

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

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

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 47 Sigrïd van Es | DPC | 16 | O | 29.66 | | |
| 2 | 73 Nynke Krol | DPC | 16 | I | 30.37 | PR | |
| 3 | 51 Tirza Stojanovski | DPD | 15 | O | 32.17 | PR | |
| 4 | 66 Lieke Nijboer | DPC | 15 | I | 33.06 | PR | |
| 5 | 42 Jolieke Zijlstra | DPD | 13 | O | 33.71 | PR | |
| 6 | 36 Maartje Wietsma | DPC | 13 | I | 33.75 | PR | |
| 7 | 48 Miriam van Es | DPD | 12 | I | 33.93 | PR | |
| 8 | 34 Myrthe Kooiker | DPC | 14 | I | 34.08 | PR | |
| 9 | 52 Doutzen Wierda | DPC | 14 | O | 34.40 | | |
| 10 | 64 Didi Meekma | DPC | 11 | I | 34.91 | PR | |
| 11 | 32 Bente Dam | DPC | 9 | I | 35.29 | PR | |
| 12 | 92 Nienke Reitsma | DPC | 8 | O | 35.60 | PR | |
| 13 | 16 Djura Lubbinge | DPC | 10 | I | 36.00 | PR | |
| 14 | 63 Lotte van der Goot | DPC | 11 | O | 36.38 | PR | |
| 15 | 37 Julia Boersma | DPD | 9 | O | 36.94 | PR | |
| 16 | 78 Lieke Planting | DPC | 10 | O | 37.03 | PR | |
| 17 | 117 Nynke van Stralen | DPC | 8 | I | 37.24 | PR | |
| 18 | 2 Danique Leffertstra | DPD | 6 | I | 37.27 | PR | |
| 19 | 72 Sophie Kooiker | DPE | 3 | O | 39.00 | PR | |
| 20 | 116 Lynn van Baaren | DPC | 5 | O | 39.11 | PR | |
| 21 | 24 Amber Soet | DPC | 7 | O | 39.67 | | |
| 22 | 29 Froukje de Vries | DPC | 7 | I | 39.88 | | |
| 23 | 89 Tamar Dubbink | DPD | 6 | O | 40.01 | PR | |
| 24 | 84 Lieke Sijbranda | DPE | 5 | I | 40.23 | PR | |
| 25 | 58 Mirna van der Terp | DPC | 3 | I | 40.39 | PR | |
| 26 | 93 Lisette Reitsma | DPE | 4 | O | 41.01 | PR | |
| 27 | 22 Myrthe Zwaagstra | DPD | 4 | I | 41.09 | PR | |
| 28 | 18 Yfke Vries | DPE | 2 | O | 42.66 | PR | |
| 29 | 119 Liselot Toering | DPD | 1 | I | 47.30 | | |
| 30 | 114 Esra Alkema | DPE | 1 | O | 53.53 | PR | |
| | 97 Silke Dijkstra | DPC | 2 | I | DNS | | |
| | 122 Marit Fokkens | DPC | 12 | O | DNS | | |

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Thialf - Heerenveen

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

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|------------------------|---------|--------------------|-------|--------------|------|
| 1 | wt | 119 | Liselot Toering | | DPD | | 47.30 | |
| | rd | 114 | Esra Alkema | | DPE | 57.37 | 53.53 | PR |
| | | <u>Liselot Toering</u> | | | <u>Esra Alkema</u> | | | |
| | | 300m | 47.30 | (47.30) | 300m | 53.53 | (53.53) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|-----|-------------------|-------|--------------|------|
| 2 | gl | 97 | Silke Dijkstra | | DPC | | DNS | |
| | bl | 18 | Yfke Vries | | DPE | 43.22 | 42.66 | PR |
| | | <u>Silke Dijkstra</u> | | | <u>Yfke Vries</u> | | | |
| | | | | | 300m | 42.66 | (42.66) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|-----------------------|-------|--------------|------|
| 3 | wt | 58 | Mirna van der Terp | | DPC | 41.61 | 40.39 | PR |
| | rd | 72 | Sophie Kooiker | | DPE | 41.26 | 39.00 | PR |
| | | <u>Mirna van der Terp</u> | | | <u>Sophie Kooiker</u> | | | |
| | | 300m | 40.39 | (40.39) | 300m | 39.00 | (39.00) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|------------------------|-------|--------------|------|
| 4 | gl | 22 | Myrthe Zwaagstra | | DPD | 43.03 | 41.09 | PR |
| | bl | 93 | Lisette Reitsma | | DPE | 41.54 | 41.01 | PR |
| | | <u>Myrthe Zwaagstra</u> | | | <u>Lisette Reitsma</u> | | | |
| | | 300m | 41.09 | (41.09) | 300m | 41.01 | (41.01) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|------------------------|---------|------------------------|-------|--------------|------|
| 5 | wt | 84 | Lieke Sijbranda | | DPE | 40.54 | 40.23 | PR |
| | rd | 116 | Lynn van Baaren | | DPC | 40.52 | 39.11 | PR |
| | | <u>Lieke Sijbranda</u> | | | <u>Lynn van Baaren</u> | | | |
| | | 300m | 40.23 | (40.23) | 300m | 39.11 | (39.11) | |

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Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------------|-------|---------------------------|-------|--------------|---------|
| 6 | gl | 2 Danique Leffertstra | DPD | | 39.48 | 37.27 | PR |
| | bl | 89 Tamar Dubbink | DPD | | 40.12 | 40.01 | PR |
| | | <u>Danique Leffertstra</u> | | <u>Tamar Dubbink</u> | | | |
| | | 300m | 37.27 | (37.27) | 300m | 40.01 | (40.01) |
| | | Naam | Cat | | PR | Tijd | Info |
| 7 | wt | 29 Froukje de Vries | DPC | | 38.00 | 39.88 | |
| | rd | 24 Amber Soet | DPC | | 39.21 | 39.67 | |
| | | <u>Froukje de Vries</u> | | <u>Amber Soet</u> | | | |
| | | 300m | 39.88 | (39.88) | 300m | 39.67 | (39.67) |
| | | Naam | Cat | | PR | Tijd | Info |
| 8 | gl | 117 Nynke van Stralen | DPC | | 38.80 | 37.24 | PR |
| | bl | 92 Nienke Reitsma | DPC | | 38.40 | 35.60 | PR |
| | | <u>Nynke van Stralen</u> | | <u>Nienke Reitsma</u> | | | |
| | | 300m | 37.24 | (37.24) | 300m | 35.60 | (35.60) |
| | | Naam | Cat | | PR | Tijd | Info |
| 9 | wt | 32 Bente Dam | DPC | | 37.53 | 35.29 | PR |
| | rd | 37 Julia Boersma | DPD | | 37.58 | 36.94 | PR |
| | | <u>Bente Dam</u> | | <u>Julia Boersma</u> | | | |
| | | 300m | 35.29 | (35.29) | 300m | 36.94 | (36.94) |
| | | Naam | Cat | | PR | Tijd | Info |
| 10 | gl | 16 Djura Lubbinge | DPC | | 37.93 | 36.00 | PR |
| | bl | 78 Lieke Planting | DPC | | 37.60 | 37.03 | PR |
| | | <u>Djura Lubbinge</u> | | <u>Lieke Planting</u> | | | |
| | | 300m | 36.00 | (36.00) | 300m | 37.03 | (37.03) |
| | | Naam | Cat | | PR | Tijd | Info |
| 11 | wt | 64 Didi Meekma | DPC | | 35.01 | 34.91 | PR |
| | rd | 63 Lotte van der Goot | DPC | | 37.51 | 36.38 | PR |
| | | <u>Didi Meekma</u> | | <u>Lotte van der Goot</u> | | | |
| | | 300m | 34.91 | (34.91) | 300m | 36.38 | (36.38) |

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Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-------|---------|--------------------------|---------------|
| 12 | gl | 48 Miriam van Es | DPD | 35.39 | 33.93 | PR |
| | bl | 122 Marit Fokkens | DPC | 37.43 | DNS | |
| | | <u>Miriam van Es</u> | | | <u>Marit Fokkens</u> | |
| | | 300m | 33.93 | (33.93) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 13 | wt | 36 Maartje Wietsma | DPC | 34.48 | 33.75 | PR |
| | rd | 42 Jolieke Zijlstra | DPD | 34.66 | 33.71 | PR |
| | | <u>Maartje Wietsma</u> | | | <u>Jolieke Zijlstra</u> | |
| | | 300m | 33.75 | (33.75) | 300m | 33.71 (33.71) |
| | | Naam | Cat | PR | Tijd | Info |
| 14 | gl | 34 Myrthe Kooiker | DPC | 34.20 | 34.08 | PR |
| | bl | 52 Doutzen Wierda | DPC | 33.67 | 34.40 | |
| | | <u>Myrthe Kooiker</u> | | | <u>Doutzen Wierda</u> | |
| | | 300m | 34.08 | (34.08) | 300m | 34.40 (34.40) |
| | | Naam | Cat | PR | Tijd | Info |
| 15 | wt | 66 Lieke Nijboer | DPC | 33.32 | 33.06 | PR |
| | rd | 51 Tirza Stojanovski | DPD | 32.26 | 32.17 | PR |
| | | <u>Lieke Nijboer</u> | | | <u>Tirza Stojanovski</u> | |
| | | 300m | 33.06 | (33.06) | 300m | 32.17 (32.17) |
| | | Naam | Cat | PR | Tijd | Info |
| 16 | gl | 73 Nynke Krol | DPC | 31.82 | 30.37 | PR |
| | bl | 47 Sigrid van Es | DPC | 29.50 | 29.66 | |
| | | <u>Nynke Krol</u> | | | <u>Sigrid van Es</u> | |
| | | 300m | 30.37 | (30.37) | 300m | 29.66 (29.66) |

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Thialf - Heerenveen

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

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 79 Jurjen Kramer | HPC | 27 | O | 32.45 | PR | |
| 2 | 21 Stevin Visser | HPC | 28 | I | 32.79 | PR | |
| 3 | 43 Allard van der Ende | HPC | 27 | I | 32.96 | PR | |
| 4 | 80 Jurre Valkenburg | HPD | 26 | I | 33.35 | PR | |
| 5 | 59 Berend Zijlstra | HPC | 26 | O | 33.37 | PR | |
| 6 | 88 Hidde Salomons | HPC | 25 | O | 33.55 | PR | |
| 7 | 68 Sverre de Vegt | HPC | 28 | O | 33.88 | PR | |
| 8 | 17 Jurjen Dijkstra | HPC | 25 | I | 35.67 | | |
| 9 | 53 Hidde Boskma | HPD | 21 | I | 37.87 | PR | |
| 10 | 142 Niels Schurer | HPC | 22 | O | 38.12 | PR | |
| 11 | 104 Kas Zijlstra | HPC | 24 | O | 38.29 | PR | |
| 12 | 71 Jilles Pietersma | HPC | 23 | I | 38.32 | | |
| 13 | 46 Matthijs Jacobs-Monsees | HPD | 24 | I | 38.85 | | |
| 14 | 77 Jurre van der Heide | HPC | 23 | O | 38.92 | | |
| 15 | 105 Rob Nagelhout | HPD | 22 | I | 42.34 | PR | |
| 16 | 12 David Westhoff | HPF | 20 | I | 45.78 | PR | |
| 17 | 158 Ties Wierda | HPF | 17 | I | 46.39 | | |
| 18 | 35 Naut Kuiper | HPF | 19 | O | 46.54 | | |
| 19 | 38 Bram Zijlstra | HPF | 21 | O | 47.06 | | |
| 20 | 67 Tim Nijboer | HPF | 19 | I | 47.61 | PR | |
| 21 | 87 Lasse Kolder | HPF | 20 | O | 59.85 | PR | |

