

Club.wed.STG Elburg, 't Griezeveen, SSVN, Viking

Sport- en Recreatiecentrum de Scheg - Deventer

1 March 2025

1. Result 100 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	13 Babet Hagen	DPD	4	I	13.49		
2	9 Nadine Hendriksen	DPD	12	O	13.72	PB	
3	9 Kynzly Barry	HPF	12	I	14.95		
4	8 Luuk Hoekert	HPE	11	O	15.31	PB	
5	3 Sep de Bruin	HPE	10	O	15.55	PB	
6	10 Julie van Aken	DPE	10	I	15.76	PB	
7	7 Sofie Boonzaaijer	DPD	9	O	15.92	PB	
8	23 Madee Hoekstra	DPC	11	I	16.04	PB	
9	2 Lukas van Meerveld	HPD	5	I	16.09		
10	15 Leonie van den Heuvel	DPC	7	I	16.58	PB	
	26 Lynn van Beek	DPD	7	O	16.58		
12	17 Maeve Westerhof	DPF	5	O	16.89		
13	16 Zara de Jong	DPD	9	I	17.70	PB	
14	5 Abe van Dijk	HPD	8	I	17.77		
15	1 Selah Boonen	DPE	4	O	17.93		
16	29 Shuyun Long	DPF	8	O	18.73	PB	
17	7 Oliver Hendriks	HPC	6	I	19.40		
18	30 Elvira de Mots	DPF	6	O	21.22		
19	20 Mia Jolie Koordes	DPF	1	I	27.28	FL	
20	22 Rosie Hendriks	DPF	3	O	27.60		
	8 Maud Hendriksen	DPC	3	I	DNS		

Referee:

Assistant:

Starter:

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Club.wed.STG Elburg, 't Griezeveen, SSVN, Viking

Sport- en Recreatiecentrum de Scheg - Deventer

1 March 2025

1. Race Result 100 meter

		Name	Cat	PB	Time	Info
1	wt rd	20 Mia Jolie Koordes	DPF		27.28	FL

Mia Jolie Koordes

100m 27.28 (27.28) m

		Name	Cat	PB	Time	Info
2	yw bl					

m m

		Name	Cat	PB	Time	Info
3	wt rd	8 Maud Hendriksen	DPC			DNS
		22 Rosie Hendriks	DPF			27.60

Maud Hendriksen

Rosie Hendriks

100m 27.60 (27.60)

		Name	Cat	PB	Time	Info
4	yw bl	13 Babet Hagen	DPD			13.49
		1 Selah Boonen	DPE			17.93

Babet Hagen

Selah Boonen

100m 13.49 (13.49) 100m 17.93 (17.93)

		Name	Cat	PB	Time	Info
5	wt rd	2 Lukas van Meerveld	HPD			16.09
		17 Maeve Westerhof	DPF			16.89

Lukas van Meerveld

Maeve Westerhof

100m 16.09 (16.09) 100m 16.89 (16.89)

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Sport- en Recreatiecentrum de Scheg - Deventer

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		Name		Cat		PB		Time	Info
6	yw	7	Oliver Hendriks		HPC			19.40	
	bl	30	Elvira de Mots		DPF			21.22	
		Oliver Hendriks			Elvira de Mots				
		100m	19.40	(19.40)	100m	21.22	(21.22)		

		Name		Cat		PB		Time	Info
7	wt	15	Leonie van den Heuvel		DPC		22.38	16.58	PB
	rd	26	Lynn van Beek		DPD			16.58	
		Leonie van den Heuvel			Lynn van Beek				
		100m	16.58	(16.58)	100m	16.58	(16.58)		

		Name		Cat		PB		Time	Info
8	yw	5	Abe van Dijk		HPD			17.77	
	bl	29	Shuyun Long		DPF		21.62	18.73	PB
		Abe van Dijk			Shuyun Long				
		100m	17.77	(17.77)	100m	18.73	(18.73)		

		Name		Cat		PB		Time	Info
9	wt	16	Zara de Jong		DPD		19.77	17.70	PB
	rd	7	Sofie Boonzaaijer		DPD		17.12	15.92	PB
		Zara de Jong			Sofie Boonzaaijer				
		100m	17.70	(17.70)	100m	15.92	(15.92)		

		Name		Cat		PB		Time	Info
10	yw	10	Julie van Aken		DPE		19.81	15.76	PB
	bl	3	Sep de Bruin		HPE		18.91	15.55	PB
		Julie van Aken			Sep de Bruin				
		100m	15.76	(15.76)	100m	15.55	(15.55)		

		Name		Cat		PB		Time	Info
11	wt	23	Madee Hoekstra		DPC		16.86	16.04	PB
	rd	8	Luuk Hoekert		HPE		16.83	15.31	PB
		Madee Hoekstra			Luuk Hoekert				
		100m	16.04	(16.04)	100m	15.31	(15.31)		

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		Name	Cat	PB	Time	Info
12	yw	9 Kynzly Barry	HPF	14.72	14.95	
	bl	9 Nadine Hendriksen	DPD	13.82	13.72	PB
		<u>Kynzly Barry</u>		<u>Nadine Hendriksen</u>		
		100m	14.95 (14.95)	100m	13.72 (13.72)	

Referee:

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Sport- en Recreatiecentrum de Scheg - Deventer

1 March 2025

2. Result Pup 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	4 Renske Van Winkoop	DPA	19	I	44.89		
2	11 Julia Bakker	DPA	20	I	50.09		
3	3 Lynn Hoekert	DPA	20	O	50.53		
4	12 Mari-Jen ten Hove	DPA	19	O	53.85	PB	
5	2 Jasmijn Smit	DPB	18	I	54.92		
6	27 Linde Bisschop	DPA	18	O	56.94	PB	
7	1 Levi Boonen	HPA	17	I	59.37	PB	
8	24 Naomi Bleijerveld	DPA	16	I	1:02.77	PB	
9	6 Léon Zwitser	HPB	14	O	1:03.00		
10	6 Silke van Veen	DPB	14	I	1:03.33	PB	
11	21 Frederique Oosting	DPB	16	O	1:03.99	PB	
12	5 Lysanna van Boven	DPB	15	O	1:05.38	PB	
13	25 Noor Hoekert	DPB	17	O	1:07.05	FL	
14	4 Thijmen Drooger	HPA	15	I	1:12.69	FL	
15	18 Zoe Spanos	DPA	13	O	1:20.21		
16	19 Olivia Koumassa	DPA	13	I	1:29.33		

Referee:

