

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 1. Result 100 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	80 Ruben de Rijk	HB1	8	O	11.68 PB	
2	73 Lenneke Groot Koerkamp	DB2	8	I	12.16	
3	75 Sil Wisselink	HC2	7	O	13.20 PB	
4	65 Alexander Warmink	HPA	7	I	13.92	
5	83 Pien Evers	DPD	4	O	14.18 PB	
6	47 Marit Jeurig	DPA	5	O	14.42 PB	
	72 Famke Aukema	DPA	5	I	14.42	
8	7 Elin Mak	DPE	6	I	14.87	
9	24 Anne van Duinen	DPC	4	I	14.92	
10	8 Wietze de Haan	HPB	3	O	14.99 PB	
11	66 Thijmen Warmink	HPC	3	I	15.33 PB	
12	25 Lotte van Duinen	DPE	2	I	15.88 PB	
13	62 Julian Tuitert	HPD	2	O	16.86	
14	84 Ruben Warmink	HPE	1	I	17.17	
	44 Silke van den Bos	DPA			WDR	

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 5:34:16 PM

Print: 1/23/2025 8:51:30 PM

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 1. Race Result 100 meter

	Name	Cat	PB	Time	Info
1	wt rd	84 <b>Ruben Warmink</b>	HPE	17.01	<b>17.17</b>

Ruben Warmink

100m 17.17 (17.17)

m

	Name	Cat	PB	Time	Info
2	yw	25 <b>Lotte van Duinen</b>	DPE	16.24	<b>15.88</b> PB
	bl	62 <b>Julian Tuitert</b>	HPD	16.04	<b>16.86</b>

Lotte van Duinen

100m 15.88 (15.88)

Julian Tuitert

100m 16.86 (16.86)

	Name	Cat	PB	Time	Info
3	wt	66 <b>Thijmen Warmink</b>	HPC	15.63	<b>15.33</b> PB
	rd	8 <b>Wietze de Haan</b>	HPB	15.19	<b>14.99</b> PB

Thijmen Warmink

100m 15.33 (15.33)

Wietze de Haan

100m 14.99 (14.99)

	Name	Cat	PB	Time	Info
4	yw	24 <b>Anne van Duinen</b>	DPC	14.83	<b>14.92</b>
	bl	83 <b>Pien Evers</b>	DPD	14.63	<b>14.18</b> PB

Anne van Duinen

100m 14.92 (14.92)

Pien Evers

100m 14.18 (14.18)

	Name	Cat	PB	Time	Info
5	wt	72 <b>Famke Aukema</b>	DPA	14.42	<b>14.42</b>
	rd	47 <b>Marit Jeuring</b>	DPA	14.44	<b>14.42</b> PB

Famke Aukema

100m 14.42 (14.42)

Marit Jeuring

100m 14.42 (14.42)

# Recordwedstrijd Vrijdag

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		Name	Cat	PB	Time	Info
6	yw	7 <b>Elin Mak</b>	DPE	14.07	<b>14.87</b>	
	bl	44 <b>Silke van den Bos</b>	DPA	14.04	<b>WDR</b>	
		<b>Elin Mak</b>		<b>Silke van den Bos</b>		
		100m	14.87	(14.87)		

		Name	Cat	PB	Time	Info
7	wt	65 <b>Alexander Warmink</b>	HPA	13.91	<b>13.92</b>	
	rd	75 <b>Sil Wisselink</b>	HC2	13.56	<b>13.20</b>	PB
		<b>Alexander Warmink</b>		<b>Sil Wisselink</b>		
		100m	13.92	(13.92)	100m	13.20 (13.20)

		Name	Cat	PB	Time	Info
8	yw	73 <b>Lenneke Groot Koerkamp</b>	DB2	12.09	<b>12.16</b>	
	bl	80 <b>Ruben de Rijk</b>	HB1	11.86	<b>11.68</b>	PB
		<b>Lenneke Groot Koerkamp</b>		<b>Ruben de Rijk</b>		
		100m	12.16	(12.16)	100m	11.68 (11.68)

