

Holland Cup 3 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

14 en 15 december 2024

1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	40 Ties van Seumeren	HN1	14	I	37.48		
2	32 Mervin Maatman	HN4	16	I	37.55		
3	53 Loek van Vilsteren	HN2	15	I	37.84		
4	3 Tjerk de Boer	HSA	5	I	37.96		
5	56 Hidde Westra	HN2	12	I	38.05		
6	51 Jur Veenje	HSA	15	O	38.08		
7	24 Sille Hut	HN1	10	I	38.19		
8	52 Yves Vergeer	HSA	10	O	38.20		
9	17 Bram van Essen	HN4	13	O	38.23		
10	27 Jelle Koeleman	HN2	8	O	38.36		
11	39 Colin Schrijver	HSA	16	O	38.39		
12	55 Olaf Vunderink	HA2	8	I	38.40		
13	70 Tom Nijdam	HN2	11	O	38.43		
14	37 Niels van Reeuwijk	HN1	13	I	38.48		
15	9 Colin Breed	HA1	12	O	38.51		
16	13 Jornt Dijk	HSA	6	I	38.54		
17	15 Colin James Duivenvoorden	HN3	11	I	38.63		
18	6 Marcel Bosker	HSA	14	O	38.74		
19	54 Sietse de Vries	HA2	6	O	38.90		
20	68 Wester Landman	HN3	9	I	39.02		
21	64 Rinse Franken	HA2	9	O	39.06		
22	60 Mathijs van Zwieten	HN4	7	I	39.31		
23	10 Chris Brommersma	HN1	5	O	39.35		
24	33 Jasper van der Marel	HN1	3	I	39.48		
25	49 Jasper Tinga	HN2	3	O	39.64		
26	11 Stijn van de Bunt	HN2	7	O	39.77		
27	42 Sipke Sijtsema	HN3	4	O	39.96		
28	48 Dyon Talsma	HN4	2	I	39.98		
29	69 Niels Meijer	HN3	4	I	40.08		
30	67 Ole ten Hove	HSA	2	O	41.04		
31	66 Finn ten Hove	HSA	1	I	41.36		

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1. Rituitslag 500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	66	Finn ten Hove		HSA		40.10	41.36	
	rd								
		Finn ten Hove							
		100m	11.12	(11.12)		m			
		500m	41.36	(30.24)					

		Naam		Cat		PR		Tijd	Info
2	wt	48	Dyon Talsma		HN4		38.37	39.98	
	rd	67	Ole ten Hove		HSA		39.49	41.04	
		Dyon Talsma							
		100m	11.00	(11.00)		100m	11.12	(11.12)	
		500m	39.98	(28.98)		500m	41.04	(29.92)	

		Naam		Cat		PR		Tijd	Info
3	wt	33	Jasper van der Marel		HN1		38.70	39.48	
	rd	49	Jasper Tinga		HN2		38.75	39.64	
		Jasper van der Marel							
		100m	10.98	(10.98)		100m	11.15	(11.15)	
		500m	39.48	(28.50)		500m	39.64	(28.49)	

		Naam		Cat		PR		Tijd	Info
4	wt	69	Niels Meijer		HN3		39.01	40.08	
	rd	42	Sipke Sijtsema		HN3		38.69	39.96	
		Niels Meijer							
		100m	11.14	(11.14)		100m	10.98	(10.98)	
		500m	40.08	(28.94)		500m	39.96	(28.98)	

		Naam		Cat		PR		Tijd	Info
5	wt	3	Tjerk de Boer		HSA		36.17	37.96	
	rd	10	Chris Brommersma		HN1		38.51	39.35	
		Tjerk de Boer							
		100m	10.60	(10.60)		100m	10.86	(10.86)	
		500m	37.96	(27.36)		500m	39.35	(28.49)	

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		Naam		Cat		PR	Tijd	Info
6	wt	13	Jornt Dijk		HSA		37.70	38.54
	rd	54	Sietse de Vries		HA2		38.33	38.90
		Jornt Dijk			Sietse de Vries			
		100m	10.63	(10.63)	100m	10.75	(10.75)	
		500m	38.54	(27.91)	500m	38.90	(28.15)	
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		Naam		Cat		PR	Tijd	Info
7	wt	60	Mathijs van Zwieten		HN4		37.82	39.31
	rd	11	Stijn van de Bunt		HN2		37.65	39.77
		Mathijs van Zwieten			Stijn van de Bunt			
		100m	11.16	(11.16)	100m	11.27	(11.27)	
		500m	39.31	(28.15)	500m	39.77	(28.50)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
8	wt	55	Olaf Vunderink		HA2		37.99	38.40
	rd	27	Jelle Koeleman		HN2		37.64	38.36
		Olaf Vunderink			Jelle Koeleman			
		100m	10.66	(10.66)	100m	10.37	(10.37)	
		500m	38.40	(27.74)	500m	38.36	(27.99)	
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		Naam		Cat		PR	Tijd	Info
9	wt	68	Wester Landman		HN3		37.86	39.02
	rd	64	Rinse Franken		HA2		37.94	39.06
		Wester Landman			Rinse Franken			
		100m	10.78	(10.78)	100m	10.77	(10.77)	
		500m	39.02	(28.24)	500m	39.06	(28.29)	
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		Naam		Cat		PR	Tijd	Info
10	wt	24	Sille Hut		HN1		37.88	38.19
	rd	52	Yves Vergeer		HSA		37.03	38.20
		Sille Hut			Yves Vergeer			
		100m	10.52	(10.52)	100m	10.62	(10.62)	
		500m	38.19	(27.67)	500m	38.20	(27.58)	

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		Naam	Cat	PR	Tijd	Info
11	wt	15 Colin James Duivenvoorden	HN3	37.54	38.63	
	rd	70 Tom Nijdam	HN2	37.17	38.43	
		Colin James Duivenvoorden		Tom Nijdam		
		100m 10.78 (10.78)		100m 10.55 (10.55)		
		500m 38.63 (27.85)		500m 38.43 (27.88)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
12	wt	56 Hidde Westra	HN2	37.22	38.05	
	rd	9 Colin Breed	HA1	37.39	38.51	
		Hidde Westra		Colin Breed		
		100m 10.63 (10.63)		100m 10.55 (10.55)		
		500m 38.05 (27.42)		500m 38.51 (27.96)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
13	wt	37 Niels van Reeuwijk	HN1	37.46	38.48	
	rd	17 Bram van Essen	HN4	36.67	38.23	
		Niels van Reeuwijk		Bram van Essen		
		100m 10.60 (10.60)		100m 10.38 (10.38)		
		500m 38.48 (27.88)		500m 38.23 (27.85)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
14	wt	40 Ties van Seumeren	HN1	36.52	37.48	
	rd	6 Marcel Bosker	HSA	36.39	38.74	
		Ties van Seumeren		Marcel Bosker		
		100m 10.57 (10.57)		100m 10.68 (10.68)		
		500m 37.48 (26.91)		500m 38.74 (28.06)		
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		Naam	Cat	PR	Tijd	Info
15	wt	53 Loek van Vilsteren	HN2	36.66	37.84	
	rd	51 Jur Veenje	HSA	36.56	38.08	
		Loek van Vilsteren		Jur Veenje		
		100m 10.41 (10.41)		100m 10.52 (10.52)		
		500m 37.84 (27.43)		500m 38.08 (27.56)		