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Sport- en Recreatiecentrum de Scheg - Deventer

1 March 2025

2. Race Result Pup 500 meter

		Name		Cat		PB		Time	Info
13	wt	19	Olivia Koumassa		DPA			1:29.33	
	rd	18	Zoe Spanos		DPA			1:20.21	
		Olivia Koumassa			Zoe Spanos				
		100m	19.63	(19.63)	100m	18.05	(18.05)		
		500m	1:29.33	(69.70)	500m	1:20.21	(62.16)		

		Name		Cat		PB		Time	Info
14	yw	6	Silke van Veen		DPB	1:21.76		1:03.33	PB
	bl	6	Léon Zwitter		HPB			1:03.00	
		Silke van Veen			Léon Zwitter				
		100m	14.59	(14.59)	100m	14.45	(14.45)		
		500m	1:03.33	(48.74)	500m	1:03.00	(48.55)		

		Name		Cat		PB		Time	Info
15	wt	4	Thijmen Drooger		HPA	1:02.39		1:12.69	FL
	rd	5	Lysanna van Boven		DPB	1:05.42		1:05.38	PB
		Thijmen Drooger			Lysanna van Boven				
		100m	13.98	(13.98)	100m	14.28	(14.28)		
		500m	1:12.69	(58.71)	500m	1:05.38	(51.10)		

		Name		Cat		PB		Time	Info
16	yw	24	Naomi Bleijerveld		DPA	1:04.24		1:02.77	PB
	bl	21	Frederique Oosting		DPB	1:11.87		1:03.99	PB
		Naomi Bleijerveld			Frederique Oosting				
		100m	15.12	(15.12)	100m	15.52	(15.52)		
		500m	1:02.77	(47.65)	500m	1:03.99	(48.47)		

		Name		Cat		PB		Time	Info
17	wt	1	Levi Boonen		HPA	1:00.85		59.37	PB
	rd	25	Noor Hoekert		DPB	54.71		1:07.05	FL
		Levi Boonen			Noor Hoekert				
		100m	14.05	(14.05)	100m	13.81	(13.81)		
		500m	59.37	(45.32)	500m	1:07.05	(53.24)		

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		Name		Cat		PB		Time	Info
18	yw	2	Jasmijn Smit		DPB		54.39	54.92	
	bl	27	Linde Bisschop		DPA		59.15	56.94	PB
		Jasmijn Smit			Linde Bisschop				
		100m	14.10	(14.10)	100m	13.91	(13.91)		
		500m	54.92	(40.82)	500m	56.94	(43.03)		

		Name		Cat		PB		Time	Info
19	wt	4	Renske Van Winkoop		DPA		42.53	44.89	
	rd	12	Mari-Jen ten Hove		DPA		54.59	53.85	PB
		Renske Van Winkoop			Mari-Jen ten Hove				
		100m	12.01	(12.01)	100m	13.65	(13.65)		
		500m	44.89	(32.88)	500m	53.85	(40.20)		

		Name		Cat		PB		Time	Info
20	yw	11	Julia Bakker		DPA		49.38	50.09	
	bl	3	Lynn Hoekert		DPA		49.98	50.53	
		Julia Bakker			Lynn Hoekert				
		100m	12.96	(12.96)	100m	13.18	(13.18)		
		500m	50.09	(37.13)	500m	50.53	(37.35)		

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Sport- en Recreatiecentrum de Scheg - Deventer

1 March 2025

3. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	4 Twan van de Poppe	HC2	50	I	42.70		
2	1 Nick Hendriksen	HC2	49	O	43.22		
3	6 Sam Schurink	HSA	50	O	43.76		
4	1 Auke-Tjeerd Hiemstra	HN3	46	O	44.04	PB	
5	1 Gerwin Boonen	H40	43	O	44.36		
6	2 Jeftha Westerink	HA2	48	I	44.62		
7	3 Erik Jeurig	H45	47	I	45.52		
8	1 Stef van Moolenbroek	HB1	45	I	45.63		
9	3 Joanne Hendriksen	DC1	47	O	46.05		
10	1 Lisa Huis in 't Veld	DC1	43	I	46.06		
11	4 Luc Wit	HA1	45	O	46.12		
12	5 Jens Zwitser	H45	42	O	46.25		
13	2 Jefte de Bruin	HSB	27	O	46.30		
14	5 Tom van Steenoven	HSA	49	I	46.37		
15	1 Diede Wallet	DN2	46	I	47.56		
16	1 Jens Bakker	HA1	44	I	47.68		
17	4 Frederik Hagen	HSB	21	O	47.76		
18	13 Esmee Bonestroo	DC1	36	O	48.10	PB	
	2 Henk Hendriksen	H40	42	I	48.10		
20	3 Rick Hoekert	HSB	48	O	48.11		
21	4 Elma van Laar	DN2	35	O	48.76	PB	
22	1 Sanne Bakker	DA1	41	O	48.93		
23	8 Beert Timmer	H40	44	O	49.06		
24	2 Arjan Bovenmars	H50	37	O	49.18	PB	
25	2 Andrea Oosting-Klock	D40	39	I	49.26		
26	4 Pieter Jan Oosterhoff	H50	41	I	49.42		
27	9 Bente van Dasselaar	DC2	33	O	50.00		
28	2 Fleur van de Beek	DC1	38	O	50.06		
29	2 Denise Bakker	DN1	39	O	50.16		
30	12 Neyómy Barry	DC1	40	O	50.22		
31	1 Alex Kroeze	HSB	34	O	50.58	PB	
32	5 John Jonker	H50	40	I	50.69		
33	4 Kim Bakker	DB1	37	I	51.00		
34	2 Jasmijn van Ittersum	DA1	30	O	51.64	PB	
35	1 Irene van Veen	D40	33	I	52.14	PB	
36	6 Simone van de Munt	DSA	35	I	52.32		
37	3 Harm de Jong	H50	26	I	52.55		
38	11 Yfke Hoekert	DC1	34	I	52.93		

