | | HPB | 13.66 | 13.77 | | |
| | bl | 29 | Myrthe Zwaagstra | | DPB | 13.62 | 13.60 | PR | |
| | | <u>Matthijs Jacobs-Monsees</u> | | | <u>Myrthe Zwaagstra</u> | | | | |
| | | 100m | 13.77 | (13.77) | 100m | 13.60 | (13.60) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------|--------------------|---------|--------------------|-------|--------------|------|--|
| 32 | wt | 33 | Ilana Hokse | | DPC | 13.02 | 12.85 | PR | |
| | rd | 57 | Silke Meems | | DPC | 13.14 | 12.85 | PR | |
| | | <u>Ilana Hokse</u> | | | <u>Silke Meems</u> | | | | |
| | | 100m | 12.85 | (12.85) | 100m | 12.85 | (12.85) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|----------------------|-----------------------|---------|-----------------------|-------|--------------|------|--|
| 33 | gl | 19 | Julia Boersma | | DPB | 13.00 | 13.33 | | |
| | bl | 66 | Femke Hazeveld | | DPC | 13.18 | 13.29 | | |
| | | <u>Julia Boersma</u> | | | <u>Femke Hazeveld</u> | | | | |
| | | 100m | 13.33 | (13.33) | 100m | 13.29 | (13.29) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|----------------------|--------------------------|---------|--------------------------|-------|--------------|------|--|
| 34 | wt | 47 | Miriam van Es | | DPB | 12.78 | 12.82 | | |
| | rd | 50 | Tirza Stojanovski | | DPB | 12.27 | 12.12 | PR | |
| | | <u>Miriam van Es</u> | | | <u>Tirza Stojanovski</u> | | | | |
| | | 100m | 12.82 | (12.82) | 100m | 12.12 | (12.12) | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|-------------------------|-------|---------|-----------------|
| 35 | gl | 124 | Nick van der Staal | | HPB | | 12.52 | 12.44 PR |
| | bl | 133 | Jurre Valkenburg | | HPB | | 12.50 | 12.38 PR |
| | | Nick van der Staal | | | Jurre Valkenburg | | | |
| | | 100m | 12.44 | (12.44) | 100m | 12.38 | (12.38) | |

4. Uitslag Pupillen A en Junioren C 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 38 Ryan Draaisma | HC1 | 56 | O | 41.94 | PR | |
| 2 | 48 Sigrid van Es | DPA | 56 | I | 42.87 | | |
| 3 | 16 Anton Boersma | HC1 | 57 | I | 42.91 | | |
| 4 | 120 Sverre Jens Wolters | HC1 | 55 | O | 44.06 | | |
| 5 | 70 Tobias Pleij | HC1 | 57 | O | 44.43 | | |
| 6 | 62 Bernt Hut | HPA | 55 | I | 44.68 | | |
| 7 | 78 Jeroen Langeegger | HC2 | 54 | I | 45.84 | | |
| 8 | 116 Sverre de Vegt | HPA | 54 | O | 46.12 | | |
| 9 | 22 Eline Teeninga | DC2 | 53 | O | 46.14 | | |
| 10 | 61 Daan Westra | HC1 | 52 | I | 46.16 | PR | |
| 11 | 99 Niels Everts | HPA | 52 | O | 46.28 | | |
| 12 | 46 Sybrich Buisman | DC1 | 53 | I | 46.69 | PR | |
| 13 | 21 Lisanne Bloem | DC2 | 51 | O | 46.80 | PR | |
| 14 | 31 Menthe Pietersma | DC1 | 50 | I | 46.95 | PR | |
| 15 | 140 Doutzen Wierda | DPA | 51 | I | 47.77 | PR | |
| 16 | 153 Hidde Salomons | HPA | 47 | O | 47.82 | PR | |
| | 41 Kaya van Otterlo | DPA | 50 | O | 47.82 | | |
| 18 | 27 Tieme Bouma | HC1 | 48 | O | 48.08 | | |
| 19 | 137 Aimee Prins | DC2 | 43 | O | 48.12 | PR | |
| 20 | 23 Bente Dam | DPA | 46 | O | 48.44 | PR | |
| 21 | 24 Lynn van Baaren | DPA | 46 | I | 48.59 | PR | |
| 22 | 65 Jolien Hazeveld | DPA | 49 | I | 48.63 | | |
| 23 | 26 Joas van der Vaart | HC1 | 49 | O | 48.95 | | |
| 24 | 9 Esmee Soet | DC2 | 48 | I | 48.97 | | |
| 25 | 59 Andrea de Jong | DC1 | 45 | I | 49.03 | PR | |
| 26 | 54 Lieke Nijboer | DPA | 47 | I | 49.28 | | |
| 27 | 3 Jurjen Dijkstra | HPA | 41 | O | 49.86 | PR | |
| 28 | 67 Niels Schurer | HPA | 42 | O | 49.88 | PR | |
| 29 | 134 Nouk van het Erve | DPA | 40 | O | 49.99 | PR | |
| 30 | 68 Jesper ten Bloemendaal | HPA | 43 | I | 50.20 | PR | |
| 31 | 1 Silke Vries | DC1 | 44 | I | 50.25 | | |
| 32 | 119 Feya Hollak | DC1 | 41 | I | 50.81 | PR | |
| 33 | 28 Jildou van Grinsven | DC1 | 40 | I | 51.66 | | |
| 34 | 43 Derek Graansma | HPA | 44 | O | 51.74 | | |
| 35 | 53 Djura Lubbinge | DPA | 42 | I | 51.99 | | |
| 36 | 25 Isa van Zellingen | DPA | 39 | O | 52.58 | PR | |
| 37 | 8 Amber Soet | DPA | 38 | O | 53.28 | | |
| 38 | 34 Ilona Borger | DC1 | 37 | O | 53.70 | PR | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 39 | 39 Jelmer Mosterman | HPA | 38 | I | 55.09 | | |
| 40 | 7 Mirna van der Terp | DPA | 37 | I | 56.34 | PR | |
| 41 | 5 Famke Van Deursen | DPA | 39 | I | 56.86 | | |
| 42 | 51 Jonne Pieter Hijlkema | HPA | 36 | I | 1:10.65 | FL | |
| | 55 Vera Nijboer | DC2 | | | | WDR | |

