

## 1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	58 Calvin van Klink	HSA	2	O	38.85		
2	80 Tygo Kompier	HA1	1	O	39.10		
3	86 Wessel Schilders	HSB	1	I	39.19		
4	62 Hidde Bart	HSA	3	I	40.64		
5	36 Tijn van Til	HN2	4	I	40.87		
6	106 Thijs van Bostelen	HA2	2	I	40.99		
7	102 Dong Yang Plugge	HB2	6	I	41.65		
8	108 Nick Barendse	HB1	6	O	41.66		
9	11 Hugo de Jonge	HN1	5	I	41.81		
10	104 Freek Bennis	HN3	4	O	42.58		
11	81 Guus Gelderblom	HA2	7	I	42.92		
12	92 Susanne Prins	DA2	8	O	42.99		
13	78 Niels Vlagsma	HSA	8	I	43.92		
14	68 Thomas van Herk	HN3	10	O	44.11		
15	20 Arne Wendt	HN3	9	I	44.14		
16	32 Ben Lispet	HB1	7	O	44.62		
17	1 Martijn van der Horst	H50	9	O	44.71		
18	96 Ymke Wubben	DB1	12	I	45.89		
19	53 Julian Ras	HC1	12	O	46.74		
20	95 Tamar Koolwijk	DC2	10	I	47.12		
21	99 Nina Loman	DB1	11	O	47.87		
22	46 Erben van der Lans	HN3	5	O	48.36		
23	100 Louisa Loman	DB1	13	O	48.63		
24	109 Bente Barendse	DB1	11	I	49.47		
25	94 Marcella van de Weem	DN2	13	I	50.19		
26	110 Valentijn Visch	H50	16	I	50.33		
27	43 Tippi Verbree	DC1	16	O	50.41		
28	54 Evelien Ras	DB2	15	O	50.46		
29	10 Owen Knook	HB1	19	O	50.72	PR	
30	72 Cato Slegtenhorst	DC1	14	O	51.35		
31	50 Kem Scheffer	DB1	19	I	52.25		
32	57 Mare Damsma	DC1	15	I	52.50		
33	31 Melle Zweers	HC1	20	I	52.54	PR	
34	75 Oona Alleblas	DC1	14	I	52.60		
35	82 Jan Rodewijk	H70	18	O	53.80		
36	9 Renske Ansink	DC1	21	O	54.69		
37	51 Jasmijn Bavius	DC1	17	I	54.97		
38	83 Thijs Breugem	HC1	21	I	55.72		

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	61 Clover van Zeijl	DC2	17	O	56.59		
40	7 Rutger van Gerven	HC2	20	O	57.24	PR	
41	14 Jill Hoogendijk	DB1	18	I	57.42		
42	59 Brenda van Driel	DC2	22	I	58.58		
43	6 Beyza Barkin	DC2	23	I	1:00.61		
44	55 Bracha Scholten	DC1	23	O	1:03.31	PR	

## 1. Rituitslag 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	86	<b>Wessel Schilders</b>		HSB	36.49	<b>39.19</b>	
	rd	80	<b>Tygo Kompier</b>		HA1	37.39	<b>39.10</b>	
		<b>Wessel Schilders</b>			<b>Tygo Kompier</b>			
		100m	10.47	(10.47)	100m	10.88	(10.88)	
		500m	39.19	(28.72)	500m	39.10	(28.22)	

		Naam		Cat		PR	Tijd	Info
2	gl	106	<b>Thijs van Bostelen</b>		HA2	39.17	<b>40.99</b>	
	bl	58	<b>Calvin van Klink</b>		HSA	36.92	<b>38.85</b>	
		<b>Thijs van Bostelen</b>			<b>Calvin van Klink</b>			
		100m	11.21	(11.21)	100m	10.65	(10.65)	
		500m	40.99	(29.78)	500m	38.85	(28.20)	

		Naam		Cat		PR	Tijd	Info
3	wt	62	<b>Hidde Bart</b>		HSA	39.26	<b>40.64</b>	
	rd							
		<b>Hidde Bart</b>						
		100m	11.02	(11.02)	m			
		500m	40.64	(29.62)				

		Naam		Cat		PR	Tijd	Info
4	gl	36	<b>Tijn van Til</b>		HN2	40.75	<b>40.87</b>	
	bl	104	<b>Freek Bennis</b>		HN3	41.65	<b>42.58</b>	
		<b>Tijn van Til</b>			<b>Freek Bennis</b>			
		100m	11.26	(11.26)	100m	11.64	(11.64)	
		500m	40.87	(29.61)	500m	42.58	(30.94)	

		Naam		Cat		PR	Tijd	Info
5	wt	11	<b>Hugo de Jonge</b>		HN1	41.28	<b>41.81</b>	
	rd	46	<b>Erben van der Lans</b>		HN3	40.95	<b>48.36</b>	
		<b>Hugo de Jonge</b>			<b>Erben van der Lans</b>			
		100m	11.30	(11.30)	100m	11.84	(11.84)	
		500m	41.81	(30.51)	500m	48.36	(36.52)	

		Naam		Cat		PR	Tijd	Info
6	gl	102 <b>Dong Yang Plugge</b>		HB2		40.37	<b>41.65</b>	
	bl	108 <b>Nick Barendse</b>		HB1		39.95	<b>41.66</b>	
		<b>Dong Yang Plugge</b>			<b>Nick Barendse</b>			
		100m	11.34	(11.34)	100m	11.60	(11.60)	
		500m	41.65	(30.31)	500m	41.66	(30.06)	
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		Naam		Cat		PR	Tijd	Info
7	wt	81 <b>Guus Gelderblom</b>		HA2		42.13	<b>42.92</b>	
	rd	32 <b>Ben Lispet</b>		HB1		42.52	<b>44.62</b>	
		<b>Guus Gelderblom</b>			<b>Ben Lispet</b>			
		100m	11.46	(11.46)	100m	11.80	(11.80)	
		500m	42.92	(31.46)	500m	44.62	(32.82)	
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		Naam		Cat		PR	Tijd	Info
8	gl	78 <b>Niels Vlagsma</b>		HSA		41.42	<b>43.92</b>	
	bl	92 <b>Susanne Prins</b>		DA2		41.96	<b>42.99</b>	
		<b>Niels Vlagsma</b>			<b>Susanne Prins</b>			
		100m	11.85	(11.85)	100m	11.74	(11.74)	
		500m	43.92	(32.07)	500m	42.99	(31.25)	
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		Naam		Cat		PR	Tijd	Info
9	wt	20 <b>Arne Wendt</b>		HN3		42.69	<b>44.14</b>	
	rd	1 <b>Martijn van der Horst</b>		H50		39.70	<b>44.71</b>	
		<b>Arne Wendt</b>			<b>Martijn van der Horst</b>			
		100m	12.06	(12.06)	100m	12.22	(12.22)	
		500m	44.14	(32.08)	500m	44.71	(32.49)	
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		Naam		Cat		PR	Tijd	Info
10	gl	95 <b>Tamar Koolwijk</b>		DC2		45.91	<b>47.12</b>	
	bl	68 <b>Thomas van Herk</b>		HN3		41.63	<b>44.11</b>	
		<b>Tamar Koolwijk</b>			<b>Thomas van Herk</b>			
		100m	12.48	(12.48)	100m	11.40	(11.40)	
		500m	47.12	(34.64)	500m	44.11	(32.71)	