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		Naam		Cat		PR		Tijd	Info
16	wt	32	Mervin Maatman		HN4		36.76	37.55	
	rd	39	Colin Schrijver		HSA		36.97	38.39	
		Mervin Maatman			Colin Schrijver				
		100m	10.30	(10.30)	100m	10.53	(10.53)		
		500m	37.55	(27.25)	500m	38.39	(27.86)		

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2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	6 Marcel Bosker	HSA	16	I	6:28.92	TR	
2	11 Stijn van de Bunt	HN2	16	O	6:32.69	TRC	
3	3 Tjerk de Boer	HSA	14	I	6:33.20		
4	30 Jasper Krommenhoek	HN2	14	O	6:36.57		
5	10 Chris Brommersma	HN1	9	I	6:50.91		
6	27 Jelle Koeleman	HN2	13	O	6:52.16		
7	52 Yves Vergeer	HSA	15	I	6:52.46		
8	54 Sietse de Vries	HA2	13	I	6:54.99		
9	60 Mathijs van Zwieten	HN4	12	O	6:56.10		
10	15 Colin James Duivenvoorden	HN3	15	O	6:57.24		
11	51 Jur Veenje	HSA	12	I	6:57.29		
12	49 Jasper Tinga	HN2	11	I	6:57.89		
13	56 Hidde Westra	HN2	9	O	7:00.48		
14	55 Olaf Vunderink	HA2	10	O	7:00.87		
15	42 Sipke Sijtsema	HN3	6	O	7:06.14		
16	40 Ties van Seumeren	HN1	8	I	7:06.56		
17	37 Niels van Reeuwijk	HN1	8	O	7:06.61		
18	9 Colin Breed	HA1	11	O	7:06.68		
19	53 Loek van Vilsteren	HN2	10	I	7:11.31		
20	39 Colin Schrijver	HSA	4	I	7:11.72		
21	13 Jornt Dijk	HSA	7	O	7:12.40		
22	24 Sille Hut	HN1	6	I	7:14.77		
23	66 Finn ten Hove	HSA	7	I	7:15.56		
24	69 Niels Meijer	HN3	2	O	7:16.62		
25	68 Wester Landman	HN3	4	O	7:19.21		
26	17 Bram van Essen	HN4	3	O	7:20.47		
27	67 Ole ten Hove	HSA	2	I	7:21.97		
28	33 Jasper van der Marel	HN1	5	I	7:24.53	FL	
29	64 Rinse Franken	HA2	3	I	7:25.14		
30	32 Mervin Maatman	HN4	1	I	7:33.37		
31	48 Dyon Talsma	HN4	5	O	7:34.36		
32	70 Tom Nijdam	HN2	1	O	7:35.78		

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2. Rituitslag 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	32	Mervin Maatman		HN4		7:17.18	7:33.37	
	rd	70	Tom Nijdam		HN2		7:17.73	7:35.78	
		Mervin Maatman			Tom Nijdam				
		200m	20.18	(20.18)	200m	20.39	(20.39)		
		600m	53.73	(33.55)	600m	53.77	(33.38)		
		1000m	1:28.29	(34.56)	1000m	1:28.56	(34.79)		
		1400m	2:03.40	(35.11)	1400m	2:03.31	(34.75)		
		1800m	2:38.40	(35.00)	1800m	2:38.55	(35.24)		
		2200m	3:14.21	(35.81)	2200m	3:14.14	(35.59)		
		2600m	3:49.96	(35.75)	2600m	3:50.02	(35.88)		
		3000m	4:26.49	(36.53)	3000m	4:26.81	(36.79)		
		3400m	5:03.06	(36.57)	3400m	5:04.18	(37.37)		
		3800m	5:39.89	(36.83)	3800m	5:41.76	(37.58)		
		4200m	6:17.48	(37.59)	4200m	6:19.41	(37.65)		
		4600m	6:55.42	(37.94)	4600m	6:57.77	(38.36)		
		5000m	7:33.37	(37.95)	5000m	7:35.78	(38.01)		

		Naam		Cat		PR		Tijd	Info
2	gl	67	Ole ten Hove		HSA		7:00.55	7:21.97	
	bl	69	Niels Meijer		HN3		7:02.01	7:16.62	
		Ole ten Hove			Niels Meijer				
		200m	19.87	(19.87)	200m	20.57	(20.57)		
		600m	52.09	(32.22)	600m	54.00	(33.43)		
		1000m	1:25.25	(33.16)	1000m	1:28.33	(34.33)		
		1400m	1:59.23	(33.98)	1400m	2:02.64	(34.31)		
		1800m	2:34.03	(34.80)	1800m	2:37.08	(34.44)		
		2200m	3:09.50	(35.47)	2200m	3:11.80	(34.72)		
		2600m	3:45.31	(35.81)	2600m	3:46.52	(34.72)		
		3000m	4:20.94	(35.63)	3000m	4:21.67	(35.15)		
		3400m	4:56.67	(35.73)	3400m	4:56.54	(34.87)		
		3800m	5:32.73	(36.06)	3800m	5:31.52	(34.98)		
		4200m	6:08.95	(36.22)	4200m	6:06.60	(35.08)		
		4600m	6:45.48	(36.53)	4600m	6:41.46	(34.86)		
		5000m	7:21.97	(36.49)	5000m	7:16.62	(35.16)		

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		Naam		Cat		PR	Tijd	Info
3	wt	64	Rinse Franken		HA2		7:08.58	7:25.14
	rd	17	Bram van Essen		HN4		6:57.83	7:20.47
		Rinse Franken			Bram van Essen			
		200m	20.57	(20.57)	200m	19.98	(19.98)	
		600m	54.36	(33.79)	600m	52.92	(32.94)	
		1000m	1:29.11	(34.75)	1000m	1:26.89	(33.97)	
		1400m	2:03.93	(34.82)	1400m	2:01.21	(34.32)	
		1800m	2:38.88	(34.95)	1800m	2:35.45	(34.24)	
		2200m	3:13.75	(34.87)	2200m	3:10.14	(34.69)	
		2600m	3:48.79	(35.04)	2600m	3:45.00	(34.86)	
		3000m	4:23.92	(35.13)	3000m	4:20.22	(35.22)	
		3400m	4:59.18	(35.26)	3400m	4:55.37	(35.15)	
		3800m	5:34.66	(35.48)	3800m	5:31.11	(35.74)	
		4200m	6:10.47	(35.81)	4200m	6:06.85	(35.74)	
		4600m	6:47.40	(36.93)	4600m	6:43.62	(36.77)	
		5000m	7:25.14	(37.74)	5000m	7:20.47	(36.85)	