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 2. Result 500 meter 2x

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	82 Hans ten Hag	H70	15	I	50.79		
2	27 Bas Ellenbroek	HPA	15	O	51.31		
3	67 Pieter Dijkstra	HSA	14	I	52.01		
4	76 Remco Wisselink	H45	13	I	53.13	PB	
5	19 Melle ter Horst	HPB	13	O	55.02		
6	35 Lisa Otten	DC1	14	O	56.30		
7	81 Waldo van Veen	H50	11	O	57.64		
8	28 Yvonne van den Berg	DPA	12	I	58.17		
9	58 Kim Versteeg	DPB	9	O	1:02.71		
10	61 Eline Tuitert	DPC	9	I	1:03.18		
11	77 Naomi Potjes	DPC	11	I	1:03.58		
12	12 Imme Ooijman	DC1	12	O	1:06.78	FL	
	70 Ellis Van Halteren	DB2	16	O	DNS		
	21 Erik Jeuring	H40			WDR		

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 5:42:42 PM

Print: 1/23/2025 8:51:30 PM

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 2. Race Result 500 meter 2x

		Name		Cat		PB		Time	Info
9	wt	61	<b>Eline Tuitert</b>		DPC	59.62		<b>1:03.18</b>	
	rd	58	<b>Kim Versteeg</b>		DPB	58.50		<b>1:02.71</b>	
		<b>Eline Tuitert</b>			<b>Kim Versteeg</b>				
		100m	14.85	(14.85)	100m	14.41	(14.41)		
		500m	1:03.18	(48.33)	500m	1:02.71	(48.30)		

		Name		Cat		PB		Time	Info
10	yw								
	bl								
			m				m		

		Name		Cat		PB		Time	Info
11	wt	77	<b>Naomi Potjes</b>		DPC	58.57		<b>1:03.58</b>	
	rd	81	<b>Waldo van Veen</b>		H50	56.07		<b>57.64</b>	
		<b>Naomi Potjes</b>			<b>Waldo van Veen</b>				
		100m	14.53	(14.53)	100m	14.47	(14.47)		
		500m	1:03.58	(49.05)	500m	57.64	(43.17)		

		Name		Cat		PB		Time	Info
12	yw	28	<b>Yvonne van den Berg</b>		DPA	54.56		<b>58.17</b>	
	bl	12	<b>Imme Ooijman</b>		DC1	54.88		<b>1:06.78</b>	FL
		<b>Yvonne van den Berg</b>			<b>Imme Ooijman</b>				
		100m	14.47	(14.47)	100m	13.70	(13.70)		
		500m	58.17	(43.70)	500m	1:06.78	(53.08)		

		Name		Cat		PB		Time	Info
13	wt	76	<b>Remco Wisselink</b>		H45	54.37		<b>53.13</b>	PB
	rd	19	<b>Melle ter Horst</b>		HPB	53.54		<b>55.02</b>	
		<b>Remco Wisselink</b>			<b>Melle ter Horst</b>				
		100m	13.50	(13.50)	100m	13.34	(13.34)		
		500m	53.13	(39.63)	500m	55.02	(41.68)		

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		Name		Cat		PB		Time	Info
14	yw	67	<b>Pieter Dijkstra</b>		HSA		50.50	<b>52.01</b>	
	bl	35	<b>Lisa Otten</b>		DC1		50.54	<b>56.30</b>	
		<b>Pieter Dijkstra</b>			<b>Lisa Otten</b>				
		100m	13.45	(13.45)	100m	13.64	(13.64)		
		500m	52.01	(38.56)	500m	56.30	(42.66)		
<hr/>									
		Name		Cat		PB		Time	Info
15	wt	82	<b>Hans ten Hag</b>		H70		45.87	<b>50.79</b>	
	rd	27	<b>Bas Ellenbroek</b>		HPA		49.90	<b>51.31</b>	
		<b>Hans ten Hag</b>			<b>Bas Ellenbroek</b>				
		100m	13.34	(13.34)	100m	12.88	(12.88)		
		500m	50.79	(37.45)	500m	51.31	(38.43)		
<hr/>									
		Name		Cat		PB		Time	Info
16	yw	21	<b>Erik Jeuring</b>		H40		41.78	<b>WDR</b>	
	bl	70	<b>Ellis Van Halteren</b>		DB2		46.60	<b>DNS</b>	
		<b>Erik Jeuring</b>			<b>Ellis Van Halteren</b>				

