

1. Uitslag Dames jun-B 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	93 Merel Conijn	DB1	20	I	42.25		
2	39 Esmee Kaandorp	DB1	20	O	42.31		
3	40 Emma Kant	DB2	19	I	42.32		
4	88 Sacha van der Weide	DB1	18	O	42.37		
5	30 Inge de Heer	DB2	19	O	42.82		
6	56 Roos Markus	DB2	16	O	42.86		
7	68 Daphne de Ruiter	DB2	15	O	42.94		
8	85 Ju-Lin de Visser	DB2	18	I	42.99		
9	57 Amy van der Meer	DB1	17	O	43.28		
10	7 Ruth Balvert	DB2	15	I	43.29		
11	58 Leila Meijer	DB1	17	I	44.11		
12	90 Quinty van Wijnbergen	DB1	12	I	44.12		
	41 Sylke Kas	DB1	16	I	44.12		
14	65 Brit Qualm	DB2	9	O	44.14		
15	48 Evelieke Kool	DB2	6	I	44.20	PR	
16	92 Loraine van Zelst	DB1	13	O	44.40		
17	84 Olin Verhoog	DB2	11	I	44.41		
18	74 Anne Smit	DB1	10	I	44.42		
19	23 Sanne van Duijnhoven	DB2	14	I	44.53		
20	46 Lianne Koetsier	DB1	10	O	44.62		
21	8 Anouk Beursgens	DB2	12	O	44.66		
22	80 Femke Thiessen	DB2	14	O	44.68		
23	13 Rosa Bronsdijk	DB2	11	O	44.71		
24	2 Sosha Zuiderduin	DB2	8	O	45.13		
25	83 Tessa Veltman	DB1	9	I	45.18		
26	62 Lisa van Oost	DB2	7	I	45.30		
27	69 Zoë Salemi	DB1	7	O	45.78		
28	61 Dewi Nicolai	DB1	6	O	46.05		
29	72 Fleur Schouten	DB1	8	I	46.29		
30	49 Fabiënne Kool	DB2	3	O	46.33		
31	60 Femke Mossinkoff	DB2	4	O	46.36		
32	64 Alessandra Primavera	DB2	5	O	46.52		
33	20 Anna Dijkers	DB1	1	O	46.56		
34	16 Heleen Compier	DB2	3	I	46.65		
	82 Ruby van Tol	DB1	4	I	46.65		
36	10 Fleur Biesbroek	DB1	13	I	46.81		
37	22 Inger van Dok	DB2	1	I	47.61		
38	11 Ine Bonthuis	DB2	5	I	47.75		

1. Rituitslag Dames jun-B 500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	22 Inger van Dok	DB2	46.23	47.61	
	rd	20 Anna Dijkers	DB1	44.95	46.56	
		Inger van Dok		Anna Dijkers		
		100m	12.58 (12.58)	100m	12.24 (12.24)	
		500m	47.61 (35.03)	500m	46.56 (34.32)	

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					
		m		m		

		Naam	Cat	PR	Tijd	Info
3	wt	16 Heleen Compier	DB2	44.82	46.65	
	rd	49 Fabiënne Kool	DB2	44.96	46.33	
		Heleen Compier		Fabiënne Kool		
		100m	12.45 (12.45)	100m	12.80 (12.80)	
		500m	46.65 (34.20)	500m	46.33 (33.53)	

		Naam	Cat	PR	Tijd	Info
4	gl	82 Ruby van Tol	DB1	46.36	46.65	
	bl	60 Femke Mossinkoff	DB2	45.75	46.36	
		Ruby van Tol		Femke Mossinkoff		
		100m	12.67 (12.67)	100m	12.74 (12.74)	
		500m	46.65 (33.98)	500m	46.36 (33.62)	

		Naam	Cat	PR	Tijd	Info
5	wt	11 Ine Bonthuis	DB2	45.69	47.75	
	rd	64 Alessandra Primavera	DB2	45.47	46.52	
		Ine Bonthuis		Alessandra Primavera		
		100m	12.72 (12.72)	100m	12.64 (12.64)	
		500m	47.75 (35.03)	500m	46.52 (33.88)	

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		Naam	Cat	PR	Tijd	Info
6	gl	48 Evelieke Kool	DB2	44.27	44.20	PR
	bl	61 Dewi Nicolai	DB1	44.75	46.05	
		Evelieke Kool		Dewi Nicolai		
		100m	11.99 (11.99)	100m	12.60 (12.60)	
		500m	44.20 (32.21)	500m	46.05 (33.45)	
		Naam	Cat	PR	Tijd	Info
7	wt	62 Lisa van Oost	DB2	44.34	45.30	
	rd	69 Zoë Salemi	DB1	44.37	45.78	
		Lisa van Oost		Zoë Salemi		
		100m	12.42 (12.42)	100m	12.64 (12.64)	
		500m	45.30 (32.88)	500m	45.78 (33.14)	
		Naam	Cat	PR	Tijd	Info
8	gl	72 Fleur Schouten	DB1	44.91	46.29	
	bl	2 Sosha Zuiderduin	DB2	44.71	45.13	
		Fleur Schouten		Sosha Zuiderduin		
		100m	12.71 (12.71)	100m	12.30 (12.30)	
		500m	46.29 (33.58)	500m	45.13 (32.83)	
		Naam	Cat	PR	Tijd	Info
9	wt	83 Tessa Veltman	DB1	44.00	45.18	
	rd	65 Brit Qualm	DB2	43.82	44.14	
		Tessa Veltman		Brit Qualm		
		100m	12.36 (12.36)	100m	11.95 (11.95)	
		500m	45.18 (32.82)	500m	44.14 (32.19)	
		Naam	Cat	PR	Tijd	Info
10	gl	74 Anne Smit	DB1	43.74	44.42	
	bl	46 Lianne Koetsier	DB1	44.09	44.62	
		Anne Smit		Lianne Koetsier		
		100m	12.05 (12.05)	100m	12.01 (12.01)	
		500m	44.42 (32.37)	500m	44.62 (32.61)	

		Naam	Cat	PR	Tijd	Info
11	wt	84 Olin Verhoog	DB2	43.87	44.41	
	rd	13 Rosa Bronsdijk	DB2	43.50	44.71	
		Olin Verhoog		Rosa Bronsdijk		
		100m	11.87 (11.87)	100m	12.07 (12.07)	
		500m	44.41 (32.54)	500m	44.71 (32.64)	
		Naam	Cat	PR	Tijd	Info
12	gl	90 Quinty van Wijnbergen	DB1	43.11	44.12	
	bl	8 Anouk Beurgens	DB2	43.17	44.66	
		Quinty van Wijnbergen		Anouk Beurgens		
		100m	11.93 (11.93)	100m	12.12 (12.12)	
		500m	44.12 (32.19)	500m	44.66 (32.54)	
		Naam	Cat	PR	Tijd	Info
13	wt	10 Fleur Biesbroek	DB1	44.68	46.81	
	rd	92 Loraine van Zelst	DB1	43.67	44.40	
		Fleur Biesbroek		Loraine van Zelst		
		100m	12.55 (12.55)	100m	12.02 (12.02)	
		500m	46.81 (34.26)	500m	44.40 (32.38)	
		Naam	Cat	PR	Tijd	Info
14	gl	23 Sanne van Duijnhoven	DB2	43.72	44.53	
	bl	80 Femke Thiessen	DB2	43.72	44.68	
		Sanne van Duijnhoven		Femke Thiessen		
		100m	12.11 (12.11)	100m	12.07 (12.07)	
		500m	44.53 (32.42)	500m	44.68 (32.61)	
		Naam	Cat	PR	Tijd	Info
15	wt	7 Ruth Balvert	DB2	42.51	43.29	
	rd	68 Daphne de Ruiter	DB2	42.43	42.94	
		Ruth Balvert		Daphne de Ruiter		
		100m	11.65 (11.65)	100m	11.66 (11.66)	
		500m	43.29 (31.64)	500m	42.94 (31.28)	

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		Naam		Cat		PR	Tijd	Info
16	gl	41 Sylke Kas		DB1		42.91	44.12	
	bl	56 Roos Markus		DB2		42.84	42.86	
		Sylke Kas			Roos Markus			
		100m	11.95	(11.95)	100m	11.79	(11.79)	
		500m	44.12	(32.17)	500m	42.86	(31.07)	
		Naam		Cat		PR	Tijd	Info
17	wt	58 Leila Meijer		DB1		42.85	44.11	
	rd	57 Amy van der Meer		DB1		42.63	43.28	
		Leila Meijer			Amy van der Meer			
		100m	12.10	(12.10)	100m	11.83	(11.83)	
		500m	44.11	(32.01)	500m	43.28	(31.45)	
		Naam		Cat		PR	Tijd	Info
18	gl	85 Ju-Lin de Visser		DB2		40.98	42.99	
	bl	88 Sacha van der Weide		DB1		42.11	42.37	
		Ju-Lin de Visser			Sacha van der Weide			
		100m	11.99	(11.99)	100m	11.34	(11.34)	
		500m	42.99	(31.00)	500m	42.37	(31.03)	
		Naam		Cat		PR	Tijd	Info
19	wt	40 Emma Kant		DB2		41.45	42.32	
	rd	30 Inge de Heer		DB2		41.92	42.82	
		Emma Kant			Inge de Heer			
		100m	11.48	(11.48)	100m	11.98	(11.98)	
		500m	42.32	(30.84)	500m	42.82	(30.84)	
		Naam		Cat		PR	Tijd	Info
20	gl	93 Merel Conijn		DB1		41.41	42.25	
	bl	39 Esmee Kaandorp		DB1		41.85	42.31	
		Merel Conijn			Esmee Kaandorp			
		100m	11.45	(11.45)	100m	11.52	(11.52)	
		500m	42.25	(30.80)	500m	42.31	(30.79)	

