

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	Wessel Schilders		HSB	36.49	39.19	
	rd	80	Tygo Kompier		HA1	37.39	39.10	
		Wessel Schilders			Tygo Kompier			
		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	Thijs van Bostelen		HA2	39.17	40.99	
	bl	58	Calvin van Klink		HSA	36.92	38.85	
		Thijs van Bostelen			Calvin van Klink			
		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	Hidde Bart		HSA	39.26	40.64	
	rd							
		Hidde Bart						
		100m	11.02	(11.02)	m			
		500m	40.64	(29.62)				

		Naam		Cat		PR	Tijd	Info
4	gl	36	Tijn van Til		HN2	40.75	40.87	
	bl	104	Freek Bennis		HN3	41.65	42.58	
		Tijn van Til			Freek Bennis			
		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	Hugo de Jonge		HN1	41.28	41.81	
	rd	46	Erben van der Lans		HN3	40.95	48.36	
		Hugo de Jonge			Erben van der Lans			
		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 Dong Yang Plugge		HB2		40.37	41.65	
	bl	108 Nick Barendse		HB1		39.95	41.66	
		Dong Yang Plugge			Nick Barendse			
		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 Guus Gelderblom		HA2		42.13	42.92	
	rd	32 Ben Lispet		HB1		42.52	44.62	
		Guus Gelderblom			Ben Lispet			
		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 Niels Vlagsma		HSA		41.42	43.92	
	bl	92 Susanne Prins		DA2		41.96	42.99	
		Niels Vlagsma			Susanne Prins			
		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 Arne Wendt		HN3		42.69	44.14	
	rd	1 Martijn van der Horst		H50		39.70	44.71	
		Arne Wendt			Martijn van der Horst			
		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 Tamar Koolwijk		DC2		45.91	47.12	
	bl	68 Thomas van Herk		HN3		41.63	44.11	
		Tamar Koolwijk			Thomas van Herk			
		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	Bente Barendse		DB1	47.57	49.47	
	rd	99	Nina Loman		DB1	46.37	47.87	
		Bente Barendse			Nina Loman			
		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	Ymke Wubben		DB1	43.29	45.89	
	bl	53	Julian Ras		HC1	44.74	46.74	
		Ymke Wubben			Julian Ras			
		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	Marcella van de Weem		DN2	48.24	50.19	
	rd	100	Louisa Loman		DB1	46.48	48.63	
		Marcella van de Weem			Louisa Loman			
		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	Oona Alleblas		DC1	49.15	52.60	
	bl	72	Cato Slegtenhorst		DC1	49.30	51.35	
		Oona Alleblas			Cato Slegtenhorst			
		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	Mare Damsma		DC1	48.84	52.50	
	rd	54	Evelien Ras		DB2	48.54	50.46	
		Mare Damsma			Evelien Ras			
		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	Valentijn Visch		H50	47.79	50.33	
	bl	43	Tippi Verbree		DC1	49.69	50.41	
		Valentijn Visch			Tippi Verbree			
		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	Jasmijn Bavius		DC1	50.15	54.97	
	rd	61	Clover van Zeijl		DC2	50.37	56.59	
		Jasmijn Bavius			Clover van Zeijl			
		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	Jill Hoogendijk		DB1	52.82	57.42	
	bl	82	Jan Rodewijk		H70	43.31	53.80	
		Jill Hoogendijk			Jan Rodewijk			
		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	Kem Scheffer		DB1	47.27	52.25	
	rd	10	Owen Knook		HB1	51.99	50.72	PR
		Kem Scheffer			Owen Knook			
		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	Melle Zweers		HC1	56.72	52.54	PR
	bl	7	Rutger van Gerven		HC2	57.62	57.24	PR
		Melle Zweers			Rutger van Gerven			
		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	Thijs Breugem		HC1			54.29	55.72	
	rd	9	Renske Ansink		DC1			52.82	54.69	
		Thijs Breugem			Renske Ansink					
		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	Brenda van Driel		DC2			55.83	58.58	
	bl									
		Brenda van Driel								
		100m	14.51	(14.51)	m					
		500m	58.58	(44.07)						

		Naam			Cat			PR	Tijd	Info
23	wt	6	Beyza Barkin		DC2			57.84	1:00.61	
	rd	55	Bracha Scholten		DC1			1:07.65	1:03.31	PR
		Beyza Barkin			Bracha Scholten					
		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 Tygo Kompier		HA1		1:13.83	1:17.67	
	rd	86 Wessel Schilders		HSB		1:11.78	1:18.07	

