

1. Uitslag 500 bij 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|-------|------|--------|
| 1 | 95 Rens Vergeer | HA1 | 17 | I | 39.17 | | |
| 2 | 93 Seb van Schelven | HN2 | 18 | O | 39.49 | | |
| 3 | 79 Wessel Wouda | HSA | 17 | O | 40.21 | | |
| 4 | 71 Miel van der Veer | HA2 | 18 | I | 40.71 | | |
| 5 | 34 Rick Loos | HB2 | 16 | O | 41.99 | | |
| 6 | 72 Vigo Nederstigt | HN1 | 15 | O | 42.39 | | |
| 7 | 7 Marino Godwaldt | HB2 | 14 | I | 45.04 | | |
| 8 | 92 Tom Loos | HB2 | 13 | O | 45.20 | | |
| 9 | 89 Pim Braak | HB1 | 12 | I | 45.39 | PR | |
| 10 | 66 Milou van Leeuwen | DN2 | 14 | O | 45.45 | | |
| 11 | 28 Job van Dongen | HB2 | 12 | O | 45.72 | PR | |
| 12 | 63 Stefanie Koot | DB1 | 13 | I | 45.77 | | |
| 13 | 85 Emilie Fransen | DB1 | 16 | I | 45.87 | | |
| 14 | 12 Toine van Bakel | HA1 | 11 | O | 46.52 | | |
| 15 | 65 Britt van Wijk | DB1 | 10 | I | 47.60 | | |
| 16 | 27 Ravi de Jong | HA1 | 9 | O | 48.05 | | |
| 17 | 44 Juul Jansen | DB1 | 10 | O | 49.07 | | |
| 18 | 48 Sanne Ganzinga | DA1 | 6 | O | 49.18 | | |
| 19 | 50 Evy van Duijn | DB1 | 9 | I | 49.93 | | |
| 20 | 98 Nadine Blienkendaal | DB2 | 6 | I | 50.26 | PR | |
| 21 | 56 Emma Hartveld | DA2 | 7 | O | 50.27 | | |
| 22 | 76 Amy Valentijn | DB1 | 8 | O | 50.35 | | |
| 23 | 51 Sylvie van den Heuvel | DA2 | 5 | O | 50.47 | PR | |
| 24 | 74 Erwin Henskes | H65 | 8 | I | 50.53 | | |
| 25 | 99 Floris Fransen | HC1 | 7 | I | 50.59 | | |
| 26 | 102 Sven van Wijk | HC1 | 5 | I | 50.91 | PR | |
| 27 | 83 Mette van Leeuwen | DB2 | 3 | O | 52.44 | | |
| 28 | 47 Wieteke Huiberts | DA2 | 4 | O | 54.81 | PR | |
| 29 | 5 Dana de Bruin | DB1 | 3 | I | 55.91 | | |
| 30 | 8 Carla van Zantvliet | D55 | 4 | I | 57.12 | | |
| 31 | 46 Jette Heck | DA2 | 11 | I | 57.37 | PR | |

1. Rituitslag 500 bij 1000 meter

| | Naam | Cat | PR | Tijd | Info |
|---|------|-----|----|------|------|
| 1 | wt | | | | |
| | rd | | | | |
| | m | | | | |
| | m | | | | |

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

| | Naam | Cat | PR | Tijd | Info |
|---|----------------------|-----------------------------|--------------------------|---------------|--------------|
| 3 | wt | 5 Dana de Bruin | DB1 | 55.45 | 55.91 |
| | rd | 83 Mette van Leeuwen | DB2 | 51.21 | 52.44 |
| | Dana de Bruin | | Mette van Leeuwen | | |
| | 100m | 14.06 (14.06) | 100m | 13.97 (13.97) | |
| | 500m | 55.91 (41.85) | 500m | 52.44 (38.47) | |

| | Naam | Cat | PR | Tijd | Info |
|---|----------------------------|------------------------------|-------------------------|---------------|-----------------|
| 4 | gl | 8 Carla van Zantvliet | D55 | 49.32 | 57.12 |
| | bl | 47 Wieteke Huiberts | DA2 | 55.70 | 54.81 PR |
| | Carla van Zantvliet | | Wieteke Huiberts | | |
| | 100m | 15.29 (15.29) | 100m | 14.36 (14.36) | |
| | 500m | 57.12 (41.83) | 500m | 54.81 (40.45) | |