2. Uitslag Heren jun-B 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	47 Daan Kool	HB2	37	I	38.47		
2	6 Raoul van Aken	HB2	37	O	38.87		
3	14 Armand Broos	HB2	35	O	39.10		
4	77 Daan Spruit	HB1	33	I	39.13		
5	94 Yves Vergeer	HB2	34	O	39.20		
6	76 Jesse Speijers	HB1	27	O	39.44		
7	51 Remco Langemaire	HB2	29	O	39.46		
8	32 Jurgen van der Hoorn	HB2	38	O	39.50		
9	44 Bart Klaver	HB1	36	O	39.60		
10	1 Jarno Verheij	HB2	35	I	39.65		
11	5 Jelmer Pluijgers	HB2	38	I	39.73		
12	50 Bram Kras	HB2	27	I	39.75		
13	28 Max de Graaf	HB2	34	I	39.89		
	91 Max Wokke	HB2	31	O	39.89		
15	3 Colin Schrijver	HB2	32	O	39.90		
16	31 David Holmes	HB1	26	O	40.05		
17	36 Matthijs Janssen	HB2	26	I	40.14		
18	4 Jarno Pluijgers	HB1	23	O	40.20	PR	
19	67 Jonathan van Renesse	HB1	32	I	40.21		
20	37 Jesper de Jong	HB2	28	I	40.25		
	15 Stephan Clazing	HB1	30	O	40.25		
22	9 Dylan van Beuzekom	HB1	33	O	40.26		
	42 Sven Kemp	HB2	36	I	40.26		
24	55 Leonard van Maaren	HB1	25	I	40.33		
25	27 Willem van der Goes	HB2	23	I	40.49		
26	17 Ruben Demaret	HB2	31	I	40.54		
27	33 Cas Hoorneman	HB2	22	I	40.64		
28	81 Luuk van Timmeren	HB1	30	I	40.67		
29	89 Hugo van der Wel	HB2	29	I	40.70		
30	79 Daan Theunissen	HB2	21	I	40.77		
31	25 Daan van der Elst	HB1	25	O	40.85		
32	26 Wieger Gobel	HB2	24	I	41.10		
33	34 Niels d' Huy	HB1	21	O	41.33		
34	35 Ivar Immerzeel	HB2	24	O	41.37		
35	87 Thom de Vries	HB2	28	O	1:25.00		
	53 Tom van Lint	HB2	22	O	DNF		

2. Rituitslag Heren jun-B 500 meter

		Naam	Cat	PR	Tijd	Info
21	wt	79 Daan Theunissen	HB2	40.73	40.77	
	rd	34 Niels d' Huy	HB1	41.14	41.33	
		Daan Theunissen		Niels d' Huy		
		100m	11.20 (11.20)	100m	11.78 (11.78)	
		500m	40.77 (29.57)	500m	41.33 (29.55)	

		Naam	Cat	PR	Tijd	Info
22	gl	33 Cas Hoorneman	HB2	40.03	40.64	
	bl	53 Tom van Lint	HB2	40.30	DNF	
		Cas Hoorneman		Tom van Lint		
		100m	11.33 (11.33)	100m	11.16 (11.16)	
		500m	40.64 (29.31)			

		Naam	Cat	PR	Tijd	Info
23	wt	27 Willem van der Goes	HB2	40.16	40.49	
	rd	4 Jarno Pluijgers	HB1	40.55	40.20	PR
		Willem van der Goes		Jarno Pluijgers		
		100m	11.27 (11.27)	100m	11.26 (11.26)	
		500m	40.49 (29.22)	500m	40.20 (28.94)	

		Naam	Cat	PR	Tijd	Info
24	gl	26 Wieger Gobel	HB2	40.33	41.10	
	bl	35 Ivar Immerzeel	HB2	40.23	41.37	
		Wieger Gobel		Ivar Immerzeel		
		100m	11.47 (11.47)	100m	11.71 (11.71)	
		500m	41.10 (29.63)	500m	41.37 (29.66)	

		Naam	Cat	PR	Tijd	Info
25	wt	55 Leonard van Maaren	HB1	39.42	40.33	
	rd	25 Daan van der Elst	HB1	39.76	40.85	
		Leonard van Maaren		Daan van der Elst		
		100m	11.10 (11.10)	100m	11.03 (11.03)	
		500m	40.33 (29.23)	500m	40.85 (29.82)	

		Naam	Cat	PR	Tijd	Info
26	gl	36 Matthijs Janssen	HB2	39.47	40.14	
	bl	31 David Holmes	HB1	39.53	40.05	
		Matthijs Janssen		David Holmes		
		100m	10.97 (10.97)	100m	11.40 (11.40)	
		500m	40.14 (29.17)	500m	40.05 (28.65)	
		Naam	Cat	PR	Tijd	Info
27	wt	50 Bram Kras	HB2	39.33	39.75	
	rd	76 Jesse Speijers	HB1	39.30	39.44	
		Bram Kras		Jesse Speijers		
		100m	10.74 (10.74)	100m	10.95 (10.95)	
		500m	39.75 (29.01)	500m	39.44 (28.49)	
		Naam	Cat	PR	Tijd	Info
28	gl	37 Jesper de Jong	HB2	39.26	40.25	
	bl	87 Thom de Vries	HB2	39.05	1:25.00	
		Jesper de Jong		Thom de Vries		
		100m	10.95 (10.95)	100m	10.83 (10.83)	
		500m	40.25 (29.30)	500m	1:25.00 (74.17)	
		Naam	Cat	PR	Tijd	Info
29	wt	89 Hugo van der Wel	HB2	39.42	40.70	
	rd	51 Remco Langemaire	HB2	39.25	39.46	
		Hugo van der Wel		Remco Langemaire		
		100m	11.24 (11.24)	100m	10.71 (10.71)	
		500m	40.70 (29.46)	500m	39.46 (28.75)	
		Naam	Cat	PR	Tijd	Info
30	gl	81 Luuk van Timmeren	HB1	39.23	40.67	
	bl	15 Stephan Clazing	HB1	39.18	40.25	
		Luuk van Timmeren		Stephan Clazing		
		100m	11.10 (11.10)	100m	10.85 (10.85)	
		500m	40.67 (29.57)	500m	40.25 (29.40)	

		Naam		Cat	PR		Tijd		Info
31	wt	17	Ruben Demaret	HB2	39.24		40.54		
	rd	91	Max Wokke	HB2	39.17		39.89		
	Ruben Demaret			Max Wokke					
	100m			10.98	(10.98)	100m			10.78 (10.78)
	500m			40.54	(29.56)	500m			39.89 (29.11)
		Naam		Cat	PR		Tijd		Info
32	gl	67	Jonathan van Renesse	HB1	38.83		40.21		
	bl	3	Colin Schrijver	HB2	38.92		39.90		
	Jonathan van Renesse			Colin Schrijver					
	100m			11.27	(11.27)	100m			11.02 (11.02)
	500m			40.21	(28.94)	500m			39.90 (28.88)
		Naam		Cat	PR		Tijd		Info
33	wt	77	Daan Spruit	HB1	38.13		39.13		
	rd	9	Dylan van Beuzekom	HB1	39.16		40.26		
	Daan Spruit			Dylan van Beuzekom					
	100m			10.70	(10.70)	100m			10.96 (10.96)
	500m			39.13	(28.43)	500m			40.26 (29.30)
		Naam		Cat	PR		Tijd		Info
34	gl	28	Max de Graaf	HB2	38.40		39.89		
	bl	94	Yves Vergeer	HB2	38.46		39.20		
	Max de Graaf			Yves Vergeer					
	100m			11.04	(11.04)	100m			10.78 (10.78)
	500m			39.89	(28.85)	500m			39.20 (28.42)
		Naam		Cat	PR		Tijd		Info
35	wt	1	Jarno Verheij	HB2	38.75		39.65		
	rd	14	Armand Broos	HB2	38.19		39.10		
	Jarno Verheij			Armand Broos					
	100m			10.78	(10.78)	100m			10.72 (10.72)
	500m			39.65	(28.87)	500m			39.10 (28.38)

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		Naam	Cat	PR	Tijd	Info
36	gl	42 Sven Kemp	HB2	37.93	40.26	
	bl	44 Bart Klaver	HB1	37.93	39.60	
		Sven Kemp		Bart Klaver		
		100m	11.10 (11.10)	100m	10.89 (10.89)	
		500m	40.26 (29.16)	500m	39.60 (28.71)	
		Naam	Cat	PR	Tijd	Info
37	wt	47 Daan Kool	HB2	37.48	38.47	
	rd	6 Raoul van Aken	HB2	37.67	38.87	
		Daan Kool		Raoul van Aken		
		100m	10.58 (10.58)	100m	10.61 (10.61)	
		500m	38.47 (27.89)	500m	38.87 (28.26)	
		Naam	Cat	PR	Tijd	Info
38	gl	5 Jelmer Pluijgers	HB2	37.88	39.73	
	bl	32 Jurgen van der Hoorn	HB2	38.03	39.50	
		Jelmer Pluijgers		Jurgen van der Hoorn		
		100m	10.48 (10.48)	100m	10.64 (10.64)	
		500m	39.73 (29.25)	500m	39.50 (28.86)	

