

1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	74 Joep Aben	HA1	11	I	7:33.60	PR	
2	76 Michael Heemskerk	HSB	11	O	7:34.31		
3	14 Miel van der Veer	HN1	4	O	7:56.38		
4	57 Rick Loos	HA1	12	O	7:56.72		
5	49 Floris Wender	HB2	9	O	8:01.60	PR	
6	29 Ruben Molenaar	HB2	9	I	8:09.46		
7	12 Teun van Nobelen	HB1	4	I	8:12.09		
8	20 Rob Visser	H45	12	I	8:17.96		
9	59 Cas Middelkoop	HB2	5	I	8:19.58	PR	
10	50 Tom Loos	HA1	10	I	8:22.25		
11	58 Lars van Klink	HB2	10	O	8:23.41	PR	
12	21 Lara Dingjan	DN1	8	O	8:25.80	PR	
13	54 Maartje Heine	DSA	8	I	8:27.78	PR	
14	47 Driek Tolk	HA1	6	I	8:36.53	HT PR	
15	77 Milan Kracht	H50	6	O	8:38.13	HT PR	
16	80 Lianne van Assema	DB1	3	I	8:45.09		
17	7 Josine Kroon	D40	3	O	8:50.53		
18	19 Xander Terstal	HN2	5	O	9:02.42	PR	
19	31 Job van Dongen	HA1	7	I	9:03.61		
20	60 Hein Smit	HB2	7	O	9:06.07		
21	82 Valerie Nijman	DA2	2	I	9:59.52		
22	1 Sep Jan de Graaff	HB1	2	O	10:05.68		
23	39 Anne Lubbers	DB2	1	I	10:11.19		
24	71 Charline Kwadrin	DA1	1	O	10:24.80		

1. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	39 Anne Lubbers		DB2			10:11.19	
	rd	71 Charline Kwadrin		DA1	10:05.90		10:24.80	
			Anne Lubbers			Charline Kwadrin		
		200m	26.10	(26.10)	200m	24.54	(24.54)	
		600m	1:10.05	(43.95)	600m	1:05.47	(40.93)	
		1000m	1:57.38	(47.33)	1000m	1:48.68	(43.21)	
		1400m	2:45.42	(48.04)	1400m	2:34.13	(45.45)	
		1800m	3:34.09	(48.67)	1800m	3:21.88	(47.75)	
		2200m	4:23.46	(49.37)	2200m	4:11.39	(49.51)	
		2600m	5:14.03	(50.57)	2600m	5:02.68	(51.29)	
		3000m	6:03.90	(49.87)	3000m	5:54.65	(51.97)	
		3400m	6:53.90	(50.00)	3400m	6:47.17	(52.52)	
		3800m	7:43.40	(49.50)	3800m	7:40.17	(53.00)	
		4200m	8:32.68	(49.28)	4200m	8:33.67	(53.50)	
		4600m	9:22.26	(49.58)	4600m	9:28.60	(54.93)	
		5000m	10:11.19	(48.93)	5000m	10:24.80	(56.20)	

		Naam		Cat		PR	Tijd	Info
2	gl	82 Valerie Nijman		DA2			9:59.52	
	bl	1 Sep Jan de Graaff		HB1	9:46.91		10:05.68	
			Valerie Nijman			Sep Jan de Graaff		
		200m	26.10	(26.10)	200m	25.57	(25.57)	
		600m	1:10.47	(44.37)	600m	1:08.92	(43.35)	
		1000m	1:57.31	(46.84)	1000m	1:55.45	(46.53)	
		1400m	2:44.51	(47.20)	1400m	2:42.84	(47.39)	
		1800m	3:32.83	(48.32)	1800m	3:30.73	(47.89)	
		2200m	4:21.80	(48.97)	2200m	4:19.64	(48.91)	
		2600m	5:10.93	(49.13)	2600m	5:09.36	(49.72)	
		3000m	6:00.02	(49.09)	3000m	5:59.83	(50.47)	
		3400m	6:49.05	(49.03)	3400m	6:49.64	(49.81)	
		3800m	7:37.95	(48.90)	3800m	7:39.15	(49.51)	
		4200m	8:26.02	(48.07)	4200m	8:28.38	(49.23)	
		4600m	9:13.87	(47.85)	4600m	9:17.28	(48.90)	
		5000m	9:59.52	(45.65)	5000m	10:05.68	(48.40)	

		Naam	Cat		PR	Tijd	Info
3	wt	80 Lianne van Assema	DB1			8:45.09	
	rd	7 Josine Kroon	D40			8:50.53	
		Lianne van Assema			Josine Kroon		
		200m	23.50	(23.50)	200m	26.36	(26.36)
		600m	1:01.61	(38.11)	600m	1:06.36	(40.00)
		1000m	1:42.02	(40.41)	1000m	1:46.95	(40.59)
		1400m	2:24.13	(42.11)	1400m	2:28.40	(41.45)
		1800m	3:06.41	(42.28)	1800m	3:09.83	(41.43)
		2200m	3:49.13	(42.72)	2200m	3:51.79	(41.96)
		2600m	4:32.00	(42.87)	2600m	4:33.66	(41.87)
		3000m	5:15.46	(43.46)	3000m	5:16.25	(42.59)
		3400m	5:58.42	(42.96)	3400m	5:58.63	(42.38)
		3800m	6:40.72	(42.30)	3800m	6:41.38	(42.75)
		4200m	7:23.13	(42.41)	4200m	7:24.84	(43.46)
		4600m	8:04.22	(41.09)	4600m	8:07.69	(42.85)
		5000m	8:45.09	(40.87)	5000m	8:50.53	(42.84)