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 5:42:42 PM

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# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 4. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	80 Ruben de Rijk	HB1	24	O	44.12	
2	74 Mees Klunder	HC1	24	I	45.80	
3	64 Twan van de Poppe	HPA	23	O	48.22	
4	73 Lenneke Groot Koerkamp	DB2	23	I	49.19	
5	72 Famke Aukema	DPA	22	I	59.41	
6	8 Wietze de Haan	HPB	21	O	1:04.94	
7	7 Elin Mak	DPE	21	I	1:05.61	
8	65 Alexander Warmink	HPA	20	I	1:05.77	
9	24 Anne van Duinen	DPC	20	O	1:06.51	
10	83 Pien Evers	DPD	18	O	1:07.23	
11	47 Marit Jeurig	DPA	19	I	1:11.65	
12	66 Thijmen Warmink	HPC	19	O	1:16.85	
13	25 Lotte van Duinen	DPE	18	I	1:20.51	RS
14	84 Ruben Warmink	HPE	17	I	1:26.20	
	75 Sil Wisselink	HC2	22	O	DNF	

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 6:06:36 PM

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# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 4. Race Result 500 meter

		Name	Cat	PB	Time	Info
17	wt rd	84 <b>Ruben Warmink</b>	HPE		<b>1:26.20</b>	
		<b>Ruben Warmink</b>				
		100m	17.56 (17.56)		m	
		500m	1:26.20 (68.64)			

		Name	Cat	PB	Time	Info
18	yw bl	25 <b>Lotte van Duinen</b>	DPE		<b>1:20.51</b>	RS
		83 <b>Pien Evers</b>	DPD		<b>1:07.23</b>	
		<b>Lotte van Duinen</b>				
		100m	1:20.51 (80.51)			
		<b>Pien Evers</b>				
		100m	15.06 (15.06)			
		500m	1:07.23 (52.17)			

		Name	Cat	PB	Time	Info
19	wt rd	47 <b>Marit Jeuring</b>	DPA	1:04.49	<b>1:11.65</b>	
		66 <b>Thijmen Warmink</b>	HPC	1:13.91	<b>1:16.85</b>	
		<b>Marit Jeuring</b>				
		100m	16.07 (16.07)			
		500m	1:11.65 (55.58)			
		<b>Thijmen Warmink</b>				
		100m	16.20 (16.20)			
		500m	1:16.85 (60.65)			

		Name	Cat	PB	Time	Info
20	yw bl	65 <b>Alexander Warmink</b>	HPA	1:01.57	<b>1:05.77</b>	
		24 <b>Anne van Duinen</b>	DPC	1:02.63	<b>1:06.51</b>	
		<b>Alexander Warmink</b>				
		100m	14.24 (14.24)			
		500m	1:05.77 (51.53)			
		<b>Anne van Duinen</b>				
		100m	15.35 (15.35)			
		500m	1:06.51 (51.16)			

		Name	Cat	PB	Time	Info
21	wt rd	7 <b>Elin Mak</b>	DPE	58.93	<b>1:05.61</b>	
		8 <b>Wietze de Haan</b>	HPB	1:01.38	<b>1:04.94</b>	
		<b>Elin Mak</b>				
		100m	15.13 (15.13)			
		500m	1:05.61 (50.48)			
		<b>Wietze de Haan</b>				
		100m	15.54 (15.54)			
		500m	1:04.94 (49.40)			

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 6:06:36 PM

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# Recordwedstrijd Vrijdag

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		Name		Cat		PB		Time	Info
22	yw	72	<b>Famke Aukema</b>		DPA		57.15	<b>59.41</b>	
	bl	75	<b>Sil Wisselink</b>		HC2		54.73	<b>DNF</b>	
		<b>Famke Aukema</b>			<b>Sil Wisselink</b>				
		100m	15.21	(15.21)	100m	13.56	(13.56)		
		500m	59.41	(44.20)					

		Name		Cat		PB		Time	Info
23	wt	73	<b>Lenneke Groot Koerkamp</b>		DB2		46.98	<b>49.19</b>	
	rd	64	<b>Twan van de Poppe</b>		HPA		45.35	<b>48.22</b>	
		<b>Lenneke Groot Koerkamp</b>			<b>Twan van de Poppe</b>				
		100m	12.28	(12.28)	100m	12.55	(12.55)		
		500m	49.19	(36.91)	500m	48.22	(35.67)		

		Name		Cat		PB		Time	Info
24	yw	74	<b>Mees Klunder</b>		HC1		42.91	<b>45.80</b>	
	bl	80	<b>Ruben de Rijk</b>		HB1		43.57	<b>44.12</b>	
		<b>Mees Klunder</b>			<b>Ruben de Rijk</b>				
		100m	12.01	(12.01)	100m	11.87	(11.87)		
		500m	45.80	(33.79)	500m	44.12	(32.25)		