3. Uitslag Dames jun-B 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	93 Merel Conijn	DB1	59	I	2:11.84		
2	56 Roos Markus	DB2	57	O	2:12.79		
3	30 Inge de Heer	DB2	57	I	2:13.02		
4	85 Ju-Lin de Visser	DB2	56	O	2:13.53		
5	40 Emma Kant	DB2	58	I	2:14.05		
6	57 Amy van der Meer	DB1	55	I	2:14.61		
7	65 Brit Qualm	DB2	53	O	2:14.70		
8	58 Leila Meijer	DB1	54	I	2:15.35		
9	39 Esmee Kaandorp	DB1	59	O	2:16.52		
10	48 Evelieke Kool	DB2	52	I	2:16.65		
11	8 Anouk Beursgens	DB2	49	I	2:17.87		
12	88 Sacha van der Weide	DB1	58	O	2:17.95		
13	74 Anne Smit	DB1	51	O	2:18.54		
14	68 Daphne de Ruiter	DB2	56	I	2:18.57		
15	62 Lisa van Oost	DB2	47	O	2:18.81		
16	64 Alessandra Primavera	DB2	44	O	2:18.95		
17	92 Loraine van Zelst	DB1	52	O	2:19.02		
18	80 Femke Thiessen	DB2	49	O	2:19.20		
19	72 Fleur Schouten	DB1	45	I	2:19.22		
20	84 Olin Verhoog	DB2	51	I	2:19.23		
21	2 Sosha Zuiderduin	DB2	48	O	2:19.71		
22	60 Femke Mossinkoff	DB2	44	I	2:19.75		
23	7 Ruth Balvert	DB2	55	O	2:19.92		
24	23 Sanne van Duijnhoven	DB2	50	I	2:20.44		
25	46 Lianne Koetsier	DB1	50	O	2:20.65	PR	
26	83 Tessa Veltman	DB1	47	I	2:20.91		
27	13 Rosa Bronsdijk	DB2	48	I	2:21.08		
28	49 Fabiënne Kool	DB2	45	O	2:21.26		
29	69 Zoë Salemi	DB1	46	I	2:21.29		
30	61 Dewi Nicolai	DB1	46	O	2:21.58		
31	22 Inger van Dok	DB2	41	I	2:21.76		
32	82 Ruby van Tol	DB1	42	I	2:21.94		
33	90 Quinty van Wijnbergen	DB1	53	I	2:23.15		
34	16 Heleen Compier	DB2	43	O	2:23.95		
35	41 Sylke Kas	DB1	54	O	2:24.17		
36	20 Anna Dijkers	DB1	43	I	2:24.60		
37	11 Ine Bonthuis	DB2	41	O	2:27.24		
38	10 Fleur Biesbroek	DB1	42	O	2:28.43		

3. Rituitslag Dames jun-B 1500 meter

		Naam	Cat	PR	Tijd	Info
41	wt	22 Inger van Dok	DB2	2:18.09	2:21.76	
	rd	11 Ine Bonthuis	DB2	2:19.14	2:27.24	
		Inger van Dok	Ine Bonthuis			
		300m 30.69 (30.69)	300m 31.40 (31.40)			
		700m 1:06.00 (35.31)	700m 1:08.41 (37.01)			
		1100m 1:43.30 (37.30)	1100m 1:47.21 (38.80)			
		1500m 2:21.76 (38.46)	1500m 2:27.24 (40.03)			
		Naam	Cat	PR	Tijd	Info
42	gl	82 Ruby van Tol	DB1	2:21.17	2:21.94	
	bl	10 Fleur Biesbroek	DB1	2:17.54	2:28.43	
		Ruby van Tol	Fleur Biesbroek			
		300m 30.56 (30.56)	300m 31.02 (31.02)			
		700m 1:06.02 (35.46)	700m 1:08.25 (37.23)			
		1100m 1:43.44 (37.42)	1100m 1:47.70 (39.45)			
		1500m 2:21.94 (38.50)	1500m 2:28.43 (40.73)			
		Naam	Cat	PR	Tijd	Info
43	wt	20 Anna Dijkers	DB1	2:21.84	2:24.60	
	rd	16 Heleen Compier	DB2	2:15.82	2:23.95	
		Anna Dijkers	Heleen Compier			
		300m 29.74 (29.74)	300m 30.52 (30.52)			
		700m 1:05.33 (35.59)	700m 1:06.40 (35.88)			
		1100m 1:43.84 (38.51)	1100m 1:44.78 (38.38)			
		1500m 2:24.60 (40.76)	1500m 2:23.95 (39.17)			
		Naam	Cat	PR	Tijd	Info
44	gl	60 Femke Mossinkoff	DB2	2:16.63	2:19.75	
	bl	64 Alessandra Primavera	DB2	2:14.99	2:18.95	
		Femke Mossinkoff	Alessandra Primavera			
		300m 30.96 (30.96)	300m 30.09 (30.09)			
		700m 1:06.32 (35.36)	700m 1:04.55 (34.46)			
		1100m 1:42.98 (36.66)	1100m 1:40.93 (36.38)			
		1500m 2:19.75 (36.77)	1500m 2:18.95 (38.02)			

IJsbahn Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
45	wt	72 Fleur Schouten	DB1	2:14.87	2:19.22	
	rd	49 Fabiënne Kool	DB2	2:14.41	2:21.26	
Fleur Schouten			Fabiënne Kool			
		300m	30.82 (30.82)	300m	30.20 (30.20)	
		700m	1:05.96 (35.14)	700m	1:05.06 (34.86)	
		1100m	1:42.22 (36.26)	1100m	1:42.80 (37.74)	
		1500m	2:19.22 (37.00)	1500m	2:21.26 (38.46)	
		Naam	Cat	PR	Tijd	Info
46	gl	69 Zoë Salemi	DB1	2:15.55	2:21.29	
	bl	61 Dewi Nicolai	DB1	2:19.79	2:21.58	
Zoë Salemi			Dewi Nicolai			
		300m	29.52 (29.52)	300m	30.95 (30.95)	
		700m	1:04.81 (35.29)	700m	1:06.88 (35.93)	
		1100m	1:42.87 (38.06)	1100m	1:44.32 (37.44)	
		1500m	2:21.29 (38.42)	1500m	2:21.58 (37.26)	
		Naam	Cat	PR	Tijd	Info
47	wt	83 Tessa Veltman	DB1	2:15.54	2:20.91	
	rd	62 Lisa van Oost	DB2	2:15.57	2:18.81	
Tessa Veltman			Lisa van Oost			
		300m	29.47 (29.47)	300m	30.29 (30.29)	
		700m	1:04.74 (35.27)	700m	1:04.65 (34.36)	
		1100m	1:42.36 (37.62)	1100m	1:41.12 (36.47)	
		1500m	2:20.91 (38.55)	1500m	2:18.81 (37.69)	
		Naam	Cat	PR	Tijd	Info
48	gl	13 Rosa Bronsdijk	DB2	2:17.41	2:21.08	
	bl	2 Sosha Zuiderduin	DB2	2:17.32	2:19.71	
Rosa Bronsdijk			Sosha Zuiderduin			
		300m	29.43 (29.43)	300m	29.61 (29.61)	
		700m	1:04.35 (34.92)	700m	1:05.05 (35.44)	
		1100m	1:41.43 (37.08)	1100m	1:42.60 (37.55)	
		1500m	2:21.08 (39.65)	1500m	2:19.71 (37.11)	

IJsbahn Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
49	wt	8 Anouk Beursgens	DB2	2:14.63	2:17.87	
	rd	80 Femke Thiessen	DB2	2:17.17	2:19.20	
		Anouk Beursgens		Femke Thiessen		
		300m 29.75 (29.75)		300m 29.77 (29.77)		
		700m 1:04.39 (34.64)		700m 1:04.20 (34.43)		
		1100m 1:40.43 (36.04)		1100m 1:40.76 (36.56)		
		1500m 2:17.87 (37.44)		1500m 2:19.20 (38.44)		
		Naam	Cat	PR	Tijd	Info
50	gl	23 Sanne van Duijnhoven	DB2	2:14.78	2:20.44	
	bl	46 Lianne Koetsier	DB1	2:20.82	2:20.65	PR
		Sanne van Duijnhoven		Lianne Koetsier		
		300m 29.48 (29.48)		300m 29.58 (29.58)		
		700m 1:04.44 (34.96)		700m 1:04.10 (34.52)		
		1100m 1:41.73 (37.29)		1100m 1:41.37 (37.27)		
		1500m 2:20.44 (38.71)		1500m 2:20.65 (39.28)		
		Naam	Cat	PR	Tijd	Info
51	wt	84 Olin Verhoog	DB2	2:15.97	2:19.23	
	rd	74 Anne Smit	DB1	2:15.27	2:18.54	
		Olin Verhoog		Anne Smit		
		300m 29.20 (29.20)		300m 29.40 (29.40)		
		700m 1:03.97 (34.77)		700m 1:03.71 (34.31)		
		1100m 1:40.90 (36.93)		1100m 1:40.65 (36.94)		
		1500m 2:19.23 (38.33)		1500m 2:18.54 (37.89)		
		Naam	Cat	PR	Tijd	Info
52	gl	48 Evelieke Kool	DB2	2:15.14	2:16.65	
	bl	92 Loraine van Zelst	DB1	2:17.59	2:19.02	
		Evelieke Kool		Loraine van Zelst		
		300m 29.60 (29.60)		300m 29.54 (29.54)		
		700m 1:03.49 (33.89)		700m 1:03.23 (33.69)		
		1100m 1:39.27 (35.78)		1100m 1:39.75 (36.52)		
		1500m 2:16.65 (37.38)		1500m 2:19.02 (39.27)		

IJsbahn Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
53	wt	90 Quinty van Wijnbergen	DB1	2:14.71	2:23.15	
	rd	65 Brit Qualm	DB2	2:11.76	2:14.70	
		Quinty van Wijnbergen		Brit Qualm		
		300m 28.89 (28.89)		300m 28.81 (28.81)		
		700m 1:04.17 (35.28)		700m 1:02.00 (33.19)		
		1100m 1:42.88 (38.71)		1100m 1:37.47 (35.47)		
		1500m 2:23.15 (40.27)		1500m 2:14.70 (37.23)		
		Naam	Cat	PR	Tijd	Info
54	gl	58 Leila Meijer	DB1	2:08.84	2:15.35	
	bl	41 Sylke Kas	DB1	2:17.56	2:24.17	
		Leila Meijer		Sylke Kas		
		300m 28.72 (28.72)		300m 29.18 (29.18)		
		700m 1:02.02 (33.30)		700m 1:04.30 (35.12)		
		1100m 1:37.38 (35.36)		1100m 1:43.39 (39.09)		
		1500m 2:15.35 (37.97)		1500m 2:24.17 (40.78)		
		Naam	Cat	PR	Tijd	Info
55	wt	57 Amy van der Meer	DB1	2:13.23	2:14.61	
	rd	7 Ruth Balvert	DB2	2:13.44	2:19.92	
		Amy van der Meer		Ruth Balvert		
		300m 28.47 (28.47)		300m 28.43 (28.43)		
		700m 1:01.50 (33.03)		700m 1:03.30 (34.87)		
		1100m 1:36.85 (35.35)		1100m 1:40.96 (37.66)		
		1500m 2:14.61 (37.76)		1500m 2:19.92 (38.96)		
		Naam	Cat	PR	Tijd	Info
56	gl	68 Daphne de Ruiter	DB2	2:14.75	2:18.57	
	bl	85 Ju-Lin de Visser	DB2	2:13.25	2:13.53	
		Daphne de Ruiter		Ju-Lin de Visser		
		300m 28.40 (28.40)		300m 28.17 (28.17)		
		700m 1:02.21 (33.81)		700m 1:01.05 (32.88)		
		1100m 1:39.13 (36.92)		1100m 1:36.33 (35.28)		
		1500m 2:18.57 (39.44)		1500m 2:13.53 (37.20)		

IJssbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
57	wt	30 Inge de Heer	DB2	2:08.83	2:13.02	
	rd	56 Roos Markus	DB2	2:09.72	2:12.79	
		Inge de Heer				
		300m	28.76 (28.76)			
		700m	1:01.48 (32.72)			
		1100m	1:36.00 (34.52)			
		1500m	2:13.02 (37.02)			
		Roos Markus				
		300m	28.93 (28.93)			
		700m	1:01.77 (32.84)			
		1100m	1:36.62 (34.85)			
		1500m	2:12.79 (36.17)			
		Naam	Cat	PR	Tijd	Info
58	gl	40 Emma Kant	DB2	2:06.05	2:14.05	
	bl	88 Sacha van der Weide	DB1	2:15.80	2:17.95	
		Emma Kant				
		300m	27.53 (27.53)			
		700m	59.76 (32.23)			
		1100m	1:35.11 (35.35)			
		1500m	2:14.05 (38.94)			
		Sacha van der Weide				
		300m	28.13 (28.13)			
		700m	1:01.49 (33.36)			
		1100m	1:38.04 (36.55)			
		1500m	2:17.95 (39.91)			
		Naam	Cat	PR	Tijd	Info
59	wt	93 Merel Conijn	DB1	2:07.00	2:11.84	
	rd	39 Esmee Kaandorp	DB1	2:14.56	2:16.52	
		Merel Conijn				
		300m	28.22 (28.22)			
		700m	1:01.18 (32.96)			
		1100m	1:36.42 (35.24)			
		1500m	2:11.84 (35.42)			
		Esmee Kaandorp				
		300m	27.21 (27.21)			
		700m	1:00.06 (32.85)			
		1100m	1:37.27 (37.21)			
		1500m	2:16.52 (39.25)			

4. Uitslag Heren jun-B 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	94 Yves Vergeer	HB2	75	I	1:56.95		
2	76 Jesse Speijers	HB1	75	O	1:58.57	PR	
3	31 David Holmes	HB1	70	O	2:00.01		
4	6 Raoul van Aken	HB2	77	O	2:00.06		
5	51 Remco Langemaire	HB2	74	I	2:00.61		
6	9 Dylan van Beuzekom	HB1	67	O	2:00.92		
7	36 Matthijs Janssen	HB2	69	I	2:01.13		
8	4 Jarno Pluijgers	HB1	69	O	2:01.29	PR	
9	1 Jarno Verheij	HB2	73	O	2:01.38		
10	77 Daan Spruit	HB1	76	O	2:01.86		
11	37 Jesper de Jong	HB2	67	I	2:01.99		
12	28 Max de Graaf	HB2	71	I	2:02.00		
13	35 Ivar Immerzeel	HB2	60	I	2:02.24		
14	32 Jurgen van der Hoorn	HB2	74	O	2:02.28		
15	44 Bart Klaver	HB1	73	I	2:02.92		
16	26 Wieger Gobel	HB2	62	I	2:02.97		
17	89 Hugo van der Wel	HB2	64	O	2:03.07		
18	33 Cas Hoorneman	HB2	65	O	2:03.22		
19	3 Colin Schrijver	HB2	70	I	2:03.25		
	79 Daan Theunissen	HB2	63	I	2:03.25		
21	5 Jelmer Pluijgers	HB2	72	I	2:03.26		
22	50 Bram Kras	HB2	72	O	2:03.27		
23	14 Armand Broos	HB2	76	I	2:03.34		
	67 Jonathan van Renesse	HB1	68	I	2:03.34		
25	15 Stephan Clazing	HB1	68	O	2:03.53		
26	27 Willem van der Goes	HB2	66	O	2:04.34		
27	55 Leonard van Maaren	HB1	66	I	2:05.09	PR	
28	91 Max Wokke	HB2	71	O	2:05.44		
29	17 Ruben Demaret	HB2	65	I	2:05.69		
30	34 Niels d' Huy	HB1	62	O	2:05.77		
31	25 Daan van der Elst	HB1	63	O	2:07.24		
32	81 Luuk van Timmeren	HB1	64	I	2:08.24		
33	53 Tom van Lint	HB2	60	O	2:10.32		
	47 Daan Kool	HB2	77	I	DNS		

		Naam			Cat			PR	Tijd	Info
63	gl	79	Daan Theunissen			HB2			2:01.44	2:03.25
	bl	25	Daan van der Elst			HB1			2:03.64	2:07.24
		Daan Theunissen				Daan van der Elst				
		300m	26.75	(26.75)		300m	26.78	(26.78)		
		700m	57.68	(30.93)		700m	58.30	(31.52)		
		1100m	1:29.78	(32.10)		1100m	1:31.93	(33.63)		
		1500m	2:03.25	(33.47)		1500m	2:07.24	(35.31)		

IJssbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
64	wt	81 Luuk van Timmeren	HB1	2:00.44	2:08.24	
	rd	89 Hugo van der Wel	HB2	1:58.27	2:03.07	
		Luuk van Timmeren		Hugo van der Wel		
		300m	27.28 (27.28)	300m	26.72 (26.72)	
		700m	58.49 (31.21)	700m	57.36 (30.64)	
		1100m	1:32.36 (33.87)	1100m	1:29.26 (31.90)	
		1500m	2:08.24 (35.88)	1500m	2:03.07 (33.81)	
		Naam	Cat	PR	Tijd	Info
65	gl	17 Ruben Demaret	HB2	2:02.63	2:05.69	
	bl	33 Cas Hoorneman	HB2	1:58.46	2:03.22	
		Ruben Demaret		Cas Hoorneman		
		300m	26.55 (26.55)	300m	27.13 (27.13)	
		700m	57.19 (30.64)	700m	57.82 (30.69)	
		1100m	1:30.21 (33.02)	1100m	1:29.74 (31.92)	
		1500m	2:05.69 (35.48)	1500m	2:03.22 (33.48)	
		Naam	Cat	PR	Tijd	Info
66	wt	55 Leonard van Maaren	HB1	2:05.65	2:05.09	PR
	rd	27 Willem van der Goes	HB2	2:00.71	2:04.34	
		Leonard van Maaren		Willem van der Goes		
		300m	26.71 (26.71)	300m	26.83 (26.83)	
		700m	58.43 (31.72)	700m	57.60 (30.77)	
		1100m	1:31.24 (32.81)	1100m	1:30.34 (32.74)	
		1500m	2:05.09 (33.85)	1500m	2:04.34 (34.00)	
		Naam	Cat	PR	Tijd	Info
67	gl	37 Jesper de Jong	HB2	1:59.27	2:01.99	
	bl	9 Dylan van Beuzekom	HB1	1:55.40	2:00.92	
		Jesper de Jong		Dylan van Beuzekom		
		300m	26.39 (26.39)	300m	26.56 (26.56)	
		700m	56.62 (30.23)	700m	56.38 (29.82)	
		1100m	1:28.55 (31.93)	1100m	1:27.75 (31.37)	
		1500m	2:01.99 (33.44)	1500m	2:00.92 (33.17)	

IJsbahn Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
68	wt	67 Jonathan van Renesse	HB1	2:01.00	2:03.34	
	rd	15 Stephan Clazing	HB1	2:02.04	2:03.53	
		Jonathan van Renesse		Stephan Clazing		
		300m	26.12 (26.12)	300m	26.54 (26.54)	
		700m	57.07 (30.95)	700m	56.99 (30.45)	
		1100m	1:29.61 (32.54)	1100m	1:29.26 (32.27)	
		1500m	2:03.34 (33.73)	1500m	2:03.53 (34.27)	
		Naam	Cat	PR	Tijd	Info
69	gl	36 Matthijs Janssen	HB2	1:58.22	2:01.13	
	bl	4 Jarno Pluijgers	HB1	2:03.32	2:01.29	PR
		Matthijs Janssen		Jarno Pluijgers		
		300m	26.78 (26.78)	300m	26.90 (26.90)	
		700m	57.25 (30.47)	700m	57.10 (30.20)	
		1100m	1:28.89 (31.64)	1100m	1:28.95 (31.85)	
		1500m	2:01.13 (32.24)	1500m	2:01.29 (32.34)	
		Naam	Cat	PR	Tijd	Info
70	wt	3 Colin Schrijver	HB2	2:02.05	2:03.25	
	rd	31 David Holmes	HB1	1:56.65	2:00.01	
		Colin Schrijver		David Holmes		
		300m	26.95 (26.95)	300m	27.19 (27.19)	
		700m	57.91 (30.96)	700m	57.31 (30.12)	
		1100m	1:29.94 (32.03)	1100m	1:28.60 (31.29)	
		1500m	2:03.25 (33.31)	1500m	2:00.01 (31.41)	
		Naam	Cat	PR	Tijd	Info
71	gl	28 Max de Graaf	HB2	1:57.63	2:02.00	
	bl	91 Max Wokke	HB2	2:01.93	2:05.44	
		Max de Graaf		Max Wokke		
		300m	26.06 (26.06)	300m	26.42 (26.42)	
		700m	56.22 (30.16)	700m	57.10 (30.68)	
		1100m	1:28.19 (31.97)	1100m	1:30.48 (33.38)	
		1500m	2:02.00 (33.81)	1500m	2:05.44 (34.96)	