		Naam			Cat	PR	Tijd	Info
11	wt	109	<b>Bente Barendse</b>		DB1	47.57	<b>49.47</b>	
	rd	99	<b>Nina Loman</b>		DB1	46.37	<b>47.87</b>	
		<b>Bente Barendse</b>			<b>Nina Loman</b>			
		100m	13.26	(13.26)	100m	12.61	(12.61)	
		500m	49.47	(36.21)	500m	47.87	(35.26)	
		Naam			Cat	PR	Tijd	Info
12	gl	96	<b>Ymke Wubben</b>		DB1	43.29	<b>45.89</b>	
	bl	53	<b>Julian Ras</b>		HC1	44.74	<b>46.74</b>	
		<b>Ymke Wubben</b>			<b>Julian Ras</b>			
		100m	12.81	(12.81)	100m	12.17	(12.17)	
		500m	45.89	(33.08)	500m	46.74	(34.57)	
		Naam			Cat	PR	Tijd	Info
13	wt	94	<b>Marcella van de Weem</b>		DN2	48.24	<b>50.19</b>	
	rd	100	<b>Louisa Loman</b>		DB1	46.48	<b>48.63</b>	
		<b>Marcella van de Weem</b>			<b>Louisa Loman</b>			
		100m	13.42	(13.42)	100m	12.95	(12.95)	
		500m	50.19	(36.77)	500m	48.63	(35.68)	
		Naam			Cat	PR	Tijd	Info
14	gl	75	<b>Oona Alleblas</b>		DC1	49.15	<b>52.60</b>	
	bl	72	<b>Cato Slegtenhorst</b>		DC1	49.30	<b>51.35</b>	
		<b>Oona Alleblas</b>			<b>Cato Slegtenhorst</b>			
		100m	13.62	(13.62)	100m	13.51	(13.51)	
		500m	52.60	(38.98)	500m	51.35	(37.84)	
		Naam			Cat	PR	Tijd	Info
15	wt	57	<b>Mare Damsma</b>		DC1	48.84	<b>52.50</b>	
	rd	54	<b>Evelien Ras</b>		DB2	48.54	<b>50.46</b>	
		<b>Mare Damsma</b>			<b>Evelien Ras</b>			
		100m	13.58	(13.58)	100m	13.35	(13.35)	
		500m	52.50	(38.92)	500m	50.46	(37.11)	

		Naam			Cat	PR	Tijd	Info
16	gl	110	<b>Valentijn Visch</b>		H50	47.79	<b>50.33</b>	
	bl	43	<b>Tippi Verbree</b>		DC1	49.69	<b>50.41</b>	
		<b>Valentijn Visch</b>			<b>Tippi Verbree</b>			
		100m	13.74	(13.74)	100m	13.23	(13.23)	
		500m	50.33	(36.59)	500m	50.41	(37.18)	
		Naam			Cat	PR	Tijd	Info
17	wt	51	<b>Jasmijn Bavius</b>		DC1	50.15	<b>54.97</b>	
	rd	61	<b>Clover van Zeijl</b>		DC2	50.37	<b>56.59</b>	
		<b>Jasmijn Bavius</b>			<b>Clover van Zeijl</b>			
		100m	13.87	(13.87)	100m	14.64	(14.64)	
		500m	54.97	(41.10)	500m	56.59	(41.95)	
		Naam			Cat	PR	Tijd	Info
18	gl	14	<b>Jill Hoogendijk</b>		DB1	52.82	<b>57.42</b>	
	bl	82	<b>Jan Rodewijk</b>		H70	43.31	<b>53.80</b>	
		<b>Jill Hoogendijk</b>			<b>Jan Rodewijk</b>			
		100m	14.57	(14.57)	100m	14.38	(14.38)	
		500m	57.42	(42.85)	500m	53.80	(39.42)	
		Naam			Cat	PR	Tijd	Info
19	wt	50	<b>Kem Scheffer</b>		DB1	47.27	<b>52.25</b>	
	rd	10	<b>Owen Knook</b>		HB1	51.99	<b>50.72</b>	PR
		<b>Kem Scheffer</b>			<b>Owen Knook</b>			
		100m	13.29	(13.29)	100m	12.18	(12.18)	
		500m	52.25	(38.96)	500m	50.72	(38.54)	
		Naam			Cat	PR	Tijd	Info
20	gl	31	<b>Melle Zweers</b>		HC1	56.72	<b>52.54</b>	PR
	bl	7	<b>Rutger van Gerven</b>		HC2	57.62	<b>57.24</b>	PR
		<b>Melle Zweers</b>			<b>Rutger van Gerven</b>			
		100m	13.55	(13.55)	100m	13.61	(13.61)	
		500m	52.54	(38.99)	500m	57.24	(43.63)	

		Naam			Cat			PR	Tijd	Info
21	wt	83	<b>Thijs Breugem</b>		HC1			54.29	<b>55.72</b>	
	rd	9	<b>Renske Ansink</b>		DC1			52.82	<b>54.69</b>	
		<b>Thijs Breugem</b>			<b>Renske Ansink</b>					
		100m	13.27	(13.27)	100m	14.11	(14.11)			
		500m	55.72	(42.45)	500m	54.69	(40.58)			

		Naam			Cat			PR	Tijd	Info
22	gl	59	<b>Brenda van Driel</b>		DC2			55.83	<b>58.58</b>	
	bl									
		<b>Brenda van Driel</b>								
		100m	14.51	(14.51)	m					
		500m	58.58	(44.07)						

		Naam			Cat			PR	Tijd	Info
23	wt	6	<b>Beyza Barkin</b>		DC2			57.84	<b>1:00.61</b>	
	rd	55	<b>Bracha Scholten</b>		DC1			1:07.65	<b>1:03.31</b>	PR
		<b>Beyza Barkin</b>			<b>Bracha Scholten</b>					
		100m	15.66	(15.66)	100m	14.24	(14.24)			
		500m	1:00.61	(44.95)	500m	1:03.31	(49.07)			

## 2. Uitslag 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	69 Niels d'Huy	HN3	26	I	1:15.40		
2	80 Tygo Kompier	HA1	25	I	1:17.67		
3	86 Wessel Schilders	HSB	25	O	1:18.07		
4	58 Calvin van Klink	HSA	26	O	1:18.37		
5	106 Thijs van Bostelen	HA2	27	O	1:22.62		
	36 Tijn van Til	HN2	28	I	1:22.62		
7	62 Hidde Bart	HSA	27	I	1:23.36		
8	108 Nick Barendse	HB1	33	I	1:23.78		
9	102 Dong Yang Plugge	HB2	31	I	1:24.95		
10	11 Hugo de Jonge	HN1	32	I	1:26.22		
11	104 Freek Bennis	HN3	29	O	1:26.28		
12	81 Guus Gelderblom	HA2	31	O	1:26.85		
13	92 Susanne Prins	DA2	30	I	1:27.17		
14	78 Niels Vlagsma	HSA	34	O	1:29.39		
15	20 Arne Wendt	HN3	34	I	1:29.50		
16	1 Martijn van der Horst	H50	32	O	1:30.24		
17	32 Ben Lispet	HB1	33	O	1:31.11		
18	68 Thomas van Herk	HN3	29	I	1:32.94		
19	46 Erben van der Lans	HN3	30	O	1:36.74		
20	95 Tamar Koolwijk	DC2	36	I	1:37.05		
21	99 Nina Loman	DB1	38	I	1:39.06		
22	110 Valentijn Visch	H50	42	O	1:39.60		
23	100 Louisa Loman	DB1	35	O	1:39.87		
24	53 Julian Ras	HC1	35	I	1:40.77		
25	50 Kem Scheffer	DB1	36	O	1:42.74		
26	72 Cato Slegtenhorst	DC1	37	I	1:43.10		
27	109 Bente Barendse	DB1	39	I	1:43.24		
28	43 Tippi Verbree	DC1	39	O	1:44.14		
29	94 Marcella van de Weem	DN2	37	O	1:45.44		
30	54 Evelien Ras	DB2	42	I	1:45.75		
31	31 Melle Zweers	HC1	46	I	1:46.53	PR	
32	75 Oona Alleblas	DC1	40	I	1:46.77		
33	82 Jan Rodewijk	H70	41	O	1:47.85		
34	57 Mare Damsma	DC1	38	O	1:48.38		
35	10 Owen Knook	HB1	40	O	1:48.72		
36	51 Jasmijn Bavius	DC1	43	I	1:56.55		
37	83 Thijs Breugem	HC1	43	O	1:57.11		
38	6 Beyza Barkin	DC2	44	O	2:02.70		



Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	9 Renske Ansink	DC1	45	O	2:04.01		
40	14 Jill Hoogendijk	DB1	44	I	2:04.29		
41	59 Brenda van Driel	DC2	45	I	2:04.53		
42	7 Rutger van Gerven	HC2	47	O	2:06.70		
43	55 Bracha Scholten	DC1	47	I	2:13.99		
	61 Clover van Zeijl	DC2	41	I	DNF		

## 2. Rituitslag 1000 meter

		Naam	Cat	PR	Tijd	Info
25	wt	80 <b>Tygo Kompier</b>	HA1	1:13.83	<b>1:17.67</b>	
	rd	86 <b>Wessel Schilders</b>	HSB	1:11.78	<b>1:18.07</b>	

### Tygo Kompier

200m	18.22	(18.22)
600m	46.97	(28.75)
1000m	1:17.67	(30.70)

### Wessel Schilders

200m	18.10	(18.10)
600m	46.93	(28.83)
1000m	1:18.07	(31.14)

		Naam	Cat	PR	Tijd	Info
26	gl	69 <b>Niels d'Huy</b>	HN3	1:10.99	<b>1:15.40</b>	
	bl	58 <b>Calvin van Klink</b>	HSA	1:14.04	<b>1:18.37</b>	

### Niels d'Huy

200m	17.49	(17.49)
600m	44.63	(27.14)
1000m	1:15.40	(30.77)

### Calvin van Klink

200m	18.00	(18.00)
600m	46.39	(28.39)
1000m	1:18.37	(31.98)

		Naam	Cat	PR	Tijd	Info
27	wt	62 <b>Hidde Bart</b>	HSA	1:17.94	<b>1:23.36</b>	
	rd	106 <b>Thijs van Bostelen</b>	HA2	1:17.74	<b>1:22.62</b>	

### Hidde Bart

200m	18.77	(18.77)
600m	49.22	(30.45)
1000m	1:23.36	(34.14)

### Thijs van Bostelen

200m	19.46	(19.46)
600m	49.79	(30.33)
1000m	1:22.62	(32.83)

		Naam	Cat	PR	Tijd	Info
28	gl	36 <b>Tijn van Til</b>	HN2	1:22.42	<b>1:22.62</b>	
	bl					

### Tijn van Til

200m	19.05	(19.05)
600m	49.50	(30.45)
1000m	1:22.62	(33.12)

m

		Naam			Cat	PR	Tijd	Info
29	wt	68	<b>Thomas van Herk</b>		HN3	1:27.28	<b>1:32.94</b>	
	rd	104	<b>Freek Bennis</b>		HN3	1:23.42	<b>1:26.28</b>	
		<b>Thomas van Herk</b>			<b>Freek Bennis</b>			
		200m	20.47	(20.47)	200m	19.97	(19.97)	
		600m	55.19	(34.72)	600m	52.09	(32.12)	
		1000m	1:32.94	(37.75)	1000m	1:26.28	(34.19)	

		Naam			Cat	PR	Tijd	Info
30	gl	92	<b>Susanne Prins</b>		DA2	1:25.65	<b>1:27.17</b>	
	bl	46	<b>Erben van der Lans</b>		HN3	1:22.79	<b>1:36.74</b>	
		<b>Susanne Prins</b>			<b>Erben van der Lans</b>			
		200m	20.11	(20.11)	200m	20.54	(20.54)	
		600m	52.26	(32.15)	600m	55.48	(34.94)	
		1000m	1:27.17	(34.91)	1000m	1:36.74	(41.26)	

		Naam			Cat	PR	Tijd	Info
31	wt	102	<b>Dong Yang Plugge</b>		HB2	1:24.29	<b>1:24.95</b>	
	rd	81	<b>Guus Gelderblom</b>		HA2	1:25.38	<b>1:26.85</b>	
		<b>Dong Yang Plugge</b>			<b>Guus Gelderblom</b>			
		200m	19.53	(19.53)	200m	20.08	(20.08)	
		600m	51.07	(31.54)	600m	52.18	(32.10)	
		1000m	1:24.95	(33.88)	1000m	1:26.85	(34.67)	

		Naam			Cat	PR	Tijd	Info
32	gl	11	<b>Hugo de Jonge</b>		HN1	1:22.63	<b>1:26.22</b>	
	bl	1	<b>Martijn van der Horst</b>		H50	1:22.85	<b>1:30.24</b>	
		<b>Hugo de Jonge</b>			<b>Martijn van der Horst</b>			
		200m	19.77	(19.77)	200m	21.12	(21.12)	
		600m	51.38	(31.61)	600m	54.20	(33.08)	
		1000m	1:26.22	(34.84)	1000m	1:30.24	(36.04)	

		Naam			Cat	PR	Tijd	Info
33	wt	108	<b>Nick Barendse</b>		HB1	1:23.58	<b>1:23.78</b>	
	rd	32	<b>Ben Lispet</b>		HB1	1:27.76	<b>1:31.11</b>	
		<b>Nick Barendse</b>			<b>Ben Lispet</b>			
		200m	19.57	(19.57)	200m	20.31	(20.31)	
		600m	50.09	(30.52)	600m	54.17	(33.86)	
		1000m	1:23.78	(33.69)	1000m	1:31.11	(36.94)	

		Naam			Cat	PR	Tijd	Info
34	gl	20	<b>Arne Wendt</b>		HN3	1:27.35	<b>1:29.50</b>	
	bl	78	<b>Niels Vlagsma</b>		HSA	1:24.38	<b>1:29.39</b>	
		<b>Arne Wendt</b>			<b>Niels Vlagsma</b>			
		200m	20.29	(20.29)	200m	20.96	(20.96)	
		600m	53.27	(32.98)	600m	54.32	(33.36)	
		1000m	1:29.50	(36.23)	1000m	1:29.39	(35.07)	

		Naam			Cat	PR	Tijd	Info
35	wt	53	<b>Julian Ras</b>		HC1	1:34.23	<b>1:40.77</b>	
	rd	100	<b>Louisa Loman</b>		DB1	1:35.11	<b>1:39.87</b>	
		<b>Julian Ras</b>			<b>Louisa Loman</b>			
		200m	21.51	(21.51)	200m	22.05	(22.05)	
		600m	59.04	(37.53)	600m	58.86	(36.81)	
		1000m	1:40.77	(41.73)	1000m	1:39.87	(41.01)	

