

1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	2 Rick Loos	HA2	6	O	15:29.01		
2	22 Ruben Molenaar	HA1	5	O	16:42.21		
3	35 Mike van Dijk	HSA	6	I	16:51.68	PR	
4	1 Job van Dongen	HA2	4	I	17:15.24		
5	4 Emma Hartveld	DN2	2	O	17:35.04		
6	14 Jan Willem Dijkstra	H55	3	I	17:47.59		
7	11 Bert Nijman	H40	5	I	17:49.87		
8	9 Evert Jan van Dijk	H45	3	O	17:51.99		
9	3 Maartje Heine-Stoop	DSA	4	O	18:14.23		
10	46 Renske Bruinsma	DSA	1	O	19:27.69		
11	24 Sep Jan de Graaff	HB2	1	I	19:28.01		
	31 Erwin Henskes	H65	2	I	DQ	T08	

T08 - Niet wisselen / Verkeerd wisselen (te vroege/te late wissel) (254.5)



Kennemercup 8: Langeafstandsavond

IJsbahn Haarlem - Haarlem

21 december 2025



1. Rituitslag 10000 meter

		Naam	Cat		PR	Tijd	Info
1	wt	24 Sep Jan de Graaff	HB2			19:28.01	
	rd	46 Renske Bruinsma	DSA			19:27.69	
		Sep Jan de Graaff			Renske Bruinsma		
		400m	0.54	(.54)	400m	48.30	(48.30)
		800m	48.22	(47.68)	800m	1:34.80	(46.50)
		1200m	1:32.89	(44.67)	1200m	2:20.59	(45.79)
		1600m	2:20.06	(47.17)	1600m	3:07.16	(46.57)
		2000m	3:05.94	(45.88)	2000m	3:54.49	(47.33)
		2400m	3:53.89	(47.95)	2400m	4:41.42	(46.93)
		2800m	4:41.04	(47.15)	2800m	5:27.57	(46.15)
		3200m	5:28.67	(47.63)	3200m	6:15.01	(47.44)
		3600m	6:16.52	(47.85)	3600m	7:01.95	(46.94)
		4000m	7:02.99	(46.47)	4000m	7:49.59	(47.64)
		4400m	7:50.98	(47.99)	4400m	8:36.57	(46.98)
		4800m	8:37.76	(46.78)	4800m	9:24.13	(47.56)
		5200m	9:23.55	(45.79)	5200m	10:11.55	(47.42)
		5600m	10:58.74	(95.19)	5600m	10:58.74	(47.19)
		6000m	11:45.47	(46.73)	6000m	11:45.28	(46.54)
		6400m	12:31.53	(46.06)	6400m	12:32.09	(46.81)
		6800m	13:18.80	(47.27)	6800m	13:18.34	(46.25)
		7200m	14:05.08	(46.28)	7200m	14:05.19	(46.85)
		7600m	14:52.17	(47.09)	7600m	14:51.44	(46.25)
		8000m	15:39.05	(46.88)	8000m	15:38.90	(47.46)
		8400m	16:26.45	(47.40)	8400m	16:25.89	(46.99)
		8800m	17:13.12	(46.67)	8800m	17:13.38	(47.49)
		9200m	17:59.44	(46.32)	9200m	17:59.08	(45.70)
		9600m	18:44.14	(44.70)	9600m	18:44.05	(44.97)
		10000m	19:28.01	(43.87)	10000m	19:27.69	(43.64)



Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

21 december 2025



		Naam	Cat	PR	Tijd	Info
2	gl	31 Erwin Henskes	H65	18:03.45	DQ	T08
	bl	4 Emma Hartveld	DN2		17:35.04	

Erwin Henskes

400m	49.93	(49.93)
800m	1:34.34	(44.41)
1200m	2:19.59	(45.25)
1600m	3:04.50	(44.91)
2000m	3:49.46	(44.96)
2400m	4:34.57	(45.11)
2800m	5:20.08	(45.51)
3200m	6:05.21	(45.13)
3600m	6:50.39	(45.18)
4000m	7:35.60	(45.21)
4400m	8:20.84	(45.24)
4800m	9:06.18	(45.34)
5200m	9:54.14	(47.96)
5600m	10:38.37	(44.23)
6000m	11:23.69	(45.32)
6400m	12:08.95	(45.26)
6800m	12:51.69	(42.74)
7200m	13:37.35	(45.66)
7600m	14:23.45	(46.10)
8000m	15:09.73	(46.28)
8400m	15:55.70	(45.97)
8800m	16:40.40	(44.70)
9200m	17:25.16	(44.76)
9600m	18:10.03	(44.87)
10000m	18:57.95	(47.92)

Emma Hartveld

400m	46.92	(46.92)
800m	1:29.34	(42.42)
1200m	2:11.80	(42.46)
1600m	2:54.17	(42.37)
2000m	3:36.62	(42.45)
2400m	4:18.74	(42.12)
2800m	5:01.46	(42.72)
3200m	5:44.02	(42.56)
3600m	6:26.18	(42.16)
4000m	7:08.10	(41.92)
4400m	7:50.04	(41.94)
4800m	8:32.21	(42.17)
5200m	9:14.19	(41.98)
5600m	9:56.32	(42.13)
6000m	10:38.31	(41.99)
6400m	11:20.59	(42.28)
6800m	12:02.39	(41.80)
7200m	12:43.92	(41.53)
7600m	13:25.64	(41.72)
8000m	14:07.70	(42.06)
8400m	14:49.63	(41.93)
8800m	15:31.26	(41.63)
9200m	16:12.73	(41.47)
9600m	16:54.13	(41.40)
10000m	17:35.04	(40.91)



Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

21 december 2025



		Naam	Cat			PR	Tijd	Info
3	wt	14 Jan Willem Dijkstra	H55			17:34.55	17:47.59	
	rd	9 Evert Jan van Dijk	H45			16:09.86	17:51.99	
		Jan Willem Dijkstra			Evert Jan van Dijk			
		400m	45.60	(45.60)	400m	42.72	(42.72)	
		800m	1:27.93	(42.33)	800m	1:22.65	(39.93)	
		1200m	2:11.80	(43.87)	1200m	2:03.40	(40.75)	
		1600m	2:55.24	(43.44)	1600m	2:43.37	(39.97)	
		2000m	3:38.17	(42.93)	2000m	3:23.50	(40.13)	
		2400m	4:21.47	(43.30)	2400m	4:04.16	(40.66)	
		2800m	5:04.33	(42.86)	2800m	4:45.15	(40.99)	
		3200m	5:46.97	(42.64)	3200m	5:26.94	(41.79)	
		3600m	6:29.91	(42.94)	3600m	6:08.37	(41.43)	
		4000m	7:13.03	(43.12)	4000m	6:50.25	(41.88)	
		4400m	7:56.55	(43.52)	4400m	7:32.40	(42.15)	
		4800m	8:40.12	(43.57)	4800m	8:14.81	(42.41)	
		5200m	9:23.93	(43.81)	5200m	8:56.38	(41.57)	
		5600m	10:07.50	(43.57)	5600m	9:38.75	(42.37)	
		6000m	10:50.28	(42.78)	6000m	10:21.60	(42.85)	
		6400m	11:32.88	(42.60)	6400m	11:04.34	(42.74)	
		6800m	12:15.53	(42.65)	6800m	11:46.71	(42.37)	
		7200m	12:57.31	(41.78)	7200m	12:31.45	(44.74)	
		7600m	13:38.88	(41.57)	7600m	13:17.88	(46.43)	
		8000m	14:20.60	(41.72)	8000m	14:04.01	(46.13)	
		8400m	15:02.50	(41.90)	8400m	14:49.05	(45.04)	
		8800m	15:44.62	(42.12)	8800m	15:34.37	(45.32)	
		9200m	16:26.36	(41.74)	9200m	16:20.68	(46.31)	
		9600m	17:08.04	(41.68)	9600m	17:06.04	(45.36)	
		10000m	17:47.59	(39.55)	10000m	17:51.99	(45.95)	



Kennemercup 8: Langeafstandsavond

IJssbaan Haarlem - Haarlem

21 december 2025



		Naam			Cat	PR	Tijd	Info	
4	gl	1	Job van Dongen		HA2		17:15.24		
	bl	3	Maartje Heine-Stoop		DSA		18:14.23		
		Job van Dongen				Maartje Heine-Stoop			
		400m	39.16	(39.16)	400m	43.28	(43.28)		
		800m	1:16.68	(37.52)	800m	1:24.35	(41.07)		
		1200m	1:56.29	(39.61)	1200m	2:06.49	(42.14)		
		1600m	2:36.93	(40.64)	1600m	2:48.71	(42.22)		
		2000m	3:17.11	(40.18)	2000m	3:30.65	(41.94)		
		2400m	3:58.70	(41.59)	2400m	4:13.06	(42.41)		
		2800m	4:40.82	(42.12)	2800m	4:55.56	(42.50)		
		3200m	5:22.76	(41.94)	3200m	5:38.08	(42.52)		
		3600m	6:04.18	(41.42)	3600m	6:21.51	(43.43)		
		4000m	6:46.24	(42.06)	4000m	7:05.37	(43.86)		
		4400m	7:28.36	(42.12)	4400m	7:49.29	(43.92)		
		4800m	8:10.50	(42.14)	4800m	8:33.42	(44.13)		
		5200m	8:52.79	(42.29)	5200m	9:17.81	(44.39)		
		5600m	9:35.23	(42.44)	5600m	10:02.69	(44.88)		
		6000m	10:17.45	(42.22)	6000m	10:47.49	(44.80)		
		6400m	10:59.52	(42.07)	6400m	11:32.79	(45.30)		
		6800m	11:41.03	(41.51)	6800m	12:17.99	(45.20)		
		7200m	12:22.20	(41.17)	7200m	13:03.39	(45.40)		
		7600m	13:03.60	(41.40)	7600m	13:48.31	(44.92)		
		8000m	13:44.99	(41.39)	8000m	14:32.99	(44.68)		
		8400m	14:27.20	(42.21)	8400m	15:17.52	(44.53)		
		8800m	15:09.32	(42.12)	8800m	16:02.55	(45.03)		
		9200m	15:52.06	(42.74)	9200m	16:47.02	(44.47)		
		9600m	16:33.89	(41.83)	9600m	17:30.88	(43.86)		
		10000m	17:15.24	(41.35)	10000m	18:14.23	(43.35)		



