

# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 1. Uitslag 500 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1   | 6 Merijn Scheperkamp    | HSA | 7    | O    | 35.08 |      |        |
| 2   | 30 Jesper van Mieghem   | HN1 | 7    | I    | 36.30 |      |        |
| 3   | 9 Sijmen Egberts        | HN2 | 8    | I    | 36.49 | PR   |        |
| 4   | 4 Suzanne Schulting     | DSA | 6    | I    | 38.68 | HT   |        |
| 5   | 28 Jasper van der Marel | HN1 | 3    | I    | 39.39 |      |        |
| 6   | 7 Chloé Hoogendoorn     | DN1 | 3    | O    | 39.47 |      |        |
| 7   | 8 Meike Veen            | DN1 | 4    | O    | 39.60 |      |        |
| 8   | 12 Marijke Groenewoud   | DSA | 5    | O    | 40.03 |      |        |
| 9   | 11 Elisa Dul            | DSA | 6    | O    | 40.17 | HT   |        |
| 10  | 20 Merel Conijn         | DN4 | 4    | I    | 40.66 |      |        |
| 11  | 19 Bente Kerkhoff       | DN4 | 1    | O    | 41.76 |      |        |
| 12  | 29 Emma Noz             | DN1 | 2    | I    | 42.93 |      |        |
| 13  | 25 Esmee Visser         | DSA | 2    | O    | 43.05 |      |        |
| 14  | 27 Sophie Kraaijeveld   | DN2 | 1    | I    | 43.28 |      |        |
|     | 15 Melissa Wijfje       | DSA | 5    | I    | DNF   |      |        |
|     | 32 Silje Hut            | HN1 |      |      | WDR   |      |        |

# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 1. Rituitslag 500 meter

|   |    | Naam                      |                           | Cat     |                       | PR    | Tijd         | Info |
|---|----|---------------------------|---------------------------|---------|-----------------------|-------|--------------|------|
| 1 | wt | 27                        | <b>Sophie Kraaijeveld</b> |         | DN2                   | 41.69 | <b>43.28</b> |      |
|   | rd | 19                        | <b>Bente Kerkhoff</b>     |         | DN4                   | 40.77 | <b>41.76</b> |      |
|   |    | <b>Sophie Kraaijeveld</b> |                           |         | <b>Bente Kerkhoff</b> |       |              |      |
|   |    | 100m                      | 12.20                     | (12.20) | 100m                  | 11.74 | (11.74)      |      |
|   |    | 500m                      | 43.28                     | (31.08) | 500m                  | 41.76 | (30.02)      |      |

|   |    | Naam            |                     | Cat     |                     | PR    | Tijd         | Info |
|---|----|-----------------|---------------------|---------|---------------------|-------|--------------|------|
| 2 | gl | 29              | <b>Emma Noz</b>     |         | DN1                 | 41.98 | <b>42.93</b> |      |
|   | bl | 25              | <b>Esmee Visser</b> |         | DSA                 | 41.42 | <b>43.05</b> |      |
|   |    | <b>Emma Noz</b> |                     |         | <b>Esmee Visser</b> |       |              |      |
|   |    | 100m            | 11.88               | (11.88) | 100m                | 12.11 | (12.11)      |      |
|   |    | 500m            | 42.93               | (31.05) | 500m                | 43.05 | (30.94)      |      |

|   |    | Naam                        |                             | Cat     |                          | PR    | Tijd         | Info |
|---|----|-----------------------------|-----------------------------|---------|--------------------------|-------|--------------|------|
| 3 | wt | 28                          | <b>Jasper van der Marel</b> |         | HN1                      | 38.88 | <b>39.39</b> |      |
|   | rd | 7                           | <b>Chloé Hoogendoorn</b>    |         | DN1                      | 38.25 | <b>39.47</b> |      |
|   |    | <b>Jasper van der Marel</b> |                             |         | <b>Chloé Hoogendoorn</b> |       |              |      |
|   |    | 100m                        | 11.17                       | (11.17) | 100m                     | 11.03 | (11.03)      |      |
|   |    | 500m                        | 39.39                       | (28.22) | 500m                     | 39.47 | (28.44)      |      |