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	2 Gideon Mones	HC1	23	I	53.01		
40	2 Aiko Hulzebos	H60	23	O	53.08		
41	1 Heleen Vermeulen	DSB	36	I	53.67		
42	5 Lian Klaren	DSA	38	I	54.51		
43	1 Jan Heeres	H65	31	I	54.72		
44	1 Sacha van der Wind	DB2	25	I	55.78		
45	2 Martijn de Jong	HB2	24	O	55.95		
46	10 Feline van de Brandhof	DC1	31	O	56.99		
47	1 Wilma de Wolf	D50	32	O	57.65		
48	6 Alwin van der Lee	H50	32	I	57.66		
49	1 Pascal Dufour	H50	24	I	57.78		
50	6 David van Zuijlekom	H45	29	I	57.82	PB	
51	4 Annick Dijk	DSA	21	I	58.77		
52	4 Ellen Bakker	DC1	29	O	58.86	PB	
53	6 Elena van den Heuvel	DC1	30	I	59.54	PB	
54	7 Johan Havekes	H45	26	O	1:06.78		
55	2 Anita van Beek	DSA	28	I	1:06.98		
56	3 Hugo Hoekwater	HC1	27	I	1:16.99	FL	
57	8 Rivka van Zuijlekom	DC2	28	O	1:17.58	PB	
58	9 Wim van Beek	H40	25	O	1:18.87	FL	

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1 March 2025

3. Race Result 500 meter

		Name		Cat		PB		Time	Info
21	wt	4	Annick Dijk		DSA			58.77	
	rd	4	Frederik Hagen		HSB			47.76	
		Annick Dijk			Frederik Hagen				
		100m	14.74	(14.74)	100m	12.65	(12.65)		
		500m	58.77	(44.03)	500m	47.76	(35.11)		

		Name		Cat		PB		Time	Info
22	yw								
	bl								
			m				m		

		Name		Cat		PB		Time	Info
23	wt	2	Gideon Mones		HC1			53.01	
	rd	2	Aiko Hulzebos		H60			53.08	
		Gideon Mones			Aiko Hulzebos				
		100m	13.30	(13.30)	100m	14.50	(14.50)		
		500m	53.01	(39.71)	500m	53.08	(38.58)		

		Name		Cat		PB		Time	Info
24	yw	1	Pascal Dufour		H50			57.78	
	bl	2	Martijn de Jong		HB2			55.95	
		Pascal Dufour			Martijn de Jong				
		100m	14.83	(14.83)	100m	14.20	(14.20)		
		500m	57.78	(42.95)	500m	55.95	(41.75)		

		Name		Cat		PB		Time	Info
25	wt	1	Sacha van der Wind		DB2			55.78	
	rd	9	Wim van Beek		H40			1:18.87	FL
		Sacha van der Wind			Wim van Beek				
		100m	14.20	(14.20)	100m	15.85	(15.85)		
		500m	55.78	(41.58)	500m	1:18.87	(63.02)		

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		Name	Cat	PB	Time	Info
26	yw	3 Harm de Jong	H50		52.55	
	bl	7 Johan Havekes	H45		1:06.78	
		Harm de Jong		Johan Havekes		
		100m 13.18 (13.18)		100m 16.30 (16.30)		
		500m 52.55 (39.37)		500m 1:06.78 (50.48)		

		Name	Cat	PB	Time	Info
27	wt	3 Hugo Hoekwater	HC1	1:11.36	1:16.99	FL
	rd	2 Jefte de Bruin	HSB		46.30	
		Hugo Hoekwater		Jefte de Bruin		
		100m 14.88 (14.88)		100m 12.34 (12.34)		
		500m 1:16.99 (62.11)		500m 46.30 (33.96)		

		Name	Cat	PB	Time	Info
28	yw	2 Anita van Beek	DSA		1:06.98	
	bl	8 Rivka van Zuijlekom	DC2	1:35.99	1:17.58	PB
		Anita van Beek		Rivka van Zuijlekom		
		100m 15.55 (15.55)		100m 17.32 (17.32)		
		500m 1:06.98 (51.43)		500m 1:17.58 (60.26)		

		Name	Cat	PB	Time	Info
29	wt	6 David van Zuijlekom	H45	58.52	57.82	PB
	rd	4 Ellen Bakker	DC1	1:03.43	58.86	PB
		David van Zuijlekom		Ellen Bakker		
		100m 14.87 (14.87)		100m 14.95 (14.95)		
		500m 57.82 (42.95)		500m 58.86 (43.91)		

		Name	Cat	PB	Time	Info
30	yw	6 Elena van den Heuvel	DC1	1:02.79	59.54	PB
	bl	2 Jasmijn van Ittersum	DA1	53.92	51.64	PB
		Elena van den Heuvel		Jasmijn van Ittersum		
		100m 14.15 (14.15)		100m 13.45 (13.45)		
		500m 59.54 (45.39)		500m 51.64 (38.19)		

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		Name	Cat	PB	Time	Info
31	wt	1 Jan Heeres	H65	45.83	54.72	
	rd	10 Feline van de Brandhof	DC1	56.87	56.99	
		<u>Jan Heeres</u>		<u>Feline van de Brandhof</u>		
		100m 13.87 (13.87)		100m 14.16 (14.16)		
		500m 54.72 (40.85)		500m 56.99 (42.83)		
		Name	Cat	PB	Time	Info
32	yw	6 Alwin van der Lee	H50	54.20	57.66	
	bl	1 Wilma de Wolf	D50	53.03	57.65	
		<u>Alwin van der Lee</u>		<u>Wilma de Wolf</u>		
		100m 15.44 (15.44)		100m 15.50 (15.50)		
		500m 57.66 (42.22)		500m 57.65 (42.15)		
		Name	Cat	PB	Time	Info
33	wt	1 Irene van Veen	D40	52.94	52.14	PB
	rd	9 Bente van Dasselaar	DC2	49.06	50.00	
		<u>Irene van Veen</u>		<u>Bente van Dasselaar</u>		
		100m 14.10 (14.10)		100m 13.30 (13.30)		
		500m 52.14 (38.04)		500m 50.00 (36.70)		
		Name	Cat	PB	Time	Info
34	yw	11 Yfke Hoekert	DC1	52.10	52.93	
	bl	1 Alex Kroeze	HSB	52.24	50.58	PB
		<u>Yfke Hoekert</u>		<u>Alex Kroeze</u>		
		100m 13.20 (13.20)		100m 12.99 (12.99)		
		500m 52.93 (39.73)		500m 50.58 (37.59)		
		Name	Cat	PB	Time	Info
35	wt	6 Simone van de Munt	DSA	51.07	52.32	
	rd	4 Elma van Laar	DN2	51.54	48.76	PB
		<u>Simone van de Munt</u>		<u>Elma van Laar</u>		
		100m 13.88 (13.88)		100m 12.90 (12.90)		
		500m 52.32 (38.44)		500m 48.76 (35.86)		

