

1. Uitslag Jongste pupillen meisjes (300/300) 1e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 28 Silke Meems | DPC | 17 | I | 30.52 | PR | |
| 2 | 45 Ilana Hokse | DPC | 18 | I | 30.54 | PR | |
| 3 | 61 Anna de Vegt | DPC | 15 | I | 30.78 | PR | |
| 4 | 53 Marrit Tichelaar | DPC | 17 | O | 31.67 | PR | |
| 5 | 92 Fenna Mozes | DPC | 16 | I | 31.78 | PR | |
| 6 | 55 Femke Hazeveld | DPC | 18 | O | 32.09 | PR | |
| 7 | 20 Sophie Kooiker | DPC | 16 | O | 32.39 | PR | |
| 8 | 7 Esra Alkema | DPC | 14 | O | 32.42 | PR | |
| 9 | 17 Renske Kromkamp | DPC | 15 | O | 32.73 | | |
| 10 | 15 Leanne Visser | DPD | 12 | O | 34.47 | PR | |
| 11 | 73 Lieke Sijbranda | DPC | 14 | I | 34.53 | | |
| 12 | 94 Lauren De Jong | DPD | 13 | I | 34.76 | | |
| 13 | 96 Noémi Vlieg | DPC | 11 | O | 34.98 | PR | |
| 14 | 161 Afke Brouwer | DPC | 13 | O | 35.49 | | |
| 15 | 26 Elske de Vries | DPD | 12 | I | 36.42 | PR | |
| 16 | 80 Aniek van der Tuuk | DPD | 11 | I | 36.58 | | |
| 17 | 33 Anna Meems | DPE | 8 | I | 36.75 | PR | |
| 18 | 65 Doutzen Geertje Ferbeek | DPE | 7 | I | 37.41 | PR | |
| 19 | 37 Yfke Vries | DPC | 9 | O | 38.02 | | |
| 20 | 41 Merle Bandsma | DPC | 10 | O | 38.24 | | |
| 21 | 6 Fayenna Schaap | DPD | 10 | I | 38.26 | | |
| 22 | 162 Lieke Brouwer | DPD | 7 | O | 38.85 | | |
| 23 | 47 Chantal Kingma | DPC | 9 | I | 38.88 | | |
| 24 | 74 Benthe van der Zandt | DPD | 6 | I | 38.95 | PR | |
| 25 | 67 Marij Elzinga | DPC | 4 | I | 39.58 | PR | |
| 26 | 137 Ela de Groot | DPC | 5 | O | 39.60 | | |
| 27 | 2 Michella De Jong | DPE | 3 | I | 39.78 | PR | |
| 28 | 88 Flow Ganzevoort | DPD | 8 | O | 39.93 | | |
| 29 | 71 Norah Müller | DPE | 6 | O | 40.92 | | |
| 30 | 156 Iris Buma | DPC | 1 | I | 44.01 | PR | |
| 31 | 93 Lieke de Jong | DPD | 5 | I | 45.01 | FL | |
| 32 | 86 Romy Gmelich Meijling | DPE | 4 | O | 46.45 | | |
| 33 | 30 Jeltje De Jong | DPD | 3 | O | 47.42 | FL | |

1. Rituitslag Jongste pupillen meisjes (300/300) 1e 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----------|---------------|-------|---------|---|-------|--------------|------|
| 1 | wt rd | 156 Iris Buma | | DPC | | 48.14 | 44.01 | PR |
| | | Iris Buma | | | | | | |
| | | 300m | 44.01 | (44.01) | m | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----------|------|--|-----|--|----|------|------|
| 2 | gl bl | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----------|--------------------|-------|---------|----------------|-------|--------------|------|
| 3 | wt rd | 2 Michella De Jong | | DPE | | 41.04 | 39.78 | PR |
| | | 30 Jeltje De Jong | | DPD | | 43.03 | 47.42 | FL |
| | | Michella De Jong | | | Jeltje De Jong | | | |
| | | 300m | 39.78 | (39.78) | 300m | 47.42 | (47.42) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----------|--------------------------|-------|---------|-----------------------|-------|--------------|------|
| 4 | gl bl | 67 Marij Elzinga | | DPC | | 41.98 | 39.58 | PR |
| | | 86 Romy Gmelich Meijling | | DPE | | 45.57 | 46.45 | |
| | | Marij Elzinga | | | Romy Gmelich Meijling | | | |
| | | 300m | 39.58 | (39.58) | 300m | 46.45 | (46.45) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----------|------------------|-------|---------|--------------|-------|--------------|------|
| 5 | wt rd | 93 Lieke de Jong | | DPD | | 41.01 | 45.01 | FL |
| | | 137 Ela de Groot | | DPC | | 39.53 | 39.60 | |
| | | Lieke de Jong | | | Ela de Groot | | | |
| | | 300m | 45.01 | (45.01) | 300m | 39.60 | (39.60) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------------|-------|---------|---------------------|-------|--------------|------|
| 6 | gl | 74 Benthe van der Zandt | | DPD | | 39.71 | 38.95 | PR |
| | bl | 71 Norah Müller | | DPE | | 39.94 | 40.92 | |
| | | <u>Benthe van der Zandt</u> | | | <u>Norah Müller</u> | | | |
| | | 300m | 38.95 | (38.95) | 300m | 40.92 | (40.92) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------------------|-------|---------|----------------------|-------|--------------|------|
| 7 | wt | 65 Doutzen Geertje Ferbeek | | DPE | | 37.85 | 37.41 | PR |
| | rd | 162 Lieke Brouwer | | DPD | | 37.96 | 38.85 | |
| | | <u>Doutzen Geertje Ferbeek</u> | | | <u>Lieke Brouwer</u> | | | |
| | | 300m | 37.41 | (37.41) | 300m | 38.85 | (38.85) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------------|-------|---------|------------------------|-------|--------------|------|
| 8 | gl | 33 Anna Meems | | DPE | | 37.93 | 36.75 | PR |
| | bl | 88 Flow Ganzevoort | | DPD | | 38.96 | 39.93 | |
| | | <u>Anna Meems</u> | | | <u>Flow Ganzevoort</u> | | | |
| | | 300m | 36.75 | (36.75) | 300m | 39.93 | (39.93) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|-------|---------|-------------------|-------|--------------|------|
| 9 | wt | 47 Chantal Kingma | | DPC | | 37.58 | 38.88 | |
| | rd | 37 Yfke Vries | | DPC | | 36.92 | 38.02 | |
| | | <u>Chantal Kingma</u> | | | <u>Yfke Vries</u> | | | |
| | | 300m | 38.88 | (38.88) | 300m | 38.02 | (38.02) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------|---------|----------------------|-------|--------------|------|
| 10 | gl | 6 Fayenna Schaap | | DPD | | 37.14 | 38.26 | |
| | bl | 41 Merle Bandsma | | DPC | | 37.11 | 38.24 | |
| | | <u>Fayenna Schaap</u> | | | <u>Merle Bandsma</u> | | | |
| | | 300m | 38.26 | (38.26) | 300m | 38.24 | (38.24) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------------|-------|---------|--------------------|-------|--------------|------|
| 11 | wt | 80 Aniek van der Tuuk | | DPD | | 36.11 | 36.58 | |
| | rd | 96 Noémi Vlieg | | DPC | | 35.60 | 34.98 | PR |
| | | <u>Aniek van der Tuuk</u> | | | <u>Noémi Vlieg</u> | | | |
| | | 300m | 36.58 | (36.58) | 300m | 34.98 | (34.98) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|-------|--------------|------|
| 12 | gl | 26 | Elske de Vries | | DPD | 36.67 | 36.42 | PR |
| | bl | 15 | Leanne Visser | | DPD | 34.80 | 34.47 | PR |
| | | <u>Elske de Vries</u> | | | <u>Leanne Visser</u> | | | |
| | | 300m | 36.42 | (36.42) | 300m | 34.47 | (34.47) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|---------------------|-------|--------------|------|
| 13 | wt | 94 | Lauren De Jong | | DPD | 34.52 | 34.76 | |
| | rd | 161 | Afke Brouwer | | DPC | 33.79 | 35.49 | |
| | | <u>Lauren De Jong</u> | | | <u>Afke Brouwer</u> | | | |
| | | 300m | 34.76 | (34.76) | 300m | 35.49 | (35.49) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|--------------------|-------|--------------|------|
| 14 | gl | 73 | Lieke Sijbranda | | DPC | 34.11 | 34.53 | |
| | bl | 7 | Esra Alkema | | DPC | 33.16 | 32.42 | PR |
| | | <u>Lieke Sijbranda</u> | | | <u>Esra Alkema</u> | | | |
| | | 300m | 34.53 | (34.53) | 300m | 32.42 | (32.42) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|------------------------|---------|------------------------|-------|--------------|------|
| 15 | wt | 61 | Anna de Vegt | | DPC | 32.40 | 30.78 | PR |
| | rd | 17 | Renske Kromkamp | | DPC | 32.60 | 32.73 | |
| | | <u>Anna de Vegt</u> | | | <u>Renske Kromkamp</u> | | | |
| | | 300m | 30.78 | (30.78) | 300m | 32.73 | (32.73) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 16 | gl | 92 | Fenna Mozes | | DPC | 32.34 | 31.78 | PR |
| | bl | 20 | Sophie Kooiker | | DPC | 32.73 | 32.39 | PR |
| | | <u>Fenna Mozes</u> | | | <u>Sophie Kooiker</u> | | | |
| | | 300m | 31.78 | (31.78) | 300m | 32.39 | (32.39) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 17 | wt | 28 | Silke Meems | | DPC | 31.50 | 30.52 | PR |
| | rd | 53 | Marrit Tichelaar | | DPC | 31.73 | 31.67 | PR |
| | | <u>Silke Meems</u> | | | <u>Marrit Tichelaar</u> | | | |
| | | 300m | 30.52 | (30.52) | 300m | 31.67 | (31.67) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------|-----------------------|---------|-----------------------|-------|--------------|------|--|
| 18 | gl | 45 | Ilana Hokse | | DPC | 31.39 | 30.54 | PR | |
| | bl | 55 | Femke Hazeveld | | DPC | 32.32 | 32.09 | PR | |
| | | <u>Ilana Hokse</u> | | | <u>Femke Hazeveld</u> | | | | |
| | | 300m | 30.54 | (30.54) | 300m | 32.09 | (32.09) | | |

2. Uitslag Jongste pupillen jongens (300/300) 1e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 13 Idsart Hilarides | HPC | 28 | I | 30.43 | PR | |
| 2 | 84 Philip Aalberts | HPC | 28 | O | 30.84 | PR | |
| 3 | 63 Brent Faber | HPD | 27 | I | 32.70 | PR | |
| 4 | 50 Arjen Zuur | HPC | 26 | I | 34.18 | PR | |
| 5 | 23 Pim de Vries | HPC | 25 | I | 34.23 | PR | |
| 6 | 100 Ties Wierda | HPD | 27 | O | 34.40 | | |
| 7 | 34 Marijn ten Bloemendaal | HPD | 25 | O | 35.33 | PR | |
| 8 | 87 Lasse Kolder | HPD | 26 | O | 35.37 | | |
| 9 | 66 Julian Meijerhof | HPC | 24 | I | 36.47 | PR | |
| 10 | 89 Niels de Jager | HPC | 23 | I | 37.12 | PR | |
| 11 | 16 Marijn Elling | HPD | 24 | O | 37.64 | PR | |
| 12 | 19 Tim Nijboer | HPE | 23 | O | 38.19 | | |
| 13 | 51 Melle Pronk | HPE | 22 | O | 38.86 | PR | |
| 14 | 9 Naut Kuiper | HPD | 21 | I | 39.81 | | |
| 15 | 98 Wille Kramer | HPC | 20 | I | 40.59 | | |
| 16 | 49 Ethan Mook | HPD | 22 | I | 40.86 | | |
| 17 | 168 Jitse Hamstra | HPE | 19 | I | 41.23 | PR | |
| 18 | 102 Cas van Westen | HPD | 20 | O | 42.94 | | |
| 19 | 90 Hylke van der Heide | HPF | 21 | O | 43.38 | | |