| | Naam | Cat | PR | Tijd | Info |
|---|----------------------|---------------------------------|------------------------------|---------------|-----------------|
| 5 | wt | 102 Sven van Wijk | HC1 | 50.97 | 50.91 PR |
| | rd | 51 Sylvie van den Heuvel | DA2 | 50.49 | 50.47 PR |
| | Sven van Wijk | | Sylvie van den Heuvel | | |
| | 100m | 13.16 (13.16) | 100m | 13.25 (13.25) | |
| | 500m | 50.91 (37.75) | 500m | 50.47 (37.22) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-------|---------|-----------------------|-------|--------------|------|
| 6 | gl | 98 Nadine Blikendaal | | | DB2 | 51.02 | 50.26 | PR |
| | bl | 48 Sanne Ganzinga | | | DA1 | 48.37 | 49.18 | |
| | | Nadine Blikendaal | | | Sanne Ganzinga | | | |
| | | 100m | 13.47 | (13.47) | 100m | 12.78 | (12.78) | |
| | | 500m | 50.26 | (36.79) | 500m | 49.18 | (36.40) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 7 | wt | 99 Floris Fransen | | | HC1 | 49.92 | 50.59 | |
| | rd | 56 Emma Hartveld | | | DA2 | 50.09 | 50.27 | |
| | | Floris Fransen | | | Emma Hartveld | | | |
| | | 100m | 13.65 | (13.65) | 100m | 13.72 | (13.72) | |
| | | 500m | 50.59 | (36.94) | 500m | 50.27 | (36.55) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 8 | gl | 74 Erwin Henskes | | | H65 | 45.20 | 50.53 | |
| | bl | 76 Amy Valentijn | | | DB1 | 49.62 | 50.35 | |
| | | Erwin Henskes | | | Amy Valentijn | | | |
| | | 100m | 14.26 | (14.26) | 100m | 13.56 | (13.56) | |
| | | 500m | 50.53 | (36.27) | 500m | 50.35 | (36.79) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 9 | wt | 50 Evy van Duijn | | | DB1 | 48.94 | 49.93 | |
| | rd | 27 Ravi de Jong | | | HA1 | 47.59 | 48.05 | |
| | | Evy van Duijn | | | Ravi de Jong | | | |
| | | 100m | 13.67 | (13.67) | 100m | 13.18 | (13.18) | |
| | | 500m | 49.93 | (36.26) | 500m | 48.05 | (34.87) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 10 | gl | 65 Britt van Wijk | | | DB1 | 47.14 | 47.60 | |
| | bl | 44 Juul Jansen | | | DB1 | 48.35 | 49.07 | |
| | | Britt van Wijk | | | Juul Jansen | | | |
| | | 100m | 12.96 | (12.96) | 100m | 13.17 | (13.17) | |
| | | 500m | 47.60 | (34.64) | 500m | 49.07 | (35.90) | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-----------------------------|-------|--------------------------|-------|--------------|---------|
| 11 | wt | 46 Jette Heck | DA2 | | 59.14 | 57.37 | PR |
| | rd | 12 Toine van Bakel | HA1 | | 45.94 | 46.52 | |
| | | Jette Heck | | Toine van Bakel | | | |
| | | 100m | 14.85 | (14.85) | 100m | 12.48 | (12.48) |
| | | 500m | 57.37 | (42.52) | 500m | 46.52 | (34.04) |
| | | Naam | Cat | | PR | Tijd | Info |
| 12 | gl | 89 Pim Braak | HB1 | | 46.70 | 45.39 | PR |
| | bl | 28 Job van Dongen | HB2 | | 46.02 | 45.72 | PR |
| | | Pim Braak | | Job van Dongen | | | |
| | | 100m | 12.28 | (12.28) | 100m | 11.98 | (11.98) |
| | | 500m | 45.39 | (33.11) | 500m | 45.72 | (33.74) |
| | | Naam | Cat | | PR | Tijd | Info |
| 13 | wt | 63 Stefanie Koot | DB1 | | 44.42 | 45.77 | |
| | rd | 92 Tom Loos | HB2 | | 44.24 | 45.20 | |
| | | Stefanie Koot | | Tom Loos | | | |
| | | 100m | 12.63 | (12.63) | 100m | 12.40 | (12.40) |
| | | 500m | 45.77 | (33.14) | 500m | 45.20 | (32.80) |
| | | Naam | Cat | | PR | Tijd | Info |
| 14 | gl | 7 Marino Godwaldt | HB2 | | 43.58 | 45.04 | |
| | bl | 66 Milou van Leeuwen | DN2 | | 44.17 | 45.45 | |
| | | Marino Godwaldt | | Milou van Leeuwen | | | |
| | | 100m | 12.25 | (12.25) | 100m | 12.57 | (12.57) |
| | | 500m | 45.04 | (32.79) | 500m | 45.45 | (32.88) |
| | | Naam | Cat | | PR | Tijd | Info |
| 15 | wt | | | | | | |
| | rd | 72 Vigo Nederstigt | HN1 | | 42.00 | 42.39 | |
| | | Vigo Nederstigt | | | | | |
| | | m | | | 100m | 11.78 | (11.78) |
| | | | | | 500m | 42.39 | (30.61) |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-------------------------|-------|--------------|------|
| 16 | gl | 85 | Emilie Fransen | | DB1 | 43.39 | 45.87 | |
| | bl | 34 | Rick Loos | | HB2 | 41.81 | 41.99 | |
| | | Emilie Fransen | | | Rick Loos | | | |
| | | 100m | 12.54 | (12.54) | 100m | 11.58 | (11.58) | |
| | | 500m | 45.87 | (33.33) | 500m | 41.99 | (30.41) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 17 | wt | 95 | Rens Vergeer | | HA1 | 38.05 | 39.17 | |
| | rd | 79 | Wessel Wouda | | HSA | 38.84 | 40.21 | |
| | | Rens Vergeer | | | Wessel Wouda | | | |
| | | 100m | 10.99 | (10.99) | 100m | 11.15 | (11.15) | |
| | | 500m | 39.17 | (28.18) | 500m | 40.21 | (29.06) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 18 | gl | 71 | Miel van der Veer | | HA2 | 40.32 | 40.71 | |
| | bl | 93 | Seb van Schelven | | HN2 | 38.36 | 39.49 | |
| | | Miel van der Veer | | | Seb van Schelven | | | |
| | | 100m | 11.35 | (11.35) | 100m | 10.69 | (10.69) | |
| | | 500m | 40.71 | (29.36) | 500m | 39.49 | (28.80) | |

2. Uitslag 500 bij 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|--------------|------|--------|
| 1 | 53 Tristan Hagen | HSA | 34 | I | 41.32 | | |
| 2 | 36 Mik de Groot | HA1 | 34 | O | 42.26 | PR | |
| 3 | 30 Joeke van Mulligen | HN3 | 33 | O | 42.85 | | |
| 4 | 84 Marcel Huisman | H50 | 29 | O | 43.61 | | |
| 5 | 96 Olav Huizinga | HB2 | 30 | I | 44.32 | PR | |
| 6 | 57 Bas Schrage | HSB | 32 | O | 44.34 | | |
| 7 | 16 Bert Nijman | H40 | 30 | O | 44.46 | | |
| 8 | 73 Jonah Zwaan | HB1 | 32 | I | 44.90 | | |
| | 39 Bruno Bonetti | HB1 | 31 | O | 44.90 | | |
| 10 | 25 Rob Visser | H45 | 28 | I | 45.18 | | |
| 11 | 69 Renske van der Veer | DN2 | 27 | I | 45.67 | | |
| 12 | 23 Lara Dingjan | DA2 | 31 | I | 45.75 | | |
| 13 | 40 Anouk Könst | DA1 | 29 | I | 45.87 | | |
| 14 | 80 John van der Vlugt | H65 | 27 | O | 46.41 | | |
| 15 | 68 Jim Verdurmen | H60 | 25 | I | 47.31 | | |
| 16 | 104 Johan Weenink | H50 | 33 | I | 47.39 | | |
| 17 | 52 Erwin Dekker | H60 | 23 | I | 47.63 | | |
| 18 | 37 Annette Laarhoven | DB2 | 24 | I | 48.14 | PR | |
| 19 | 24 Kersty Heeremans | DA2 | 23 | O | 48.31 | PR | |
| 20 | 41 Charline Kwadrin | DB2 | 22 | I | 49.09 | | |
| 21 | 87 Noa Bierens | DB1 | 24 | O | 49.21 | | |
| 22 | 33 Cock Baas | H60 | 26 | O | 49.52 | | |
| 23 | 21 Sandra Könst | D50 | 25 | O | 49.76 | | |
| 24 | 103 Kees Voorhoeve | H65 | 22 | O | 50.50 | | |
| 25 | 31 Pieter van Dijk | HA1 | 21 | I | 50.53 | | |
| 26 | 59 Valerie Nijman | DA1 | 21 | O | 50.74 | | |
| 27 | 11 Dimitri van Bakel | HB1 | 19 | I | 55.25 | PR | |
| 28 | 26 Mirthe Visser | DB1 | 19 | O | 56.62 | PR | |
| | 70 Jan van der Veer | H55 | 28 | O | | DQ | |