		Naam		Cat		PR	Tijd	Info
4	gl	39	Colin Schrijver		HSA		7:06.01	7:11.72
	bl	68	Wester Landman		HN3		7:06.10	7:19.21
		Colin Schrijver			Wester Landman			
		200m	19.74	(19.74)	200m	20.52	(20.52)	
		600m	52.81	(33.07)	600m	53.46	(32.94)	
		1000m	1:26.39	(33.58)	1000m	1:26.94	(33.48)	
		1400m	2:00.98	(34.59)	1400m	2:00.42	(33.48)	
		1800m	2:35.50	(34.52)	1800m	2:34.27	(33.85)	
		2200m	3:09.47	(33.97)	2200m	3:08.52	(34.25)	
		2600m	3:43.81	(34.34)	2600m	3:42.94	(34.42)	
		3000m	4:18.24	(34.43)	3000m	4:17.59	(34.65)	
		3400m	4:52.18	(33.94)	3400m	4:52.57	(34.98)	
		3800m	5:26.14	(33.96)	3800m	5:27.70	(35.13)	
		4200m	6:00.92	(34.78)	4200m	6:03.78	(36.08)	
		4600m	6:36.05	(35.13)	4600m	6:40.98	(37.20)	
		5000m	7:11.72	(35.67)	5000m	7:19.21	(38.23)	

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		Naam			Cat	PR	Tijd	Info
5	wt	33	Jasper van der Marel		HN1	6:51.71	7:24.53	FL
	rd	48	Dyon Talsma		HN4	6:53.51	7:34.36	
		<u>Jasper van der Marel</u>			<u>Dyon Talsma</u>			
		200m	19.87	(19.87)	200m	20.41	(20.41)	
		600m	1:09.23	(49.36)	600m	54.58	(34.17)	
		1000m	1:41.39	(32.16)	1000m	1:30.24	(35.66)	
		1400m	2:14.10	(32.71)	1400m	2:05.93	(35.69)	
		1800m	2:47.90	(33.80)	1800m	2:41.80	(35.87)	
		2200m	3:21.76	(33.86)	2200m	3:17.76	(35.96)	
		2600m	3:56.03	(34.27)	2600m	3:53.39	(35.63)	
		3000m	4:30.59	(34.56)	3000m	4:28.91	(35.52)	
		3400m	5:04.92	(34.33)	3400m	5:04.05	(35.14)	
		3800m	5:39.48	(34.56)	3800m	5:40.21	(36.16)	
		4200m	6:14.11	(34.63)	4600m	6:56.96	(76.75)	
		4600m	6:48.96	(34.85)	5000m	7:34.36	(37.40)	
		5000m	7:24.53	(35.57)				

		Naam			Cat	PR	Tijd	Info
6	gl	24	Sille Hut		HN1	6:58.66	7:14.77	
	bl	42	Sipke Sijtsema		HN3	6:52.12	7:06.14	
		<u>Sille Hut</u>			<u>Sipke Sijtsema</u>			
		200m	20.04	(20.04)	200m	20.03	(20.03)	
		600m	53.89	(33.85)	600m	53.88	(33.85)	
		1000m	1:27.59	(33.70)	1000m	1:28.32	(34.44)	
		1400m	2:01.21	(33.62)	1400m	2:01.22	(32.90)	
		1800m	2:34.64	(33.43)	1800m	2:34.64	(33.42)	
		2200m	3:08.21	(33.57)	2200m	3:08.02	(33.38)	
		2600m	3:41.95	(33.74)	2600m	3:41.84	(33.82)	
		3000m	4:16.02	(34.07)	3000m	4:15.45	(33.61)	
		3400m	4:50.43	(34.41)	3400m	4:49.65	(34.20)	
		3800m	5:25.47	(35.04)	3800m	5:24.47	(34.82)	
		4200m	6:00.98	(35.51)	4200m	5:58.29	(33.82)	
		4600m	6:37.60	(36.62)	4600m	6:32.10	(33.81)	
		5000m	7:14.77	(37.17)	5000m	7:06.14	(34.04)	

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		Naam		Cat		PR	Tijd	Info
7	wt	66	Finn ten Hove		HSA		6:51.09	7:15.56
	rd	13	Jornt Dijk		HSA		6:57.69	7:12.40
		Finn ten Hove			Jornt Dijk			
		200m	20.72	(20.72)	200m	20.67	(20.67)	
		600m	53.81	(33.09)	600m	53.50	(32.83)	
		1000m	1:27.27	(33.46)	1000m	1:27.47	(33.97)	
		1400m	2:01.24	(33.97)	1400m	2:01.10	(33.63)	
		1800m	2:35.23	(33.99)	1800m	2:35.22	(34.12)	
		2200m	3:09.66	(34.43)	2200m	3:09.35	(34.13)	
		2600m	3:44.14	(34.48)	2600m	3:43.79	(34.44)	
		3000m	4:18.82	(34.68)	3000m	4:18.02	(34.23)	
		3400m	4:53.53	(34.71)	3400m	4:52.47	(34.45)	
		3800m	5:28.56	(35.03)	3800m	5:27.05	(34.58)	
		4200m	6:03.71	(35.15)	4200m	6:02.36	(35.31)	
		4600m	6:39.19	(35.48)	4600m	6:37.01	(34.65)	
		5000m	7:15.56	(36.37)	5000m	7:12.40	(35.39)	

		Naam		Cat		PR	Tijd	Info
8	gl	40	Ties van Seumeren		HN1		6:49.91	7:06.56
	bl	37	Niels van Reeuwijk		HN1		6:49.93	7:06.61
		Ties van Seumeren			Niels van Reeuwijk			
		200m	20.08	(20.08)	200m	20.17	(20.17)	
		600m	53.24	(33.16)	600m	52.71	(32.54)	
		1000m	1:27.17	(33.93)	1000m	1:26.36	(33.65)	
		1400m	2:00.88	(33.71)	1400m	1:59.83	(33.47)	
		1800m	2:34.47	(33.59)	1800m	2:33.46	(33.63)	
		2200m	3:08.01	(33.54)	2200m	3:07.06	(33.60)	
		2600m	3:41.35	(33.34)	2600m	3:40.70	(33.64)	
		3000m	4:14.64	(33.29)	3000m	4:14.56	(33.86)	
		3400m	4:48.50	(33.86)	3400m	4:48.87	(34.31)	
		3800m	5:22.74	(34.24)	3800m	5:22.95	(34.08)	
		4200m	5:57.08	(34.34)	4200m	5:57.37	(34.42)	
		4600m	6:31.96	(34.88)	4600m	6:32.13	(34.76)	
		5000m	7:06.56	(34.60)	5000m	7:06.61	(34.48)	