		Naam			Cat	PR	Tijd	Info
36	gl	95	<b>Tamar Koolwijk</b>		DC2	1:35.03	<b>1:37.05</b>	
	bl	50	<b>Kem Scheffer</b>		DB1	1:39.43	<b>1:42.74</b>	
		<b>Tamar Koolwijk</b>			<b>Kem Scheffer</b>			
		200m	21.90	(21.90)	200m	22.69	(22.69)	
		600m	57.06	(35.16)	600m	1:00.20	(37.51)	
		1000m	1:37.05	(39.99)	1000m	1:42.74	(42.54)	

		Naam	Cat	PR	Tijd	Info	
37	wt	72 <b>Cato Slegtenhorst</b>	DC1	1:40.30	<b>1:43.10</b>		
	rd	94 <b>Marcella van de Weem</b>	DN2	1:37.78	<b>1:45.44</b>		
		<b>Cato Slegtenhorst</b>			<b>Marcella van de Weem</b>		
		200m	23.54 (23.54)	200m	23.56 (23.56)		
		600m	1:02.38 (38.84)	600m	1:02.58 (39.02)		
		1000m	1:43.10 (40.72)	1000m	1:45.44 (42.86)		

		Naam	Cat	PR	Tijd	Info	
38	gl	99 <b>Nina Loman</b>	DB1	1:35.95	<b>1:39.06</b>		
	bl	57 <b>Mare Damsma</b>	DC1	1:44.01	<b>1:48.38</b>		
		<b>Nina Loman</b>			<b>Mare Damsma</b>		
		200m	21.72 (21.72)	200m	23.70 (23.70)		
		600m	57.83 (36.11)	600m	1:04.20 (40.50)		
		1000m	1:39.06 (41.23)	1000m	1:48.38 (44.18)		

		Naam	Cat	PR	Tijd	Info	
39	wt	109 <b>Bente Barendse</b>	DB1	1:36.73	<b>1:43.24</b>		
	rd	43 <b>Tippi Verbree</b>	DC1	1:42.16	<b>1:44.14</b>		
		<b>Bente Barendse</b>			<b>Tippi Verbree</b>		
		200m	23.37 (23.37)	200m	22.76 (22.76)		
		600m	1:01.61 (38.24)	600m	1:01.69 (38.93)		
		1000m	1:43.24 (41.63)	1000m	1:44.14 (42.45)		

		Naam	Cat	PR	Tijd	Info	
40	gl	75 <b>Oona Alleblas</b>	DC1	1:43.74	<b>1:46.77</b>		
	bl	10 <b>Owen Knook</b>	HB1	1:47.02	<b>1:48.72</b>		
		<b>Oona Alleblas</b>			<b>Owen Knook</b>		
		200m	24.36 (24.36)	200m	22.56 (22.56)		
		600m	1:04.13 (39.77)	600m	1:02.86 (40.30)		
		1000m	1:46.77 (42.64)	1000m	1:48.72 (45.86)		

		Naam			Cat			PR	Tijd	Info
41	wt	61	<b>Clover van Zeijl</b>		DC2			1:45.61		<b>DNF</b>
	rd	82	<b>Jan Rodewijk</b>		H70			1:26.13		<b>1:47.85</b>
		<b>Clover van Zeijl</b>			<b>Jan Rodewijk</b>					
		200m	25.78	(25.78)	200m	25.10	(25.10)			
		600m	1:08.77	(42.99)	600m	1:05.38	(40.28)			
					1000m	1:47.85	(42.47)			

		Naam			Cat			PR	Tijd	Info
42	gl	54	<b>Evelien Ras</b>		DB2			1:39.66		<b>1:45.75</b>
	bl	110	<b>Valentijn Visch</b>		H50					<b>1:39.60</b>
		<b>Evelien Ras</b>			<b>Valentijn Visch</b>					
		200m	23.05	(23.05)	200m	23.38	(23.38)			
		600m	1:02.56	(39.51)	600m	1:00.45	(37.07)			
		1000m	1:45.75	(43.19)	1000m	1:39.60	(39.15)			

		Naam			Cat			PR	Tijd	Info
43	wt	51	<b>Jasmijn Bavius</b>		DC1			1:46.08		<b>1:56.55</b>
	rd	83	<b>Thijs Breugem</b>		HC1			1:53.31		<b>1:57.11</b>
		<b>Jasmijn Bavius</b>			<b>Thijs Breugem</b>					
		200m	24.78	(24.78)	200m	24.73	(24.73)			
		600m	1:08.46	(43.68)	600m	1:09.33	(44.60)			
		1000m	1:56.55	(48.09)	1000m	1:57.11	(47.78)			

		Naam			Cat			PR	Tijd	Info
44	gl	14	<b>Jill Hoogendijk</b>		DB1			1:51.57		<b>2:04.29</b>
	bl	6	<b>Beyza Barkin</b>		DC2			1:57.23		<b>2:02.70</b>
		<b>Jill Hoogendijk</b>			<b>Beyza Barkin</b>					
		200m	26.16	(26.16)	200m	27.32	(27.32)			
		600m	1:11.54	(45.38)	600m	1:12.44	(45.12)			
		1000m	2:04.29	(52.75)	1000m	2:02.70	(50.26)			

		Naam			Cat	PR	Tijd	Info
45	wt	59	<b>Brenda van Driel</b>		DC2	1:57.90	<b>2:04.53</b>	
	rd	9	<b>Renske Ansink</b>		DC1	1:54.28	<b>2:04.01</b>	
		<b>Brenda van Driel</b>			<b>Renske Ansink</b>			
		200m	27.70	(27.70)	200m	27.07	(27.07)	
		600m	1:16.43	(48.73)	600m	1:13.36	(46.29)	
		1000m	2:04.53	(48.10)	1000m	2:04.01	(50.65)	

		Naam			Cat	PR	Tijd	Info
46	gl	31	<b>Melle Zweers</b>		HC1	1:59.03	<b>1:46.53</b>	PR
	bl							
		<b>Melle Zweers</b>						
		200m	23.93	(23.93)	m			
		600m	1:04.13	(40.20)				
		1000m	1:46.53	(42.40)				

		Naam			Cat	PR	Tijd	Info
47	wt	55	<b>Bracha Scholten</b>		DC1		<b>2:13.99</b>	
	rd	7	<b>Rutger van Gerven</b>		HC2	2:05.61	<b>2:06.70</b>	
		<b>Bracha Scholten</b>			<b>Rutger van Gerven</b>			
		200m	28.26	(28.26)	200m	26.20	(26.20)	
		600m	1:19.24	(50.98)	600m	1:14.16	(47.96)	
		1000m	2:13.99	(54.75)	1000m	2:06.70	(52.54)	

## 3. Uitslag Selectie 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	96 Ymke Wubben	DB1	49	I	2:23.10		



## 3. Rituitslag Selectie 1500 meter

		Naam		Cat		PR	Tijd	Info
49	wt rd	96 Ymke Wubben		DB1		2:08.99	<b>2:23.10</b>	
		<b>Ymke Wubben</b>						
		300m	30.36	(30.36)				m
		700m	1:05.49	(35.13)				
		1100m	1:43.66	(38.17)				
		1500m	2:23.10	(39.44)				