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 6:06:36 PM

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# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 5. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	42 Gerwin Boschloo	H50	28	I	46.62	
2	18 Marlin Schouwstra	DB1	28	O	51.15	
3	33 Dalanda Jalloh	DB1	27	I	52.77	
4	9 Herre Mak	HPA	27	O	53.22	
5	36 Just Klunder	HPB	26	O	55.68	
6	11 Blom Ooijman	DPA	26	I	1:03.69	
	10 Kurt van de Nes	H50	25	I	DNS	

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 5:56:13 PM

Print: 1/23/2025 8:51:30 PM

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 5. Race Result 500 meter

		Name	Cat	PB	Time Info
25	wt rd	10 Kurt van de Nes	H50		<b>DNS</b>
		<u>Kurt van de Nes</u>			
					m

		Name	Cat	PB	Time Info
26	yw	11 Blom Ooijman	DPA	59.90	<b>1:03.69</b>
	bl	36 Just Klunder	HPB	50.81	<b>55.68</b>
		<u>Blom Ooijman</u>			
					<u>Just Klunder</u>
		100m 15.06 (15.06)			100m 27.84 (27.84)
		500m 1:03.69 (48.63)			500m 55.68 (27.84)

		Name	Cat	PB	Time Info
27	wt	33 Dalanda Jalloh	DB1	48.64	<b>52.77</b>
	rd	9 Herre Mak	HPA	50.38	<b>53.22</b>
		<u>Dalanda Jalloh</u>			
					<u>Herre Mak</u>
		100m 13.32 (13.32)			100m 13.23 (13.23)
		500m 52.77 (39.45)			500m 53.22 (39.99)

		Name	Cat	PB	Time Info
28	yw	42 Gerwin Boschloo	H50	43.16	<b>46.62</b>
	bl	18 Marlin Schouwstra	DB1	48.77	<b>51.15</b>
		<u>Gerwin Boschloo</u>			
					<u>Marlin Schouwstra</u>
		100m 12.12 (12.12)			100m 13.39 (13.39)
		500m 46.62 (34.50)			500m 51.15 (37.76)

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 5:56:13 PM

Print: 1/23/2025 9:51:30 PM

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 6. Result 500 meter (2e 500)

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	67 Pieter Dijkstra	HSA	34	O	50.80		
2	27 Bas Ellenbroek	HPA	35	I	51.52		
3	82 Hans ten Hag	H70	35	O	52.23		
4	76 Remco Wisselink	H45	33	O	52.88	PB	
5	35 Lisa Otten	DC1	34	I	55.90		
6	81 Waldo van Veen	H50	31	I	56.19		
7	12 Imme Ooijman	DC1	32	I	58.06		
8	19 Melle ter Horst	HPB	33	I	58.25		
9	28 Yvonne van den Berg	DPA	32	O	59.05		
10	77 Naomi Potjes	DPC	31	O	1:03.21		
11	61 Eline Tuitert	DPC	29	O	1:04.24		
12	58 Kim Versteeg	DPB	29	I	1:04.77		
	70 Ellis Van Halteren	DB2	36	I	DNS		
	21 Erik Jeuring	H40	36	O	DNS		

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 6:04:58 PM

Print: 1/23/2025 8:51:30 PM

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 6. Race Result 500 meter (2e 500)

		Name		Cat		PB		Time	Info
29	wt	58	<b>Kim Versteeg</b>		DPB	58.50		<b>1:04.77</b>	
	rd	61	<b>Eline Tuitert</b>		DPC	59.62		<b>1:04.24</b>	
		<b>Kim Versteeg</b>			<b>Eline Tuitert</b>				
		100m	14.98	(14.98)	100m	15.27	(15.27)		
		500m	1:04.77	(49.79)	500m	1:04.24	(48.97)		

		Name		Cat		PB		Time	Info
30	yw								
	bl								
			m				m		

		Name		Cat		PB		Time	Info
31	wt	81	<b>Waldo van Veen</b>		H50	56.07		<b>56.19</b>	
	rd	77	<b>Naomi Potjes</b>		DPC	58.57		<b>1:03.21</b>	
		<b>Waldo van Veen</b>			<b>Naomi Potjes</b>				
		100m	14.25	(14.25)	100m	14.32	(14.32)		
		500m	56.19	(41.94)	500m	1:03.21	(48.89)		

		Name		Cat		PB		Time	Info
32	yw	12	<b>Imme Ooijman</b>		DC1	54.88		<b>58.06</b>	
	bl	28	<b>Yvonne van den Berg</b>		DPA	54.56		<b>59.05</b>	
		<b>Imme Ooijman</b>			<b>Yvonne van den Berg</b>				
		100m	14.08	(14.08)	100m	14.28	(14.28)		
		500m	58.06	(43.98)	500m	59.05	(44.77)		