		Naam	Cat		PR	Tijd	Info
4	gl	12 Teun van Nobelen	HB1			8:12.09	
	bl	14 Miel van der Veer	HN1			7:56.38	
		Teun van Nobelen			Miel van der Veer		
		200m	23.16	(23.16)	200m	22.55	(22.55)
		600m	59.13	(35.97)	600m	56.65	(34.10)
		1000m	1:36.32	(37.19)	1000m	1:32.58	(35.93)
		1400m	2:14.21	(37.89)	1400m	2:09.12	(36.54)
		1800m	2:53.24	(39.03)	1800m	2:45.68	(36.56)
		2200m	3:32.63	(39.39)	2200m	3:22.66	(36.98)
		2600m	4:12.28	(39.65)	2600m	4:01.11	(38.45)
		3000m	4:51.72	(39.44)	3000m	4:40.39	(39.28)
		3400m	5:31.13	(39.41)	3400m	5:19.35	(38.96)
		3800m	6:11.07	(39.94)	3800m	5:58.68	(39.33)
		4200m	6:51.31	(40.24)	4200m	6:37.74	(39.06)
		4600m	7:31.85	(40.54)	4600m	7:17.07	(39.33)
		5000m	8:12.09	(40.24)	5000m	7:56.38	(39.31)

		Naam			Cat	PR	Tijd	Info
5	wt	59	Cas Middelkoop		HB2	9:01.80	8:19.58	PR
	rd	19	Xander Terstal		HN2	9:33.86	9:02.42	PR
		Cas Middelkoop			Xander Terstal			
		200m	21.35	(21.35)	200m	23.36	(23.36)	
		600m	57.97	(36.62)	600m	1:03.16	(39.80)	
		1000m	1:36.40	(38.43)	1000m	1:44.74	(41.58)	
		1400m	2:15.25	(38.85)	1400m	2:26.97	(42.23)	
		1800m	2:54.73	(39.48)	1800m	3:09.96	(42.99)	
		2200m	3:35.50	(40.77)	2200m	3:53.68	(43.72)	
		2600m	4:16.22	(40.72)	2600m	4:37.49	(43.81)	
		3000m	4:56.93	(40.71)	3000m	5:21.54	(44.05)	
		3400m	5:38.04	(41.11)	3400m	6:06.57	(45.03)	
		3800m	6:19.02	(40.98)	3800m	6:52.55	(45.98)	
		4200m	6:59.34	(40.32)	4200m	7:38.58	(46.03)	
		4600m	7:39.31	(39.97)	4600m	8:20.87	(42.29)	
		5000m	8:19.58	(40.27)	5000m	9:02.42	(41.55)	

		Naam			Cat	PR	Tijd	Info
6	gl	47	Driek Tolk		HA1	8:59.72	8:36.53	HT PR
	bl	77	Milan Kracht		H50	8:54.84	8:38.13	HT PR
		Driek Tolk			Milan Kracht			
		200m	22.85	(22.85)	200m	24.53	(24.53)	
		600m	59.48	(36.63)	600m	1:03.77	(39.24)	
		1000m	1:38.81	(39.33)	1000m	1:43.96	(40.19)	
		1400m	2:18.74	(39.93)	1400m	2:24.72	(40.76)	
		1800m	2:59.71	(40.97)	1800m	3:05.96	(41.24)	
		2200m	3:41.18	(41.47)	2200m	3:47.49	(41.53)	
		2600m	4:23.06	(41.88)	2600m	4:29.20	(41.71)	
		3000m	5:04.91	(41.85)	3000m	5:10.76	(41.56)	
		3400m	5:46.84	(41.93)	3400m	5:52.26	(41.50)	
		3800m	6:28.92	(42.08)	3800m	6:33.69	(41.43)	
		4200m	7:11.50	(42.58)	4200m	7:13.92	(40.23)	
		4600m	7:54.18	(42.68)	4600m	7:56.49	(42.57)	
		5000m	8:36.53	(42.35)	5000m	8:38.13	(41.64)	