|   |    | Naam                |                     | Cat     |                   | PR    | Tijd         | Info |
|---|----|---------------------|---------------------|---------|-------------------|-------|--------------|------|
| 4 | gl | 20                  | <b>Merel Conijn</b> |         | DN4               | 39.17 | <b>40.66</b> |      |
|   | bl | 8                   | <b>Meike Veen</b>   |         | DN1               | 39.11 | <b>39.60</b> |      |
|   |    | <b>Merel Conijn</b> |                     |         | <b>Meike Veen</b> |       |              |      |
|   |    | 100m                | 11.46               | (11.46) | 100m              | 11.28 | (11.28)      |      |
|   |    | 500m                | 40.66               | (29.20) | 500m              | 39.60 | (28.32)      |      |

|   |    | Naam                  |                           | Cat     |                           | PR    | Tijd         | Info |
|---|----|-----------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 5 | wt | 15                    | <b>Melissa Wijffe</b>     |         | DSA                       | 38.83 | <b>DNF</b>   |      |
|   | rd | 12                    | <b>Marijke Groenewoud</b> |         | DSA                       | 38.57 | <b>40.03</b> |      |
|   |    | <b>Melissa Wijffe</b> |                           |         | <b>Marijke Groenewoud</b> |       |              |      |
|   |    | 100m                  | 11.42                     | (11.42) | 100m                      | 11.37 | (11.37)      |      |
|   |    |                       |                           |         | 500m                      | 40.03 | (28.66)      |      |

# Trainingswedstrijd WCKT-deelnemers en topteams

## Thialf - Heerenveen

|   |    | Naam |                          | Cat   |                  | PR    | Tijd         | Info    |
|---|----|------|--------------------------|-------|------------------|-------|--------------|---------|
| 6 | gl | 4    | <b>Suzanne Schulting</b> |       | DSA              | 37.71 | <b>38.68</b> | HT      |
|   | bl | 11   | <b>Elisa Dul</b>         |       | DSA              | 38.66 | <b>40.17</b> | HT      |
|   |    |      | <b>Suzanne Schulting</b> |       | <b>Elisa Dul</b> |       |              |         |
|   |    |      | 100m                     | 10.92 | (10.92)          | 100m  | 11.33        | (11.33) |
|   |    |      | 500m                     | 38.68 | (27.76)          | 500m  | 40.17        | (28.84) |

|   |    | Naam |                           | Cat   |                           | PR    | Tijd         | Info    |
|---|----|------|---------------------------|-------|---------------------------|-------|--------------|---------|
| 7 | wt | 30   | <b>Jesper van Mieghem</b> |       | HN1                       | 36.13 | <b>36.30</b> |         |
|   | rd | 6    | <b>Merijn Scheperkamp</b> |       | HSA                       | 34.43 | <b>35.08</b> |         |
|   |    |      | <b>Jesper van Mieghem</b> |       | <b>Merijn Scheperkamp</b> |       |              |         |
|   |    |      | 100m                      | 10.25 | (10.25)                   | 100m  | 9.85         | (9.85)  |
|   |    |      | 500m                      | 36.30 | (26.05)                   | 500m  | 35.08        | (25.23) |

|   |    | Naam |                       | Cat   |                  | PR    | Tijd         | Info |
|---|----|------|-----------------------|-------|------------------|-------|--------------|------|
| 8 | gl | 9    | <b>Sijmen Egberts</b> |       | HN2              | 36.59 | <b>36.49</b> | PR   |
|   | bl | 32   | <b>Sille Hut</b>      |       | HN1              | 37.88 | <b>WDR</b>   |      |
|   |    |      | <b>Sijmen Egberts</b> |       | <b>Sille Hut</b> |       |              |      |
|   |    |      | 100m                  | 10.15 | (10.15)          |       |              |      |
|   |    |      | 500m                  | 36.49 | (26.34)          |       |              |      |

# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 2. Uitslag 5000 meter

| Pos | Naam                 | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|----------------------|-----|------|------|---------|------|--------|
| 1   | 21 Jorrit Bergsma    | HSB | 1    | O    | 6:14.71 |      |        |
| 2   | 1 Bart Swings        | HSB | 1    | I    | 6:15.07 |      |        |
| 3   | 22 Wisse Slendebroek | HN1 | 2    | O    | 6:31.00 | PR   |        |
| 4   | 3 Sanne in 't Hof    | DSA | 2    | I    | 6:54.97 |      |        |

# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 2. Rituitslag 5000 meter

|   |    | Naam               |                       | Cat     |                       | PR      | Tijd           | Info |
|---|----|--------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 1 | wt | 1                  | <b>Bart Swings</b>    |         | HSB                   | 6:08.76 | <b>6:15.07</b> |      |
|   | rd | 21                 | <b>Jorrit Bergsma</b> |         | HSB                   | 6:06.93 | <b>6:14.71</b> |      |
|   |    | <b>Bart Swings</b> |                       |         | <b>Jorrit Bergsma</b> |         |                |      |
|   |    | 200m               | 19.25                 | (19.25) | 200m                  | 19.34   | (19.34)        |      |
|   |    | 600m               | 48.46                 | (29.21) | 600m                  | 48.56   | (29.22)        |      |
|   |    | 1000m              | 1:17.89               | (29.43) | 1000m                 | 1:18.03 | (29.47)        |      |
|   |    | 1400m              | 1:47.65               | (29.76) | 1400m                 | 1:47.50 | (29.47)        |      |
|   |    | 1800m              | 2:17.23               | (29.58) | 1800m                 | 2:17.16 | (29.66)        |      |
|   |    | 2200m              | 2:46.89               | (29.66) | 2200m                 | 2:46.68 | (29.52)        |      |
|   |    | 2600m              | 3:16.60               | (29.71) | 2600m                 | 3:16.52 | (29.84)        |      |
|   |    | 3000m              | 3:46.26               | (29.66) | 3000m                 | 3:46.20 | (29.68)        |      |
|   |    | 3400m              | 4:15.54               | (29.28) | 3400m                 | 4:15.91 | (29.71)        |      |
|   |    | 3800m              | 4:45.36               | (29.82) | 3800m                 | 4:45.53 | (29.62)        |      |
|   |    | 4200m              | 5:15.28               | (29.92) | 4200m                 | 5:15.46 | (29.93)        |      |
|   |    | 4600m              | 5:45.32               | (30.04) | 4600m                 | 5:44.94 | (29.48)        |      |
|   |    | 5000m              | 6:15.07               | (29.75) | 5000m                 | 6:14.71 | (29.77)        |      |

|   |    | Naam                   |                          | Cat     |                          | PR      | Tijd           | Info |
|---|----|------------------------|--------------------------|---------|--------------------------|---------|----------------|------|
| 2 | gl | 3                      | <b>Sanne in 't Hof</b>   |         | DSA                      | 6:47.28 | <b>6:54.97</b> |      |
|   | bl | 22                     | <b>Wisse Slendebroek</b> |         | HN1                      | 6:31.92 | <b>6:31.00</b> | PR   |
|   |    | <b>Sanne in 't Hof</b> |                          |         | <b>Wisse Slendebroek</b> |         |                |      |
|   |    | 200m                   | 21.09                    | (21.09) | 200m                     | 19.94   | (19.94)        |      |
|   |    | 600m                   | 52.75                    | (31.66) | 600m                     | 49.99   | (30.05)        |      |
|   |    | 1000m                  | 1:25.07                  | (32.32) | 1000m                    | 1:21.20 | (31.21)        |      |
|   |    | 1400m                  | 1:57.90                  | (32.83) | 1400m                    | 1:52.67 | (31.47)        |      |
|   |    | 1800m                  | 2:30.50                  | (32.60) | 1800m                    | 2:23.69 | (31.02)        |      |
|   |    | 2200m                  | 3:03.04                  | (32.54) | 2200m                    | 2:54.90 | (31.21)        |      |
|   |    | 2600m                  | 3:35.73                  | (32.69) | 2600m                    | 3:26.22 | (31.32)        |      |
|   |    | 3000m                  | 4:08.73                  | (33.00) | 3000m                    | 3:57.42 | (31.20)        |      |
|   |    | 3400m                  | 4:41.67                  | (32.94) | 3400m                    | 4:28.33 | (30.91)        |      |
|   |    | 3800m                  | 5:14.64                  | (32.97) | 3800m                    | 4:59.33 | (31.00)        |      |
|   |    | 4200m                  | 5:47.90                  | (33.26) | 4200m                    | 5:29.89 | (30.56)        |      |
|   |    | 4600m                  | 6:21.37                  | (33.47) | 4600m                    | 6:00.35 | (30.46)        |      |
|   |    | 5000m                  | 6:54.97                  | (33.60) | 5000m                    | 6:31.00 | (30.65)        |      |

# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 3. Uitslag 3000 meter

| Pos | Naam                 | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|----------------------|-----|------|------|---------|------|--------|
| 1   | 13 Tjerk de Boer     | HSA | 3    | I    | 3:43.60 | PR   |        |
| 2   | 16 Daan Gelling      | HSA | 3    | O    | 3:49.44 |      |        |
| 3   | 31 Sil van der Veen  | HA2 | 2    | I    | 3:51.92 | PR   |        |
| 4   | 14 Sjoerd den Hertog | HSB | 4    | O    | 3:52.77 |      |        |
| 5   | 18 Jordy Harink      | HSA | 4    | I    | 3:54.68 |      |        |
| 6   | 17 Maaïke Verweij    | DSA | 1    | O    | 4:15.11 |      |        |
| 7   | 26 Ju-Lin de Visser  | DSA | 1    | I    | 4:27.32 | PR   |        |

# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 3. Rituitslag 3000 meter

|   |    | Naam             |                  | Cat     |                | PR      |         | Tijd           | Info |
|---|----|------------------|------------------|---------|----------------|---------|---------|----------------|------|
| 1 | wt | 26               | Ju-Lin de Visser |         | DSA            | 4:30.01 |         | <b>4:27.32</b> | PR   |
|   | rd | 17               | Maaïke Verweij   |         | DSA            | 4:08.14 |         | <b>4:15.11</b> |      |
|   |    | Ju-Lin de Visser |                  |         | Maaïke Verweij |         |         |                |      |
|   |    | 200m             | 20.40            | (20.40) | 200m           | 21.40   | (21.40) |                |      |
|   |    | 600m             | 53.42            | (33.02) | 600m           | 53.34   | (31.94) |                |      |
|   |    | 1000m            | 1:28.60          | (35.18) | 1000m          | 1:26.08 | (32.74) |                |      |
|   |    | 1400m            | 2:04.18          | (35.58) | 1400m          | 1:59.24 | (33.16) |                |      |
|   |    | 1800m            | 2:38.49          | (34.31) | 1800m          | 2:32.90 | (33.66) |                |      |
|   |    | 2200m            | 3:15.58          | (37.09) | 2200m          | 3:06.56 | (33.66) |                |      |
|   |    | 2600m            | 3:51.84          | (36.26) | 2600m          | 3:40.65 | (34.09) |                |      |
|   |    | 3000m            | 4:27.32          | (35.48) | 3000m          | 4:15.11 | (34.46) |                |      |

|   |    | Naam             |                  | Cat     |     | PR      |  | Tijd           | Info |
|---|----|------------------|------------------|---------|-----|---------|--|----------------|------|
| 2 | gl | 31               | Sil van der Veen |         | HA2 | 3:54.73 |  | <b>3:51.92</b> | PR   |
|   | bl |                  |                  |         |     |         |  |                |      |
|   |    | Sil van der Veen |                  |         | m   |         |  |                |      |
|   |    | 200m             | 20.06            | (20.06) |     |         |  |                |      |
|   |    | 600m             | 50.16            | (30.10) |     |         |  |                |      |
|   |    | 1000m            | 1:20.45          | (30.29) |     |         |  |                |      |
|   |    | 1400m            | 1:50.80          | (30.35) |     |         |  |                |      |
|   |    | 1800m            | 2:22.48          | (31.68) |     |         |  |                |      |
|   |    | 2200m            | 2:51.43          | (28.95) |     |         |  |                |      |
|   |    | 2600m            | 3:21.73          | (30.30) |     |         |  |                |      |
|   |    | 3000m            | 3:51.92          | (30.19) |     |         |  |                |      |