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Thialf - Heerenveen

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

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|--------------------|-------|---------|----|--------------|------|
| 17 | wt rd | 158 | Ties Wierda | | HPF | | 46.39 | |
| | | | Ties Wierda | | | | | |
| | | | 300m | 46.39 | (46.39) | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|--|-----|--|----|------|------|
| 18 | gl bl | | | | | | | |
| | | | | | | | m | |
| | | | | | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|--------------------|-------|---------|-------|--------------|------|
| 19 | wt rd | 67 | Tim Nijboer | | HPF | 47.73 | 47.61 | PR |
| | | 35 | Naut Kuiper | | HPF | 46.38 | 46.54 | |
| | | | Tim Nijboer | | | | | |
| | | | 300m | 47.61 | (47.61) | | | |
| | | | Naut Kuiper | | | | | |
| | | | 300m | 46.54 | (46.54) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|-----------------------|-------|---------|---------|--------------|------|
| 20 | gl bl | 12 | David Westhoff | | HPF | 47.49 | 45.78 | PR |
| | | 87 | Lasse Kolder | | HPF | 1:06.44 | 59.85 | PR |
| | | | David Westhoff | | | | | |
| | | | 300m | 45.78 | (45.78) | | | |
| | | | Lasse Kolder | | | | | |
| | | | 300m | 59.85 | (59.85) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|----------------------|-------|---------|-------|--------------|------|
| 21 | wt rd | 53 | Hidde Boskma | | HPD | 39.37 | 37.87 | PR |
| | | 38 | Bram Zijlstra | | HPF | 45.88 | 47.06 | |
| | | | Hidde Boskma | | | | | |
| | | | 300m | 37.87 | (37.87) | | | |
| | | | Bram Zijlstra | | | | | |
| | | | 300m | 47.06 | (47.06) | | | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------------|--------------------------------|---------|----------------------------|-------|--------------|------|
| 22 | gl | 105 | Rob Nagelhout | | HPD | 42.97 | 42.34 | PR |
| | bl | 142 | Niels Schurer | | HPC | 39.22 | 38.12 | PR |
| | | <u>Rob Nagelhout</u> | | | <u>Niels Schurer</u> | | | |
| | | 300m | 42.34 | (42.34) | 300m | 38.12 | (38.12) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 23 | wt | 71 | Jilles Pietersma | | HPC | 38.19 | 38.32 | |
| | rd | 77 | Jurre van der Heide | | HPC | 37.90 | 38.92 | |
| | | <u>Jilles Pietersma</u> | | | <u>Jurre van der Heide</u> | | | |
| | | 300m | 38.32 | (38.32) | 300m | 38.92 | (38.92) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 24 | gl | 46 | Matthijs Jacobs-Monsees | | HPD | 38.47 | 38.85 | |
| | bl | 104 | Kas Zijlstra | | HPC | 39.01 | 38.29 | PR |
| | | <u>Matthijs Jacobs-Monsees</u> | | | <u>Kas Zijlstra</u> | | | |
| | | 300m | 38.85 | (38.85) | 300m | 38.29 | (38.29) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 25 | wt | 17 | Jurjen Dijkstra | | HPC | 34.66 | 35.67 | |
| | rd | 88 | Hidde Salomons | | HPC | 34.33 | 33.55 | PR |
| | | <u>Jurjen Dijkstra</u> | | | <u>Hidde Salomons</u> | | | |
| | | 300m | 35.67 | (35.67) | 300m | 33.55 | (33.55) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 26 | gl | 80 | Jurre Valkenburg | | HPD | 34.77 | 33.35 | PR |
| | bl | 59 | Berend Zijlstra | | HPC | 35.74 | 33.37 | PR |
| | | <u>Jurre Valkenburg</u> | | | <u>Berend Zijlstra</u> | | | |
| | | 300m | 33.35 | (33.35) | 300m | 33.37 | (33.37) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 27 | wt | 43 | Allard van der Ende | | HPC | 33.18 | 32.96 | PR |
| | rd | 79 | Jurjen Kramer | | HPC | 32.84 | 32.45 | PR |
| | | <u>Allard van der Ende</u> | | | <u>Jurjen Kramer</u> | | | |
| | | 300m | 32.96 | (32.96) | 300m | 32.45 | (32.45) | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|-----------------------|---------|-----------------------|-------|---------|--------------|------|
| 28 | gl | 21 | Stevin Visser | | HPC | | 33.28 | 32.79 | PR |
| | bl | 68 | Sverre de Vegt | | HPC | | 34.13 | 33.88 | PR |
| | | Stevin Visser | | | Sverre de Vegt | | | | |
| | | 300m | 32.79 | (32.79) | 300m | 33.88 | (33.88) | | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

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

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 31 Kailey van der Veen | DPA | 47 | O | 28.99 | | |
| 2 | 15 Kyra Kamstra | DPA | 48 | O | 29.56 | PR | |
| 3 | 44 Hannah de Vries | DPA | 45 | O | 30.09 | PR | |
| 4 | 28 Jildau de Vries | DPA | 48 | I | 30.16 | PR | |
| 5 | 13 Marrit Bosma | DPA | 47 | I | 30.29 | PR | |
| 6 | 8 Merel Vlug | DPA | 46 | I | 30.45 | PR | |
| 7 | 4 Eline Teeninga | DPA | 45 | I | 30.75 | | |
| 8 | 49 Else Marie Boersma | DPA | 43 | O | 30.76 | PR | |
| 9 | 138 Sara van de Pol | DPA | 32 | O | 30.83 | | |
| 10 | 74 Sanne Brinksmā | DPA | 44 | I | 31.01 | PR | |
| 11 | 69 Marin Steegstra | DPA | 44 | O | 31.15 | PR | |
| 12 | 81 Antje Ypma | DPB | 43 | I | 32.41 | | |
| 13 | 62 Alyne Eelkje Goerres | DPA | 42 | O | 32.53 | PR | |
| 14 | 145 Carlien van den Heuvel | DPB | 41 | I | 32.59 | PR | |
| 15 | 131 Mirte Kingma | DPA | 39 | O | 32.96 | PR | |
| 16 | 70 Menthe Pietersma | DPB | 39 | I | 33.13 | PR | |
| | 86 Aimee Prins | DPA | 31 | I | 33.13 | | |
| 18 | 111 Karlijn Westra | DPB | 37 | O | 33.24 | PR | |
| 19 | 20 Jildou de Haan | DPA | 42 | I | 34.30 | | |
| 20 | 11 Sybrich Hillie Buisman | DPB | 40 | O | 34.77 | | |
| 21 | 27 Marije Nieman | DPB | 38 | I | 34.84 | PR | |
| 22 | 3 Lysanne van der Vaart | DPB | 38 | O | 34.91 | PR | |
| 23 | 10 Rhodé Westhoff | DPB | 35 | I | 35.10 | PR | |
| 24 | 19 Frouwkje Dijkstra | DPA | 37 | I | 35.55 | | |
| 25 | 25 Esmee Soet | DPA | 36 | O | 35.96 | PR | |
| 26 | 91 Marrit Reitsma | DPB | 36 | I | 36.50 | PR | |
| 27 | 30 Vera Ensing | DPA | 34 | I | 36.96 | PR | |
| 28 | 26 Marije Nieuwland | DPA | 33 | I | 37.53 | PR | |
| 29 | 14 Silke Vries | DPB | 35 | O | 37.84 | | |
| 30 | 40 Ilona Borger | DPB | 33 | O | 38.32 | PR | |
| 31 | 85 Emma van der Tol | DPB | 34 | O | 39.99 | PR | |
| 32 | 76 Kim Kuiper | DPB | 29 | I | 40.13 | | |
| 33 | 82 Ammarins Toering | DPB | 32 | I | 40.26 | PR | |
| 34 | 107 Silke Bron | DPA | 31 | O | 41.58 | PR | |
| 35 | 57 Keira Wind | DPB | 41 | O | 44.07 | FL | |
| | 50 Marlon van Oosten | DPB | | | WDR | | |
| | 65 Vera Nijboer | DPA | | | WDR | | |

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Thialf - Heerenveen

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

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|-------------------|-------|---------|----|--------------|------|
| 29 | wt rd | 76 | Kim Kuiper | | DPB | | 40.13 | |
| | | | <u>Kim Kuiper</u> | | | | | |
| | | | 300m | 40.13 | (40.13) | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|--|-----|--|----|------|------|
| 30 | gl bl | | | | | | | |
| | | | | | | | m | |
| | | | | | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|--------------------|-------|---------|-------|--------------|------|
| 31 | wt rd | 86 | Aimee Prins | | DPA | | 33.13 | |
| | | 107 | Silke Bron | | DPA | 43.33 | 41.58 | PR |
| | | | <u>Aimee Prins</u> | | | | | |
| | | | 300m | 33.13 | (33.13) | | | |
| | | | <u>Silke Bron</u> | | | | | |
| | | | 300m | 41.58 | (41.58) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|-------------------------|-------|---------|-------|--------------|------|
| 32 | gl bl | 82 | Ammarins Toering | | DPB | 41.13 | 40.26 | PR |
| | | 138 | Sara van de Pol | | DPA | | 30.83 | |
| | | | <u>Ammarins Toering</u> | | | | | |
| | | | 300m | 40.26 | (40.26) | | | |
| | | | <u>Sara van de Pol</u> | | | | | |
| | | | 300m | 30.83 | (30.83) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|-------------------------|-------|---------|-------|--------------|------|
| 33 | wt rd | 26 | Marije Nieuwland | | DPA | 38.39 | 37.53 | PR |
| | | 40 | Ilona Borger | | DPB | 39.00 | 38.32 | PR |
| | | | <u>Marije Nieuwland</u> | | | | | |
| | | | 300m | 37.53 | (37.53) | | | |
| | | | <u>Ilona Borger</u> | | | | | |
| | | | 300m | 38.32 | (38.32) | | | |

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Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------------|-------|------------------------------|-------|--------------|---------|
| 34 | gl | 30 Vera Ensing | DPA | | 37.88 | 36.96 | PR |
| | bl | 85 Emma van der Tol | DPB | | 40.71 | 39.99 | PR |
| | | <u>Vera Ensing</u> | | <u>Emma van der Tol</u> | | | |
| | | 300m | 36.96 | (36.96) | 300m | 39.99 | (39.99) |
| | | Naam | Cat | | PR | Tijd | Info |
| 35 | wt | 10 Rhodé Westhoff | DPB | | 37.39 | 35.10 | PR |
| | rd | 14 Silke Vries | DPB | | 37.23 | 37.84 | |
| | | <u>Rhodé Westhoff</u> | | <u>Silke Vries</u> | | | |
| | | 300m | 35.10 | (35.10) | 300m | 37.84 | (37.84) |
| | | Naam | Cat | | PR | Tijd | Info |
| 36 | gl | 91 Marrit Reitsma | DPB | | 37.76 | 36.50 | PR |
| | bl | 25 Esmee Soet | DPA | | 36.17 | 35.96 | PR |
| | | <u>Marrit Reitsma</u> | | <u>Esmee Soet</u> | | | |
| | | 300m | 36.50 | (36.50) | 300m | 35.96 | (35.96) |
| | | Naam | Cat | | PR | Tijd | Info |
| 37 | wt | 19 Frouwkje Dijkstra | DPA | | 35.49 | 35.55 | |
| | rd | 111 Karlijn Westra | DPB | | 35.61 | 33.24 | PR |
| | | <u>Frouwkje Dijkstra</u> | | <u>Karlijn Westra</u> | | | |
| | | 300m | 35.55 | (35.55) | 300m | 33.24 | (33.24) |
| | | Naam | Cat | | PR | Tijd | Info |
| 38 | gl | 27 Marije Nieman | DPB | | 34.97 | 34.84 | PR |
| | bl | 3 Lysanne van der Vaart | DPB | | 35.87 | 34.91 | PR |
| | | <u>Marije Nieman</u> | | <u>Lysanne van der Vaart</u> | | | |
| | | 300m | 34.84 | (34.84) | 300m | 34.91 | (34.91) |
| | | Naam | Cat | | PR | Tijd | Info |
| 39 | wt | 70 Menthe Pietersma | DPB | | 33.56 | 33.13 | PR |
| | rd | 131 Mirte Kingma | DPA | | 33.42 | 32.96 | PR |
| | | <u>Menthe Pietersma</u> | | <u>Mirte Kingma</u> | | | |
| | | 300m | 33.13 | (33.13) | 300m | 32.96 | (32.96) |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------------|-------|---------|-------------------------------|-----------------|
| 40 | gl | 50 Marlon van Oosten | DPB | 34.91 | | WDR |
| | bl | 11 Sybrich Hillie Buisman | DPB | 34.13 | | 34.77 |
| | | <u>Marlon van Oosten</u> | | | <u>Sybrich Hillie Buisman</u> | |
| | | | | 300m | 34.77 | (34.77) |
| | | Naam | Cat | PR | Tijd | Info |
| 41 | wt | 145 Carlien van den Heuvel | DPB | 33.06 | | 32.59 PR |
| | rd | 57 Keira Wind | DPB | 32.80 | | 44.07 FL |
| | | <u>Carlien van den Heuvel</u> | | | <u>Keira Wind</u> | |
| | | 300m | 32.59 | (32.59) | 300m | 44.07 (44.07) |
| | | Naam | Cat | PR | Tijd | Info |
| 42 | gl | 20 Jildou de Haan | DPA | 32.94 | | 34.30 |
| | bl | 62 Alyne Eelkje Goerres | DPA | 32.82 | | 32.53 PR |
| | | <u>Jildou de Haan</u> | | | <u>Alyne Eelkje Goerres</u> | |
| | | 300m | 34.30 | (34.30) | 300m | 32.53 (32.53) |
| | | Naam | Cat | PR | Tijd | Info |
| 43 | wt | 81 Antje Ypma | DPB | 31.86 | | 32.41 |
| | rd | 49 Else Marie Boersma | DPA | 31.66 | | 30.76 PR |
| | | <u>Antje Ypma</u> | | | <u>Else Marie Boersma</u> | |
| | | 300m | 32.41 | (32.41) | 300m | 30.76 (30.76) |
| | | Naam | Cat | PR | Tijd | Info |
| 44 | gl | 74 Sanne Brinksma | DPA | 31.86 | | 31.01 PR |
| | bl | 69 Marin Steegstra | DPA | 31.56 | | 31.15 PR |
| | | <u>Sanne Brinksma</u> | | | <u>Marin Steegstra</u> | |
| | | 300m | 31.01 | (31.01) | 300m | 31.15 (31.15) |
| | | Naam | Cat | PR | Tijd | Info |
| 45 | wt | 4 Eline Teeninga | DPA | 30.69 | | 30.75 |
| | rd | 44 Hannah de Vries | DPA | 31.19 | | 30.09 PR |
| | | <u>Eline Teeninga</u> | | | <u>Hannah de Vries</u> | |
| | | 300m | 30.75 | (30.75) | 300m | 30.09 (30.09) |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|-------------------------------|-------|---------|----------------------------|---------------|
| 46 | gl | 8 Merel Vlug | DPA | 31.15 | 30.45 | PR |
| | bl | 65 Vera Nijboer | DPA | 31.26 | WDR | |
| | | <u>Merel Vlug</u> | | | <u>Vera Nijboer</u> | |
| | | 300m | 30.45 | (30.45) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 47 | wt | 13 Marrit Bosma | DPA | 30.47 | 30.29 | PR |
| | rd | 31 Kailey van der Veen | DPA | 28.76 | 28.99 | |
| | | <u>Marrit Bosma</u> | | | <u>Kailey van der Veen</u> | |
| | | 300m | 30.29 | (30.29) | 300m | 28.99 (28.99) |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 48 | gl | 28 Jildau de Vries | DPA | 30.66 | 30.16 | PR |
| | bl | 15 Kyra Kamstra | DPA | 29.65 | 29.56 | PR |
| | | <u>Jildau de Vries</u> | | | <u>Kyra Kamstra</u> | |
| | | 300m | 30.16 | (30.16) | 300m | 29.56 (29.56) |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