Kennemercup 8: Langeafstandsavond

IJsbahn Haarlem - Haarlem

21 december 2025



		Naam	Cat			PR	Tijd	Info
5	wt	11 Bert Nijman	H40				17:49.87	
	rd	22 Ruben Molenaar	HA1			16:21.30	16:42.21	
		Bert Nijman			Ruben Molenaar			
		400m	43.79	(43.79)	400m	40.35	(40.35)	
		800m	1:24.12	(40.33)	800m	1:18.28	(37.93)	
		1200m	2:05.32	(41.20)	1200m	1:56.54	(38.26)	
		1600m	2:46.87	(41.55)	1600m	2:35.25	(38.71)	
		2000m	3:27.70	(40.83)	2000m	3:13.35	(38.10)	
		2400m	4:08.41	(40.71)	2400m	3:52.78	(39.43)	
		2800m	4:49.60	(41.19)	2800m	4:31.70	(38.92)	
		3200m	5:30.89	(41.29)	3200m	5:11.18	(39.48)	
		3600m	6:13.08	(42.19)	3600m	5:51.34	(40.16)	
		4000m	6:55.61	(42.53)	4000m	6:31.01	(39.67)	
		4400m	7:38.89	(43.28)	4400m	7:10.15	(39.14)	
		4800m	8:22.13	(43.24)	4800m	7:50.13	(39.98)	
		5200m	9:04.95	(42.82)	5200m	8:30.86	(40.73)	
		5600m	9:47.75	(42.80)	5600m	9:12.64	(41.78)	
		6000m	10:30.68	(42.93)	6000m	9:54.07	(41.43)	
		6400m	11:14.36	(43.68)	6400m	10:35.61	(41.54)	
		6800m	11:57.53	(43.17)	6800m	11:15.87	(40.26)	
		7200m	12:39.81	(42.28)	7200m	11:55.85	(39.98)	
		7600m	13:22.95	(43.14)	7600m	12:36.70	(40.85)	
		8000m	14:06.92	(43.97)	8000m	13:18.28	(41.58)	
		8400m	14:51.57	(44.65)	8400m	13:59.74	(41.46)	
		8800m	15:36.61	(45.04)	8800m	14:41.05	(41.31)	
		9200m	16:21.02	(44.41)	9200m	15:22.74	(41.69)	
		9600m	17:05.48	(44.46)	9600m	16:03.52	(40.78)	
		10000m	17:49.87	(44.39)	10000m	16:42.21	(38.69)	

Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

21 december 2025

		Naam	Cat	PR	Tijd	Info
6	gl	35 Mike van Dijk	HSA	17:21.93	16:51.68	PR
	bl	2 Rick Loos	HA2		15:29.01	
		Mike van Dijk		Rick Loos		
		400m	41.54 (41.54)	400m	40.39 (40.39)	
		800m	1:20.21 (38.67)	800m	1:17.36 (36.97)	
		1200m	1:59.75 (39.54)	1200m	1:54.14 (36.78)	
		1600m	2:38.93 (39.18)	1600m	2:31.10 (36.96)	
		2000m	3:17.90 (38.97)	2000m	3:08.30 (37.20)	
		2400m	3:57.13 (39.23)	2400m	3:45.23 (36.93)	
		2800m	4:36.88 (39.75)	2800m	4:22.13 (36.90)	
		3200m	5:16.58 (39.70)	3200m	4:59.04 (36.91)	
		3600m	5:56.26 (39.68)	3600m	5:35.77 (36.73)	
		4000m	6:35.79 (39.53)	4000m	6:11.93 (36.16)	
		4400m	7:15.60 (39.81)	4400m	6:48.75 (36.82)	
		4800m	7:55.54 (39.94)	4800m	7:25.45 (36.70)	
		5200m	8:35.63 (40.09)	5200m	8:02.50 (37.05)	
		5600m	9:16.29 (40.66)	5600m	8:39.32 (36.82)	
		6000m	9:56.34 (40.05)	6000m	9:16.02 (36.70)	
		6400m	10:37.06 (40.72)	6400m	9:52.81 (36.79)	
		6800m	11:17.88 (40.82)	6800m	10:29.98 (37.17)	
		7200m	11:59.22 (41.34)	7200m	11:07.36 (37.38)	
		7600m	12:40.78 (41.56)	7600m	11:45.01 (37.65)	
		8000m	13:22.65 (41.87)	8000m	12:22.79 (37.78)	
		8400m	14:04.63 (41.98)	8400m	13:00.07 (37.28)	
		8800m	14:46.16 (41.53)	8800m	13:37.64 (37.57)	
		9200m	15:27.59 (41.43)	9200m	14:15.15 (37.51)	
		9600m	16:09.12 (41.53)	9600m	14:52.20 (37.05)	
		10000m	16:51.68 (42.56)	10000m	15:29.01 (36.81)	

T08 - Niet wisselen / Verkeerd wisselen (te vroege/te late wissel) (254.5)