		Name		Cat		PB		Time	Info
33	wt	19	<b>Melle ter Horst</b>		HPB	53.54		<b>58.25</b>	
	rd	76	<b>Remco Wisselink</b>		H45	54.37		<b>52.88</b>	PB
		<b>Melle ter Horst</b>			<b>Remco Wisselink</b>				
		100m	13.78	(13.78)	100m	13.78	(13.78)		
		500m	58.25	(44.47)	500m	52.88	(39.10)		

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		Name			Cat			PB	Time	Info
34	yw	35	<b>Lisa Otten</b>		DC1			50.54	<b>55.90</b>	
	bl	67	<b>Pieter Dijkstra</b>		HSA			50.50	<b>50.80</b>	
		<b>Lisa Otten</b>			<b>Pieter Dijkstra</b>					
		100m	14.04	(14.04)	100m	13.37	(13.37)			
		500m	55.90	(41.86)	500m	50.80	(37.43)			
<hr/>										
		Name			Cat			PB	Time	Info
35	wt	27	<b>Bas Ellenbroek</b>		HPA			49.90	<b>51.52</b>	
	rd	82	<b>Hans ten Hag</b>		H70			45.87	<b>52.23</b>	
		<b>Bas Ellenbroek</b>			<b>Hans ten Hag</b>					
		100m	12.96	(12.96)	100m	13.61	(13.61)			
		500m	51.52	(38.56)	500m	52.23	(38.62)			
<hr/>										
		Name			Cat			PB	Time	Info
36	yw	70	<b>Ellis Van Halteren</b>		DB2			46.60	<b>DNS</b>	
	bl	21	<b>Erik Jeuring</b>		H40			41.78	<b>DNS</b>	
		<b>Ellis Van Halteren</b>			<b>Erik Jeuring</b>					
		100m	16.70	(16.70)						
		500m	1:20.51	(63.81)						

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 7. Result 100 meter (2x100)

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	62 Julian Tuitert	HPD	37	I	16.32	
	44 Silke van den Bos	DPA			WDR	

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 6:05:58 PM

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# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 7. Race Result 100 meter (2x100)

		Name	Cat	PB	Time	Info
37	wt	62 Julian Tuitert	HPD	16.04	<b>16.32</b>	
	rd	44 Silke van den Bos	DPA	14.04	<b>WDR</b>	
		Julian Tuitert				Silke van den Bos
		100m	16.32	(16.32)		

Referee:

Assistant:

Starter:

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# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 8. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	42 Gerwin Boschloo	H50	41	I	2:23.71	
2	16 Iris Rietman	DC2	40	O	2:35.48	
3	73 Lenneke Groot Koerkamp	DB2	40	I	2:36.37	
4	64 Twan van de Poppe	HPA	39	I	2:36.40	
5	5 Sjoerd de Haan	HPA	38	I	2:44.05	
6	36 Just Klunder	HPB	39	O	3:03.07	
	10 Kurt van de Nes	H50	38	O	DNS	
	57 Timon Nieuwenstein	HSB			WDR	

Referee:

Assistant:

Starter:

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# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 8. Race Result 1500 meter

		Name	Cat	PB	Time Info
38	wt	5 <b>Sjoerd de Haan</b>	HPA		<b>2:44.05</b>
	rd	10 <b>Kurt van de Nes</b>	H50		<b>DNS</b>

### Sjoerd de Haan

300m	34.77	(34.77)
700m	1:17.43	(42.66)
1100m	2:01.24	(43.81)
1500m	2:44.05	(42.81)

### Kurt van de Nes

		Name	Cat	PB	Time Info
39	yw	64 <b>Twan van de Poppe</b>	HPA	2:31.54	<b>2:36.40</b>
	bl	36 <b>Just Klunder</b>	HPB		<b>3:03.07</b>

### Twan van de Poppe

300m	32.88	(32.88)
700m	1:13.22	(40.34)
1100m	1:54.42	(41.20)
1500m	2:36.40	(41.98)

### Just Klunder

300m	36.79	(36.79)
700m	1:23.15	(46.36)
1100m	2:13.07	(49.92)
1500m	3:03.07	(50.00)

		Name	Cat	PB	Time Info
40	wt	73 <b>Lenneke Groot Koerkamp</b>	DB2	2:28.46	<b>2:36.37</b>
	rd	16 <b>Iris Rietman</b>	DC2	2:26.63	<b>2:35.48</b>