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

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 152 Johannes Hoomans | HPA | 60 | I | 27.11 | PR | |
| 2 | 1 Tijn Bijma | HPA | 60 | O | 29.04 | PR | |
| 3 | 41 Anton Boersma | HPB | 59 | O | 29.54 | PR | |
| 4 | 6 Colin de Velde | HPA | 59 | I | 29.61 | | |
| 5 | 160 Jelmer Tasma | HPA | 58 | I | 29.71 | PR | |
| 6 | 56 Luca Stroetinga | HPA | 58 | O | 29.84 | PR | |
| 7 | 23 Rimer Tjoelker | HPA | 55 | I | 30.76 | PR | |
| 8 | 99 Tobias Pleij | HPB | 56 | O | 30.96 | PR | |
| 9 | 123 Tim Postma | HPB | 57 | O | 31.23 | PR | |
| 10 | 60 Ids Hellinga | HPB | 56 | I | 31.32 | PR | |
| 11 | 55 Jan Aesge van der Meer | HPB | 55 | O | 31.69 | PR | |
| 12 | 61 Tieme Bouma | HPB | 54 | I | 32.22 | PR | |
| 13 | 45 Sander Leusink | HPB | 57 | I | 32.48 | | |
| 14 | 5 Thijs de Wit | HPA | 53 | I | 33.17 | PR | |
| 15 | 33 Wytse Hamstra | HPB | 52 | O | 33.72 | PR | |
| 16 | 156 Wiek Reen | HPA | 49 | O | 33.87 | PR | |
| 17 | 9 Gideon Westhoff | HPB | 53 | O | 33.95 | | |
| 18 | 106 Jurre postma | HPA | 52 | I | 34.33 | PR | |
| 19 | 7 Romke Jepma | HPA | 51 | I | 34.93 | PR | |
| 20 | 120 Rimar Kaper | HPB | 49 | I | 35.43 | PR | |
| 21 | 75 Mika Kammeraat | HPB | 51 | O | 50.33 | FL | |
| | 118 Hidde-Jan Poiesz | HPA | | | | WDR | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

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

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------|-----|-------|--------------|------|
| 49 | wt | 120 Rimar Kaper | HPB | 43.39 | 35.43 | PR |
| | rd | 156 Wiek Reen | HPA | 35.63 | 33.87 | PR |
| | | Rimar Kaper | | | | |
| | | 300m | | 35.43 | (35.43) | |
| | | Wiek Reen | | | | |
| | | 300m | | 33.87 | (33.87) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------|-----|----|------|------|
| 50 | gl | | | | | |
| | bl | | | | | |
| | | m | | | | |
| | | m | | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|-------|--------------|------|
| 51 | wt | 7 Romke Jepma | HPA | 35.39 | 34.93 | PR |
| | rd | 75 Mika Kammeraat | HPB | 35.05 | 50.33 | FL |
| | | Romke Jepma | | | | |
| | | 300m | | 34.93 | (34.93) | |
| | | Mika Kammeraat | | | | |
| | | 300m | | 50.33 | (50.33) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|-------|--------------|------|
| 52 | gl | 106 Jurre postma | HPA | 35.38 | 34.33 | PR |
| | bl | 33 Wytse Hamstra | HPB | 34.80 | 33.72 | PR |
| | | Jurre postma | | | | |
| | | 300m | | 34.33 | (34.33) | |
| | | Wytse Hamstra | | | | |
| | | 300m | | 33.72 | (33.72) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|-------|--------------|------|
| 53 | wt | 5 Thijs de Wit | HPA | 34.57 | 33.17 | PR |
| | rd | 9 Gideon Westhoff | HPB | 33.72 | 33.95 | |
| | | Thijs de Wit | | | | |
| | | 300m | | 33.17 | (33.17) | |
| | | Gideon Westhoff | | | | |
| | | 300m | | 33.95 | (33.95) | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------------|-------|---------|-------------------------------|---------------|
| 54 | gl | 61 Tieme Bouma | HPB | 32.76 | 32.22 | PR |
| | bl | 118 Hidde-Jan Poiesz | HPA | 33.34 | WDR | |
| | | <u>Tieme Bouma</u> | | | <u>Hidde-Jan Poiesz</u> | |
| | | 300m | 32.22 | (32.22) | 300m | 31.69 (31.69) |
| | | Naam | Cat | PR | Tijd | Info |
| 55 | wt | 23 Rimer Tjoelker | HPA | 31.66 | 30.76 | PR |
| | rd | 55 Jan Aesge van der Meer | HPB | 32.25 | 31.69 | PR |
| | | <u>Rimer Tjoelker</u> | | | <u>Jan Aesge van der Meer</u> | |
| | | 300m | 30.76 | (30.76) | 300m | 31.69 (31.69) |
| | | Naam | Cat | PR | Tijd | Info |
| 56 | gl | 60 Ids Hellinga | HPB | 31.44 | 31.32 | PR |
| | bl | 99 Tobias Pleij | HPB | 31.63 | 30.96 | PR |
| | | <u>Ids Hellinga</u> | | | <u>Tobias Pleij</u> | |
| | | 300m | 31.32 | (31.32) | 300m | 30.96 (30.96) |
| | | Naam | Cat | PR | Tijd | Info |
| 57 | wt | 45 Sander Leusink | HPB | 31.42 | 32.48 | |
| | rd | 123 Tim Postma | HPB | 31.33 | 31.23 | PR |
| | | <u>Sander Leusink</u> | | | <u>Tim Postma</u> | |
| | | 300m | 32.48 | (32.48) | 300m | 31.23 (31.23) |
| | | Naam | Cat | PR | Tijd | Info |
| 58 | gl | 160 Jelmer Tasma | HPA | 31.03 | 29.71 | PR |
| | bl | 56 Luca Stroetinga | HPA | 30.96 | 29.84 | PR |
| | | <u>Jelmer Tasma</u> | | | <u>Luca Stroetinga</u> | |
| | | 300m | 29.71 | (29.71) | 300m | 29.84 (29.84) |
| | | Naam | Cat | PR | Tijd | Info |
| 59 | wt | 6 Colin de Velde | HPA | 29.45 | 29.61 | |
| | rd | 41 Anton Boersma | HPB | 30.21 | 29.54 | PR |
| | | <u>Colin de Velde</u> | | | <u>Anton Boersma</u> | |
| | | 300m | 29.61 | (29.61) | 300m | 29.54 (29.54) |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-----|----|-------------------|--------------|---------|
| 60 | gl | 152 | Johannes Hoomans | | HPA | | 27.38 | 27.11 | PR |
| | bl | 1 | Tijn Bijma | | HPA | | 29.46 | 29.04 | PR |
| | | <u>Johannes Hoomans</u> | | | | | <u>Tijn Bijma</u> | | |
| | | 300m | 27.11 | (27.11) | | | 300m | 29.04 | (29.04) |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

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

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|-------|--------|
| 1 | 47 Sigrïd van Es | DPC | 76 | I | 29.32 | PR | |
| 2 | 73 Nynke Krol | DPC | 76 | O | 30.57 | | |
| 3 | 51 Tirza Stojanovski | DPD | 75 | I | 32.21 | | |
| 4 | 42 Jolieke Zijlstra | DPD | 73 | I | 33.59 | PR | |
| 5 | 66 Lieke Nijboer | DPC | 75 | O | 33.72 | | |
| 6 | 64 Didi Meekma | DPC | 71 | O | 34.57 | PR | |
| 7 | 48 Miriam van Es | DPD | 72 | O | 34.72 | HT FL | |
| 8 | 36 Maartje Wietsma | DPC | 73 | O | 34.86 | | |
| 9 | 34 Myrthe Kooiker | DPC | 74 | O | 35.28 | | |
| 10 | 52 Doutzen Wierda | DPC | 74 | I | 35.30 | | |
| 11 | 92 Nienke Reitsma | DPC | 68 | I | 35.75 | | |
| 12 | 32 Bente Dam | DPC | 69 | O | 35.86 | | |
| 13 | 78 Lieke Planting | DPC | 70 | I | 36.42 | PR | |
| 14 | 63 Lotte van der Goot | DPC | 71 | I | 36.90 | | |
| 15 | 37 Julia Boersma | DPD | 69 | I | 37.00 | | |
| | 16 Djura Lubbinge | DPC | 70 | O | 37.00 | | |
| 17 | 116 Lynn van Baaren | DPC | 65 | I | 37.59 | PR | |
| 18 | 72 Sophie Kooiker | DPE | 63 | I | 37.88 | PR | |
| 19 | 117 Nynke van Stralen | DPC | 68 | O | 38.09 | | |
| 20 | 2 Danique Leffertstra | DPD | 66 | O | 38.16 | | |
| 21 | 24 Amber Soet | DPC | 67 | I | 38.24 | PR | |
| 22 | 29 Froukje de Vries | DPC | 67 | O | 39.19 | | |
| 23 | 84 Lieke Sijbranda | DPE | 65 | O | 39.41 | PR | |
| 24 | 89 Tamar Dubbink | DPD | 66 | I | 39.54 | PR | |
| 25 | 22 Myrthe Zwaagstra | DPD | 64 | O | 40.96 | PR | |
| 26 | 93 Lisette Reitsma | DPE | 64 | I | 41.08 | | |
| 27 | 58 Mirna van der Terp | DPC | 63 | O | 41.21 | | |
| 28 | 18 Yfke Vries | DPE | 62 | I | 43.63 | | |
| 29 | 119 Liselot Toering | DPD | 61 | O | 45.32 | | |
| 30 | 114 Esra Alkema | DPE | 61 | I | 52.37 | PR | |
| | 97 Silke Dijkstra | DPC | 62 | O | DNS | | |
| | 122 Marit Fokkens | DPC | 72 | I | DNS | | |

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Thialf - Heerenveen

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

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|------------------------|---------|------------------------|-------|--------------|------|
| 61 | wt | 114 | Esra Alkema | | DPE | 57.37 | 52.37 | PR |
| | rd | 119 | Liselot Toering | | DPD | | 45.32 | |
| | | <u>Esra Alkema</u> | | | <u>Liselot Toering</u> | | | |
| | | 300m | 52.37 | (52.37) | 300m | 45.32 | (45.32) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 62 | gl | 18 | Yfke Vries | | DPE | 43.22 | 43.63 | |
| | bl | 97 | Silke Dijkstra | | DPC | | DNS | |
| | | <u>Yfke Vries</u> | | | <u>Silke Dijkstra</u> | | | |
| | | 300m | 43.63 | (43.63) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 63 | wt | 72 | Sophie Kooiker | | DPE | 41.26 | 37.88 | PR |
| | rd | 58 | Mirna van der Terp | | DPC | 41.61 | 41.21 | |
| | | <u>Sophie Kooiker</u> | | | <u>Mirna van der Terp</u> | | | |
| | | 300m | 37.88 | (37.88) | 300m | 41.21 | (41.21) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 64 | gl | 93 | Lisette Reitsma | | DPE | 41.54 | 41.08 | |
| | bl | 22 | Myrthe Zwaagstra | | DPD | 43.03 | 40.96 | PR |
| | | <u>Lisette Reitsma</u> | | | <u>Myrthe Zwaagstra</u> | | | |
| | | 300m | 41.08 | (41.08) | 300m | 40.96 | (40.96) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|------------------------|-------|--------------|------|
| 65 | wt | 116 | Lynn van Baaren | | DPC | 40.52 | 37.59 | PR |
| | rd | 84 | Lieke Sijbranda | | DPE | 40.54 | 39.41 | PR |
| | | <u>Lynn van Baaren</u> | | | <u>Lieke Sijbranda</u> | | | |
| | | 300m | 37.59 | (37.59) | 300m | 39.41 | (39.41) | |