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		Name	Cat	PB	Time	Info
36	yw	1 Heleen Vermeulen	DSB	51.18	53.67	
	bl	13 Esmee Bonestroo	DC1	50.06	48.10	PB
		Heleen Vermeulen		Esmee Bonestroo		
		100m 13.72 (13.72)		100m 12.38 (12.38)		
		500m 53.67 (39.95)		500m 48.10 (35.72)		

		Name	Cat	PB	Time	Info
37	wt	4 Kim Bakker	DB1	49.48	51.00	
	rd	2 Arjan Bovenmars	H50	49.83	49.18	PB
		Kim Bakker		Arjan Bovenmars		
		100m 13.16 (13.16)		100m 13.17 (13.17)		
		500m 51.00 (37.84)		500m 49.18 (36.01)		

		Name	Cat	PB	Time	Info
38	yw	5 Lian Klaren	DSA	49.01	54.51	
	bl	2 Fleur van de Beek	DC1	50.01	50.06	
		Lian Klaren		Fleur van de Beek		
		100m 13.58 (13.58)		100m 12.94 (12.94)		
		500m 54.51 (40.93)		500m 50.06 (37.12)		

		Name	Cat	PB	Time	Info
39	wt	2 Andrea Oosting-Klock	D40	43.52	49.26	
	rd	2 Denise Bakker	DN1	48.60	50.16	
		Andrea Oosting-Klock		Denise Bakker		
		100m 13.41 (13.41)		100m 13.40 (13.40)		
		500m 49.26 (35.85)		500m 50.16 (36.76)		

		Name	Cat	PB	Time	Info
40	yw	5 John Jonker	H50	48.64	50.69	
	bl	12 Neyómy Barry	DC1	48.20	50.22	
		John Jonker		Neyómy Barry		
		100m 13.67 (13.67)		100m 13.38 (13.38)		
		500m 50.69 (37.02)		500m 50.22 (36.84)		

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		Name	Cat	PB	Time	Info
41	wt	4 Pieter Jan Oosterhoff	H50	46.52	49.42	
	rd	1 Sanne Bakker	DA1	47.70	48.93	
		Pieter Jan Oosterhoff		Sanne Bakker		
		100m	12.90 (12.90)	100m	12.95 (12.95)	
		500m	49.42 (36.52)	500m	48.93 (35.98)	

		Name	Cat	PB	Time	Info
42	yw	2 Henk Hendriksen	H40	47.04	48.10	
	bl	5 Jens Zwitter	H45	41.46	46.25	
		Henk Hendriksen		Jens Zwitter		
		100m	13.56 (13.56)	100m	12.82 (12.82)	
		500m	48.10 (34.54)	500m	46.25 (33.43)	

		Name	Cat	PB	Time	Info
43	wt	1 Lisa Huis in 't Veld	DC1	45.44	46.06	
	rd	1 Gerwin Boonen	H40	40.83	44.36	
		Lisa Huis in 't Veld		Gerwin Boonen		
		100m	11.99 (11.99)	100m	11.92 (11.92)	
		500m	46.06 (34.07)	500m	44.36 (32.44)	

		Name	Cat	PB	Time	Info
44	yw	1 Jens Bakker	HA1	45.83	47.68	
	bl	8 Beert Timmer	H40	45.08	49.06	
		Jens Bakker		Beert Timmer		
		100m	12.93 (12.93)	100m	12.85 (12.85)	
		500m	47.68 (34.75)	500m	49.06 (36.21)	

		Name	Cat	PB	Time	Info
45	wt	1 Stef van Moolenbroek	HB1	44.45	45.63	
	rd	4 Luc Wit	HA1	44.72	46.12	
		Stef van Moolenbroek		Luc Wit		
		100m	11.99 (11.99)	100m	12.16 (12.16)	
		500m	45.63 (33.64)	500m	46.12 (33.96)	

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		Name	Cat	PB	Time	Info
46	yw	1 Diede Wallet	DN2	44.67	47.56	
	bl	1 Auke-Tjeerd Hiemstra	HN3	44.62	44.04	PB
		Diede Wallet				
		100m	12.52 (12.52)	100m	11.78 (11.78)	
		500m	47.56 (35.04)	500m	44.04 (32.26)	

		Name	Cat	PB	Time	Info
47	wt	3 Erik Jeurig	H45	41.78	45.52	
	rd	3 Joanne Hendriksen	DC1	43.55	46.05	
		Erik Jeurig				
		100m	11.90 (11.90)	100m	12.27 (12.27)	
		500m	45.52 (33.62)	500m	46.05 (33.78)	

		Name	Cat	PB	Time	Info
48	yw	2 Jefta Westerink	HA2	43.91	44.62	
	bl	3 Rick Hoekert	HSB	44.37	48.11	
		Jefta Westerink				
		100m	11.88 (11.88)	100m	13.79 (13.79)	
		500m	44.62 (32.74)	500m	48.11 (34.32)	

		Name	Cat	PB	Time	Info
49	wt	5 Tom van Steenoven	HSA	43.07	46.37	
	rd	1 Nick Hendriksen	HC2	42.15	43.22	
		Tom van Steenoven				
		100m	11.72 (11.72)	100m	11.87 (11.87)	
		500m	46.37 (34.65)	500m	43.22 (31.35)	

		Name	Cat	PB	Time	Info
50	yw	4 Twan van de Poppe	HC2	41.00	42.70	
	bl	6 Sam Schurink	HSA	42.28	43.76	
		Twan van de Poppe				
		100m	11.43 (11.43)	100m	11.39 (11.39)	
		500m	42.70 (31.27)	500m	43.76 (32.37)	