2. Rituitslag Jongste pupillen jongens (300/300) 1e 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|-----|-------|--------------|------|
| 19 | wt | 168 | Jitse Hamstra | | HPE | 42.81 | 41.23 | PR |
| | rd | | | | | | | |
| | | <u>Jitse Hamstra</u> | | | | | | |
| | | 300m | 41.23 | (41.23) | | m | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----|-------|--------------|------|
| 20 | gl | 98 | Wille Kramer | | HPC | | 40.59 | |
| | bl | 102 | Cas van Westen | | HPD | 42.50 | 42.94 | |
| | | <u>Wille Kramer</u> | | | | | | |
| | | 300m | 40.59 | (40.59) | | | | |
| | | <u>Cas van Westen</u> | | | | | | |
| | | 300m | 42.94 | (42.94) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|-----|-------|--------------|------|
| 21 | wt | 9 | Naut Kuiper | | HPD | 39.62 | 39.81 | |
| | rd | 90 | Hylke van der Heide | | HPF | 42.20 | 43.38 | |
| | | <u>Naut Kuiper</u> | | | | | | |
| | | 300m | 39.81 | (39.81) | | | | |
| | | <u>Hylke van der Heide</u> | | | | | | |
| | | 300m | 43.38 | (43.38) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|--------------------|---------|-----|-------|--------------|------|
| 22 | gl | 49 | Ethan Mook | | HPD | 40.18 | 40.86 | |
| | bl | 51 | Melle Pronk | | HPE | 38.90 | 38.86 | PR |
| | | <u>Ethan Mook</u> | | | | | | |
| | | 300m | 40.86 | (40.86) | | | | |
| | | <u>Melle Pronk</u> | | | | | | |
| | | 300m | 38.86 | (38.86) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----|-------|--------------|------|
| 23 | wt | 89 | Niels de Jager | | HPC | 38.19 | 37.12 | PR |
| | rd | 19 | Tim Nijboer | | HPE | 38.04 | 38.19 | |
| | | <u>Niels de Jager</u> | | | | | | |
| | | 300m | 37.12 | (37.12) | | | | |
| | | <u>Tim Nijboer</u> | | | | | | |
| | | 300m | 38.19 | (38.19) | | | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|---------|----------------------|-------|--------------|------|
| 24 | gl | 66 Julian Meijerhof | | HPC | | 37.99 | 36.47 | PR |
| | bl | 16 Marijn Elling | | HPD | | 38.60 | 37.64 | PR |
| | | <u>Julian Meijerhof</u> | | | <u>Marijn Elling</u> | | | |
| | | 300m | 36.47 | (36.47) | 300m | 37.64 | (37.64) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------------|-------|---------|-------------------------------|-------|--------------|------|
| 25 | wt | 23 Pim de Vries | | HPC | | 34.61 | 34.23 | PR |
| | rd | 34 Marijn ten Bloemendaal | | HPD | | 35.66 | 35.33 | PR |
| | | <u>Pim de Vries</u> | | | <u>Marijn ten Bloemendaal</u> | | | |
| | | 300m | 34.23 | (34.23) | 300m | 35.33 | (35.33) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------|---------|---------------------|-------|--------------|------|
| 26 | gl | 50 Arjen Zuur | | HPC | | 35.32 | 34.18 | PR |
| | bl | 87 Lasse Kolder | | HPD | | 35.34 | 35.37 | |
| | | <u>Arjen Zuur</u> | | | <u>Lasse Kolder</u> | | | |
| | | 300m | 34.18 | (34.18) | 300m | 35.37 | (35.37) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------|---------|--------------------|-------|--------------|------|
| 27 | wt | 63 Brent Faber | | HPD | | 33.31 | 32.70 | PR |
| | rd | 100 Ties Wierda | | HPD | | 33.43 | 34.40 | |
| | | <u>Brent Faber</u> | | | <u>Ties Wierda</u> | | | |
| | | 300m | 32.70 | (32.70) | 300m | 34.40 | (34.40) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|---------|------------------------|-------|--------------|------|
| 28 | gl | 13 Idsart Hilarides | | HPC | | 31.10 | 30.43 | PR |
| | bl | 84 Philip Aalberts | | HPC | | 31.60 | 30.84 | PR |
| | | <u>Idsart Hilarides</u> | | | <u>Philip Aalberts</u> | | | |
| | | 300m | 30.43 | (30.43) | 300m | 30.84 | (30.84) | |

3. Uitslag Oudste pupillen meisjes (300/500) 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 70 Charley Boekema | DPA | 46 | I | 26.96 | | |
| 2 | 35 Van Es Sigrïd | DPA | 45 | O | 27.37 | | |
| 3 | 38 Nynke Krol | DPA | 45 | I | 28.08 | PR | |
| 4 | 31 Lynn van Baaren | DPA | 44 | O | 30.06 | PR | |
| 5 | 24 Bente Dam | DPA | 44 | I | 30.15 | PR | |
| 6 | 36 Miriam van Es | DPB | 43 | O | 30.22 | PR | |
| 7 | 101 Doutzen Wierda | DPA | 46 | O | 30.28 | | |
| 8 | 52 Jolien Hazeveld | DPA | 42 | I | 30.57 | PR | |
| 9 | 22 Lieke Nijboer | DPA | 43 | I | 30.73 | PR | |
| 10 | 4 Myrthe Kooiker | DPA | 42 | O | 31.29 | | |
| 11 | 8 Ammarens Veldstra | DPB | 41 | O | 31.50 | | |
| 12 | 10 Djura Lubbinge | DPA | 39 | I | 31.89 | PR | |
| 13 | 29 Amber Soet | DPA | 40 | O | 31.99 | PR | |
| 14 | 46 Larissa Feenstra | DPA | 40 | I | 32.03 | PR | |
| 15 | 177 Julia Boersma | DPB | 41 | I | 32.38 | | |
| 16 | 39 Jasmijn Snijder | DPA | 34 | O | 32.73 | PR | |
| 17 | 25 Myrthe Zwaagstra | DPB | 38 | O | 32.91 | PR | |
| 18 | 106 Isa van Zellingen | DPA | 37 | I | 33.26 | PR | |
| 19 | 12 Romée Lanser | DPB | 36 | I | 33.52 | PR | |
| 20 | 27 Froukje de Vries | DPA | 39 | O | 33.53 | | |
| 21 | 57 Loes Pragt | DPB | 38 | I | 33.69 | | |
| 22 | 179 Phylïne Naberman | DPB | 32 | I | 33.82 | PR | |
| 23 | 32 Danique Leffertstra | DPB | 36 | O | 33.94 | PR | |
| 24 | 164 Froucke Schoustra | DPA | 34 | I | 34.10 | PR | |
| | 140 Famke Van Deursen | DPA | 35 | I | 34.10 | PR | |
| 26 | 184 Julia Kuiper | DPA | 29 | O | 34.84 | | |
| 27 | 76 Mara Nossin | DPB | 35 | O | 35.07 | | |
| 28 | 21 Ranomi Schaap | DPB | 33 | O | 35.51 | | |
| 29 | 85 Mirna van der Terp | DPA | 31 | O | 35.90 | | |
| 30 | 75 Julia Kuipers | DPB | 32 | O | 35.97 | PR | |
| 31 | 82 Meike Tea Douma | DPB | 33 | I | 36.25 | | |
| 32 | 99 Sinne Kramer | DPB | 31 | I | 39.31 | PR | |
| 33 | 97 Maaïke Sietsma | DPB | 29 | I | 39.94 | HT | |
| | 62 Maartje Wietsma | DPA | 37 | O | DNS | | |

3. Rituitslag Oudste pupillen meisjes (300/500) 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|---------------------|-------|--------------|------|
| 29 | wt | 97 | Maaïke Sietsma | | DPB | 44.33 | 39.94 | HT |
| | rd | 184 | Julia Kuiper | | DPA | | 34.84 | |
| | | <u>Maaïke Sietsma</u> | | | <u>Julia Kuiper</u> | | | |
| | | 300m | 39.94 | (39.94) | 300m | 34.84 | (34.84) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------|--|-----|----------|----|------|------|
| 30 | gl | | | | | | | |
| | bl | | | | | | | |
| | | <u>m</u> | | | <u>m</u> | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 31 | wt | 99 | Sinne Kramer | | DPB | 46.48 | 39.31 | PR |
| | rd | 85 | Mirna van der Terp | | DPA | 35.36 | 35.90 | |
| | | <u>Sinne Kramer</u> | | | <u>Mirna van der Terp</u> | | | |
| | | 300m | 39.31 | (39.31) | 300m | 35.90 | (35.90) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|----------------------|-------|--------------|------|
| 32 | gl | 179 | Phyline Naberman | | DPB | 38.14 | 33.82 | PR |
| | bl | 75 | Julia Kuipers | | DPB | 37.46 | 35.97 | PR |
| | | <u>Phyline Naberman</u> | | | <u>Julia Kuipers</u> | | | |
| | | 300m | 33.82 | (33.82) | 300m | 35.97 | (35.97) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|----------------------|-------|--------------|------|
| 33 | wt | 82 | Meike Tea Douma | | DPB | 35.29 | 36.25 | |
| | rd | 21 | Ranomi Schaap | | DPB | 35.19 | 35.51 | |
| | | <u>Meike Tea Douma</u> | | | <u>Ranomi Schaap</u> | | | |
| | | 300m | 36.25 | (36.25) | 300m | 35.51 | (35.51) | |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|-------|------------------------|------|
| 34 | gl | 164 Froucke Schoustra | DPA | 35.30 | 34.10 | PR |
| | bl | 39 Jasmijn Snijder | DPA | 35.07 | 32.73 | PR |
| | | <u>Froucke Schoustra</u> | | | <u>Jasmijn Snijder</u> | |
| | | 300m 34.10 (34.10) | | | 300m 32.73 (32.73) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|-------|--------------------|------|
| 35 | wt | 140 Famke Van Deursen | DPA | 34.11 | 34.10 | PR |
| | rd | 76 Mara Nossin | DPB | 34.35 | 35.07 | |
| | | <u>Famke Van Deursen</u> | | | <u>Mara Nossin</u> | |
| | | 300m 34.10 (34.10) | | | 300m 35.07 (35.07) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-----|-------|----------------------------|------|
| 36 | gl | 12 Roméé Lanser | DPB | 34.90 | 33.52 | PR |
| | bl | 32 Danique Leffertstra | DPB | 34.69 | 33.94 | PR |
| | | <u>Roméé Lanser</u> | | | <u>Danique Leffertstra</u> | |
| | | 300m 33.52 (33.52) | | | 300m 33.94 (33.94) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|-------|------------------------|------|
| 37 | wt | 106 Isa van Zellingen | DPA | 33.80 | 33.26 | PR |
| | rd | 62 Maartje Wietsma | DPA | 33.34 | DNS | |
| | | <u>Isa van Zellingen</u> | | | <u>Maartje Wietsma</u> | |
| | | 300m 33.26 (33.26) | | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-------|-------------------------|------|
| 38 | gl | 57 Loes Pragt | DPB | 33.06 | 33.69 | |
| | bl | 25 Myrthe Zwaagstra | DPB | 33.22 | 32.91 | PR |
| | | <u>Loes Pragt</u> | | | <u>Myrthe Zwaagstra</u> | |
| | | 300m 33.69 (33.69) | | | 300m 32.91 (32.91) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-------|-------------------------|------|
| 39 | wt | 10 Djura Lubbinge | DPA | 32.18 | 31.89 | PR |
| | rd | 27 Froukje de Vries | DPA | 33.02 | 33.53 | |
| | | <u>Djura Lubbinge</u> | | | <u>Froukje de Vries</u> | |
| | | 300m 31.89 (31.89) | | | 300m 33.53 (33.53) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------|-------------------|------|-------|--------------|------|
| 40 | gl | 46 Larissa Feenstra | | DPA | | 33.03 | 32.03 | PR |
| | bl | 29 Amber Soet | | DPA | | 32.59 | 31.99 | PR |
| | | <u>Larissa Feenstra</u> | | <u>Amber Soet</u> | | | | |
| | | 300m | 32.03 | (32.03) | 300m | 31.99 | (31.99) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|-------|--------------------------|------|-------|--------------|------|
| 41 | wt | 177 Julia Boersma | | DPB | | 32.06 | 32.38 | |
| | rd | 8 Ammarens Veldstra | | DPB | | 31.22 | 31.50 | |
| | | <u>Julia Boersma</u> | | <u>Ammarens Veldstra</u> | | | | |
| | | 300m | 32.38 | (32.38) | 300m | 31.50 | (31.50) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------|-----------------------|------|-------|--------------|------|
| 42 | gl | 52 Jolien Hazeveld | | DPA | | 31.27 | 30.57 | PR |
| | bl | 4 Myrthe Kooiker | | DPA | | 30.98 | 31.29 | |
| | | <u>Jolien Hazeveld</u> | | <u>Myrthe Kooiker</u> | | | | |
| | | 300m | 30.57 | (30.57) | 300m | 31.29 | (31.29) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|-------|----------------------|------|-------|--------------|------|
| 43 | wt | 22 Lieke Nijboer | | DPA | | 30.94 | 30.73 | PR |
| | rd | 36 Miriam van Es | | DPB | | 30.30 | 30.22 | PR |
| | | <u>Lieke Nijboer</u> | | <u>Miriam van Es</u> | | | | |
| | | 300m | 30.73 | (30.73) | 300m | 30.22 | (30.22) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|-------|------------------------|------|-------|--------------|------|
| 44 | gl | 24 Bente Dam | | DPA | | 30.87 | 30.15 | PR |
| | bl | 31 Lynn van Baaren | | DPA | | 30.57 | 30.06 | PR |
| | | <u>Bente Dam</u> | | <u>Lynn van Baaren</u> | | | | |
| | | 300m | 30.15 | (30.15) | 300m | 30.06 | (30.06) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------|-------|----------------------|------|-------|--------------|------|
| 45 | wt | 38 Nynke Krol | | DPA | | 28.80 | 28.08 | PR |
| | rd | 35 Van Es Sigrid | | DPA | | 27.36 | 27.37 | |
| | | <u>Nynke Krol</u> | | <u>Van Es Sigrid</u> | | | | |
| | | 300m | 28.08 | (28.08) | 300m | 27.37 | (27.37) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|------------------------|-----|-------|--------------|------|
| 46 | gl | 70 | Charley Boekema | | DPA | 26.82 | 26.96 | |
| | bl | 101 | Doutzen Wierda | | DPA | 30.07 | 30.28 | |
| | | | | Charley Boekema | | | | |
| | | 300m | 26.96 | (26.96) | | | | |
| | | | | Doutzen Wierda | | | | |
| | | 300m | 30.28 | (30.28) | | | | |