2. Rituitslag 500 bij 1500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|
| 19 | wt | 11 | Dimitri van Bakel | | HB1 | 57.53 | 55.25 | PR |
| | rd | 26 | Mirthe Visser | | DB1 | 57.30 | 56.62 | PR |
| | | Dimitri van Bakel | | | Mirthe Visser | | | |
| | | 100m | 14.55 | (14.55) | 100m | 14.92 | (14.92) | |
| | | 500m | 55.25 | (40.70) | 500m | 56.62 | (41.70) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---|-----|--|----|------|------|
| 20 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|--------------|------|
| 21 | wt | 31 | Pieter van Dijk | | HA1 | 50.15 | 50.53 | |
| | rd | 59 | Valerie Nijman | | DA1 | 50.31 | 50.74 | |
| | | Pieter van Dijk | | | Valerie Nijman | | | |
| | | 100m | 13.45 | (13.45) | 100m | 13.76 | (13.76) | |
| | | 500m | 50.53 | (37.08) | 500m | 50.74 | (36.98) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-----------------------|-------|--------------|------|
| 22 | gl | 41 | Charline Kwadrin | | DB2 | 48.40 | 49.09 | |
| | bl | 103 | Kees Voorhoeve | | H65 | 46.58 | 50.50 | |
| | | Charline Kwadrin | | | Kees Voorhoeve | | | |
| | | 100m | 13.42 | (13.42) | 100m | 13.66 | (13.66) | |
| | | 500m | 49.09 | (35.67) | 500m | 50.50 | (36.84) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 23 | wt | 52 | Erwin Dekker | | H60 | 42.79 | 47.63 | |
| | rd | 24 | Kersty Heeremans | | DA2 | 48.46 | 48.31 | PR |
| | | Erwin Dekker | | | Kersty Heeremans | | | |
| | | 100m | 12.96 | (12.96) | 100m | 13.44 | (13.44) | |
| | | 500m | 47.63 | (34.67) | 500m | 48.31 | (34.87) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|---------------------------|-------|--------------|------|
| 24 | gl | 37 | Annette Laarhoven | | DB2 | 49.04 | 48.14 | PR |
| | bl | 87 | Noa Bierens | | DB1 | 48.73 | 49.21 | |
| | | Annette Laarhoven | | | Noa Bierens | | | |
| | | 100m | 13.05 | (13.05) | 100m | 13.69 | (13.69) | |
| | | 500m | 48.14 | (35.09) | 500m | 49.21 | (35.52) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 25 | wt | 68 | Jim Verdurmen | | H60 | 42.98 | 47.31 | |
| | rd | 21 | Sandra Könst | | D50 | 48.04 | 49.76 | |
| | | Jim Verdurmen | | | Sandra Könst | | | |
| | | 100m | 13.04 | (13.04) | 100m | 13.84 | (13.84) | |
| | | 500m | 47.31 | (34.27) | 500m | 49.76 | (35.92) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 26 | gl | 33 | Cock Baas | | H60 | 43.16 | 49.52 | |
| | bl | | | | | | | |
| | | Cock Baas | | | | | | |
| | | m | | | 100m | 12.76 | (12.76) | |
| | | | | | 500m | 49.52 | (36.76) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 27 | wt | 69 | Renske van der Veer | | DN2 | 45.25 | 45.67 | |
| | rd | 80 | John van der Vlugt | | H65 | 42.37 | 46.41 | |
| | | Renske van der Veer | | | John van der Vlugt | | | |
| | | 100m | 12.65 | (12.65) | 100m | 13.09 | (13.09) | |
| | | 500m | 45.67 | (33.02) | 500m | 46.41 | (33.32) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 28 | gl | 25 | Rob Visser | | H45 | 42.71 | 45.18 | |
| | bl | 70 | Jan van der Veer | | H55 | 43.20 | DQ | |
| | | Rob Visser | | | Jan van der Veer | | | |
| | | 100m | 12.69 | (12.69) | | | | |
| | | 500m | 45.18 | (32.49) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 29 | wt | 40 | Anouk Könst | | DA1 | 44.67 | 45.87 | |
| | rd | 84 | Marcel Huismans | | H50 | 39.80 | 43.61 | |
| | | Anouk Könst | | | Marcel Huismans | | | |
| | | 100m | 12.89 | (12.89) | 100m | 11.88 | (11.88) | |
| | | 500m | 45.87 | (32.98) | 500m | 43.61 | (31.73) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 30 | gl | 96 | Olav Huizinga | | HB2 | 44.68 | 44.32 | PR |
| | bl | 16 | Bert Nijman | | H40 | 44.43 | 44.46 | |
| | | Olav Huizinga | | | Bert Nijman | | | |
| | | 100m | 12.17 | (12.17) | 100m | 12.17 | (12.17) | |
| | | 500m | 44.32 | (32.15) | 500m | 44.46 | (32.29) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 31 | wt | 23 | Lara Dingjan | | DA2 | 43.98 | 45.75 | |
| | rd | 39 | Bruno Bonetti | | HB1 | 43.96 | 44.90 | |
| | | Lara Dingjan | | | Bruno Bonetti | | | |
| | | 100m | 12.27 | (12.27) | 100m | 12.20 | (12.20) | |
| | | 500m | 45.75 | (33.48) | 500m | 44.90 | (32.70) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 32 | gl | 73 | Jonah Zwaan | | HB1 | 44.14 | 44.90 | |
| | bl | 57 | Bas Schrage | | HSB | 42.51 | 44.34 | |
| | | Jonah Zwaan | | | Bas Schrage | | | |
| | | 100m | 12.46 | (12.46) | 100m | 12.09 | (12.09) | |
| | | 500m | 44.90 | (32.44) | 500m | 44.34 | (32.25) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 33 | wt | 104 | Johan Weenink | | H50 | 42.45 | 47.39 | |
| | rd | 30 | Joeke van Mulligen | | HN3 | 41.58 | 42.85 | |
| | | Johan Weenink | | | Joeke van Mulligen | | | |
| | | 100m | 12.85 | (12.85) | 100m | 11.83 | (11.83) | |
| | | 500m | 47.39 | (34.54) | 500m | 42.85 | (31.02) | |



Kennemercup 10

IJsbaan Haarlem - Haarlem

17 december 2023



| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|----------------------|---------|-----|---------------------|-------|--------------|------|
| 34 | gl | 53 | Tristan Hagen | | HSA | | 40.55 | 41.32 | |
| | bl | 36 | Mik de Groot | | HA1 | | 42.54 | 42.26 | PR |
| | | Tristan Hagen | | | | Mik de Groot | | | |
| | | 100m | 11.72 | (11.72) | | 100m | 11.74 | (11.74) | |
| | | 500m | 41.32 | (29.60) | | 500m | 42.26 | (30.52) | |

3. Uitslag 500 bij 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 35 Danique van Rooden | DB2 | 40 | O | 44.84 | | |
| 2 | 88 Milou Butter | DN3 | 39 | O | 45.13 | | |
| 3 | 45 Ruben Molenaar | HB1 | 39 | I | 45.17 | | |
| 4 | 32 Evert Jan van Dijk | H45 | 38 | I | 45.63 | | |
| 5 | 6 Merit de Bruin | DA1 | 37 | O | 49.21 | | |
| 6 | 14 Anouk Rodenburg | DB1 | 38 | O | 49.85 | | |
| 7 | 101 Gerard Ypma | H45 | 37 | I | 51.41 | | |
| | 49 Iris Meerhoff | DSA | | | WDR | | |
| | 1 Driek Tolk | HB2 | | | WDR | | |