4. Rituitslag Pupillen A en Junioren C 500 meter

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|------------------------------|------------------------------|---------|-----|-------|----------------|------|--|
| 36 | wt | 51 | Jonne Pieter Hijlkema | | HPA | 59.70 | 1:10.65 | FL | |
| | rd | | | | | | | | |
| | | Jonne Pieter Hijlkema | | | | | | | |
| | | 100m | 14.38 | (14.38) | | m | | | |
| | | 500m | 1:10.65 | (56.27) | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|---------------------|-------|--------------|---------|
| 37 | gl | 7 | Mirna van der Terp | | DPA | 56.57 | 56.34 | PR |
| | bl | 34 | Ilona Borger | | DC1 | 55.32 | 53.70 | PR |
| | | Mirna van der Terp | | | Ilona Borger | | | |
| | | 100m | 14.68 | (14.68) | | 100m | 13.67 | (13.67) |
| | | 500m | 56.34 | (41.66) | | 500m | 53.70 | (40.03) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-------------------|-------|--------------|---------|
| 38 | wt | 39 | Jelmer Mosterman | | HPA | 54.81 | 55.09 | |
| | rd | 8 | Amber Soet | | DPA | 52.93 | 53.28 | |
| | | Jelmer Mosterman | | | Amber Soet | | | |
| | | 100m | 13.69 | (13.69) | | 100m | 13.40 | (13.40) |
| | | 500m | 55.09 | (41.40) | | 500m | 53.28 | (39.88) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|--------------------------|-------|--------------|---------|
| 39 | gl | 5 | Famke Van Deursen | | DPA | 55.28 | 56.86 | |
| | bl | 25 | Isa van Zellingen | | DPA | 54.90 | 52.58 | PR |
| | | Famke Van Deursen | | | Isa van Zellingen | | | |
| | | 100m | 14.03 | (14.03) | | 100m | 14.00 | (14.00) |
| | | 500m | 56.86 | (42.83) | | 500m | 52.58 | (38.58) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|--------------------------|-------|--------------|---------|
| 40 | wt | 28 | Jildou van Grinsven | | DC1 | 50.66 | 51.66 | |
| | rd | 134 | Nouk van het Erve | | DPA | 51.58 | 49.99 | PR |
| | | Jildou van Grinsven | | | Nouk van het Erve | | | |
| | | 100m | 13.37 | (13.37) | | 100m | 13.14 | (13.14) |
| | | 500m | 51.66 | (38.29) | | 500m | 49.99 | (36.85) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-------|---------|-------|------------------------|---------|
| 41 | gl | 119 | Feya Hollak | | DC1 | 52.01 | 50.81 | PR |
| | bl | 3 | Jurjen Dijkstra | | HPA | 50.68 | 49.86 | PR |
| | | | Feya Hollak | | | | Jurjen Dijkstra | |
| | | | 100m | 13.21 | (13.21) | 100m | 13.06 | (13.06) |
| | | | 500m | 50.81 | (37.60) | 500m | 49.86 | (36.80) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|---------|-------|----------------------|---------|
| 42 | wt | 53 | Djura Lubbinge | | DPA | 49.82 | 51.99 | |
| | rd | 67 | Niels Schurer | | HPA | 49.98 | 49.88 | PR |
| | | | Djura Lubbinge | | | | Niels Schurer | |
| | | | 100m | 13.71 | (13.71) | 100m | 12.93 | (12.93) |
| | | | 500m | 51.99 | (38.28) | 500m | 49.88 | (36.95) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------------|-------|---------|-------|--------------------|---------|
| 43 | gl | 68 | Jesper ten Bloemendaal | | HPA | 50.21 | 50.20 | PR |
| | bl | 137 | Aimee Prins | | DC2 | 48.26 | 48.12 | PR |
| | | | Jesper ten Bloemendaal | | | | Aimee Prins | |
| | | | 100m | 13.45 | (13.45) | 100m | 13.31 | (13.31) |
| | | | 500m | 50.20 | (36.75) | 500m | 48.12 | (34.81) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|---------|-------|-----------------------|---------|
| 44 | wt | 1 | Silke Vries | | DC1 | 49.83 | 50.25 | |
| | rd | 43 | Derek Graansma | | HPA | 49.83 | 51.74 | |
| | | | Silke Vries | | | | Derek Graansma | |
| | | | 100m | 13.59 | (13.59) | 100m | 13.44 | (13.44) |
| | | | 500m | 50.25 | (36.66) | 500m | 51.74 | (38.30) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|---------|-------|---------------------|------|
| 45 | gl | 59 | Andrea de Jong | | DC1 | 49.09 | 49.03 | PR |
| | bl | 55 | Vera Nijboer | | DC2 | 49.00 | WDR | |
| | | | Andrea de Jong | | | | Vera Nijboer | |
| | | | 100m | 13.06 | (13.06) | | | |
| | | | 500m | 49.03 | (35.97) | | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-------|---------|-------|------------------|---------|
| 46 | wt | 24 | Lynn van Baaren | | DPA | 48.93 | 48.59 | PR |
| | rd | 23 | Bente Dam | | DPA | 48.62 | 48.44 | PR |
| | | | Lynn van Baaren | | | | Bente Dam | |
| | | | 100m | 12.38 | (12.38) | 100m | 12.69 | (12.69) |
| | | | 500m | 48.59 | (36.21) | 500m | 48.44 | (35.75) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|---------|-------|-----------------------|---------|
| 47 | gl | 54 | Lieke Nijboer | | DPA | 48.46 | 49.28 | |
| | bl | 153 | Hidde Salomons | | HPA | 48.28 | 47.82 | PR |
| | | | Lieke Nijboer | | | | Hidde Salomons | |
| | | | 100m | 13.21 | (13.21) | 100m | 12.45 | (12.45) |
| | | | 500m | 49.28 | (36.07) | 500m | 47.82 | (35.37) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------|-------|---------|-------|--------------------|---------|
| 48 | wt | 9 | Esmee Soet | | DC2 | 48.02 | 48.97 | |
| | rd | 27 | Tieme Bouma | | HC1 | 47.88 | 48.08 | |
| | | | Esmee Soet | | | | Tieme Bouma | |
| | | | 100m | 12.97 | (12.97) | 100m | 12.89 | (12.89) |
| | | | 500m | 48.97 | (36.00) | 500m | 48.08 | (35.19) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|-------|---------|-------|---------------------------|---------|
| 49 | gl | 65 | Jolien Hazeveld | | DPA | 47.87 | 48.63 | |
| | bl | 26 | Joas van der Vaart | | HC1 | 48.15 | 48.95 | |
| | | | Jolien Hazeveld | | | | Joas van der Vaart | |
| | | | 100m | 13.11 | (13.11) | 100m | 13.04 | (13.04) |
| | | | 500m | 48.63 | (35.52) | 500m | 48.95 | (35.91) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-------|---------|-------|-------------------------|---------|
| 50 | wt | 31 | Menthe Pietersma | | DC1 | 47.12 | 46.95 | PR |
| | rd | 41 | Kaya van Otterlo | | DPA | 47.15 | 47.82 | |
| | | | Menthe Pietersma | | | | Kaya van Otterlo | |
| | | | 100m | 12.79 | (12.79) | 100m | 12.26 | (12.26) |
| | | | 500m | 46.95 | (34.16) | 500m | 47.82 | (35.56) |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-------|----|--------------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 51 | gl | 140 | Doutzen Wierda | | DPA | 47.84 | 47.77 | PR |
| | bl | 21 | Lisanne Bloem | | DC2 | 47.69 | 46.80 | PR |
| | | <u>Doutzen Wierda</u> | | | <u>Lisanne Bloem</u> | | | |
| | | 100m | 12.87 | (12.87) | 100m | 12.53 | (12.53) | |
| | | 500m | 47.77 | (34.90) | 500m | 46.80 | (34.27) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 52 | wt | 61 | Daan Westra | | HC1 | 46.54 | 46.16 | PR |
| | rd | 99 | Niels Everts | | HPA | 46.02 | 46.28 | |
| | | <u>Daan Westra</u> | | | <u>Niels Everts</u> | | | |
| | | 100m | 12.68 | (12.68) | 100m | 12.52 | (12.52) | |
| | | 500m | 46.16 | (33.48) | 500m | 46.28 | (33.76) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 53 | gl | 46 | Sybrich Buisman | | DC1 | 46.71 | 46.69 | PR |
| | bl | 22 | Eline Teeninga | | DC2 | 46.09 | 46.14 | |
| | | <u>Sybrich Buisman</u> | | | <u>Eline Teeninga</u> | | | |
| | | 100m | 12.69 | (12.69) | 100m | 12.13 | (12.13) | |
| | | 500m | 46.69 | (34.00) | 500m | 46.14 | (34.01) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 54 | wt | 78 | Jeroen Langeegger | | HC2 | 45.44 | 45.84 | |
| | rd | 116 | Sverre de Vegt | | HPA | 44.77 | 46.12 | |
| | | <u>Jeroen Langeegger</u> | | | <u>Sverre de Vegt</u> | | | |
| | | 100m | 12.19 | (12.19) | 100m | 12.20 | (12.20) | |
| | | 500m | 45.84 | (33.65) | 500m | 46.12 | (33.92) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 55 | gl | 62 | Bernt Hut | | HPA | 44.24 | 44.68 | |
| | bl | 120 | Sverre Jens Wolters | | HC1 | 43.94 | 44.06 | |
| | | <u>Bernt Hut</u> | | | <u>Sverre Jens Wolters</u> | | | |
| | | 100m | 12.09 | (12.09) | 100m | 11.57 | (11.57) | |
| | | 500m | 44.68 | (32.59) | 500m | 44.06 | (32.49) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------|----------------------|------|-------|--------------|------|
| 56 | wt | 48 Sigrid van Es | | DPA | | 42.66 | 42.87 | |
| | rd | 38 Ryan Draaisma | | HC1 | | 42.01 | 41.94 | PR |
| | | Sigrid van Es | | Ryan Draaisma | | | | |
| | | 100m | 11.83 | (11.83) | 100m | 11.70 | (11.70) | |
| | | 500m | 42.87 | (31.04) | 500m | 41.94 | (30.24) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------|---------------------|------|-------|--------------|------|
| 57 | gl | 16 Anton Boersma | | HC1 | | 42.09 | 42.91 | |
| | bl | 70 Tobias Pleij | | HC1 | | 43.59 | 44.43 | |
| | | Anton Boersma | | Tobias Pleij | | | | |
| | | 100m | 11.60 | (11.60) | 100m | 12.30 | (12.30) | |
| | | 500m | 42.91 | (31.31) | 500m | 44.43 | (32.13) | |