## 4. Uitslag 3000 meter Jun C

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Stian van Etten	HC2	52	I	4:32.26		
2	25 Peter de Bruin	HC1	54	I	5:02.05		
3	39 Mees Blaauw	HC2	51	O	5:04.02	PR	
4	79 Sven Kompier	HC2	52	O	5:05.45		
5	66 Tygo Blom	HC1	51	I	5:07.74		
6	19 Olivier Wennekes	HC1	53	O	5:17.70		
7	23 Joep van Leeuwen	HC2	53	I	5:19.69		
8	71 Esmee van Randeraat	DC1	54	O	5:20.86		
9	2 Mathieu van der Horst	HC1	55	O	5:30.26	PR	
10	47 Valerie Gerritse	DC1	57	O	5:40.00		
11	18 Emma Boon	DC2	56	I	5:45.88		
12	34 Tycho Petri	HC1	58	I	5:46.53		
13	22 Keira Vissenberg	DC2	55	I	5:53.26		
14	4 Anne-Lotte Kohler	DC2	59	I	5:55.40		
15	73 Ilse Veuger	DC2	57	I	5:57.23		
16	33 Evi Lagerwerf	DC2	56	O	6:02.23		
17	40 Lisa de Koster	DC2	59	O	6:18.19		
18	65 Rinske Hogenboom	DC1	58	O	6:18.30		
19	60 Noa van Leeuwen	DC1	60	O	6:20.01		
20	84 Pien de Jong	DC2	60	I	6:21.61		

## 4. Rituitslag 3000 meter Jun C

		Naam		Cat		PR		Tijd	Info
51	wt	66	<b>Tygo Blom</b>		HC1			<b>5:07.74</b>	
	rd	39	<b>Mees Blaauw</b>		HC2	5:16.02		<b>5:04.02</b>	PR
			<b>Tygo Blom</b>				<b>Mees Blaauw</b>		
		200m	22.73	(22.73)		200m	22.60	(22.60)	
		600m	1:01.22	(38.49)		600m	1:00.38	(37.78)	
		1000m	1:41.67	(40.45)		1000m	1:40.46	(40.08)	
		1400m	2:22.71	(41.04)		1400m	2:21.21	(40.75)	
		1800m	3:03.19	(40.48)		1800m	3:01.97	(40.76)	
		2200m	3:44.42	(41.23)		2200m	3:42.86	(40.89)	
		2600m	4:25.82	(41.40)		2600m	4:24.45	(41.59)	
		3000m	5:07.74	(41.92)		3000m	5:04.02	(39.57)	

		Naam		Cat		PR		Tijd	Info
52	gl	24	<b>Stian van Etten</b>		HC2			<b>4:32.26</b>	
	bl	79	<b>Sven Kompier</b>		HC2			<b>5:05.45</b>	
			<b>Stian van Etten</b>				<b>Sven Kompier</b>		
		200m	21.62	(21.62)		200m	22.45	(22.45)	
		600m	55.63	(34.01)		600m	59.14	(36.69)	
		1000m	1:30.46	(34.83)		1000m	1:37.80	(38.66)	
		1400m	2:06.15	(35.69)		1400m	2:17.48	(39.68)	
		1800m	2:42.08	(35.93)		1800m	2:58.34	(40.86)	
		2200m	3:18.57	(36.49)		2200m	3:40.03	(41.69)	
		2600m	3:55.41	(36.84)		2600m	4:22.61	(42.58)	
		3000m	4:32.26	(36.85)		3000m	5:05.45	(42.84)	

		Naam	Cat	PR	Tijd	Info
53	wt	23 <b>Joep van Leeuwen</b>	HC2		<b>5:19.69</b>	
	rd	19 <b>Olivier Wennekes</b>	HC1	5:11.60	<b>5:17.70</b>	

**Joep van Leeuwen**

200m	22.25	(22.25)
600m	1:00.77	(38.52)
1000m	1:41.53	(40.76)
1400m	2:24.29	(42.76)
1800m	3:07.65	(43.36)
2200m	3:51.48	(43.83)
2600m	4:35.51	(44.03)
3000m	5:19.69	(44.18)

**Olivier Wennekes**

200m	22.56	(22.56)
600m	1:00.46	(37.90)
1000m	1:41.17	(40.71)
1400m	2:23.17	(42.00)
1800m	3:06.39	(43.22)
2200m	3:49.70	(43.31)
2600m	4:33.87	(44.17)
3000m	5:17.70	(43.83)

		Naam	Cat	PR	Tijd	Info
54	gl	25 <b>Peter de Bruin</b>	HC1		<b>5:02.05</b>	
	bl	71 <b>Esmee van Randeraat</b>	DC1		<b>5:20.86</b>	

**Peter de Bruin**

200m	22.69	(22.69)
600m	1:00.78	(38.09)
1000m	1:39.82	(39.04)
1400m	2:19.62	(39.80)
1800m	2:59.88	(40.26)
2200m	3:40.46	(40.58)
2600m	4:21.17	(40.71)
3000m	5:02.05	(40.88)

**Esmee van Randeraat**

200m	23.49	(23.49)
600m	1:05.39	(41.90)
1000m	1:46.86	(41.47)
1400m	2:28.76	(41.90)
1800m	3:12.21	(43.45)
2200m	3:55.48	(43.27)
2600m	4:38.63	(43.15)
3000m	5:20.86	(42.23)

		Naam	Cat	PR	Tijd Info
55	wt	22 <b>Keira Vissenberg</b>	DC2	5:17.69	<b>5:53.26</b>
	rd	2 <b>Mathieu van der Horst</b>	HC1	5:31.40	<b>5:30.26</b> PR

### Keira Vissenberg

200m	24.04	(24.04)
600m	1:05.14	(41.10)
1000m	1:49.25	(44.11)
1400m	2:34.63	(45.38)
1800m	3:22.72	(48.09)
2200m	4:13.43	(50.71)
2600m	5:03.53	(50.10)
3000m	5:53.26	(49.73)

### Mathieu van der Horst

200m	24.01	(24.01)
600m	1:04.45	(40.44)
1000m	1:47.90	(43.45)
1400m	2:31.82	(43.92)
1800m	3:16.26	(44.44)
2200m	4:02.09	(45.83)
2600m	4:47.07	(44.98)
3000m	5:30.26	(43.19)

		Naam	Cat	PR	Tijd Info
56	gl	18 <b>Emma Boon</b>	DC2	5:27.97	<b>5:45.88</b>
	bl	33 <b>Evi Lagerwerf</b>	DC2		<b>6:02.23</b>

### Emma Boon

200m	23.69	(23.69)
600m	1:05.50	(41.81)
1000m	1:49.87	(44.37)
1400m	2:35.29	(45.42)
1800m	3:21.32	(46.03)
2200m	4:08.68	(47.36)
2600m	4:57.76	(49.08)
3000m	5:45.88	(48.12)

### Evi Lagerwerf

200m	24.18	(24.18)
600m	1:06.84	(42.66)
1000m	1:54.65	(47.81)
1400m	2:42.84	(48.19)
1800m	3:32.83	(49.99)
2200m	4:22.89	(50.06)
2600m	5:13.67	(50.78)
3000m	6:02.23	(48.56)