Holland Cup 3 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

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		Naam		Cat		PR	Tijd	Info
9	wt	10	Chris Brommersma		HN1	6:49.78	6:50.91	
	rd	56	Hidde Westra		HN2	6:45.13	7:00.48	
		Chris Brommersma			Hidde Westra			
		200m	20.32	(20.32)	200m	20.14	(20.14)	
		600m	52.37	(32.05)	600m	52.66	(32.52)	
		1000m	1:25.41	(33.04)	1000m	1:25.75	(33.09)	
		1400m	1:58.84	(33.43)	1400m	1:59.10	(33.35)	
		1800m	2:31.66	(32.82)	1800m	2:32.44	(33.34)	
		2200m	3:04.71	(33.05)	2200m	3:05.79	(33.35)	
		2600m	3:38.05	(33.34)	2600m	3:39.30	(33.51)	
		3000m	4:11.17	(33.12)	3000m	4:13.03	(33.73)	
		3400m	4:43.75	(32.58)	3400m	4:46.49	(33.46)	
		3800m	5:15.58	(31.83)	3800m	5:19.60	(33.11)	
		4200m	5:47.26	(31.68)	4200m	5:53.37	(33.77)	
		4600m	6:18.96	(31.70)	4600m	6:27.03	(33.66)	
		5000m	6:50.91	(31.95)	5000m	7:00.48	(33.45)	

		Naam		Cat		PR	Tijd	Info
10	gl	53	Loek van Vilsteren		HN2	6:50.03	7:11.31	
	bl	55	Olaf Vunderink		HA2	6:50.67	7:00.87	
		Loek van Vilsteren			Olaf Vunderink			
		200m	19.22	(19.22)	200m	20.34	(20.34)	
		600m	51.33	(32.11)	600m	52.64	(32.30)	
		1000m	1:24.40	(33.07)	1000m	1:25.09	(32.45)	
		1400m	1:57.76	(33.36)	1400m	1:58.09	(33.00)	
		1800m	2:31.17	(33.41)	1800m	2:31.20	(33.11)	
		2200m	3:05.00	(33.83)	2200m	3:04.39	(33.19)	
		2600m	3:39.17	(34.17)	2600m	3:37.80	(33.41)	
		3000m	4:13.47	(34.30)	3000m	4:11.26	(33.46)	
		3400m	4:48.06	(34.59)	3400m	4:44.58	(33.32)	
		3800m	5:23.44	(35.38)	3800m	5:18.11	(33.53)	
		4200m	5:58.78	(35.34)	4200m	5:52.02	(33.91)	
		4600m	6:34.99	(36.21)	4600m	6:26.27	(34.25)	
		5000m	7:11.31	(36.32)	5000m	7:00.87	(34.60)	

Holland Cup 3 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

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		Naam			Cat			PR	Tijd	Info
11	wt	49	Jasper Tinga		HN2			6:41.29	6:57.89	
	rd	9	Colin Breed		HA1			6:41.48	7:06.68	
		Jasper Tinga			Colin Breed					
		200m	19.71	(19.71)	200m	19.99	(19.99)			
		600m	52.25	(32.54)	600m	52.30	(32.31)			
		1000m	1:25.52	(33.27)	1000m	1:25.21	(32.91)			
		1400m	1:58.75	(33.23)	1400m	1:58.43	(33.22)			
		1800m	2:32.01	(33.26)	1800m	2:31.64	(33.21)			
		2200m	3:04.85	(32.84)	2200m	3:04.93	(33.29)			
		2600m	3:37.84	(32.99)	2600m	3:38.22	(33.29)			
		3000m	4:11.02	(33.18)	3000m	4:11.79	(33.57)			
		3400m	4:44.25	(33.23)	3400m	4:45.88	(34.09)			
		3800m	5:17.70	(33.45)	3800m	5:20.38	(34.50)			
		4200m	5:51.22	(33.52)	4200m	5:55.51	(35.13)			
		4600m	6:24.69	(33.47)	4600m	6:31.05	(35.54)			
		5000m	6:57.89	(33.20)	5000m	7:06.68	(35.63)			

		Naam			Cat			PR	Tijd	Info
12	gl	51	Jur Veenje		HSA			6:44.72	6:57.29	
	bl	60	Mathijs van Zwieten		HN4			6:34.64	6:56.10	
		Jur Veenje			Mathijs van Zwieten					
		200m	20.08	(20.08)	200m	20.10	(20.10)			
		600m	51.98	(31.90)	600m	51.87	(31.77)			
		1000m	1:24.71	(32.73)	1000m	1:25.10	(33.23)			
		1400m	1:57.92	(33.21)	1400m	1:57.88	(32.78)			
		1800m	2:30.81	(32.89)	1800m	2:30.80	(32.92)			
		2200m	3:04.03	(33.22)	2200m	3:03.72	(32.92)			
		2600m	3:37.10	(33.07)	2600m	3:36.52	(32.80)			
		3000m	4:10.22	(33.12)	3000m	4:09.40	(32.88)			
		3400m	4:43.51	(33.29)	3400m	4:42.24	(32.84)			
		3800m	5:17.23	(33.72)	3800m	5:15.39	(33.15)			
		4200m	5:50.73	(33.50)	4200m	5:49.14	(33.75)			
		4600m	6:24.16	(33.43)	4600m	6:22.56	(33.42)			
		5000m	6:57.29	(33.13)	5000m	6:56.10	(33.54)			

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		Naam		Cat		PR		Tijd	Info
13	wt	54	Sietse de Vries		HA2		6:43.69	6:54.99	
	rd	27	Jelle Koeleman		HN2		6:38.01	6:52.16	
		Sietse de Vries			Jelle Koeleman				
		200m	19.98	(19.98)	200m	19.55	(19.55)		
		600m	52.48	(32.50)	600m	51.81	(32.26)		
		1000m	1:25.29	(32.81)	1000m	1:23.83	(32.02)		
		1400m	1:58.38	(33.09)	1400m	1:55.84	(32.01)		
		1800m	2:31.51	(33.13)	1800m	2:27.72	(31.88)		
		2200m	3:04.52	(33.01)	2200m	2:59.83	(32.11)		
		2600m	3:37.43	(32.91)	2600m	3:31.92	(32.09)		
		3000m	4:10.35	(32.92)	3000m	4:04.26	(32.34)		
		3400m	4:43.31	(32.96)	3400m	4:36.90	(32.64)		
		3800m	5:16.23	(32.92)	3800m	5:10.10	(33.20)		
		4200m	5:49.01	(32.78)	4200m	5:43.64	(33.54)		
		4600m	6:22.14	(33.13)	4600m	6:17.70	(34.06)		
		5000m	6:54.99	(32.85)	5000m	6:52.16	(34.46)		

