

## 1. Uitslag Supersprint 1e 100 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 95 Calvin van Klink   | HSA | 16   | O    | 10.54 |      |        |
| 2   | 42 Danny Heijkoop     | HN3 | 15   | O    | 10.62 |      |        |
| 3   | 1 Matteo van Schajik  | HA1 | 13   | I    | 10.67 | PR   |        |
| 4   | 114 Kevin Kuiper      | HN2 | 16   | I    | 10.82 |      |        |
| 5   | 16 Johannes Hoomans   | HC1 | 11   | O    | 10.86 | PR   |        |
| 6   | 76 Gio Kromokario     | HB1 | 15   | I    | 10.91 |      |        |
| 7   | 36 Rick Schuurman     | HB1 | 13   | O    | 10.92 |      |        |
| 8   | 7 Samuel de Bie       | HB2 | 12   | I    | 11.08 | PR   |        |
| 9   | 77 Indy Kromokario    | HA1 | 14   | O    | 11.10 |      |        |
| 10  | 73 Ben Lispet         | HB1 | 14   | I    | 11.23 |      |        |
| 11  | 21 Mart Sypersma      | HC2 | 11   | I    | 11.38 | PR   |        |
| 12  | 23 Anton van der Tol  | HC2 | 6    | O    | 11.63 | PR   |        |
| 13  | 103 Daphne van Kooten | DC2 | 8    | O    | 11.66 | PR   |        |
| 14  | 106 Lieke Hijlkema    | DB2 | 12   | O    | 11.76 |      |        |
|     | 75 Isa Steegstra      | DA1 | 7    | O    | 11.76 | PR   |        |
| 16  | 105 Timo van Dommelen | HB1 | 6    | I    | 11.80 | PR   |        |
| 17  | 28 Anouk Aalders      | DC2 | 10   | I    | 11.83 |      |        |
| 18  | 13 Tijn Bijma         | HC1 | 7    | I    | 11.84 | PR   |        |
|     | 55 Talisha Renes      | DB2 | 9    | I    | 11.84 |      |        |
| 20  | 25 Rozina Veldstra    | DC2 | 9    | O    | 11.89 |      |        |
| 21  | 24 Colin de Velde     | HC1 | 5    | I    | 11.90 | PR   |        |
| 22  | 15 Stefan Everts      | HC1 | 10   | O    | 11.98 | PR   |        |
| 23  | 17 Kyra Kamstra       | DC1 | 5    | O    | 12.15 | PR   |        |
| 24  | 20 Luca Stroetinga    | HC1 | 4    | I    | 12.20 | PR   |        |
| 25  | 14 Eva-Sofie Elferink | DC2 | 8    | I    | 12.32 |      |        |
| 26  | 51 Kim van der Graaf  | DC2 | 4    | O    | 12.35 | PR   |        |
| 27  | 22 Jelmer Tasma       | HC1 | 2    | I    | 12.41 | PR   |        |
| 28  | 19 Mariska Stegenga   | DC2 | 3    | I    | 12.47 |      |        |
| 29  | 12 Marrit Bosma       | DC1 | 3    | O    | 12.59 |      |        |
| 30  | 26 Merel Vlug         | DC1 | 2    | O    | 12.79 |      |        |
| 31  | 27 Jade Zijlstra      | DC2 | 1    | I    | 12.80 | PR   |        |

**1. Rituitslag Supersprint 1e 100 meter**

|   |    | Naam                    |       | Cat     |   | PR    | Tijd         | Info |
|---|----|-------------------------|-------|---------|---|-------|--------------|------|
| 1 | wt | 27 <b>Jade Zijlstra</b> |       | DC2     |   | 13.28 | <b>12.80</b> | PR   |
|   | rd |                         |       |         |   |       |              |      |
|   |    | <u>Jade Zijlstra</u>    |       |         |   |       |              |      |
|   |    | 100m                    | 12.80 | (12.80) | m |       |              |      |

|   |    | Naam                   |       | Cat     |                   | PR    | Tijd         | Info |
|---|----|------------------------|-------|---------|-------------------|-------|--------------|------|
| 2 | gl | 22 <b>Jelmer Tasma</b> |       | HC1     |                   | 12.77 | <b>12.41</b> | PR   |
|   | bl | 26 <b>Merel Vlug</b>   |       | DC1     |                   | 12.69 | <b>12.79</b> |      |
|   |    | <u>Jelmer Tasma</u>    |       |         |                   |       |              |      |
|   |    | 100m                   | 12.41 | (12.41) | <u>Merel Vlug</u> |       |              |      |
|   |    |                        |       |         | 100m              | 12.79 | (12.79)      |      |

|   |    | Naam                       |       | Cat     |                     | PR    | Tijd         | Info |
|---|----|----------------------------|-------|---------|---------------------|-------|--------------|------|
| 3 | wt | 19 <b>Mariska Stegenga</b> |       | DC2     |                     | 12.46 | <b>12.47</b> |      |
|   | rd | 12 <b>Marrit Bosma</b>     |       | DC1     |                     | 12.48 | <b>12.59</b> |      |
|   |    | <u>Mariska Stegenga</u>    |       |         |                     |       |              |      |
|   |    | 100m                       | 12.47 | (12.47) | <u>Marrit Bosma</u> |       |              |      |
|   |    |                            |       |         | 100m                | 12.59 | (12.59)      |      |

|   |    | Naam                        |       | Cat     |                          | PR    | Tijd         | Info |
|---|----|-----------------------------|-------|---------|--------------------------|-------|--------------|------|
| 4 | gl | 20 <b>Luca Stroetinga</b>   |       | HC1     |                          | 12.55 | <b>12.20</b> | PR   |
|   | bl | 51 <b>Kim van der Graaf</b> |       | DC2     |                          | 12.59 | <b>12.35</b> | PR   |
|   |    | <u>Luca Stroetinga</u>      |       |         |                          |       |              |      |
|   |    | 100m                        | 12.20 | (12.20) | <u>Kim van der Graaf</u> |       |              |      |
|   |    |                             |       |         | 100m                     | 12.35 | (12.35)      |      |

|   |    | Naam                     |       | Cat     |                     | PR    | Tijd         | Info |
|---|----|--------------------------|-------|---------|---------------------|-------|--------------|------|
| 5 | wt | 24 <b>Colin de Velde</b> |       | HC1     |                     | 12.39 | <b>11.90</b> | PR   |
|   | rd | 17 <b>Kyra Kamstra</b>   |       | DC1     |                     | 12.28 | <b>12.15</b> | PR   |
|   |    | <u>Colin de Velde</u>    |       |         |                     |       |              |      |
|   |    | 100m                     | 11.90 | (11.90) | <u>Kyra Kamstra</u> |       |              |      |
|   |    |                          |       |         | 100m                | 12.15 | (12.15)      |      |