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 Niels d'Huy		HN3		1:10.99	1:15.40	
	bl	58 Calvin van Klink		HSA		1:14.04	1:18.37	

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 Hidde Bart		HSA		1:17.94	1:23.36	
	rd	106 Thijs van Bostelen		HA2		1:17.74	1:22.62	

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 Tijn van Til		HN2		1:22.42	1:22.62	
	bl							

Tijn van Til

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

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		Naam			Cat	PR	Tijd	Info
29	wt	68	Thomas van Herk		HN3	1:27.28	1:32.94	
	rd	104	Freek Bennis		HN3	1:23.42	1:26.28	
		Thomas van Herk			Freek Bennis			
		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	Susanne Prins		DA2	1:25.65	1:27.17	
	bl	46	Erben van der Lans		HN3	1:22.79	1:36.74	
		Susanne Prins			Erben van der Lans			
		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	Dong Yang Plugge		HB2	1:24.29	1:24.95	
	rd	81	Guus Gelderblom		HA2	1:25.38	1:26.85	
		Dong Yang Plugge			Guus Gelderblom			
		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	Hugo de Jonge		HN1	1:22.63	1:26.22	
	bl	1	Martijn van der Horst		H50	1:22.85	1:30.24	
		Hugo de Jonge			Martijn van der Horst			
		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	Nick Barendse		HB1	1:23.58	1:23.78	
	rd	32	Ben Lispet		HB1	1:27.76	1:31.11	
		Nick Barendse			Ben Lispet			
		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	Arne Wendt		HN3	1:27.35	1:29.50	
	bl	78	Niels Vlagsma		HSA	1:24.38	1:29.39	
		Arne Wendt			Niels Vlagsma			
		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	Julian Ras		HC1	1:34.23	1:40.77	
	rd	100	Louisa Loman		DB1	1:35.11	1:39.87	
		Julian Ras			Louisa Loman			
		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	Tamar Koolwijk		DC2	1:35.03	1:37.05	
	bl	50	Kem Scheffer		DB1	1:39.43	1:42.74	
		Tamar Koolwijk			Kem Scheffer			
		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 Cato Slegtenhorst	DC1	1:40.30	1:43.10		
	rd	94 Marcella van de Weem	DN2	1:37.78	1:45.44		
		Cato Slegtenhorst			Marcella van de Weem		
		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 Nina Loman	DB1	1:35.95	1:39.06		
	bl	57 Mare Damsma	DC1	1:44.01	1:48.38		
		Nina Loman			Mare Damsma		
		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 Bente Barendse	DB1	1:36.73	1:43.24		
	rd	43 Tippi Verbree	DC1	1:42.16	1:44.14		
		Bente Barendse			Tippi Verbree		
		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 Oona Alleblas	DC1	1:43.74	1:46.77		
	bl	10 Owen Knook	HB1	1:47.02	1:48.72		
		Oona Alleblas			Owen Knook		
		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	Clover van Zeijl		DC2			1:45.61		DNF
	rd	82	Jan Rodewijk		H70			1:26.13		1:47.85
		Clover van Zeijl			Jan Rodewijk					
		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	Evelien Ras		DB2			1:39.66		1:45.75
	bl	110	Valentijn Visch		H50					1:39.60
		Evelien Ras			Valentijn Visch					
		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	Jasmijn Bavius		DC1			1:46.08		1:56.55
	rd	83	Thijs Breugem		HC1			1:53.31		1:57.11
		Jasmijn Bavius			Thijs Breugem					
		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	Jill Hoogendijk		DB1			1:51.57		2:04.29
	bl	6	Beyza Barkin		DC2			1:57.23		2:02.70
		Jill Hoogendijk			Beyza Barkin					
		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	Brenda van Driel		DC2	1:57.90	2:04.53	
	rd	9	Renske Ansink		DC1	1:54.28	2:04.01	
		Brenda van Driel			Renske Ansink			
		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	Melle Zweers		HC1	1:59.03	1:46.53	PR
	bl							
		Melle Zweers						
		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	Bracha Scholten		DC1		2:13.99	
	rd	7	Rutger van Gerven		HC2	2:05.61	2:06.70	
		Bracha Scholten			Rutger van Gerven			
		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	2:23.10
		Ymke Wubben			
		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 Tygo Blom		HC1				5:07.74	
	rd	39 Mees Blaauw		HC2		5:16.02		5:04.02	PR
		Tygo Blom			Mees Blaauw				
		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 Stian van Etten		HC2				4:32.26	
	bl	79 Sven Kompier		HC2				5:05.45	
		Stian van Etten			Sven Kompier				
		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 Joep van Leeuwen	HC2		5:19.69	
	rd	19 Olivier Wennekes	HC1	5:11.60	5:17.70	