		Naam		Cat		PR		Tijd	Info
14	gl	3	Tjerk de Boer		HSA		6:18.58	6:33.20	
	bl	30	Jasper Krommenhoek		HN2		6:22.23	6:36.57	
		Tjerk de Boer			Jasper Krommenhoek				
		200m	19.92	(19.92)	200m	19.84	(19.84)		
		600m	51.07	(31.15)	600m	51.60	(31.76)		
		1000m	1:22.59	(31.52)	1000m	1:23.55	(31.95)		
		1400m	1:54.18	(31.59)	1400m	1:55.38	(31.83)		
		1800m	2:25.91	(31.73)	1800m	2:27.13	(31.75)		
		2200m	2:57.50	(31.59)	2200m	2:58.76	(31.63)		
		2600m	3:29.02	(31.52)	2600m	3:30.29	(31.53)		
		3000m	4:00.34	(31.32)	3000m	4:01.32	(31.03)		
		3400m	4:31.19	(30.85)	3400m	4:32.56	(31.24)		
		3800m	5:01.70	(30.51)	3800m	5:03.39	(30.83)		
		4200m	5:32.12	(30.42)	4200m	5:34.14	(30.75)		
		5000m	6:33.20	(61.08)	4600m	6:05.14	(31.00)		
					5000m	6:36.57	(31.43)		

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		Naam		Cat		PR		Tijd	Info
15	wt	52	Yves Vergeer		HSA		6:27.25	6:52.46	
	rd	15	Colin James Duivenvoorden		HN3		6:26.10	6:57.24	
		Yves Vergeer			Colin James Duivenvoorden				
		200m	19.45	(19.45)	200m	19.76	(19.76)		
		600m	51.85	(32.40)	600m	51.67	(31.91)		
		1000m	1:24.96	(33.11)	1000m	1:24.77	(33.10)		
		1400m	1:57.92	(32.96)	1400m	1:57.35	(32.58)		
		1800m	2:30.97	(33.05)	1800m	2:30.77	(33.42)		
		2200m	3:03.85	(32.88)	2200m	3:03.61	(32.84)		
		2600m	3:36.52	(32.67)	2600m	3:36.82	(33.21)		
		3000m	4:09.32	(32.80)	3000m	4:09.85	(33.03)		
		3400m	4:42.20	(32.88)	3400m	4:43.24	(33.39)		
		3800m	5:15.10	(32.90)	3800m	5:16.66	(33.42)		
		4200m	5:47.28	(32.18)	4200m	5:49.95	(33.29)		
		4600m	6:19.61	(32.33)	4600m	6:23.56	(33.61)		
		5000m	6:52.46	(32.85)	5000m	6:57.24	(33.68)		

		Naam		Cat		PR		Tijd	Info
16	gl	6	Marcel Bosker		HSA		6:08.90	6:28.92	TR
	bl	11	Stijn van de Bunt		HN2		6:18.66	6:32.69	TRC
		Marcel Bosker			Stijn van de Bunt				
		200m	19.56	(19.56)	200m	19.87	(19.87)		
		600m	50.42	(30.86)	600m	50.44	(30.57)		
		1000m	1:21.21	(30.79)	1000m	1:21.63	(31.19)		
		1400m	1:52.35	(31.14)	1400m	1:52.77	(31.14)		
		1800m	2:23.35	(31.00)	1800m	2:23.92	(31.15)		
		2200m	2:54.20	(30.85)	2200m	2:54.95	(31.03)		
		2600m	3:25.19	(30.99)	2600m	3:25.72	(30.77)		
		3000m	3:56.14	(30.95)	3000m	3:56.48	(30.76)		
		3400m	4:26.47	(30.33)	3400m	4:26.96	(30.48)		
		3800m	4:56.88	(30.41)	3800m	4:57.56	(30.60)		
		4200m	5:27.72	(30.84)	4200m	5:28.56	(31.00)		
		4600m	5:58.24	(30.52)	4600m	6:00.48	(31.92)		
		5000m	6:28.92	(30.68)	5000m	6:32.69	(32.21)		

Holland Cup 3 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

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3. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52 Yves Vergeer	HSA	16	O	1:53.00		
2	51 Jur Veenje	HSA	15	O	1:54.25		
3	3 Tjerk de Boer	HSA	16	I	1:54.38		
4	40 Ties van Seumeren	HN1	14	O	1:55.19		
5	24 Sille Hut	HN1	8	I	1:55.74		
6	56 Hidde Westra	HN2	14	I	1:55.81		
7	53 Loek van Vilsteren	HN2	11	O	1:56.26		
8	13 Jornt Dijk	HSA	8	O	1:56.50		
9	27 Jelle Koeleman	HN2	15	I	1:56.66		
10	55 Olaf Vunderink	HA2	12	O	1:56.93		
11	10 Chris Brommersma	HN1	12	I	1:57.16		
12	37 Niels van Reeuwijk	HN1	10	I	1:58.11		
13	42 Sipke Sijtsema	HN3	7	O	1:58.28		
14	60 Mathijs van Zwieten	HN4	11	I	1:58.73		
15	17 Bram van Essen	HN4	7	I	1:58.98		
16	49 Jasper Tinga	HN2	9	I	1:59.07		
17	32 Mervin Maatman	HN4	6	I	1:59.15		
18	68 Wester Landman	HN3	6	O	1:59.52		
19	54 Sietse de Vries	HA2	13	O	1:59.66		
20	69 Niels Meijer	HN3	5	O	1:59.78		
21	64 Rinse Franken	HA2	5	I	2:00.24		
22	33 Jasper van der Marel	HN1	4	I	2:00.32		
23	39 Colin Schrijver	HSA	9	O	2:00.42		
24	70 Tom Nijdam	HN2	4	O	2:00.94		
25	9 Colin Breed	HA1	10	O	2:02.11		
26	48 Dyon Talsma	HN4	1	I	2:03.53		
27	66 Finn ten Hove	HSA	3	I	2:04.51		
28	67 Ole ten Hove	HSA	3	O	2:05.16		
	15 Colin James Duivenvoorden	HN3	13	I	DNF		
	6 Marcel Bosker	HSA			WDR		

Holland Cup 3 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

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3. Rituitslag 1500 meter

		Naam		Cat		PR		Tijd	Info
1	wt rd	48	Dyon Talsma		HN4		1:54.46	2:03.53	

Dyon Talsma

300m	26.59	(26.59)	m
700m	57.66	(31.07)	
1100m	1:30.14	(32.48)	
1500m	2:03.53	(33.39)	

		Naam		Cat		PR		Tijd	Info
2	gl bl	6	Marcel Bosker		HSA		1:44.12	WDR	

Marcel Bosker

m

		Naam		Cat		PR		Tijd	Info
3	wt	66	Finn ten Hove		HSA		1:56.13	2:04.51	
	rd	67	Ole ten Hove		HSA		1:56.96	2:05.16	