### Lenneke Groot Koerkamp

300m	31.78	(31.78)
700m	1:11.65	(39.87)
1100m	1:53.75	(42.10)
1500m	2:36.37	(42.62)

### Iris Rietman

300m	31.48	(31.48)
700m	1:09.91	(38.43)
1100m	1:52.53	(42.62)
1500m	2:35.48	(42.95)

		Name	Cat	PB	Time Info
41	yw	42 <b>Gerwin Boschloo</b>	H50	2:10.91	<b>2:23.71</b>
	bl	57 <b>Timon Nieuwenstein</b>	HSB	1:51.19	<b>WDR</b>

### Gerwin Boschloo

300m	30.96	(30.96)
700m	1:07.20	(36.24)
1100m	1:44.96	(37.76)
1500m	2:23.71	(38.75)

### Timon Nieuwenstein

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

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## 9. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	53 Harry Pardijs	H45	47	I	1:32.77	
2	59 Eva Weultjes	DC2	47	O	1:37.94	
3	13 Liz Wolters	DPB	42	O	1:43.92	
4	31 Morgan DeFreese	DPC	45	I	1:52.34	
5	9 Herre Mak	HPA	44	I	1:55.90	
6	29 Noor Klunder	DPC	43	I	1:58.15	
7	30 Olle Klunder	HPE	42	I	2:03.66	
8	11 Blom Ooijman	DPA	43	O	2:09.89	
	69 Tobi Kiers	HC2	44	O	DNS	
	18 Marlin Schouwstra	DB1	46	I	DNS	
	33 Dalanda Jalloh	DB1			WDR	

Referee:

Assistant:

Starter:

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# Recordwedstrijd Vrijdag

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## 9. Race Result 1000 meter

		Name		Cat		PB		Time	Info
42	wt	30	<b>Olle Klunder</b>		HPE			<b>2:03.66</b>	
	rd	13	<b>Liz Wolters</b>		DPB			<b>1:43.92</b>	

### Olle Klunder

200m	25.24	(25.24)
600m	1:12.61	(47.37)
1000m	2:03.66	(51.05)

### Liz Wolters

200m	22.55	(22.55)
600m	1:01.73	(39.18)
1000m	1:43.92	(42.19)

		Name		Cat		PB		Time	Info
43	yw	29	<b>Noor Klunder</b>		DPC			<b>1:58.15</b>	
	bl	11	<b>Blom Ooijman</b>		DPA			<b>2:09.89</b>	

### Noor Klunder

200m	25.14	(25.14)
600m	1:09.37	(44.23)
1000m	1:58.15	(48.78)

### Blom Ooijman

200m	28.03	(28.03)
600m	1:16.86	(48.83)
1000m	2:09.89	(53.03)

		Name		Cat		PB		Time	Info
44	wt	9	<b>Herre Mak</b>		HPA	1:51.97		<b>1:55.90</b>	
	rd	69	<b>Tobi Kiers</b>		HC2	1:50.56		<b>DNS</b>	

### Herre Mak

200m	24.64	(24.64)
600m	1:08.67	(44.03)
1000m	1:55.90	(47.23)

### Tobi Kiers

		Name		Cat		PB		Time	Info
45	yw	31	<b>Morgan DeFreese</b>		DPC	1:45.91		<b>1:52.34</b>	
	bl	33	<b>Dalanda Jalloh</b>		DB1	1:41.19		<b>WDR</b>	

### Morgan DeFreese

200m	23.74	(23.74)
600m	1:06.01	(42.27)
1000m	1:52.34	(46.33)

### Dalanda Jalloh

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 6:48:31 PM

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# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

		Name	Cat	PB	Time Info
46	wt rd	18 <b>Marlin Schouwstra</b>	DB1	1:40.41	<b>DNS</b>

Marlin Schouwstra

m

		Name	Cat	PB	Time Info
47	yw	53 <b>Harry Pardijs</b>	H45	1:14.14	<b>1:32.77</b>
	bl	59 <b>Eva Weultjes</b>	DC2	1:31.14	<b>1:37.94</b>

Harry Pardijs

Eva Weultjes

200m 22.34 (22.34)

200m 22.28 (22.28)

600m 54.62 (32.28)

600m 58.97 (36.69)

1000m 1:32.77 (38.15)

1000m 1:37.94 (38.97)

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 10. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	17 Noam van de Koppel	HC2	48	O	5:12.87	
2	74 Mees Klunder	HC1	49	O	5:15.55	
3	79 Kalista Lamers	DB1	48	I	5:33.45	
	48 Beau Kappers	HB1	49	I	DNF	