3. Rituitslag 500 bij 3000 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|-------|------|------------|
| 35 | wt | 49 Iris Meerhoff | DSA | 48.14 | | WDR |
| | rd | | | | | |
| | | <u>Iris Meerhoff</u> | | | | |
| | | | | | m | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------|-----|----|------|------|
| 36 | gl | | | | | |
| | bl | | | | | |
| | | | | | m | |
| | | | | | m | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------------|-------|------|---------------|
| 37 | wt | 101 Gerard Ypma | H45 | 51.39 | | 51.41 |
| | rd | 6 Merit de Bruin | DA1 | 47.57 | | 49.21 |
| | | <u>Gerard Ypma</u> | | | | |
| | | 100m | 14.22 (14.22) | | 100m | 13.25 (13.25) |
| | | 500m | 51.41 (37.19) | | 500m | 49.21 (35.96) |
| | | <u>Merit de Bruin</u> | | | | |
| | | | | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|---------------|-------|------|---------------|
| 38 | gl | 32 Evert Jan van Dijk | H45 | 42.65 | | 45.63 |
| | bl | 14 Anouk Rodenburg | DB1 | 48.51 | | 49.85 |
| | | <u>Evert Jan van Dijk</u> | | | | |
| | | 100m | 12.44 (12.44) | | 100m | 13.60 (13.60) |
| | | 500m | 45.63 (33.19) | | 500m | 49.85 (36.25) |
| | | <u>Anouk Rodenburg</u> | | | | |
| | | | | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------|-------|------|---------------|
| 39 | wt | 45 Ruben Molenaar | HB1 | 43.96 | | 45.17 |
| | rd | 88 Milou Butter | DN3 | 43.44 | | 45.13 |
| | | <u>Ruben Molenaar</u> | | | | |
| | | 100m | 12.22 (12.22) | | 100m | 12.60 (12.60) |
| | | 500m | 45.17 (32.95) | | 500m | 45.13 (32.53) |
| | | <u>Milou Butter</u> | | | | |
| | | | | | | |



Kennemercup 10

IJsbaan Haarlem - Haarlem

17 december 2023



| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|-------|------|---------------------------|
| 40 | gl | 1 Driek Tolk | HB2 | 43.89 | | WDR |
| | bl | 35 Danique van Rooden | DB2 | 43.52 | | 44.84 |
| | | <u>Driek Tolk</u> | | | | |
| | | | | | | <u>Danique van Rooden</u> |
| | | | | | 100m | 12.43 (12.43) |
| | | | | | 500m | 44.84 (32.41) |

4. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 95 Rens Vergeer | HA1 | 58 | O | 1:17.61 | | |
| 2 | 93 Seb van Schelven | HN2 | 57 | I | 1:18.37 | | |
| 3 | 71 Miel van der Veer | HA2 | 58 | I | 1:18.80 | PR | |
| 4 | 79 Wessel Wouda | HSA | 57 | O | 1:21.21 | | |
| 5 | 34 Rick Loos | HB2 | 56 | O | 1:24.41 | PR | |
| 6 | 72 Vigo Nederstigt | HN1 | 56 | I | 1:26.69 | PR | |
| 7 | 7 Marino Godwaldt | HB2 | 54 | O | 1:29.58 | | |
| 8 | 92 Tom Loos | HB2 | 51 | I | 1:30.55 | PR | |
| 9 | 63 Stefanie Koot | DB1 | 54 | I | 1:31.70 | PR | |
| 10 | 12 Toine van Bakel | HA1 | 52 | I | 1:33.67 | PR | |
| 11 | 89 Pim Braak | HB1 | 51 | O | 1:34.36 | PR | |
| 12 | 27 Ravi de Jong | HA1 | 50 | O | 1:34.44 | PR | |
| 13 | 28 Job van Dongen | HB2 | 52 | O | 1:34.46 | PR | |
| 14 | 66 Milou van Leeuwen | DN2 | 55 | O | 1:35.65 | | |
| 15 | 65 Britt van Wijk | DB1 | 50 | I | 1:36.33 | PR | |
| 16 | 50 Evy van Duijn | DB1 | 55 | I | 1:40.07 | | |
| 17 | 74 Erwin Henskes | H65 | 48 | I | 1:41.23 | | |
| 18 | 44 Juul Jansen | DB1 | 47 | O | 1:41.62 | PR | |
| 19 | 48 Sanne Ganzinga | DA1 | 47 | I | 1:42.17 | | |
| 20 | 76 Amy Valentijn | DB1 | 43 | I | 1:43.60 | | |
| 21 | 56 Emma Hartveld | DA2 | 46 | O | 1:44.22 | | |
| 22 | 98 Nadine Blienkendaal | DB2 | 45 | O | 1:44.96 | PR | |
| 23 | 51 Sylvie van den Heuvel | DA2 | 43 | O | 1:46.71 | | |
| 24 | 83 Mette van Leeuwen | DB2 | 45 | I | 1:46.81 | | |
| 25 | 102 Sven van Wijk | HC1 | 46 | I | 1:48.11 | | |
| 26 | 8 Carla van Zantvliet | D55 | 48 | O | 1:51.07 | | |
| 27 | 47 Wieteke Huiberts | DA2 | 44 | O | 1:52.92 | PR | |
| 28 | 5 Dana de Bruin | DB1 | 41 | I | 1:56.75 | | |
| 29 | 46 Jette Heck | DA2 | 44 | I | 1:59.09 | PR | |
| | 99 Floris Fransen | HC1 | | | WDR | | |
| | 85 Emilie Fransen | DB1 | | | WDR | | |

4. Rituitslag 1000 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----------|------------------------|-----|---------|----------------|------|
| 41 | wt rd | 5 Dana de Bruin | DB1 | 1:56.16 | 1:56.75 | |

Dana de Bruin

| | | | |
|-------|---------|---------|---|
| 200m | 25.33 | (25.33) | m |
| 600m | 1:10.18 | (44.85) | |
| 1000m | 1:56.75 | (46.57) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----------|------|-----|----|------|------|
| 42 | gl bl | | | | | |

m

m

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|-----|---------|----------------|------|
| 43 | wt | 76 Amy Valentijn | DB1 | 1:39.26 | 1:43.60 | |
| | rd | 51 Sylvie van den Heuvel | DA2 | 1:46.19 | 1:46.71 | |

Amy Valentijn

| | | |
|-------|---------|---------|
| 200m | 23.48 | (23.48) |
| 600m | 1:02.66 | (39.18) |
| 1000m | 1:43.60 | (40.94) |

Sylvie van den Heuvel

| | | |
|-------|---------|---------|
| 200m | 24.16 | (24.16) |
| 600m | 1:04.15 | (39.99) |
| 1000m | 1:46.71 | (42.56) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 44 | gl | 46 Jette Heck | DA2 | 2:02.51 | 1:59.09 | PR |
| | bl | 47 Wieteke Huiberts | DA2 | 1:54.46 | 1:52.92 | PR |

Jette Heck

| | | |
|-------|---------|---------|
| 200m | 25.91 | (25.91) |
| 600m | 1:09.66 | (43.75) |
| 1000m | 1:59.09 | (49.43) |