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Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------------|-------|----------------------------|-------|--------------|---------|
| 66 | gl | 89 Tamar Dubbink | DPD | | 40.12 | 39.54 | PR |
| | bl | 2 Danique Leffertstra | DPD | | 39.48 | 38.16 | |
| | | <u>Tamar Dubbink</u> | | <u>Danique Leffertstra</u> | | | |
| | | 300m | 39.54 | (39.54) | 300m | 38.16 | (38.16) |
| | | Naam | Cat | | PR | Tijd | Info |
| 67 | wt | 24 Amber Soet | DPC | | 39.21 | 38.24 | PR |
| | rd | 29 Froukje de Vries | DPC | | 38.00 | 39.19 | |
| | | <u>Amber Soet</u> | | <u>Froukje de Vries</u> | | | |
| | | 300m | 38.24 | (38.24) | 300m | 39.19 | (39.19) |
| | | Naam | Cat | | PR | Tijd | Info |
| 68 | gl | 92 Nienke Reitsma | DPC | | 38.40 | 35.75 | |
| | bl | 117 Nynke van Stralen | DPC | | 38.80 | 38.09 | |
| | | <u>Nienke Reitsma</u> | | <u>Nynke van Stralen</u> | | | |
| | | 300m | 35.75 | (35.75) | 300m | 38.09 | (38.09) |
| | | Naam | Cat | | PR | Tijd | Info |
| 69 | wt | 37 Julia Boersma | DPD | | 37.58 | 37.00 | |
| | rd | 32 Bente Dam | DPC | | 37.53 | 35.86 | |
| | | <u>Julia Boersma</u> | | <u>Bente Dam</u> | | | |
| | | 300m | 37.00 | (37.00) | 300m | 35.86 | (35.86) |
| | | Naam | Cat | | PR | Tijd | Info |
| 70 | gl | 78 Lieke Planting | DPC | | 37.60 | 36.42 | PR |
| | bl | 16 Djura Lubbinge | DPC | | 37.93 | 37.00 | |
| | | <u>Lieke Planting</u> | | <u>Djura Lubbinge</u> | | | |
| | | 300m | 36.42 | (36.42) | 300m | 37.00 | (37.00) |
| | | Naam | Cat | | PR | Tijd | Info |
| 71 | wt | 63 Lotte van der Goot | DPC | | 37.51 | 36.90 | |
| | rd | 64 Didi Meekma | DPC | | 35.01 | 34.57 | PR |
| | | <u>Lotte van der Goot</u> | | <u>Didi Meekma</u> | | | |
| | | 300m | 36.90 | (36.90) | 300m | 34.57 | (34.57) |

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Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|------------------------|-------|---------|--------------------|
| 72 | gl | 122 Marit Fokkens | DPC | 37.43 | | DNS |
| | bl | 48 Miriam van Es | DPD | 35.39 | | 34.72 HT FL |
| | | <u>Marit Fokkens</u> | | | | |
| | | | <u>Miriam van Es</u> | | | |
| | | | 300m | 34.72 | (34.72) | |
| | | Naam | Cat | PR | Tijd | Info |
| 73 | wt | 42 Jolieke Zijlstra | DPD | 34.66 | | 33.59 PR |
| | rd | 36 Maartje Wietsma | DPC | 34.48 | | 34.86 |
| | | <u>Jolieke Zijlstra</u> | | | | |
| | | | <u>Maartje Wietsma</u> | | | |
| | | 300m | | 33.59 | (33.59) | |
| | | | 300m | 34.86 | (34.86) | |
| | | Naam | Cat | PR | Tijd | Info |
| 74 | gl | 52 Doutzen Wierda | DPC | 33.67 | | 35.30 |
| | bl | 34 Myrthe Kooiker | DPC | 34.20 | | 35.28 |
| | | <u>Doutzen Wierda</u> | | | | |
| | | | <u>Myrthe Kooiker</u> | | | |
| | | 300m | | 35.30 | (35.30) | |
| | | | 300m | 35.28 | (35.28) | |
| | | Naam | Cat | PR | Tijd | Info |
| 75 | wt | 51 Tirza Stojanovski | DPD | 32.26 | | 32.21 |
| | rd | 66 Lieke Nijboer | DPC | 33.32 | | 33.72 |
| | | <u>Tirza Stojanovski</u> | | | | |
| | | | <u>Lieke Nijboer</u> | | | |
| | | 300m | | 32.21 | (32.21) | |
| | | | 300m | 33.72 | (33.72) | |
| | | Naam | Cat | PR | Tijd | Info |
| 76 | gl | 47 Sigrid van Es | DPC | 29.50 | | 29.32 PR |
| | bl | 73 Nynke Krol | DPC | 31.82 | | 30.57 |
| | | <u>Sigrid van Es</u> | | | | |
| | | | <u>Nynke Krol</u> | | | |
| | | 300m | | 29.32 | (29.32) | |
| | | | 300m | 30.57 | (30.57) | |

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Thialf - Heerenveen

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

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|----------|--------|
| 1 | 79 Jurjen Kramer | HPC | 87 | I | 32.48 | | |
| 2 | 21 Stevin Visser | HPC | 88 | O | 32.75 | PR | |
| 3 | 43 Allard van der Ende | HPC | 87 | O | 33.13 | | |
| 4 | 59 Berend Zijlstra | HPC | 86 | I | 33.80 | | |
| | 68 Sverre de Vegt | HPC | 88 | I | 33.80 | PR | |
| 6 | 80 Jurre Valkenburg | HPD | 86 | O | 33.94 | | |
| 7 | 88 Hidde Salomons | HPC | 85 | I | 34.33 | | |
| 8 | 17 Jurjen Dijkstra | HPC | 85 | O | 35.50 | | |
| 9 | 104 Kas Zijlstra | HPC | 84 | I | 37.56 | PR | |
| 10 | 142 Niels Schurer | HPC | 82 | I | 38.20 | | |
| 11 | 71 Jilles Pietersma | HPC | 83 | O | 38.35 | | |
| 12 | 77 Jurre van der Heide | HPC | 83 | I | 38.39 | | |
| 13 | 53 Hidde Boskma | HPD | 81 | O | 38.79 | | |
| 14 | 46 Matthijs Jacobs-Monsees | HPD | 84 | O | 39.48 | | |
| 15 | 105 Rob Nagelhout | HPD | 82 | O | 42.37 | | |
| 16 | 35 Naut Kuiper | HPF | 79 | I | 45.60 | PR | |
| 17 | 158 Ties Wierda | HPF | 77 | O | 46.24 | | |
| 18 | 67 Tim Nijboer | HPF | 79 | O | 47.57 | PR | |
| 19 | 12 David Westhoff | HPF | 80 | O | 47.76 | | |
| 20 | 38 Bram Zijlstra | HPF | 81 | I | 47.80 | | |
| 21 | 87 Lasse Kolder | HPF | 80 | I | 56.58 | HT PR FL | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

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

| | | Naam | Cat | PR | Tijd | Info |
|----|----------|------------------------|------|-------|--------------|------|
| 77 | wt rd | 158 Ties Wierda | HPF | | 46.24 | |
| | | Ties Wierda | | | | |
| | | m | 300m | 46.24 | (46.24) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----------|------|-----|----|------|------|
| 78 | gl bl | | | | | |
| | | m | m | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------|-------|---------|--------------|------|
| 79 | wt | 35 Naut Kuiper | HPF | 46.38 | 45.60 | PR |
| | rd | 67 Tim Nijboer | HPF | 47.73 | 47.57 | PR |
| | | Naut Kuiper | | | | |
| | | 300m | 45.60 | (45.60) | | |
| | | Tim Nijboer | | | | |
| | | 300m | 47.57 | (47.57) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-------|---------|--------------|----------|
| 80 | gl | 87 Lasse Kolder | HPF | 1:06.44 | 56.58 | HT PR FL |
| | bl | 12 David Westhoff | HPF | 47.49 | 47.76 | |
| | | Lasse Kolder | | | | |
| | | 300m | 56.58 | (56.58) | | |
| | | David Westhoff | | | | |
| | | 300m | 47.76 | (47.76) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-------|---------|--------------|------|
| 81 | wt | 38 Bram Zijlstra | HPF | 45.88 | 47.80 | |
| | rd | 53 Hidde Boskma | HPD | 39.37 | 38.79 | |
| | | Bram Zijlstra | | | | |
| | | 300m | 47.80 | (47.80) | | |
| | | Hidde Boskma | | | | |
| | | 300m | 38.79 | (38.79) | | |

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Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|----------------------|-------|--------------|------|
| 82 | gl | 142 | Niels Schurer | | HPC | 39.22 | 38.20 | |
| | bl | 105 | Rob Nagelhout | | HPD | 42.97 | 42.37 | |
| | | <u>Niels Schurer</u> | | | <u>Rob Nagelhout</u> | | | |
| | | 300m | 38.20 | (38.20) | 300m | 42.37 | (42.37) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|-------------------------|-------|--------------|------|
| 83 | wt | 77 | Jurre van der Heide | | HPC | 37.90 | 38.39 | |
| | rd | 71 | Jilles Pietersma | | HPC | 38.19 | 38.35 | |
| | | <u>Jurre van der Heide</u> | | | <u>Jilles Pietersma</u> | | | |
| | | 300m | 38.39 | (38.39) | 300m | 38.35 | (38.35) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|--------------------------------|---------|--------------------------------|-------|--------------|------|
| 84 | gl | 104 | Kas Zijlstra | | HPC | 39.01 | 37.56 | PR |
| | bl | 46 | Matthijs Jacobs-Monsees | | HPD | 38.47 | 39.48 | |
| | | <u>Kas Zijlstra</u> | | | <u>Matthijs Jacobs-Monsees</u> | | | |
| | | 300m | 37.56 | (37.56) | 300m | 39.48 | (39.48) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 85 | wt | 88 | Hidde Salomons | | HPC | 34.33 | 34.33 | |
| | rd | 17 | Jurjen Dijkstra | | HPC | 34.66 | 35.50 | |
| | | <u>Hidde Salomons</u> | | | <u>Jurjen Dijkstra</u> | | | |
| | | 300m | 34.33 | (34.33) | 300m | 35.50 | (35.50) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 86 | gl | 59 | Berend Zijlstra | | HPC | 35.74 | 33.80 | |
| | bl | 80 | Jurre Valkenburg | | HPD | 34.77 | 33.94 | |
| | | <u>Berend Zijlstra</u> | | | <u>Jurre Valkenburg</u> | | | |
| | | 300m | 33.80 | (33.80) | 300m | 33.94 | (33.94) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 87 | wt | 79 | Jurjen Kramer | | HPC | 32.84 | 32.48 | |
| | rd | 43 | Allard van der Ende | | HPC | 33.18 | 33.13 | |
| | | <u>Jurjen Kramer</u> | | | <u>Allard van der Ende</u> | | | |
| | | 300m | 32.48 | (32.48) | 300m | 33.13 | (33.13) | |

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Thialf - Heerenveen

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|----------------|---------|------|-------|---------|----------------------|------|
| 88 | gl | 68 | Sverre de Vegt | | HPC | | 34.13 | 33.80 | PR |
| | bl | 21 | Stevin Visser | | HPC | | 33.28 | 32.75 | PR |
| | | <u>Sverre de Vegt</u> | | | | | | <u>Stevin Visser</u> | |
| | | 300m | 33.80 | (33.80) | 300m | 32.75 | (32.75) | | |