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4. Result 300 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	4 Renske Van Winkoop	DPA	70	O	28.53		
2	3 Lynn Hoekert	DPA	70	I	31.39	PB	
3	11 Julia Bakker	DPA	69	O	31.95	PB	
4	12 Mari-Jen ten Hove	DPA	68	I	33.71	PB	
5	9 Nadine Hendriksen	DPD	69	I	34.52		
6	25 Noor Hoekert	DPB	68	O	34.93		
7	2 Jasmijn Smit	DPB	67	O	35.15		
8	27 Linde Bisschop	DPA	66	I	35.36	PB	
9	4 Thijmen Drooger	HPA	67	I	35.85	PB	
10	1 Levi Boonen	HPA	65	O	36.17	PB	
11	5 Lysanna van Boven	DPB	65	I	37.41	PB	
12	21 Frederique Oosting	DPB	63	O	38.50	PB	
13	24 Naomi Bleijerveld	DPA	66	O	38.56	PB	
14	6 Léon Zwitser	HPB	64	I	38.70	PB	
15	6 Silke van Veen	DPB	62	O	40.43	PB	
16	9 Kynzly Barry	HPF	64	O	40.49		
17	3 Sep de Bruin	HPE	61	I	42.42	PB	
18	7 Sofie Boonzaaijer	DPD	61	O	43.42	PB	
19	2 Lukas van Meerveld	HPD	55	I	43.59		
20	26 Lynn van Beek	DPD	57	O	43.91		
21	23 Madee Hoekstra	DPC	62	I	43.99	PB	
22	10 Julie van Aken	DPE	59	O	45.89	PB	
23	18 Zoe Spanos	DPA	58	O	47.05		
24	15 Leonie van den Heuvel	DPC	58	I	47.46	PB	
25	8 Luuk Hoekert	HPE	63	I	48.08		
26	5 Abe van Dijk	HPD	57	I	48.25		
27	16 Zara de Jong	DPD	60	O	48.81	PB	
28	1 Selah Boonen	DPE	60	I	50.98		
29	13 Babet Hagen	DPD	54	I	51.35		
30	8 Maud Hendriksen	DPC	53	O	51.85		
31	29 Shuyun Long	DPF	59	I	54.72	PB	
32	30 Elvira de Mots	DPF	55	O	55.42		
33	7 Oliver Hendriks	HPC	56	O	58.46		
34	17 Maeve Westerhof	DPF	56	I	59.12		
35	19 Olivia Koumassa	DPA	53	I	1:00.36		
36	20 Mia Jolie Koordes	DPF	51	I	1:10.25		
37	22 Rosie Hendriks	DPF	54	O	1:27.85		

Referee:

Assistant:

Starter:

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Referee:

Assistant:

Starter:

From 3/1/2025 5:30:00 PM to 3/1/2025 7:12:15 PM

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4. Race Result 300 meter

		Name	Cat	PB	Time	Info
51	wt rd	20 Mia Jolie Koordes	DPF		1:10.25	

Mia Jolie Koordes

300m 1:10.25 (70.25) m

		Name	Cat	PB	Time	Info
52	yw bl					

m m

		Name	Cat	PB	Time	Info
53	wt rd	19 Olivia Koumassa	DPA		1:00.36	
		8 Maud Hendriksen	DPC		51.85	

Olivia Koumassa

Maud Hendriksen

300m 1:00.36 (60.36) 300m 51.85 (51.85)

		Name	Cat	PB	Time	Info
54	yw bl	13 Babet Hagen	DPD		51.35	
		22 Rosie Hendriks	DPF		1:27.85	

Babet Hagen

Rosie Hendriks

300m 51.35 (51.35) 300m 1:27.85 (87.85)

		Name	Cat	PB	Time	Info
55	wt rd	2 Lukas van Meerveld	HPD		43.59	
		30 Elvira de Mots	DPF		55.42	

Lukas van Meerveld

Elvira de Mots

300m 43.59 (43.59) 300m 55.42 (55.42)

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		Name	Cat	PB	Time	Info
56	yw	17 Maeve Westerhof	DPF		59.12	
	bl	7 Oliver Hendriks	HPC		58.46	
		<u>Maeve Westerhof</u>			<u>Oliver Hendriks</u>	
		300m 59.12 (59.12)		300m 58.46 (58.46)		

		Name	Cat	PB	Time	Info
57	wt	5 Abe van Dijk	HPD		48.25	
	rd	26 Lynn van Beek	DPD		43.91	
		<u>Abe van Dijk</u>			<u>Lynn van Beek</u>	
		300m 48.25 (48.25)		300m 43.91 (43.91)		

		Name	Cat	PB	Time	Info
58	yw	15 Leonie van den Heuvel	DPC	1:10.67	47.46	PB
	bl	18 Zoe Spanos	DPA		47.05	
		<u>Leonie van den Heuvel</u>			<u>Zoe Spanos</u>	
		300m 47.46 (47.46)		300m 47.05 (47.05)		

		Name	Cat	PB	Time	Info
59	wt	29 Shuyun Long	DPF	1:07.27	54.72	PB
	rd	10 Julie van Aken	DPE	52.63	45.89	PB
		<u>Shuyun Long</u>			<u>Julie van Aken</u>	
		300m 54.72 (54.72)		300m 45.89 (45.89)		

		Name	Cat	PB	Time	Info
60	yw	1 Selah Boonen	DPE	50.18	50.98	
	bl	16 Zara de Jong	DPD	52.96	48.81	PB
		<u>Selah Boonen</u>			<u>Zara de Jong</u>	
		300m 50.98 (50.98)		300m 48.81 (48.81)		

		Name	Cat	PB	Time	Info
61	wt	3 Sep de Bruin	HPE	49.79	42.42	PB
	rd	7 Sofie Boonzaaijer	DPD	48.96	43.42	PB
		<u>Sep de Bruin</u>			<u>Sofie Boonzaaijer</u>	
		300m 42.42 (42.42)		300m 43.42 (43.42)		

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		Name	Cat	PB	Time	Info
62	yw	23 Madee Hoekstra	DPC	46.78	43.99	PB
	bl	6 Silke van Veen	DPB	43.89	40.43	PB
		Madee Hoekstra			Silke van Veen	
		300m 43.99 (43.99)		300m 40.43 (40.43)		

		Name	Cat	PB	Time	Info
63	wt	8 Luuk Hoekert	HPE	43.57	48.08	
	rd	21 Frederique Oosting	DPB	40.65	38.50	PB
		Luuk Hoekert			Frederique Oosting	
		300m 48.08 (48.08)		300m 38.50 (38.50)		

		Name	Cat	PB	Time	Info
64	yw	6 Léon Zwitser	HPB	43.24	38.70	PB
	bl	9 Kynzly Barry	HPF	40.31	40.49	
		Léon Zwitser			Kynzly Barry	
		300m 38.70 (38.70)		300m 40.49 (40.49)		

		Name	Cat	PB	Time	Info
65	wt	5 Lysanna van Boven	DPB	38.05	37.41	PB
	rd	1 Levi Boonen	HPA	36.67	36.17	PB
		Lysanna van Boven			Levi Boonen	
		300m 37.41 (37.41)		300m 36.17 (36.17)		

		Name	Cat	PB	Time	Info
66	yw	27 Linde Bisschop	DPA	36.97	35.36	PB
	bl	24 Naomi Bleijerveld	DPA	40.49	38.56	PB
		Linde Bisschop			Naomi Bleijerveld	
		300m 35.36 (35.36)		300m 38.56 (38.56)		