Wieteke Huiberts

| | | |
|-------|---------|---------|
| 200m | 25.23 | (25.23) |
| 600m | 1:07.17 | (41.94) |
| 1000m | 1:52.92 | (45.75) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------------|---------|---------|----------------------------|----------------|---------|
| 45 | wt | 83 Mette van Leeuwen | DB2 | | 1:43.83 | 1:46.81 | |
| | rd | 98 Nadine Bliekendaal | DB2 | | 1:47.26 | 1:44.96 | PR |
| | | Mette van Leeuwen | | | Nadine Bliekendaal | | |
| | | 200m | 24.96 | (24.96) | 200m | 24.05 | (24.05) |
| | | 600m | 1:05.54 | (40.58) | 600m | 1:03.38 | (39.33) |
| | | 1000m | 1:46.81 | (41.27) | 1000m | 1:44.96 | (41.58) |
| | | Naam | Cat | | PR | Tijd | Info |
| 46 | gl | 102 Sven van Wijk | HC1 | | 1:46.78 | 1:48.11 | |
| | bl | 56 Emma Hartveld | DA2 | | 1:44.14 | 1:44.22 | |
| | | Sven van Wijk | | | Emma Hartveld | | |
| | | 200m | 23.17 | (23.17) | 200m | 24.39 | (24.39) |
| | | 600m | 1:04.23 | (41.06) | 600m | 1:04.44 | (40.05) |
| | | 1000m | 1:48.11 | (43.88) | 1000m | 1:44.22 | (39.78) |
| | | Naam | Cat | | PR | Tijd | Info |
| 47 | wt | 48 Sanne Ganzinga | DA1 | | 1:41.17 | 1:42.17 | |
| | rd | 44 Juul Jansen | DB1 | | 1:43.46 | 1:41.62 | PR |
| | | Sanne Ganzinga | | | Juul Jansen | | |
| | | 200m | 22.25 | (22.25) | 200m | 22.97 | (22.97) |
| | | 600m | 59.66 | (37.41) | 600m | 1:01.37 | (38.40) |
| | | 1000m | 1:42.17 | (42.51) | 1000m | 1:41.62 | (40.25) |
| | | Naam | Cat | | PR | Tijd | Info |
| 48 | gl | 74 Erwin Henskes | H65 | | 1:29.19 | 1:41.23 | |
| | bl | 8 Carla van Zantvliet | D55 | | 1:40.79 | 1:51.07 | |
| | | Erwin Henskes | | | Carla van Zantvliet | | |
| | | 200m | 24.44 | (24.44) | 200m | 26.47 | (26.47) |
| | | 600m | 1:02.50 | (38.06) | 600m | 1:08.15 | (41.68) |
| | | 1000m | 1:41.23 | (38.73) | 1000m | 1:51.07 | (42.92) |

| | | Naam | Cat | PR | Tijd Info |
|----|----|--------------------------|-----|-----------------------|------------|
| 49 | wt | 99 Floris Fransen | HC1 | 1:40.09 | WDR |
| | rd | 85 Emilie Fransen | DB1 | 1:30.44 | WDR |
| | | <u>Floris Fransen</u> | | <u>Emilie Fransen</u> | |

| | | Naam | Cat | PR | Tijd Info |
|----|----|--------------------------|-----|-----------------------|-------------------|
| 50 | gl | 65 Britt van Wijk | DB1 | 1:39.03 | 1:36.33 PR |
| | bl | 27 Ravi de Jong | HA1 | 1:37.65 | 1:34.44 PR |
| | | <u>Britt van Wijk</u> | | <u>Ravi de Jong</u> | |
| | | 200m 22.26 (22.26) | | 200m 22.02 (22.02) | |
| | | 600m 57.89 (35.63) | | 600m 57.07 (35.05) | |
| | | 1000m 1:36.33 (38.44) | | 1000m 1:34.44 (37.37) | |

| | | Naam | Cat | PR | Tijd Info |
|----|----|-----------------------|-----|-----------------------|-------------------|
| 51 | wt | 92 Tom Loos | HB2 | 1:31.85 | 1:30.55 PR |
| | rd | 89 Pim Braak | HB1 | 1:35.28 | 1:34.36 PR |
| | | <u>Tom Loos</u> | | <u>Pim Braak</u> | |
| | | 200m 20.17 (20.17) | | 200m 21.67 (21.67) | |
| | | 600m 53.84 (33.67) | | 600m 57.21 (35.54) | |
| | | 1000m 1:30.55 (36.71) | | 1000m 1:34.36 (37.15) | |

| | | Naam | Cat | PR | Tijd Info |
|----|----|---------------------------|-----|-----------------------|-------------------|
| 52 | gl | 12 Toine van Bakel | HA1 | 1:37.02 | 1:33.67 PR |
| | bl | 28 Job van Dongen | HB2 | 1:36.37 | 1:34.46 PR |
| | | <u>Toine van Bakel</u> | | <u>Job van Dongen</u> | |
| | | 200m 21.02 (21.02) | | 200m 21.05 (21.05) | |
| | | 600m 56.13 (35.11) | | 600m 57.04 (35.99) | |
| | | 1000m 1:33.67 (37.54) | | 1000m 1:34.46 (37.42) | |

| | | Naam | Cat | PR | Tijd Info |
|----|----|----------|-----|----------|-----------|
| 53 | wt | | | | |
| | rd | | | | |
| | | <u>m</u> | | <u>m</u> | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------|---------|------------------------|---------|----------------|------|
| 54 | gl | 63 Stefanie Koot | | | DB1 | 1:32.47 | 1:31.70 | PR |
| | bl | 7 Marino Godwaldt | | | HB2 | 1:27.88 | 1:29.58 | |
| | | Stefanie Koot | | | Marino Godwaldt | | | |
| | | 200m | 21.28 | (21.28) | 200m | 20.71 | (20.71) | |
| | | 600m | 55.00 | (33.72) | 600m | 54.08 | (33.37) | |
| | | 1000m | 1:31.70 | (36.70) | 1000m | 1:29.58 | (35.50) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------|---------|--------------------------|---------|----------------|------|
| 55 | wt | 50 Evy van Duijn | | | DB1 | 1:39.51 | 1:40.07 | |
| | rd | 66 Milou van Leeuwen | | | DN2 | 1:29.99 | 1:35.65 | |
| | | Evy van Duijn | | | Milou van Leeuwen | | | |
| | | 200m | 23.16 | (23.16) | 200m | 22.21 | (22.21) | |
| | | 600m | 1:01.33 | (38.17) | 600m | 57.82 | (35.61) | |
| | | 1000m | 1:40.07 | (38.74) | 1000m | 1:35.65 | (37.83) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------|---------|------------------|---------|----------------|------|
| 56 | gl | 72 Vigo Nederstigt | | | HN1 | 1:28.58 | 1:26.69 | PR |
| | bl | 34 Rick Loos | | | HB2 | 1:25.87 | 1:24.41 | PR |
| | | Vigo Nederstigt | | | Rick Loos | | | |
| | | 200m | 19.86 | (19.86) | 200m | 19.76 | (19.76) | |
| | | 600m | 51.73 | (31.87) | 600m | 51.20 | (31.44) | |
| | | 1000m | 1:26.69 | (34.96) | 1000m | 1:24.41 | (33.21) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------|---------|---------------------|---------|----------------|------|
| 57 | wt | 93 Seb van Schelven | | | HN2 | 1:17.34 | 1:18.37 | |
| | rd | 79 Wessel Wouda | | | HSA | 1:18.45 | 1:21.21 | |
| | | Seb van Schelven | | | Wessel Wouda | | | |
| | | 200m | 18.03 | (18.03) | 200m | 19.13 | (19.13) | |
| | | 600m | 47.02 | (28.99) | 600m | 49.17 | (30.04) | |
| | | 1000m | 1:18.37 | (31.35) | 1000m | 1:21.21 | (32.04) | |