		Naam		Cat		PR	Tijd	Info
57	wt	73 Ilse Veuger		DC2			<b>5:57.23</b>	
	rd	47 Valerie Gerritse		DC1			<b>5:40.00</b>	
<b>Ilse Veuger</b>			<b>Valerie Gerritse</b>					
		200m	24.39	(24.39)	200m	24.02	(24.02)	
		600m	1:07.91	(43.52)	600m	1:06.47	(42.45)	
		1000m	1:54.13	(46.22)	1000m	1:51.54	(45.07)	
		1400m	2:41.51	(47.38)	1400m	2:37.70	(46.16)	
		1800m	3:29.39	(47.88)	1800m	3:23.70	(46.00)	
		2200m	4:18.25	(48.86)	2200m	4:10.05	(46.35)	
		2600m	5:07.65	(49.40)	2600m	4:56.42	(46.37)	
		3000m	5:57.23	(49.58)	3000m	5:40.00	(43.58)	

		Naam		Cat		PR	Tijd	Info
58	gl	34 Tycho Petri		HC1			<b>5:46.53</b>	
	bl	65 Rinske Hogenboom		DC1			<b>6:18.30</b>	
<b>Tycho Petri</b>			<b>Rinske Hogenboom</b>					
		200m	24.04	(24.04)	200m	26.34	(26.34)	
		600m	1:06.24	(42.20)	600m	1:10.71	(44.37)	
		1000m	1:52.80	(46.56)	1000m	2:00.18	(49.47)	
		1400m	2:41.74	(48.94)	1400m	2:51.01	(50.83)	
		1800m	3:30.43	(48.69)	1800m	3:41.37	(50.36)	
		2200m	4:16.64	(46.21)	2200m	4:32.91	(51.54)	
		2600m	5:02.76	(46.12)	2600m	5:24.71	(51.80)	
		3000m	5:46.53	(43.77)	3000m	6:18.30	(53.59)	

		Naam			Cat			PR	Tijd	Info
59	wt	4	<b>Anne-Lotte Kohler</b>		DC2			5:38.51	<b>5:55.40</b>	
	rd	40	<b>Lisa de Koster</b>		DC2				<b>6:18.19</b>	
		<b>Anne-Lotte Kohler</b>						<b>Lisa de Koster</b>		
		200m	25.83	(25.83)	200m	26.35	(26.35)			
		600m	1:12.87	(47.04)	600m	1:13.52	(47.17)			
		1000m	2:00.24	(47.37)	1000m	2:03.28	(49.76)			
		1400m	2:48.04	(47.80)	1400m	2:52.46	(49.18)			
		1800m	3:36.06	(48.02)	1800m	3:43.28	(50.82)			
		2200m	4:23.78	(47.72)	2200m	4:34.98	(51.70)			
		2600m	5:10.48	(46.70)	2600m	5:27.20	(52.22)			
		3000m	5:55.40	(44.92)	3000m	6:18.19	(50.99)			

		Naam			Cat			PR	Tijd	Info
60	gl	84	<b>Pien de Jong</b>		DC2				<b>6:21.61</b>	
	bl	60	<b>Noa van Leeuwen</b>		DC1				<b>6:20.01</b>	
		<b>Pien de Jong</b>						<b>Noa van Leeuwen</b>		
		200m	27.86	(27.86)	200m	27.00	(27.00)			
		600m	1:13.77	(45.91)	600m	1:11.95	(44.95)			
		1000m	2:02.85	(49.08)	1000m	2:01.55	(49.60)			
		1400m	2:53.67	(50.82)	1400m	2:51.61	(50.06)			
		1800m	3:45.72	(52.05)	1800m	3:45.44	(53.83)			
		2200m	4:38.48	(52.76)	2200m	4:39.32	(53.88)			
		2600m	5:31.29	(52.81)	2600m	5:30.83	(51.51)			
		3000m	6:21.61	(50.32)	3000m	6:20.01	(49.18)			

## 5. Uitslag 3000 meter Jun B en ouder

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	67 Arjan Bakker	H60	61	I	4:33.73		
2	103 Tom Harris	HN3	64	I	4:36.67		
3	70 Jelmer Kraaijeveld	HSB	62	O	4:38.00		
4	42 Bram van der Hoeven	HB1	66	I	4:41.66	PR	
5	91 Hans van der Does	H55	61	O	4:46.07		
6	112 Sven Pera	HA2	65	I	4:47.62		
7	26 Willem Jan Molleman	H45	64	O	4:48.92		
8	41 Giel Hermans	H60	63	I	4:49.34		
9	45 Jim Hartveld	HB1	63	O	4:53.65		
10	27 Joey van den Berg	HB2	67	I	4:57.33	PR	
11	16 Quinten de Jong	HB1	68	I	4:58.83	PR	
12	101 Marije van der Spek	DN2	65	O	5:02.17		
13	90 Marco van Koppen	H50	67	O	5:03.59		
14	107 Martin van Bostelen	H50	68	O	5:07.40	PR	
15	30 Hilde Houtzager	DN2	66	O	5:08.13		
16	13 Leon van Kooten	HSB	70	O	5:12.09	PR	
17	56 Duco Kuper	HA1	71	O	5:19.39		
18	77 Lieke van Ooij	DB2	69	I	5:22.88		
19	74 Janneke van den Bos	DSB	69	O	5:42.53		
20	12 Famke Hogenboom	DA2	70	I	5:49.51		
21	85 Sara de Jong	DB1	71	I	6:08.14		
22	89 Renate van Koppen	D50	72	I	6:10.14		
23	3 Annewil Stelloo	D40	72	O	6:19.28		
	88 Paddy Smit	HN2				WDR	



## 5. Rituitslag 3000 meter Jun B en ouder

		Naam	Cat	PR	Tijd Info
61	wt	67 <b>Arjan Bakker</b>	H60	4:04.59	<b>4:33.73</b>
	rd	91 <b>Hans van der Does</b>	H55	4:13.38	<b>4:46.07</b>

### Arjan Bakker

200m	22.14	(22.14)
600m	57.67	(35.53)
1000m	1:32.49	(34.82)
1400m	2:08.46	(35.97)
1800m	2:45.15	(36.69)
2200m	3:21.47	(36.32)
2600m	3:57.62	(36.15)
3000m	4:33.73	(36.11)

### Hans van der Does

200m	22.50	(22.50)
600m	57.89	(35.39)
1000m	1:33.32	(35.43)
1400m	2:10.02	(36.70)
1800m	2:47.92	(37.90)
2200m	3:26.36	(38.44)
2600m	4:05.64	(39.28)
3000m	4:46.07	(40.43)

		Naam	Cat	PR	Tijd Info
62	gl	88 <b>Paddy Smit</b>	HN2	4:16.67	<b>WDR</b>
	bl	70 <b>Jelmer Kraaijeveld</b>	HSB	4:26.09	<b>4:38.00</b>

### Paddy Smit

### Jelmer Kraaijeveld

200m	21.54	(21.54)
600m	55.41	(33.87)
1000m	1:30.48	(35.07)
1400m	2:06.52	(36.04)
1800m	2:43.04	(36.52)
2200m	3:20.46	(37.42)
2600m	3:58.76	(38.30)
3000m	4:38.00	(39.24)

		Naam	Cat	PR	Tijd	Info
63	wt	41 <b>Giel Hermans</b>	H60	4:38.02	<b>4:49.34</b>	
	rd	45 <b>Jim Hartveld</b>	HB1	4:43.13	<b>4:53.65</b>	