5. Uitslag 2e jaars C junioren en ouder 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|---------|------|--------|
| 1 | 151 Ivar Immerzeel | HSA | 70 | O | 3:57.15 | | |
| 2 | 77 Miguel Bravo | HSA | 70 | I | 4:00.22 | PR | |
| 3 | 145 Robbert-Jan van Hardeveld | HA2 | 71 | O | 4:05.86 | PR | |
| 4 | 154 Milan Rietveld | HA1 | 71 | I | 4:10.71 | | |
| 5 | 88 Stefan Everts | HC2 | 61 | O | 4:20.24 | | |
| 6 | 104 Johannes Hoomans | HC2 | 58 | I | 4:21.86 | | |
| 7 | 80 Tijn Bijma | HC2 | 62 | I | 4:24.72 | | |
| 8 | 85 Mart Sypersma | HB1 | 68 | I | 4:26.29 | PR | |
| 9 | 146 Anton van der Tol | HB1 | 68 | O | 4:28.25 | | |
| 10 | 89 Luca Stroetinga | HC2 | 59 | I | 4:31.64 | | |
| 11 | 86 Jelmer Tasma | HC2 | 59 | O | 4:32.54 | | |
| 12 | 95 Kailey van der Veen | DC2 | 62 | O | 4:36.20 | | |
| 13 | 97 Bianca van der Meer | DN3 | 69 | O | 4:36.72 | PR | |
| 14 | 100 Geert Fekken | H50 | 67 | O | 4:37.71 | | |
| 15 | 108 Martin-Age Osinga | HSB | 69 | I | 4:39.36 | | |
| 16 | 92 Mariska Stegenga | DB1 | 66 | I | 4:46.67 | | |
| 17 | 96 Mats Rabbinge | HB1 | 65 | O | 4:47.45 | PR | |
| 18 | 87 Marrit Bosma | DC2 | 60 | I | 4:51.95 | | |
| 19 | 103 Freya Goerres | DB2 | 67 | I | 4:53.12 | PR | |
| 20 | 82 Amber Feller | DB1 | 64 | O | 4:54.88 | PR | |
| 21 | 84 Kaya Kolder | DC2 | 65 | I | 4:54.98 | PR | |
| 22 | 109 Jim Bergkamp | HC2 | 61 | I | 4:58.63 | | |
| 23 | 149 Rianne Gerritsen | D40 | 64 | I | 4:58.91 | PR | |
| 24 | 101 Gerianne Kromkamp | DC2 | 63 | O | 5:00.49 | | |
| 25 | 98 Nienke Valkenburg | DA1 | 63 | I | 5:07.50 | PR | |
| 26 | 148 Jasper Knulst | H50 | 66 | O | 5:09.71 | | |
| 27 | 102 Alyne Goerres | DC2 | 60 | O | 5:21.36 | | |