		Naam			Cat	PR	Tijd	Info
7	wt	31	Job van Dongen		HA1	8:41.71	9:03.61	
	rd	60	Hein Smit		HB2	8:59.18	9:06.07	
				Job van Dongen	Hein Smit			
		200m	22.01	(22.01)	200m	22.61	(22.61)	
		600m	1:01.15	(39.14)	600m	1:00.89	(38.28)	
		1000m	1:42.18	(41.03)	1000m	1:42.94	(42.05)	
		1400m	2:25.35	(43.17)	1400m	2:25.63	(42.69)	
		1800m	3:08.11	(42.76)	1800m	3:09.46	(43.83)	
		2200m	3:51.90	(43.79)	2200m	3:52.71	(43.25)	
		2600m	4:36.29	(44.39)	2600m	4:36.83	(44.12)	
		3000m	5:21.26	(44.97)	3000m	5:21.40	(44.57)	
		3400m	6:05.39	(44.13)	3400m	6:06.44	(45.04)	
		3800m	6:49.57	(44.18)	3800m	6:50.89	(44.45)	
		4200m	7:33.46	(43.89)	4200m	7:36.13	(45.24)	
		4600m	8:18.68	(45.22)	4600m	8:21.28	(45.15)	
		5000m	9:03.61	(44.93)	5000m	9:06.07	(44.79)	

		Naam			Cat	PR	Tijd	Info
8	gl	54	Maartje Heine		DSA	8:32.02	8:27.78	PR
	bl	21	Lara Dingjan		DN1	8:30.79	8:25.80	PR
				Maartje Heine	Lara Dingjan			
		200m	22.43	(22.43)	200m	22.95	(22.95)	
		600m	1:00.20	(37.77)	600m	59.78	(36.83)	
		1000m	1:39.69	(39.49)	1000m	1:38.67	(38.89)	
		1400m	2:19.28	(39.59)	1400m	2:17.55	(38.88)	
		1800m	2:59.18	(39.90)	1800m	2:57.41	(39.86)	
		2200m	3:39.46	(40.28)	2200m	3:37.32	(39.91)	
		2600m	4:19.62	(40.16)	2600m	4:17.56	(40.24)	
		3000m	5:00.08	(40.46)	3000m	4:58.31	(40.75)	
		3400m	5:40.42	(40.34)	3400m	5:39.20	(40.89)	
		3800m	6:21.75	(41.33)	3800m	6:19.93	(40.73)	
		4200m	7:03.28	(41.53)	4200m	7:02.42	(42.49)	
		4600m	7:45.59	(42.31)	4600m	7:43.79	(41.37)	
		5000m	8:27.78	(42.19)	5000m	8:25.80	(42.01)	

		Naam			Cat	PR	Tijd	Info
9	wt	29 Ruben Molenaar			HB2	7:56.12	8:09.46	
	rd	49 Floris Wender			HB2	8:26.22	8:01.60	PR
Ruben Molenaar			Floris Wender					
		200m	21.12	(21.12)		200m	22.39	(22.39)
		600m	57.42	(36.30)		600m	58.14	(35.75)
		1000m	1:34.29	(36.87)		1000m	1:34.91	(36.77)
		1400m	2:11.72	(37.43)		1400m	2:12.57	(37.66)
		1800m	2:49.22	(37.50)		1800m	2:50.68	(38.11)
		2200m	3:27.54	(38.32)		2200m	3:29.17	(38.49)
		2600m	4:07.19	(39.65)		2600m	4:07.31	(38.14)
		3000m	4:46.48	(39.29)		3000m	4:46.33	(39.02)
		3400m	5:26.40	(39.92)		3400m	5:24.35	(38.02)
		3800m	6:06.69	(40.29)		3800m	6:03.57	(39.22)
		4200m	6:47.75	(41.06)		4200m	6:43.07	(39.50)
		4600m	7:28.81	(41.06)		4600m	7:22.98	(39.91)
		5000m	8:09.46	(40.65)		5000m	8:01.60	(38.62)

		Naam			Cat	PR	Tijd	Info
10	gl	50 Tom Loos			HA1	8:06.69	8:22.25	
	bl	58 Lars van Klink			HB2	8:26.06	8:23.41	PR
Tom Loos			Lars van Klink					
		200m	20.93	(20.93)		200m	23.18	(23.18)
		600m	58.19	(37.26)		600m	1:01.92	(38.74)
		1000m	1:37.62	(39.43)		1000m	1:42.38	(40.46)
		1400m	2:17.63	(40.01)		1400m	2:22.77	(40.39)
		1800m	2:58.27	(40.64)		1800m	3:02.80	(40.03)
		2200m	3:38.91	(40.64)		2200m	3:43.34	(40.54)
		2600m	4:20.53	(41.62)		2600m	4:23.64	(40.30)
		3000m	5:01.85	(41.32)		3000m	5:04.20	(40.56)
		3400m	5:42.38	(40.53)		3400m	5:44.41	(40.21)
		3800m	6:23.43	(41.05)		3800m	6:24.80	(40.39)
		4200m	7:03.47	(40.04)		4200m	7:04.54	(39.74)
		4600m	7:43.51	(40.04)		4600m	7:43.10	(38.56)
		5000m	8:22.25	(38.74)		5000m	8:23.41	(40.31)