# Trainingswedstrijd WCKT-deelnemers en topteams

## Thialf - Heerenveen

|   |    | Naam                 |         | Cat     |                     | PR      | Tijd           | Info |
|---|----|----------------------|---------|---------|---------------------|---------|----------------|------|
| 3 | wt | 13 Tjerk de Boer     |         | HSA     |                     | 3:44.93 | <b>3:43.60</b> | PR   |
|   | rd | 16 Daan Gelling      |         | HSA     |                     | 3:47.41 | <b>3:49.44</b> |      |
|   |    | <u>Tjerk de Boer</u> |         |         | <u>Daan Gelling</u> |         |                |      |
|   |    | 200m                 | 19.01   | (19.01) | 200m                | 19.77   | (19.77)        |      |
|   |    | 600m                 | 48.41   | (29.40) | 600m                | 49.68   | (29.91)        |      |
|   |    | 1000m                | 1:18.00 | (29.59) | 1000m               | 1:19.41 | (29.73)        |      |
|   |    | 1400m                | 1:47.67 | (29.67) | 1400m               | 1:49.25 | (29.84)        |      |
|   |    | 1800m                | 2:16.98 | (29.31) | 1800m               | 2:19.19 | (29.94)        |      |
|   |    | 2200m                | 2:45.85 | (28.87) | 2200m               | 2:49.17 | (29.98)        |      |
|   |    | 2600m                | 3:14.56 | (28.71) | 2600m               | 3:19.09 | (29.92)        |      |
|   |    | 3000m                | 3:43.60 | (29.04) | 3000m               | 3:49.44 | (30.35)        |      |

|   |    | Naam                 |         | Cat     |                          | PR      | Tijd           | Info |
|---|----|----------------------|---------|---------|--------------------------|---------|----------------|------|
| 4 | gl | 18 Jordy Harink      |         | HSA     |                          | 3:48.37 | <b>3:54.68</b> |      |
|   | bl | 14 Sjoerd den Hertog |         | HSB     |                          | 3:45.88 | <b>3:52.77</b> |      |
|   |    | <u>Jordy Harink</u>  |         |         | <u>Sjoerd den Hertog</u> |         |                |      |
|   |    | 200m                 | 19.97   | (19.97) | 200m                     | 19.70   | (19.70)        |      |
|   |    | 600m                 | 50.13   | (30.16) | 600m                     | 49.75   | (30.05)        |      |
|   |    | 1000m                | 1:20.13 | (30.00) | 1000m                    | 1:19.99 | (30.24)        |      |
|   |    | 1400m                | 1:50.38 | (30.25) | 1400m                    | 1:50.09 | (30.10)        |      |
|   |    | 1800m                | 2:20.89 | (30.51) | 1800m                    | 2:20.55 | (30.46)        |      |
|   |    | 2200m                | 2:51.80 | (30.91) | 2200m                    | 2:50.89 | (30.34)        |      |
|   |    | 2600m                | 3:23.06 | (31.26) | 2600m                    | 3:21.65 | (30.76)        |      |
|   |    | 3000m                | 3:54.68 | (31.62) | 3000m                    | 3:52.77 | (31.12)        |      |



# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 4. Uitslag 1500 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 23 Bart Hoolwerf        | HSA | 5    | O    | 1:47.91 |      |        |
| 2   | 33 Loek van Vilsteren   | HN2 | 6    | O    | 1:51.62 |      |        |
| 3   | 32 Sille Hut            | HN1 | 5    | I    | 1:54.69 |      |        |
| 4   | 28 Jasper van der Marel | HN1 | 6    | I    | 1:55.42 |      |        |
| 5   | 20 Merel Conijn         | DN4 | 4    | I    | 1:59.07 |      |        |
| 6   | 19 Bente Kerkhoff       | DN4 | 4    | O    | 2:02.11 |      |        |
| 7   | 29 Emma Noz             | DN1 | 1    | I    | 2:07.50 |      |        |
|     | 15 Melissa Wijfje       | DSA | 1    | O    | DNF     |      |        |
|     | 25 Esmee Visser         | DSA | 3    | I    | DQ      |      |        |
|     | 27 Sophie Kraaijeveld   | DN2 |      |      | WDR     |      |        |

# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 4. Rituitslag 1500 meter

|   |    | Naam            |                       | Cat     |                       | PR    |         | Tijd           | Info |
|---|----|-----------------|-----------------------|---------|-----------------------|-------|---------|----------------|------|
| 1 | wt | 29              | <b>Emma Noz</b>       |         | DN1                   |       | 2:06.14 | <b>2:07.50</b> |      |
|   | rd | 15              | <b>Melissa Wijffe</b> |         | DSA                   |       | 1:51.78 | <b>DNF</b>     |      |
|   |    | <b>Emma Noz</b> |                       |         | <b>Melissa Wijffe</b> |       |         |                |      |
|   |    | 300m            | 28.04                 | (28.04) | 300m                  | 26.38 | (26.38) |                |      |
|   |    | 700m            | 59.32                 | (31.28) |                       |       |         |                |      |
|   |    | 1100m           | 1:32.50               | (33.18) |                       |       |         |                |      |
|   |    | 1500m           | 2:07.50               | (35.00) |                       |       |         |                |      |

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

|   |    | Naam                |                           | Cat     |                           | PR |         | Tijd       | Info |
|---|----|---------------------|---------------------------|---------|---------------------------|----|---------|------------|------|
| 3 | wt | 25                  | <b>Esmee Visser</b>       |         | DSA                       |    | 1:57.69 | <b>DQ</b>  |      |
|   | rd | 27                  | <b>Sophie Kraaijeveld</b> |         | DN2                       |    | 2:01.73 | <b>WDR</b> |      |
|   |    | <b>Esmee Visser</b> |                           |         | <b>Sophie Kraaijeveld</b> |    |         |            |      |
|   |    | 300m                | 28.62                     | (28.62) |                           |    |         |            |      |
|   |    | 700m                | 1:00.29                   | (31.67) |                           |    |         |            |      |
|   |    | 1100m               | 1:32.00                   | (31.71) |                           |    |         |            |      |
|   |    | 1500m               | 2:04.26                   | (32.26) |                           |    |         |            |      |

|   |    | Naam                |                       | Cat     |                       | PR      |         | Tijd           | Info |
|---|----|---------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 4 | gl | 20                  | <b>Merel Conijn</b>   |         | DN4                   |         | 1:55.95 | <b>1:59.07</b> |      |
|   | bl | 19                  | <b>Bente Kerkhoff</b> |         | DN4                   |         | 1:59.64 | <b>2:02.11</b> |      |
|   |    | <b>Merel Conijn</b> |                       |         | <b>Bente Kerkhoff</b> |         |         |                |      |
|   |    | 300m                | 27.06                 | (27.06) | 300m                  | 27.14   | (27.14) |                |      |
|   |    | 700m                | 57.06                 | (30.00) | 700m                  | 57.14   | (30.00) |                |      |
|   |    | 1100m               | 1:27.79               | (30.73) | 1100m                 | 1:28.82 | (31.68) |                |      |
|   |    | 1500m               | 1:59.07               | (31.28) | 1500m                 | 2:02.11 | (33.29) |                |      |

# Trainingswedstrijd WCKT-deelnemers en topteams

## Thialf - Heerenveen

|   |    | Naam |                      | Cat |     | PR      | Tijd           | Info |
|---|----|------|----------------------|-----|-----|---------|----------------|------|
| 5 | wt | 32   | <b>Sille Hut</b>     |     | HN1 | 1:52.56 | <b>1:54.69</b> |      |
|   | rd | 23   | <b>Bart Hoolwerf</b> |     | HSA | 1:45.12 | <b>1:47.91</b> |      |

### Sille Hut

|       |         |         |
|-------|---------|---------|
| 300m  | 25.40   | (25.40) |
| 700m  | 53.44   | (28.04) |
| 1100m | 1:22.74 | (29.30) |
| 1500m | 1:54.69 | (31.95) |

### Bart Hoolwerf

|       |         |         |
|-------|---------|---------|
| 300m  | 25.11   | (25.11) |
| 700m  | 52.28   | (27.17) |
| 1100m | 1:19.78 | (27.50) |
| 1500m | 1:47.91 | (28.13) |

|   |    | Naam |                             | Cat |     | PR      | Tijd           | Info |
|---|----|------|-----------------------------|-----|-----|---------|----------------|------|
| 6 | gl | 28   | <b>Jasper van der Marel</b> |     | HN1 | 1:53.35 | <b>1:55.42</b> |      |
|   | bl | 33   | <b>Loek van Vilsteren</b>   |     | HN2 | 1:50.58 | <b>1:51.62</b> |      |