Elfstedenhal - Leeuwarden

|   |    | Naam |                          | Cat   |         | PR   | Tijd                     | Info            |
|---|----|------|--------------------------|-------|---------|------|--------------------------|-----------------|
| 6 | gl | 105  | <b>Timo van Dommelen</b> |       | HB1     |      | 12.20                    | <b>11.80</b> PR |
|   | bl | 23   | <b>Anton van der Tol</b> |       | HC2     |      | 12.10                    | <b>11.63</b> PR |
|   |    |      | <u>Timo van Dommelen</u> |       |         |      | <u>Anton van der Tol</u> |                 |
|   |    |      | 100m                     | 11.80 | (11.80) | 100m | 11.63                    | (11.63)         |

|   |    | Naam |                      | Cat   |         | PR   | Tijd                 | Info            |
|---|----|------|----------------------|-------|---------|------|----------------------|-----------------|
| 7 | wt | 13   | <b>Tijn Bijma</b>    |       | HC1     |      | 12.04                | <b>11.84</b> PR |
|   | rd | 75   | <b>Isa Steegstra</b> |       | DA1     |      | 12.04                | <b>11.76</b> PR |
|   |    |      | <u>Tijn Bijma</u>    |       |         |      | <u>Isa Steegstra</u> |                 |
|   |    |      | 100m                 | 11.84 | (11.84) | 100m | 11.76                | (11.76)         |

|   |    | Naam |                           | Cat   |         | PR   | Tijd                     | Info            |
|---|----|------|---------------------------|-------|---------|------|--------------------------|-----------------|
| 8 | gl | 14   | <b>Eva-Sofie Elferink</b> |       | DC2     |      | 12.06                    | <b>12.32</b>    |
|   | bl | 103  | <b>Daphne van Kooten</b>  |       | DC2     |      | 12.02                    | <b>11.66</b> PR |
|   |    |      | <u>Eva-Sofie Elferink</u> |       |         |      | <u>Daphne van Kooten</u> |                 |
|   |    |      | 100m                      | 12.32 | (12.32) | 100m | 11.66                    | (11.66)         |

|   |    | Naam |                        | Cat   |         | PR   | Tijd                   | Info         |
|---|----|------|------------------------|-------|---------|------|------------------------|--------------|
| 9 | wt | 55   | <b>Talisha Renes</b>   |       | DB2     |      | 11.59                  | <b>11.84</b> |
|   | rd | 25   | <b>Rozina Veldstra</b> |       | DC2     |      | 11.79                  | <b>11.89</b> |
|   |    |      | <u>Talisha Renes</u>   |       |         |      | <u>Rozina Veldstra</u> |              |
|   |    |      | 100m                   | 11.84 | (11.84) | 100m | 11.89                  | (11.89)      |

|    |    | Naam |                      | Cat   |         | PR   | Tijd                 | Info            |
|----|----|------|----------------------|-------|---------|------|----------------------|-----------------|
| 10 | gl | 28   | <b>Anouk Aalders</b> |       | DC2     |      | 11.70                | <b>11.83</b>    |
|    | bl | 15   | <b>Stefan Everts</b> |       | HC1     |      | 11.99                | <b>11.98</b> PR |
|    |    |      | <u>Anouk Aalders</u> |       |         |      | <u>Stefan Everts</u> |                 |
|    |    |      | 100m                 | 11.83 | (11.83) | 100m | 11.98                | (11.98)         |

|    |    | Naam |                         | Cat   |         | PR   | Tijd                    | Info            |
|----|----|------|-------------------------|-------|---------|------|-------------------------|-----------------|
| 11 | wt | 21   | <b>Mart Sypersma</b>    |       | HC2     |      | 11.55                   | <b>11.38</b> PR |
|    | rd | 16   | <b>Johannes Hoomans</b> |       | HC1     |      | 11.31                   | <b>10.86</b> PR |
|    |    |      | <u>Mart Sypersma</u>    |       |         |      | <u>Johannes Hoomans</u> |                 |
|    |    |      | 100m                    | 11.38 | (11.38) | 100m | 10.86                   | (10.86)         |

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|    |    | Naam |                       | Cat   |         | PR    | Tijd                  | Info    |
|----|----|------|-----------------------|-------|---------|-------|-----------------------|---------|
| 12 | gl | 7    | <b>Samuel de Bie</b>  |       | HB2     | 11.35 | <b>11.08</b>          | PR      |
|    | bl | 106  | <b>Lieke Hijlkema</b> |       | DB2     | 11.56 | <b>11.76</b>          |         |
|    |    |      | <u>Samuel de Bie</u>  |       |         |       | <u>Lieke Hijlkema</u> |         |
|    |    |      | 100m                  | 11.08 | (11.08) | 100m  | 11.76                 | (11.76) |

|    |    | Naam |                           | Cat   |         | PR    | Tijd                  | Info    |
|----|----|------|---------------------------|-------|---------|-------|-----------------------|---------|
| 13 | wt | 1    | <b>Matteo van Schajik</b> |       | HA1     | 10.76 | <b>10.67</b>          | PR      |
|    | rd | 36   | <b>Rick Schuurman</b>     |       | HB1     | 10.85 | <b>10.92</b>          |         |
|    |    |      | <u>Matteo van Schajik</u> |       |         |       | <u>Rick Schuurman</u> |         |
|    |    |      | 100m                      | 10.67 | (10.67) | 100m  | 10.92                 | (10.92) |

|    |    | Naam |                        | Cat   |         | PR    | Tijd                   | Info    |
|----|----|------|------------------------|-------|---------|-------|------------------------|---------|
| 14 | gl | 73   | <b>Ben Lisset</b>      |       | HB1     | 11.11 | <b>11.23</b>           |         |
|    | bl | 77   | <b>Indy Kromokario</b> |       | HA1     | 10.97 | <b>11.10</b>           |         |
|    |    |      | <u>Ben Lisset</u>      |       |         |       | <u>Indy Kromokario</u> |         |
|    |    |      | 100m                   | 11.23 | (11.23) | 100m  | 11.10                  | (11.10) |

|    |    | Naam |                       | Cat   |         | PR    | Tijd                  | Info    |
|----|----|------|-----------------------|-------|---------|-------|-----------------------|---------|
| 15 | wt | 76   | <b>Gio Kromokario</b> |       | HB1     | 10.74 | <b>10.91</b>          |         |
|    | rd | 42   | <b>Danny Heijkoop</b> |       | HN3     | 10.28 | <b>10.62</b>          |         |
|    |    |      | <u>Gio Kromokario</u> |       |         |       | <u>Danny Heijkoop</u> |         |
|    |    |      | 100m                  | 10.91 | (10.91) | 100m  | 10.62                 | (10.62) |

|    |    | Naam |                         | Cat   |         | PR    | Tijd                    | Info    |
|----|----|------|-------------------------|-------|---------|-------|-------------------------|---------|
| 16 | gl | 114  | <b>Kevin Kuiper</b>     |       | HN2     | 10.56 | <b>10.82</b>            |         |
|    | bl | 95   | <b>Calvin van Klink</b> |       | HSA     | 10.11 | <b>10.54</b>            |         |
|    |    |      | <u>Kevin Kuiper</u>     |       |         |       | <u>Calvin van Klink</u> |         |
|    |    |      | 100m                    | 10.82 | (10.82) | 100m  | 10.54                   | (10.54) |