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Thialf - Heerenveen

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

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|---------|------|--------|
| 1 | 31 Kailey van der Veen | DPA | 107 | O | 45.17 | | |
| 2 | 15 Kyra Kamstra | DPA | 107 | I | 46.08 | PR | |
| 3 | 13 Marrit Bosma | DPA | 108 | O | 47.67 | | |
| 4 | 44 Hannah de Vries | DPA | 103 | I | 47.73 | PR | |
| 5 | 138 Sara van de Pol | DPA | 91 | O | 47.78 | | |
| 6 | 28 Jildau de Vries | DPA | 108 | I | 47.98 | | |
| 7 | 8 Merel Vlug | DPA | 106 | O | 48.06 | PR | |
| 8 | 49 Else Marie Boersma | DPA | 105 | I | 48.22 | PR | |
| 9 | 74 Sanne Brinksmma | DPA | 106 | I | 48.72 | PR | |
| | 4 Eline Teeninga | DPA | 105 | O | 48.72 | PR | |
| 11 | 69 Marin Steegstra | DPA | 104 | O | 49.76 | PR | |
| 12 | 62 Alyne Eelkje Goerres | DPA | 101 | O | 51.01 | PR | |
| 13 | 131 Mirte Kingma | DPA | 100 | O | 51.74 | PR | |
| 14 | 81 Antje Ypma | DPB | 103 | O | 51.97 | | |
| 15 | 70 Menthe Pietersma | DPB | 101 | I | 52.07 | PR | |
| 16 | 145 Carlien van den Heuvel | DPB | 102 | I | 52.55 | | |
| 17 | 86 Aimee Prins | DPA | 100 | I | 52.92 | PR | |
| 18 | 20 Jildou de Haan | DPA | 102 | O | 53.07 | | |
| 19 | 111 Karlijn Westra | DPB | 99 | I | 54.29 | PR | |
| 20 | 57 Keira Wind | DPB | 99 | O | 54.37 | | |
| 21 | 27 Marije Nieman | DPB | 98 | I | 54.70 | PR | |
| 22 | 3 Lysanne van der Vaart | DPB | 98 | O | 56.24 | PR | |
| 23 | 11 Sybrich Hillie Buisman | DPB | 97 | O | 56.42 | | |
| 24 | 25 Esmee Soet | DPA | 95 | O | 56.63 | PR | |
| 25 | 19 Frouwkje Dijkstra | DPA | 96 | O | 57.21 | | |
| 26 | 10 Rhodé Westhoff | DPB | 93 | O | 57.27 | PR | |
| 27 | 30 Vera Ensing | DPA | 95 | I | 58.56 | PR | |
| 28 | 14 Silke Vries | DPB | 96 | I | 58.81 | PR | |
| 29 | 91 Marrit Reitsma | DPB | 91 | I | 58.90 | PR | |
| 30 | 26 Marije Nieuwland | DPA | 94 | O | 1:00.61 | PR | |
| 31 | 40 Ilona Borger | DPB | 93 | I | 1:00.81 | PR | |
| 32 | 76 Kim Kuiper | DPB | 89 | I | 1:04.69 | | |
| 33 | 85 Emma van der Tol | DPB | 94 | I | 1:06.51 | | |
| 34 | 82 Ammarins Toering | DPB | 92 | I | 1:06.91 | | |
| 35 | 107 Silke Bron | DPA | 92 | O | 1:08.16 | | |
| | 50 Marlon van Oosten | DPB | | | WDR | | |
| | 65 Vera Nijboer | DPA | | | WDR | | |

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Thialf - Heerenveen

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

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|----------------------|---------|---------|---|----|----------------|------|
| 89 | wt rd | 76 Kim Kuiper | | DPB | | | 1:04.69 | |
| | | Kim Kuiper | | | | | | |
| | | 100m | 15.68 | (15.68) | m | | | |
| | | 500m | 1:04.69 | (49.01) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|--|-----|---|----|------|------|
| 90 | gl bl | | | | | | | |
| | | | | | m | | | |
| | | | | | m | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|----------------------------|-------|---------|------|---------|--------------|------|
| 91 | wt rd | 91 Marrit Reitsma | | DPB | | 1:05.44 | 58.90 | PR |
| | | 138 Sara van de Pol | | DPA | | | 47.78 | |
| | | Marrit Reitsma | | | | | | |
| | | 100m | 14.69 | (14.69) | 100m | 13.10 | (13.10) | |
| | | 500m | 58.90 | (44.21) | 500m | 47.78 | (34.68) | |
| | | Sara van de Pol | | | | | | |
| | | 100m | 13.10 | (13.10) | 500m | 47.78 | (34.68) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|----------------------------|---------|---------|------|---------|----------------|------|
| 92 | gl bl | 82 Ammarins Toering | | DPB | | 1:06.12 | 1:06.91 | |
| | | 107 Silke Bron | | DPA | | | 1:08.16 | |
| | | Ammarins Toering | | | | | | |
| | | 100m | 15.33 | (15.33) | 100m | 15.85 | (15.85) | |
| | | 500m | 1:06.91 | (51.58) | 500m | 1:08.16 | (52.31) | |
| | | Silke Bron | | | | | | |
| | | 100m | 15.85 | (15.85) | 500m | 1:08.16 | (52.31) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|--------------------------|---------|---------|------|---------|----------------|------|
| 93 | wt rd | 40 Ilona Borger | | DPB | | 1:03.37 | 1:00.81 | PR |
| | | 10 Rhodé Westhoff | | DPB | | 1:00.26 | 57.27 | PR |
| | | Ilona Borger | | | | | | |
| | | 100m | 14.71 | (14.71) | 100m | 14.42 | (14.42) | |
| | | 500m | 1:00.81 | (46.10) | 500m | 57.27 | (42.85) | |
| | | Rhodé Westhoff | | | | | | |
| | | 100m | 14.42 | (14.42) | 500m | 57.27 | (42.85) | |

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Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|-------------------------------|---------|-------------------------------|---------|----------------|------|
| 94 | gl | 85 | Emma van der Tol | | DPB | 1:05.40 | 1:06.51 | |
| | bl | 26 | Marije Nieuwland | | DPA | 1:00.99 | 1:00.61 | PR |
| | | <u>Emma van der Tol</u> | | | <u>Marije Nieuwland</u> | | | |
| | | 100m | 15.49 | (15.49) | 100m | 15.24 | (15.24) | |
| | | 500m | 1:06.51 | (51.02) | 500m | 1:00.61 | (45.37) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 95 | wt | 30 | Vera Ensing | | DPA | 59.76 | 58.56 | PR |
| | rd | 25 | Esmee Soet | | DPA | 57.24 | 56.63 | PR |
| | | <u>Vera Ensing</u> | | | <u>Esmee Soet</u> | | | |
| | | 100m | 14.65 | (14.65) | 100m | 14.36 | (14.36) | |
| | | 500m | 58.56 | (43.91) | 500m | 56.63 | (42.27) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 96 | gl | 14 | Silke Vries | | DPB | 58.98 | 58.81 | PR |
| | bl | 19 | Frouwkje Dijkstra | | DPA | 56.70 | 57.21 | |
| | | <u>Silke Vries</u> | | | <u>Frouwkje Dijkstra</u> | | | |
| | | 100m | 14.99 | (14.99) | 100m | 14.70 | (14.70) | |
| | | 500m | 58.81 | (43.82) | 500m | 57.21 | (42.51) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 97 | wt | 50 | Marlon van Oosten | | DPB | 55.87 | WDR | |
| | rd | 11 | Sybrich Hillie Buisman | | DPB | 56.22 | 56.42 | |
| | | <u>Marlon van Oosten</u> | | | <u>Sybrich Hillie Buisman</u> | | | |
| | | | | | 100m | 14.11 | (14.11) | |
| | | | | | 500m | 56.42 | (42.31) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 98 | gl | 27 | Marije Nieman | | DPB | 55.41 | 54.70 | PR |
| | bl | 3 | Lysanne van der Vaart | | DPB | 56.57 | 56.24 | PR |
| | | <u>Marije Nieman</u> | | | <u>Lysanne van der Vaart</u> | | | |
| | | 100m | 14.35 | (14.35) | 100m | 14.30 | (14.30) | |
| | | 500m | 54.70 | (40.35) | 500m | 56.24 | (41.94) | |

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| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------------|-------|-------------------|-------|--------------|---------|
| 99 | wt | 111 Karlijn Westra | DPB | | 54.70 | 54.29 | PR |
| | rd | 57 Keira Wind | DPB | | 53.30 | 54.37 | |
| | | <u>Karlijn Westra</u> | | <u>Keira Wind</u> | | | |
| | | 100m | 13.93 | (13.93) | 100m | 14.04 | (14.04) |
| | | 500m | 54.29 | (40.36) | 500m | 54.37 | (40.33) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-------------------------|-------|---------------------|-------|--------------|---------|
| 100 | gl | 86 Aimee Prins | DPA | | 54.46 | 52.92 | PR |
| | bl | 131 Mirte Kingma | DPA | | 54.05 | 51.74 | PR |
| | | <u>Aimee Prins</u> | | <u>Mirte Kingma</u> | | | |
| | | 100m | 13.81 | (13.81) | 100m | 13.46 | (13.46) |
| | | 500m | 52.92 | (39.11) | 500m | 51.74 | (38.28) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|--------------------------------|-------|-----------------------------|-------|--------------|---------|
| 101 | wt | 70 Menthe Pietersma | DPB | | 53.17 | 52.07 | PR |
| | rd | 62 Alyne Eelkje Goerres | DPA | | 51.42 | 51.01 | PR |
| | | <u>Menthe Pietersma</u> | | <u>Alyne Eelkje Goerres</u> | | | |
| | | 100m | 13.74 | (13.74) | 100m | 13.88 | (13.88) |
| | | 500m | 52.07 | (38.33) | 500m | 51.01 | (37.13) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-----------------------------------|-------|-----------------------|-------|--------------|---------|
| 102 | gl | 145 Carlien van den Heuvel | DPB | | 51.14 | 52.55 | |
| | bl | 20 Jildou de Haan | DPA | | 51.48 | 53.07 | |
| | | <u>Carlien van den Heuvel</u> | | <u>Jildou de Haan</u> | | | |
| | | 100m | 13.65 | (13.65) | 100m | 14.11 | (14.11) |
| | | 500m | 52.55 | (38.90) | 500m | 53.07 | (38.96) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|---------------------------|-------|-------------------|-------|--------------|---------|
| 103 | wt | 44 Hannah de Vries | DPA | | 49.03 | 47.73 | PR |
| | rd | 81 Antje Ypma | DPB | | 50.72 | 51.97 | |
| | | <u>Hannah de Vries</u> | | <u>Antje Ypma</u> | | | |
| | | 100m | 12.66 | (12.66) | 100m | 13.94 | (13.94) |
| | | 500m | 47.73 | (35.07) | 500m | 51.97 | (38.03) |

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| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------------|----------------------------|-------|----------------------------|-------|------|-----------------|
| 104 | gl | 65 | Vera Nijboer | | DPA | 49.12 | | WDR |
| | bl | 69 | Marin Steegstra | | DPA | 49.96 | | 49.76 PR |
| | | <u>Vera Nijboer</u> | | | <u>Marin Steegstra</u> | | | |
| | | | 100m | 13.34 | (13.34) | | | |
| | | | 500m | 49.76 | (36.42) | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 105 | wt | 49 | Else Marie Boersma | | DPA | 48.98 | | 48.22 PR |
| | rd | 4 | Eline Teeninga | | DPA | 48.92 | | 48.72 PR |
| | | <u>Else Marie Boersma</u> | | | <u>Eline Teeninga</u> | | | |
| | | | 100m | 12.86 | (12.86) | | 100m | 12.65 (12.65) |
| | | | 500m | 48.22 | (35.36) | | 500m | 48.72 (36.07) |
| | | Naam | | | Cat | PR | Tijd | Info |
| 106 | gl | 74 | Sanne Brinksma | | DPA | 49.00 | | 48.72 PR |
| | bl | 8 | Merel Vlug | | DPA | 49.02 | | 48.06 PR |
| | | <u>Sanne Brinksma</u> | | | <u>Merel Vlug</u> | | | |
| | | | 100m | 13.12 | (13.12) | | 100m | 12.67 (12.67) |
| | | | 500m | 48.72 | (35.60) | | 500m | 48.06 (35.39) |
| | | Naam | | | Cat | PR | Tijd | Info |
| 107 | wt | 15 | Kyra Kamstra | | DPA | 46.36 | | 46.08 PR |
| | rd | 31 | Kailey van der Veen | | DPA | 44.77 | | 45.17 |
| | | <u>Kyra Kamstra</u> | | | <u>Kailey van der Veen</u> | | | |
| | | | 100m | 12.50 | (12.50) | | 100m | 12.50 (12.50) |
| | | | 500m | 46.08 | (33.58) | | 500m | 45.17 (32.67) |
| | | Naam | | | Cat | PR | Tijd | Info |
| 108 | gl | 28 | Jildau de Vries | | DPA | 47.86 | | 47.98 |
| | bl | 13 | Marrit Bosma | | DPA | 47.22 | | 47.67 |
| | | <u>Jildau de Vries</u> | | | <u>Marrit Bosma</u> | | | |
| | | | 100m | 13.13 | (13.13) | | 100m | 12.68 (12.68) |
| | | | 500m | 47.98 | (34.85) | | 500m | 47.67 (34.99) |