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	17 Tom Loos	HA2	20	I	7:44.50	PR	
2	61 Bram Braak	HN1	18	O	7:59.05	PR	
3	64 Walter Braak	H45	18	I	8:02.26	PR	
4	32 Paul Robijn	H55	19	I	8:13.99		
5	38 Jesper Koot	H45	19	O	8:17.07		
6	15 Hylke Oosterhof	HSB	20	O	8:22.38		
7	44 Wende Heeremans	DA1	16	O	8:30.55	PR	
8	52 Kees Langeveld	H65	12	I	8:33.67	TRC	
9	20 Michiel de Ruijter	H50	14	O	8:39.68		
10	39 Stefanie Koot	DA1	16	I	8:40.28		
11	60 Mart Fontaine	H45	12	O	8:40.80		
12	5 Erwin Dekker	H65	15	O	8:51.66		
13	19 Mees de Ruijter	HB2	17	O	8:52.59	PR	
14	6 Jan van der Veer	H55	14	I	8:53.32	PR	
15	33 Ravi de Jong	HN1	13	O	8:57.01		
16	28 Sepp Nauta	HB1	11	I	8:57.84	PR	
17	43 Zhara Möllers	DA2	17	I	9:02.11		
18	62 Robin Schippers	HB1	10	O	9:05.07	PR	
19	13 Lisanne Hartveld	DB2	8	O	9:07.08	PR	
20	18 Evy van Duijn	DA1	13	I	9:11.03		
21	45 Lis uit den Boogaard	DB1	8	I	9:23.56		
22	23 Noa Bierens	DA1	11	O	9:27.62		
23	42 Cas Middelkoop	HA1	15	I	9:33.18		
24	41 Mark Peters	H65	9	O	9:33.48		
25	51 Walter Boon	HSB	7	O	9:34.82		
26	16 Pien Lodder	DN3	10	I	9:47.43	PR	
27	29 Charline Kwadrin	DA2	9	I	9:52.03	PR	
28	8 Pieter van Dijk	HN1	7	I	10:51.08		

2. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd	Info
7	wt	8 Pieter van Dijk	HN1	10:03.02	10:51.08	
	rd	51 Walter Boon	HSB		9:34.82	
		Pieter van Dijk				
		200m	26.29 (26.29)			
		600m	1:11.39 (45.10)			
		1000m	1:56.74 (45.35)			
		1400m	2:43.01 (46.27)			
		1800m	3:30.85 (47.84)			
		2200m	4:20.85 (50.00)			
		2600m	5:14.29 (53.44)			
		3000m	6:10.73 (56.44)			
		3400m	7:08.89 (58.16)			
		3800m	8:07.59 (58.70)			
		4200m	9:02.15 (54.56)			
		4600m	9:56.15 (54.00)			
		5000m	10:51.08 (54.93)			
		Walter Boon				
		200m	26.01 (26.01)			
		600m	1:09.70 (43.69)			
		1000m	1:54.89 (45.19)			
		1400m	2:40.31 (45.42)			
		1800m	3:26.77 (46.46)			
		2200m	4:13.02 (46.25)			
		2600m	5:00.00 (46.98)			
		3000m	5:47.20 (47.20)			
		3400m	6:33.37 (46.17)			
		3800m	7:19.59 (46.22)			
		4200m	8:06.28 (46.69)			
		4600m	8:51.83 (45.55)			
		5000m	9:34.82 (42.99)			

		Naam	Cat	PR	Tijd	Info
8	gl	45 Lis uit den Boogaard	DB1		9:23.56	
	bl	13 Lisanne Hartveld	DB2	9:12.95	9:07.08	PR
		Lis uit den Boogaard				
		200m	24.11 (24.11)			
		600m	1:07.89 (43.78)			
		1000m	1:52.73 (44.84)			
		1400m	2:37.69 (44.96)			
		1800m	3:23.00 (45.31)			
		2200m	4:08.00 (45.00)			
		2600m	4:53.46 (45.46)			
		3000m	5:38.60 (45.14)			
		3400m	6:24.18 (45.58)			
		3800m	7:09.87 (45.69)			
		4200m	7:55.26 (45.39)			
		4600m	8:39.90 (44.64)			
		5000m	9:23.56 (43.66)			
		Lisanne Hartveld				
		200m	25.63 (25.63)			
		600m	1:07.27 (41.64)			
		1000m	1:50.45 (43.18)			
		1400m	2:34.01 (43.56)			
		1800m	3:17.17 (43.16)			
		2200m	4:00.55 (43.38)			
		2600m	4:44.43 (43.88)			
		3000m	5:28.04 (43.61)			
		3400m	6:11.55 (43.51)			
		3800m	6:56.09 (44.54)			
		4200m	7:40.05 (43.96)			
		4600m	8:24.07 (44.02)			
		5000m	9:07.08 (43.01)			

Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

21 december 2025

		Naam	Cat	PR	Tijd	Info
9	wt	29 Charline Kwadrin	DA2	10:05.90	9:52.03	PR
	rd	41 Mark Peters	H65	8:56.64	9:33.48	
		Charline Kwadrin		Mark Peters		
		200m	25.39 (25.39)	200m	27.88 (27.88)	
		600m	1:06.52 (41.13)	600m	1:11.29 (43.41)	
		1000m	1:48.85 (42.33)	1000m	1:55.50 (44.21)	
		1400m	2:32.42 (43.57)	1400m	2:40.22 (44.72)	
		1800m	3:17.23 (44.81)	1800m	3:25.03 (44.81)	
		2200m	4:03.62 (46.39)	2200m	4:10.46 (45.43)	
		2600m	4:51.15 (47.53)	2600m	4:55.82 (45.36)	
		3000m	5:39.98 (48.83)	3000m	5:41.52 (45.70)	
		3400m	6:28.12 (48.14)	3400m	6:27.73 (46.21)	
		3800m	7:17.41 (49.29)	3800m	7:14.00 (46.27)	
		4200m	8:08.52 (51.11)	4200m	8:00.26 (46.26)	
		4600m	9:00.11 (51.59)	4600m	8:47.02 (46.76)	
		5000m	9:52.03 (51.92)	5000m	9:33.48 (46.46)	