**2. Uitslag Pupillen B en ouder 100 meter (100/500)**

| Pos | Naam                    | Cat | Paar | Baan | Tijd         | Info | Punten |
|-----|-------------------------|-----|------|------|--------------|------|--------|
| 1   | 3 Cerinthe De Jonge     | DA2 | 21   | O    | <b>11.36</b> |      |        |
| 2   | 86 Britt van der Linden | DB2 | 21   | I    | <b>11.84</b> | PR   |        |
| 3   | 97 Silke Ludema         | DB2 | 22   | I    | <b>12.30</b> |      |        |
| 4   | 9 Nynke Krol            | DPB | 22   | O    | <b>12.64</b> |      |        |
| 5   | 63 Allard van der Ende  | HPB | 20   | I    | <b>12.85</b> | PR   |        |
| 6   | 112 Marit Veenhuis      | DPA | 20   | O    | <b>12.88</b> | PR   |        |
| 7   | 78 Karlijn Westra       | DPA | 19   | O    | <b>13.58</b> |      |        |
| 8   | 116 Bonne Talsma        | HPB | 18   | I    | <b>13.67</b> | PR   |        |
| 9   | 111 Jolien Hazeveld     | DPB | 18   | O    | <b>13.72</b> |      |        |
| 10  | 29 Mirna van der Terp   | DPB | 17   | I    | <b>15.01</b> | PR   |        |
| 11  | 92 Madee Hadders        | DPB | 19   | I    | <b>21.03</b> | FL   |        |

# Elfstedenhal open PR wedstrijd zondag 12 november 2023

Elfstedenhal - Leeuwarden

## 2. Rituitslag Pupillen B en ouder 100 meter (100/500)

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Elfstedenhal - Leeuwarden

|       |    | Naam                           | Cat           | PR                       | Tijd          | Info |
|-------|----|--------------------------------|---------------|--------------------------|---------------|------|
| 17    | wt | 29 <b>Mirna van der Terp</b>   | DPB           | 15.43                    | <b>15.01</b>  | PR   |
|       | rd |                                |               |                          |               |      |
|       |    | <u>Mirna van der Terp</u>      |               |                          |               |      |
|       |    | 100m                           | 15.01 (15.01) |                          |               | m    |
| <hr/> |    |                                |               |                          |               |      |
|       |    | Naam                           | Cat           | PR                       | Tijd          | Info |
| 18    | gl | 116 <b>Bonne Talsma</b>        | HPB           | 14.03                    | <b>13.67</b>  | PR   |
|       | bl | 111 <b>Jolien Hazeveld</b>     | DPB           | 13.64                    | <b>13.72</b>  |      |
|       |    | <u>Bonne Talsma</u>            |               | <u>Jolien Hazeveld</u>   |               |      |
|       |    | 100m                           | 13.67 (13.67) | 100m                     | 13.72 (13.72) |      |
| <hr/> |    |                                |               |                          |               |      |
|       |    | Naam                           | Cat           | PR                       | Tijd          | Info |
| 19    | wt | 92 <b>Madee Hadders</b>        | DPB           | 13.22                    | <b>21.03</b>  | FL   |
|       | rd | 78 <b>Karlijn Westra</b>       | DPA           | 13.35                    | <b>13.58</b>  |      |
|       |    | <u>Madee Hadders</u>           |               | <u>Karlijn Westra</u>    |               |      |
|       |    | 100m                           | 21.03 (21.03) | 100m                     | 13.58 (13.58) |      |
| <hr/> |    |                                |               |                          |               |      |
|       |    | Naam                           | Cat           | PR                       | Tijd          | Info |
| 20    | gl | 63 <b>Allard van der Ende</b>  | HPB           | 12.93                    | <b>12.85</b>  | PR   |
|       | bl | 112 <b>Marit Veenhuis</b>      | DPA           | 12.98                    | <b>12.88</b>  | PR   |
|       |    | <u>Allard van der Ende</u>     |               | <u>Marit Veenhuis</u>    |               |      |
|       |    | 100m                           | 12.85 (12.85) | 100m                     | 12.88 (12.88) |      |
| <hr/> |    |                                |               |                          |               |      |
|       |    | Naam                           | Cat           | PR                       | Tijd          | Info |
| 21    | wt | 86 <b>Britt van der Linden</b> | DB2           | 12.22                    | <b>11.84</b>  | PR   |
|       | rd | 3 <b>Cerintje De Jonge</b>     | DA2           | 11.24                    | <b>11.36</b>  |      |
|       |    | <u>Britt van der Linden</u>    |               | <u>Cerintje De Jonge</u> |               |      |
|       |    | 100m                           | 11.84 (11.84) | 100m                     | 11.36 (11.36) |      |
| <hr/> |    |                                |               |                          |               |      |
|       |    | Naam                           | Cat           | PR                       | Tijd          | Info |
| 22    | gl | 97 <b>Silke Ludema</b>         | DB2           | 12.09                    | <b>12.30</b>  |      |
|       | bl | 9 <b>Nynke Krol</b>            | DPB           | 12.44                    | <b>12.64</b>  |      |
|       |    | <u>Silke Ludema</u>            |               | <u>Nynke Krol</u>        |               |      |
|       |    | 100m                           | 12.30 (12.30) | 100m                     | 12.64 (12.64) |      |

## 3. Uitslag Junioren C en ouder, 500 meter (500/1500)

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 62 Jelle Plug         | HA2 | 33   | O    | 38.39 |      |        |
| 2   | 30 Tijn van Harten    | HC2 | 34   | O    | 39.47 | PR   |        |
| 3   | 66 David Baas         | HC2 | 34   | I    | 40.25 |      |        |
| 4   | 102 Luke Bavius       | HB1 | 33   | I    | 40.35 | PR   |        |
| 5   | 107 Joep Aben         | HB2 | 32   | I    | 41.81 | PR   |        |
| 6   | 56 Pom Peerdeman      | HC1 | 32   | O    | 42.13 |      |        |
| 7   | 84 Damian Prijs       | HC2 | 30   | I    | 42.56 |      |        |
| 8   | 47 Emma Kole          | DN1 | 29   | O    | 43.13 |      |        |
| 9   | 81 Zhara Möllers      | DB2 | 28   | O    | 43.87 | PR   |        |
| 10  | 57 Rosan Kuip         | DC2 | 27   | O    | 44.39 |      |        |
| 11  | 34 Ronald de Graaf    | H50 | 30   | O    | 44.55 |      |        |
| 12  | 70 Ids Witkamp        | HC2 | 29   | I    | 44.70 |      |        |
| 13  | 79 Bert Nijman        | H40 | 27   | I    | 44.87 | PR   |        |
| 14  | 49 Kaska Rogulska     | D55 | 28   | I    | 45.27 |      |        |
| 15  | 43 Jan Mein           | H65 | 31   | O    | 46.16 |      |        |
| 16  | 85 Jort van Diemen    | HC1 | 25   | I    | 47.04 | PR   |        |
| 17  | 33 Nora de Graaf      | DB2 | 26   | O    | 47.80 |      |        |
| 18  | 10 Adriaan Provoost   | H60 | 25   | O    | 48.33 |      |        |
| 19  | 101 Barbara Heerschop | D65 | 23   | I    | 52.44 |      |        |
| 20  | 96 Nina Kuiken        | DB2 | 26   | I    | 52.60 |      |        |
| 21  | 71 Kevin van Cleef    | H40 | 24   | O    | 53.33 |      |        |
| 22  | 44 Evelyn Mein-Klok   | D50 | 24   | I    | 53.74 |      |        |