Kennemercup 10

Ijsbaan Haarlem - Haarlem

17 december 2023



| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|---------------------|---------|---------|---------|-------------------|
| 58 | gl | 71 | Miel van der Veer | | HA2 | | | 1:20.43 | 1:18.80 PR |
| | bl | 95 | Rens Vergeer | | HA1 | | | 1:17.58 | 1:17.61 |
| | | Miel van der Veer | | | Rens Vergeer | | | | |
| | | 200m | 18.77 | (18.77) | 200m | 18.46 | (18.46) | | |
| | | 600m | 47.79 | (29.02) | 600m | 46.96 | (28.50) | | |
| | | 1000m | 1:18.80 | (31.01) | 1000m | 1:17.61 | (30.65) | | |

5. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 53 Tristan Hagen | HSA | 73 | I | 2:04.43 | | |
| 2 | 25 Rob Visser | H45 | 72 | I | 2:12.90 | | |
| 3 | 30 Joeke van Mulligen | HN3 | 74 | I | 2:13.49 | | |
| 4 | 16 Bert Nijman | H40 | 71 | I | 2:13.64 | PR | |
| 5 | 57 Bas Schrage | HSB | 72 | O | 2:14.81 | | |
| 6 | 36 Mik de Groot | HA1 | 67 | I | 2:15.51 | PR | |
| 7 | 84 Marcel Huismans | H50 | 69 | O | 2:15.72 | | |
| 8 | 40 Anouk Könst | DA1 | 71 | O | 2:16.48 | | |
| 9 | 73 Jonah Zwaan | HB1 | 70 | O | 2:17.69 | | |
| 10 | 96 Olav Huizinga | HB2 | 69 | I | 2:17.90 | PR | |
| 11 | 39 Bruno Bonetti | HB1 | 66 | I | 2:19.14 | PR | |
| 12 | 68 Jim Verdurmen | H60 | 68 | I | 2:21.87 | | |
| 13 | 23 Lara Dingjan | DA2 | 70 | I | 2:22.23 | | |
| 14 | 80 John van der Vlugt | H65 | 74 | O | 2:23.12 | | |
| 15 | 52 Erwin Dekker | H60 | 64 | I | 2:25.89 | | |
| 16 | 70 Jan van der Veer | H55 | 68 | O | 2:26.25 | | |
| 17 | 69 Renske van der Veer | DN2 | 67 | O | 2:26.27 | | |
| 18 | 38 Roosmarijn Meinsma | DB2 | 65 | I | 2:27.23 | PR | |
| 19 | 104 Johan Weenink | H50 | 73 | O | 2:27.99 | | |
| 20 | 33 Cock Baas | H60 | 65 | O | 2:28.14 | | |
| 21 | 24 Kersty Heeremans | DA2 | 64 | O | 2:28.75 | PR | |
| 22 | 21 Sandra Könst | D50 | 66 | O | 2:28.93 | | |
| 23 | 103 Kees Voorhoeve | H65 | 63 | I | 2:29.95 | | |
| 24 | 87 Noa Bierens | DB1 | 61 | I | 2:31.79 | PR | |
| 25 | 31 Pieter van Dijk | HA1 | 62 | I | 2:34.18 | PR | |
| 26 | 41 Charline Kwadrin | DB2 | 63 | O | 2:35.03 | PR | |
| 27 | 59 Valerie Nijman | DA1 | 61 | O | 2:38.41 | | |
| 28 | 37 Annette Laarhoven | DB2 | 62 | O | 2:39.30 | | |
| 29 | 11 Dimitri van Bakel | HB1 | 59 | O | 2:59.08 | PR | |
| 30 | 26 Mirthie Visser | DB1 | 59 | I | 3:02.34 | PR | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|-----------------------|-------------------------|
| 63 | wt | 103 Kees Voorhoeve | H65 | 2:19.73 | 2:29.95 | |
| | rd | 41 Charline Kwadrin | DB2 | 2:36.00 | 2:35.03 | PR |
| | | Kees Voorhoeve | | | | Charline Kwadrin |
| | | 300m 32.43 (32.43) | | | 300m 32.24 (32.24) | |
| | | 700m 1:10.16 (37.73) | | | 700m 1:10.23 (37.99) | |
| | | 1100m 1:49.61 (39.45) | | | 1100m 1:51.94 (41.71) | |
| | | 1500m 2:29.95 (40.34) | | | 1500m 2:35.03 (43.09) | |
| | | Naam | Cat | PR | Tijd | Info |
| 64 | gl | 52 Erwin Dekker | H60 | 2:10.05 | 2:25.89 | |
| | bl | 24 Kersty Heeremans | DA2 | 2:33.83 | 2:28.75 | PR |
| | | Erwin Dekker | | | | Kersty Heeremans |
| | | 300m 31.03 (31.03) | | | 300m 31.79 (31.79) | |
| | | 700m 1:07.62 (36.59) | | | 700m 1:08.08 (36.29) | |
| | | 1100m 1:46.23 (38.61) | | | 1100m 1:47.13 (39.05) | |
| | | 1500m 2:25.89 (39.66) | | | 1500m 2:28.75 (41.62) | |
| | | Naam | Cat | PR | Tijd | Info |
| 65 | wt | 38 Roosmarijn Meinsma | DB2 | 2:30.37 | 2:27.23 | PR |
| | rd | 33 Cock Baas | H60 | 2:07.17 | 2:28.14 | |
| | | Roosmarijn Meinsma | | | | Cock Baas |
| | | 300m 30.55 (30.55) | | | 300m 30.91 (30.91) | |
| | | 700m 1:08.06 (37.51) | | | 700m 1:08.45 (37.54) | |
| | | 1100m 1:47.10 (39.04) | | | 1100m 1:47.43 (38.98) | |
| | | 1500m 2:27.23 (40.13) | | | 1500m 2:28.14 (40.71) | |
| | | Naam | Cat | PR | Tijd | Info |
| 66 | gl | 39 Bruno Bonetti | HB1 | 2:23.25 | 2:19.14 | PR |
| | bl | 21 Sandra Könst | D50 | 2:23.94 | 2:28.93 | |
| | | Bruno Bonetti | | | | Sandra Könst |
| | | 300m 30.22 (30.22) | | | 300m 32.80 (32.80) | |
| | | 700m 1:05.70 (35.48) | | | 700m 1:09.89 (37.09) | |
| | | 1100m 1:41.91 (36.21) | | | 1100m 1:49.02 (39.13) | |
| | | 1500m 2:19.14 (37.23) | | | 1500m 2:28.93 (39.91) | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------------|---------|---------|----------------------------|----------------|---------|
| 67 | wt | 36 Mik de Groot | HA1 | | 2:16.81 | 2:15.51 | PR |
| | rd | 69 Renske van der Veer | DN2 | | 2:22.87 | 2:26.27 | |
| | | Mik de Groot | | | Renske van der Veer | | |
| | | 300m | 28.82 | (28.82) | 300m | 31.30 | (31.30) |
| | | 700m | 1:02.77 | (33.95) | 700m | 1:07.09 | (35.79) |
| | | 1100m | 1:37.96 | (35.19) | 1100m | 1:45.35 | (38.26) |
| | | 1500m | 2:15.51 | (37.55) | 1500m | 2:26.27 | (40.92) |
| | | Naam | Cat | | PR | Tijd | Info |
| 68 | gl | 68 Jim Verdurmen | H60 | | 2:06.03 | 2:21.87 | |
| | bl | 70 Jan van der Veer | H55 | | 2:15.10 | 2:26.25 | |
| | | Jim Verdurmen | | | Jan van der Veer | | |
| | | 300m | 30.73 | (30.73) | 300m | 30.03 | (30.03) |
| | | 700m | 1:06.62 | (35.89) | 700m | 1:05.88 | (35.85) |
| | | 1100m | 1:43.79 | (37.17) | 1100m | 1:44.25 | (38.37) |
| | | 1500m | 2:21.87 | (38.08) | 1500m | 2:26.25 | (42.00) |
| | | Naam | Cat | | PR | Tijd | Info |
| 69 | wt | 96 Olav Huizinga | HB2 | | 2:18.05 | 2:17.90 | PR |
| | rd | 84 Marcel Huismans | H50 | | 2:03.77 | 2:15.72 | |
| | | Olav Huizinga | | | Marcel Huismans | | |
| | | 300m | 29.27 | (29.27) | 300m | 29.24 | (29.24) |
| | | 700m | 1:04.39 | (35.12) | 700m | 1:03.49 | (34.25) |
| | | 1100m | 1:40.61 | (36.22) | 1100m | 1:39.30 | (35.81) |
| | | 1500m | 2:17.90 | (37.29) | 1500m | 2:15.72 | (36.42) |
| | | Naam | Cat | | PR | Tijd | Info |
| 70 | gl | 23 Lara Dingjan | DA2 | | 2:16.11 | 2:22.23 | |
| | bl | 73 Jonah Zwaan | HB1 | | 2:17.40 | 2:17.69 | |
| | | Lara Dingjan | | | Jonah Zwaan | | |
| | | 300m | 29.49 | (29.49) | 300m | 29.25 | (29.25) |
| | | 700m | 1:04.28 | (34.79) | 700m | 1:02.80 | (33.55) |
| | | 1100m | 1:42.09 | (37.81) | 1100m | 1:39.60 | (36.80) |
| | | 1500m | 2:22.23 | (40.14) | 1500m | 2:17.69 | (38.09) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------------|---------|---------|---------------------------|----------------|---------|
| 71 | wt | 16 Bert Nijman | H40 | | 2:14.95 | 2:13.64 | PR |
| | rd | 40 Anouk Könst | DA1 | | 2:11.86 | 2:16.48 | |
| | | Bert Nijman | | | Anouk Könst | | |
| | | 300m | 28.75 | (28.75) | 300m | 30.08 | (30.08) |
| | | 700m | 1:02.01 | (33.26) | 700m | 1:03.94 | (33.86) |
| | | 1100m | 1:37.26 | (35.25) | 1100m | 1:39.41 | (35.47) |
| | | 1500m | 2:13.64 | (36.38) | 1500m | 2:16.48 | (37.07) |
| | | Naam | Cat | | PR | Tijd | Info |
| 72 | gl | 25 Rob Visser | H45 | | 2:08.34 | 2:12.90 | |
| | bl | 57 Bas Schrage | HSB | | 2:08.62 | 2:14.81 | |
| | | Rob Visser | | | Bas Schrage | | |
| | | 300m | 28.83 | (28.83) | 300m | 28.20 | (28.20) |
| | | 700m | 1:01.48 | (32.65) | 700m | 1:01.73 | (33.53) |
| | | 1100m | 1:36.12 | (34.64) | 1100m | 1:37.17 | (35.44) |
| | | 1500m | 2:12.90 | (36.78) | 1500m | 2:14.81 | (37.64) |
| | | Naam | Cat | | PR | Tijd | Info |
| 73 | wt | 53 Tristan Hagen | HSA | | 2:01.45 | 2:04.43 | |
| | rd | 104 Johan Weenink | H50 | | 2:07.91 | 2:27.99 | |
| | | Tristan Hagen | | | Johan Weenink | | |
| | | 300m | 28.03 | (28.03) | 300m | 31.88 | (31.88) |
| | | 700m | 58.67 | (30.64) | 700m | 1:09.38 | (37.50) |
| | | 1100m | 1:30.75 | (32.08) | 1100m | 1:47.72 | (38.34) |
| | | 1500m | 2:04.43 | (33.68) | 1500m | 2:27.99 | (40.27) |
| | | Naam | Cat | | PR | Tijd | Info |
| 74 | gl | 30 Joeke van Mulligen | HN3 | | 2:11.23 | 2:13.49 | |
| | bl | 80 John van der Vlugt | H65 | | 2:00.94 | 2:23.12 | |
| | | Joeke van Mulligen | | | John van der Vlugt | | |
| | | 300m | 27.97 | (27.97) | 300m | 31.57 | (31.57) |
| | | 700m | 1:01.23 | (33.26) | 700m | 1:08.19 | (36.62) |
| | | 1100m | 1:36.49 | (35.26) | 1100m | 1:45.79 | (37.60) |
| | | 1500m | 2:13.49 | (37.00) | 1500m | 2:23.12 | (37.33) |

6. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 22 Stefan Huizenga | HA1 | 81 | I | 4:13.48 | PR | |
| 2 | 32 Evert Jan van Dijk | H45 | 80 | O | 4:44.48 | | |
| 3 | 86 Danny Witkamp | H55 | 81 | O | 4:45.31 | | |
| 4 | 35 Danique van Rooden | DB2 | 82 | O | 4:55.33 | | |
| 5 | 1 Driek Tolk | HB2 | 79 | O | 4:59.49 | | |
| 6 | 45 Ruben Molenaar | HB1 | 79 | I | 5:02.79 | | |
| 7 | 88 Milou Butter | DN3 | 82 | I | 5:05.89 | | |
| 8 | 101 Gerard Ypma | H45 | 80 | I | 5:06.44 | | |
| 9 | 6 Merit de Bruin | DA1 | 78 | O | 5:15.48 | PR | |
| 10 | 14 Anouk Rodenburg | DB1 | 78 | I | 5:23.96 | PR | |
| 11 | 100 Bente Adema | DC2 | 77 | O | 5:36.87 | PR | |
| 12 | 94 Laurens Dam | HB1 | 77 | I | 5:43.03 | PR | |
| | 49 Iris Meerhoff | DSA | | | | WDR | |

6. Rituitslag 3000 meter

| | Naam | Cat | PR | Tijd | Info |
|----|----------|-----|----|------|------|
| 75 | wt rd | | | | |
| | m | m | | | |

| | Naam | Cat | PR | Tijd | Info |
|----|------------------|---------------|---------|------|------------|
| 76 | gl bl | | | | |
| | 49 Iris Meerhoff | DSA | 5:11.72 | | WDR |
| | m | Iris Meerhoff | | | |

| | Naam | Cat | PR | Tijd | Info |
|----|-----------------|-----|---------|---------|------|
| 77 | wt rd | | | | |
| | 94 Laurens Dam | HB1 | 6:12.02 | 5:43.03 | PR |
| | 100 Bente Adema | DC2 | 5:46.27 | 5:36.87 | PR |