		Name	Cat	PB	Time	Info
67	wt	4 Thijmen Drooger	HPA	36.36	35.85	PB
	rd	2 Jasmijn Smit	DPB	33.24	35.15	
		Thijmen Drooger			Jasmijn Smit	
		300m 35.85 (35.85)		300m 35.15 (35.15)		

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		Name	Cat	PB	Time	Info
68	yw	12 Mari-Jen ten Hove	DPA	34.47	33.71	PB
	bl	25 Noor Hoekert	DPB	34.11	34.93	
		Mari-Jen ten Hove		Noor Hoekert		
		300m 33.71 (33.71)		300m 34.93 (34.93)		

		Name	Cat	PB	Time	Info
69	wt	9 Nadine Hendriksen	DPD	33.88	34.52	
	rd	11 Julia Bakker	DPA	32.22	31.95	PB
		Nadine Hendriksen		Julia Bakker		
		300m 34.52 (34.52)		300m 31.95 (31.95)		

		Name	Cat	PB	Time	Info
70	yw	3 Lynn Hoekert	DPA	33.07	31.39	PB
	bl	4 Renske Van Winkoop	DPA	27.52	28.53	
		Lynn Hoekert		Renske Van Winkoop		
		300m 31.39 (31.39)		300m 28.53 (28.53)		

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	4 Twan van de Poppe	HC2	99	O	1:24.70		
2	1 Nick Hendriksen	HC2	99	I	1:26.07		
3	2 Jefta Westerink	HA2	100	O	1:28.20		
4	1 Auke-Tjeerd Hiemstra	HN3	71	O	1:29.56		
5	2 Jefte de Bruin	HSB	78	I	1:30.03		
6	1 Gerwin Boonen	H40	95	I	1:30.77		
7	5 Jens Zwitser	H45	98	I	1:31.08		
8	6 Sam Schurink	HSA	100	I	1:31.49		
9	1 Stef van Moolenbroek	HB1	97	I	1:32.01		
10	3 Rick Hoekert	HSB	93	O	1:32.40	PB	
11	1 Jens Bakker	HA1	95	O	1:33.74		
12	3 Joanne Hendriksen	DC1	97	O	1:33.76		
13	2 Henk Hendriksen	H40	93	I	1:33.90		
14	3 Erik Jeuring	H45	96	O	1:34.35		
15	4 Frederik Hagen	HSB	73	O	1:35.58		
16	4 Luc Wit	HA1	94	O	1:35.86		
17	2 Arjan Bovenmars	H50	91	I	1:36.38	PB	
18	1 Lisa Huis in 't Veld	DC1	90	I	1:36.75	PB	
19	5 Tom van Steenoven	HSA	98	O	1:37.22		
20	4 Elma van Laar	DN2	87	I	1:39.34	PB	
21	1 Sanne Bakker	DA1	91	O	1:39.44		
22	5 John Jonker	H50	92	I	1:39.50		
23	1 Diede Wallet	DN2	96	I	1:39.75		
24	4 Pieter Jan Oosterhoff	H50	94	I	1:40.34		
25	13 Esmee Bonestroo	DC1	75	O	1:41.14		
26	2 Denise Bakker	DN1	92	O	1:41.36		
27	2 Andrea Oosting-Klock	D40	89	O	1:41.70		
28	9 Bente van Dasselaar	DC2	86	I	1:42.26		
29	2 Fleur van de Beek	DC1	83	I	1:42.98	PB	
30	4 Kim Bakker	DB1	88	O	1:44.47		
31	8 Beert Timmer	H40	89	I	1:44.96		
32	12 Neyómy Barry	DC1	90	O	1:45.18		
33	1 Irene van Veen	D40	86	O	1:45.61	PB	
34	1 Alex Kroeze	HSB	84	O	1:45.89	PB	
35	2 Jasmijn van Ittersum	DA1	84	I	1:47.35	PB	
36	3 Harm de Jong	H50	78	O	1:47.49		
37	2 Aiko Hulzebos	H60	74	I	1:47.95		
38	1 Jan Heeres	H65	85	O	1:49.32		

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	6 Simone van de Munt	DSA	85	I	1:50.99		
40	2 Gideon Mones	HC1	73	I	1:53.31		
41	1 Pascal Dufour	H50	74	O	1:53.51		
42	1 Wilma de Wolf	D50	83	O	1:53.97		
43	2 Martijn de Jong	HB2	76	O	1:54.59		
44	1 Sacha van der Wind	DB2	77	I	1:55.25		
45	6 David van Zuijlekom	H45	81	O	1:55.75		
46	10 Feline van de Brandhof	DC1	82	I	1:56.15	PB	
47	6 Alwin van der Lee	H50	81	I	1:57.40		
48	5 Lian Klaren	DSA	87	O	1:58.84		
49	11 Yfke Hoekert	DC1	82	O	1:59.01		
50	4 Annick Dijk	DSA	71	I	2:03.45		
51	4 Ellen Bakker	DC1	80	I	2:04.05	PB	
52	1 Heleen Vermeulen	DSB	88	I	2:05.48	FL	
53	6 Elena van den Heuvel	DC1	80	O	2:06.31	PB	
54	3 Hugo Hoekwater	HC1	79	O	2:06.95	PB	
55	9 Wim van Beek	H40	75	I	2:08.64		
56	2 Anita van Beek	DSA	79	I	2:17.00		
57	7 Johan Havekes	H45	76	I	2:19.71		
58	8 Rivka van Zuijlekom	DC2	77	O	2:42.70		

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5. Race Result 1000 meter

		Name	Cat	PB	Time	Info
71	wt	4 Annick Dijk	DSA		2:03.45	
	rd	1 Auke-Tjeerd Hiemstra	HN3		1:29.56	

Annick Dijk

200m	26.58	(26.58)
600m	1:12.13	(45.55)
1000m	2:03.45	(51.32)

Auke-Tjeerd Hiemstra

200m	21.06	(21.06)
600m	54.26	(33.20)
1000m	1:29.56	(35.30)

		Name	Cat	PB	Time	Info
72	yw					
	bl					

m

m

		Name	Cat	PB	Time	Info
73	wt	2 Gideon Mones	HC1		1:53.31	
	rd	4 Frederik Hagen	HSB		1:35.58	

Gideon Mones

200m	23.90	(23.90)
600m	1:07.32	(43.42)
1000m	1:53.31	(45.99)

Frederik Hagen

200m	22.56	(22.56)
600m	58.38	(35.82)
1000m	1:35.58	(37.20)