### Jasper van der Marel

|       |         |         |
|-------|---------|---------|
| 300m  | 25.98   | (25.98) |
| 700m  | 54.67   | (28.69) |
| 1100m | 1:24.40 | (29.73) |
| 1500m | 1:55.42 | (31.02) |

### Loek van Vilsteren

|       |         |         |
|-------|---------|---------|
| 300m  | 24.40   | (24.40) |
| 700m  | 51.84   | (27.44) |
| 1100m | 1:20.83 | (28.99) |
| 1500m | 1:51.62 | (30.79) |

# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 5. Uitslag 1000 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1   | 2 Joep Wennemars      | HN3 | 4    | I    | 1:08.73 |      |        |
| 2   | 5 Tijmen Snel         | HSA | 4    | O    | 1:09.71 |      |        |
| 3   | 10 Freek van der Ham  | HN1 | 3    | I    | 1:12.52 | PR   |        |
| 4   | 12 Marijke Groenewoud | DSA | 3    | O    | 1:16.92 |      |        |
| 5   | 11 Elisa Dul          | DSA | 1    | I    | 1:17.44 |      |        |
| 6   | 24 Hilde Noppert      | DSA | 1    | O    | 1:21.96 |      |        |

# Trainingswedstrijd WCKT-deelnemers en topteams

Thialf - Heerenveen

## 5. Rituitslag 1000 meter

|   |    | Naam             |                      | Cat     |                      | PR      |         | Tijd           | Info |
|---|----|------------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 1 | wt | 11               | <b>Elisa Dul</b>     |         | DSA                  |         | 1:14.48 | <b>1:17.44</b> |      |
|   | rd | 24               | <b>Hilde Noppert</b> |         | DSA                  |         | 1:20.73 | <b>1:21.96</b> |      |
|   |    | <b>Elisa Dul</b> |                      |         | <b>Hilde Noppert</b> |         |         |                |      |
|   |    | 200m             | 18.98                | (18.98) | 200m                 | 19.78   | (19.78) |                |      |
|   |    | 600m             | 47.59                | (28.61) | 600m                 | 49.86   | (30.08) |                |      |
|   |    | 1000m            | 1:17.44              | (29.85) | 1000m                | 1:21.96 | (32.10) |                |      |

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

|   |    | Naam                     |                           | Cat     |                           | PR      |         | Tijd           | Info |
|---|----|--------------------------|---------------------------|---------|---------------------------|---------|---------|----------------|------|
| 3 | wt | 10                       | <b>Freek van der Ham</b>  |         | HN1                       |         | 1:14.18 | <b>1:12.52</b> | PR   |
|   | rd | 12                       | <b>Marijke Groenewoud</b> |         | DSA                       |         | 1:13.73 | <b>1:16.92</b> |      |
|   |    | <b>Freek van der Ham</b> |                           |         | <b>Marijke Groenewoud</b> |         |         |                |      |
|   |    | 200m                     | 17.95                     | (17.95) | 200m                      | 18.93   | (18.93) |                |      |
|   |    | 600m                     | 44.78                     | (26.83) | 600m                      | 47.38   | (28.45) |                |      |
|   |    | 1000m                    | 1:12.52                   | (27.74) | 1000m                     | 1:16.92 | (29.54) |                |      |

|   |    | Naam                  |                       | Cat     |                    | PR      |         | Tijd           | Info |
|---|----|-----------------------|-----------------------|---------|--------------------|---------|---------|----------------|------|
| 4 | gl | 2                     | <b>Joep Wennemars</b> |         | HN3                |         | 1:07.40 | <b>1:08.73</b> |      |
|   | bl | 5                     | <b>Tijmen Snel</b>    |         | HSA                |         | 1:08.09 | <b>1:09.71</b> |      |
|   |    | <b>Joep Wennemars</b> |                       |         | <b>Tijmen Snel</b> |         |         |                |      |
|   |    | 200m                  | 16.72                 | (16.72) | 200m               | 16.81   | (16.81) |                |      |
|   |    | 600m                  | 41.94                 | (25.22) | 600m               | 42.12   | (25.31) |                |      |
|   |    | 1000m                 | 1:08.73               | (26.79) | 1000m              | 1:09.71 | (27.59) |                |      |