Referee:

Assistant:

Starter:

From 3/10/2023 5:15:00 PM to 3/10/2023 7:09:24 PM

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# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 10. Race Result 3000 meter

	Name	Cat	PB	Time	Info
48	wt 79 <b>Kalista Lamers</b>	DB1	5:15.51	<b>5:33.45</b>	
	rd 17 <b>Noam van de Koppel</b>	HC2		<b>5:12.87</b>	
	<b>Kalista Lamers</b>				
	200m	23.54 (23.54)			
	600m	1:03.50 (39.96)			
	1000m	1:45.56 (42.06)			
	1400m	2:28.48 (42.92)			
	1800m	3:13.27 (44.79)			
	2200m	3:58.90 (45.63)			
	2600m	4:46.27 (47.37)			
	3000m	5:33.45 (47.18)			
	<b>Noam van de Koppel</b>				
	200m	23.54 (23.54)			
	600m	1:02.03 (38.49)			
	1000m	1:43.07 (41.04)			
	1400m	2:24.98 (41.91)			
	1800m	3:07.51 (42.53)			
	2200m	3:50.04 (42.53)			
	2600m	4:32.94 (42.90)			
	3000m	5:12.87 (39.93)			

	Name	Cat	PB	Time	Info
49	yw 48 <b>Beau Kappers</b>	HB1	5:01.59	<b>DNF</b>	
	bl 74 <b>Mees Klunder</b>	HC1	4:56.42	<b>5:15.55</b>	
	<b>Beau Kappers</b>				
	200m	21.22 (21.22)			
	600m	58.81 (37.59)			
	1000m	1:39.50 (40.69)			
	1400m	2:21.25 (41.75)			
	1800m	3:04.00 (42.75)			
	<b>Mees Klunder</b>				
	200m	21.89 (21.89)			
	600m	59.31 (37.42)			
	1000m	1:38.86 (39.55)			
	1400m	2:19.52 (40.66)			
	1800m	3:01.55 (42.03)			
	2200m	3:44.83 (43.28)			
	2600m	4:29.77 (44.94)			
	3000m	5:15.55 (45.78)			

# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 11. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	39 Daniël van Velsen	HA2	53	I	7:58.26	PB	
2	26 Arjen Esselink	H55	51	I	8:48.38	PB	
3	40 Jan-Willem van Velsen	H50	52	O	8:48.81		
4	32 Bas Hagen	H50	53	O	9:01.07		
5	4 Jasmijn Egers	DN4	51	O	9:17.14		
6	43 Klaas Jan van der Veen	H50	50	O	9:19.10		
7	3 Chantal Herms	D45	50	I	9:31.52		
8	78 Arne Alphenaar	H60	52	I	9:59.91		

Referee:

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# Recordwedstrijd Vrijdag

Sport- en Recreatiecentrum de Scheg - Deventer

10 March 2023

## 11. Race Result 5000 meter

	Name	Cat	PB	Time	Info
50	wt 3 <b>Chantal Herms</b>	D45	9:08.71	<b>9:31.52</b>	
	rd 43 <b>Klaas Jan van der Veen</b>	H50		<b>9:19.10</b>	
	<b>Chantal Herms</b>				
	200m	23.21 (23.21)			
	600m	1:03.36 (40.15)			
	1000m	1:45.85 (42.49)			
	1400m	2:29.99 (44.14)			
	1800m	3:14.88 (44.89)			
	2200m	4:00.23 (45.35)			
	2600m	4:46.09 (45.86)			
	3000m	5:31.59 (45.50)			
	3400m	6:18.20 (46.61)			
	3800m	7:01.40 (43.20)			
	4200m	7:53.33 (51.93)			
	4600m	8:42.13 (48.80)			
	5000m	9:31.52 (49.39)			
	<b>Klaas Jan van der Veen</b>				
	200m	23.12 (23.12)			
	600m	1:01.63 (38.51)			
	1000m	1:44.79 (43.16)			
	1400m	2:29.07 (44.28)			
	1800m	3:13.92 (44.85)			
	2200m	3:58.67 (44.75)			
	2600m	4:44.06 (45.39)			
	3000m	5:29.68 (45.62)			
	3400m	6:15.22 (45.54)			
	3800m	7:01.88 (46.66)			
	4200m	7:48.53 (46.65)			
	4600m	8:34.95 (46.42)			
	5000m	9:19.10 (44.15)			