4. Uitslag Oudste pupillen jongens (300/500) 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 44 Bernt Hut | HPA | 60 | I | 28.33 | PR | |
| 2 | 18 Stevin Visser | HPA | 60 | O | 28.41 | HT | |
| 3 | 81 Hidde Salomons | HPA | 57 | I | 29.22 | PR | |
| 4 | 58 Sverre de Vegt | HPA | 59 | O | 29.24 | FL | |
| 5 | 95 Jurjen Kramer | HPA | 59 | I | 29.34 | PR | |
| 6 | 69 Allard van der Ende | HPA | 58 | O | 29.42 | PR | |
| 7 | 5 Jurre Valkenburg | HPB | 57 | O | 29.54 | PR | |
| 8 | 141 Nick van der Staal | HPB | 56 | I | 29.90 | PR | |
| 9 | 180 Berend Zijlstra | HPA | 58 | I | 30.53 | PR | |
| 10 | 169 Bas van der Weij | HPB | 55 | O | 31.15 | PR | |
| 11 | 59 Derek Graansma | HPA | 54 | I | 31.24 | PR | |
| 12 | 11 Thies Kramer | HPB | 54 | O | 31.41 | PR | |
| 13 | 1 Ingmar Jansen | HPB | 53 | I | 31.43 | PR | |
| 14 | 83 Maurits Aalberts | HPA | 55 | I | 31.58 | | |
| 15 | 3 Jurjen Dijkstra | HPA | 56 | O | 31.87 | | |
| 16 | 40 Jesper ten Bloemendaal | HPA | 52 | I | 31.88 | PR | |
| 17 | 170 Ferry-Jan de Ruiter | HPA | 51 | O | 32.13 | PR | |
| 18 | 107 Hidde Boskma | HPB | 53 | O | 32.74 | | |
| 19 | 79 Kas Zijlstra | HPA | 49 | O | 32.95 | PR | |
| 20 | 68 Jelmer Mosterman | HPA | 51 | I | 33.09 | PR | |
| 21 | 77 Matthijs Jacobs-Monsees | HPB | 50 | I | 33.30 | PR | |
| 22 | 42 Mylan Koeman | HPB | 52 | O | 33.53 | PR | |
| 23 | 43 Sven Holwerda | HPB | 49 | I | 34.51 | | |
| 24 | 56 Nick Peek | HPB | 47 | O | 36.66 | | |
| 25 | 157 Djurre Zuidema | HPA | 47 | I | 37.53 | | |
| 26 | 78 Jonne Pieter Hijlkema | HPA | 50 | O | 38.24 | | |

4. Rituitslag Oudste pupillen jongens (300/500) 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|------------------|-------|--------------|------|
| 47 | wt | 157 | Djurre Zuidema | | HPA | 37.42 | 37.53 | |
| | rd | 56 | Nick Peek | | HPB | 36.06 | 36.66 | |
| | | <u>Djurre Zuidema</u> | | | <u>Nick Peek</u> | | | |
| | | 300m | 37.53 | (37.53) | 300m | 36.66 | (36.66) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------|--|-----|----------|----|------|------|
| 48 | gl | | | | | | | |
| | bl | | | | | | | |
| | | <u>m</u> | | | <u>m</u> | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|---------------------|-------|--------------|------|
| 49 | wt | 43 | Sven Holwerda | | HPB | 34.10 | 34.51 | |
| | rd | 79 | Kas Zijlstra | | HPA | 34.60 | 32.95 | PR |
| | | <u>Sven Holwerda</u> | | | <u>Kas Zijlstra</u> | | | |
| | | 300m | 34.51 | (34.51) | 300m | 32.95 | (32.95) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------------|--------------------------------|---------|------------------------------|-------|--------------|------|
| 50 | gl | 77 | Matthijs Jacobs-Monsees | | HPB | 34.52 | 33.30 | PR |
| | bl | 78 | Jonne Pieter Hijlkema | | HPA | 36.06 | 38.24 | |
| | | <u>Matthijs Jacobs-Monsees</u> | | | <u>Jonne Pieter Hijlkema</u> | | | |
| | | 300m | 33.30 | (33.30) | 300m | 38.24 | (38.24) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 51 | wt | 68 | Jelmer Mosterman | | HPA | 33.71 | 33.09 | PR |
| | rd | 170 | Ferry-Jan de Ruiter | | HPA | 32.78 | 32.13 | PR |
| | | <u>Jelmer Mosterman</u> | | | <u>Ferry-Jan de Ruiter</u> | | | |
| | | 300m | 33.09 | (33.09) | 300m | 32.13 | (32.13) | |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------------|---------------|-------|--------------|------|
| 52 | gl | 40 Jesper ten Bloemendaal | HPA | 31.96 | 31.88 | PR |
| | bl | 42 Mylan Koeman | HPB | 33.67 | 33.53 | PR |
| | | <u>Jesper ten Bloemendaal</u> | | | | |
| | | 300m | 31.88 (31.88) | | | |
| | | <u>Mylan Koeman</u> | | | | |
| | | 300m | 33.53 (33.53) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------------|-------|--------------|------|
| 53 | wt | 1 Ingmar Jansen | HPB | 31.87 | 31.43 | PR |
| | rd | 107 Hidde Boskma | HPB | 31.88 | 32.74 | |
| | | <u>Ingmar Jansen</u> | | | | |
| | | 300m | 31.43 (31.43) | | | |
| | | <u>Hidde Boskma</u> | | | | |
| | | 300m | 32.74 (32.74) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------|-------|--------------|------|
| 54 | gl | 59 Derek Graansma | HPA | 31.81 | 31.24 | PR |
| | bl | 11 Thies Kramer | HPB | 31.80 | 31.41 | PR |
| | | <u>Derek Graansma</u> | | | | |
| | | 300m | 31.24 (31.24) | | | |
| | | <u>Thies Kramer</u> | | | | |
| | | 300m | 31.41 (31.41) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------------|-------|--------------|------|
| 55 | wt | 83 Maurits Aalberts | HPA | 31.54 | 31.58 | |
| | rd | 169 Bas van der Weij | HPB | 31.58 | 31.15 | PR |
| | | <u>Maurits Aalberts</u> | | | | |
| | | 300m | 31.58 (31.58) | | | |
| | | <u>Bas van der Weij</u> | | | | |
| | | 300m | 31.15 (31.15) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|---------------|-------|--------------|------|
| 56 | gl | 141 Nick van der Staal | HPB | 31.01 | 29.90 | PR |
| | bl | 3 Jurjen Dijkstra | HPA | 31.78 | 31.87 | |
| | | <u>Nick van der Staal</u> | | | | |
| | | 300m | 29.90 (29.90) | | | |
| | | <u>Jurjen Dijkstra</u> | | | | |
| | | 300m | 31.87 (31.87) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------|-------|--------------|------|
| 57 | wt | 81 Hidde Salomons | HPA | 29.87 | 29.22 | PR |
| | rd | 5 Jurre Valkenburg | HPB | 30.00 | 29.54 | PR |
| | | <u>Hidde Salomons</u> | | | | |
| | | 300m | 29.22 (29.22) | | | |
| | | <u>Jurre Valkenburg</u> | | | | |
| | | 300m | 29.54 (29.54) | | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|------------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 58 | gl | 180 | Berend Zijlstra | | HPA | 30.62 | 30.53 | PR |
| | bl | 69 | Allard van der Ende | | HPA | 29.80 | 29.42 | PR |
| | | <u>Berend Zijlstra</u> | | | <u>Allard van der Ende</u> | | | |
| | | 300m | 30.53 | (30.53) | 300m | 29.42 | (29.42) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 59 | wt | 95 | Jurjen Kramer | | HPA | 29.77 | 29.34 | PR |
| | rd | 58 | Sverre de Vegt | | HPA | 28.61 | 29.24 | FL |
| | | <u>Jurjen Kramer</u> | | | <u>Sverre de Vegt</u> | | | |
| | | 300m | 29.34 | (29.34) | 300m | 29.24 | (29.24) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 60 | gl | 44 | Bernt Hut | | HPA | 28.81 | 28.33 | PR |
| | bl | 18 | Stevin Visser | | HPA | 29.15 | 28.41 | HT |
| | | <u>Bernt Hut</u> | | | <u>Stevin Visser</u> | | | |
| | | 300m | 28.33 | (28.33) | 300m | 28.41 | (28.41) | |

5. Uitslag Jongste pupillen meisjes (300/300) 2e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 28 Silke Meems | DPC | 77 | O | 30.82 | | |
| 2 | 45 Ilana Hokse | DPC | 78 | O | 30.92 | | |
| 3 | 53 Marrit Tichelaar | DPC | 77 | I | 31.46 | PR | |
| 4 | 61 Anna de Vegt | DPC | 75 | O | 31.64 | | |
| 5 | 92 Fenna Mozes | DPC | 76 | O | 31.77 | PR | |
| 6 | 55 Femke Hazeveld | DPC | 78 | I | 32.18 | | |
| 7 | 17 Renske Kromkamp | DPC | 75 | I | 32.57 | PR | |
| 8 | 7 Esra Alkema | DPC | 74 | I | 32.95 | | |
| | 20 Sophie Kooiker | DPC | 76 | I | 32.95 | | |
| 10 | 15 Leanne Visser | DPD | 72 | I | 34.38 | PR | |
| 11 | 73 Lieke Sijbranda | DPC | 74 | O | 34.80 | | |
| 12 | 161 Afke Brouwer | DPC | 73 | I | 34.89 | | |
| 13 | 96 Noémi Vlieg | DPC | 71 | I | 35.43 | | |
| 14 | 94 Lauren De Jong | DPD | 73 | O | 35.51 | | |
| 15 | 80 Aniek van der Tuuk | DPD | 71 | O | 36.36 | | |
| 16 | 33 Anna Meems | DPE | 68 | O | 36.74 | PR | |
| 17 | 37 Yfke Vries | DPC | 69 | I | 37.43 | | |
| 18 | 65 Doutzen Geertje Ferbeek | DPE | 67 | O | 37.65 | | |
| 19 | 41 Merle Bandsma | DPC | 70 | I | 37.76 | | |
| 20 | 26 Elske de Vries | DPD | 72 | O | 38.06 | | |
| 21 | 162 Lieke Brouwer | DPD | 67 | I | 38.20 | | |
| 22 | 47 Chantal Kingma | DPC | 69 | O | 38.21 | | |
| 23 | 88 Flow Ganzevoort | DPD | 68 | I | 38.88 | PR | |
| 24 | 6 Fayenna Schaap | DPD | 70 | O | 39.53 | | |
| 25 | 74 Benthe van der Zandt | DPD | 66 | O | 39.78 | | |
| 26 | 137 Ela de Groot | DPC | 65 | I | 40.09 | | |
| 27 | 71 Norah Müller | DPE | 66 | I | 40.98 | | |
| 28 | 93 Lieke de Jong | DPD | 65 | O | 41.40 | | |
| 29 | 2 Michella De Jong | DPE | 63 | O | 41.46 | | |
| 30 | 30 Jeltje De Jong | DPD | 63 | I | 42.58 | PR | |
| 31 | 86 Romy Gmelich Meijling | DPE | 64 | I | 44.28 | PR | |
| 32 | 156 Iris Buma | DPC | 61 | O | 45.25 | | |
| 33 | 67 Marij Elzinga | DPC | 64 | O | 48.42 | FL | |