IJsbahn Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
72	wt	5 Jelmer Pluijgers	HB2	1:59.89	2:03.26	
	rd	50 Bram Kras	HB2	2:02.36	2:03.27	
Jelmer Pluijgers			Bram Kras			
		300m	26.13 (26.13)	300m	26.41 (26.41)	
		700m	57.25 (31.12)	700m	56.95 (30.54)	
		1100m	1:29.83 (32.58)	1100m	1:29.64 (32.69)	
		1500m	2:03.26 (33.43)	1500m	2:03.27 (33.63)	
		Naam	Cat	PR	Tijd	Info
73	gl	44 Bart Klaver	HB1	1:58.24	2:02.92	
	bl	1 Jarno Verheij	HB2	1:57.08	2:01.38	
Bart Klaver			Jarno Verheij			
		300m	25.84 (25.84)	300m	25.80 (25.80)	
		700m	56.63 (30.79)	700m	55.67 (29.87)	
		1100m	1:29.20 (32.57)	1100m	1:27.73 (32.06)	
		1500m	2:02.92 (33.72)	1500m	2:01.38 (33.65)	
		Naam	Cat	PR	Tijd	Info
74	wt	51 Remco Langemaire	HB2	1:59.45	2:00.61	
	rd	32 Jurgen van der Hoorn	HB2	1:59.02	2:02.28	
Remco Langemaire			Jurgen van der Hoorn			
		300m	26.00 (26.00)	300m	25.52 (25.52)	
		700m	55.77 (29.77)	700m	56.04 (30.52)	
		1100m	1:27.46 (31.69)	1100m	1:28.19 (32.15)	
		1500m	2:00.61 (33.15)	1500m	2:02.28 (34.09)	
		Naam	Cat	PR	Tijd	Info
75	gl	94 Yves Vergeer	HB2	1:53.50	1:56.95	
	bl	76 Jesse Speijers	HB1	2:00.03	1:58.57	PR
Yves Vergeer			Jesse Speijers			
		300m	25.73 (25.73)	300m	25.96 (25.96)	
		700m	54.94 (29.21)	700m	55.45 (29.49)	
		1100m	1:25.08 (30.14)	1100m	1:26.42 (30.97)	
		1500m	1:56.95 (31.87)	1500m	1:58.57 (32.15)	

IJsbaan Haarlem - Haarlem

Naam				Cat	PR		Tijd	Info				
76	wt	14	Armand Broos	HB2	2:02.26		2:03.34					
	rd	77	Daan Spruit	HB1	1:55.31		2:01.86					
Armand Broos				Daan Spruit								
300m				26.34	(26.34)	300m			26.50	(26.50)		
700m				56.99	(30.65)	700m			56.89	(30.39)		
1100m				1:29.48	(32.49)	1100m			1:28.84	(31.95)		
1500m				2:03.34	(33.86)	1500m			2:01.86	(33.02)		
Naam				Cat	PR		Tijd	Info				
77	gl	47	Daan Kool	HB2	1:56.40		DNS					
	bl	6	Raoul van Aken	HB2	1:54.55		2:00.06					
Daan Kool				Raoul van Aken								
300m				25.76	(25.76)	300m					25.76	(25.76)
700m				55.12	(29.36)	700m					55.12	(29.36)
1100m				1:26.46	(31.34)	1100m					1:26.46	(31.34)
1500m				2:00.06	(33.60)	1500m					2:00.06	(33.60)

5. Uitslag Dames jun-B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	93 Merel Conijn	DB1	99	I	4:39.04		
2	56 Roos Markus	DB2	98	I	4:43.29		
3	65 Brit Qualm	DB2	95	I	4:45.27		
4	30 Inge de Heer	DB2	98	O	4:49.33		
5	40 Emma Kant	DB2	99	O	4:49.86		
6	85 Ju-Lin de Visser	DB2	97	I	4:51.28		
7	57 Amy van der Meer	DB1	96	I	4:52.36		
8	48 Evelieke Kool	DB2	94	O	4:53.01		
9	62 Lisa van Oost	DB2	89	I	4:55.82		
10	58 Leila Meijer	DB1	94	I	4:56.22		
11	72 Fleur Schouten	DB1	86	I	4:57.15		
12	61 Dewi Nicolai	DB1	84	I	4:57.35		
13	64 Alessandra Primavera	DB2	86	O	4:57.63		
14	74 Anne Smit	DB1	93	O	4:58.11		
15	60 Femke Mossinkoff	DB2	85	O	4:59.43		
16	82 Ruby van Tol	DB1	83	I	5:01.15		
17	84 Olin Verhoog	DB2	91	I	5:01.45		
18	22 Inger van Dok	DB2	82	O	5:03.23		
19	7 Ruth Balvert	DB2	93	I	5:03.78		
20	8 Anouk Beursgens	DB2	92	I	5:04.67		
21	39 Esmee Kaandorp	DB1	97	O	5:05.39		
22	80 Femke Thiessen	DB2	91	O	5:05.44		
23	83 Tessa Veltman	DB1	87	I	5:05.98		
24	88 Sacha van der Weide	DB1	96	O	5:06.10		
25	49 Fabiënne Kool	DB2	84	O	5:07.03		
26	16 Heleen Compier	DB2	83	O	5:07.39		
27	68 Daphne de Ruiter	DB2	95	O	5:07.69		
28	46 Lianne Koetsier	DB1	90	O	5:08.60		
29	90 Quinty van Wijnbergen	DB1	88	O	5:09.02		
30	23 Sanne van Duijnhoven	DB2	90	I	5:11.21		
31	13 Rosa Bronsdijk	DB2	88	I	5:13.23	HT	
32	69 Zoë Salemi	DB1	85	I	5:14.63		
33	11 Ine Bonthuis	DB2	80	O	5:17.81		
34	20 Anna Dijkers	DB1	82	I	5:19.57		
35	41 Sylke Kas	DB1	87	O	5:19.73		
36	92 Loraine van Zelst	DB1	92	O	5:24.32		
37	10 Fleur Biesbroek	DB1	80	I	5:28.65		
	2 Sosha Zuiderduin	DB2	89	O	DNS		

5. Rituitslag Dames jun-B 3000 meter

		Naam	Cat	PR	Tijd	Info
80	wt	10 Fleur Biesbroek	DB1	5:05.11	5:28.65	
	rd	11 Ine Bonthuis	DB2	4:58.69	5:17.81	
		Fleur Biesbroek				
		200m	22.63 (22.63)	200m	23.83 (23.83)	
		600m	1:01.72 (39.09)	600m	1:02.05 (38.22)	
		1000m	1:43.24 (41.52)	1000m	1:42.48 (40.43)	
		1400m	2:26.58 (43.34)	1400m	2:24.17 (41.69)	
		1800m	3:11.28 (44.70)	1800m	3:06.28 (42.11)	
		2200m	3:57.29 (46.01)	2200m	3:49.82 (43.54)	
		2600m	4:43.54 (46.25)	2600m	4:33.77 (43.95)	
		3000m	5:28.65 (45.11)	3000m	5:17.81 (44.04)	
		Ine Bonthuis				
		200m	23.83 (23.83)	200m	23.83 (23.83)	
		600m	1:02.05 (38.22)	600m	1:02.05 (38.22)	
		1000m	1:42.48 (40.43)	1000m	1:42.48 (40.43)	
		1400m	2:24.17 (41.69)	1400m	2:24.17 (41.69)	
		1800m	3:06.28 (42.11)	1800m	3:06.28 (42.11)	
		2200m	3:49.82 (43.54)	2200m	3:49.82 (43.54)	
		2600m	4:33.77 (43.95)	2600m	4:33.77 (43.95)	
		3000m	5:17.81 (44.04)	3000m	5:17.81 (44.04)	

		Naam	Cat	PR	Tijd	Info
81	gl					
	bl					
		m				
		m				

		Naam	Cat	PR	Tijd	Info
82	wt	20 Anna Dijkers	DB1	5:06.65	5:19.57	
	rd	22 Inger van Dok	DB2	4:45.29	5:03.23	
		Anna Dijkers				
		200m	23.25 (23.25)	200m	22.63 (22.63)	
		600m	1:03.26 (40.01)	600m	59.66 (37.03)	
		1000m	1:45.30 (42.04)	1000m	1:38.31 (38.65)	
		1400m	2:26.32 (41.02)	1400m	2:17.53 (39.22)	
		1800m	3:08.34 (42.02)	1800m	2:57.67 (40.14)	
		2200m	3:51.44 (43.10)	2200m	3:39.20 (41.53)	
		2600m	4:35.26 (43.82)	2600m	4:21.02 (41.82)	
		3000m	5:19.57 (44.31)	3000m	5:03.23 (42.21)	
		Inger van Dok				
		200m	22.63 (22.63)	200m	22.63 (22.63)	
		600m	59.66 (37.03)	600m	59.66 (37.03)	
		1000m	1:38.31 (38.65)	1000m	1:38.31 (38.65)	
		1400m	2:17.53 (39.22)	1400m	2:17.53 (39.22)	
		1800m	2:57.67 (40.14)	1800m	2:57.67 (40.14)	
		2200m	3:39.20 (41.53)	2200m	3:39.20 (41.53)	
		2600m	4:21.02 (41.82)	2600m	4:21.02 (41.82)	
		3000m	5:03.23 (42.21)	3000m	5:03.23 (42.21)	

IJssbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd Info
83	gl	82 Ruby van Tol	DB1	4:56.84	5:01.15
	bl	16 Heleen Compier	DB2	4:46.76	5:07.39