**3. Rituitslag Junioren C en ouder, 500 meter (500/1500)**

|  |          | Naam                         | Cat | PR    | Tijd         | Info |                          |  |  |  |  |  |  |      |       |         |   |  |  |  |      |       |         |  |  |  |  |
|--|----------|------------------------------|-----|-------|--------------|------|--------------------------|--|--|--|--|--|--|------|-------|---------|---|--|--|--|------|-------|---------|--|--|--|--|
| 23   | wt<br>rd | 101 <b>Barbara Heerschop</b> | D65 | 45.50 | <b>52.44</b> |      |                          |  |  |  |  |  |  |      |       |         |   |  |  |  |      |       |         |  |  |  |  |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Barbara Heerschop</u></td> <td colspan="4"></td> </tr> <tr> <td>100m</td> <td>14.08</td> <td>(14.08)</td> <td>m</td> <td colspan="3"></td> </tr> <tr> <td>500m</td> <td>52.44</td> <td>(38.36)</td> <td colspan="4"></td> </tr> </table> |          |                              |     |       |              |      | <u>Barbara Heerschop</u> |  |  |  |  |  |  | 100m | 14.08 | (14.08) | m |  |  |  | 500m | 52.44 | (38.36) |  |  |  |  |
| <u>Barbara Heerschop</u>   |          |                              |     |       |              |      |                          |  |  |  |  |  |  |      |       |         |   |  |  |  |      |       |         |  |  |  |  |
| 100m   | 14.08    | (14.08)                      | m   |       |              |      |                          |  |  |  |  |  |  |      |       |         |   |  |  |  |      |       |         |  |  |  |  |
| 500m   | 52.44    | (38.36)                      |     |       |              |      |                          |  |  |  |  |  |  |      |       |         |   |  |  |  |      |       |         |  |  |  |  |

|  |       | Naam                       | Cat                    | PR    | Tijd         | Info |                         |  |  |                        |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
|--|-------|----------------------------|------------------------|-------|--------------|------|-------------------------|--|--|------------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 24   | gl    | 44 <b>Evelyn Mein-Klok</b> | D50                    | 53.08 | <b>53.74</b> |      |                         |  |  |                        |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
|  | bl    | 71 <b>Kevin van Cleef</b>  | H40                    | 50.47 | <b>53.33</b> |      |                         |  |  |                        |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Evelyn Mein-Klok</u></td> <td colspan="4"><u>Kevin van Cleef</u></td> </tr> <tr> <td>100m</td> <td>14.50</td> <td>(14.50)</td> <td>100m</td> <td>14.67</td> <td>(14.67)</td> <td></td> </tr> <tr> <td>500m</td> <td>53.74</td> <td>(39.24)</td> <td>500m</td> <td>53.33</td> <td>(38.66)</td> <td></td> </tr> </table> |       |                            |                        |       |              |      | <u>Evelyn Mein-Klok</u> |  |  | <u>Kevin van Cleef</u> |  |  |  | 100m | 14.50 | (14.50) | 100m | 14.67 | (14.67) |  | 500m | 53.74 | (39.24) | 500m | 53.33 | (38.66) |  |
| <u>Evelyn Mein-Klok</u>  |       |                            | <u>Kevin van Cleef</u> |       |              |      |                         |  |  |                        |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| 100m   | 14.50 | (14.50)                    | 100m                   | 14.67 | (14.67)      |      |                         |  |  |                        |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| 500m   | 53.74 | (39.24)                    | 500m                   | 53.33 | (38.66)      |      |                         |  |  |                        |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |

|  |       | Naam                       | Cat                     | PR    | Tijd         | Info |                        |  |  |                         |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
|--|-------|----------------------------|-------------------------|-------|--------------|------|------------------------|--|--|-------------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 25   | wt    | 85 <b>Jort van Diemen</b>  | HC1                     | 48.03 | <b>47.04</b> | PR   |                        |  |  |                         |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
|  | rd    | 10 <b>Adriaan Provoost</b> | H60                     | 43.19 | <b>48.33</b> |      |                        |  |  |                         |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Jort van Diemen</u></td> <td colspan="4"><u>Adriaan Provoost</u></td> </tr> <tr> <td>100m</td> <td>12.35</td> <td>(12.35)</td> <td>100m</td> <td>13.25</td> <td>(13.25)</td> <td></td> </tr> <tr> <td>500m</td> <td>47.04</td> <td>(34.69)</td> <td>500m</td> <td>48.33</td> <td>(35.08)</td> <td></td> </tr> </table> |       |                            |                         |       |              |      | <u>Jort van Diemen</u> |  |  | <u>Adriaan Provoost</u> |  |  |  | 100m | 12.35 | (12.35) | 100m | 13.25 | (13.25) |  | 500m | 47.04 | (34.69) | 500m | 48.33 | (35.08) |  |
| <u>Jort van Diemen</u>   |       |                            | <u>Adriaan Provoost</u> |       |              |      |                        |  |  |                         |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| 100m   | 12.35 | (12.35)                    | 100m                    | 13.25 | (13.25)      |      |                        |  |  |                         |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| 500m   | 47.04 | (34.69)                    | 500m                    | 48.33 | (35.08)      |      |                        |  |  |                         |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |

|   |       | Naam                    | Cat                  | PR    | Tijd         | Info |                    |  |  |                      |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
|---|-------|-------------------------|----------------------|-------|--------------|------|--------------------|--|--|----------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 26  | gl    | 96 <b>Nina Kuiken</b>   | DB2                  | 49.57 | <b>52.60</b> |      |                    |  |  |                      |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
|   | bl    | 33 <b>Nora de Graaf</b> | DB2                  | 47.74 | <b>47.80</b> |      |                    |  |  |                      |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Nina Kuiken</u></td> <td colspan="4"><u>Nora de Graaf</u></td> </tr> <tr> <td>100m</td> <td>14.02</td> <td>(14.02)</td> <td>100m</td> <td>12.94</td> <td>(12.94)</td> <td></td> </tr> <tr> <td>500m</td> <td>52.60</td> <td>(38.58)</td> <td>500m</td> <td>47.80</td> <td>(34.86)</td> <td></td> </tr> </table> |       |                         |                      |       |              |      | <u>Nina Kuiken</u> |  |  | <u>Nora de Graaf</u> |  |  |  | 100m | 14.02 | (14.02) | 100m | 12.94 | (12.94) |  | 500m | 52.60 | (38.58) | 500m | 47.80 | (34.86) |  |
| <u>Nina Kuiken</u>  |       |                         | <u>Nora de Graaf</u> |       |              |      |                    |  |  |                      |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| 100m  | 14.02 | (14.02)                 | 100m                 | 12.94 | (12.94)      |      |                    |  |  |                      |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| 500m  | 52.60 | (38.58)                 | 500m                 | 47.80 | (34.86)      |      |                    |  |  |                      |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |

|  |       | Naam                  | Cat               | PR    | Tijd         | Info |                    |  |  |                   |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
|--|-------|-----------------------|-------------------|-------|--------------|------|--------------------|--|--|-------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 27   | wt    | 79 <b>Bert Nijman</b> | H40               | 46.43 | <b>44.87</b> | PR   |                    |  |  |                   |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
|  | rd    | 57 <b>Rosan Kuip</b>  | DC2               | 43.47 | <b>44.39</b> |      |                    |  |  |                   |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Bert Nijman</u></td> <td colspan="4"><u>Rosan Kuip</u></td> </tr> <tr> <td>100m</td> <td>12.16</td> <td>(12.16)</td> <td>100m</td> <td>12.04</td> <td>(12.04)</td> <td></td> </tr> <tr> <td>500m</td> <td>44.87</td> <td>(32.71)</td> <td>500m</td> <td>44.39</td> <td>(32.35)</td> <td></td> </tr> </table> |       |                       |                   |       |              |      | <u>Bert Nijman</u> |  |  | <u>Rosan Kuip</u> |  |  |  | 100m | 12.16 | (12.16) | 100m | 12.04 | (12.04) |  | 500m | 44.87 | (32.71) | 500m | 44.39 | (32.35) |  |
| <u>Bert Nijman</u>   |       |                       | <u>Rosan Kuip</u> |       |              |      |                    |  |  |                   |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| 100m   | 12.16 | (12.16)               | 100m              | 12.04 | (12.04)      |      |                    |  |  |                   |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |
| 500m   | 44.87 | (32.71)               | 500m              | 44.39 | (32.35)      |      |                    |  |  |                   |  |  |  |      |       |         |      |       |         |  |      |       |         |      |       |         |  |