	Name	Cat	PB	Time	Info
51	yw 26 <b>Arjen Esselink</b>	H55	8:52.09	<b>8:48.38</b>	PB
	bl 4 <b>Jasmijn Egers</b>	DN4	8:49.42	<b>9:17.14</b>	
	<b>Arjen Esselink</b>				
	200m	23.96 (23.96)			
	600m	1:03.72 (39.76)			
	1000m	1:45.55 (41.83)			
	1400m	2:27.23 (41.68)			
	1800m	3:08.94 (41.71)			
	2200m	3:50.55 (41.61)			
	2600m	4:32.79 (42.24)			
	3000m	5:15.14 (42.35)			
	3400m	5:54.60 (39.46)			
	3800m	6:41.25 (46.65)			
	4200m	7:23.48 (42.23)			
	4600m	8:06.20 (42.72)			
	5000m	8:48.38 (42.18)			
	<b>Jasmijn Egers</b>				
	200m	24.57 (24.57)			
	600m	1:05.47 (40.90)			
	1000m	1:48.20 (42.73)			
	1400m	2:32.29 (44.09)			
	1800m	3:16.07 (43.78)			
	2200m	4:00.24 (44.17)			
	2600m	4:44.42 (44.18)			
	3000m	5:29.62 (45.20)			
	3400m	6:15.21 (45.59)			
	3800m	7:01.38 (46.17)			
	4200m	7:46.74 (45.36)			
	4600m	8:32.43 (45.69)			
	5000m	9:17.14 (44.71)			

Referee:

Assistant:

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		Name			Cat			PB	Time	Info
52	wt	78	<b>Arne Alphenaar</b>		H60			8:33.38	<b>9:59.91</b>	
	rd	40	<b>Jan-Willem van Velsen</b>		H50			8:42.98	<b>8:48.81</b>	
		<b>Arne Alphenaar</b>				<b>Jan-Willem van Velsen</b>				
		200m	27.47	(27.47)	200m	23.10	(23.10)			
		600m	1:12.10	(44.63)	600m	1:01.98	(38.88)			
		1000m	1:57.57	(45.47)	1000m	1:41.53	(39.55)			
		1400m	2:43.67	(46.10)	1400m	2:22.30	(40.77)			
		1800m	3:30.86	(47.19)	1800m	3:03.23	(40.93)			
		2200m	4:17.88	(47.02)	2200m	3:45.17	(41.94)			
		2600m	5:06.73	(48.85)	2600m	4:27.35	(42.18)			
		3000m	5:55.64	(48.91)	3000m	5:10.45	(43.10)			
		3400m	6:44.03	(48.39)	3400m	5:53.27	(42.82)			
		3800m	7:33.03	(49.00)	3800m	6:37.21	(43.94)			
		4200m	8:22.42	(49.39)	4200m	7:21.25	(44.04)			
		4600m	9:11.37	(48.95)	4600m	8:05.75	(44.50)			
		5000m	9:59.91	(48.54)	5000m	8:48.81	(43.06)			

		Name			Cat			PB	Time	Info
53	yw	39	<b>Daniël van Velsen</b>		HA2			8:06.05	<b>7:58.26</b>	PB
	bl	32	<b>Bas Hagen</b>		H50			8:32.26	<b>9:01.07</b>	
		<b>Daniël van Velsen</b>				<b>Bas Hagen</b>				
		200m	21.34	(21.34)	200m	25.36	(25.36)			
		600m	57.30	(35.96)	600m	1:06.53	(41.17)			
		1000m	1:33.65	(36.35)	1000m	1:48.89	(42.36)			
		1400m	2:10.10	(36.45)	1400m	2:31.98	(43.09)			
		1800m	2:47.30	(37.20)	1800m	3:15.10	(43.12)			
		2200m	3:24.66	(37.36)	2200m	3:58.62	(43.52)			
		2600m	4:02.17	(37.51)	2600m	4:41.95	(43.33)			
		3000m	4:40.30	(38.13)	3000m	5:25.15	(43.20)			
		3400m	5:19.05	(38.75)	3400m	6:08.24	(43.09)			
		3800m	5:58.29	(39.24)	3800m	6:52.20	(43.96)			
		4200m	6:39.03	(40.74)	4200m	7:35.81	(43.61)			
		4600m	7:19.52	(40.49)	4600m	8:19.19	(43.38)			
		5000m	7:58.26	(38.74)	5000m	9:01.07	(41.88)			

Referee:

Assistant:

Starter:

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