Ruby van Tol

200m	24.07	(24.07)
600m	1:02.85	(38.78)
1000m	1:40.38	(37.53)
1400m	2:19.71	(39.33)
1800m	2:59.80	(40.09)
2200m	3:39.97	(40.17)
2600m	4:20.74	(40.77)
3000m	5:01.15	(40.41)

Heleen Compier

200m	24.20	(24.20)
600m	1:02.73	(38.53)
1000m	1:42.29	(39.56)
1400m	2:22.38	(40.09)
1800m	3:03.16	(40.78)
2200m	3:44.39	(41.23)
2600m	4:25.59	(41.20)
3000m	5:07.39	(41.80)

		Naam	Cat	PR	Tijd Info
84	wt	61 Dewi Nicolai	DB1	4:46.93	4:57.35
	rd	49 Fabiënne Kool	DB2	4:47.08	5:07.03

Dewi Nicolai

200m	22.34	(22.34)
600m	59.01	(36.67)
1000m	1:38.46	(39.45)
1400m	2:18.11	(39.65)
1800m	2:57.85	(39.74)
2200m	3:37.59	(39.74)
2600m	4:18.07	(40.48)
3000m	4:57.35	(39.28)

Fabiënne Kool

200m	22.44	(22.44)
600m	58.50	(36.06)
1000m	1:37.23	(38.73)
1400m	2:17.53	(40.30)
1800m	2:58.62	(41.09)
2200m	3:40.73	(42.11)
2600m	4:23.90	(43.17)
3000m	5:07.03	(43.13)

IJssbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd Info
85	gl	69 Zoë Salemi	DB1	4:54.25	5:14.63
	bl	60 Femke Mossinkoff	DB2	4:52.24	4:59.43

Zoë Salemi

200m	23.48	(23.48)
600m	1:00.16	(36.68)
1000m	1:39.00	(38.84)
1400m	2:20.63	(41.63)
1800m	3:03.69	(43.06)
2200m	3:47.44	(43.75)
2600m	4:31.97	(44.53)
3000m	5:14.63	(42.66)

Femke Mossinkoff

200m	23.41	(23.41)
600m	1:00.90	(37.49)
1000m	1:39.71	(38.81)
1400m	2:19.20	(39.49)
1800m	2:59.33	(40.13)
2200m	3:39.47	(40.14)
2600m	4:19.73	(40.26)
3000m	4:59.43	(39.70)

		Naam	Cat	PR	Tijd Info
86	wt	72 Fleur Schouten	DB1	4:45.74	4:57.15
	rd	64 Alessandra Primavera	DB2	4:51.45	4:57.63

Fleur Schouten

200m	24.49	(24.49)
600m	1:01.12	(36.63)
1000m	1:39.04	(37.92)
1400m	2:17.71	(38.67)
1800m	2:57.20	(39.49)
2200m	3:37.18	(39.98)
2600m	4:17.43	(40.25)
3000m	4:57.15	(39.72)

Alessandra Primavera

200m	22.81	(22.81)
600m	58.99	(36.18)
1000m	1:36.46	(37.47)
1400m	2:15.38	(38.92)
1800m	2:55.26	(39.88)
2200m	3:35.68	(40.42)
2600m	4:16.75	(41.07)
3000m	4:57.63	(40.88)

IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
87	gl	83 Tessa Veltman	DB1	4:46.98	5:05.98	
	bl	41 Sylke Kas	DB1	5:01.41	5:19.73	
		Tessa Veltman		Sylke Kas		
		200m	22.15 (22.15)	200m	22.42 (22.42)	
		600m	59.96 (37.81)	600m	1:00.93 (38.51)	
		1000m	1:39.85 (39.89)	1000m	1:42.78 (41.85)	
		1400m	2:20.21 (40.36)	1400m	2:25.30 (42.52)	
		1800m	3:01.15 (40.94)	1800m	3:08.59 (43.29)	
		2200m	3:42.96 (41.81)	2200m	3:52.81 (44.22)	
		2600m	4:25.08 (42.12)	2600m	4:36.84 (44.03)	
		3000m	5:05.98 (40.90)	3000m	5:19.73 (42.89)	

		Naam	Cat	PR	Tijd	Info
88	wt	13 Rosa Bronsdijk	DB2	5:00.83	5:13.23	HT
	rd	90 Quinty van Wijnbergen	DB1	4:57.73	5:09.02	
		Rosa Bronsdijk		Quinty van Wijnbergen		
		200m	22.18 (22.18)	200m	21.70 (21.70)	
		600m	59.43 (37.25)	600m	58.02 (36.32)	
		1000m	1:38.99 (39.56)	1000m	1:37.09 (39.07)	
		1400m	2:19.23 (40.24)	1400m	2:18.23 (41.14)	
		1800m	3:00.81 (41.58)	1800m	3:00.39 (42.16)	
		2200m	3:43.67 (42.86)	2200m	3:43.44 (43.05)	
		2600m	4:28.13 (44.46)	2600m	4:26.68 (43.24)	
		3000m	5:13.23 (45.10)	3000m	5:09.02 (42.34)	

IJssbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd Info
89	gl	62 Lisa van Oost	DB2	4:44.79	4:55.82
	bl	2 Sosha Zuiderduin	DB2	4:53.61	DNS

Lisa van Oost

200m	22.20	(22.20)
600m	57.32	(35.12)
1000m	1:34.40	(37.08)
1400m	2:13.02	(38.62)
1800m	2:52.87	(39.85)
2200m	3:33.61	(40.74)
2600m	4:15.02	(41.41)
3000m	4:55.82	(40.80)

Sosha Zuiderduin

		Naam	Cat	PR	Tijd Info
90	wt	23 Sanne van Duijnhoven	DB2	5:04.08	5:11.21
	rd	46 Lianne Koetsier	DB1	4:55.64	5:08.60

Sanne van Duijnhoven

200m	22.25	(22.25)
600m	59.07	(36.82)
1000m	1:38.54	(39.47)
1400m	2:19.90	(41.36)
1800m	3:01.92	(42.02)
2200m	3:44.96	(43.04)
2600m	4:28.33	(43.37)
3000m	5:11.21	(42.88)

Lianne Koetsier

200m	22.09	(22.09)
600m	58.88	(36.79)
1000m	1:38.47	(39.59)
1400m	2:18.90	(40.43)
1800m	3:00.95	(42.05)
2200m	3:43.23	(42.28)
2600m	4:26.08	(42.85)
3000m	5:08.60	(42.52)

IJsbahn Haarlem - Haarlem

		Naam		Cat		PR	Tijd	Info
91	gl	84	Olin Verhoog		DB2	4:50.13	5:01.45	
	bl	80	Femke Thiessen		DB2	4:56.53	5:05.44	
			Olin Verhoog			Femke Thiessen		
			200m	21.64	(21.64)	200m	22.58	(22.58)
			600m	57.66	(36.02)	600m	59.16	(36.58)
			1000m	1:36.45	(38.79)	1000m	1:38.18	(39.02)
			1400m	2:16.72	(40.27)	1400m	2:18.02	(39.84)
			1800m	2:57.23	(40.51)	1800m	2:59.22	(41.20)
			2200m	3:39.02	(41.79)	2200m	3:41.01	(41.79)
			2600m	4:20.48	(41.46)	2600m	4:23.54	(42.53)
			3000m	5:01.45	(40.97)	3000m	5:05.44	(41.90)
		Naam		Cat		PR	Tijd	Info
92	wt	8	Anouk Beursgens		DB2	4:49.86	5:04.67	
	rd	92	Loraine van Zelst		DB1	4:54.32	5:24.32	
			Anouk Beursgens			Loraine van Zelst		
			200m	22.24	(22.24)	200m	23.26	(23.26)
			600m	59.33	(37.09)	600m	1:00.24	(36.98)
			1000m	1:38.16	(38.83)	1000m	1:39.69	(39.45)
			1400m	2:18.23	(40.07)	1400m	2:21.57	(41.88)
			1800m	2:59.13	(40.90)	1800m	3:04.67	(43.10)
			2200m	3:40.54	(41.41)	2200m	3:49.99	(45.32)
			2600m	4:22.42	(41.88)	2600m	4:38.17	(48.18)
			3000m	5:04.67	(42.25)	3000m	5:24.32	(46.15)

IJssbaan Haarlem - Haarlem

		Naam		Cat		PR	Tijd	Info
93	gl	7	Ruth Balvert		DB2	4:46.26	5:03.78	
	bl	74	Anne Smit		DB1	4:49.63	4:58.11	
			Ruth Balvert			Anne Smit		
			200m	21.62	(21.62)	200m	22.86	(22.86)
			600m	1:00.37	(38.75)	600m	1:00.70	(37.84)
			1000m	1:40.19	(39.82)	1000m	1:39.64	(38.94)
			1400m	2:20.25	(40.06)	1400m	2:19.49	(39.85)
			1800m	3:00.33	(40.08)	1800m	2:59.38	(39.89)
			2200m	3:41.43	(41.10)	2200m	3:39.67	(40.29)
			2600m	4:22.73	(41.30)	2600m	4:19.16	(39.49)
			3000m	5:03.78	(41.05)	3000m	4:58.11	(38.95)

		Naam		Cat		PR	Tijd	Info
94	wt	58	Leila Meijer		DB1	4:45.96	4:56.22	
	rd	48	Evelieke Kool		DB2	4:40.50	4:53.01	
			Leila Meijer			Evelieke Kool		
			200m	21.70	(21.70)	200m	22.02	(22.02)
			600m	57.57	(35.87)	600m	57.44	(35.42)
			1000m	1:35.25	(37.68)	1000m	1:34.88	(37.44)
			1400m	2:13.96	(38.71)	1400m	2:13.08	(38.20)
			1800m	2:53.32	(39.36)	1800m	2:52.26	(39.18)
			2200m	3:33.91	(40.59)	2200m	3:32.03	(39.77)
			2600m	4:15.25	(41.34)	2600m	4:12.23	(40.20)
			3000m	4:56.22	(40.97)	3000m	4:53.01	(40.78)

IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
95	gl	65 Brit Qualm	DB2	4:33.33	4:45.27	
	bl	68 Daphne de Ruiter	DB2	4:49.34	5:07.69	
		Brit Qualm		Daphne de Ruiter		
		200m	21.47 (21.47)	200m	21.76 (21.76)	
		600m	55.86 (34.39)	600m	57.33 (35.57)	
		1000m	1:32.12 (36.26)	1000m	1:36.09 (38.76)	
		1400m	2:09.83 (37.71)	1400m	2:16.71 (40.62)	
		1800m	2:47.97 (38.14)	1800m	2:58.26 (41.55)	
		2200m	3:26.81 (38.84)	2200m	3:40.81 (42.55)	
		2600m	4:06.14 (39.33)	2600m	4:24.13 (43.32)	
		3000m	4:45.27 (39.13)	3000m	5:07.69 (43.56)	

		Naam	Cat	PR	Tijd	Info
96	wt	57 Amy van der Meer	DB1	4:40.25	4:52.36	
	rd	88 Sacha van der Weide	DB1	4:43.37	5:06.10	
		Amy van der Meer		Sacha van der Weide		
		200m	21.72 (21.72)	200m	20.98 (20.98)	
		600m	56.43 (34.71)	600m	55.49 (34.51)	
		1000m	1:32.53 (36.10)	1000m	1:32.20 (36.71)	
		1400m	2:10.25 (37.72)	1400m	2:11.54 (39.34)	
		1800m	2:49.64 (39.39)	1800m	2:52.64 (41.10)	
		2200m	3:29.80 (40.16)	2200m	3:36.41 (43.77)	
		2600m	4:10.81 (41.01)	2600m	4:20.95 (44.54)	
		3000m	4:52.36 (41.55)	3000m	5:06.10 (45.15)	

IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
97	gl	85 Ju-Lin de Visser	DB2	4:45.73	4:51.28	
	bl	39 Esmee Kaandorp	DB1	4:55.32	5:05.39	
Ju-Lin de Visser			Esmee Kaandorp			
	200m	21.41 (21.41)	200m	21.88 (21.88)		
	600m	56.99 (35.58)	600m	59.59 (37.71)		
	1000m	1:35.41 (38.42)	1000m	1:38.73 (39.14)		
	1400m	2:15.01 (39.60)	1400m	2:18.87 (40.14)		
	1800m	2:55.79 (40.78)	1800m	2:59.65 (40.78)		
	2200m	3:35.97 (40.18)	2200m	3:41.27 (41.62)		
	2600m	4:15.43 (39.46)	2600m	4:23.33 (42.06)		
	3000m	4:51.28 (35.85)	3000m	5:05.39 (42.06)		

		Naam	Cat	PR	Tijd	Info
98	wt	56 Roos Markus	DB2	4:32.22	4:43.29	
	rd	30 Inge de Heer	DB2	4:42.47	4:49.33	
Roos Markus			Inge de Heer			
	200m	21.32 (21.32)	200m	21.50 (21.50)		
	600m	55.41 (34.09)	600m	55.83 (34.33)		
	1000m	1:30.50 (35.09)	1000m	1:32.40 (36.57)		
	1400m	2:07.45 (36.95)	1400m	2:10.18 (37.78)		
	1800m	2:45.55 (38.10)	1800m	2:49.19 (39.01)		
	2200m	3:24.42 (38.87)	2200m	3:28.78 (39.59)		
	2600m	4:03.82 (39.40)	2600m	4:09.14 (40.36)		
	3000m	4:43.29 (39.47)	3000m	4:49.33 (40.19)		



DH180113CC - Regio selectiewedstrijd NK AR junB



IJsbaan Haarlem - Haarlem

		Naam	Cat			PR	Tijd	Info
99	gl	93 Merel Conijn	DB1			4:23.30	4:39.04	
	bl	40 Emma Kant	DB2			4:32.29	4:49.86	
		Merel Conijn			Emma Kant			
		200m	21.11	(21.11)	200m	21.07	(21.07)	
		600m	56.19	(35.08)	600m	56.00	(34.93)	
		1000m	1:32.80	(36.61)	1000m	1:32.66	(36.66)	
		1400m	2:10.24	(37.44)	1400m	2:10.48	(37.82)	
		1800m	2:47.98	(37.74)	1800m	2:49.00	(38.52)	
		2200m	3:25.73	(37.75)	2200m	3:28.06	(39.06)	
		2600m	4:03.10	(37.37)	2600m	4:07.72	(39.66)	
		3000m	4:39.04	(35.94)	3000m	4:49.86	(42.14)	

6. Uitslag Heren jun-B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	35 Ivar Immerzeel	HB2	102	I	4:16.01		
2	76 Jesse Speijers	HB1	114	I	4:16.56		
3	26 Wieger Gobel	HB2	103	O	4:17.88		
4	77 Daan Spruit	HB1	113	I	4:18.73		
5	31 David Holmes	HB1	113	O	4:19.26		
6	44 Bart Klaver	HB1	109	I	4:20.63		
7	37 Jesper de Jong	HB2	107	I	4:21.43		
8	6 Raoul van Aken	HB2	115	O	4:21.45		
9	9 Dylan van Beuzekom	HB1	110	O	4:21.97		
	1 Jarno Verheij	HB2	112	I	4:21.97		
11	32 Jurgen van der Hoorn	HB2	111	I	4:22.46		
12	89 Hugo van der Wel	HB2	105	O	4:22.75		
13	33 Cas Hoorneman	HB2	105	I	4:23.28		
14	14 Armand Broos	HB2	112	O	4:23.63		
15	4 Jarno Pluijgers	HB1	109	O	4:23.83		
16	36 Matthijs Janssen	HB2	111	O	4:23.94		
17	51 Remco Langemaire	HB2	114	O	4:24.01		
18	79 Daan Theunissen	HB2	104	I	4:25.10		
19	50 Bram Kras	HB2	108	O	4:25.62		
20	28 Max de Graaf	HB2	110	I	4:26.07		
21	3 Colin Schrijver	HB2	107	O	4:26.25		
22	5 Jelmer Pluijgers	HB2	108	I	4:26.88		
23	91 Max Wokke	HB2	106	O	4:29.05		
24	34 Niels d' Huy	HB1	101	I	4:32.88		
25	17 Ruben Demaret	HB2	102	O	4:36.69		
26	81 Luuk van Timmeren	HB1	101	O	4:37.15		
27	55 Leonard van Maaren	HB1	103	I	4:37.41		
28	15 Stephan Clazing	HB1	106	I	4:38.12		
	27 Willem van der Goes	HB2	104	O	DQ		
	87 Thom de Vries	HB2	100	O	DNS		
	94 Yves Vergeer	HB2	115	I	DNS		
	47 Daan Kool	HB2			WDR		

6. Rituitslag Heren jun-B 3000 meter

		Naam	Cat	PR	Tijd Info
100	wt	47 Daan Kool	HB2	4:09.95	WDR
	rd	87 Thom de Vries	HB2	4:10.75	DNS
		<u>Daan Kool</u>	<u>Thom de Vries</u>		

		Naam	Cat	PR	Tijd Info
101	gl	34 Niels d' Huy	HB1	4:20.50	4:32.88
	bl	81 Luuk van Timmeren	HB1	4:20.16	4:37.15
		<u>Niels d' Huy</u>	<u>Luuk van Timmeren</u>		
		200m 21.05 (21.05)	200m 20.63 (20.63)		
		600m 54.80 (33.75)	600m 53.92 (33.29)		
		1000m 1:29.52 (34.72)	1000m 1:28.89 (34.97)		
		1400m 2:04.83 (35.31)	1400m 2:04.90 (36.01)		
		1800m 2:41.08 (36.25)	1800m 2:41.86 (36.96)		
		2200m 3:18.46 (37.38)	2200m 3:19.84 (37.98)		
		2600m 3:56.08 (37.62)	2600m 3:58.54 (38.70)		
		3000m 4:32.88 (36.80)	3000m 4:37.15 (38.61)		

		Naam	Cat	PR	Tijd Info
102	wt	35 Ivar Immerzeel	HB2	4:01.96	4:16.01
	rd	17 Ruben Demaret	HB2	4:20.70	4:36.69
		<u>Ivar Immerzeel</u>	<u>Ruben Demaret</u>		
		200m 19.43 (19.43)	200m 20.54 (20.54)		
		600m 51.09 (31.66)	600m 53.96 (33.42)		
		1000m 1:24.50 (33.41)	1000m 1:28.08 (34.12)		
		1400m 1:58.24 (33.74)	1400m 2:03.50 (35.42)		
		1800m 2:32.32 (34.08)	1800m 2:40.79 (37.29)		
		2200m 3:06.74 (34.42)	2200m 3:19.01 (38.22)		
		2600m 3:40.90 (34.16)	2600m 3:58.38 (39.37)		
		3000m 4:16.01 (35.11)	3000m 4:36.69 (38.31)		

IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
103	gl	55 Leonard van Maaren	HB1	4:24.43	4:37.41	
	bl	26 Wieger Gobel	HB2	4:05.01	4:17.88	

Leonard van Maaren

200m	20.88	(20.88)
600m	56.68	(35.80)
1000m	1:33.25	(36.57)
1400m	2:09.74	(36.49)
1800m	2:46.56	(36.82)
2200m	3:23.61	(37.05)
2600m	4:00.70	(37.09)
3000m	4:37.41	(36.71)

Wieger Gobel

200m	20.63	(20.63)
600m	55.24	(34.61)
1000m	1:29.56	(34.32)
1400m	2:03.38	(33.82)
1800m	2:36.75	(33.37)
2200m	3:09.99	(33.24)
2600m	3:43.80	(33.81)
3000m	4:17.88	(34.08)

		Naam	Cat	PR	Tijd	Info
104	wt	79 Daan Theunissen	HB2	4:23.86	4:25.10	
	rd	27 Willem van der Goes	HB2	4:20.24	DQ	