Elfstedenhal - Leeuwarden

|       |    | Naam                  |                        | Cat     |                        | PR    | Tijd         | Info |
|-------|----|-----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 28    | gl | 49                    | <b>Kaska Rogulska</b>  |         | D55                    | 42.33 | <b>45.27</b> |      |
|       | bl | 81                    | <b>Zhara Möllers</b>   |         | DB2                    | 44.22 | <b>43.87</b> | PR   |
|       |    | <b>Kaska Rogulska</b> |                        |         | <b>Zhara Möllers</b>   |       |              |      |
|       |    | 100m                  | 12.40                  | (12.40) | 100m                   | 12.09 | (12.09)      |      |
|       |    | 500m                  | 45.27                  | (32.87) | 500m                   | 43.87 | (31.78)      |      |
| <hr/> |    |                       |                        |         |                        |       |              |      |
|       |    | Naam                  |                        | Cat     |                        | PR    | Tijd         | Info |
| 29    | wt | 70                    | <b>Ids Witkamp</b>     |         | HC2                    | 43.94 | <b>44.70</b> |      |
|       | rd | 47                    | <b>Emma Kole</b>       |         | DN1                    | 42.93 | <b>43.13</b> |      |
|       |    | <b>Ids Witkamp</b>    |                        |         | <b>Emma Kole</b>       |       |              |      |
|       |    | 100m                  | 12.04                  | (12.04) | 100m                   | 12.08 | (12.08)      |      |
|       |    | 500m                  | 44.70                  | (32.66) | 500m                   | 43.13 | (31.05)      |      |
| <hr/> |    |                       |                        |         |                        |       |              |      |
|       |    | Naam                  |                        | Cat     |                        | PR    | Tijd         | Info |
| 30    | gl | 84                    | <b>Damian Prijs</b>    |         | HC2                    | 42.34 | <b>42.56</b> |      |
|       | bl | 34                    | <b>Ronald de Graaf</b> |         | H50                    | 43.31 | <b>44.55</b> |      |
|       |    | <b>Damian Prijs</b>   |                        |         | <b>Ronald de Graaf</b> |       |              |      |
|       |    | 100m                  | 11.91                  | (11.91) | 100m                   | 12.54 | (12.54)      |      |
|       |    | 500m                  | 42.56                  | (30.65) | 500m                   | 44.55 | (32.01)      |      |
| <hr/> |    |                       |                        |         |                        |       |              |      |
|       |    | Naam                  |                        | Cat     |                        | PR    | Tijd         | Info |
| 31    | wt |                       |                        |         |                        |       |              |      |
|       | rd | 43                    | <b>Jan Mein</b>        |         | H65                    | 40.90 | <b>46.16</b> |      |
|       |    |                       |                        |         | <b>Jan Mein</b>        |       |              |      |
|       |    | m                     |                        |         | 100m                   | 12.62 | (12.62)      |      |
|       |    |                       |                        |         | 500m                   | 46.16 | (33.54)      |      |
| <hr/> |    |                       |                        |         |                        |       |              |      |
|       |    | Naam                  |                        | Cat     |                        | PR    | Tijd         | Info |
| 32    | gl | 107                   | <b>Joep Aben</b>       |         | HB2                    | 42.05 | <b>41.81</b> | PR   |
|       | bl | 56                    | <b>Pom Peerdeman</b>   |         | HC1                    | 41.61 | <b>42.13</b> |      |
|       |    | <b>Joep Aben</b>      |                        |         | <b>Pom Peerdeman</b>   |       |              |      |
|       |    | 100m                  | 11.44                  | (11.44) | 100m                   | 11.49 | (11.49)      |      |
|       |    | 500m                  | 41.81                  | (30.37) | 500m                   | 42.13 | (30.64)      |      |

# Elfstedenhal open PR wedstrijd zondag 12 november 2023

## Elfstedenhal - Leeuwarden

|    |    | Naam |                    | Cat   |         | PR    | Tijd              | Info    |
|----|----|------|--------------------|-------|---------|-------|-------------------|---------|
| 33 | wt | 102  | <b>Luke Bavius</b> |       | HB1     | 40.37 | <b>40.35</b>      | PR      |
|    | rd | 62   | <b>Jelle Plug</b>  |       | HA2     | 38.01 | <b>38.39</b>      |         |
|    |    |      | <b>Luke Bavius</b> |       |         |       | <b>Jelle Plug</b> |         |
|    |    |      | 100m               | 11.12 | (11.12) | 100m  | 10.47             | (10.47) |
|    |    |      | 500m               | 40.35 | (29.23) | 500m  | 38.39             | (27.92) |

|    |    | Naam |                        | Cat   |         | PR    | Tijd                   | Info    |
|----|----|------|------------------------|-------|---------|-------|------------------------|---------|
| 34 | gl | 66   | <b>David Baas</b>      |       | HC2     | 40.18 | <b>40.25</b>           |         |
|    | bl | 30   | <b>Tijn van Harten</b> |       | HC2     | 40.02 | <b>39.47</b>           | PR      |
|    |    |      | <b>David Baas</b>      |       |         |       | <b>Tijn van Harten</b> |         |
|    |    |      | 100m                   | 11.05 | (11.05) | 100m  | 11.07                  | (11.07) |
|    |    |      | 500m                   | 40.25 | (29.20) | 500m  | 39.47                  | (28.40) |

## 4. Uitslag Pupillen A en ouder, 500 meter (500/1000)

| Pos | Naam                | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|---------------------|-----|------|------|-------|------|--------|
| 1   | 93 Daan Koot        | HB1 | 42   | O    | 39.45 | PR   |        |
| 2   | 69 Tjebbe Berkhout  | HB2 | 41   | O    | 41.05 |      |        |
| 3   | 68 Sybren Berkhout  | HB2 | 42   | I    | 42.06 | PR   |        |
| 4   | 94 Lars Dijck       | HC1 | 41   | I    | 42.24 | PR   |        |
| 5   | 74 Vigho Roodenburg | HB1 | 40   | O    | 43.56 |      |        |
| 6   | 72 Danny Witkamp    | H55 | 39   | O    | 44.27 |      |        |
| 7   | 89 Rosa Lieke Smits | DA1 | 40   | I    | 44.28 | PR   |        |
| 8   | 67 Laura Linssen    | DA2 | 39   | I    | 44.48 |      |        |
| 9   | 50 Anastasia Wigg   | DSA | 37   | I    | 47.14 |      |        |
| 10  | 100 Jelly Hiemstra  | DB2 | 38   | O    | 47.45 | PR   |        |
| 11  | 115 Mirte Kingma    | DC1 | 37   | O    | 50.43 |      |        |
| 12  | 8 Merlinde de Bie   | DN1 | 35   | I    | 51.07 |      |        |
| 13  | 109 Twan den Braber | H70 | 35   | O    | 51.40 |      |        |
| 14  | 110 Miriam Gossen   | DN4 | 38   | I    | 52.23 |      |        |