		Naam	Cat		PR	Tijd	Info
11	wt	74 Joep Aben	HA1		7:41.14	7:33.60	PR
	rd	76 Michael Heemskerk	HSB		6:49.14	7:34.31	
		Joep Aben			Michael Heemskerk		
		200m	20.84	(20.84)	200m	20.80	(20.80)
		600m	55.16	(34.32)	600m	55.02	(34.22)
		1000m	1:30.58	(35.42)	1000m	1:31.78	(36.76)
		1400m	2:06.71	(36.13)	1400m	2:07.97	(36.19)
		1800m	2:42.85	(36.14)	1800m	2:44.02	(36.05)
		2200m	3:19.00	(36.15)	2200m	3:19.61	(35.59)
		2600m	3:55.12	(36.12)	2600m	3:55.76	(36.15)
		3000m	4:31.55	(36.43)	3000m	4:32.28	(36.52)
		3400m	5:07.77	(36.22)	3400m	5:09.06	(36.78)
		3800m	5:43.46	(35.69)	3800m	5:44.99	(35.93)
		4200m	6:19.73	(36.27)	4200m	6:21.41	(36.42)
		4600m	6:56.66	(36.93)	4600m	6:58.06	(36.65)
		5000m	7:33.60	(36.94)	5000m	7:34.31	(36.25)

		Naam	Cat		PR	Tijd	Info
12	gl	20 Rob Visser	H45		7:50.88	8:17.96	
	bl	57 Rick Loos	HA1		7:50.22	7:56.72	
		Rob Visser			Rick Loos		
		200m	22.00	(22.00)	200m	21.97	(21.97)
		600m	57.75	(35.75)	600m	57.57	(35.60)
		1000m	1:34.79	(37.04)	1000m	1:34.71	(37.14)
		1400m	2:13.56	(38.77)	1400m	2:12.53	(37.82)
		1800m	2:52.41	(38.85)	1800m	2:50.49	(37.96)
		2200m	3:31.54	(39.13)	2200m	3:28.79	(38.30)
		2600m	4:11.08	(39.54)	2600m	4:07.07	(38.28)
		3000m	4:51.09	(40.01)	3000m	4:45.58	(38.51)
		3400m	5:31.06	(39.97)	3400m	5:24.43	(38.85)
		3800m	6:11.76	(40.70)	3800m	6:02.80	(38.37)
		4200m	6:53.07	(41.31)	4200m	6:40.96	(38.16)
		4600m	7:35.26	(42.19)	4600m	7:19.16	(38.20)
		5000m	8:17.96	(42.70)	5000m	7:56.72	(37.56)

2. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	81 Wessel Wouda	HSA	23	I	4:34.96		
2	37 Marcel Huismans	H50	24	O	4:52.24		
3	56 Pepijn Schmutzer	HB1	26	I	4:54.96		
4	18 Bert Nijman	H40	26	O	4:56.43		
5	88 Evert Jan van Dijk	H45	25	I	4:56.88		
6	89 Tessel Huizinga	DC2	21	O	4:59.19	PR	
7	78 Max Barends	HB1	23	O	5:01.65		
8	75 Danny Witkamp	H55	24	I	5:07.34		
9	5 Tessa Dijksman	DSA	25	O	5:07.50		
10	34 Milou Butter	DN4	22	O	5:08.86		
11	24 Michiel de Ruijter	H45	22	I	5:09.58		
12	65 Cock Baas	H60	20	O	5:19.15		
13	30 Emma Hartveld	DN1	21	I	5:19.90		
14	23 Mees de Ruijter	HB1	18	I	5:22.36	PR	
15	33 Evy van Duijn	DB2	18	O	5:24.25	PR	
16	40 Kersty Heeremans	DN1	20	I	5:29.92		
17	17 Noa Bierens	DB2	19	I	5:31.86		
18	61 Eline Schmutzer	DB1	16	I	5:37.98	PR	
19	52 Renske van der Veer	DN3	19	O	5:39.44		
20	62 Britt van Wijk	DB2	17	O	5:41.66		
21	42 Lisanne Hartveld	DB1	17	I	5:44.55		
22	15 Eveline Krom	DA2	16	O	5:46.58		
23	55 Pien Lodder	DN2	15	O	5:52.60		
24	41 Britt van Hameren	DB2	15	I	6:06.47		
25	11 Ramona van Leeuwen- van Noort	D55	14	I	6:18.38		
26	46 Henk van der Zwaan	H65	13	I	6:19.19		
27	16 Judith van Hesselingen	D55	14	O	6:23.91		

2. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd Info
13	wt rd	46 Henk van der Zwaan	H65	4:32.22	6:19.19

Henk van der Zwaan

Distance	Time	PR	Info
200m	30.60	(30.60)	m
600m	1:18.99	(48.39)	
1000m	2:07.90	(48.91)	
1400m	2:57.03	(49.13)	
1800m	3:46.68	(49.65)	
2200m	4:36.64	(49.96)	
2600m	5:27.82	(51.18)	
3000m	6:19.19	(51.37)	

		Naam	Cat	PR	Tijd Info
14	gl	11 Ramona van Leeuwen- van Noort	D55	6:09.05	6:18.38
	bl	16 Judith van Hesselingen	D55	5:14.98	6:23.91