5. Rituitslag Jongste pupillen meisjes (300/300) 2e 300 meter

| | Naam | Cat | PR | Tijd | Info |
|----|----------|------------------|-------|---------|--------------|
| 61 | wt rd | 156 Iris Buma | DPC | 48.14 | 45.25 |
| | | | | | |
| | | <u>Iris Buma</u> | | | |
| | m | 300m | 45.25 | (45.25) | |

| | Naam | Cat | PR | Tijd | Info |
|----|----------|-----|----|------|------|
| 62 | gl bl | | | | |
| | | | | | |
| | m | | | | |
| | m | | | | |

| | Naam | Cat | PR | Tijd | Info |
|----|------|-------------------------|---------|-------|-----------------|
| 63 | wt | 30 Jeltje De Jong | DPD | 43.03 | 42.58 PR |
| | rd | 2 Michella De Jong | DPE | 41.04 | 41.46 |
| | | <u>Jeltje De Jong</u> | | | |
| | 300m | 42.58 | (42.58) | | |
| | | <u>Michella De Jong</u> | | | |
| | 300m | 41.46 | (41.46) | | |

| | Naam | Cat | PR | Tijd | Info |
|----|------|------------------------------|---------|-------|-----------------|
| 64 | gl | 86 Romy Gmelich Meijling | DPE | 45.57 | 44.28 PR |
| | bl | 67 Marij Elzinga | DPC | 41.98 | 48.42 FL |
| | | <u>Romy Gmelich Meijling</u> | | | |
| | 300m | 44.28 | (44.28) | | |
| | | <u>Marij Elzinga</u> | | | |
| | 300m | 48.42 | (48.42) | | |

| | Naam | Cat | PR | Tijd | Info |
|----|------|----------------------|---------|-------|--------------|
| 65 | wt | 137 Ela de Groot | DPC | 39.53 | 40.09 |
| | rd | 93 Lieke de Jong | DPD | 41.01 | 41.40 |
| | | <u>Ela de Groot</u> | | | |
| | 300m | 40.09 | (40.09) | | |
| | | <u>Lieke de Jong</u> | | | |
| | 300m | 41.40 | (41.40) | | |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|-----|-------|-----------------------------|------|
| 66 | gl | 71 Norah Müller | DPE | 39.94 | 40.98 | |
| | bl | 74 Benthe van der Zandt | DPD | 39.71 | 39.78 | |
| | | <u>Norah Müller</u> | | | <u>Benthe van der Zandt</u> | |
| | | 300m 40.98 (40.98) | | | 300m 39.78 (39.78) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------------|-----|-------|--------------------------------|------|
| 67 | wt | 162 Lieke Brouwer | DPD | 37.96 | 38.20 | |
| | rd | 65 Doutzen Geertje Ferbeek | DPE | 37.85 | 37.65 | |
| | | <u>Lieke Brouwer</u> | | | <u>Doutzen Geertje Ferbeek</u> | |
| | | 300m 38.20 (38.20) | | | 300m 37.65 (37.65) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|-------|--------------------|------|
| 68 | gl | 88 Flow Ganzevoort | DPD | 38.96 | 38.88 | PR |
| | bl | 33 Anna Meems | DPE | 37.93 | 36.74 | PR |
| | | <u>Flow Ganzevoort</u> | | | <u>Anna Meems</u> | |
| | | 300m 38.88 (38.88) | | | 300m 36.74 (36.74) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|-------|-----------------------|------|
| 69 | wt | 37 Yfke Vries | DPC | 36.92 | 37.43 | |
| | rd | 47 Chantal Kingma | DPC | 37.58 | 38.21 | |
| | | <u>Yfke Vries</u> | | | <u>Chantal Kingma</u> | |
| | | 300m 37.43 (37.43) | | | 300m 38.21 (38.21) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|-------|-----------------------|------|
| 70 | gl | 41 Merle Bandsma | DPC | 37.11 | 37.76 | |
| | bl | 6 Fayenna Schaap | DPD | 37.14 | 39.53 | |
| | | <u>Merle Bandsma</u> | | | <u>Fayenna Schaap</u> | |
| | | 300m 37.76 (37.76) | | | 300m 39.53 (39.53) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|-------|---------------------------|------|
| 71 | wt | 96 Noémi Vlieg | DPC | 35.60 | 35.43 | |
| | rd | 80 Aniek van der Tuuk | DPD | 36.11 | 36.36 | |
| | | <u>Noémi Vlieg</u> | | | <u>Aniek van der Tuuk</u> | |
| | | 300m 35.43 (35.43) | | | 300m 36.36 (36.36) | |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------|-------|-----------------------|---------------|
| 72 | gl | 15 Leanne Visser | DPD | 34.80 | 34.38 | PR |
| | bl | 26 Elske de Vries | DPD | 36.67 | 38.06 | |
| | | <u>Leanne Visser</u> | | | <u>Elske de Vries</u> | |
| | | 300m | 34.38 (34.38) | | 300m | 38.06 (38.06) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------|-------|-----------------------|---------------|
| 73 | wt | 161 Afke Brouwer | DPC | 33.79 | 34.89 | |
| | rd | 94 Lauren De Jong | DPD | 34.52 | 35.51 | |
| | | <u>Afke Brouwer</u> | | | <u>Lauren De Jong</u> | |
| | | 300m | 34.89 (34.89) | | 300m | 35.51 (35.51) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------|-------|------------------------|---------------|
| 74 | gl | 7 Esra Alkema | DPC | 33.16 | 32.95 | |
| | bl | 73 Lieke Sijbranda | DPC | 34.11 | 34.80 | |
| | | <u>Esra Alkema</u> | | | <u>Lieke Sijbranda</u> | |
| | | 300m | 32.95 (32.95) | | 300m | 34.80 (34.80) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------|-------|---------------------|---------------|
| 75 | wt | 17 Renske Kromkamp | DPC | 32.60 | 32.57 | PR |
| | rd | 61 Anna de Vegt | DPC | 32.40 | 31.64 | |
| | | <u>Renske Kromkamp</u> | | | <u>Anna de Vegt</u> | |
| | | 300m | 32.57 (32.57) | | 300m | 31.64 (31.64) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------|-------|--------------------|---------------|
| 76 | gl | 20 Sophie Kooiker | DPC | 32.73 | 32.95 | |
| | bl | 92 Fenna Mozes | DPC | 32.34 | 31.77 | PR |
| | | <u>Sophie Kooiker</u> | | | <u>Fenna Mozes</u> | |
| | | 300m | 32.95 (32.95) | | 300m | 31.77 (31.77) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------------|-------|--------------------|---------------|
| 77 | wt | 53 Marrit Tichelaar | DPC | 31.73 | 31.46 | PR |
| | rd | 28 Silke Meems | DPC | 31.50 | 30.82 | |
| | | <u>Marrit Tichelaar</u> | | | <u>Silke Meems</u> | |
| | | 300m | 31.46 (31.46) | | 300m | 30.82 (30.82) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|--------------------|-------|---------|--------------|
| 78 | gl | 55 | Femke Hazeveld | | DPC | | 32.32 | 32.18 |
| | bl | 45 | Ilana Hokse | | DPC | | 31.39 | 30.92 |
| | | Femke Hazeveld | | | Ilana Hokse | | | |
| | | 300m | 32.18 | (32.18) | 300m | 30.92 | (30.92) | |

6. Uitslag Jongste pupillen jongens (300/300) 2e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 13 Idsart Hilarides | HPC | 88 | O | 30.95 | | |
| 2 | 84 Philip Aalberts | HPC | 88 | I | 31.16 | | |
| 3 | 63 Brent Faber | HPD | 87 | O | 34.30 | | |
| 4 | 100 Ties Wierda | HPD | 87 | I | 34.62 | | |
| 5 | 23 Pim de Vries | HPC | 85 | O | 35.32 | | |
| 6 | 34 Marijn ten Bloemendaal | HPD | 85 | I | 35.52 | | |
| 7 | 50 Arjen Zuur | HPC | 86 | O | 35.60 | | |
| 8 | 89 Niels de Jager | HPC | 83 | O | 37.69 | | |
| 9 | 66 Julian Meijerhof | HPC | 84 | O | 37.81 | | |
| 10 | 16 Marijn Elling | HPD | 84 | I | 38.08 | | |
| 11 | 51 Melle Pronk | HPE | 82 | I | 38.48 | PR | |
| 12 | 19 Tim Nijboer | HPE | 83 | I | 38.81 | | |
| 13 | 9 Naut Kuiper | HPD | 81 | O | 40.43 | | |
| 14 | 49 Ethan Mook | HPD | 82 | O | 40.57 | | |
| 15 | 98 Wille Kramer | HPC | 80 | O | 41.19 | | |
| 16 | 168 Jitse Hamstra | HPE | 79 | O | 42.38 | | |
| 17 | 90 Hylke van der Heide | HPF | 81 | I | 43.35 | | |
| 18 | 102 Cas van Westen | HPD | 80 | I | 43.37 | | |
| 19 | 87 Lasse Kolder | HPD | 86 | I | 43.74 | FL | |

6. Rituitslag Jongste pupillen jongens (300/300) 2e 300 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|------|-------|--------------|------|
| 79 | wt | | | | | |
| | rd | 168 Jitse Hamstra | HPE | 42.81 | 42.38 | |
| | | <u>Jitse Hamstra</u> | | | | |
| | | m | 300m | 42.38 | (42.38) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-------|---------|--------------|------|
| 80 | gl | 102 Cas van Westen | HPD | 42.50 | 43.37 | |
| | bl | 98 Wille Kramer | HPC | | 41.19 | |
| | | <u>Cas van Westen</u> | | | | |
| | | 300m | 43.37 | (43.37) | | |
| | | <u>Wille Kramer</u> | | | | |
| | | 300m | 41.19 | (41.19) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-------|---------|--------------|------|
| 81 | wt | 90 Hylke van der Heide | HPF | 42.20 | 43.35 | |
| | rd | 9 Naut Kuiper | HPD | 39.62 | 40.43 | |
| | | <u>Hylke van der Heide</u> | | | | |
| | | 300m | 43.35 | (43.35) | | |
| | | <u>Naut Kuiper</u> | | | | |
| | | 300m | 40.43 | (40.43) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------|-------|---------|--------------|------|
| 82 | gl | 51 Melle Pronk | HPE | 38.90 | 38.48 | PR |
| | bl | 49 Ethan Mook | HPD | 40.18 | 40.57 | |
| | | <u>Melle Pronk</u> | | | | |
| | | 300m | 38.48 | (38.48) | | |
| | | <u>Ethan Mook</u> | | | | |
| | | 300m | 40.57 | (40.57) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-------|---------|--------------|------|
| 83 | wt | 19 Tim Nijboer | HPE | 38.04 | 38.81 | |
| | rd | 89 Niels de Jager | HPC | 38.19 | 37.69 | |
| | | <u>Tim Nijboer</u> | | | | |
| | | 300m | 38.81 | (38.81) | | |
| | | <u>Niels de Jager</u> | | | | |
| | | 300m | 37.69 | (37.69) | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|-------------------------|------|-------|--------------|------|
| 84 | gl | 16 Marijn Elling | | HPD | | 38.60 | 38.08 | |
| | bl | 66 Julian Meijerhof | | HPC | | 37.99 | 37.81 | |
| | | Marijn Elling | | Julian Meijerhof | | | | |
| | | 300m | 38.08 | (38.08) | 300m | 37.81 | (37.81) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------------|-------|---------------------|------|-------|--------------|------|
| 85 | wt | 34 Marijn ten Bloemendaal | | HPD | | 35.66 | 35.52 | |
| | rd | 23 Pim de Vries | | HPC | | 34.61 | 35.32 | |
| | | Marijn ten Bloemendaal | | Pim de Vries | | | | |
| | | 300m | 35.52 | (35.52) | 300m | 35.32 | (35.32) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------|-------------------|------|-------|--------------|------|
| 86 | gl | 87 Lasse Kolder | | HPD | | 35.34 | 43.74 | FL |
| | bl | 50 Arjen Zuur | | HPC | | 35.32 | 35.60 | |
| | | Lasse Kolder | | Arjen Zuur | | | | |
| | | 300m | 43.74 | (43.74) | 300m | 35.60 | (35.60) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------|--------------------|------|-------|--------------|------|
| 87 | wt | 100 Ties Wierda | | HPD | | 33.43 | 34.62 | |
| | rd | 63 Brent Faber | | HPD | | 33.31 | 34.30 | |
| | | Ties Wierda | | Brent Faber | | | | |
| | | 300m | 34.62 | (34.62) | 300m | 34.30 | (34.30) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|-------------------------|------|-------|--------------|------|
| 88 | gl | 84 Philip Aalberts | | HPC | | 31.60 | 31.16 | |
| | bl | 13 Idsart Hilarides | | HPC | | 31.10 | 30.95 | |
| | | Philip Aalberts | | Idsart Hilarides | | | | |
| | | 300m | 31.16 | (31.16) | 300m | 30.95 | (30.95) | |

7. Uitslag Oudste pupillen meisjes (300/500) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 70 Charley Boekema | DPA | 105 | O | 41.98 | | |
| 2 | 35 Van Es Sigrïd | DPA | 106 | I | 42.66 | | |
| 3 | 38 Nynke Krol | DPA | 106 | O | 44.09 | PR | |
| 4 | 31 Lynn van Baaren | DPA | 103 | I | 47.75 | PR | |
| 5 | 101 Doutzen Wierda | DPA | 105 | I | 47.76 | PR | |
| 6 | 52 Jolien Hazeveld | DPA | 104 | O | 47.90 | | |
| 7 | 36 Miriam van Es | DPB | 103 | O | 48.03 | PR | |
| 8 | 24 Bente Dam | DPA | 104 | I | 48.50 | | |
| 9 | 22 Lieke Nijboer | DPA | 102 | O | 48.52 | | |
| 10 | 4 Myrthe Kooiker | DPA | 102 | I | 49.70 | | |
| 11 | 8 Ammarens Veldstra | DPB | 101 | O | 50.19 | | |
| 12 | 10 Djura Lubbinge | DPA | 101 | I | 50.33 | | |
| 13 | 39 Jasmijn Snijder | DPA | 98 | I | 51.12 | PR | |
| 14 | 29 Amber Soet | DPA | 100 | O | 51.13 | PR | |
| 15 | 177 Julia Boersma | DPB | 99 | O | 51.41 | | |
| 16 | 106 Isa van Zellingen | DPA | 99 | I | 51.84 | PR | |
| 17 | 46 Larissa Feenstra | DPA | 95 | I | 52.39 | PR | |
| 18 | 25 Myrthe Zwaagstra | DPB | 98 | O | 53.31 | | |
| 19 | 27 Froukje de Vries | DPA | 97 | I | 53.42 | | |
| 20 | 12 Romée Lanser | DPB | 93 | I | 53.57 | PR | |
| 21 | 179 Phylïne Naberman | DPB | 96 | O | 54.01 | PR | |
| 22 | 57 Loes Pragt | DPB | 97 | O | 54.25 | | |
| 23 | 164 Froucke Schoustra | DPA | 95 | O | 54.66 | | |
| 24 | 32 Danique Leffertstra | DPB | 94 | I | 55.13 | PR | |
| 25 | 140 Famke Van Deursen | DPA | 96 | I | 55.56 | | |
| 26 | 76 Mara Nossin | DPB | 93 | O | 56.79 | PR | |
| 27 | 85 Mirna van der Terp | DPA | 94 | O | 56.88 | | |
| 28 | 21 Ranomi Schaap | DPB | 92 | O | 57.55 | PR | |
| 29 | 75 Julia Kuipers | DPB | 89 | O | 58.30 | | |
| 30 | 184 Julia Kuiper | DPA | 89 | I | 58.55 | | |
| 31 | 82 Meike Tea Douma | DPB | 91 | O | 58.61 | PR | |
| 32 | 99 Sinne Kramer | DPB | 91 | I | 1:03.53 | PR | |
| 33 | 97 Maaïke Sietsma | DPB | 92 | I | 1:07.59 | PR | |
| | 62 Maartje Wietsma | DPA | 100 | I | DNS | | |