Laurens Dam

| | | |
|-------|---------|---------|
| 200m | 24.47 | (24.47) |
| 600m | 1:08.03 | (43.56) |
| 1000m | 1:54.43 | (46.40) |
| 1400m | 2:40.45 | (46.02) |
| 1800m | 3:27.03 | (46.58) |
| 2200m | 4:12.73 | (45.70) |
| 2600m | 4:59.74 | (47.01) |
| 3000m | 5:43.03 | (43.29) |

Bente Adema

| | | |
|-------|---------|---------|
| 200m | 24.31 | (24.31) |
| 600m | 1:04.12 | (39.81) |
| 1000m | 1:47.72 | (43.60) |
| 1400m | 2:32.60 | (44.88) |
| 1800m | 3:17.78 | (45.18) |
| 2200m | 4:03.52 | (45.74) |
| 2600m | 4:49.61 | (46.09) |
| 3000m | 5:36.87 | (47.26) |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|---------|----------------|------|
| 78 | gl | 14 | Anouk Rodenburg | | DB1 | 5:32.53 | 5:23.96 | PR |
| | bl | 6 | Merit de Bruin | | DA1 | 5:16.31 | 5:15.48 | PR |
| | | Anouk Rodenburg | | | Merit de Bruin | | | |
| | | 200m | 24.76 | (24.76) | 200m | 24.62 | (24.62) | |
| | | 600m | 1:06.12 | (41.36) | 600m | 1:03.17 | (38.55) | |
| | | 1000m | 1:48.86 | (42.74) | 1000m | 1:43.20 | (40.03) | |
| | | 1400m | 2:32.46 | (43.60) | 1400m | 2:25.18 | (41.98) | |
| | | 1800m | 3:16.79 | (44.33) | 1800m | 3:07.23 | (42.05) | |
| | | 2200m | 4:01.38 | (44.59) | 2200m | 3:50.11 | (42.88) | |
| | | 2600m | 4:45.08 | (43.70) | 2600m | 4:32.94 | (42.83) | |
| | | 3000m | 5:23.96 | (38.88) | 3000m | 5:15.48 | (42.54) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-------------------|---------|----------------|------|
| 79 | wt | 45 | Ruben Molenaar | | HB1 | 5:00.76 | 5:02.79 | |
| | rd | 1 | Driek Tolk | | HB2 | 4:57.63 | 4:59.49 | |
| | | Ruben Molenaar | | | Driek Tolk | | | |
| | | 200m | 22.78 | (22.78) | 200m | 23.20 | (23.20) | |
| | | 600m | 1:01.27 | (38.49) | 600m | 1:00.21 | (37.01) | |
| | | 1000m | 1:41.23 | (39.96) | 1000m | 1:38.79 | (38.58) | |
| | | 1400m | 2:21.32 | (40.09) | 1400m | 2:17.74 | (38.95) | |
| | | 1800m | 3:02.69 | (41.37) | 1800m | 2:57.33 | (39.59) | |
| | | 2200m | 3:44.10 | (41.41) | 2200m | 3:37.52 | (40.19) | |
| | | 2600m | 4:25.13 | (41.03) | 2600m | 4:18.44 | (40.92) | |
| | | 3000m | 5:02.79 | (37.66) | 3000m | 4:59.49 | (41.05) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------------|---------|---------|---------------------------|---------|----------------|------|
| 80 | gl | 101 Gerard Ypma | | | H45 | 5:01.04 | 5:06.44 | |
| | bl | 32 Evert Jan van Dijk | | | H45 | 4:30.53 | 4:44.48 | |
| | | Gerard Ypma | | | Evert Jan van Dijk | | | |
| | | 200m | 25.54 | (25.54) | 200m | 23.13 | (23.13) | |
| | | 600m | 1:03.81 | (38.27) | 600m | 58.60 | (35.47) | |
| | | 1000m | 1:43.39 | (39.58) | 1000m | 1:35.38 | (36.78) | |
| | | 1400m | 2:23.01 | (39.62) | 1400m | 2:12.58 | (37.20) | |
| | | 1800m | 3:02.99 | (39.98) | 1800m | 2:49.63 | (37.05) | |
| | | 2200m | 3:43.46 | (40.47) | 2200m | 3:27.26 | (37.63) | |
| | | 2600m | 4:24.87 | (41.41) | 2600m | 4:05.43 | (38.17) | |
| | | 3000m | 5:06.44 | (41.57) | 3000m | 4:44.48 | (39.05) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------|---------|----------------------|---------|----------------|------|
| 81 | wt | 22 Stefan Huizenga | | | HA1 | 4:14.36 | 4:13.48 | PR |
| | rd | 86 Danny Witkamp | | | H55 | 4:10.68 | 4:45.31 | |
| | | Stefan Huizenga | | | Danny Witkamp | | | |
| | | 200m | 20.03 | (20.03) | 200m | 22.72 | (22.72) | |
| | | 600m | 51.43 | (31.40) | 600m | 57.94 | (35.22) | |
| | | 1000m | 1:23.05 | (31.62) | 1000m | 1:34.30 | (36.36) | |
| | | 1400m | 1:56.20 | (33.15) | 1400m | 2:11.60 | (37.30) | |
| | | 1800m | 2:30.05 | (33.85) | 1800m | 2:49.06 | (37.46) | |
| | | 2200m | 3:04.81 | (34.76) | 2200m | 3:27.49 | (38.43) | |
| | | 2600m | 3:39.37 | (34.56) | 2600m | 4:05.78 | (38.29) | |
| | | 3000m | 4:13.48 | (34.11) | 3000m | 4:45.31 | (39.53) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|---------------------------|---------|---------------------------|-----|-------|---------|----------------|
| 82 | gl | 88 | Milou Butter | | | DN3 | | 4:55.15 | 5:05.89 |
| | bl | 35 | Danique van Rooden | | | DB2 | | 4:46.64 | 4:55.33 |
| | | Milou Butter | | | Danique van Rooden | | | | |
| | | 200m | 22.60 | (22.60) | | | 200m | 24.27 | (24.27) |
| | | 600m | 59.82 | (37.22) | | | 600m | 1:02.00 | (37.73) |
| | | 1000m | 1:38.73 | (38.91) | | | 1000m | 1:38.46 | (36.46) |
| | | 1400m | 2:17.90 | (39.17) | | | 1400m | 2:15.55 | (37.09) |
| | | 1800m | 2:58.69 | (40.79) | | | 1800m | 2:53.99 | (38.44) |
| | | 2200m | 3:40.33 | (41.64) | | | 2200m | 3:33.41 | (39.42) |
| | | 2600m | 4:23.66 | (43.33) | | | 2600m | 4:14.29 | (40.88) |
| | | 3000m | 5:05.89 | (42.23) | | | 3000m | 4:55.33 | (41.04) |