5. Rituitslag 2e jaars C junioren en ouder 3000 meter

| | | Naam | Cat | PR | Tijd Info |
|----|----------|-----------------------------|-----|----|----------------|
| 58 | wt rd | 104 Johannes Hoomans | HC2 | | 4:21.86 |

Johannes Hoomans

| | | | |
|-------|---------|---------|---|
| 200m | 19.98 | (19.98) | m |
| 600m | 54.13 | (34.15) | |
| 1000m | 1:29.41 | (35.28) | |
| 1400m | 2:04.38 | (34.97) | |
| 1800m | 2:39.09 | (34.71) | |
| 2200m | 3:13.99 | (34.90) | |
| 2600m | 3:48.31 | (34.32) | |
| 3000m | 4:21.86 | (33.55) | |

| | | Naam | Cat | PR | Tijd Info |
|----|----|---------------------------|-----|----|----------------|
| 59 | gl | 89 Luca Stroetinga | HC2 | | 4:31.64 |
| | bl | 86 Jelmer Tasma | HC2 | | 4:32.54 |

Luca Stroetinga

| | | |
|-------|---------|---------|
| 200m | 20.55 | (20.55) |
| 600m | 55.67 | (35.12) |
| 1000m | 1:31.58 | (35.91) |
| 1400m | 2:07.84 | (36.26) |
| 1800m | 2:43.07 | (35.23) |
| 2200m | 3:19.63 | (36.56) |
| 2600m | 3:55.19 | (35.56) |
| 3000m | 4:31.64 | (36.45) |

Jelmer Tasma

| | | |
|-------|---------|---------|
| 200m | 21.69 | (21.69) |
| 600m | 55.88 | (34.19) |
| 1000m | 1:31.88 | (36.00) |
| 1400m | 2:08.03 | (36.15) |
| 1800m | 2:44.01 | (35.98) |
| 2200m | 3:20.04 | (36.03) |
| 2600m | 3:56.22 | (36.18) |
| 3000m | 4:32.54 | (36.32) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|----|----------------|------|
| 60 | wt | 87 Marrit Bosma | DC2 | | 4:51.95 | |
| | rd | 102 Alyne Goerres | DC2 | | 5:21.36 | |

Marrit Bosma

| | | |
|-------|---------|---------|
| 200m | 22.47 | (22.47) |
| 600m | 57.43 | (34.96) |
| 1000m | 1:34.55 | (37.12) |
| 1400m | 2:12.66 | (38.11) |
| 1800m | 2:51.79 | (39.13) |
| 2200m | 3:31.71 | (39.92) |
| 2600m | 4:12.14 | (40.43) |
| 3000m | 4:51.95 | (39.81) |

Alyne Goerres

| | | |
|-------|---------|---------|
| 200m | 25.17 | (25.17) |
| 600m | 1:05.58 | (40.41) |
| 1000m | 1:47.53 | (41.95) |
| 1400m | 2:29.89 | (42.36) |
| 1800m | 3:12.49 | (42.60) |
| 2200m | 3:55.53 | (43.04) |
| 2600m | 4:38.81 | (43.28) |
| 3000m | 5:21.36 | (42.55) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|----|----------------|------|
| 61 | gl | 109 Jim Bergkamp | HC2 | | 4:58.63 | |
| | bl | 88 Stefan Everts | HC2 | | 4:20.24 | |

Jim Bergkamp

| | | |
|-------|---------|---------|
| 200m | 21.38 | (21.38) |
| 600m | 57.91 | (36.53) |
| 1000m | 1:35.74 | (37.83) |
| 1400m | 2:15.26 | (39.52) |
| 1800m | 2:55.30 | (40.04) |
| 2200m | 3:36.32 | (41.02) |
| 2600m | 4:18.15 | (41.83) |
| 3000m | 4:58.63 | (40.48) |