7. Rituitslag Oudste pupillen meisjes (300/500) 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|----------------------|---------|----------------------|-------|--------------|------|
| 89 | wt | 184 | Julia Kuiper | | DPA | | 58.55 | |
| | rd | 75 | Julia Kuipers | | DPB | | 58.30 | |
| | | <u>Julia Kuiper</u> | | | <u>Julia Kuipers</u> | | | |
| | | 100m | 14.02 | (14.02) | 100m | 14.31 | (14.31) | |
| | | 500m | 58.55 | (44.53) | 500m | 58.30 | (43.99) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------|--|-----|----------|----|------|------|
| 90 | gl | | | | | | | |
| | bl | | | | | | | |
| | | <u>m</u> | | | <u>m</u> | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|------------------------|---------|------------------------|---------|----------------|------|
| 91 | wt | 99 | Sinne Kramer | | DPB | 1:06.70 | 1:03.53 | PR |
| | rd | 82 | Meike Tea Douma | | DPB | 58.71 | 58.61 | PR |
| | | <u>Sinne Kramer</u> | | | <u>Meike Tea Douma</u> | | | |
| | | 100m | 14.83 | (14.83) | 100m | 13.93 | (13.93) | |
| | | 500m | 1:03.53 | (48.70) | 500m | 58.61 | (44.68) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|---------|----------------|------|
| 92 | gl | 97 | Maaïke Sietsma | | DPB | 1:10.70 | 1:07.59 | PR |
| | bl | 21 | Ranomi Schaap | | DPB | 58.30 | 57.55 | PR |
| | | <u>Maaïke Sietsma</u> | | | <u>Ranomi Schaap</u> | | | |
| | | 100m | 14.99 | (14.99) | 100m | 13.69 | (13.69) | |
| | | 500m | 1:07.59 | (52.60) | 500m | 57.55 | (43.86) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|--------------------|-------|--------------|------|
| 93 | wt | 12 | Roméé Lanser | | DPB | 56.44 | 53.57 | PR |
| | rd | 76 | Mara Nossin | | DPB | 57.74 | 56.79 | PR |
| | | <u>Roméé Lanser</u> | | | <u>Mara Nossin</u> | | | |
| | | 100m | 13.50 | (13.50) | 100m | 13.74 | (13.74) | |
| | | 500m | 53.57 | (40.07) | 500m | 56.79 | (43.05) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|---------------------------|-------|--------------|------|
| 94 | gl | 32 | Danique Leffertstra | | DPB | 55.84 | 55.13 | PR |
| | bl | 85 | Mirna van der Terp | | DPA | 56.34 | 56.88 | |
| | | <u>Danique Leffertstra</u> | | | <u>Mirna van der Terp</u> | | | |
| | | 100m | 13.63 | (13.63) | 100m | 14.55 | (14.55) | |
| | | 500m | 55.13 | (41.50) | 500m | 56.88 | (42.33) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 95 | wt | 46 | Larissa Feenstra | | DPA | 53.33 | 52.39 | PR |
| | rd | 164 | Froucke Schoustra | | DPA | 54.52 | 54.66 | |
| | | <u>Larissa Feenstra</u> | | | <u>Froucke Schoustra</u> | | | |
| | | 100m | 13.37 | (13.37) | 100m | 14.02 | (14.02) | |
| | | 500m | 52.39 | (39.02) | 500m | 54.66 | (40.64) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-------------------------|-------|--------------|------|
| 96 | gl | 140 | Famke Van Deursen | | DPA | 55.28 | 55.56 | |
| | bl | 179 | Phyline Naberman | | DPB | 56.12 | 54.01 | PR |
| | | <u>Famke Van Deursen</u> | | | <u>Phyline Naberman</u> | | | |
| | | 100m | 14.18 | (14.18) | 100m | 14.11 | (14.11) | |
| | | 500m | 55.56 | (41.38) | 500m | 54.01 | (39.90) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-------------------|-------|--------------|------|
| 97 | wt | 27 | Froukje de Vries | | DPA | 52.86 | 53.42 | |
| | rd | 57 | Loes Pragt | | DPB | 53.31 | 54.25 | |
| | | <u>Froukje de Vries</u> | | | <u>Loes Pragt</u> | | | |
| | | 100m | 13.41 | (13.41) | 100m | 13.83 | (13.83) | |
| | | 500m | 53.42 | (40.01) | 500m | 54.25 | (40.42) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 98 | gl | 39 | Jasmijn Snijder | | DPA | 52.74 | 51.12 | PR |
| | bl | 25 | Myrthe Zwaagstra | | DPB | 52.94 | 53.31 | |
| | | <u>Jasmijn Snijder</u> | | | <u>Myrthe Zwaagstra</u> | | | |
| | | 100m | 12.99 | (12.99) | 100m | 13.90 | (13.90) | |
| | | 500m | 51.12 | (38.13) | 500m | 53.31 | (39.41) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|
| 99 | wt | 106 | Isa van Zellingen | | DPA | 52.58 | 51.84 | PR |
| | rd | 177 | Julia Boersma | | DPB | 50.52 | 51.41 | |
| | | <u>Isa van Zellingen</u> | | | <u>Julia Boersma</u> | | | |
| | | 100m | 13.45 | (13.45) | 100m | 13.48 | (13.48) | |
| | | 500m | 51.84 | (38.39) | 500m | 51.41 | (37.93) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|------------------------|--|-------------------|-------|--------------|------|
| 100 | gl | 62 | Maartje Wietsma | | DPA | 52.69 | DNS | |
| | bl | 29 | Amber Soet | | DPA | 52.04 | 51.13 | PR |
| | | <u>Maartje Wietsma</u> | | | <u>Amber Soet</u> | | | |
| | | 100m | | | 100m | 13.29 | (13.29) | |
| | | 500m | | | 500m | 51.13 | (37.84) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 101 | wt | 10 | Djura Lubbinge | | DPA | 49.82 | 50.33 | |
| | rd | 8 | Ammarens Veldstra | | DPB | 49.55 | 50.19 | |
| | | <u>Djura Lubbinge</u> | | | <u>Ammarens Veldstra</u> | | | |
| | | 100m | 13.33 | (13.33) | 100m | 13.31 | (13.31) | |
| | | 500m | 50.33 | (37.00) | 500m | 50.19 | (36.88) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|----------------------|-------|--------------|------|
| 102 | gl | 4 | Myrthe Kooiker | | DPA | 48.94 | 49.70 | |
| | bl | 22 | Lieke Nijboer | | DPA | 48.46 | 48.52 | |
| | | <u>Myrthe Kooiker</u> | | | <u>Lieke Nijboer</u> | | | |
| | | 100m | 12.96 | (12.96) | 100m | 13.13 | (13.13) | |
| | | 500m | 49.70 | (36.74) | 500m | 48.52 | (35.39) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|----------------------|-------|--------------|------|
| 103 | wt | 31 | Lynn van Baaren | | DPA | 48.50 | 47.75 | PR |
| | rd | 36 | Miriam van Es | | DPB | 48.65 | 48.03 | PR |
| | | <u>Lynn van Baaren</u> | | | <u>Miriam van Es</u> | | | |
| | | 100m | 12.38 | (12.38) | 100m | 12.89 | (12.89) | |
| | | 500m | 47.75 | (35.37) | 500m | 48.03 | (35.14) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-------|---------|------------------------|-------|--------------|------|
| 104 | gl | 24 Bente Dam | | | DPA | 48.44 | 48.50 | |
| | bl | 52 Jolien Hazeveld | | | DPA | 47.87 | 47.90 | |
| | | Bente Dam | | | Jolien Hazeveld | | | |
| | | 100m | 12.62 | (12.62) | 100m | 12.89 | (12.89) | |
| | | 500m | 48.50 | (35.88) | 500m | 47.90 | (35.01) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-------|---------|------------------------|-------|--------------|------|
| 105 | wt | 101 Doutzen Wierda | | | DPA | 47.77 | 47.76 | PR |
| | rd | 70 Charley Boekema | | | DPA | 41.65 | 41.98 | |
| | | Doutzen Wierda | | | Charley Boekema | | | |
| | | 100m | 12.70 | (12.70) | 100m | 11.52 | (11.52) | |
| | | 500m | 47.76 | (35.06) | 500m | 41.98 | (30.46) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-------|---------|-------------------|-------|--------------|------|
| 106 | gl | 35 Van Es Sigrid | | | DPA | 42.54 | 42.66 | |
| | bl | 38 Nynke Krol | | | DPA | 44.78 | 44.09 | PR |
| | | Van Es Sigrid | | | Nynke Krol | | | |
| | | 100m | 11.73 | (11.73) | 100m | 12.13 | (12.13) | |
| | | 500m | 42.66 | (30.93) | 500m | 44.09 | (31.96) | |

8. Uitslag Oudste pupillen jongens (300/500) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|---------|------|--------|
| 1 | 44 Bernt Hut | HPA | 120 | I | 44.02 | PR | |
| 2 | 58 Sverre de Vegt | HPA | 120 | O | 44.34 | PR | |
| 3 | 18 Stevin Visser | HPA | 119 | I | 45.34 | | |
| 4 | 69 Allard van der Ende | HPA | 117 | O | 46.70 | PR | |
| 5 | 5 Jurre Valkenburg | HPB | 117 | I | 47.03 | PR | |
| 6 | 81 Hidde Salomons | HPA | 118 | I | 47.28 | | |
| 7 | 95 Jurjen Kramer | HPA | 119 | O | 48.03 | | |
| 8 | 180 Berend Zijlstra | HPA | 118 | O | 48.68 | | |
| 9 | 59 Derek Graansma | HPA | 115 | O | 49.46 | PR | |
| 10 | 141 Nick van der Staal | HPB | 115 | I | 49.50 | | |
| 11 | 169 Bas van der Weij | HPB | 113 | O | 49.62 | PR | |
| 12 | 40 Jesper ten Bloemendaal | HPA | 116 | O | 49.97 | | |
| | 83 Maurits Aalberts | HPA | 116 | I | 49.97 | | |
| 14 | 1 Ingmar Jansen | HPB | 113 | I | 50.61 | PR | |
| 15 | 170 Ferry-Jan de Ruiter | HPA | 114 | O | 50.62 | PR | |
| 16 | 3 Jurjen Dijkstra | HPA | 114 | I | 50.98 | | |
| 17 | 11 Thies Kramer | HPB | 112 | I | 51.24 | PR | |
| 18 | 107 Hidde Boskma | HPB | 112 | O | 51.28 | PR | |
| 19 | 79 Kas Zijlstra | HPA | 111 | I | 52.31 | | |
| 20 | 68 Jelmer Mosterman | HPA | 109 | I | 53.44 | PR | |
| 21 | 77 Matthijs Jacobs-Monsees | HPB | 111 | O | 54.37 | PR | |
| 22 | 42 Mylan Koeman | HPB | 109 | O | 54.62 | PR | |
| 23 | 43 Sven Holwerda | HPB | 110 | I | 56.90 | PR | |
| 24 | 56 Nick Peek | HPB | 110 | O | 57.32 | PR | |
| 25 | 157 Djurre Zuidema | HPA | 107 | I | 1:00.84 | PR | |
| 26 | 78 Jonne Pieter Hijlkema | HPA | 107 | O | 1:02.62 | | |