		Naam	Cat	PR	Tijd	Info
10	gl	16 Pien Lodder	DN3	9:53.36	9:47.43	PR
	bl	62 Robin Schippers	HB1	9:20.76	9:05.07	PR
		Pien Lodder		Robin Schippers		
		200m	26.66 (26.66)	200m	27.07 (27.07)	
		600m	1:09.63 (42.97)	600m	1:08.37 (41.30)	
		1000m	1:54.81 (45.18)	1000m	1:51.64 (43.27)	
		1400m	2:40.78 (45.97)	1400m	2:33.77 (42.13)	
		1800m	3:25.73 (44.95)	1800m	3:15.57 (41.80)	
		2200m	4:12.32 (46.59)	2200m	3:58.48 (42.91)	
		2600m	4:59.48 (47.16)	2600m	4:41.41 (42.93)	
		3000m	5:47.17 (47.69)	3000m	5:24.03 (42.62)	
		3400m	6:34.84 (47.67)	3400m	6:06.14 (42.11)	
		3800m	7:22.92 (48.08)	3800m	6:51.07 (44.93)	
		4200m	8:11.33 (48.41)	4200m	7:36.89 (45.82)	
		4600m	8:59.75 (48.42)	4600m	8:22.53 (45.64)	
		5000m	9:47.43 (47.68)	5000m	9:05.07 (42.54)	

Kennemercup 8: Langeafstandsavond

IJssbaan Haarlem - Haarlem

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		Naam	Cat	PR	Tijd	Info
11	wt	28 Sepp Nauta	HB1	9:07.47	8:57.84	PR
	rd	23 Noa Bierens	DA1		9:27.62	
		Sepp Nauta		Noa Bierens		
		200m	23.27 (23.27)	200m	25.14 (25.14)	
		600m	1:06.13 (42.86)	600m	1:06.66 (41.52)	
		1000m	1:49.81 (43.68)	1000m	1:49.95 (43.29)	
		1400m	2:33.06 (43.25)	1400m	2:33.25 (43.30)	
		1800m	3:15.88 (42.82)	1800m	3:17.45 (44.20)	
		2200m	4:00.33 (44.45)	2200m	4:02.20 (44.75)	
		2600m	4:44.76 (44.43)	2600m	4:47.97 (45.77)	
		3000m	5:29.11 (44.35)	3000m	5:33.92 (45.95)	
		3400m	6:10.87 (41.76)	3400m	6:19.49 (45.57)	
		3800m	6:51.94 (41.07)	3800m	7:05.86 (46.37)	
		4200m	7:32.98 (41.04)	4200m	7:53.02 (47.16)	
		4600m	8:15.54 (42.56)	4600m	8:40.57 (47.55)	
		5000m	8:57.84 (42.30)	5000m	9:27.62 (47.05)	

		Naam	Cat	PR	Tijd	Info
12	gl	52 Kees Langeveld	H65	7:47.66	8:33.67	TRC
	bl	60 Mart Fontaine	H45		8:40.80	
		Kees Langeveld		Mart Fontaine		
		200m	24.56 (24.56)	200m	25.49 (25.49)	
		600m	1:04.06 (39.50)	600m	1:04.96 (39.47)	
		1000m	1:43.69 (39.63)	1000m	1:44.73 (39.77)	
		1400m	2:24.79 (41.10)	1400m	2:25.28 (40.55)	
		1800m	3:05.57 (40.78)	1800m	3:06.31 (41.03)	
		2200m	3:47.14 (41.57)	2200m	3:47.33 (41.02)	
		2600m	4:27.96 (40.82)	2600m	4:28.73 (41.40)	
		3000m	5:08.97 (41.01)	3000m	5:10.16 (41.43)	
		3400m	5:50.04 (41.07)	3400m	5:52.03 (41.87)	
		3800m	6:31.11 (41.07)	3800m	6:34.55 (42.52)	
		4200m	7:12.15 (41.04)	4200m	7:17.28 (42.73)	
		4600m	7:53.64 (41.49)	4600m	7:59.81 (42.53)	
		5000m	8:33.67 (40.03)	5000m	8:40.80 (40.99)	

Kennemercup 8: Langeafstandsavond

IJssbaan Haarlem - Haarlem

21 december 2025

		Naam	Cat			PR	Tijd	Info
13	wt	18 Evy van Duijn	DA1				9:11.03	
	rd	33 Ravi de Jong	HN1			8:51.96	8:57.01	
		Evy van Duijn			Ravi de Jong			
		200m	23.34	(23.34)	200m	23.60	(23.60)	
		600m	1:04.41	(41.07)	600m	1:02.80	(39.20)	
		1000m	1:47.24	(42.83)	1000m	1:43.78	(40.98)	
		1400m	2:30.89	(43.65)	1400m	2:25.04	(41.26)	
		1800m	3:13.62	(42.73)	1800m	3:07.67	(42.63)	
		2200m	3:57.18	(43.56)	2200m	3:50.89	(43.22)	
		2600m	4:41.11	(43.93)	2600m	4:33.02	(42.13)	
		3000m	5:25.28	(44.17)	3000m	5:15.62	(42.60)	
		3400m	6:09.99	(44.71)	3400m	5:59.08	(43.46)	
		3800m	6:55.34	(45.35)	3800m	6:43.61	(44.53)	
		4200m	7:41.29	(45.95)	4200m	7:27.43	(43.82)	
		4600m	8:27.10	(45.81)	4600m	8:12.21	(44.78)	
		5000m	9:11.03	(43.93)	5000m	8:57.01	(44.80)	