Stefan Everts

| | | |
|-------|---------|---------|
| 200m | 20.21 | (20.21) |
| 600m | 53.75 | (33.54) |
| 1000m | 1:28.39 | (34.64) |
| 1400m | 2:02.81 | (34.42) |
| 1800m | 2:37.48 | (34.67) |
| 2200m | 3:12.04 | (34.56) |
| 2600m | 3:46.25 | (34.21) |
| 3000m | 4:20.24 | (33.99) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd Info |
|----|----|-------------------------------|-----|----|----------------|
| 62 | wt | 80 Tijn Bijma | HC2 | | 4:24.72 |
| | rd | 95 Kailey van der Veen | DC2 | | 4:36.20 |

Tijn Bijma

| | | |
|-------|---------|---------|
| 200m | 19.94 | (19.94) |
| 600m | 53.82 | (33.88) |
| 1000m | 1:29.71 | (35.89) |
| 1400m | 2:05.99 | (36.28) |
| 1800m | 2:40.70 | (34.71) |
| 2200m | 3:15.73 | (35.03) |
| 2600m | 3:50.31 | (34.58) |
| 3000m | 4:24.72 | (34.41) |

Kailey van der Veen

| | | |
|-------|---------|---------|
| 200m | 20.69 | (20.69) |
| 600m | 54.34 | (33.65) |
| 1000m | 1:30.62 | (36.28) |
| 1400m | 2:07.24 | (36.62) |
| 1800m | 2:43.96 | (36.72) |
| 2200m | 3:21.33 | (37.37) |
| 2600m | 3:59.12 | (37.79) |
| 3000m | 4:36.20 | (37.08) |

| | | Naam | Cat | PR | Tijd Info |
|----|----|------------------------------|-----|---------|-------------------|
| 63 | gl | 98 Nienke Valkenburg | DA1 | 5:11.17 | 5:07.50 PR |
| | bl | 101 Gerianne Kromkamp | DC2 | | 5:00.49 |

Nienke Valkenburg

| | | |
|-------|---------|---------|
| 200m | 23.81 | (23.81) |
| 600m | 1:03.71 | (39.90) |
| 1000m | 1:44.50 | (40.79) |
| 1400m | 2:24.53 | (40.03) |
| 1800m | 3:04.53 | (40.00) |
| 2200m | 3:45.74 | (41.21) |
| 2600m | 4:26.81 | (41.07) |
| 3000m | 5:07.50 | (40.69) |

Gerianne Kromkamp

| | | |
|-------|---------|---------|
| 200m | 23.21 | (23.21) |
| 600m | 1:00.73 | (37.52) |
| 1000m | 1:39.83 | (39.10) |
| 1400m | 2:20.66 | (40.83) |
| 1800m | 3:01.41 | (40.75) |
| 2200m | 3:42.21 | (40.80) |
| 2600m | 4:22.74 | (40.53) |
| 3000m | 5:00.49 | (37.75) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-----|-----|----|---------|-------------------|
| 64 | wt | 149 | Rianne Gerritsen | | D40 | | 5:00.58 | 4:58.91 PR |
| | rd | 82 | Amber Feller | | DB1 | | 5:08.90 | 4:54.88 PR |

Rianne Gerritsen

| | | |
|-------|---------|---------|
| 200m | 23.29 | (23.29) |
| 600m | 59.96 | (36.67) |
| 1000m | 1:37.83 | (37.87) |
| 1400m | 2:16.94 | (39.11) |
| 1800m | 2:57.09 | (40.15) |
| 2200m | 3:37.52 | (40.43) |
| 2600m | 4:18.55 | (41.03) |
| 3000m | 4:58.91 | (40.36) |

Amber Feller

| | | |
|-------|---------|---------|
| 200m | 22.53 | (22.53) |
| 600m | 59.03 | (36.50) |
| 1000m | 1:36.95 | (37.92) |
| 1400m | 2:16.11 | (39.16) |
| 1800m | 2:55.71 | (39.60) |
| 2200m | 3:35.84 | (40.13) |
| 2600m | 4:15.29 | (39.45) |
| 3000m | 4:54.88 | (39.59) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-----|-----|----|---------|-------------------|
| 65 | gl | 84 | Kaya Kolder | | DC2 | | 5:00.93 | 4:54.98 PR |
| | bl | 96 | Mats Rabbinge | | HB1 | | 5:08.08 | 4:47.45 PR |

Kaya Kolder

| | | |
|-------|---------|---------|
| 200m | 23.02 | (23.02) |
| 600m | 58.53 | (35.51) |
| 1000m | 1:36.14 | (37.61) |
| 1400m | 2:15.09 | (38.95) |
| 1800m | 2:54.81 | (39.72) |
| 2200m | 3:34.97 | (40.16) |
| 2600m | 4:15.19 | (40.22) |
| 3000m | 4:54.98 | (39.79) |