Ramona van Leeuwen- van Noort

Distance	Time	PR	Info
200m	30.21	(30.21)	
600m	1:18.65	(48.44)	
1000m	2:08.24	(49.59)	
1400m	2:57.86	(49.62)	
1800m	3:47.41	(49.55)	
2200m	4:37.66	(50.25)	
2600m	5:28.20	(50.54)	
3000m	6:18.38	(50.18)	

Judith van Hesselingen

Distance	Time	PR	Info
200m	39.58	(39.58)	
600m	1:26.33	(46.75)	
1000m	2:14.10	(47.77)	
1400m	3:03.28	(49.18)	
1800m	3:53.15	(49.87)	
2200m	4:43.30	(50.15)	
2600m	5:33.51	(50.21)	
3000m	6:23.91	(50.40)	

		Naam			Cat	PR	Tijd	Info
15	wt	41	Britt van Hameren		DB2	5:48.70	6:06.47	
	rd	55	Pien Lodder		DN2	5:37.04	5:52.60	
		Britt van Hameren			Pien Lodder			
		200m	27.53	(27.53)	200m	26.21	(26.21)	
		600m	1:13.25	(45.72)	600m	1:09.20	(42.99)	
		1000m	2:02.08	(48.83)	1000m	1:54.31	(45.11)	
		1400m	2:50.16	(48.08)	1400m	2:41.33	(47.02)	
		1800m	3:39.78	(49.62)	1800m	3:28.66	(47.33)	
		2200m	4:29.20	(49.42)	2200m	4:16.04	(47.38)	
		2600m	5:18.52	(49.32)	2600m	5:03.96	(47.92)	
		3000m	6:06.47	(47.95)	3000m	5:52.60	(48.64)	

		Naam			Cat	PR	Tijd	Info
16	gl	61	Eline Schmutzer		DB1	5:39.91	5:37.98	PR
	bl	15	Eveline Krom		DA2	5:34.92	5:46.58	
		Eline Schmutzer			Eveline Krom			
		200m	24.68	(24.68)	200m	26.38	(26.38)	
		600m	1:07.85	(43.17)	600m	1:09.69	(43.31)	
		1000m	1:52.76	(44.91)	1000m	1:54.09	(44.40)	
		1400m	2:38.29	(45.53)	1400m	2:39.93	(45.84)	
		1800m	3:23.56	(45.27)	1800m	3:26.03	(46.10)	
		2200m	4:08.77	(45.21)	2200m	4:12.74	(46.71)	
		2600m	4:53.48	(44.71)	2600m	4:59.60	(46.86)	
		3000m	5:37.98	(44.50)	3000m	5:46.58	(46.98)	

		Naam			Cat	PR	Tijd	Info
17	wt	42	Lisanne Hartveld		DB1	5:31.51	5:44.55	
	rd	62	Britt van Wijk		DB2	5:14.76	5:41.66	
		Lisanne Hartveld			Britt van Wijk			
		200m	26.68	(26.68)	200m	24.59	(24.59)	
		600m	1:11.43	(44.75)	600m	1:05.30	(40.71)	
		1000m	1:56.88	(45.45)	1000m	1:48.70	(43.40)	
		1400m	2:43.13	(46.25)	1400m	2:34.04	(45.34)	
		1800m	3:29.37	(46.24)	1800m	3:19.74	(45.70)	
		2200m	4:01.00	(31.63)	2200m	4:06.47	(46.73)	
		2600m	5:01.83	(60.83)	2600m	4:54.26	(47.79)	
		3000m	5:44.55	(42.72)	3000m	5:41.66	(47.40)	

		Naam			Cat	PR	Tijd	Info
18	gl	23	Mees de Ruijter		HB1	5:31.84	5:22.36	PR
	bl	33	Evy van Duijn		DB2	5:27.00	5:24.25	PR
		Mees de Ruijter			Evy van Duijn			
		200m	22.33	(22.33)	200m	23.63	(23.63)	
		600m	1:00.99	(38.66)	600m	1:04.21	(40.58)	
		1000m	1:41.48	(40.49)	1000m	1:46.53	(42.32)	
		1400m	2:23.84	(42.36)	1400m	2:30.25	(43.72)	
		1800m	3:07.79	(43.95)	1800m	3:14.50	(44.25)	
		2200m	3:51.69	(43.90)	2200m	3:58.75	(44.25)	
		2600m	4:35.53	(43.84)	2600m	4:42.16	(43.41)	
		3000m	5:22.36	(46.83)	3000m	5:24.25	(42.09)	

		Naam			Cat	PR	Tijd	Info
19	wt	17	Noa Bierens		DB2	5:10.71	5:31.86	
	rd	52	Renske van der Veer		DN3	5:13.39	5:39.44	
		Noa Bierens			Renske van der Veer			
		200m	23.92	(23.92)	200m	24.37	(24.37)	
		600m	1:03.75	(39.83)	600m	1:03.41	(39.04)	
		1000m	1:45.78	(42.03)	1000m	1:45.46	(42.05)	
		1400m	2:30.18	(44.40)	1400m	2:29.36	(43.90)	
		1800m	3:14.78	(44.60)	1800m	3:14.90	(45.54)	
		2200m	4:00.19	(45.41)	2200m	4:02.17	(47.27)	
		2600m	4:46.08	(45.89)	2600m	4:50.43	(48.26)	
		3000m	5:31.86	(45.78)	3000m	5:39.44	(49.01)	