8. Rituitslag Oudste pupillen jongens (300/500) 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|------------------------------|---------|------|---------|------------------------------|------|
| 107 | wt | 157 | Djurre Zuidema | | HPA | 1:01.87 | 1:00.84 | PR |
| | rd | 78 | Jonne Pieter Hijlkema | | HPA | 59.70 | 1:02.62 | |
| | | | Djurre Zuidema | | | | Jonne Pieter Hijlkema | |
| | | 100m | 15.27 | (15.27) | 100m | 14.85 | (14.85) | |
| | | 500m | 1:00.84 | (45.57) | 500m | 1:02.62 | (47.77) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---|-----|--|----|------|------|
| 108 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|-------------------------|---------|------|-------|---------------------|------|
| 109 | wt | 68 | Jelmer Mosterman | | HPA | 54.81 | 53.44 | PR |
| | rd | 42 | Mylan Koeman | | HPB | 54.93 | 54.62 | PR |
| | | | Jelmer Mosterman | | | | Mylan Koeman | |
| | | 100m | 13.27 | (13.27) | 100m | 13.48 | (13.48) | |
| | | 500m | 53.44 | (40.17) | 500m | 54.62 | (41.14) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|----------------------|---------|------|-------|------------------|------|
| 110 | gl | 43 | Sven Holwerda | | HPB | 57.45 | 56.90 | PR |
| | bl | 56 | Nick Peek | | HPB | 58.55 | 57.32 | PR |
| | | | Sven Holwerda | | | | Nick Peek | |
| | | 100m | 14.06 | (14.06) | 100m | 14.23 | (14.23) | |
| | | 500m | 56.90 | (42.84) | 500m | 57.32 | (43.09) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------------------|---------|------|-------|--------------------------------|------|
| 111 | wt | 79 | Kas Zijlstra | | HPA | 52.07 | 52.31 | |
| | rd | 77 | Matthijs Jacobs-Monsees | | HPB | 54.67 | 54.37 | PR |
| | | | Kas Zijlstra | | | | Matthijs Jacobs-Monsees | |
| | | 100m | 13.08 | (13.08) | 100m | 13.80 | (13.80) | |
| | | 500m | 52.31 | (39.23) | 500m | 54.37 | (40.57) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-------------------------------|---------|-------------------------------|-------|--------------|------|
| 112 | gl | 11 | Thies Kramer | | HPB | 51.88 | 51.24 | PR |
| | bl | 107 | Hidde Boskma | | HPB | 51.73 | 51.28 | PR |
| | | <u>Thies Kramer</u> | | | <u>Hidde Boskma</u> | | | |
| | | 100m | 12.45 | (12.45) | 100m | 12.87 | (12.87) | |
| | | 500m | 51.24 | (38.79) | 500m | 51.28 | (38.41) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 113 | wt | 1 | Ingmar Jansen | | HPB | 50.94 | 50.61 | PR |
| | rd | 169 | Bas van der Weij | | HPB | 50.61 | 49.62 | PR |
| | | <u>Ingmar Jansen</u> | | | <u>Bas van der Weij</u> | | | |
| | | 100m | 13.39 | (13.39) | 100m | 13.07 | (13.07) | |
| | | 500m | 50.61 | (37.22) | 500m | 49.62 | (36.55) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 114 | gl | 3 | Jurjen Dijkstra | | HPA | 49.86 | 50.98 | |
| | bl | 170 | Ferry-Jan de Ruiter | | HPA | 51.66 | 50.62 | PR |
| | | <u>Jurjen Dijkstra</u> | | | <u>Ferry-Jan de Ruiter</u> | | | |
| | | 100m | 13.21 | (13.21) | 100m | 13.35 | (13.35) | |
| | | 500m | 50.98 | (37.77) | 500m | 50.62 | (37.27) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 115 | wt | 141 | Nick van der Staal | | HPB | 49.27 | 49.50 | |
| | rd | 59 | Derek Graansma | | HPA | 49.83 | 49.46 | PR |
| | | <u>Nick van der Staal</u> | | | <u>Derek Graansma</u> | | | |
| | | 100m | 12.69 | (12.69) | 100m | 13.20 | (13.20) | |
| | | 500m | 49.50 | (36.81) | 500m | 49.46 | (36.26) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 116 | gl | 83 | Maurits Aalberts | | HPA | 48.79 | 49.97 | |
| | bl | 40 | Jesper ten Bloemendaal | | HPA | 49.73 | 49.97 | |
| | | <u>Maurits Aalberts</u> | | | <u>Jesper ten Bloemendaal</u> | | | |
| | | 100m | 13.46 | (13.46) | 100m | 13.55 | (13.55) | |
| | | 500m | 49.97 | (36.51) | 500m | 49.97 | (36.42) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 117 | wt | 5 | Jurre Valkenburg | | HPB | 47.40 | 47.03 | PR |
| | rd | 69 | Allard van der Ende | | HPA | 47.14 | 46.70 | PR |
| | | <u>Jurre Valkenburg</u> | | | <u>Allard van der Ende</u> | | | |
| | | 100m | 12.48 | (12.48) | 100m | 12.57 | (12.57) | |
| | | 500m | 47.03 | (34.55) | 500m | 46.70 | (34.13) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 118 | gl | 81 | Hidde Salomons | | HPA | 46.93 | 47.28 | |
| | bl | 180 | Berend Zijlstra | | HPA | 48.48 | 48.68 | |
| | | <u>Hidde Salomons</u> | | | <u>Berend Zijlstra</u> | | | |
| | | 100m | 12.38 | (12.38) | 100m | 12.67 | (12.67) | |
| | | 500m | 47.28 | (34.90) | 500m | 48.68 | (36.01) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|----------------------|---------|----------------------|-------|--------------|------|
| 119 | wt | 18 | Stevin Visser | | HPA | 44.94 | 45.34 | |
| | rd | 95 | Jurjen Kramer | | HPA | 46.32 | 48.03 | |
| | | <u>Stevin Visser</u> | | | <u>Jurjen Kramer</u> | | | |
| | | 100m | 12.44 | (12.44) | 100m | 12.95 | (12.95) | |
| | | 500m | 45.34 | (32.90) | 500m | 48.03 | (35.08) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 120 | gl | 44 | Bernt Hut | | HPA | 44.24 | 44.02 | PR |
| | bl | 58 | Sverre de Vegt | | HPA | 44.77 | 44.34 | PR |
| | | <u>Bernt Hut</u> | | | <u>Sverre de Vegt</u> | | | |
| | | 100m | 12.10 | (12.10) | 100m | 11.86 | (11.86) | |
| | | 500m | 44.02 | (31.92) | 500m | 44.34 | (32.48) | |

9. Uitslag Junioren C/B 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 139 Lars Dijck | HC2 | 142 | O | 40.41 | | |
| 2 | 113 Mart Sypersma | HB1 | 142 | I | 40.70 | | |
| 3 | 120 Jan Aesge van der Meer | HC1 | 141 | O | 40.81 | | |
| 4 | 174 Ties Moerman | HC2 | 141 | I | 41.01 | | |
| 5 | 150 Ids Hellinga | HC1 | 139 | O | 43.04 | | |
| 6 | 154 Stijn Bakker | HB1 | 136 | O | 43.93 | PR | |
| 7 | 145 Sem de Vries | HB2 | 138 | I | 44.08 | | |
| 8 | 142 Rozina Veldstra | DB1 | 139 | I | 44.17 | | |
| 9 | 129 Rosa-Lynn Compagner | DB1 | 137 | O | 44.30 | | |
| 10 | 160 Sverre Jens Wolters | HC1 | 138 | O | 44.35 | | |
| 11 | 173 Maaïke Brouwer | DB1 | 136 | I | 44.36 | PR | |
| 12 | 143 Tobias Pleij | HC1 | 140 | I | 44.43 | | |
| 13 | 155 Kim van der Graaf | DB1 | 135 | I | 44.96 | | |
| 14 | 159 Stijn Sloot | HB1 | 131 | I | 45.16 | PR | |
| 15 | 152 Ties Buijert | HB1 | 133 | O | 45.20 | | |
| 16 | 130 Brent Movrin | HB2 | 135 | O | 45.32 | | |
| 17 | 158 Amber Feller | DB1 | 137 | I | 45.36 | | |
| 18 | 138 Mirte Kingma | DC2 | 134 | I | 45.71 | | |
| 19 | 181 Daan Westra | HC1 | 129 | I | 45.87 | PR | |
| 20 | 109 Menthe Pietersma | DC1 | 132 | O | 46.01 | | |
| 21 | 116 Thijs Jorritsma | HC2 | 132 | I | 46.07 | | |
| 22 | 171 Jeroen Langegger | HC2 | 134 | O | 46.11 | | |
| 23 | 167 Ties Mercur | HC1 | 133 | I | 46.66 | | |
| 24 | 118 Thijs de Wit | HC2 | 128 | I | 46.88 | PR | |
| 25 | 134 Wytse Hamstra | HC1 | 130 | I | 47.10 | | |
| 26 | 133 Sybrich Buisman | DC1 | 130 | O | 47.30 | | |
| 27 | 131 Tieme Bouma | HC1 | 129 | O | 48.07 | | |
| 28 | 119 Maud de Vries | DC1 | 128 | O | 48.10 | | |
| 29 | 112 Joas van der Vaart | HC1 | 127 | O | 48.48 | | |
| 30 | 146 Romke Jepma | HC2 | 123 | O | 48.49 | PR | |
| 31 | 128 Aimee Prins | DC2 | 127 | I | 48.56 | | |
| 32 | 117 Esmee Soet | DC2 | 126 | O | 48.61 | | |
| 33 | 110 Foske Bouma | DB1 | 125 | O | 48.68 | | |
| 34 | 148 Marlon van Oosten | DC1 | 125 | I | 49.57 | | |
| 35 | 111 Silke Vries | DC1 | 123 | I | 49.65 | PR | |
| 36 | 172 Jildou de Haan | DC2 | 126 | I | 50.15 | | |
| 37 | 123 Feya Hollak | DC1 | 124 | I | 51.24 | | |
| | 163 Rianne van der Meulen | DC1 | 122 | I | 51.24 | PR | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 39 | 175 Frouwkje Dijkstra | DC2 | 121 | O | 51.34 | | |
| 40 | 147 Karlijn Westra | DC1 | 121 | I | 51.98 | | |
| 41 | 185 Marije Nieman | DC1 | 124 | O | 53.36 | | |
| 42 | 125 Kim Kuiper | DC1 | 122 | O | 55.64 | | |
| | 121 Mats Rabbinge | HB1 | 140 | O | DNF | | |
| | 178 Tycho Petri | HC2 | | | WDR | | |

9. Rituitslag Junioren C/B 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------------|-------|---------|-------|--------------------------|---------|
| 121 | wt | 147 | Karlijn Westra | | DC1 | 51.38 | 51.98 | |
| | rd | 175 | Frouwkje Dijkstra | | DC2 | 50.93 | 51.34 | |
| | | | Karlijn Westra | | | | Frouwkje Dijkstra | |
| | | | 100m | 13.47 | (13.47) | 100m | 13.28 | (13.28) |
| | | | 500m | 51.98 | (38.51) | 500m | 51.34 | (38.06) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|------------------------------|-------|---------|-------|-------------------|---------|
| 122 | gl | 163 | Rianne van der Meulen | | DC1 | 51.41 | 51.24 | PR |
| | bl | 125 | Kim Kuiper | | DC1 | 54.62 | 55.64 | |
| | | | Rianne van der Meulen | | | | Kim Kuiper | |
| | | | 100m | 13.49 | (13.49) | 100m | 14.03 | (14.03) |
| | | | 500m | 51.24 | (37.75) | 500m | 55.64 | (41.61) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------|-------|---------|-------|--------------------|---------|
| 123 | wt | 111 | Silke Vries | | DC1 | 49.83 | 49.65 | PR |
| | rd | 146 | Romke Jepma | | HC2 | 48.82 | 48.49 | PR |
| | | | Silke Vries | | | | Romke Jepma | |
| | | | 100m | 13.50 | (13.50) | 100m | 12.67 | (12.67) |
| | | | 500m | 49.65 | (36.15) | 500m | 48.49 | (35.82) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|----------------------|-------|---------|-------|----------------------|---------|
| 124 | gl | 123 | Feya Hollak | | DC1 | 50.81 | 51.24 | |
| | bl | 185 | Marije Nieman | | DC1 | 50.83 | 53.36 | |
| | | | Feya Hollak | | | | Marije Nieman | |
| | | | 100m | 13.20 | (13.20) | 100m | 14.03 | (14.03) |
| | | | 500m | 51.24 | (38.04) | 500m | 53.36 | (39.33) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------------|-------|---------|-------|--------------------|---------|
| 125 | wt | 148 | Marlon van Oosten | | DC1 | 48.06 | 49.57 | |
| | rd | 110 | Foske Bouma | | DB1 | 48.04 | 48.68 | |
| | | | Marlon van Oosten | | | | Foske Bouma | |
| | | | 100m | 13.00 | (13.00) | 100m | 13.18 | (13.18) |
| | | | 500m | 49.57 | (36.57) | 500m | 48.68 | (35.50) |