Mats Rabbinge

| | | |
|-------|---------|---------|
| 200m | 22.28 | (22.28) |
| 600m | 57.17 | (34.89) |
| 1000m | 1:33.61 | (36.44) |
| 1400m | 2:11.69 | (38.08) |
| 1800m | 2:49.95 | (38.26) |
| 2200m | 3:28.54 | (38.59) |
| 2600m | 4:07.82 | (39.28) |
| 3000m | 4:47.45 | (39.63) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|---------|---------|-----------------------|----------------------|----------------|
| 66 | wt | 92 | Mariska Stegenga | | DB1 | | 4:42.58 | 4:46.67 |
| | rd | 148 | Jasper Knulst | | H50 | | 4:44.00 | 5:09.71 |
| | | | Mariska Stegenga | | | | Jasper Knulst | |
| | | | 200m | 21.95 | (21.95) | 200m 22.84 (22.84) | | |
| | | | 600m | 57.59 | (35.64) | 600m 59.96 (37.12) | | |
| | | | 1000m | 1:34.91 | (37.32) | 1000m 1:37.87 (37.91) | | |
| | | | 1400m | 2:12.64 | (37.73) | 1400m 2:16.96 (39.09) | | |
| | | | 1800m | 2:50.87 | (38.23) | 1800m 2:57.53 (40.57) | | |
| | | | 2200m | 3:29.14 | (38.27) | 2200m 3:40.28 (42.75) | | |
| | | | 2600m | 4:07.77 | (38.63) | 2600m 4:24.19 (43.91) | | |
| | | | 3000m | 4:46.67 | (38.90) | 3000m 5:09.71 (45.52) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|---------|---------|-----------------------|---------------------|-------------------|
| 67 | gl | 103 | Freya Goerres | | DB2 | | 4:57.24 | 4:53.12 PR |
| | bl | 100 | Geert Fekken | | H50 | | 4:33.21 | 4:37.71 |
| | | | Freya Goerres | | | | Geert Fekken | |
| | | | 200m | 22.32 | (22.32) | 200m 21.55 (21.55) | | |
| | | | 600m | 58.56 | (36.24) | 600m 56.50 (34.95) | | |
| | | | 1000m | 1:36.54 | (37.98) | 1000m 1:33.28 (36.78) | | |
| | | | 1400m | 2:15.13 | (38.59) | 1400m 2:10.14 (36.86) | | |
| | | | 1800m | 2:54.18 | (39.05) | 1800m 2:47.12 (36.98) | | |
| | | | 2200m | 3:33.37 | (39.19) | 2200m 3:24.00 (36.88) | | |
| | | | 2600m | 4:13.09 | (39.72) | 2600m 4:00.57 (36.57) | | |
| | | | 3000m | 4:53.12 | (40.03) | 3000m 4:37.71 (37.14) | | |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 68 | wt | 85 Mart Sypersma | HB1 | 4:27.70 | 4:26.29 | PR |
| | rd | 146 Anton van der Tol | HB1 | 4:26.27 | 4:28.25 | |

Mart Sypersma

| | | |
|-------|---------|---------|
| 200m | 20.50 | (20.50) |
| 600m | 54.19 | (33.69) |
| 1000m | 1:28.89 | (34.70) |
| 1400m | 2:04.01 | (35.12) |
| 1800m | 2:39.01 | (35.00) |
| 2200m | 3:14.00 | (34.99) |
| 2600m | 3:49.86 | (35.86) |
| 3000m | 4:26.29 | (36.43) |

Anton van der Tol

| | | |
|-------|---------|---------|
| 200m | 20.86 | (20.86) |
| 600m | 54.47 | (33.61) |
| 1000m | 1:29.56 | (35.09) |
| 1400m | 2:04.97 | (35.41) |
| 1800m | 2:40.70 | (35.73) |
| 2200m | 3:16.49 | (35.79) |
| 2600m | 3:52.60 | (36.11) |
| 3000m | 4:28.25 | (35.65) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-----|---------|----------------|------|
| 69 | gl | 108 Martin-Age Osinga | HSB | 4:34.55 | 4:39.36 | |
| | bl | 97 Bianca van der Meer | DN3 | 4:38.51 | 4:36.72 | PR |

Martin-Age Osinga

| | | |
|-------|---------|---------|
| 200m | 21.90 | (21.90) |
| 600m | 56.56 | (34.66) |
| 1000m | 1:31.92 | (35.36) |
| 1400m | 2:08.02 | (36.10) |
| 1800m | 2:44.34 | (36.32) |
| 2200m | 3:21.73 | (37.39) |
| 2600m | 4:00.33 | (38.60) |
| 3000m | 4:39.36 | (39.03) |

Bianca van der Meer

| | | |
|-------|---------|---------|
| 200m | 21.55 | (21.55) |
| 600m | 55.85 | (34.30) |
| 1000m | 1:31.82 | (35.97) |
| 1400m | 2:07.80 | (35.98) |
| 1800m | 2:44.49 | (36.69) |
| 2200m | 3:21.54 | (37.05) |
| 2600m | 3:59.25 | (37.71) |
| 3000m | 4:36.72 | (37.47) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|---------|---------|-----------------------|-----------------------|-------------------|
| 70 | wt | 77 | Miguel Bravo | | HSA | | 4:26.26 | 4:00.22 PR |
| | rd | 151 | Ivar Immerzeel | | HSA | | 3:56.36 | 3:57.15 |
| | | | Miguel Bravo | | | | Ivar Immerzeel | |
| | | | 200m | 20.60 | (20.60) | 200m 19.93 (19.93) | | |
| | | | 600m | 52.13 | (31.53) | 600m 51.05 (31.12) | | |
| | | | 1000m | 1:23.40 | (31.27) | 1000m 1:22.16 (31.11) | | |
| | | | 1400m | 1:54.58 | (31.18) | 1400m 1:53.30 (31.14) | | |
| | | | 1800m | 2:25.86 | (31.28) | 1800m 2:24.33 (31.03) | | |
| | | | 2200m | 2:57.06 | (31.20) | 2200m 2:55.05 (30.72) | | |
| | | | 2600m | 3:28.55 | (31.49) | 2600m 3:25.97 (30.92) | | |
| | | | 3000m | 4:00.22 | (31.67) | 3000m 3:57.15 (31.18) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------------------|---------|---------|-----------------------|----------------------------------|-------------------|
| 71 | gl | 154 | Milan Rietveld | | HA1 | | 4:06.22 | 4:10.71 |
| | bl | 145 | Robbert-Jan van Hardeveld | | HA2 | | 4:07.65 | 4:05.86 PR |
| | | | Milan Rietveld | | | | Robbert-Jan van Hardeveld | |
| | | | 200m | 19.58 | (19.58) | 200m 19.23 (19.23) | | |
| | | | 600m | 49.88 | (30.30) | 600m 48.97 (29.74) | | |
| | | | 1000m | 1:21.03 | (31.15) | 1000m 1:20.08 (31.11) | | |
| | | | 1400m | 1:53.87 | (32.84) | 1400m 1:52.35 (32.27) | | |
| | | | 1800m | 2:27.14 | (33.27) | 1800m 2:25.11 (32.76) | | |
| | | | 2200m | 3:01.11 | (33.97) | 2200m 2:58.32 (33.21) | | |
| | | | 2600m | 3:35.62 | (34.51) | 2600m 3:31.79 (33.47) | | |
| | | | 3000m | 4:10.71 | (35.09) | 3000m 4:05.86 (34.07) | | |