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

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 152 Johannes Hoomans | HPA | 119 | I | 42.81 | PR | |
| 2 | 1 Tijn Bijma | HPA | 120 | O | 46.23 | PR | |
| 3 | 56 Luca Stroetinga | HPA | 120 | I | 46.24 | PR | |
| 4 | 160 Jelmer Tasma | HPA | 118 | I | 46.28 | PR | |
| 5 | 41 Anton Boersma | HPB | 118 | O | 46.61 | PR | |
| 6 | 6 Colin de Velde | HPA | 119 | O | 46.74 | PR | |
| 7 | 60 Ids Hellinga | HPB | 117 | O | 48.50 | PR | |
| 8 | 23 Rimer Tjoelker | HPA | 116 | I | 48.90 | PR | |
| 9 | 123 Tim Postma | HPB | 115 | O | 49.59 | PR | |
| 10 | 55 Jan Aesge van der Meer | HPB | 116 | O | 50.05 | PR | |
| 11 | 61 Tieme Bouma | HPB | 113 | I | 51.02 | PR | |
| 12 | 99 Tobias Pleij | HPB | 117 | I | 51.03 | | |
| 13 | 45 Sander Leusink | HPB | 115 | I | 51.18 | | |
| 14 | 9 Gideon Westhoff | HPB | 114 | I | 53.04 | PR | |
| 15 | 33 Wytse Hamstra | HPB | 114 | O | 53.21 | PR | |
| 16 | 5 Thijs de Wit | HPA | 111 | I | 54.74 | PR | |
| 17 | 156 Wiek Reen | HPA | 109 | I | 54.95 | PR | |
| 18 | 106 Jurre postma | HPA | 111 | O | 56.08 | PR | |
| 19 | 7 Romke Jepma | HPA | 112 | I | 56.49 | PR | |
| 20 | 75 Mika Kammeraat | HPB | 112 | O | 56.79 | PR | |
| 21 | 120 Rimar Kaper | HPB | 109 | O | 1:10.45 | FL | |
| | 118 Hidde-Jan Poiesz | HPA | | | | WDR | |

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Thialf - Heerenveen

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

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|------------------|--------------------|---------|--------------------|---------|---------|----------------|------|
| 109 | wt | 156 | Wiek Reen | | HPA | 57.62 | | 54.95 | PR |
| | rd | 120 | Rimar Kaper | | HPB | 1:03.35 | | 1:10.45 | FL |
| | | <u>Wiek Reen</u> | | | <u>Rimar Kaper</u> | | | | |
| | | 100m | 13.44 | (13.44) | 100m | 13.67 | (13.67) | | |
| | | 500m | 54.95 | (41.51) | 500m | 1:10.45 | (56.78) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|------|--|-----|--|----|--|------|------|
| 110 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|---------------------|---------------------|---------|---------------------|-------|---------|--------------|------|
| 111 | wt | 5 | Thijs de Wit | | HPA | 54.88 | | 54.74 | PR |
| | rd | 106 | Jurre postma | | HPA | 57.15 | | 56.08 | PR |
| | | <u>Thijs de Wit</u> | | | <u>Jurre postma</u> | | | | |
| | | 100m | 14.14 | (14.14) | 100m | 13.83 | (13.83) | | |
| | | 500m | 54.74 | (40.60) | 500m | 56.08 | (42.25) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|--------------------|-----------------------|---------|-----------------------|-------|---------|--------------|------|
| 112 | gl | 7 | Romke Jepma | | HPA | 56.53 | | 56.49 | PR |
| | bl | 75 | Mika Kammeraat | | HPB | 57.07 | | 56.79 | PR |
| | | <u>Romke Jepma</u> | | | <u>Mika Kammeraat</u> | | | | |
| | | 100m | 14.41 | (14.41) | 100m | 14.73 | (14.73) | | |
| | | 500m | 56.49 | (42.08) | 500m | 56.79 | (42.06) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|--------------------|-------------------------|---------|-------------------------|-------|--|--------------|------|
| 113 | wt | 61 | Tieme Bouma | | HPB | 52.02 | | 51.02 | PR |
| | rd | 118 | Hidde-Jan Poiesz | | HPA | 52.08 | | WDR | |
| | | <u>Tieme Bouma</u> | | | <u>Hidde-Jan Poiesz</u> | | | | |
| | | 100m | 13.47 | (13.47) | | | | | |
| | | 500m | 51.02 | (37.55) | | | | | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|------------------------|-------------------------------|---------|-------------------------------|-------|---------|-------|--------------|------|--|
| 114 | gl | 9 | Gideon Westhoff | | HPB | | | 54.56 | 53.04 | PR | |
| | bl | 33 | Wytse Hamstra | | HPB | | | 54.62 | 53.21 | PR | |
| | | <u>Gideon Westhoff</u> | | | <u>Wytse Hamstra</u> | | | | | | |
| | | 100m | 13.52 | (13.52) | 100m | 14.36 | (14.36) | | | | |
| | | 500m | 53.04 | (39.52) | 500m | 53.21 | (38.85) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 115 | wt | 45 | Sander Leusink | | HPB | | | 50.69 | 51.18 | | |
| | rd | 123 | Tim Postma | | HPB | | | 50.43 | 49.59 | PR | |
| | | <u>Sander Leusink</u> | | | <u>Tim Postma</u> | | | | | | |
| | | 100m | 13.30 | (13.30) | 100m | 13.09 | (13.09) | | | | |
| | | 500m | 51.18 | (37.88) | 500m | 49.59 | (36.50) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 116 | gl | 23 | Rimer Tjoelker | | HPA | | | 49.91 | 48.90 | PR | |
| | bl | 55 | Jan Aesge van der Meer | | HPB | | | 51.43 | 50.05 | PR | |
| | | <u>Rimer Tjoelker</u> | | | <u>Jan Aesge van der Meer</u> | | | | | | |
| | | 100m | 12.51 | (12.51) | 100m | 13.13 | (13.13) | | | | |
| | | 500m | 48.90 | (36.39) | 500m | 50.05 | (36.92) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 117 | wt | 99 | Tobias Pleij | | HPB | | | 49.85 | 51.03 | | |
| | rd | 60 | Ids Hellinga | | HPB | | | 49.90 | 48.50 | PR | |
| | | <u>Tobias Pleij</u> | | | <u>Ids Hellinga</u> | | | | | | |
| | | 100m | 13.08 | (13.08) | 100m | 13.19 | (13.19) | | | | |
| | | 500m | 51.03 | (37.95) | 500m | 48.50 | (35.31) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 118 | gl | 160 | Jelmer Tasma | | HPA | | | 47.97 | 46.28 | PR | |
| | bl | 41 | Anton Boersma | | HPB | | | 47.81 | 46.61 | PR | |
| | | <u>Jelmer Tasma</u> | | | <u>Anton Boersma</u> | | | | | | |
| | | 100m | 12.62 | (12.62) | 100m | 12.67 | (12.67) | | | | |
| | | 500m | 46.28 | (33.66) | 500m | 46.61 | (33.94) | | | | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|-----------------------|-------|--------------|------|
| 119 | wt | 152 | Johannes Hoomans | | HPA | 42.84 | 42.81 | PR |
| | rd | 6 | Colin de Velde | | HPA | 47.06 | 46.74 | PR |
| | | <u>Johannes Hoomans</u> | | | <u>Colin de Velde</u> | | | |
| | | 100m | 11.33 | (11.33) | 100m | 12.52 | (12.52) | |
| | | 500m | 42.81 | (31.48) | 500m | 46.74 | (34.22) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|-------------------|-------|--------------|------|
| 120 | gl | 56 | Luca Stroetinga | | HPA | 47.50 | 46.24 | PR |
| | bl | 1 | Tijn Bijma | | HPA | 46.30 | 46.23 | PR |
| | | <u>Luca Stroetinga</u> | | | <u>Tijn Bijma</u> | | | |
| | | 100m | 12.50 | (12.50) | 100m | 12.24 | (12.24) | |
| | | 500m | 46.24 | (33.74) | 500m | 46.23 | (33.99) | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

9. Uitslag Junioren C en ouder 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|-------|------|--------|
| 1 | 121 Twan Kok | HN3 | 140 | I | 37.98 | | |
| 2 | 103 Lars Straver | HA2 | 138 | O | 39.32 | | |
| 3 | 144 Robbert-Jan van Hardeveld | HB2 | 139 | O | 39.41 | | |
| 4 | 124 Jurjen Hiemstra | HA1 | 137 | O | 39.90 | | |
| 5 | 157 Roel Regts | HB2 | 135 | I | 41.39 | | |
| 6 | 109 Rutmer Burghoorn | HA2 | 134 | O | 41.70 | PR | |
| 7 | 95 Jan van der Stouwe | H55 | 134 | I | 41.89 | | |
| 8 | 139 Marika de Glee | DB1 | 136 | I | 41.92 | | |
| 9 | 102 Laurens Taekema | H40 | 136 | O | 42.46 | | |
| 10 | 136 Tijn Borst | DB2 | 133 | I | 42.51 | | |
| 11 | 133 Mayke Vriesinga | DB2 | 132 | O | 43.46 | | |
| 12 | 126 Anton van der Tol | HC1 | 131 | O | 43.71 | | |
| 13 | 155 Tosca Mulder | DA2 | 133 | O | 44.07 | | |
| 14 | 100 Geert Fekken | H45 | 131 | I | 44.12 | | |
| 15 | 140 Isa Steegstra | DB2 | 129 | O | 44.27 | | |
| 16 | 151 Jasper Knulst | H45 | 132 | I | 44.76 | | |
| 17 | 108 Mike Egberts | H40 | 130 | O | 45.07 | | |
| 18 | 98 Mettie de Vegt | DSB | 129 | I | 45.21 | | |
| 19 | 147 Harmen last | HC2 | 128 | O | 46.30 | PR | |
| 20 | 132 Britt Steg | DC2 | 128 | I | 46.56 | PR | |
| 21 | 137 Rosa-Lynn Compagner | DC1 | 125 | I | 46.75 | PR | |
| 22 | 153 Bjorn Koen | HC2 | 130 | I | 46.76 | | |
| 23 | 128 Robine Lubbinge | DC1 | 126 | O | 46.77 | PR | |
| 24 | 127 Corien de Jong | DB2 | 127 | I | 46.94 | | |
| 25 | 125 Marriët van der Tol | DB1 | 127 | O | 47.24 | | |
| 26 | 130 Jade Zijlstra | DC1 | 126 | I | 47.25 | | |
| 27 | 90 Amber Feller | DC1 | 124 | O | 47.34 | | |
| 28 | 146 Nienke Valkenburg | DB1 | 125 | O | 47.64 | | |
| 29 | 94 Paulisca Groenhof | DA1 | 123 | O | 48.59 | | |
| 30 | 129 Sybrich Westra | DB2 | 123 | I | 48.78 | | |
| 31 | 154 Jasper Thomas Spijksma | HB1 | 121 | O | 49.17 | PR | |
| 32 | 135 Mats Rabbinge | HC1 | 124 | I | 49.37 | | |
| 33 | 134 Foske Bouma | DC1 | 122 | O | 50.92 | | |
| 34 | 148 Jan Boelen | H75 | 121 | I | 51.01 | | |
| | 141 Paul Groenewoud | HA2 | 138 | I | DNF | | |
| | 149 Jan Meersma | HC1 | 122 | I | DQ | | |
| | 159 Tessa Oudman | DN4 | 135 | O | DNS | | |
| | 115 Eelke Hessel Westra | HA2 | | | WDR | | |

Scheidsrechter:

Assistent:

Starter:

Van 23-1-2023 18:30:00 tot 23-1-2023 21:22:20

Print: 21-11-2024 14:09:01

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------|-----|------|------|------|------|--------|
| 101 | Jesse de Lange | HN2 | | | | WDR | |
| 113 | Willem Bekkema | HA2 | | | | WDR | |

Scheidsrechter:

Assistent:

Starter:

Van 23-1-2023 18:30:00 tot 23-1-2023 21:22:20

Print: 21-11-2024 14:09:01

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

9. Rituitslag Junioren C en ouder 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|-------------------------------|---------|------|-------|-------------------------------|------|
| 121 | wt | 148 | Jan Boelen | | H75 | 45.20 | 51.01 | |
| | rd | 154 | Jasper Thomas Spijksma | | HB1 | 50.41 | 49.17 | PR |
| | | | <u>Jan Boelen</u> | | | | <u>Jasper Thomas Spijksma</u> | |
| | | 100m | 13.33 | (13.33) | 100m | 13.32 | (13.32) | |
| | | 500m | 51.01 | (37.68) | 500m | 49.17 | (35.85) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------|---------|------|---------|--------------------|------|
| 122 | gl | 149 | Jan Meersma | | HC1 | 1:04.53 | DQ | |
| | bl | 134 | Foske Bouma | | DC1 | 50.26 | 50.92 | |
| | | | <u>Jan Meersma</u> | | | | <u>Foske Bouma</u> | |
| | | 100m | 13.45 | (13.45) | 100m | 13.07 | (13.07) | |
| | | 500m | 54.94 | (41.49) | 500m | 50.92 | (37.85) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------------|---------|------|-------|--------------------------|------|
| 123 | wt | 129 | Sybrich Westra | | DB2 | 47.04 | 48.78 | |
| | rd | 94 | Paulisca Groenhof | | DA1 | 48.40 | 48.59 | |
| | | | <u>Sybrich Westra</u> | | | | <u>Paulisca Groenhof</u> | |
| | | 100m | 12.93 | (12.93) | 100m | 12.53 | (12.53) | |
| | | 500m | 48.78 | (35.85) | 500m | 48.59 | (36.06) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|----------------------|---------|------|-------|---------------------|------|
| 124 | gl | 135 | Mats Rabbinge | | HC1 | 49.14 | 49.37 | |
| | bl | 90 | Amber Feller | | DC1 | 47.32 | 47.34 | |
| | | | <u>Mats Rabbinge</u> | | | | <u>Amber Feller</u> | |
| | | 100m | 12.73 | (12.73) | 100m | 12.59 | (12.59) | |
| | | 500m | 49.37 | (36.64) | 500m | 47.34 | (34.75) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|----------------------------|---------|------|-------|--------------------------|------|
| 125 | wt | 137 | Rosa-Lynn Compagner | | DC1 | 46.86 | 46.75 | PR |
| | rd | 146 | Nienke Valkenburg | | DB1 | 46.38 | 47.64 | |
| | | | <u>Rosa-Lynn Compagner</u> | | | | <u>Nienke Valkenburg</u> | |
| | | 100m | 12.70 | (12.70) | 100m | 12.57 | (12.57) | |
| | | 500m | 46.75 | (34.05) | 500m | 47.64 | (35.07) | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-------|----|--------------------------------|-------|---------|----------------------------|-------|--------------|------|
| 126 | gl | 130 Jade Zijlstra | | | DC1 | 46.75 | 47.25 | |
| | bl | 128 Robine Lubbinge | | | DC1 | 46.99 | 46.77 | PR |
| | | <u>Jade Zijlstra</u> | | | <u>Robine Lubbinge</u> | | | |
| | | 100m | 12.80 | (12.80) | 100m | 12.17 | (12.17) | |
| | | 500m | 47.25 | (34.45) | 500m | 46.77 | (34.60) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 127 | wt | 127 Corien de Jong | | | DB2 | 46.58 | 46.94 | |
| | rd | 125 Marriët van der Tol | | | DB1 | 46.58 | 47.24 | |
| | | <u>Corien de Jong</u> | | | <u>Marriët van der Tol</u> | | | |
| | | 100m | 12.50 | (12.50) | 100m | 12.76 | (12.76) | |
| | | 500m | 46.94 | (34.44) | 500m | 47.24 | (34.48) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 128 | gl | 132 Britt Steg | | | DC2 | 46.64 | 46.56 | PR |
| | bl | 147 Harmen last | | | HC2 | 46.53 | 46.30 | PR |
| | | <u>Britt Steg</u> | | | <u>Harmen last</u> | | | |
| | | 100m | 12.81 | (12.81) | 100m | 12.36 | (12.36) | |
| | | 500m | 46.56 | (33.75) | 500m | 46.30 | (33.94) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 129 | wt | 98 Mettie de Vegt | | | DSB | 44.72 | 45.21 | |
| | rd | 140 Isa Steegstra | | | DB2 | 44.25 | 44.27 | |
| | | <u>Mettie de Vegt</u> | | | <u>Isa Steegstra</u> | | | |
| | | 100m | 12.69 | (12.69) | 100m | 11.96 | (11.96) | |
| | | 500m | 45.21 | (32.52) | 500m | 44.27 | (32.31) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 130 | gl | 153 Bjorn Koen | | | HC2 | 46.06 | 46.76 | |
| | bl | 108 Mike Egberts | | | H40 | 42.60 | 45.07 | |
| | | <u>Bjorn Koen</u> | | | <u>Mike Egberts</u> | | | |
| | | 100m | 12.21 | (12.21) | 100m | 12.48 | (12.48) | |
| | | 500m | 46.76 | (34.55) | 500m | 45.07 | (32.59) | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|------------------------------|-------|--------------------------|-------|--------------|---------|
| 131 | wt | 100 Geert Fekken | H45 | | 42.66 | 44.12 | |
| | rd | 126 Anton van der Tol | HC1 | | 43.06 | 43.71 | |
| | | <u>Geert Fekken</u> | | <u>Anton van der Tol</u> | | | |
| | | 100m | 12.22 | (12.22) | 100m | 11.99 | (11.99) |
| | | 500m | 44.12 | (31.90) | 500m | 43.71 | (31.72) |
| | | Naam | Cat | | PR | Tijd | Info |
| 132 | gl | 151 Jasper Knulst | H45 | | 43.50 | 44.76 | |
| | bl | 133 Mayke Vriesinga | DB2 | | 42.99 | 43.46 | |
| | | <u>Jasper Knulst</u> | | <u>Mayke Vriesinga</u> | | | |
| | | 100m | 11.93 | (11.93) | 100m | 11.77 | (11.77) |
| | | 500m | 44.76 | (32.83) | 500m | 43.46 | (31.69) |
| | | Naam | Cat | | PR | Tijd | Info |
| 133 | wt | 136 Tijn Borst | DB2 | | 42.41 | 42.51 | |
| | rd | 155 Tosca Mulder | DA2 | | 42.56 | 44.07 | |
| | | <u>Tijn Borst</u> | | <u>Tosca Mulder</u> | | | |
| | | 100m | 11.78 | (11.78) | 100m | 12.03 | (12.03) |
| | | 500m | 42.51 | (30.73) | 500m | 44.07 | (32.04) |
| | | Naam | Cat | | PR | Tijd | Info |
| 134 | gl | 95 Jan van der Stouwe | H55 | | 39.24 | 41.89 | |
| | bl | 109 Rutmer Burghoorn | HA2 | | 42.04 | 41.70 | PR |
| | | <u>Jan van der Stouwe</u> | | <u>Rutmer Burghoorn</u> | | | |
| | | 100m | 11.42 | (11.42) | 100m | 11.66 | (11.66) |
| | | 500m | 41.89 | (30.47) | 500m | 41.70 | (30.04) |
| | | Naam | Cat | | PR | Tijd | Info |
| 135 | wt | 157 Roel Regts | HB2 | | 41.39 | 41.39 | |
| | rd | 159 Tessa Oudman | DN4 | | 41.02 | DNS | |
| | | <u>Roel Regts</u> | | <u>Tessa Oudman</u> | | | |
| | | 100m | 11.05 | (11.05) | | | |
| | | 500m | 41.39 | (30.34) | | | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|-----------------------|------------------------|---------|------------------------|-------|---------|-------|--------------|------|--|
| 136 | gl | 139 | Marika de Glee | | DB1 | | | 41.64 | 41.92 | | |
| | bl | 102 | Laurens Taekema | | H40 | | | 41.13 | 42.46 | | |
| | | <u>Marika de Glee</u> | | | <u>Laurens Taekema</u> | | | | | | |
| | | 100m | 11.48 | (11.48) | 100m | 11.63 | (11.63) | | | | |
| | | 500m | 41.92 | (30.44) | 500m | 42.46 | (30.83) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|----------------------------|----------------------------|--|------------------------|-------|---------|-------|--------------|------|--|
| 137 | wt | 115 | Eelke Hessel Westra | | HA2 | | | 39.87 | WDR | | |
| | rd | 124 | Jurjen Hiemstra | | HA1 | | | 39.17 | 39.90 | | |
| | | <u>Eelke Hessel Westra</u> | | | <u>Jurjen Hiemstra</u> | | | | | | |
| | | 100m | | | 100m | 11.00 | (11.00) | | | | |
| | | 500m | | | 500m | 39.90 | (28.90) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|------------------------|------------------------|---------|---------------------|-------|---------|-------|--------------|------|--|
| 138 | gl | 141 | Paul Groenewoud | | HA2 | | | 39.52 | DNF | | |
| | bl | 103 | Lars Straver | | HA2 | | | 38.85 | 39.32 | | |
| | | <u>Paul Groenewoud</u> | | | <u>Lars Straver</u> | | | | | | |
| | | 100m | 11.67 | (11.67) | 100m | 10.91 | (10.91) | | | | |
| | | 500m | | | 500m | 39.32 | (28.41) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|-----------------------|----------------------------------|--|----------------------------------|-------|---------|-------|--------------|------|--|
| 139 | wt | 101 | Jesse de Lange | | HN2 | | | 37.90 | WDR | | |
| | rd | 144 | Robbert-Jan van Hardeveld | | HB2 | | | 38.76 | 39.41 | | |
| | | <u>Jesse de Lange</u> | | | <u>Robbert-Jan van Hardeveld</u> | | | | | | |
| | | 100m | | | 100m | 10.79 | (10.79) | | | | |
| | | 500m | | | 500m | 39.41 | (28.62) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|-----------------|-----------------------|---------|-----------------------|--|--|-------|--------------|------|--|
| 140 | gl | 121 | Twan Kok | | HN3 | | | 37.48 | 37.98 | | |
| | bl | 113 | Willem Bekkema | | HA2 | | | 37.64 | WDR | | |
| | | <u>Twan Kok</u> | | | <u>Willem Bekkema</u> | | | | | | |
| | | 100m | 10.23 | (10.23) | | | | | | | |
| | | 500m | 37.98 | (27.75) | | | | | | | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

11. Uitslag Junioren C en ouder (500/1500) 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|---------|------|--------|
| 1 | 102 Laurens Taekema | H40 | 150 | O | 2:07.14 | | |
| 2 | 159 Tessa Oudman | DN4 | 150 | I | 2:11.32 | | |
| 3 | 100 Geert Fekken | H45 | 147 | I | 2:11.90 | | |
| 4 | 126 Anton van der Tol | HC1 | 148 | I | 2:13.70 | | |
| 5 | 108 Mike Egberts | H40 | 147 | O | 2:18.69 | | |
| 6 | 137 Rosa-Lynn Compagner | DC1 | 146 | I | 2:21.42 | PR | |
| 7 | 130 Jade Zijlstra | DC1 | 148 | O | 2:22.24 | | |
| 8 | 132 Britt Steg | DC2 | 145 | I | 2:25.88 | | |
| 9 | 90 Amber Feller | DC1 | 144 | O | 2:28.11 | PR | |
| 10 | 127 Corien de Jong | DB2 | 145 | O | 2:28.21 | | |
| 11 | 153 Bjorn Koen | HC2 | 146 | O | 2:28.37 | PR | |
| 12 | 125 Marriët van der Tol | DB1 | 144 | I | 2:28.57 | PR | |
| 13 | 128 Robine Lubbinge | DC1 | 143 | I | 2:29.14 | PR | |
| 14 | 147 Harmen last | HC2 | 141 | I | 2:29.56 | PR | |
| 15 | 129 Sybrich Westra | DB2 | 143 | O | 2:32.91 | | |
| 16 | 154 Jasper Thomas Spijksma | HB1 | 141 | O | 2:34.29 | | |
| | 101 Jesse de Lange | HN2 | | | | WDR | |
| | 115 Eelke Hessel Westra | HA2 | | | | WDR | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