### Giel Hermans

200m	22.19	(22.19)
600m	58.70	(36.51)
1000m	1:36.50	(37.80)
1400m	2:14.68	(38.18)
1800m	2:52.88	(38.20)
2200m	3:31.75	(38.87)
2600m	4:10.61	(38.86)
3000m	4:49.34	(38.73)

### Jim Hartveld

200m	21.14	(21.14)
600m	55.68	(34.54)
1000m	1:32.78	(37.10)
1400m	2:11.16	(38.38)
1800m	2:51.21	(40.05)
2200m	3:32.02	(40.81)
2600m	4:12.97	(40.95)
3000m	4:53.65	(40.68)

		Naam	Cat	PR	Tijd	Info
64	gl	103 <b>Tom Harris</b>	HN3	4:36.04	<b>4:36.67</b>	
	bl	26 <b>Willem Jan Molleman</b>	H45	4:10.39	<b>4:48.92</b>	

### Tom Harris

200m	21.83	(21.83)
600m	55.84	(34.01)
1000m	1:31.08	(35.24)
1400m	2:07.45	(36.37)
1800m	2:44.31	(36.86)
2200m	3:21.31	(37.00)
2600m	3:59.14	(37.83)
3000m	4:36.67	(37.53)

### Willem Jan Molleman

200m	21.75	(21.75)
600m	56.73	(34.98)
1000m	1:33.53	(36.80)
1400m	2:10.82	(37.29)
1800m	2:48.96	(38.14)
2200m	3:28.32	(39.36)
2600m	4:08.50	(40.18)
3000m	4:48.92	(40.42)

		Naam	Cat	PR	Tijd	Info
65	wt	112 <b>Sven Pera</b>	HA2	4:41.12	<b>4:47.62</b>	
	rd	101 <b>Marije van der Spek</b>	DN2	4:47.02	<b>5:02.17</b>	

### Sven Pera

200m	20.67	(20.67)
600m	55.07	(34.40)
1000m	1:31.88	(36.81)
1400m	2:10.14	(38.26)
1800m	2:49.03	(38.89)
2200m	3:28.53	(39.50)
2600m	4:08.15	(39.62)
3000m	4:47.62	(39.47)

### Marije van der Spek

200m	23.05	(23.05)
600m	59.56	(36.51)
1000m	1:37.35	(37.79)
1400m	2:16.62	(39.27)
1800m	2:56.78	(40.16)
2200m	3:38.01	(41.23)
2600m	4:19.75	(41.74)
3000m	5:02.17	(42.42)

		Naam	Cat	PR	Tijd	Info
66	gl	42 <b>Bram van der Hoeven</b>	HB1	4:44.50	<b>4:41.66</b>	PR
	bl	30 <b>Hilde Houtzager</b>	DN2	4:53.83	<b>5:08.13</b>	

### Bram van der Hoeven

200m	21.51	(21.51)
600m	57.74	(36.23)
1000m	1:35.84	(38.10)
1400m	2:13.48	(37.64)
1800m	2:50.83	(37.35)
2200m	3:28.53	(37.70)
2600m	4:06.14	(37.61)
3000m	4:41.66	(35.52)

### Hilde Houtzager

200m	22.52	(22.52)
600m	59.37	(36.85)
1000m	1:38.11	(38.74)
1400m	2:17.28	(39.17)
1800m	2:58.32	(41.04)
2200m	3:40.90	(42.58)
2600m	4:24.33	(43.43)
3000m	5:08.13	(43.80)

		Naam	Cat	PR	Tijd Info
67	wt	27 <b>Joey van den Berg</b>	HB2	4:59.41	<b>4:57.33</b> PR
	rd	90 <b>Marco van Koppen</b>	H50	4:47.45	<b>5:03.59</b>

### Joey van den Berg

200m	21.58	(21.58)
600m	58.18	(36.60)
1000m	1:36.93	(38.75)
1400m	2:17.19	(40.26)
1800m	2:57.44	(40.25)
2200m	3:38.03	(40.59)
2600m	4:18.17	(40.14)
3000m	4:57.33	(39.16)

### Marco van Koppen

200m	23.97	(23.97)
600m	1:01.38	(37.41)
1000m	1:39.66	(38.28)
1400m	2:19.12	(39.46)
1800m	2:59.42	(40.30)
2200m	3:40.31	(40.89)
2600m	4:21.73	(41.42)
3000m	5:03.59	(41.86)

		Naam	Cat	PR	Tijd Info
68	gl	16 <b>Quinten de Jong</b>	HB1	5:13.46	<b>4:58.83</b> PR
	bl	107 <b>Martin van Bostelen</b>	H50	5:07.74	<b>5:07.40</b> PR

### Quinten de Jong

200m	21.04	(21.04)
600m	57.29	(36.25)
1000m	1:36.35	(39.06)
1400m	2:17.22	(40.87)
1800m	2:58.17	(40.95)
2200m	3:38.87	(40.70)
2600m	4:19.46	(40.59)
3000m	4:58.83	(39.37)

### Martin van Bostelen

200m	24.11	(24.11)
600m	1:01.23	(37.12)
1000m	1:40.45	(39.22)
1400m	2:21.13	(40.68)
1800m	3:02.69	(41.56)
2200m	3:44.28	(41.59)
2600m	4:25.91	(41.63)
3000m	5:07.40	(41.49)

		Naam	Cat	PR	Tijd	Info
69	wt	77 <b>Lieke van Ooij</b>	DB2	5:21.72	<b>5:22.88</b>	
	rd	74 <b>Janneke van den Bos</b>	DSB	5:21.22	<b>5:42.53</b>	

### Lieke van Ooij

200m	22.80	(22.80)
600m	1:01.15	(38.35)
1000m	1:43.15	(42.00)
1400m	2:26.63	(43.48)
1800m	3:10.69	(44.06)
2200m	3:54.76	(44.07)
2600m	4:40.01	(45.25)
3000m	5:22.88	(42.87)

### Janneke van den Bos

200m	25.63	(25.63)
600m	1:08.84	(43.21)
1000m	1:54.19	(45.35)
1400m	2:40.25	(46.06)
1800m	3:26.26	(46.01)
2200m	4:13.03	(46.77)
2600m	4:58.34	(45.31)
3000m	5:42.53	(44.19)

		Naam	Cat	PR	Tijd	Info
70	gl	12 <b>Famke Hogenboom</b>	DA2	5:27.48	<b>5:49.51</b>	
	bl	13 <b>Leon van Kooten</b>	HSB	5:12.69	<b>5:12.09</b>	PR

### Famke Hogenboom

200m	24.10	(24.10)
600m	1:05.76	(41.66)
1000m	1:49.81	(44.05)
1400m	2:36.80	(46.99)
1800m	3:24.88	(48.08)
2200m	4:13.29	(48.41)
2600m	5:01.29	(48.00)
3000m	5:49.51	(48.22)

### Leon van Kooten

200m	22.91	(22.91)
600m	1:00.16	(37.25)
1000m	1:39.73	(39.57)
1400m	2:20.15	(40.42)
1800m	3:01.35	(41.20)
2200m	3:43.72	(42.37)
2600m	4:27.36	(43.64)
3000m	5:12.09	(44.73)