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 Peter de Bruin	HC1		5:02.05	
	bl	71 Esmee van Randeraat	DC1		5:20.86	

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 Keira Vissenberg	DC2	5:17.69	5:53.26
	rd	2 Mathieu van der Horst	HC1	5:31.40	5:30.26 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 Emma Boon	DC2	5:27.97	5:45.88
	bl	33 Evi Lagerwerf	DC2		6:02.23

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			5:57.23	
	rd	47 Valerie Gerritse		DC1			5:40.00	
<u>Ilse Veuger</u>			<u>Valerie Gerritse</u>					
		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			5:46.53	
	bl	65 Rinske Hogenboom		DC1			6:18.30	
<u>Tycho Petri</u>			<u>Rinske Hogenboom</u>					
		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	Anne-Lotte Kohler		DC2			5:38.51	5:55.40	
	rd	40	Lisa de Koster		DC2				6:18.19	
		Anne-Lotte Kohler				Lisa de Koster				
		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	Pien de Jong		DC2				6:21.61	
	bl	60	Noa van Leeuwen		DC1				6:20.01	
		Pien de Jong				Noa van Leeuwen				
		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 Arjan Bakker	H60	4:04.59	4:33.73
	rd	91 Hans van der Does	H55	4:13.38	4:46.07

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 Paddy Smit	HN2	4:16.67	WDR
	bl	70 Jelmer Kraaijeveld	HSB	4:26.09	4:38.00

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 Giel Hermans	H60	4:38.02	4:49.34	
	rd	45 Jim Hartveld	HB1	4:43.13	4:53.65	

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 Tom Harris	HN3	4:36.04	4:36.67	
	bl	26 Willem Jan Molleman	H45	4:10.39	4:48.92	

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 Sven Pera	HA2	4:41.12	4:47.62	
	rd	101 Marije van der Spek	DN2	4:47.02	5:02.17	

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 Bram van der Hoeven	HB1	4:44.50	4:41.66	PR
	bl	30 Hilde Houtzager	DN2	4:53.83	5:08.13	

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 Joey van den Berg	HB2	4:59.41	4:57.33 PR
	rd	90 Marco van Koppen	H50	4:47.45	5:03.59

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 Quinten de Jong	HB1	5:13.46	4:58.83 PR
	bl	107 Martin van Bostelen	H50	5:07.74	5:07.40 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 Lieke van Ooij	DB2	5:21.72	5:22.88	
	rd	74 Janneke van den Bos	DSB	5:21.22	5:42.53	

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 Famke Hogenboom	DA2	5:27.48	5:49.51	
	bl	13 Leon van Kooten	HSB	5:12.69	5:12.09	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	Sara de Jong		DB1				6:08.14	
	rd	56	Duco Kuper		HA1				5:19.39	
		Sara de Jong				Duco Kuper				
		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	Renate van Koppen		D50				6:10.14	
	bl	3	Annewil Stelloo		D40			6:19.22	6:19.28	
		Renate van Koppen				Annewil Stelloo				
		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 Berto Anker	HA2	75	I	7:54.62		
2	29 Wouter van der Geer	HSA	75	O	8:04.39		
3	52 Alexander Doornekamp	HN4	77	O	8:07.82		
4	15 Joppe Kleiweg	HN4	77	I	8:28.69		
5	111 Thijs Langeveld	HN4	76	I	8:44.17		
6	49 Tiemen Haaring	HA1	78	O	9:10.89		
7	21 Nerena van Vuuren	DN3	78	I	9:15.33		

6. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd	Info
75	wt	8 Berto Anker	HA2	7:53.92	7:54.62	
	rd	29 Wouter van der Geer	HSA	7:40.29	8:04.39	
		Berto Anker				Wouter van der Geer
		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 Thijs Langeveld	HN4		8:44.17	
	bl					
		Thijs Langeveld				
		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 Joppe Kleiweg	HN4	8:10.23	8:28.69	
	rd	52 Alexander Doornekamp	HN4	7:54.35	8:07.82	
		Joppe Kleiweg			Alexander Doornekamp	
		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 Nerena van Vuuren	DN3	8:59.04	9:15.33	
	bl	49 Tiemen Haaring	HA1		9:10.89	
		Nerena van Vuuren			Tiemen Haaring	
		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)	