		Naam	Cat			PR	Tijd	Info
14	gl	6 Jan van der Veer	H55			8:59.37	8:53.32	PR
	bl	20 Michiel de Ruijter	H50				8:39.68	
		Jan van der Veer			Michiel de Ruijter			
		200m	24.22	(24.22)	200m	24.65	(24.65)	
		600m	1:04.69	(40.47)	600m	1:04.63	(39.98)	
		1000m	1:46.41	(41.72)	1000m	1:45.50	(40.87)	
		1400m	2:28.78	(42.37)	1400m	2:26.94	(41.44)	
		1800m	3:11.53	(42.75)	1800m	3:08.16	(41.22)	
		2200m	3:53.98	(42.45)	2200m	3:49.14	(40.98)	
		2600m	4:36.68	(42.70)	2600m	4:30.37	(41.23)	
		3000m	5:20.11	(43.43)	3000m	5:11.95	(41.58)	
		3400m	6:03.62	(43.51)	3400m	5:53.27	(41.32)	
		3800m	6:46.59	(42.97)	3800m	6:34.85	(41.58)	
		4200m	7:29.24	(42.65)	4200m	7:16.41	(41.56)	
		4600m	8:11.16	(41.92)	4600m	7:58.29	(41.88)	
		5000m	8:53.32	(42.16)	5000m	8:39.68	(41.39)	

Kennemercup 8: Langeafstandsavond

IJssbaan Haarlem - Haarlem

21 december 2025

		Naam	Cat	PR	Tijd	Info
15	wt	42 Cas Middelkoop	HA1	8:19.58	9:33.18	
	rd	5 Erwin Dekker	H65	8:08.97	8:51.66	
		Cas Middelkoop		Erwin Dekker		
		200m	21.77 (21.77)	200m	25.10 (25.10)	
		600m	1:00.53 (38.76)	600m	1:05.97 (40.87)	
		1000m	1:41.62 (41.09)	1000m	1:47.24 (41.27)	
		1400m	2:23.18 (41.56)	1400m	2:29.15 (41.91)	
		1800m	3:05.35 (42.17)	1800m	3:11.40 (42.25)	
		2200m	3:48.56 (43.21)	2200m	3:53.47 (42.07)	
		2600m	4:34.24 (45.68)	2600m	4:35.62 (42.15)	
		3000m	5:20.27 (46.03)	3000m	5:17.61 (41.99)	
		3400m	6:08.71 (48.44)	3400m	5:59.83 (42.22)	
		3800m	7:00.09 (51.38)	3800m	6:42.59 (42.76)	
		4200m	7:51.11 (51.02)	4200m	7:25.51 (42.92)	
		4600m	8:43.39 (52.28)	4600m	8:08.63 (43.12)	
		5000m	9:33.18 (49.79)	5000m	8:51.66 (43.03)	

		Naam	Cat	PR	Tijd	Info
16	gl	39 Stefanie Koot	DA1		8:40.28	
	bl	44 Wende Heeremans	DA1	8:45.19	8:30.55	PR
		Stefanie Koot		Wende Heeremans		
		200m	22.92 (22.92)	200m	23.17 (23.17)	
		600m	1:01.43 (38.51)	600m	1:00.46 (37.29)	
		1000m	1:41.64 (40.21)	1000m	1:40.66 (40.20)	
		1400m	2:22.14 (40.50)	1400m	2:21.10 (40.44)	
		1800m	3:04.63 (42.49)	1800m	3:01.72 (40.62)	
		2200m	3:46.72 (42.09)	2200m	3:42.97 (41.25)	
		2600m	4:28.82 (42.10)	2600m	4:24.31 (41.34)	
		3000m	5:10.83 (42.01)	3000m	5:05.60 (41.29)	
		3400m	5:53.22 (42.39)	3400m	5:46.70 (41.10)	
		3800m	6:35.11 (41.89)	3800m	6:28.24 (41.54)	
		4200m	7:17.75 (42.64)	4200m	7:09.83 (41.59)	
		4600m	8:00.12 (42.37)	4600m	7:51.19 (41.36)	
		5000m	8:40.28 (40.16)	5000m	8:30.55 (39.36)	

Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

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		Naam	Cat	PR	Tijd	Info
17	wt	43 Zhara Möllers	DA2		9:02.11	
	rd	19 Mees de Ruijter	HB2	9:06.09	8:52.59	PR
		Zhara Möllers		Mees de Ruijter		
		200m	22.19 (22.19)	200m	22.86 (22.86)	
		600m	59.15 (36.96)	600m	1:01.57 (38.71)	
		1000m	1:39.63 (40.48)	1000m	1:41.88 (40.31)	
		1400m	2:21.57 (41.94)	1400m	2:22.87 (40.99)	
		1800m	3:03.57 (42.00)	1800m	3:04.28 (41.41)	
		2200m	3:47.02 (43.45)	2200m	3:46.82 (42.54)	
		2600m	4:30.31 (43.29)	2600m	4:29.28 (42.46)	
		3000m	5:13.92 (43.61)	3000m	5:11.40 (42.12)	
		3400m	6:00.00 (46.08)	3400m	5:54.47 (43.07)	
		3800m	6:46.16 (46.16)	3800m	6:38.27 (43.80)	
		4200m	7:32.61 (46.45)	4200m	7:22.50 (44.23)	
		4600m	8:18.02 (45.41)	4600m	8:07.38 (44.88)	
		5000m	9:02.11 (44.09)	5000m	8:52.59 (45.21)	