**4. Rituitslag Pupillen A en ouder, 500 meter (500/1000)**

|    |    | Naam |                        | Cat   |         | PR    | Tijd                   | Info    |
|----|----|------|------------------------|-------|---------|-------|------------------------|---------|
| 35 | wt | 8    | <b>Merlinde de Bie</b> |       | DN1     | 50.44 | <b>51.07</b>           |         |
|    | rd | 109  | <b>Twan den Braber</b> |       | H70     |       | <b>51.40</b>           |         |
|    |    |      | <b>Merlinde de Bie</b> |       |         |       | <b>Twan den Braber</b> |         |
|    |    |      | 100m                   | 13.94 | (13.94) | 100m  | 14.34                  | (14.34) |
|    |    |      | 500m                   | 51.07 | (37.13) | 500m  | 51.40                  | (37.06) |

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

|    |    | Naam |                       | Cat   |         | PR    | Tijd                | Info    |
|----|----|------|-----------------------|-------|---------|-------|---------------------|---------|
| 37 | wt | 50   | <b>Anastasia Wigg</b> |       | DSA     | 46.00 | <b>47.14</b>        |         |
|    | rd | 115  | <b>Mirte Kingma</b>   |       | DC1     | 50.03 | <b>50.43</b>        |         |
|    |    |      | <b>Anastasia Wigg</b> |       |         |       | <b>Mirte Kingma</b> |         |
|    |    |      | 100m                  | 12.53 | (12.53) | 100m  | 13.35               | (13.35) |
|    |    |      | 500m                  | 47.14 | (34.61) | 500m  | 50.43               | (37.08) |

|    |    | Naam |                       | Cat   |         | PR    | Tijd                  | Info    |
|----|----|------|-----------------------|-------|---------|-------|-----------------------|---------|
| 38 | gl | 110  | <b>Miriam Gossen</b>  |       | DN4     | 49.53 | <b>52.23</b>          |         |
|    | bl | 100  | <b>Jelly Hiemstra</b> |       | DB2     | 47.47 | <b>47.45</b>          | PR      |
|    |    |      | <b>Miriam Gossen</b>  |       |         |       | <b>Jelly Hiemstra</b> |         |
|    |    |      | 100m                  | 13.82 | (13.82) | 100m  | 12.62                 | (12.62) |
|    |    |      | 500m                  | 52.23 | (38.41) | 500m  | 47.45                 | (34.83) |

|    |    | Naam |                      | Cat   |         | PR    | Tijd                 | Info    |
|----|----|------|----------------------|-------|---------|-------|----------------------|---------|
| 39 | wt | 67   | <b>Laura Linssen</b> |       | DA2     | 43.08 | <b>44.48</b>         |         |
|    | rd | 72   | <b>Danny Witkamp</b> |       | H55     | 40.39 | <b>44.27</b>         |         |
|    |    |      | <b>Laura Linssen</b> |       |         |       | <b>Danny Witkamp</b> |         |
|    |    |      | 100m                 | 12.20 | (12.20) | 100m  | 12.44                | (12.44) |
|    |    |      | 500m                 | 44.48 | (32.28) | 500m  | 44.27                | (31.83) |

Elfstedenhal - Leeuwarden

|                         |    | Naam                |                         | Cat     |      | PR    | Tijd         | Info |
|-------------------------|----|---------------------|-------------------------|---------|------|-------|--------------|------|
| 40                      | gl | 89 Rosa Lieke Smits |                         | DA1     |      | 44.50 | <b>44.28</b> | PR   |
|                         | bl | 74 Vigho Roodenburg |                         | HB1     |      | 43.07 | <b>43.56</b> |      |
| <b>Rosa Lieke Smits</b> |    |                     | <b>Vigho Roodenburg</b> |         |      |       |              |      |
|                         |    | 100m                | 12.20                   | (12.20) | 100m | 11.88 | (11.88)      |      |
|                         |    | 500m                | 44.28                   | (32.08) | 500m | 43.56 | (31.68)      |      |

|                   |    | Naam               |                        | Cat     |      | PR    | Tijd         | Info |
|-------------------|----|--------------------|------------------------|---------|------|-------|--------------|------|
| 41                | wt | 94 Lars Dijck      |                        | HC1     |      | 42.31 | <b>42.24</b> | PR   |
|                   | rd | 69 Tjebbe Berkhout |                        | HB2     |      | 40.61 | <b>41.05</b> |      |
| <b>Lars Dijck</b> |    |                    | <b>Tjebbe Berkhout</b> |         |      |       |              |      |
|                   |    | 100m               | 11.59                  | (11.59) | 100m | 11.02 | (11.02)      |      |
|                   |    | 500m               | 42.24                  | (30.65) | 500m | 41.05 | (30.03)      |      |

|                        |    | Naam               |                  | Cat     |      | PR    | Tijd         | Info |
|------------------------|----|--------------------|------------------|---------|------|-------|--------------|------|
| 42                     | gl | 68 Sybren Berkhout |                  | HB2     |      | 42.09 | <b>42.06</b> | PR   |
|                        | bl | 93 Daan Koot       |                  | HB1     |      | 39.69 | <b>39.45</b> | PR   |
| <b>Sybren Berkhout</b> |    |                    | <b>Daan Koot</b> |         |      |       |              |      |
|                        |    | 100m               | 11.17            | (11.17) | 100m | 10.86 | (10.86)      |      |
|                        |    | 500m               | 42.06            | (30.89) | 500m | 39.45 | (28.59)      |      |