6. Uitslag B-junioren en ouder 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 106 Jan-Hendrik Hoekstra | HB2 | 73 | I | 6:53.52 | HT | |
| 2 | 81 Jornt Dijk | HSA | 77 | I | 6:57.69 | PR | |
| 3 | 111 Pieter-Jorn Gemser | H45 | 78 | I | 7:08.75 | | |
| 4 | 90 Christian Groenhof | HA1 | 73 | O | 7:17.97 | | |
| 5 | 127 Robin van de Ven | HA1 | 77 | O | 7:37.15 | PR | |
| 6 | 135 Piet Hijlkema | H50 | 78 | O | 7:38.46 | | |
| 7 | 112 Joas Woudstra | HSB | 75 | O | 7:53.81 | PR | |
| 8 | 105 Wessel Jacobs-Monsees | HA1 | 76 | I | 8:13.13 | HT | |
| 9 | 107 Corien de Jong | DA2 | 74 | O | 8:25.54 | | |
| 10 | 110 Tineke Schukken | D40 | 76 | O | 8:34.26 | | |
| 11 | 115 Janette de Groot-Bron | D45 | 75 | I | 8:35.20 | PR | |
| | 93 Chris de Velde | HA2 | | | | WDR | |

6. Rituitslag B-junioren en ouder 5000 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|-----------------|-------|---------------------------|------|
| 73 | wt | 106 Jan-Hendrik Hoekstra | HB2 | | 6:53.52 | HT |
| | rd | 90 Christian Groenhof | HA1 | | 7:17.97 | |
| | | Jan-Hendrik Hoekstra | | | Christian Groenhof | |
| | | 200m | 20.58 (20.58) | 200m | 20.35 (20.35) | |
| | | 600m | 52.92 (32.34) | 600m | 53.25 (32.90) | |
| | | 1000m | 1:24.98 (32.06) | 1000m | 1:26.61 (33.36) | |
| | | 1400m | 1:56.48 (31.50) | 1400m | 2:00.14 (33.53) | |
| | | 1800m | 2:28.31 (31.83) | 1800m | 2:34.26 (34.12) | |
| | | 2200m | 3:00.50 (32.19) | 2200m | 3:08.60 (34.34) | |
| | | 2600m | 3:32.85 (32.35) | 2600m | 3:53.62 (45.02) | |
| | | 3000m | 4:05.33 (32.48) | 3000m | 4:17.88 (24.26) | |
| | | 3400m | 4:38.51 (33.18) | 3400m | 4:53.10 (35.22) | |
| | | 3800m | 5:12.08 (33.57) | 3800m | 5:28.68 (35.58) | |
| | | 4200m | 5:45.96 (33.88) | 4200m | 6:04.75 (36.07) | |
| | | 4600m | 6:19.80 (33.84) | 4600m | 6:41.41 (36.66) | |
| | | 5000m | 6:53.52 (33.72) | 5000m | 7:17.97 (36.56) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----------------|-------|-----------------------|------------|
| 74 | gl | 93 Chris de Velde | HA2 | | | WDR |
| | bl | 107 Corien de Jong | DA2 | | 8:25.54 | |
| | | Chris de Velde | | | Corien de Jong | |
| | | 200m | 22.97 (22.97) | 200m | 22.97 (22.97) | |
| | | 600m | 59.41 (36.44) | 600m | 59.41 (36.44) | |
| | | 1000m | 1:37.39 (37.98) | 1000m | 1:37.39 (37.98) | |
| | | 1400m | 2:16.55 (39.16) | 1400m | 2:16.55 (39.16) | |
| | | 1800m | 2:56.10 (39.55) | 1800m | 2:56.10 (39.55) | |
| | | 2200m | 3:36.29 (40.19) | 2200m | 3:36.29 (40.19) | |
| | | 2600m | 4:16.47 (40.18) | 2600m | 4:16.47 (40.18) | |
| | | 3000m | 4:57.72 (41.25) | 3000m | 4:57.72 (41.25) | |
| | | 3400m | 5:38.82 (41.10) | 3400m | 5:38.82 (41.10) | |
| | | 3800m | 6:35.81 (56.99) | 3800m | 6:35.81 (56.99) | |
| | | 4200m | 7:01.61 (25.80) | 4200m | 7:01.61 (25.80) | |
| | | 4600m | 7:43.48 (41.87) | 4600m | 7:43.48 (41.87) | |
| | | 5000m | 8:25.54 (42.06) | 5000m | 8:25.54 (42.06) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------|------------------------------|------------------------------|-------|----------------------|---------|-------------------|
| 75 | wt | 115 | Janette de Groot-Bron | | D45 | | 9:16.72 | 8:35.20 PR |
| | rd | 112 | Joas Woudstra | | HSB | | 8:07.10 | 7:53.81 PR |
| | | | | Janette de Groot-Bron | | Joas Woudstra | | |
| | | 200m | 23.94 | (23.94) | 200m | 22.74 | (22.74) | |
| | | 600m | 1:02.13 | (38.19) | 600m | 59.41 | (36.67) | |
| | | 1000m | 1:41.56 | (39.43) | 1000m | 1:36.18 | (36.77) | |
| | | 1400m | 2:21.70 | (40.14) | 1400m | 2:13.20 | (37.02) | |
| | | 1800m | 3:02.21 | (40.51) | 1800m | 2:50.63 | (37.43) | |
| | | 2200m | 3:42.93 | (40.72) | 2200m | 3:28.33 | (37.70) | |
| | | 2600m | 4:24.14 | (41.21) | 2600m | 4:06.23 | (37.90) | |
| | | 3000m | 5:05.57 | (41.43) | 3000m | 4:44.70 | (38.47) | |