		Name	Cat	PB	Time	Info
74	yw	2 Aiko Hulzebos	H60		1:47.95	
	bl	1 Pascal Dufour	H50		1:53.51	

Aiko Hulzebos

200m	26.33	(26.33)
600m	1:06.74	(40.41)
1000m	1:47.95	(41.21)

Pascal Dufour

200m	26.71	(26.71)
600m	1:08.64	(41.93)
1000m	1:53.51	(44.87)

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		Name		Cat		PB		Time	Info
75	wt	9	Wim van Beek		H40			2:08.64	
	rd	13	Esmee Bonestroo		DC1			1:41.14	
		Wim van Beek			Esmee Bonestroo				
		200m	29.81	(29.81)	200m	22.26	(22.26)		
		600m	1:18.22	(48.41)	600m	1:00.97	(38.71)		
		1000m	2:08.64	(50.42)	1000m	1:41.14	(40.17)		

		Name		Cat		PB		Time	Info
76	yw	7	Johan Havekes		H45			2:19.71	
	bl	2	Martijn de Jong		HB2			1:54.59	
		Johan Havekes			Martijn de Jong				
		200m	31.11	(31.11)	200m	26.04	(26.04)		
		600m	1:24.64	(53.53)	600m	1:09.62	(43.58)		
		1000m	2:19.71	(55.07)	1000m	1:54.59	(44.97)		

		Name		Cat		PB		Time	Info
77	wt	1	Sacha van der Wind		DB2			1:55.25	
	rd	8	Rivka van Zuijlekom		DC2			2:42.70	
		Sacha van der Wind			Rivka van Zuijlekom				
		200m	25.65	(25.65)	200m	34.20	(34.20)		
		600m	1:08.60	(42.95)	600m	1:37.38	(63.18)		
		1000m	1:55.25	(46.65)	1000m	2:42.70	(65.32)		

		Name		Cat		PB		Time	Info
78	yw	2	Jefte de Bruin		HSB			1:30.03	
	bl	3	Harm de Jong		H50			1:47.49	
		Jefte de Bruin			Harm de Jong				
		200m	20.86	(20.86)	200m	24.20	(24.20)		
		600m	54.80	(33.94)	600m	1:04.72	(40.52)		
		1000m	1:30.03	(35.23)	1000m	1:47.49	(42.77)		

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		Name	Cat	PB	Time	Info
79	wt	2 Anita van Beek	DSA		2:17.00	
	rd	3 Hugo Hoekwater	HC1	2:37.98	2:06.95	PB
		Anita van Beek		Hugo Hoekwater		
		200m	28.62 (28.62)	200m	26.87 (26.87)	
		600m	1:21.69 (53.07)	600m	1:16.64 (49.77)	
		1000m	2:17.00 (55.31)	1000m	2:06.95 (50.31)	

		Name	Cat	PB	Time	Info
80	yw	4 Ellen Bakker	DC1	2:14.69	2:04.05	PB
	bl	6 Elena van den Heuvel	DC1	2:18.76	2:06.31	PB
		Ellen Bakker		Elena van den Heuvel		
		200m	26.48 (26.48)	200m	27.46 (27.46)	
		600m	1:12.88 (46.40)	600m	1:14.82 (47.36)	
		1000m	2:04.05 (51.17)	1000m	2:06.31 (51.49)	

		Name	Cat	PB	Time	Info
81	wt	6 Alwin van der Lee	H50	1:50.44	1:57.40	
	rd	6 David van Zuijlekom	H45	1:50.49	1:55.75	
		Alwin van der Lee		David van Zuijlekom		
		200m	26.63 (26.63)	200m	26.95 (26.95)	
		600m	1:10.38 (43.75)	600m	1:09.84 (42.89)	
		1000m	1:57.40 (47.02)	1000m	1:55.75 (45.91)	

		Name	Cat	PB	Time	Info
82	yw	10 Feline van de Brandhof	DC1	2:06.26	1:56.15	PB
	bl	11 Yfke Hoekert	DC1	1:52.54	1:59.01	
		Feline van de Brandhof		Yfke Hoekert		
		200m	25.01 (25.01)	200m	25.24 (25.24)	
		600m	1:08.65 (43.64)	600m	1:09.78 (44.54)	
		1000m	1:56.15 (47.50)	1000m	1:59.01 (49.23)	

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		Name	Cat	PB	Time	Info
83	wt	2 Fleur van de Beek	DC1	1:47.61	1:42.98	PB
	rd	1 Wilma de Wolf	D50	1:48.19	1:53.97	
		Fleur van de Beek		Wilma de Wolf		
		200m 22.92 (22.92)		200m 27.47 (27.47)		
		600m 1:01.24 (38.32)		600m 1:11.13 (43.66)		
		1000m 1:42.98 (41.74)		1000m 1:53.97 (42.84)		

		Name	Cat	PB	Time	Info
84	yw	2 Jasmijn van Ittersum	DA1	1:48.98	1:47.35	PB
	bl	1 Alex Kroeze	HSB	1:48.59	1:45.89	PB
		Jasmijn van Ittersum		Alex Kroeze		
		200m 23.62 (23.62)		200m 24.46 (24.46)		
		600m 1:03.99 (40.37)		600m 1:04.27 (39.81)		
		1000m 1:47.35 (43.36)		1000m 1:45.89 (41.62)		

		Name	Cat	PB	Time	Info
85	wt	6 Simone van de Munt	DSA	1:45.64	1:50.99	
	rd	1 Jan Heeres	H65	1:31.14	1:49.32	
		Simone van de Munt		Jan Heeres		
		200m 24.61 (24.61)		200m 26.08 (26.08)		
		600m 1:07.00 (42.39)		600m 1:07.78 (41.70)		
		1000m 1:50.99 (43.99)		1000m 1:49.32 (41.54)		

		Name	Cat	PB	Time	Info
86	yw	9 Bente van Dasselaar	DC2	1:40.26	1:42.26	
	bl	1 Irene van Veen	D40	1:46.58	1:45.61	PB
		Bente van Dasselaar		Irene van Veen		
		200m 23.03 (23.03)		200m 24.87 (24.87)		
		600m 1:01.03 (38.00)		600m 1:03.95 (39.08)		
		1000m 1:42.26 (41.23)		1000m 1:45.61 (41.66)		

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		Name	Cat	PB	Time	Info
87	wt	4 Elma van Laar	DN2	1:42.82	1:39.34	PB
	rd	5 Lian Klaren	DSA	1:42.22	1:58.84	
		Elma van Laar		Lian Klaren		
		200m 22.71 (22.71)		200m 26.04 (26.04)		
		600m 59.31 (36.60)		600m 1:10.66 (44.62)		
		1000m 1:39.34 (40.03)		1000m 1:58.84 (48.18)		