Thialf - Heerenveen

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|------|-------------------|---------|-------|--------------|------|
| 126 | gl | 172 | Jildou de Haan | | DC2 | | | 48.47 | 50.15 | |
| | bl | 117 | Esmee Soet | | DC2 | | | 48.02 | 48.61 | |
| | | <u>Jildou de Haan</u> | | | | <u>Esmee Soet</u> | | | | |
| | | 100m | 13.33 | (13.33) | 100m | 12.88 | (12.88) | | | |
| | | 500m | 50.15 | (36.82) | 500m | 48.61 | (35.73) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-----|----|--------------------|---------------------------|---------|------|---------------------------|---------|-------|--------------|------|
| 127 | wt | 128 | Aimee Prins | | DC2 | | | 47.85 | 48.56 | |
| | rd | 112 | Joas van der Vaart | | HC1 | | | 47.86 | 48.48 | |
| | | <u>Aimee Prins</u> | | | | <u>Joas van der Vaart</u> | | | | |
| | | 100m | 13.34 | (13.34) | 100m | 12.76 | (12.76) | | | |
| | | 500m | 48.56 | (35.22) | 500m | 48.48 | (35.72) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-----|----|---------------------|----------------------|---------|------|----------------------|---------|-------|--------------|------|
| 128 | gl | 118 | Thijs de Wit | | HC2 | | | 47.09 | 46.88 | PR |
| | bl | 119 | Maud de Vries | | DC1 | | | 47.76 | 48.10 | |
| | | <u>Thijs de Wit</u> | | | | <u>Maud de Vries</u> | | | | |
| | | 100m | 12.15 | (12.15) | 100m | 12.89 | (12.89) | | | |
| | | 500m | 46.88 | (34.73) | 500m | 48.10 | (35.21) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-----|----|--------------------|--------------------|---------|------|--------------------|---------|-------|--------------|------|
| 129 | wt | 181 | Daan Westra | | HC1 | | | 46.16 | 45.87 | PR |
| | rd | 131 | Tieme Bouma | | HC1 | | | 46.65 | 48.07 | |
| | | <u>Daan Westra</u> | | | | <u>Tieme Bouma</u> | | | | |
| | | 100m | 12.70 | (12.70) | 100m | 12.90 | (12.90) | | | |
| | | 500m | 45.87 | (33.17) | 500m | 48.07 | (35.17) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-----|----|----------------------|------------------------|---------|------|------------------------|---------|-------|--------------|------|
| 130 | gl | 134 | Wytse Hamstra | | HC1 | | | 46.71 | 47.10 | |
| | bl | 133 | Sybrich Buisman | | DC1 | | | 46.69 | 47.30 | |
| | | <u>Wytse Hamstra</u> | | | | <u>Sybrich Buisman</u> | | | | |
| | | 100m | 12.98 | (12.98) | 100m | 12.91 | (12.91) | | | |
| | | 500m | 47.10 | (34.12) | 500m | 47.30 | (34.39) | | | |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|------------|----|------------------------------|---------------|-------------------------|---------------|------|
| 131 | wt | 159 Stijn Sloot | HB1 | 45.66 | 45.16 | PR |
| | rd | 178 Tycho Petri | HC2 | 45.79 | WDR | |
| | | <u>Stijn Sloot</u> | | <u>Tycho Petri</u> | | |
| | | 100m | 12.71 (12.71) | | | |
| | | 500m | 45.16 (32.45) | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 132 | gl | 116 Thijs Jorritsma | HC2 | 45.59 | 46.07 | |
| | bl | 109 Menthe Pietersma | DC1 | 45.70 | 46.01 | |
| | | <u>Thijs Jorritsma</u> | | <u>Menthe Pietersma</u> | | |
| | | 100m | 12.11 (12.11) | 100m | 12.53 (12.53) | |
| | | 500m | 46.07 (33.96) | 500m | 46.01 (33.48) | |
| | | Naam | Cat | PR | Tijd | Info |
| 133 | wt | 167 Ties Mercur | HC1 | 45.12 | 46.66 | |
| | rd | 152 Ties Buijert | HB1 | 44.71 | 45.20 | |
| | | <u>Ties Mercur</u> | | <u>Ties Buijert</u> | | |
| | | 100m | 12.40 (12.40) | 100m | 12.35 (12.35) | |
| | | 500m | 46.66 (34.26) | 500m | 45.20 (32.85) | |
| | | Naam | Cat | PR | Tijd | Info |
| 134 | gl | 138 Mirte Kingma | DC2 | 45.55 | 45.71 | |
| | bl | 171 Jeroen Langegger | HC2 | 45.44 | 46.11 | |
| | | <u>Mirte Kingma</u> | | <u>Jeroen Langegger</u> | | |
| | | 100m | 12.61 (12.61) | 100m | 12.42 (12.42) | |
| | | 500m | 45.71 (33.10) | 500m | 46.11 (33.69) | |
| | | Naam | Cat | PR | Tijd | Info |
| 135 | wt | 155 Kim van der Graaf | DB1 | 44.64 | 44.96 | |
| | rd | 130 Brent Movrin | HB2 | 44.66 | 45.32 | |
| | | <u>Kim van der Graaf</u> | | <u>Brent Movrin</u> | | |
| | | 100m | 12.21 (12.21) | 100m | 11.95 (11.95) | |
| | | 500m | 44.96 (32.75) | 500m | 45.32 (33.37) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 136 | gl | 173 | Maaïke Brouwer | | DB1 | 44.61 | 44.36 | PR |
| | bl | 154 | Stijn Bakker | | HB1 | 44.56 | 43.93 | PR |
| | | <u>Maaïke Brouwer</u> | | | <u>Stijn Bakker</u> | | | |
| | | 100m | 12.20 | (12.20) | 100m | 12.60 | (12.60) | |
| | | 500m | 44.36 | (32.16) | 500m | 43.93 | (31.33) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 137 | wt | 158 | Amber Feller | | DB1 | 44.54 | 45.36 | |
| | rd | 129 | Rosa-Lynn Compagner | | DB1 | 43.15 | 44.30 | |
| | | <u>Amber Feller</u> | | | <u>Rosa-Lynn Compagner</u> | | | |
| | | 100m | 12.28 | (12.28) | 100m | 12.05 | (12.05) | |
| | | 500m | 45.36 | (33.08) | 500m | 44.30 | (32.25) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 138 | gl | 145 | Sem de Vries | | HB2 | 44.07 | 44.08 | |
| | bl | 160 | Sverre Jens Wolters | | HC1 | 43.45 | 44.35 | |
| | | <u>Sem de Vries</u> | | | <u>Sverre Jens Wolters</u> | | | |
| | | 100m | 11.90 | (11.90) | 100m | 11.81 | (11.81) | |
| | | 500m | 44.08 | (32.18) | 500m | 44.35 | (32.54) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 139 | wt | 142 | Rozina Veldstra | | DB1 | 43.08 | 44.17 | |
| | rd | 150 | Ids Hellinga | | HC1 | 42.23 | 43.04 | |
| | | <u>Rozina Veldstra</u> | | | <u>Ids Hellinga</u> | | | |
| | | 100m | 12.23 | (12.23) | 100m | 11.86 | (11.86) | |
| | | 500m | 44.17 | (31.94) | 500m | 43.04 | (31.18) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 140 | gl | 143 | Tobias Pleij | | HC1 | 42.61 | 44.43 | |
| | bl | 121 | Mats Rabbinge | | HB1 | 42.85 | DNF | |
| | | <u>Tobias Pleij</u> | | | <u>Mats Rabbinge</u> | | | |
| | | 100m | 12.25 | (12.25) | 100m | 11.40 | (11.40) | |
| | | 500m | 44.43 | (32.18) | | | | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|-------------------------------|-------|---------|-------|-------------------------------|---------|
| 141 | wt | 174 | Ties Moerman | | HC2 | 40.85 | 41.01 | |
| | rd | 120 | Jan Aesge van der Meer | | HC1 | 40.65 | 40.81 | |
| | | | Ties Moerman | | | | Jan Aesge van der Meer | |
| | | | 100m | 11.32 | (11.32) | 100m | 11.15 | (11.15) |
| | | | 500m | 41.01 | (29.69) | 500m | 40.81 | (29.66) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|----------------------|-------|---------|-------|-------------------|---------|
| 142 | gl | 113 | Mart Sypersma | | HB1 | 40.49 | 40.70 | |
| | bl | 139 | Lars Dijck | | HC2 | 40.25 | 40.41 | |
| | | | Mart Sypersma | | | | Lars Dijck | |
| | | | 100m | 11.32 | (11.32) | 100m | 11.27 | (11.27) |
| | | | 500m | 40.70 | (29.38) | 500m | 40.41 | (29.14) |

11. Uitslag Junioren C/B (500/1500) 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|---------|------|--------|
| 1 | 120 Jan Aesge van der Meer | HC1 | 152 | I | 2:05.01 | | |
| 2 | 174 Ties Moerman | HC2 | 152 | O | 2:05.42 | PR | |
| 3 | 150 Ids Hellinga | HC1 | 151 | I | 2:08.89 | | |
| 4 | 154 Stijn Bakker | HB1 | 151 | O | 2:11.20 | PR | |
| 5 | 159 Stijn Sloot | HB1 | 148 | I | 2:12.95 | PR | |
| 6 | 173 Maaïke Brouwer | DB1 | 150 | O | 2:16.01 | PR | |
| 7 | 121 Mats Rabbinge | HB1 | 149 | I | 2:17.62 | | |
| 8 | 181 Daan Westra | HC1 | 147 | O | 2:21.53 | PR | |
| 9 | 167 Ties Mercur | HC1 | 150 | I | 2:21.83 | | |
| 10 | 138 Mirte Kingma | DC2 | 148 | O | 2:21.85 | PR | |
| 11 | 171 Jeroen Langegger | HC2 | 145 | I | 2:24.00 | PR | |
| 12 | 160 Sverre Jens Wolters | HC1 | 149 | O | 2:24.14 | | |
| 13 | 110 Foske Bouma | DB1 | 147 | I | 2:27.03 | | |
| 14 | 131 Tieme Bouma | HC1 | 146 | I | 2:28.79 | | |
| 15 | 128 Aimee Prins | DC2 | 144 | O | 2:32.20 | PR | |
| 16 | 117 Esmee Soet | DC2 | 146 | O | 2:32.46 | | |
| 17 | 133 Sybrich Buisman | DC1 | 143 | I | 2:33.68 | | |
| 18 | 111 Silke Vries | DC1 | 143 | O | 2:38.38 | | |
| 19 | 172 Jildou de Haan | DC2 | 144 | I | 3:01.53 | FL | |
| | 178 Tycho Petri | HC2 | | | | WDR | |

11. Rituitslag Junioren C/B (500/1500) 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|-----------------------------|-----|-----------------------|--------------------|------|
| 143 | wt | 133 Sybrich Buisman | DC1 | 2:31.90 | 2:33.68 | |
| | rd | 111 Silke Vries | DC1 | 2:35.48 | 2:38.38 | |
| | | <u>Sybrich Buisman</u> | | | <u>Silke Vries</u> | |
| | | 300m 32.27 (32.27) | | 300m 33.18 (33.18) | | |
| | | 700m 1:12.28 (40.01) | | 700m 1:13.14 (39.96) | | |
| | | 1100m 1:53.10 (40.82) | | 1100m 1:55.25 (42.11) | | |
| | | 1500m 2:33.68 (40.58) | | 1500m 2:38.38 (43.13) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 144 | gl | 172 Jildou de Haan | DC2 | 2:38.14 | 3:01.53 | FL |
| | bl | 128 Aimee Prins | DC2 | 2:33.05 | 2:32.20 | PR |
| | | <u>Jildou de Haan</u> | | | <u>Aimee Prins</u> | |
| | | 300m 33.83 (33.83) | | 300m 32.98 (32.98) | | |
| | | 700m 1:24.55 (50.72) | | 700m 1:10.68 (37.70) | | |
| | | 1100m 2:14.14 (49.59) | | 1100m 1:50.54 (39.86) | | |
| | | 1500m 3:01.53 (47.39) | | 1500m 2:32.20 (41.66) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 145 | wt | 171 Jeroen Langegger | HC2 | 2:28.07 | 2:24.00 | PR |
| | rd | 178 Tycho Petri | HC2 | 2:25.55 | WDR | |
| | | <u>Jeroen Langegger</u> | | | <u>Tycho Petri</u> | |
| | | 300m 30.07 (30.07) | | | | |
| | | 700m 1:06.19 (36.12) | | | | |
| | | 1100m 1:44.99 (38.80) | | | | |
| | | 1500m 2:24.00 (39.01) | | | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 146 | gl | 131 Tieme Bouma | HC1 | 2:25.86 | 2:28.79 | |
| | bl | 117 Esmee Soet | DC2 | 2:30.77 | 2:32.46 | |
| | | <u>Tieme Bouma</u> | | | <u>Esmee Soet</u> | |
| | | 300m 31.23 (31.23) | | 300m 31.14 (31.14) | | |
| | | 700m 1:08.78 (37.55) | | 700m 1:09.09 (37.95) | | |
| | | 1100m 1:48.06 (39.28) | | 1100m 1:50.25 (41.16) | | |
| | | 1500m 2:28.79 (40.73) | | 1500m 2:32.46 (42.21) | | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|----------------------------|---------|----------------------------|---------|----------------|------|
| 147 | wt | 110 | Foske Bouma | | DB1 | 2:24.04 | 2:27.03 | |
| | rd | 181 | Daan Westra | | HC1 | 2:23.54 | 2:21.53 | PR |
| | | Foske Bouma | | | Daan Westra | | | |
| | | 300m | 31.84 | (31.84) | 300m | 30.13 | (30.13) | |
| | | 700m | 1:08.95 | (37.11) | 700m | 1:04.80 | (34.67) | |
| | | 1100m | 1:47.51 | (38.56) | 1100m | 1:42.16 | (37.36) | |
| | | 1500m | 2:27.03 | (39.52) | 1500m | 2:21.53 | (39.37) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 148 | gl | 159 | Stijn Sloot | | HB1 | 2:20.80 | 2:12.95 | PR |
| | bl | 138 | Mirte Kingma | | DC2 | 2:24.25 | 2:21.85 | PR |
| | | Stijn Sloot | | | Mirte Kingma | | | |
| | | 300m | 29.72 | (29.72) | 300m | 30.56 | (30.56) | |
| | | 700m | 1:02.90 | (33.18) | 700m | 1:06.21 | (35.65) | |
| | | 1100m | 1:37.29 | (34.39) | 1100m | 1:43.81 | (37.60) | |
| | | 1500m | 2:12.95 | (35.66) | 1500m | 2:21.85 | (38.04) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 149 | wt | 121 | Mats Rabbinge | | HB1 | 2:15.55 | 2:17.62 | |
| | rd | 160 | Sverre Jens Wolters | | HC1 | 2:19.09 | 2:24.14 | |
| | | Mats Rabbinge | | | Sverre Jens Wolters | | | |
| | | 300m | 28.31 | (28.31) | 300m | 29.62 | (29.62) | |
| | | 700m | 1:02.27 | (33.96) | 700m | 1:05.17 | (35.55) | |
| | | 1100m | 1:38.85 | (36.58) | 1100m | 1:44.16 | (38.99) | |
| | | 1500m | 2:17.62 | (38.77) | 1500m | 2:24.14 | (39.98) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 150 | gl | 167 | Ties Mercur | | HC1 | 2:21.32 | 2:21.83 | |
| | bl | 173 | Maaïke Brouwer | | DB1 | 2:16.95 | 2:16.01 | PR |
| | | Ties Mercur | | | Maaïke Brouwer | | | |
| | | 300m | 30.78 | (30.78) | 300m | 29.60 | (29.60) | |
| | | 700m | 1:07.00 | (36.22) | 700m | 1:03.95 | (34.35) | |
| | | 1100m | 1:44.81 | (37.81) | 1100m | 1:39.69 | (35.74) | |
| | | 1500m | 2:21.83 | (37.02) | 1500m | 2:16.01 | (36.32) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|---------------------|---------|---------------------|---------|----------------|------|
| 151 | wt | 150 | Ids Hellinga | | HC1 | 2:08.00 | 2:08.89 | |
| | rd | 154 | Stijn Bakker | | HB1 | 2:12.73 | 2:11.20 | PR |
| | | Ids Hellinga | | | Stijn Bakker | | | |
| | | 300m | 28.23 | (28.23) | 300m | 29.65 | (29.65) | |
| | | 700m | 1:01.14 | (32.91) | 700m | 1:02.28 | (32.63) | |
| | | 1100m | 1:35.05 | (33.91) | 1100m | 1:36.15 | (33.87) | |
| | | 1500m | 2:08.89 | (33.84) | 1500m | 2:11.20 | (35.05) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------------|-------------------------------|---------|---------------------|---------|----------------|------|
| 152 | gl | 120 | Jan Aesge van der Meer | | HC1 | 2:04.53 | 2:05.01 | |
| | bl | 174 | Ties Moerman | | HC2 | 2:05.87 | 2:05.42 | PR |
| | | Jan Aesge van der Meer | | | Ties Moerman | | | |
| | | 300m | 27.09 | (27.09) | 300m | 27.07 | (27.07) | |
| | | 700m | 57.71 | (30.62) | 700m | 57.97 | (30.90) | |
| | | 1100m | 1:30.20 | (32.49) | 1100m | 1:30.97 | (33.00) | |
| | | 1500m | 2:05.01 | (34.81) | 1500m | 2:05.42 | (34.45) | |