		Naam			Cat			PR	Tijd	Info
71	wt	85	<b>Sara de Jong</b>		DB1				<b>6:08.14</b>	
	rd	56	<b>Duco Kuper</b>		HA1				<b>5:19.39</b>	
		<b>Sara de Jong</b>				<b>Duco Kuper</b>				
		200m	25.81	(25.81)	200m	23.32	(23.32)			
		600m	1:10.91	(45.10)	600m	1:03.39	(40.07)			
		1000m	1:59.88	(48.97)	1000m	1:45.62	(42.23)			
		1400m	2:50.37	(50.49)	1400m	2:27.75	(42.13)			
		1800m	3:40.75	(50.38)	1800m	3:10.75	(43.00)			
		2200m	4:31.22	(50.47)	2200m	3:54.02	(43.27)			
		2600m	5:21.07	(49.85)	2600m	4:37.80	(43.78)			
		3000m	6:08.14	(47.07)	3000m	5:19.39	(41.59)			

		Naam			Cat			PR	Tijd	Info
72	gl	89	<b>Renate van Koppen</b>		D50				<b>6:10.14</b>	
	bl	3	<b>Annewil Stelloo</b>		D40			6:19.22	<b>6:19.28</b>	
		<b>Renate van Koppen</b>				<b>Annewil Stelloo</b>				
		200m	27.96	(27.96)	200m	28.58	(28.58)			
		600m	1:14.76	(46.80)	600m	1:16.24	(47.66)			
		1000m	2:04.23	(49.47)	1000m	2:04.81	(48.57)			
		1400m	2:52.97	(48.74)	1400m	2:55.77	(50.96)			
		1800m	3:42.05	(49.08)	1800m	3:46.48	(50.71)			
		2200m	4:31.54	(49.49)	2200m	4:37.70	(51.22)			
		2600m	5:20.77	(49.23)	2600m	5:29.57	(51.87)			
		3000m	6:10.14	(49.37)	3000m	6:19.28	(49.71)			

**6. Uitslag 5000 meter**

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 <b>Berto Anker</b>	HA2	75	I	<b>7:54.62</b>		
2	29 <b>Wouter van der Geer</b>	HSA	75	O	<b>8:04.39</b>		
3	52 <b>Alexander Doornekamp</b>	HN4	77	O	<b>8:07.82</b>		
4	15 <b>Joppe Kleiweg</b>	HN4	77	I	<b>8:28.69</b>		
5	111 <b>Thijs Langeveld</b>	HN4	76	I	<b>8:44.17</b>		
6	49 <b>Tiemen Haaring</b>	HA1	78	O	<b>9:10.89</b>		
7	21 <b>Nerena van Vuuren</b>	DN3	78	I	<b>9:15.33</b>		

## 6. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd	Info
75	wt	8 <b>Berto Anker</b>	HA2	7:53.92	<b>7:54.62</b>	
	rd	29 <b>Wouter van der Geer</b>	HSA	7:40.29	<b>8:04.39</b>	
		<b>Berto Anker</b>				<b>Wouter van der Geer</b>
		200m	21.48 (21.48)		200m	21.38 (21.38)
		600m	58.05 (36.57)		600m	57.08 (35.70)
		1000m	1:35.70 (37.65)		1000m	1:34.09 (37.01)
		1400m	2:12.57 (36.87)		1400m	2:11.40 (37.31)
		1800m	2:49.63 (37.06)		1800m	2:48.06 (36.66)
		2200m	3:26.95 (37.32)		2200m	3:25.03 (36.97)
		2600m	4:04.60 (37.65)		2600m	4:02.31 (37.28)
		3000m	4:42.54 (37.94)		3000m	4:40.13 (37.82)
		3400m	5:20.60 (38.06)		3400m	5:18.35 (38.22)
		3800m	5:58.74 (38.14)		3800m	5:57.45 (39.10)
		4200m	6:37.15 (38.41)		4200m	6:37.72 (40.27)
		4600m	7:15.78 (38.63)		4600m	7:20.17 (42.45)
		5000m	7:54.62 (38.84)		5000m	8:04.39 (44.22)

		Naam	Cat	PR	Tijd	Info
76	gl	111 <b>Thijs Langeveld</b>	HN4		<b>8:44.17</b>	
	bl					
		<b>Thijs Langeveld</b>				
		200m	22.51 (22.51)		m	
		600m	1:00.41 (37.90)			
		1000m	1:40.25 (39.84)			
		1400m	2:19.95 (39.70)			
		1800m	3:00.40 (40.45)			
		2200m	3:41.86 (41.46)			
		2600m	4:23.77 (41.91)			
		3000m	5:05.96 (42.19)			
		3400m	5:48.64 (42.68)			
		3800m	6:32.39 (43.75)			
		4200m	7:16.66 (44.27)			
		4600m	8:01.02 (44.36)			
		5000m	8:44.17 (43.15)			



		Naam	Cat	PR	Tijd	Info
77	wt	15 <b>Joppe Kleiweg</b>	HN4	8:10.23	<b>8:28.69</b>	
	rd	52 <b>Alexander Doornekamp</b>	HN4	7:54.35	<b>8:07.82</b>	
		<b>Joppe Kleiweg</b>			<b>Alexander Doornekamp</b>	
		200m	21.27 (21.27)	200m	21.86 (21.86)	
		600m	57.70 (36.43)	600m	58.57 (36.71)	
		1000m	1:34.87 (37.17)	1000m	1:36.11 (37.54)	
		1400m	2:12.98 (38.11)	1400m	2:14.24 (38.13)	
		1800m	2:51.53 (38.55)	1800m	2:52.52 (38.28)	
		2200m	3:31.19 (39.66)	2200m	3:30.63 (38.11)	
		2600m	4:11.23 (40.04)	2600m	4:09.22 (38.59)	
		3000m	4:52.67 (41.44)	3000m	4:48.79 (39.57)	
		3400m	5:35.23 (42.56)	3400m	5:28.23 (39.44)	
		3800m	6:19.13 (43.90)	3800m	6:07.78 (39.55)	
		4200m	7:03.47 (44.34)	4200m	6:47.83 (40.05)	
		4600m	7:46.54 (43.07)	4600m	7:27.87 (40.04)	
		5000m	8:28.69 (42.15)	5000m	8:07.82 (39.95)	

		Naam	Cat	PR	Tijd	Info
78	gl	21 <b>Nerena van Vuuren</b>	DN3	8:59.04	<b>9:15.33</b>	
	bl	49 <b>Tiemen Haaring</b>	HA1		<b>9:10.89</b>	
		<b>Nerena van Vuuren</b>			<b>Tiemen Haaring</b>	
		200m	23.44 (23.44)	200m	23.34 (23.34)	
		600m	1:03.21 (39.77)	600m	1:03.58 (40.24)	
		1000m	1:44.56 (41.35)	1000m	1:45.89 (42.31)	
		1400m	2:27.23 (42.67)	1400m	2:28.66 (42.77)	
		1800m	3:11.16 (43.93)	1800m	3:12.39 (43.73)	
		2200m	3:55.67 (44.51)	2200m	3:55.94 (43.55)	
		2600m	4:40.11 (44.44)	2600m	4:39.98 (44.04)	
		3000m	5:24.81 (44.70)	3000m	5:24.10 (44.12)	
		3400m	6:11.07 (46.26)	3400m	6:09.96 (45.86)	
		3800m	6:57.61 (46.54)	3800m	6:55.16 (45.20)	
		4200m	7:44.02 (46.41)	4200m	7:40.31 (45.15)	
		4600m	8:29.89 (45.87)	4600m	8:25.77 (45.46)	
		5000m	9:15.33 (45.44)	5000m	9:10.89 (45.12)	