		Name	Cat	PB	Time	Info
88	yw	1 Heleen Vermeulen	DSB	1:43.66	2:05.48	FL
	bl	4 Kim Bakker	DB1	1:41.36	1:44.47	
		Heleen Vermeulen		Kim Bakker		
		200m 24.97 (24.97)		200m 23.98 (23.98)		
		600m 1:05.28 (40.31)		600m 1:03.00 (39.02)		
		1000m 2:05.48 (60.20)		1000m 1:44.47 (41.47)		

		Name	Cat	PB	Time	Info
89	wt	8 Beert Timmer	H40	1:38.00	1:44.96	
	rd	2 Andrea Oosting-Klock	D40	1:26.80	1:41.70	
		Beert Timmer		Andrea Oosting-Klock		
		200m 24.18 (24.18)		200m 23.55 (23.55)		
		600m 1:03.18 (39.00)		600m 1:00.64 (37.09)		
		1000m 1:44.96 (41.78)		1000m 1:41.70 (41.06)		

		Name	Cat	PB	Time	Info
90	yw	1 Lisa Huis in 't Veld	DC1	1:38.34	1:36.75	PB
	bl	12 Neyómy Barry	DC1	1:40.90	1:45.18	
		Lisa Huis in 't Veld		Neyómy Barry		
		200m 21.27 (21.27)		200m 23.61 (23.61)		
		600m 57.05 (35.78)		600m 1:02.40 (38.79)		
		1000m 1:36.75 (39.70)		1000m 1:45.18 (42.78)		

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		Name	Cat	PB	Time	Info
91	wt	2 Arjan Bovenmars	H50	1:36.39	1:36.38	PB
	rd	1 Sanne Bakker	DA1	1:36.26	1:39.44	
		Arjan Bovenmars		Sanne Bakker		
		200m	22.85 (22.85)	200m	22.60 (22.60)	
		600m	59.32 (36.47)	600m	59.51 (36.91)	
		1000m	1:36.38 (37.06)	1000m	1:39.44 (39.93)	

		Name	Cat	PB	Time	Info
92	yw	5 John Jonker	H50	1:34.16	1:39.50	
	bl	2 Denise Bakker	DN1	1:36.92	1:41.36	
		John Jonker		Denise Bakker		
		200m	23.69 (23.69)	200m	23.51 (23.51)	
		600m	1:00.69 (37.00)	600m	1:00.56 (37.05)	
		1000m	1:39.50 (38.81)	1000m	1:41.36 (40.80)	

		Name	Cat	PB	Time	Info
93	wt	2 Henk Hendriksen	H40	1:33.67	1:33.90	
	rd	3 Rick Hoekert	HSB	1:33.53	1:32.40	PB
		Henk Hendriksen		Rick Hoekert		
		200m	22.90 (22.90)	200m	22.51 (22.51)	
		600m	57.54 (34.64)	600m	56.81 (34.30)	
		1000m	1:33.90 (36.36)	1000m	1:32.40 (35.59)	

		Name	Cat	PB	Time	Info
94	yw	4 Pieter Jan Oosterhoff	H50	1:33.24	1:40.34	
	bl	4 Luc Wit	HA1	1:32.68	1:35.86	
		Pieter Jan Oosterhoff		Luc Wit		
		200m	22.85 (22.85)	200m	21.93 (21.93)	
		600m	1:00.61 (37.76)	600m	57.88 (35.95)	
		1000m	1:40.34 (39.73)	1000m	1:35.86 (37.98)	

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		Name	Cat	PB	Time	Info
95	wt	1 Gerwin Boonen	H40	1:22.13	1:30.77	
	rd	1 Jens Bakker	HA1	1:32.03	1:33.74	
		Gerwin Boonen		Jens Bakker		
		200m 20.57 (20.57)		200m 22.02 (22.02)		
		600m 54.05 (33.48)		600m 56.70 (34.68)		
		1000m 1:30.77 (36.72)		1000m 1:33.74 (37.04)		

		Name	Cat	PB	Time	Info
96	yw	1 Diede Wallet	DN2	1:32.03	1:39.75	
	bl	3 Erik Jeuring	H45	1:25.30	1:34.35	
		Diede Wallet		Erik Jeuring		
		200m 21.96 (21.96)		200m 21.17 (21.17)		
		600m 58.14 (36.18)		600m 56.07 (34.90)		
		1000m 1:39.75 (41.61)		1000m 1:34.35 (38.28)		

		Name	Cat	PB	Time	Info
97	wt	1 Stef van Moolenbroek	HB1	1:28.83	1:32.01	
	rd	3 Joanne Hendriksen	DC1	1:28.81	1:33.76	
		Stef van Moolenbroek		Joanne Hendriksen		
		200m 21.16 (21.16)		200m 21.13 (21.13)		
		600m 55.29 (34.13)		600m 55.35 (34.22)		
		1000m 1:32.01 (36.72)		1000m 1:33.76 (38.41)		

		Name	Cat	PB	Time	Info
98	yw	5 Jens Zwitter	H45	1:28.49	1:31.08	
	bl	5 Tom van Steenoven	HSA	1:29.00	1:37.22	
		Jens Zwitter		Tom van Steenoven		
		200m 21.43 (21.43)		200m 21.34 (21.34)		
		600m 55.26 (33.83)		600m 56.97 (35.63)		
		1000m 1:31.08 (35.82)		1000m 1:37.22 (40.25)		

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		Name	Cat	PB	Time	Info
99	wt	1 Nick Hendriksen	HC2	1:22.42	1:26.07	
	rd	4 Twan van de Poppe	HC2	1:20.90	1:24.70	
		Nick Hendriksen		Twan van de Poppe		
		200m 19.95 (19.95)		200m 19.87 (19.87)		
		600m 51.51 (31.56)		600m 51.18 (31.31)		
		1000m 1:26.07 (34.56)		1000m 1:24.70 (33.52)		
		Name	Cat	PB	Time	Info
100	yw	6 Sam Schurink	HSA	1:26.86	1:31.49	
	bl	2 Jefta Westerink	HA2	1:26.83	1:28.20	
		Sam Schurink		Jefta Westerink		
		200m 20.07 (20.07)		200m 20.87 (20.87)		
		600m 53.29 (33.22)		600m 53.93 (33.06)		
		1000m 1:31.49 (38.20)		1000m 1:28.20 (34.27)		