Finn ten Hove

300m	27.10	(27.10)
700m	57.94	(30.84)
1100m	1:30.30	(32.36)
1500m	2:04.51	(34.21)

Ole ten Hove

300m	26.66	(26.66)
700m	57.42	(30.76)
1100m	1:30.65	(33.23)
1500m	2:05.16	(34.51)

		Naam		Cat		PR		Tijd	Info
4	gl	33	Jasper van der Marel		HN1		1:53.35	2:00.32	
	bl	70	Tom Nijdam		HN2		1:54.25	2:00.94	

Jasper van der Marel

300m	26.21	(26.21)
700m	56.13	(29.92)
1100m	1:27.76	(31.63)
1500m	2:00.32	(32.56)

Tom Nijdam

300m	25.08	(25.08)
700m	54.57	(29.49)
1100m	1:26.60	(32.03)
1500m	2:00.94	(34.34)

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		Naam		Cat		PR		Tijd	Info
5	wt	64	Rinse Franken		HA2		1:54.51	2:00.24	
	rd	69	Niels Meijer		HN3		1:54.83	1:59.78	
		Rinse Franken			Niels Meijer				
		300m	25.81	(25.81)	300m	26.58	(26.58)		
		700m	55.19	(29.38)	700m	56.54	(29.96)		
		1100m	1:26.78	(31.59)	1100m	1:27.64	(31.10)		
		1500m	2:00.24	(33.46)	1500m	1:59.78	(32.14)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
6	gl	32	Mervin Maatman		HN4		1:51.10	1:59.15	
	bl	68	Wester Landman		HN3		1:55.57	1:59.52	
		Mervin Maatman			Wester Landman				
		300m	25.50	(25.50)	300m	25.97	(25.97)		
		700m	53.89	(28.39)	700m	55.21	(29.24)		
		1100m	1:25.20	(31.31)	1100m	1:26.12	(30.91)		
		1500m	1:59.15	(33.95)	1500m	1:59.52	(33.40)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
7	wt	17	Bram van Essen		HN4		1:52.67	1:58.98	
	rd	42	Sipke Sijtsema		HN3		1:52.58	1:58.28	
		Bram van Essen			Sipke Sijtsema				
		300m	25.19	(25.19)	300m	25.87	(25.87)		
		700m	54.30	(29.11)	700m	55.48	(29.61)		
		1100m	1:25.69	(31.39)	1100m	1:26.21	(30.73)		
		1500m	1:58.98	(33.29)	1500m	1:58.28	(32.07)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
8	gl	24	Sille Hut		HN1		1:52.56	1:55.74	
	bl	13	Jornt Dijk		HSA		1:51.56	1:56.50	
		Sille Hut			Jornt Dijk				
		300m	25.22	(25.22)	300m	25.39	(25.39)		
		700m	53.78	(28.56)	700m	54.03	(28.64)		
		1100m	1:23.69	(29.91)	1100m	1:24.20	(30.17)		
		1500m	1:55.74	(32.05)	1500m	1:56.50	(32.30)		

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		Naam			Cat			PR	Tijd	Info
9	wt	49	Jasper Tinga		HN2			1:52.86	1:59.07	
	rd	39	Colin Schrijver		HSA			1:53.74	2:00.42	
		Jasper Tinga			Colin Schrijver					
		300m	26.81	(26.81)	300m	26.11	(26.11)			
		700m	56.20	(29.39)	700m	56.25	(30.14)			
		1100m	1:27.22	(31.02)	1100m	1:27.63	(31.38)			
		1500m	1:59.07	(31.85)	1500m	2:00.42	(32.79)			
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		Naam			Cat			PR	Tijd	Info
10	gl	37	Niels van Reeuwijk		HN1			1:50.72	1:58.11	
	bl	9	Colin Breed		HA1			1:54.63	2:02.11	
		Niels van Reeuwijk			Colin Breed					
		300m	25.88	(25.88)	300m	25.44	(25.44)			
		700m	54.47	(28.59)	700m	55.24	(29.80)			
		1100m	1:25.42	(30.95)	1100m	1:27.80	(32.56)			
		1500m	1:58.11	(32.69)	1500m	2:02.11	(34.31)			
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		Naam			Cat			PR	Tijd	Info
11	wt	60	Mathijs van Zwieten		HN4			1:51.81	1:58.73	
	rd	53	Loek van Vilsteren		HN2			1:50.11	1:56.26	
		Mathijs van Zwieten			Loek van Vilsteren					
		300m	25.97	(25.97)	300m	24.88	(24.88)			
		700m	55.09	(29.12)	700m	53.70	(28.82)			
		1100m	1:26.09	(31.00)	1100m	1:24.17	(30.47)			
		1500m	1:58.73	(32.64)	1500m	1:56.26	(32.09)			
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		Naam			Cat			PR	Tijd	Info
12	gl	10	Chris Brommersma		HN1			1:53.28	1:57.16	
	bl	55	Olaf Vunderink		HA2			1:52.44	1:56.93	
		Chris Brommersma			Olaf Vunderink					
		300m	25.93	(25.93)	300m	25.17	(25.17)			
		700m	54.98	(29.05)	700m	54.24	(29.07)			
		1100m	1:25.42	(30.44)	1100m	1:25.04	(30.80)			
		1500m	1:57.16	(31.74)	1500m	1:56.93	(31.89)			

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		Naam	Cat	PR	Tijd	Info
13	wt	15 Colin James Duivenvoorden	HN3	1:48.57		DNF
	rd	54 Sietse de Vries	HA2	1:53.52		1:59.66
		Colin James Duivenvoorden			Sietse de Vries	
		300m		25.83	(25.83)	
		700m		55.36	(29.53)	
		1100m		1:26.62	(31.26)	
		1500m		1:59.66	(33.04)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
14	gl	56 Hidde Westra	HN2	1:48.43		1:55.81
	bl	40 Ties van Seumeren	HN1	1:48.04		1:55.19
		Hidde Westra			Ties van Seumeren	
		300m		25.29	(25.29)	
		700m		53.88	(28.59)	
		1100m		1:24.10	(30.22)	
		1500m		1:55.81	(31.71)	
		300m		25.30	(25.30)	
		700m		53.49	(28.19)	
		1100m		1:23.69	(30.20)	
		1500m		1:55.19	(31.50)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
15	wt	27 Jelle Koeleman	HN2	1:52.18		1:56.66
	rd	51 Jur Veenje	HSA	1:48.27		1:54.25
		Jelle Koeleman			Jur Veenje	
		300m		25.39	(25.39)	
		700m		54.54	(29.15)	
		1100m		1:25.01	(30.47)	
		1500m		1:56.66	(31.65)	
		300m		25.22	(25.22)	
		700m		53.09	(27.87)	
		1100m		1:22.67	(29.58)	
		1500m		1:54.25	(31.58)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
16	gl	3 Tjerk de Boer	HSA	1:46.51		1:54.38
	bl	52 Yves Vergeer	HSA	1:47.25		1:53.00
		Tjerk de Boer			Yves Vergeer	
		300m		25.46	(25.46)	
		700m		53.41	(27.95)	
		1100m		1:22.86	(29.45)	
		1500m		1:54.38	(31.52)	
		300m		25.19	(25.19)	
		700m		52.95	(27.76)	
		1100m		1:22.13	(29.18)	
		1500m		1:53.00	(30.87)	