		Naam	Cat	PR	Tijd	Info
18	gl	64 Walter Braak	H45	8:24.42	8:02.26	PR
	bl	61 Bram Braak	HN1	8:23.13	7:59.05	PR
		Walter Braak		Bram Braak		
		200m	23.26 (23.26)	200m	22.60 (22.60)	
		600m	59.95 (36.69)	600m	58.56 (35.96)	
		1000m	1:37.26 (37.31)	1000m	1:35.97 (37.41)	
		1400m	2:15.16 (37.90)	1400m	2:13.71 (37.74)	
		1800m	2:53.04 (37.88)	1800m	2:51.80 (38.09)	
		2200m	3:30.53 (37.49)	2200m	3:29.80 (38.00)	
		2600m	4:08.22 (37.69)	2600m	4:07.61 (37.81)	
		3000m	4:46.47 (38.25)	3000m	4:45.48 (37.87)	
		3400m	5:25.59 (39.12)	3400m	5:23.78 (38.30)	
		3800m	6:04.65 (39.06)	3800m	6:02.63 (38.85)	
		4200m	6:43.92 (39.27)	4200m	6:41.84 (39.21)	
		4600m	7:23.01 (39.09)	4600m	7:20.44 (38.60)	
		5000m	8:02.26 (39.25)	5000m	7:59.05 (38.61)	

Kennemercup 8: Langeafstandsavond

IJsbahn Haarlem - Haarlem

21 december 2025

		Naam	Cat	PR	Tijd	Info
19	wt	32 Paul Robijn	H55	7:24.32	8:13.99	
	rd	38 Jesper Koot	H45		8:17.07	
		Paul Robijn		Jesper Koot		
		200m	22.70 (22.70)	200m	23.08 (23.08)	
		600m	59.89 (37.19)	600m	1:00.83 (37.75)	
		1000m	1:38.46 (38.57)	1000m	1:39.85 (39.02)	
		1400m	2:17.95 (39.49)	1400m	2:19.42 (39.57)	
		1800m	2:57.25 (39.30)	1800m	2:58.70 (39.28)	
		2200m	3:36.70 (39.45)	2200m	3:38.22 (39.52)	
		2600m	4:16.45 (39.75)	2600m	4:18.37 (40.15)	
		3000m	4:56.67 (40.22)	3000m	4:58.56 (40.19)	
		3400m	5:36.65 (39.98)	3400m	5:38.46 (39.90)	
		3800m	6:16.11 (39.46)	3800m	6:18.32 (39.86)	
		4200m	6:54.87 (38.76)	4200m	6:58.20 (39.88)	
		4600m	7:34.35 (39.48)	4600m	7:38.00 (39.80)	
		5000m	8:13.99 (39.64)	5000m	8:17.07 (39.07)	

		Naam	Cat	PR	Tijd	Info
20	gl	17 Tom Loos	HA2	8:06.69	7:44.50	PR
	bl	15 Hylke Oosterhof	HSB	7:53.84	8:22.38	
		Tom Loos		Hylke Oosterhof		
		200m	21.36 (21.36)	200m	21.78 (21.78)	
		600m	57.00 (35.64)	600m	57.02 (35.24)	
		1000m	1:33.01 (36.01)	1000m	1:33.88 (36.86)	
		1400m	2:09.45 (36.44)	1400m	2:11.68 (37.80)	
		1800m	2:45.80 (36.35)	1800m	2:49.50 (37.82)	
		2200m	3:22.03 (36.23)	2200m	3:28.33 (38.83)	
		2600m	3:58.54 (36.51)	2600m	4:08.20 (39.87)	
		3000m	4:35.27 (36.73)	3000m	4:49.15 (40.95)	
		3400m	5:12.52 (37.25)	3400m	5:30.84 (41.69)	
		3800m	5:50.65 (38.13)	3800m	6:13.14 (42.30)	
		4200m	6:28.56 (37.91)	4200m	6:55.93 (42.79)	
		4600m	7:06.53 (37.97)	4600m	7:39.41 (43.48)	
		5000m	7:44.50 (37.97)	5000m	8:22.38 (42.97)	

3. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	50 Rob Visser	H45	28	O	4:48.14		
2	49 Roan Portier	HB1	24	I	5:02.47	PR	
3	12 Xander Terstal	HN3	26	I	5:11.20	PR	
4	48 Timor Portier	HB1	23	I	5:21.36		
5	63 Kersty Heeremans	DN2	25	I	5:21.80		
6	55 Simon Huismans	HB1	27	I	5:22.03		
7	7 Renske van der Veer	DN4	26	O	5:23.07		
8	40 Lois Elstgeest	DB1	24	O	5:31.52	PR	
9	21 Sylvie van den Heuvel	DN2	25	O	5:47.59		
10	34 Meike Lubbers	D40	21	O	5:47.60		
11	36 Kelly Tromp	DSA	21	I	6:37.18	PR	
	57 Marcel Huismans	H55	28	I	DQ ^{T09}		
	56 Marjolein Ooms	DB1	27	O	DNS		

T09 - Hinderen tijdens het wisselen (254.6)

3. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd	Info
21	wt	36 Kelly Tromp	DSA	6:40.19	6:37.18	PR
	rd	34 Meike Lubbers	D40	5:43.88	5:47.60	
		Kelly Tromp			Meike Lubbers	
		200m 28.25 (28.25)			200m 25.67 (25.67)	
		600m 1:15.88 (47.63)			600m 1:08.81 (43.14)	
		1000m 2:06.39 (50.51)			1000m 1:54.81 (46.00)	
		1400m 2:58.33 (51.94)			1400m 2:40.64 (45.83)	
		1800m 3:51.37 (53.04)			1800m 3:26.89 (46.25)	
		2200m 4:45.81 (54.44)			2200m 4:13.54 (46.65)	
		2600m 5:40.15 (54.34)			2600m 5:00.85 (47.31)	
		3000m 6:37.18 (57.03)			3000m 5:47.60 (46.75)	

		Naam	Cat	PR	Tijd	Info
22	gl					
	bl					
		m			m	

		Naam	Cat	PR	Tijd	Info
23	wt	48 Timor Portier	HB1		5:21.36	
	rd					
		Timor Portier				
		200m 22.31 (22.31)			m	
		600m 1:02.08 (39.77)				
		1000m 1:42.88 (40.80)				
		1400m 2:24.75 (41.87)				
		1800m 3:07.81 (43.06)				
		2200m 3:52.12 (44.31)				
		2600m 4:36.68 (44.56)				
		3000m 5:21.36 (44.68)				

Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

21 december 2025

		Naam	Cat	PR	Tijd	Info
24	gl	49 Roan Portier	HB1	5:50.26	5:02.47	PR
	bl	40 Lois Elstgeest	DB1	5:44.02	5:31.52	PR

Roan Portier

200m	22.22	(22.22)
600m	59.68	(37.46)
1000m	1:38.68	(39.00)
1400m	2:18.34	(39.66)
1800m	2:58.62	(40.28)
2200m	3:39.57	(40.95)
2600m	4:21.43	(41.86)
3000m	5:02.47	(41.04)

Lois Elstgeest

200m	24.66	(24.66)
600m	1:05.07	(40.41)
1000m	1:47.77	(42.70)
1400m	2:32.76	(44.99)
1800m	3:18.13	(45.37)
2200m	4:04.14	(46.01)
2600m	4:49.03	(44.89)
3000m	5:31.52	(42.49)

		Naam	Cat	PR	Tijd	Info
25	wt	63 Kersty Heeremans	DN2	5:12.07	5:21.80	
	rd	21 Sylvie van den Heuvel	DN2	5:42.27	5:47.59	

Kersty Heeremans

200m	24.10	(24.10)
600m	1:05.33	(41.23)
1000m	1:47.35	(42.02)
1400m	2:29.46	(42.11)
1800m	3:11.82	(42.36)
2200m	3:54.66	(42.84)
2600m	4:38.52	(43.86)
3000m	5:21.80	(43.28)

Sylvie van den Heuvel

200m	24.56	(24.56)
600m	1:06.92	(42.36)
1000m	1:52.02	(45.10)
1400m	2:38.84	(46.82)
1800m	3:26.66	(47.82)
2200m	4:14.45	(47.79)
2600m	5:01.43	(46.98)
3000m	5:47.59	(46.16)

Kennemercup 8: Langeafstandsavond

IJsbahn Haarlem - Haarlem

21 december 2025

		Naam	Cat	PR	Tijd	Info
26	gl	12 Xander Terstal	HN3	5:12.23	5:11.20	PR
	bl	7 Renske van der Veer	DN4	5:13.39	5:23.07	

Xander Terstal

200m	22.91	(22.91)
600m	1:01.38	(38.47)
1000m	1:41.38	(40.00)
1400m	2:22.32	(40.94)
1800m	3:03.67	(41.35)
2200m	3:45.43	(41.76)
2600m	4:28.32	(42.89)
3000m	5:11.20	(42.88)

Renske van der Veer

200m	24.36	(24.36)
600m	1:03.66	(39.30)
1000m	1:45.95	(42.29)
1400m	2:27.92	(41.97)
1800m	3:10.60	(42.68)
2200m	3:53.85	(43.25)
2600m	4:38.00	(44.15)
3000m	5:23.07	(45.07)

		Naam	Cat	PR	Tijd	Info
27	wt	55 Simon Huismans	HB1	5:17.12	5:22.03	
	rd	56 Marjolein Ooms	DB1	5:04.22	DNS	

Simon Huismans

200m	23.88	(23.88)
600m	1:05.82	(41.94)
1000m	1:49.92	(44.10)
1400m	2:32.61	(42.69)
1800m	3:14.37	(41.76)
2200m	3:56.68	(42.31)
2600m	4:39.54	(42.86)
3000m	5:22.03	(42.49)

Marjolein Ooms



Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

21 december 2025



		Naam	Cat	PR	Tijd	Info
28	gl	57 Marcel Huismans	H55	4:22.51	DQ	^{T09}
	bl	50 Rob Visser	H45	4:29.41	4:48.14	
		Marcel Huismans	Rob Visser			
			200m	22.10	(22.10)	
			600m	57.11	(35.01)	
			1000m	1:33.64	(36.53)	
			1400m	2:11.30	(37.66)	
			1800m	2:49.54	(38.24)	
			2200m	3:28.80	(39.26)	
			2600m	4:08.22	(39.42)	
			3000m	4:48.14	(39.92)	

T09 - Hinderen tijdens het wisselen (254.6)