11. Rituitslag Junioren C en ouder (500/1500) 1500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|-------------------------------|---------|---------|---------|-------------------------------|---------|
| 141 | wt | 147 | Harmen last | | HC2 | 2:45.78 | 2:29.56 | PR |
| | rd | 154 | Jasper Thomas Spijksma | | HB1 | | 2:34.29 | |
| | | | Harmen last | | | | Jasper Thomas Spijksma | |
| | | | 300m | 32.02 | (32.02) | 300m | 32.45 | (32.45) |
| | | | 700m | 1:10.55 | (38.53) | 700m | 1:11.73 | (39.28) |
| | | | 1100m | 1:49.85 | (39.30) | 1100m | 1:52.94 | (41.21) |
| | | | 1500m | 2:29.56 | (39.71) | 1500m | 2:34.29 | (41.35) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---|-----|--|----|------|------|
| 142 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|------------------------|---------|---------|---------|-----------------------|---------|
| 143 | wt | 128 | Robine Lubbinge | | DC1 | 2:32.36 | 2:29.14 | PR |
| | rd | 129 | Sybrich Westra | | DB2 | 2:29.36 | 2:32.91 | |
| | | | Robine Lubbinge | | | | Sybrich Westra | |
| | | | 300m | 31.46 | (31.46) | 300m | 31.75 | (31.75) |
| | | | 700m | 1:10.19 | (38.73) | 700m | 1:09.07 | (37.32) |
| | | | 1100m | 1:49.93 | (39.74) | 1100m | 1:49.78 | (40.71) |
| | | | 1500m | 2:29.14 | (39.21) | 1500m | 2:32.91 | (43.13) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|----------------------------|---------|---------|---------|---------------------|---------|
| 144 | gl | 125 | Marriët van der Tol | | DB1 | 2:29.08 | 2:28.57 | PR |
| | bl | 90 | Amber Feller | | DC1 | 2:28.89 | 2:28.11 | PR |
| | | | Marriët van der Tol | | | | Amber Feller | |
| | | | 300m | 30.97 | (30.97) | 300m | 31.56 | (31.56) |
| | | | 700m | 1:07.97 | (37.00) | 700m | 1:08.17 | (36.61) |
| | | | 1100m | 1:47.64 | (39.67) | 1100m | 1:47.59 | (39.42) |
| | | | 1500m | 2:28.57 | (40.93) | 1500m | 2:28.11 | (40.52) |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|-------|----|--------------------------------|---------|---------|-----------------------|----------------|---------|
| 145 | wt | 132 Britt Steg | DC2 | | 2:25.77 | 2:25.88 | |
| | rd | 127 Corien de Jong | DB2 | | 2:26.07 | 2:28.21 | |
| | | Britt Steg | | | Corien de Jong | | |
| | | 300m | 30.62 | (30.62) | 300m | 31.10 | (31.10) |
| | | 700m | 1:06.47 | (35.85) | 700m | 1:09.38 | (38.28) |
| | | 1100m | 1:45.26 | (38.79) | 1100m | 1:48.60 | (39.22) |
| | | 1500m | 2:25.88 | (40.62) | 1500m | 2:28.21 | (39.61) |
| <hr/> | | | | | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 146 | gl | 137 Rosa-Lynn Compagner | DC1 | | 2:26.27 | 2:21.42 | PR |
| | bl | 153 Bjorn Koen | HC2 | | 2:28.70 | 2:28.37 | PR |
| | | Rosa-Lynn Compagner | | | Bjorn Koen | | |
| | | 300m | 30.44 | (30.44) | 300m | 30.77 | (30.77) |
| | | 700m | 1:06.96 | (36.52) | 700m | 1:08.79 | (38.02) |
| | | 1100m | 1:44.21 | (37.25) | 1100m | 1:49.92 | (41.13) |
| | | 1500m | 2:21.42 | (37.21) | 1500m | 2:28.37 | (38.45) |
| <hr/> | | | | | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 147 | wt | 100 Geert Fekken | H45 | | 2:09.39 | 2:11.90 | |
| | rd | 108 Mike Egberts | H40 | | 2:10.55 | 2:18.69 | |
| | | Geert Fekken | | | Mike Egberts | | |
| | | 300m | 28.20 | (28.20) | 300m | 30.05 | (30.05) |
| | | 700m | 1:01.36 | (33.16) | 700m | 1:04.25 | (34.20) |
| | | 1100m | 1:35.90 | (34.54) | 1100m | 1:40.36 | (36.11) |
| | | 1500m | 2:11.90 | (36.00) | 1500m | 2:18.69 | (38.33) |
| <hr/> | | | | | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 148 | gl | 126 Anton van der Tol | HC1 | | 2:13.49 | 2:13.70 | |
| | bl | 130 Jade Zijlstra | DC1 | | 2:21.59 | 2:22.24 | |
| | | Anton van der Tol | | | Jade Zijlstra | | |
| | | 300m | 28.66 | (28.66) | 300m | 30.96 | (30.96) |
| | | 700m | 1:01.83 | (33.17) | 700m | 1:05.89 | (34.93) |
| | | 1100m | 1:37.25 | (35.42) | 1100m | 1:43.26 | (37.37) |
| | | 1500m | 2:13.70 | (36.45) | 1500m | 2:22.24 | (38.98) |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------------|-----|---------|------|----------------------------|
| 149 | wt | 101 Jesse de Lange | HN2 | 1:51.59 | | WDR |
| | rd | 115 Eelke Hessel Westra | HA2 | 2:01.57 | | WDR |
| | | <u>Jesse de Lange</u> | | | | <u>Eelke Hessel Westra</u> |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-----------------------------|-----|-----------------------------|------|------------------------|
| 150 | gl | 159 Tessa Oudman | DN4 | 2:08.82 | | 2:11.32 |
| | bl | 102 Laurens Taekema | H40 | 2:03.37 | | 2:07.14 |
| | | <u>Tessa Oudman</u> | | | | <u>Laurens Taekema</u> |
| | | 300m 27.29 (27.29) | | 300m 27.37 (27.37) | | |
| | | 700m 58.15 (30.86) | | 700m 58.27 (30.90) | | |
| | | 1100m 1:32.65 (34.50) | | 1100m 1:31.61 (33.34) | | |
| | | 1500m 2:11.32 (38.67) | | 1500m 2:07.14 (35.53) | | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

12. Uitslag Junioren C en ouder (500/1000) 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|---------|------|--------|
| 1 | 144 Robbert-Jan van Hardeveld | HB2 | 161 | O | 1:18.21 | | |
| 2 | 124 Jurjen Hiemstra | HA1 | 161 | I | 1:18.54 | | |
| 3 | 103 Lars Straver | HA2 | 160 | O | 1:18.78 | PR | |
| 4 | 141 Paul Groenewoud | HA2 | 159 | I | 1:21.82 | | |
| 5 | 157 Roel Regts | HB2 | 157 | I | 1:22.47 | PR | |
| 6 | 109 Rutmer Burghoorn | HA2 | 159 | O | 1:23.45 | PR | |
| 7 | 139 Marika de Glee | DB1 | 160 | I | 1:24.57 | | |
| 8 | 95 Jan van der Stouwe | H55 | 158 | I | 1:24.99 | | |
| 9 | 136 Tijn Borst | DB2 | 158 | O | 1:25.01 | PR | |
| 10 | 133 Mayke Vriesinga | DB2 | 155 | O | 1:28.26 | | |
| 11 | 98 Mettie de Vegt | DSB | 155 | I | 1:28.36 | | |
| 12 | 151 Jasper Knulst | H45 | 156 | I | 1:30.52 | | |
| 13 | 94 Paulisca Groenhof | DA1 | 153 | I | 1:39.66 | | |
| 14 | 134 Foske Bouma | DC1 | 154 | I | 1:41.42 | PR | |
| 15 | 148 Jan Boelen | H75 | 153 | O | 1:44.01 | | |
| 16 | 135 Mats Rabbinge | HC1 | 151 | O | 1:50.19 | | |
| 17 | 149 Jan Meersma | HC1 | 151 | I | 1:54.54 | | |
| | 140 Isa Steegstra | DB2 | 156 | O | DNF | | |
| | 146 Nienke Valkenburg | DB1 | 154 | O | DQ | | |
| | 155 Tosca Mulder | DA2 | | | WDR | | |
| | 113 Willem Bekkema | HA2 | | | WDR | | |
| | 121 Twan Kok | HN3 | | | WDR | | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

12. Rituitslag Junioren C en ouder (500/1000) 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|--------------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 151 | wt | 149 | Jan Meersma | | HC1 | | | 1:54.54 | |
| | rd | 135 | Mats Rabbinge | | HC1 | 1:43.97 | | 1:50.19 | |
| | | Jan Meersma | | | Mats Rabbinge | | | | |
| | | 200m | 25.15 | (25.15) | 200m | 24.10 | (24.10) | | |
| | | 600m | 1:08.03 | (42.88) | 600m | 1:05.60 | (41.50) | | |
| | | 1000m | 1:54.54 | (46.51) | 1000m | 1:50.19 | (44.59) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|------|--|-----|---|----|--|------|------|
| 152 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | m | | | m | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|--------------------------|--------------------------|---------|-------------------|---------|---------|----------------|------|
| 153 | wt | 94 | Paulisca Groenhof | | DA1 | 1:38.25 | | 1:39.66 | |
| | rd | 148 | Jan Boelen | | H75 | 1:28.78 | | 1:44.01 | |
| | | Paulisca Groenhof | | | Jan Boelen | | | | |
| | | 200m | 22.64 | (22.64) | 200m | 24.52 | (24.52) | | |
| | | 600m | 1:00.28 | (37.64) | 600m | 1:03.99 | (39.47) | | |
| | | 1000m | 1:39.66 | (39.38) | 1000m | 1:44.01 | (40.02) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|--------------------|--------------------------|---------|--------------------------|---------|--|----------------|------|
| 154 | gl | 134 | Foske Bouma | | DC1 | 1:42.45 | | 1:41.42 | PR |
| | bl | 146 | Nienke Valkenburg | | DB1 | 1:35.67 | | DQ | |
| | | Foske Bouma | | | Nienke Valkenburg | | | | |
| | | 200m | 23.69 | (23.69) | | | | | |
| | | 600m | 1:01.96 | (38.27) | | | | | |
| | | 1000m | 1:41.42 | (39.46) | | | | | |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|----------------------------|---------|---------|------------------------|----------------|---------|
| 155 | wt | 98 Mettie de Vegt | DSB | | 1:26.83 | 1:28.36 | |
| | rd | 133 Mayke Vriesinga | DB2 | | 1:27.27 | 1:28.26 | |
| | | <u>Mettie de Vegt</u> | | | <u>Mayke Vriesinga</u> | | |
| | | 200m | 21.39 | (21.39) | 200m | 20.43 | (20.43) |
| | | 600m | 54.25 | (32.86) | 600m | 53.25 | (32.82) |
| | | 1000m | 1:28.36 | (34.11) | 1000m | 1:28.26 | (35.01) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|--------------------------|---------|---------|----------------------|----------------|------|
| 156 | gl | 151 Jasper Knulst | H45 | | 1:26.15 | 1:30.52 | |
| | bl | 140 Isa Steegstra | DB2 | | 1:29.18 | DNF | |
| | | <u>Jasper Knulst</u> | | | <u>Isa Steegstra</u> | | |
| | | 200m | 21.08 | (21.08) | | | |
| | | 600m | 54.27 | (33.19) | | | |
| | | 1000m | 1:30.52 | (36.25) | | | |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-------------------------|---------|---------|---------------------|----------------|------|
| 157 | wt | 157 Roel Regts | HB2 | | 1:24.88 | 1:22.47 | PR |
| | rd | 155 Tosca Mulder | DA2 | | 1:24.97 | WDR | |
| | | <u>Roel Regts</u> | | | <u>Tosca Mulder</u> | | |
| | | 200m | 19.04 | (19.04) | | | |
| | | 600m | 50.03 | (30.99) | | | |
| | | 1000m | 1:22.47 | (32.44) | | | |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|------------------------------|---------|---------|-------------------|----------------|---------|
| 158 | gl | 95 Jan van der Stouwe | H55 | | 1:17.12 | 1:24.99 | |
| | bl | 136 Tijn Borst | DB2 | | 1:25.77 | 1:25.01 | PR |
| | | <u>Jan van der Stouwe</u> | | | <u>Tijn Borst</u> | | |
| | | 200m | 19.90 | (19.90) | 200m | 20.10 | (20.10) |
| | | 600m | 51.17 | (31.27) | 600m | 51.02 | (30.92) |
| | | 1000m | 1:24.99 | (33.82) | 1000m | 1:25.01 | (33.99) |

FryslanCup - Pupillen + Gewestelijke wedstr. A jun en ouder, 23-01-2023

Thialf - Heerenveen

| | | Naam | Cat | | PR | Tijd | Info |
|-------|----|--------------------------------------|---------|---------|----------------------------------|----------------|---------|
| 159 | wt | 141 Paul Groenewoud | HA2 | | 1:19.63 | 1:21.82 | |
| | rd | 109 Rutmer Burghoorn | HA2 | | 1:23.80 | 1:23.45 | PR |
| | | <u>Paul Groenewoud</u> | | | <u>Rutmer Burghoorn</u> | | |
| | | 200m | 18.70 | (18.70) | 200m | 19.57 | (19.57) |
| | | 600m | 48.52 | (29.82) | 600m | 50.04 | (30.47) |
| | | 1000m | 1:21.82 | (33.30) | 1000m | 1:23.45 | (33.41) |
| <hr/> | | | | | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 160 | gl | 139 Marika de Glee | DB1 | | 1:24.09 | 1:24.57 | |
| | bl | 103 Lars Straver | HA2 | | 1:19.08 | 1:18.78 | PR |
| | | <u>Marika de Glee</u> | | | <u>Lars Straver</u> | | |
| | | 200m | 19.72 | (19.72) | 200m | 18.41 | (18.41) |
| | | 600m | 50.95 | (31.23) | 600m | 47.25 | (28.84) |
| | | 1000m | 1:24.57 | (33.62) | 1000m | 1:18.78 | (31.53) |
| <hr/> | | | | | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 161 | wt | 124 Jurjen Hiemstra | HA1 | | 1:16.49 | 1:18.54 | |
| | rd | 144 Robbert-Jan van Hardeveld | HB2 | | 1:16.93 | 1:18.21 | |
| | | <u>Jurjen Hiemstra</u> | | | <u>Robbert-Jan van Hardeveld</u> | | |
| | | 200m | 18.48 | (18.48) | 200m | 18.33 | (18.33) |
| | | 600m | 47.15 | (28.67) | 600m | 47.20 | (28.87) |
| | | 1000m | 1:18.54 | (31.39) | 1000m | 1:18.21 | (31.01) |
| <hr/> | | | | | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 162 | gl | 113 Willem Bekkema | HA2 | | 1:18.80 | WDR | |
| | bl | 121 Twan Kok | HN3 | | 1:16.95 | WDR | |
| | | <u>Willem Bekkema</u> | | | <u>Twan Kok</u> | | |