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4. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	3 Tjerk de Boer	HSA	14	I	3:52.46	RW	
2	52 Yves Vergeer	HSA	14	O	3:59.31		
3	10 Chris Brommersma	HN1	11	O	4:00.86		
4	51 Jur Veenje	HSA	13	I	4:02.47		
5	60 Mathijs van Zwieten	HN4	9	I	4:03.32		
6	27 Jelle Koeleman	HN2	13	O	4:03.88		
7	55 Olaf Vunderink	HA2	11	I	4:05.59		
8	42 Sipke Sijtsema	HN3	6	O	4:08.62		
9	33 Jasper van der Marel	HN1	4	O	4:10.43		
10	49 Jasper Tinga	HN2	8	O	4:10.81		
11	56 Hidde Westra	HN2	12	O	4:11.84		
12	37 Niels van Reeuwijk	HN1	9	O	4:11.86		
13	39 Colin Schrijver	HSA	7	I	4:12.50		
14	40 Ties van Seumeren	HN1	12	I	4:13.18		
15	69 Niels Meijer	HN3	4	I	4:14.08		
16	24 Sille Hut	HN1	10	I	4:14.14		
17	66 Finn ten Hove	HSA	3	O	4:15.68		
18	68 Wester Landman	HN3	5	I	4:15.76		
19	64 Rinse Franken	HA2	5	O	4:17.06		
20	54 Sietse de Vries	HA2	10	O	4:17.30		
21	9 Colin Breed	HA1	7	O	4:17.77		
22	17 Bram van Essen	HN4	6	I	4:19.60		
23	13 Jornt Dijk	HSA	8	I	4:20.65		
24	67 Ole ten Hove	HSA	1	I	4:21.02		
25	70 Tom Nijdam	HN2	3	I	4:22.92		

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4. Rituitslag 3000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd	67 Ole ten Hove	HSA	4:06.15	4:21.02

Ole ten Hove

200m	19.96	(19.96)	m
600m	52.19	(32.23)	
1000m	1:24.97	(32.78)	
1400m	1:59.02	(34.05)	
1800m	2:33.81	(34.79)	
2200m	3:09.25	(35.44)	
2600m	3:45.10	(35.85)	
3000m	4:21.02	(35.92)	

	Naam	Cat	PR	Tijd	Info
2	gl bl				

m

m

	Naam	Cat	PR	Tijd	Info
3	wt rd	70 Tom Nijdam	HN2	4:01.74	4:22.92
		66 Finn ten Hove	HSA	4:00.30	4:15.68

Tom Nijdam

200m	19.63	(19.63)
600m	51.78	(32.15)
1000m	1:25.11	(33.33)
1400m	1:58.78	(33.67)
1800m	2:33.44	(34.66)
2200m	3:09.19	(35.75)
2600m	3:46.05	(36.86)
3000m	4:22.92	(36.87)

Finn ten Hove

200m	20.40	(20.40)
600m	52.57	(32.17)
1000m	1:25.30	(32.73)
1400m	1:58.26	(32.96)
1800m	2:32.08	(33.82)
2200m	3:06.13	(34.05)
2600m	3:40.61	(34.48)
3000m	4:15.68	(35.07)

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		Naam		Cat		PR		Tijd	Info
4	gl	69	Niels Meijer		HN3			4:02.79	4:14.08
	bl	33	Jasper van der Marel		HN1			3:56.65	4:10.43
		Niels Meijer			Jasper van der Marel				
		200m	19.78	(19.78)	200m	19.66	(19.66)		
		600m	52.01	(32.23)	600m	51.78	(32.12)		
		1000m	1:25.12	(33.11)	1000m	1:24.59	(32.81)		
		1400m	1:58.60	(33.48)	1400m	1:57.26	(32.67)		
		1800m	2:32.39	(33.79)	1800m	2:29.92	(32.66)		
		2200m	3:06.39	(34.00)	2200m	3:03.38	(33.46)		
		2600m	3:40.25	(33.86)	2600m	3:36.82	(33.44)		
		3000m	4:14.08	(33.83)	3000m	4:10.43	(33.61)		

		Naam		Cat		PR		Tijd	Info
5	wt	68	Wester Landman		HN3			4:13.19	4:15.76
	rd	64	Rinse Franken		HA2			4:00.24	4:17.06
		Wester Landman			Rinse Franken				
		200m	19.92	(19.92)	200m	20.01	(20.01)		
		600m	52.39	(32.47)	600m	52.46	(32.45)		
		1000m	1:24.46	(32.07)	1000m	1:25.73	(33.27)		
		1400m	1:57.05	(32.59)	1400m	1:59.05	(33.32)		
		1800m	2:30.64	(33.59)	1800m	2:32.76	(33.71)		
		2200m	3:05.02	(34.38)	2200m	3:07.07	(34.31)		
		2600m	3:40.13	(35.11)	2600m	3:41.94	(34.87)		
		3000m	4:15.76	(35.63)	3000m	4:17.06	(35.12)		

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		Naam		Cat		PR		Tijd	Info
6	gl	17	Bram van Essen		HN4			4:00.02	4:19.60
	bl	42	Sipke Sijtsema		HN3			4:00.50	4:08.62
		Bram van Essen				Sipke Sijtsema			
		200m	19.08	(19.08)		200m	19.41	(19.41)	
		600m	50.70	(31.62)		600m	50.81	(31.40)	
		1000m	1:23.97	(33.27)		1000m	1:23.56	(32.75)	
		1400m	1:57.78	(33.81)		1400m	1:56.01	(32.45)	
		1800m	2:32.59	(34.81)		1800m	2:28.63	(32.62)	
		2200m	3:08.49	(35.90)		2200m	3:01.74	(33.11)	
		2600m	3:44.56	(36.07)		2600m	3:34.99	(33.25)	
		3000m	4:19.60	(35.04)		3000m	4:08.62	(33.63)	

		Naam		Cat		PR		Tijd	Info
7	wt	39	Colin Schrijver		HSA			4:08.58	4:12.50
	rd	9	Colin Breed		HA1			3:56.41	4:17.77
		Colin Schrijver				Colin Breed			
		200m	19.45	(19.45)		200m	19.78	(19.78)	
		600m	51.57	(32.12)		600m	51.80	(32.02)	
		1000m	1:24.40	(32.83)		1000m	1:24.58	(32.78)	
		1400m	1:57.41	(33.01)		1400m	1:58.32	(33.74)	
		1800m	2:30.82	(33.41)		1800m	2:32.74	(34.42)	
		2200m	3:04.08	(33.26)		2200m	3:07.39	(34.65)	
		2600m	3:37.75	(33.67)		2600m	3:42.50	(35.11)	
		3000m	4:12.50	(34.75)		3000m	4:17.77	(35.27)	