## 5. Uitslag Supersprint 2e 100 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 95 Calvin van Klink   | HSA | 57   | I    | 10.51 |      |        |
| 2   | 1 Matteo van Schajik  | HA1 | 56   | O    | 10.58 | PR   |        |
| 3   | 42 Danny Heijkoop     | HN3 | 58   | I    | 10.74 |      |        |
| 4   | 114 Kevin Kuiper      | HN2 | 58   | O    | 10.76 |      |        |
| 5   | 36 Rick Schuurman     | HB1 | 55   | I    | 10.88 |      |        |
| 6   | 76 Gio Kromokario     | HB1 | 57   | O    | 10.98 |      |        |
| 7   | 77 Indy Kromokario    | HA1 | 56   | I    | 11.11 |      |        |
| 8   | 7 Samuel de Bie       | HB2 | 54   | O    | 11.13 |      |        |
| 9   | 16 Johannes Hoomans   | HC1 | 53   | I    | 11.16 |      |        |
| 10  | 21 Mart Sypersma      | HC2 | 53   | O    | 11.31 | PR   |        |
| 11  | 73 Ben Lispet         | HB1 | 55   | O    | 11.43 |      |        |
| 12  | 75 Isa Steegstra      | DA1 | 50   | I    | 11.73 | PR   |        |
| 13  | 23 Anton van der Tol  | HC2 | 47   | I    | 11.76 |      |        |
| 14  | 106 Lieke Hijlkema    | DB2 | 54   | I    | 11.87 |      |        |
| 15  | 28 Anouk Aalders      | DC2 | 52   | O    | 11.88 |      |        |
| 16  | 24 Colin de Velde     | HC1 | 47   | O    | 11.90 |      |        |
| 17  | 15 Stefan Everts      | HC1 | 51   | I    | 11.93 | PR   |        |
| 18  | 103 Daphne van Kooten | DC2 | 49   | I    | 11.95 |      |        |
| 19  | 17 Kyra Kamstra       | DC1 | 48   | I    | 11.99 | PR   |        |
| 20  | 105 Timo van Dommelen | HB1 | 48   | O    | 12.00 |      |        |
|     | 13 Tijn Bijma         | HC1 | 50   | O    | 12.00 |      |        |
| 22  | 55 Talisha Renes      | DB2 | 51   | O    | 12.03 |      |        |
| 23  | 25 Rozina Veldstra    | DC2 | 52   | I    | 12.10 |      |        |
| 24  | 14 Eva-Sofie Elferink | DC2 | 49   | O    | 12.18 |      |        |
| 25  | 20 Luca Stroetinga    | HC1 | 46   | O    | 12.27 |      |        |
| 26  | 19 Mariska Stegenga   | DC2 | 45   | O    | 12.40 | PR   |        |
| 27  | 12 Marrit Bosma       | DC1 | 46   | I    | 12.42 | PR   |        |
| 28  | 22 Jelmer Tasma       | HC1 | 43   | O    | 12.51 |      |        |
| 29  | 27 Jade Zijlstra      | DC2 | 44   | O    | 12.54 | PR   |        |
|     | 51 Kim van der Graaf  | DC2 | 45   | I    | 12.54 |      |        |
| 31  | 26 Merel Vlug         | DC1 | 43   | I    | 12.71 |      |        |

**5. Rituitslag Supersprint 2e 100 meter**

|    |    | Naam                   | Cat | PR    | Tijd         | Info                |
|----|----|------------------------|-----|-------|--------------|---------------------|
| 43 | wt | 26 <b>Merel Vlug</b>   | DC1 | 12.69 | <b>12.71</b> |                     |
|    | rd | 22 <b>Jelmer Tasma</b> | HC1 | 12.77 | <b>12.51</b> |                     |
|    |    | <u>Merel Vlug</u>      |     |       |              | <u>Jelmer Tasma</u> |
|    |    | 100m 12.71 (12.71)     |     |       |              | 100m 12.51 (12.51)  |

|    |    | Naam                    | Cat | PR    | Tijd         | Info               |
|----|----|-------------------------|-----|-------|--------------|--------------------|
| 44 | gl | 27 <b>Jade Zijlstra</b> | DC2 | 13.28 | <b>12.54</b> | PR                 |
|    | bl |                         |     |       |              |                    |
|    |    | <u>Jade Zijlstra</u>    |     |       |              |                    |
|    |    | m 12.54 (12.54)         |     |       |              | 100m 12.54 (12.54) |

|    |    | Naam                        | Cat | PR    | Tijd         | Info                    |
|----|----|-----------------------------|-----|-------|--------------|-------------------------|
| 45 | wt | 51 <b>Kim van der Graaf</b> | DC2 | 12.59 | <b>12.54</b> |                         |
|    | rd | 19 <b>Mariska Stegenga</b>  | DC2 | 12.46 | <b>12.40</b> | PR                      |
|    |    | <u>Kim van der Graaf</u>    |     |       |              | <u>Mariska Stegenga</u> |
|    |    | 100m 12.54 (12.54)          |     |       |              | 100m 12.40 (12.40)      |

|    |    | Naam                      | Cat | PR    | Tijd         | Info                   |
|----|----|---------------------------|-----|-------|--------------|------------------------|
| 46 | gl | 12 <b>Marrit Bosma</b>    | DC1 | 12.48 | <b>12.42</b> | PR                     |
|    | bl | 20 <b>Luca Stroetinga</b> | HC1 | 12.55 | <b>12.27</b> |                        |
|    |    | <u>Marrit Bosma</u>       |     |       |              | <u>Luca Stroetinga</u> |
|    |    | 100m 12.42 (12.42)        |     |       |              | 100m 12.27 (12.27)     |

|    |    | Naam                        | Cat | PR    | Tijd         | Info                  |
|----|----|-----------------------------|-----|-------|--------------|-----------------------|
| 47 | wt | 23 <b>Anton van der Tol</b> | HC2 | 12.10 | <b>11.76</b> |                       |
|    | rd | 24 <b>Colin de Velde</b>    | HC1 | 12.39 | <b>11.90</b> |                       |
|    |    | <u>Anton van der Tol</u>    |     |       |              | <u>Colin de Velde</u> |
|    |    | 100m 11.76 (11.76)          |     |       |              | 100m 11.90 (11.90)    |



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|    |    | Naam |                          | Cat   |         | PR    | Tijd                     | Info    |
|----|----|------|--------------------------|-------|---------|-------|--------------------------|---------|
| 48 | gl | 17   | <b>Kyra Kamstra</b>      |       | DC1     | 12.28 | <b>11.99</b>             | PR      |
|    | bl | 105  | <b>Timo van Dommelen</b> |       | HB1     | 12.20 | <b>12.00</b>             |         |
|    |    |      | <u>Kyra Kamstra</u>      |       |         |       | <u>Timo van Dommelen</u> |         |
|    |    |      | 100m                     | 11.99 | (11.99) | 100m  | 12.00                    | (12.00) |

|    |    | Naam |                           | Cat   |         | PR    | Tijd                      | Info    |
|----|----|------|---------------------------|-------|---------|-------|---------------------------|---------|
| 49 | wt | 103  | <b>Daphne van Kooten</b>  |       | DC2     | 12.02 | <b>11.95</b>              |         |
|    | rd | 14   | <b>Eva-Sofie Elferink</b> |       | DC2     | 12.06 | <b>12.18</b>              |         |
|    |    |      | <u>Daphne van Kooten</u>  |       |         |       | <u>Eva-Sofie Elferink</u> |         |
|    |    |      | 100m                      | 11.95 | (11.95) | 100m  | 12.18                     | (12.18) |

|    |    | Naam |                      | Cat   |         | PR    | Tijd              | Info    |
|----|----|------|----------------------|-------|---------|-------|-------------------|---------|
| 50 | gl | 75   | <b>Isa Steegstra</b> |       | DA1     | 12.04 | <b>11.73</b>      | PR      |
|    | bl | 13   | <b>Tijn Bijma</b>    |       | HC1     | 12.04 | <b>12.00</b>      |         |
|    |    |      | <u>Isa Steegstra</u> |       |         |       | <u>Tijn Bijma</u> |         |
|    |    |      | 100m                 | 11.73 | (11.73) | 100m  | 12.00             | (12.00) |

|    |    | Naam |                      | Cat   |         | PR    | Tijd                 | Info    |
|----|----|------|----------------------|-------|---------|-------|----------------------|---------|
| 51 | wt | 15   | <b>Stefan Everts</b> |       | HC1     | 11.99 | <b>11.93</b>         | PR      |
|    | rd | 55   | <b>Talisha Renes</b> |       | DB2     | 11.59 | <b>12.03</b>         |         |
|    |    |      | <u>Stefan Everts</u> |       |         |       | <u>Talisha Renes</u> |         |
|    |    |      | 100m                 | 11.93 | (11.93) | 100m  | 12.03                | (12.03) |