		Naam			Cat	PR	Tijd	Info
20	gl	40	Kersty Heeremans		DN1	5:12.07	5:29.92	
	bl	65	Cock Baas		H60	4:28.66	5:19.15	
		Kersty Heeremans			Cock Baas			
		200m	24.37	(24.37)	200m	24.10	(24.10)	
		600m	1:03.48	(39.11)	600m	1:03.30	(39.20)	
		1000m	1:44.22	(40.74)	1000m	1:44.51	(41.21)	
		1400m	2:27.54	(43.32)	1400m	2:26.14	(41.63)	
		1800m	3:11.48	(43.94)	1800m	3:08.26	(42.12)	
		2200m	3:56.33	(44.85)	2200m	3:51.75	(43.49)	
		2600m	4:42.13	(45.80)	2600m	4:34.96	(43.21)	
		3000m	5:29.92	(47.79)	3000m	5:19.15	(44.19)	

		Naam			Cat	PR	Tijd	Info
21	wt	30	Emma Hartveld		DN1	5:06.51	5:19.90	
	rd	89	Tessel Huizinga		DC2	5:08.06	4:59.19	PR
		Emma Hartveld			Tessel Huizinga			
		200m	25.56	(25.56)	200m	24.70	(24.70)	
		600m	1:05.68	(40.12)	600m	1:04.00	(39.30)	
		1000m	1:46.90	(41.22)	1000m	1:44.25	(40.25)	
		1400m	2:28.55	(41.65)	1400m	2:23.69	(39.44)	
		1800m	3:10.86	(42.31)	1800m	3:03.01	(39.32)	
		2200m	3:53.59	(42.73)	2200m	3:42.80	(39.79)	
		2600m	4:36.95	(43.36)	2600m	4:21.66	(38.86)	
		3000m	5:19.90	(42.95)	3000m	4:59.19	(37.53)	

		Naam			Cat	PR	Tijd	Info
22	gl	24	Michiel de Ruijter		H45	5:05.24	5:09.58	
	bl	34	Milou Butter		DN4	4:53.39	5:08.86	
		Michiel de Ruijter			Milou Butter			
		200m	23.97	(23.97)	200m	22.74	(22.74)	
		600m	1:02.52	(38.55)	600m	59.04	(36.30)	
		1000m	1:41.93	(39.41)	1000m	1:37.22	(38.18)	
		1400m	2:22.37	(40.44)	1400m	2:17.18	(39.96)	
		1800m	3:03.41	(41.04)	1800m	2:58.50	(41.32)	
		2200m	3:44.98	(41.57)	2200m	3:41.33	(42.83)	
		2600m	4:27.21	(42.23)	2600m	4:25.06	(43.73)	
		3000m	5:09.58	(42.37)	3000m	5:08.86	(43.80)	

		Naam			Cat	PR	Tijd	Info
23	wt	81	Wessel Wouda		HSA	4:29.57	4:34.96	
	rd	78	Max Barends		HB1	4:49.88	5:01.65	
		Wessel Wouda			Max Barends			
		200m	20.67	(20.67)	200m	21.60	(21.60)	
		600m	54.17	(33.50)	600m	56.13	(34.53)	
		1000m	1:28.87	(34.70)	1000m	1:32.52	(36.39)	
		1400m	2:04.92	(36.05)	1400m	2:11.23	(38.71)	
		1800m	2:41.81	(36.89)	1800m	2:52.09	(40.86)	
		2200m	3:19.58	(37.77)	2200m	3:34.40	(42.31)	
		2600m	3:57.52	(37.94)	2600m	4:17.62	(43.22)	
		3000m	4:34.96	(37.44)	3000m	5:01.65	(44.03)	
		Naam			Cat	PR	Tijd	Info
24	gl	75	Danny Witkamp		H55	4:10.68	5:07.34	
	bl	37	Marcel Huismans		H50	4:22.51	4:52.24	
		Danny Witkamp			Marcel Huismans			
		200m	23.04	(23.04)	200m	22.30	(22.30)	
		600m	1:00.34	(37.30)	600m	58.89	(36.59)	
		1000m	1:39.25	(38.91)	1000m	1:37.08	(38.19)	
		1400m	2:19.31	(40.06)	1400m	2:15.91	(38.83)	
		1800m	2:59.79	(40.48)	1800m	2:54.83	(38.92)	
		2200m	3:42.23	(42.44)	2200m	3:33.82	(38.99)	
		2600m	4:24.99	(42.76)	2600m	4:12.92	(39.10)	
		3000m	5:07.34	(42.35)	3000m	4:52.24	(39.32)	