Daan Theunissen

200m	19.82	(19.82)
600m	52.04	(32.22)
1000m	1:25.67	(33.63)
1400m	2:00.60	(34.93)
1800m	2:36.30	(35.70)
2200m	3:12.33	(36.03)
2600m	3:48.75	(36.42)
3000m	4:25.10	(36.35)

Willem van der Goes

200m	20.26	(20.26)
600m	51.96	(31.70)
1000m	1:25.93	(33.97)
1400m	2:01.47	(35.54)
1800m	2:38.53	(37.06)
2200m	3:16.08	(37.55)
2600m	3:53.85	(37.77)
3000m	4:32.57	(38.72)

IJssbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
105	gl	33 Cas Hoorneman	HB2	4:12.32	4:23.28	
	bl	89 Hugo van der Wel	HB2	4:10.31	4:22.75	

Cas Hoorneman

200m	20.55	(20.55)
600m	53.08	(32.53)
1000m	1:26.52	(33.44)
1400m	2:01.29	(34.77)
1800m	2:36.25	(34.96)
2200m	3:11.49	(35.24)
2600m	3:47.32	(35.83)
3000m	4:23.28	(35.96)

Hugo van der Wel

200m	20.62	(20.62)
600m	53.45	(32.83)
1000m	1:27.94	(34.49)
1400m	2:02.21	(34.27)
1800m	2:36.86	(34.65)
2200m	3:11.92	(35.06)
2600m	3:47.31	(35.39)
3000m	4:22.75	(35.44)

		Naam	Cat	PR	Tijd	Info
106	wt	15 Stephan Clazing	HB1	4:26.15	4:38.12	
	rd	91 Max Wokke	HB2	4:19.87	4:29.05	

Stephan Clazing

200m	20.80	(20.80)
600m	53.83	(33.03)
1000m	1:27.86	(34.03)
1400m	2:03.23	(35.37)
1800m	2:39.98	(36.75)
2200m	3:18.49	(38.51)
2600m	3:58.45	(39.96)
3000m	4:38.12	(39.67)

Max Wokke

200m	20.21	(20.21)
600m	52.82	(32.61)
1000m	1:27.22	(34.40)
1400m	2:01.81	(34.59)
1800m	2:37.89	(36.08)
2200m	3:14.66	(36.77)
2600m	3:51.62	(36.96)
3000m	4:29.05	(37.43)

IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
107	gl	37 Jesper de Jong	HB2	4:06.93	4:21.43	
	bl	3 Colin Schrijver	HB2	4:17.52	4:26.25	
Jesper de Jong			Colin Schrijver			
		200m	19.66 (19.66)	200m	19.80 (19.80)	
		600m	51.37 (31.71)	600m	52.96 (33.16)	
		1000m	1:24.39 (33.02)	1000m	1:27.19 (34.23)	
		1400m	1:58.06 (33.67)	1400m	2:02.14 (34.95)	
		1800m	2:32.84 (34.78)	1800m	2:37.53 (35.39)	
		2200m	3:08.41 (35.57)	2200m	3:13.41 (35.88)	
		2600m	3:44.86 (36.45)	2600m	3:49.62 (36.21)	
		3000m	4:21.43 (36.57)	3000m	4:26.25 (36.63)	

		Naam	Cat	PR	Tijd	Info
108	wt	5 Jelmer Pluijgers	HB2	4:13.55	4:26.88	
	rd	50 Bram Kras	HB2	4:22.17	4:25.62	
Jelmer Pluijgers			Bram Kras			
		200m	19.61 (19.61)	200m	20.15 (20.15)	
		600m	51.91 (32.30)	600m	52.51 (32.36)	
		1000m	1:25.55 (33.64)	1000m	1:26.06 (33.55)	
		1400m	2:00.37 (34.82)	1400m	2:00.65 (34.59)	
		1800m	2:35.88 (35.51)	1800m	2:36.33 (35.68)	
		2200m	3:12.09 (36.21)	2200m	3:12.20 (35.87)	
		2600m	3:48.93 (36.84)	2600m	3:49.28 (37.08)	
		3000m	4:26.88 (37.95)	3000m	4:25.62 (36.34)	

IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
109	gl	44 Bart Klaver	HB1	4:17.94	4:20.63	
	bl	4 Jarno Pluijgers	HB1	4:16.68	4:23.83	
Bart Klaver			Jarno Pluijgers			
		200m	19.36 (19.36)	200m	20.94 (20.94)	
		600m	51.30 (31.94)	600m	53.70 (32.76)	
		1000m	1:24.70 (33.40)	1000m	1:26.86 (33.16)	
		1400m	1:58.31 (33.61)	1400m	2:00.86 (34.00)	
		1800m	2:32.59 (34.28)	1800m	2:35.16 (34.30)	
		2200m	3:07.48 (34.89)	2200m	3:10.80 (35.64)	
		2600m	3:43.67 (36.19)	2600m	3:47.07 (36.27)	
		3000m	4:20.63 (36.96)	3000m	4:23.83 (36.76)	
		Naam	Cat	PR	Tijd	Info
110	wt	28 Max de Graaf	HB2	4:13.40	4:26.07	
	rd	9 Dylan van Beuzekom	HB1	4:10.61	4:21.97	
Max de Graaf			Dylan van Beuzekom			
		200m	19.98 (19.98)	200m	20.60 (20.60)	
		600m	51.76 (31.78)	600m	52.78 (32.18)	
		1000m	1:25.34 (33.58)	1000m	1:26.20 (33.42)	
		1400m	1:59.92 (34.58)	1400m	2:00.42 (34.22)	
		1800m	2:34.72 (34.80)	1800m	2:35.03 (34.61)	
		2200m	3:11.01 (36.29)	2200m	3:10.02 (34.99)	
		2600m	3:48.13 (37.12)	2600m	3:45.59 (35.57)	
		3000m	4:26.07 (37.94)	3000m	4:21.97 (36.38)	

IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
111	gl	32 Jurgen van der Hoorn	HB2	4:13.26	4:22.46	
	bl	36 Matthijs Janssen	HB2	4:07.31	4:23.94	
Jurgen van der Hoorn			Matthijs Janssen			
		200m	19.39 (19.39)	200m	20.32 (20.32)	
		600m	52.49 (33.10)	600m	54.05 (33.73)	
		1000m	1:26.38 (33.89)	1000m	1:28.81 (34.76)	
		1400m	2:00.44 (34.06)	1400m	2:03.89 (35.08)	
		1800m	2:34.98 (34.54)	1800m	2:38.46 (34.57)	
		2200m	3:09.85 (34.87)	2200m	3:13.70 (35.24)	
		2600m	3:45.80 (35.95)	2600m	3:48.82 (35.12)	
		3000m	4:22.46 (36.66)	3000m	4:23.94 (35.12)	

		Naam	Cat	PR	Tijd	Info
112	wt	1 Jarno Verheij	HB2	4:11.68	4:21.97	
	rd	14 Armand Broos	HB2	4:14.22	4:23.63	
Jarno Verheij			Armand Broos			
		200m	19.83 (19.83)	200m	19.83 (19.83)	
		600m	51.62 (31.79)	600m	52.32 (32.49)	
		1000m	1:24.71 (33.09)	1000m	1:25.77 (33.45)	
		1400m	1:58.95 (34.24)	1400m	2:00.40 (34.63)	
		1800m	2:34.18 (35.23)	1800m	2:35.54 (35.14)	
		2200m	3:09.83 (35.65)	2200m	3:11.10 (35.56)	
		2600m	3:45.60 (35.77)	2600m	3:47.13 (36.03)	
		3000m	4:21.97 (36.37)	3000m	4:23.63 (36.50)	

IJsbahn Haarlem - Haarlem

		Naam	Cat	PR	Tijd Info
113	gl	77 Daan Spruit	HB1	4:02.60	4:18.73
	bl	31 David Holmes	HB1	4:06.57	4:19.26

Daan Spruit

200m	19.86	(19.86)
600m	53.49	(33.63)
1000m	1:27.73	(34.24)
1400m	2:02.66	(34.93)
1800m	2:36.94	(34.28)
2200m	3:11.95	(35.01)
2600m	3:45.76	(33.81)
3000m	4:18.73	(32.97)

David Holmes

200m	20.11	(20.11)
600m	53.29	(33.18)
1000m	1:27.98	(34.69)
1400m	2:02.56	(34.58)
1800m	2:37.23	(34.67)
2200m	3:11.24	(34.01)
2600m	3:45.98	(34.74)
3000m	4:19.26	(33.28)

		Naam	Cat	PR	Tijd Info
114	wt	76 Jesse Speijers	HB1	4:01.47	4:16.56
	rd	51 Remco Langemaire	HB2	4:09.48	4:24.01

Jesse Speijers

200m	19.80	(19.80)
600m	52.04	(32.24)
1000m	1:24.82	(32.78)
1400m	1:58.78	(33.96)
1800m	2:33.09	(34.31)
2200m	3:07.50	(34.41)
2600m	3:41.99	(34.49)
3000m	4:16.56	(34.57)

Remco Langemaire

200m	20.06	(20.06)
600m	52.27	(32.21)
1000m	1:25.57	(33.30)
1400m	1:59.76	(34.19)
1800m	2:35.07	(35.31)
2200m	3:11.18	(36.11)
2600m	3:47.58	(36.40)
3000m	4:24.01	(36.43)



DH180113CC - Regio selectiewedstrijd NK AR junB



IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
115	gl	94 Yves Vergeer	HB2	3:56.53		DNS
	bl	6 Raoul van Aken	HB2	4:07.42		4:21.45
		Yves Vergeer	Raoul van Aken			
			200m	19.85	(19.85)	
			600m	52.80	(32.95)	
			1000m	1:26.40	(33.60)	
			1400m	2:00.56	(34.16)	
			1800m	2:35.06	(34.50)	
			2200m	3:10.22	(35.16)	
			2600m	3:45.75	(35.53)	
			3000m	4:21.45	(35.70)	