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		Naam		Cat		PR		Tijd	Info
8	gl	13	Jornt Dijk		HSA		4:04.13	4:20.65	
	bl	49	Jasper Tinga		HN2		3:54.72	4:10.81	
		Jornt Dijk			Jasper Tinga				
		200m	19.49	(19.49)	200m	19.37	(19.37)		
		600m	50.65	(31.16)	600m	50.48	(31.11)		
		1000m	1:23.28	(32.63)	1000m	1:22.78	(32.30)		
		1400m	1:56.54	(33.26)	1400m	1:55.47	(32.69)		
		1800m	2:31.41	(34.87)	1800m	2:28.26	(32.79)		
		2200m	3:07.40	(35.99)	2200m	3:01.99	(33.73)		
		2600m	3:43.98	(36.58)	2600m	3:36.03	(34.04)		
		3000m	4:20.65	(36.67)	3000m	4:10.81	(34.78)		

		Naam		Cat		PR		Tijd	Info
9	wt	60	Mathijs van Zwieten		HN4		3:55.67	4:03.32	
	rd	37	Niels van Reeuwijk		HN1		3:56.30	4:11.86	
		Mathijs van Zwieten			Niels van Reeuwijk				
		200m	18.90	(18.90)	200m	19.71	(19.71)		
		600m	49.04	(30.14)	600m	50.71	(31.00)		
		1000m	1:19.90	(30.86)	1000m	1:22.42	(31.71)		
		1400m	1:51.30	(31.40)	1400m	1:54.96	(32.54)		
		1800m	2:23.59	(32.29)	1800m	2:28.42	(33.46)		
		2200m	2:56.63	(33.04)	2200m	3:02.54	(34.12)		
		2600m	3:30.06	(33.43)	2600m	3:36.98	(34.44)		
		3000m	4:03.32	(33.26)	3000m	4:11.86	(34.88)		

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		Naam		Cat		PR		Tijd	Info
10	gl	24	Sille Hut		HN1			3:58.96	4:14.14
	bl	54	Sietse de Vries		HA2			3:55.36	4:17.30
		Sille Hut			Sietse de Vries				
		200m	19.91	(19.91)	200m	20.46	(20.46)		
		600m	53.18	(33.27)	600m	52.82	(32.36)		
		1000m	1:25.75	(32.57)	1000m	1:25.61	(32.79)		
		1400m	1:58.61	(32.86)	1400m	1:58.63	(33.02)		
		1800m	2:31.48	(32.87)	1800m	2:31.87	(33.24)		
		2200m	3:04.56	(33.08)	2200m	3:05.64	(33.77)		
		2600m	3:38.41	(33.85)	2600m	3:41.32	(35.68)		
		3000m	4:14.14	(35.73)	3000m	4:17.30	(35.98)		

		Naam		Cat		PR		Tijd	Info
11	wt	55	Olaf Vunderink		HA2			3:56.48	4:05.59
	rd	10	Chris Brommersma		HN1			3:50.62	4:00.86
		Olaf Vunderink			Chris Brommersma				
		200m	19.72	(19.72)	200m	19.96	(19.96)		
		600m	51.18	(31.46)	600m	51.12	(31.16)		
		1000m	1:22.59	(31.41)	1000m	1:22.19	(31.07)		
		1400m	1:54.16	(31.57)	1400m	1:53.76	(31.57)		
		1800m	2:26.00	(31.84)	1800m	2:25.39	(31.63)		
		2200m	2:59.18	(33.18)	2200m	2:57.06	(31.67)		
		2600m	3:32.25	(33.07)	2600m	3:28.85	(31.79)		
		3000m	4:05.59	(33.34)	3000m	4:00.86	(32.01)		

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		Naam		Cat		PR	Tijd	Info
12	gl	40	Ties van Seumeren		HN1		3:56.85	4:13.18
	bl	56	Hidde Westra		HN2		3:52.43	4:11.84
		Ties van Seumeren			Hidde Westra			
		200m	20.06	(20.06)	200m	20.57	(20.57)	
		600m	52.76	(32.70)	600m	53.10	(32.53)	
		1000m	1:25.87	(33.11)	1000m	1:25.47	(32.37)	
		1400m	1:59.08	(33.21)	1400m	1:58.30	(32.83)	
		1800m	2:32.62	(33.54)	1800m	2:31.49	(33.19)	
		2200m	3:06.05	(33.43)	2200m	3:04.86	(33.37)	
		2600m	3:39.73	(33.68)	2600m	3:38.23	(33.37)	
		3000m	4:13.18	(33.45)	3000m	4:11.84	(33.61)	

		Naam		Cat		PR	Tijd	Info
13	wt	51	Jur Veenje		HSA		3:53.35	4:02.47
	rd	27	Jelle Koeleman		HN2		3:52.60	4:03.88
		Jur Veenje			Jelle Koeleman			
		200m	19.37	(19.37)	200m	19.43	(19.43)	
		600m	50.54	(31.17)	600m	50.95	(31.52)	
		1000m	1:21.96	(31.42)	1000m	1:22.37	(31.42)	
		1400m	1:54.11	(32.15)	1400m	1:54.55	(32.18)	
		1800m	2:26.14	(32.03)	1800m	2:26.51	(31.96)	
		2200m	2:57.97	(31.83)	2200m	2:58.17	(31.66)	
		2600m	3:29.70	(31.73)	2600m	3:30.41	(32.24)	
		3000m	4:02.47	(32.77)	3000m	4:03.88	(33.47)	

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		Naam		Cat		PR		Tijd	Info
14	gl	3	Tjerk de Boer		HSA		3:43.60	3:52.46	RW
	bl	52	Yves Vergeer		HSA		3:44.38	3:59.31	
		<u>Tjerk de Boer</u>				<u>Yves Vergeer</u>			
		200m	18.84	(18.84)		200m	19.12	(19.12)	
		600m	48.98	(30.14)		600m	49.54	(30.42)	
		1000m	1:19.39	(30.41)		1000m	1:20.50	(30.96)	
		1400m	1:50.05	(30.66)		1400m	1:51.83	(31.33)	
		1800m	2:20.73	(30.68)		1800m	2:23.34	(31.51)	
		2200m	2:51.18	(30.45)		2200m	2:55.09	(31.75)	
		2600m	3:21.88	(30.70)		2600m	3:26.81	(31.72)	
		3000m	3:52.46	(30.58)		3000m	3:59.31	(32.50)	