		Naam			Cat	PR	Tijd	Info
25	wt	88	Evert Jan van Dijk		H45	4:30.53	4:56.88	
	rd	5	Tessa Dijksman		DSA	4:42.40	5:07.50	
		Evert Jan van Dijk			Tessa Dijksman			
		200m	22.67	(22.67)	200m	23.52	(23.52)	
		600m	59.37	(36.70)	600m	1:01.04	(37.52)	
		1000m	1:37.81	(38.44)	1000m	1:39.74	(38.70)	
		1400m	2:16.30	(38.49)	1400m	2:19.70	(39.96)	
		1800m	2:55.13	(38.83)	1800m	3:00.10	(40.40)	
		2200m	3:34.38	(39.25)	2200m	3:41.31	(41.21)	
		2600m	4:14.81	(40.43)	2600m	4:23.52	(42.21)	
		3000m	4:56.88	(42.07)	3000m	5:07.50	(43.98)	

		Naam			Cat	PR	Tijd	Info
26	gl	56	Pepijn Schmutzer		HB1	4:38.99	4:54.96	
	bl	18	Bert Nijman		H40	4:40.73	4:56.43	
		Pepijn Schmutzer			Bert Nijman			
		200m	22.34	(22.34)	200m	21.96	(21.96)	
		600m	59.17	(36.83)	600m	58.25	(36.29)	
		1000m	1:38.37	(39.20)	1000m	1:36.98	(38.73)	
		1400m	2:18.07	(39.70)	1400m	2:16.22	(39.24)	
		1800m	2:57.40	(39.33)	1800m	2:56.02	(39.80)	
		2200m	3:37.26	(39.86)	2200m	3:35.83	(39.81)	
		2600m	4:16.25	(38.99)	2600m	4:15.87	(40.04)	
		3000m	4:54.96	(38.71)	3000m	4:56.43	(40.56)	

3. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	79 Mike van Dijk	HSA	35	I	2:06.47		
2	67 Luc Hogenboom	HB1	36	I	2:09.06		
3	22 Bruno Bonetti	HB2	34	O	2:09.51		
4	8 Tjebbe Berkhout	HA1	36	O	2:10.49		
5	86 Jonah Zwaan	HB2	35	O	2:10.69		
6	9 Sybren Berkhout	HA1	34	I	2:21.66		
7	66 Laura Linssen	DN1	32	O	2:21.88		
8	38 Mik de Groot	HA2	33	O	2:22.16		
9	43 Pim Braak	HB2	32	I	2:26.11		
10	68 Pepijn van de Poll	HB1	31	I	2:30.33		
11	51 Bente Adema	DB1	33	I	2:35.47		
12	36 Amy Valentijn	DB2	29	I	2:37.47		
13	6 Aranka Keur	D40	31	O	2:38.86		
14	26 Pieter van Dijk	HA2	30	I	2:44.57		
15	72 Annette Laarhoven	DA1	27	I	2:45.21		
16	87 Mark Peters	H65	28	I	2:47.88		
17	70 Wieteke Huiberts	DN1	25	O	2:52.19		
18	13 Caroline Broekhuizen	DA2	30	O	2:56.31		
19	45 Riccardo Giuseppe Carlino	HSA	27	O	2:57.81		
20	4 Fabienne de Bie	DA1	25	I	2:59.55		
21	27 Meggy van Dijk-Brolsma	D50	26	I	3:00.29		
22	28 Lou Hoogewerf	H70	26	O	3:12.12		
	64 M. Stoete	D50	28	O	DNS		

3. Rituitslag 1500 meter

		Naam	Cat	PR	Tijd	Info
25	wt	4 Fabienne de Bie	DA1	2:59.32	2:59.55	
	rd	70 Wieteke Huiberts	DN1	2:48.27	2:52.19	

Fabienne de Bie

300m	34.78	(34.78)
700m	1:19.47	(44.69)
1100m	2:09.16	(49.69)
1500m	2:59.55	(50.39)

Wieteke Huiberts

300m	34.62	(34.62)
700m	1:18.72	(44.10)
1100m	2:05.52	(46.80)
1500m	2:52.19	(46.67)

		Naam	Cat	PR	Tijd	Info
26	gl	27 Meggy van Dijk-Brolsma	D50	2:46.13	3:00.29	
	bl	28 Lou Hoogewerf	H70	2:22.22	3:12.12	

Meggy van Dijk-Brolsma

300m	38.68	(38.68)
700m	1:25.06	(46.38)
1100m	2:12.68	(47.62)
1500m	3:00.29	(47.61)

Lou Hoogewerf

300m	37.42	(37.42)
700m	1:24.47	(47.05)
1100m	2:15.88	(51.41)
1500m	3:12.12	(56.24)

		Naam	Cat	PR	Tijd	Info
27	wt	72 Annette Laarhoven	DA1	2:38.44	2:45.21	
	rd	45 Riccardo Giuseppe Carlino	HSA		2:57.81	

Annette Laarhoven

300m	33.98	(33.98)
700m	1:15.76	(41.78)
1100m	2:00.24	(44.48)
1500m	2:45.21	(44.97)