| | | 3400m | 5:47.32 | (41.75) | 3400m | 5:22.91 | (38.21) | |
| | | 3800m | 6:29.14 | (41.82) | 3800m | 6:00.84 | (37.93) | |
| | | 4200m | 7:10.95 | (41.81) | 4200m | 6:39.13 | (38.29) | |
| | | 4600m | 7:53.03 | (42.08) | 4600m | 7:17.52 | (38.39) | |
| | | 5000m | 8:35.20 | (42.17) | 5000m | 7:53.81 | (36.29) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------|------------------------------|------------------------------|-------|------------------------|---------|-------------------|
| 76 | gl | 105 | Wessel Jacobs-Monsees | | HA1 | | 8:11.07 | 8:13.13 HT |
| | bl | 110 | Tineke Schukken | | D40 | | 8:21.97 | 8:34.26 |
| | | | | Wessel Jacobs-Monsees | | Tineke Schukken | | |
| | | 200m | 22.67 | (22.67) | 200m | 25.35 | (25.35) | |
| | | 600m | 58.55 | (35.88) | 600m | 1:03.79 | (38.44) | |
| | | 1000m | 1:36.46 | (37.91) | 1000m | 1:43.06 | (39.27) | |
| | | 1400m | 2:15.64 | (39.18) | 1400m | 2:23.21 | (40.15) | |
| | | 1800m | 2:54.95 | (39.31) | 1800m | 3:03.25 | (40.04) | |
| | | 2200m | 3:34.00 | (39.05) | 2200m | 3:43.43 | (40.18) | |
| | | 2600m | 4:14.87 | (40.87) | 2600m | 4:24.02 | (40.59) | |
| | | 3000m | 4:55.27 | (40.40) | 3000m | 5:05.07 | (41.05) | |
| | | 3400m | 5:34.64 | (39.37) | 3400m | 5:46.28 | (41.21) | |
| | | 3800m | 6:14.57 | (39.93) | 3800m | 6:27.75 | (41.47) | |
| | | 4200m | 6:54.98 | (40.41) | 4200m | 7:09.56 | (41.81) | |
| | | 4600m | 7:34.74 | (39.76) | 4600m | 7:51.83 | (42.27) | |
| | | 5000m | 8:13.13 | (38.39) | 5000m | 8:34.26 | (42.43) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------|-------------------------|---------|-----|-------|-------------------------|-------------------|
| 77 | wt | 81 | Jornt Dijk | | HSA | | 7:04.12 | 6:57.69 PR |
| | rd | 127 | Robin van de Ven | | HA1 | | 7:44.42 | 7:37.15 PR |
| | | | Jornt Dijk | | | | Robin van de Ven | |
| | | 200m | 20.15 | (20.15) | | 200m | 20.97 | (20.97) |
| | | 600m | 52.61 | (32.46) | | 600m | 54.92 | (33.95) |
| | | 1000m | 1:25.32 | (32.71) | | 1000m | 1:30.31 | (35.39) |
| | | 1400m | 1:58.28 | (32.96) | | 1400m | 2:06.25 | (35.94) |
| | | 1800m | 2:31.29 | (33.01) | | 1800m | 2:42.29 | (36.04) |
| | | 2200m | 3:04.18 | (32.89) | | 2200m | 3:18.63 | (36.34) |
| | | 2600m | 3:37.51 | (33.33) | | 2600m | 3:55.42 | (36.79) |
| | | 3000m | 4:10.64 | (33.13) | | 3000m | 4:32.39 | (36.97) |
| | | 3400m | 4:44.09 | (33.45) | | 3400m | 5:09.73 | (37.34) |
| | | 3800m | 5:17.39 | (33.30) | | 3800m | 5:47.01 | (37.28) |
| | | 4200m | 5:50.83 | (33.44) | | 4200m | 6:24.67 | (37.66) |
| | | 4600m | 6:24.01 | (33.18) | | 4600m | 7:01.18 | (36.51) |
| | | 5000m | 6:57.69 | (33.68) | | 5000m | 7:37.15 | (35.97) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------|---------------------------|---------|-----|-------|----------------------|----------------|
| 78 | gl | 111 | Pieter-Jorn Gemser | | H45 | | 7:00.53 | 7:08.75 |
| | bl | 135 | Piet Hijlkema | | H50 | | 6:45.57 | 7:38.46 |
| | | | Pieter-Jorn Gemser | | | | Piet Hijlkema | |
| | | 200m | 21.42 | (21.42) | | 200m | 22.14 | (22.14) |
| | | 600m | 54.58 | (33.16) | | 600m | 58.05 | (35.91) |
| | | 1000m | 1:28.12 | (33.54) | | 1000m | 1:34.64 | (36.59) |
| | | 1400m | 2:01.75 | (33.63) | | 1400m | 2:11.04 | (36.40) |
| | | 1800m | 2:35.45 | (33.70) | | 1800m | 2:46.77 | (35.73) |
| | | 2200m | 3:09.29 | (33.84) | | 2200m | 3:22.72 | (35.95) |
| | | 2600m | 3:43.23 | (33.94) | | 2600m | 3:58.86 | (36.14) |
| | | 3000m | 4:17.48 | (34.25) | | 3000m | 4:34.85 | (35.99) |
| | | 3400m | 4:51.66 | (34.18) | | 3400m | 5:10.98 | (36.13) |
| | | 3800m | 5:25.83 | (34.17) | | 3800m | 5:47.35 | (36.37) |
| | | 4200m | 6:00.18 | (34.35) | | 4200m | 6:23.97 | (36.62) |
| | | 4600m | 6:34.61 | (34.43) | | 4600m | 7:01.06 | (37.09) |
| | | 5000m | 7:08.75 | (34.14) | | 5000m | 7:38.46 | (37.40) |