12. Uitslag Junioren C/B (500/1000) 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 113 Mart Sypersma | HB1 | 164 | I | 1:19.39 | PR | |
| 2 | 139 Lars Dijck | HC2 | 163 | I | 1:21.59 | PR | |
| 3 | 145 Sem de Vries | HB2 | 161 | O | 1:28.34 | PR | |
| 4 | 142 Rozina Veldstra | DB1 | 164 | O | 1:28.43 | | |
| 5 | 129 Rosa-Lynn Compagner | DB1 | 163 | O | 1:29.68 | | |
| 6 | 152 Ties Buijert | HB1 | 162 | I | 1:30.83 | | |
| 7 | 109 Menthe Pietersma | DC1 | 160 | I | 1:31.78 | PR | |
| 8 | 158 Amber Feller | DB1 | 161 | I | 1:31.92 | | |
| 9 | 134 Wytse Hamstra | HC1 | 157 | O | 1:32.58 | PR | |
| 10 | 155 Kim van der Graaf | DB1 | 159 | I | 1:33.05 | PR | |
| 11 | 130 Brent Movrin | HB2 | 160 | O | 1:34.10 | | |
| 12 | 116 Thijs Jorritsma | HC2 | 158 | O | 1:34.11 | PR | |
| 13 | 146 Romke Jepma | HC2 | 158 | I | 1:35.77 | PR | |
| 14 | 143 Tobias Pleij | HC1 | 162 | O | 1:36.25 | | |
| 15 | 118 Thijs de Wit | HC2 | 157 | I | 1:36.88 | | |
| 16 | 112 Joas van der Vaart | HC1 | 156 | O | 1:39.43 | | |
| 17 | 148 Marlon van Oosten | DC1 | 155 | I | 1:39.80 | | |
| 18 | 175 Frouwkje Dijkstra | DC2 | 155 | O | 1:44.35 | PR | |
| 19 | 123 Feya Hollak | DC1 | 156 | I | 1:44.97 | PR | |
| 20 | 119 Maud de Vries | DC1 | 159 | O | 1:46.20 | FL | |
| 21 | 163 Rianne van der Meulen | DC1 | 154 | I | 1:46.32 | PR | |
| 22 | 147 Karlijn Westra | DC1 | 153 | O | 1:46.63 | PR | |
| 23 | 185 Marije Nieman | DC1 | 153 | I | 1:46.68 | | |
| 24 | 125 Kim Kuiper | DC1 | 154 | O | 1:54.64 | | |

12. Rituitslag Junioren C/B (500/1000) 1000 meter

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-----|---------|----------------|------|
| 153 | wt | 185 Marije Nieman | DC1 | 1:46.07 | 1:46.68 | |
| | rd | 147 Karlijn Westra | DC1 | 1:47.21 | 1:46.63 | PR |

Marije Nieman

| | | |
|-------|---------|---------|
| 200m | 24.40 | (24.40) |
| 600m | 1:04.05 | (39.65) |
| 1000m | 1:46.68 | (42.63) |

Karlijn Westra

| | | |
|-------|---------|---------|
| 200m | 24.06 | (24.06) |
| 600m | 1:04.61 | (40.55) |
| 1000m | 1:46.63 | (42.02) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------------|-----|---------|----------------|------|
| 154 | gl | 163 Rianne van der Meulen | DC1 | 1:46.55 | 1:46.32 | PR |
| | bl | 125 Kim Kuiper | DC1 | 1:50.91 | 1:54.64 | |

Rianne van der Meulen

| | | |
|-------|---------|---------|
| 200m | 24.60 | (24.60) |
| 600m | 1:04.35 | (39.75) |
| 1000m | 1:46.32 | (41.97) |

Kim Kuiper

| | | |
|-------|---------|---------|
| 200m | 25.77 | (25.77) |
| 600m | 1:09.38 | (43.61) |
| 1000m | 1:54.64 | (45.26) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|------------------------------|-----|---------|----------------|------|
| 155 | wt | 148 Marlon van Oosten | DC1 | 1:36.75 | 1:39.80 | |
| | rd | 175 Frouwkje Dijkstra | DC2 | 1:45.77 | 1:44.35 | PR |

Marlon van Oosten

| | | |
|-------|---------|---------|
| 200m | 22.60 | (22.60) |
| 600m | 1:00.06 | (37.46) |
| 1000m | 1:39.80 | (39.74) |

Frouwkje Dijkstra

| | | |
|-------|---------|---------|
| 200m | 23.66 | (23.66) |
| 600m | 1:02.01 | (38.35) |
| 1000m | 1:44.35 | (42.34) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------------|-----|---------|----------------|------|
| 156 | gl | 123 Feya Hollak | DC1 | 1:45.32 | 1:44.97 | PR |
| | bl | 112 Joas van der Vaart | HC1 | 1:37.63 | 1:39.43 | |

Feya Hollak

| | | |
|-------|---------|---------|
| 200m | 23.61 | (23.61) |
| 600m | 1:03.00 | (39.39) |
| 1000m | 1:44.97 | (41.97) |

Joas van der Vaart

| | | |
|-------|---------|---------|
| 200m | 22.21 | (22.21) |
| 600m | 59.11 | (36.90) |
| 1000m | 1:39.43 | (40.32) |

Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|--------------------------|---------|---------|----------------------|----------------|---------|
| 157 | wt | 118 Thijs de Wit | HC2 | | 1:35.08 | 1:36.88 | |
| | rd | 134 Wytse Hamstra | HC1 | | 1:34.22 | 1:32.58 | PR |
| | | Thijs de Wit | | | Wytse Hamstra | | |
| | | 200m | 21.63 | (21.63) | 200m | 21.89 | (21.89) |
| | | 600m | 56.70 | (35.07) | 600m | 56.36 | (34.47) |
| | | 1000m | 1:36.88 | (40.18) | 1000m | 1:32.58 | (36.22) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|----------------------------|---------|---------|------------------------|----------------|---------|
| 158 | gl | 146 Romke Jepma | HC2 | | 1:36.57 | 1:35.77 | PR |
| | bl | 116 Thijs Jorritsma | HC2 | | 1:35.42 | 1:34.11 | PR |
| | | Romke Jepma | | | Thijs Jorritsma | | |
| | | 200m | 22.29 | (22.29) | 200m | 21.34 | (21.34) |
| | | 600m | 57.97 | (35.68) | 600m | 57.05 | (35.71) |
| | | 1000m | 1:35.77 | (37.80) | 1000m | 1:34.11 | (37.06) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|------------------------------|---------|---------|----------------------|----------------|---------|
| 159 | wt | 155 Kim van der Graaf | DB1 | | 1:33.66 | 1:33.05 | PR |
| | rd | 119 Maud de Vries | DC1 | | 1:33.78 | 1:46.20 | FL |
| | | Kim van der Graaf | | | Maud de Vries | | |
| | | 200m | 20.83 | (20.83) | 200m | 31.60 | (31.60) |
| | | 600m | 55.24 | (34.41) | 600m | 1:08.25 | (36.65) |
| | | 1000m | 1:33.05 | (37.81) | 1000m | 1:46.20 | (37.95) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-----------------------------|---------|---------|---------------------|----------------|---------|
| 160 | gl | 109 Menthe Pietersma | DC1 | | 1:32.28 | 1:31.78 | PR |
| | bl | 130 Brent Movrin | HB2 | | 1:32.79 | 1:34.10 | |
| | | Menthe Pietersma | | | Brent Movrin | | |
| | | 200m | 21.57 | (21.57) | 200m | 20.51 | (20.51) |
| | | 600m | 55.73 | (34.16) | 600m | 55.70 | (35.19) |
| | | 1000m | 1:31.78 | (36.05) | 1000m | 1:34.10 | (38.40) |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|---------------------|---------|---------------------|---------|----------------|------|
| 161 | wt | 158 | Amber Feller | | DB1 | 1:31.13 | 1:31.92 | |
| | rd | 145 | Sem de Vries | | HB2 | 1:28.74 | 1:28.34 | PR |
| | | Amber Feller | | | Sem de Vries | | | |
| | | 200m | 21.20 | (21.20) | 200m | 20.18 | (20.18) | |
| | | 600m | 55.14 | (33.94) | 600m | 53.27 | (33.09) | |
| | | 1000m | 1:31.92 | (36.78) | 1000m | 1:28.34 | (35.07) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|---------------------|---------|---------------------|---------|----------------|------|
| 162 | gl | 152 | Ties Buijert | | HB1 | 1:30.65 | 1:30.83 | |
| | bl | 143 | Tobias Pleij | | HC1 | 1:28.51 | 1:36.25 | |
| | | Ties Buijert | | | Tobias Pleij | | | |
| | | 200m | 21.09 | (21.09) | 200m | 21.55 | (21.55) | |
| | | 600m | 54.91 | (33.82) | 600m | 57.63 | (36.08) | |
| | | 1000m | 1:30.83 | (35.92) | 1000m | 1:36.25 | (38.62) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------|----------------------------|---------|----------------------------|---------|----------------|------|
| 163 | wt | 139 | Lars Dijck | | HC2 | 1:26.03 | 1:21.59 | PR |
| | rd | 129 | Rosa-Lynn Compagner | | DB1 | 1:26.24 | 1:29.68 | |
| | | Lars Dijck | | | Rosa-Lynn Compagner | | | |
| | | 200m | 19.49 | (19.49) | 200m | 20.60 | (20.60) | |
| | | 600m | 49.52 | (30.03) | 600m | 54.29 | (33.69) | |
| | | 1000m | 1:21.59 | (32.07) | 1000m | 1:29.68 | (35.39) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|------------------------|---------|------------------------|---------|----------------|------|
| 164 | gl | 113 | Mart Sypersma | | HB1 | 1:20.45 | 1:19.39 | PR |
| | bl | 142 | Rozina Veldstra | | DB1 | 1:25.58 | 1:28.43 | |
| | | Mart Sypersma | | | Rozina Veldstra | | | |
| | | 200m | 18.83 | (18.83) | 200m | 20.77 | (20.77) | |
| | | 600m | 48.02 | (29.19) | 600m | 53.22 | (32.45) | |
| | | 1000m | 1:19.39 | (31.37) | 1000m | 1:28.43 | (35.21) | |