Riccardo Giuseppe Carlino

300m	37.07	(37.07)
700m	1:23.04	(45.97)
1100m	2:09.74	(46.70)
1500m	2:57.81	(48.07)

		Naam	Cat	PR	Tijd	Info
28	gl	87 Mark Peters	H65	2:27.09	2:47.88	
	bl	64 M. Stoete	D50	2:31.42	DNS	

Mark Peters

300m	35.32	(35.32)
700m	1:17.39	(42.07)
1100m	2:01.98	(44.59)
1500m	2:47.88	(45.90)

M. Stoete

		Naam	Cat	PR	Tijd	Info
29	wt	36 Amy Valentijn	DB2	2:26.04	2:37.47	
	rd					
	Amy Valentijn					
		300m	32.95 (32.95)			m
		700m	1:12.88 (39.93)			
		1100m	1:54.86 (41.98)			
		1500m	2:37.47 (42.61)			
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		Naam	Cat	PR	Tijd	Info
30	gl	26 Pieter van Dijk	HA2	2:25.73	2:44.57	
	bl	13 Caroline Broekhuizen	DA2	2:37.66	2:56.31	
	Pieter van Dijk					
		300m	34.86 (34.86)			
		700m	1:16.34 (41.48)			
		1100m	1:59.96 (43.62)			
		1500m	2:44.57 (44.61)			
		Caroline Broekhuizen				
		300m	35.23 (35.23)			
		700m	1:19.35 (44.12)			
		1100m	2:06.66 (47.31)			
		1500m	2:56.31 (49.65)			
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		Naam	Cat	PR	Tijd	Info
31	wt	68 Pepijn van de Poll	HB1	2:27.89	2:30.33	
	rd	6 Aranka Keur	D40	2:23.86	2:38.86	
	Pepijn van de Poll					
		300m	31.15 (31.15)			
		700m	1:08.44 (37.29)			
		1100m	1:48.56 (40.12)			
		1500m	2:30.33 (41.77)			
		Aranka Keur				
		300m	31.44 (31.44)			
		700m	1:10.90 (39.46)			
		1100m	1:53.84 (42.94)			
		1500m	2:38.86 (45.02)			
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		Naam	Cat	PR	Tijd	Info
32	gl	43 Pim Braak	HB2	2:21.42	2:26.11	
	bl	66 Laura Linssen	DN1	2:15.21	2:21.88	
	Pim Braak					
		300m	29.89 (29.89)			
		700m	1:05.94 (36.05)			
		1100m	1:45.33 (39.39)			
		1500m	2:26.11 (40.78)			
		Laura Linssen				
		300m	29.05 (29.05)			
		700m	1:02.92 (33.87)			
		1100m	1:41.23 (38.31)			
		1500m	2:21.88 (40.65)			

		Naam			Cat	PR	Tijd	Info
33	wt	51 Bente Adema			DB1	2:22.30	2:35.47	
	rd	38 Mik de Groot			HA2	2:12.59	2:22.16	
		Bente Adema			Mik de Groot			
		300m	31.36	(31.36)	300m	30.21	(30.21)	
		700m	1:10.33	(38.97)	700m	1:06.68	(36.47)	
		1100m	1:52.17	(41.84)	1100m	1:44.30	(37.62)	
		1500m	2:35.47	(43.30)	1500m	2:22.16	(37.86)	
		Naam			Cat	PR	Tijd	Info
34	gl	9 Sybren Berkhout			HA1	2:09.72	2:21.66	
	bl	22 Bruno Bonetti			HB2	2:08.16	2:09.51	
		Sybren Berkhout			Bruno Bonetti			
		300m	27.78	(27.78)	300m	26.88	(26.88)	
		700m	1:01.44	(33.66)	700m	58.04	(31.16)	
		1100m	1:39.54	(38.10)	1100m	1:32.57	(34.53)	
		1500m	2:21.66	(42.12)	1500m	2:09.51	(36.94)	
		Naam			Cat	PR	Tijd	Info
35	wt	79 Mike van Dijk			HSA	2:00.51	2:06.47	
	rd	86 Jonah Zwaan			HB2	2:00.98	2:10.69	
		Mike van Dijk			Jonah Zwaan			
		300m	26.47	(26.47)	300m	27.76	(27.76)	
		700m	57.46	(30.99)	700m	59.76	(32.00)	
		1100m	1:30.77	(33.31)	1100m	1:34.13	(34.37)	
		1500m	2:06.47	(35.70)	1500m	2:10.69	(36.56)	
		Naam			Cat	PR	Tijd	Info
36	gl	67 Luc Hogenboom			HB1	2:05.14	2:09.06	
	bl	8 Tjebbe Berkhout			HA1	2:03.69	2:10.49	
		Luc Hogenboom			Tjebbe Berkhout			
		300m	26.87	(26.87)	300m	26.15	(26.15)	
		700m	58.66	(31.79)	700m	57.59	(31.44)	
		1100m	1:32.93	(34.27)	1100m	1:32.24	(34.65)	
		1500m	2:09.06	(36.13)	1500m	2:10.49	(38.25)	