|    |    | Naam |                        | Cat   |         | PR    | Tijd                 | Info    |
|----|----|------|------------------------|-------|---------|-------|----------------------|---------|
| 52 | gl | 25   | <b>Rozina Veldstra</b> |       | DC2     | 11.79 | <b>12.10</b>         |         |
|    | bl | 28   | <b>Anouk Aalders</b>   |       | DC2     | 11.70 | <b>11.88</b>         |         |
|    |    |      | <u>Rozina Veldstra</u> |       |         |       | <u>Anouk Aalders</u> |         |
|    |    |      | 100m                   | 12.10 | (12.10) | 100m  | 11.88                | (11.88) |

|    |    | Naam |                         | Cat   |         | PR    | Tijd                 | Info    |
|----|----|------|-------------------------|-------|---------|-------|----------------------|---------|
| 53 | wt | 16   | <b>Johannes Hoomans</b> |       | HC1     | 11.31 | <b>11.16</b>         |         |
|    | rd | 21   | <b>Mart Sypersma</b>    |       | HC2     | 11.55 | <b>11.31</b>         | PR      |
|    |    |      | <u>Johannes Hoomans</u> |       |         |       | <u>Mart Sypersma</u> |         |
|    |    |      | 100m                    | 11.16 | (11.16) | 100m  | 11.31                | (11.31) |

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|    |    | Naam                      | Cat | PR                   | Tijd         | Info |
|----|----|---------------------------|-----|----------------------|--------------|------|
| 54 | gl | 106 <b>Lieke Hijlkema</b> | DB2 | 11.56                | <b>11.87</b> |      |
|    | bl | 7 <b>Samuel de Bie</b>    | HB2 | 11.35                | <b>11.13</b> |      |
|    |    | <u>Lieke Hijlkema</u>     |     | <u>Samuel de Bie</u> |              |      |
|    |    | 100m 11.87 (11.87)        |     | 100m 11.13 (11.13)   |              |      |

|    |    | Naam                     | Cat | PR                 | Tijd         | Info |
|----|----|--------------------------|-----|--------------------|--------------|------|
| 55 | wt | 36 <b>Rick Schuurman</b> | HB1 | 10.85              | <b>10.88</b> |      |
|    | rd | 73 <b>Ben Lispet</b>     | HB1 | 11.11              | <b>11.43</b> |      |
|    |    | <u>Rick Schuurman</u>    |     | <u>Ben Lispet</u>  |              |      |
|    |    | 100m 10.88 (10.88)       |     | 100m 11.43 (11.43) |              |      |

|    |    | Naam                        | Cat | PR                        | Tijd         | Info |
|----|----|-----------------------------|-----|---------------------------|--------------|------|
| 56 | gl | 77 <b>Indy Kromokario</b>   | HA1 | 10.97                     | <b>11.11</b> |      |
|    | bl | 1 <b>Matteo van Schajik</b> | HA1 | 10.76                     | <b>10.58</b> | PR   |
|    |    | <u>Indy Kromokario</u>      |     | <u>Matteo van Schajik</u> |              |      |
|    |    | 100m 11.11 (11.11)          |     | 100m 10.58 (10.58)        |              |      |

|    |    | Naam                       | Cat | PR                    | Tijd         | Info |
|----|----|----------------------------|-----|-----------------------|--------------|------|
| 57 | wt | 95 <b>Calvin van Klink</b> | HSA | 10.11                 | <b>10.51</b> |      |
|    | rd | 76 <b>Gio Kromokario</b>   | HB1 | 10.74                 | <b>10.98</b> |      |
|    |    | <u>Calvin van Klink</u>    |     | <u>Gio Kromokario</u> |              |      |
|    |    | 100m 10.51 (10.51)         |     | 100m 10.98 (10.98)    |              |      |

|    |    | Naam                     | Cat | PR                  | Tijd         | Info |
|----|----|--------------------------|-----|---------------------|--------------|------|
| 58 | gl | 42 <b>Danny Heijkoop</b> | HN3 | 10.28               | <b>10.74</b> |      |
|    | bl | 114 <b>Kevin Kuiper</b>  | HN2 | 10.56               | <b>10.76</b> |      |
|    |    | <u>Danny Heijkoop</u>    |     | <u>Kevin Kuiper</u> |              |      |
|    |    | 100m 10.74 (10.74)       |     | 100m 10.76 (10.76)  |              |      |

## 6. Uitslag Pupillen B en ouder 500 meter (100/500)

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 3 Cerinthe De Jonge     | DA2 | 64   | O    | 42.52   |      |        |
| 2   | 97 Silke Ludema         | DB2 | 64   | I    | 45.77   | PR   |        |
| 3   | 86 Britt van der Linden | DB2 | 63   | O    | 45.93   |      |        |
| 4   | 9 Nynke Krol            | DPB | 63   | I    | 48.29   |      |        |
| 5   | 92 Madee Hadders        | DPB | 61   | O    | 49.69   | PR   |        |
| 6   | 112 Marit Veenhuis      | DPA | 61   | I    | 50.04   | PR   |        |
| 7   | 111 Jolien Hazeveld     | DPB | 59   | I    | 52.85   | PR   |        |
| 8   | 63 Allard van der Ende  | HPB | 62   | I    | 53.07   |      |        |
| 9   | 78 Karlijn Westra       | DPA | 62   | O    | 53.96   |      |        |
| 10  | 116 Bonne Talsma        | HPB | 60   | O    | 1:01.26 | PR   |        |
| 11  | 29 Mirna van der Terp   | DPB | 60   | I    | 1:01.44 | PR   |        |

**6. Rituitslag Pupillen B en ouder 500 meter (100/500)**

|    |          | Naam                       |       | Cat     |   | PR    | Tijd         | Info |
|----|----------|----------------------------|-------|---------|---|-------|--------------|------|
| 59 | wt<br>rd | 111 <b>Jolien Hazeveld</b> |       | DPB     |   | 53.20 | <b>52.85</b> | PR   |
|    |          | <b>Jolien Hazeveld</b>     |       |         |   |       |              |      |
|    |          | 100m                       | 13.77 | (13.77) | m |       |              |      |
|    |          | 500m                       | 52.85 | (39.08) |   |       |              |      |

|    |          | Naam                         |         | Cat                 |      | PR      | Tijd           | Info |
|----|----------|------------------------------|---------|---------------------|------|---------|----------------|------|
| 60 | gl<br>bl | 29 <b>Mirna van der Terp</b> |         | DPB                 |      | 1:02.80 | <b>1:01.44</b> | PR   |
|    |          | 116 <b>Bonne Talsma</b>      |         | HPB                 |      | 1:08.01 | <b>1:01.26</b> | PR   |
|    |          | <b>Mirna van der Terp</b>    |         | <b>Bonne Talsma</b> |      |         |                |      |
|    |          | 100m                         | 15.12   | (15.12)             | 100m | 14.81   | (14.81)        |      |
|    |          | 500m                         | 1:01.44 | (46.32)             | 500m | 1:01.26 | (46.45)        |      |

|    |          | Naam                      |       | Cat                  |      | PR    | Tijd         | Info |
|----|----------|---------------------------|-------|----------------------|------|-------|--------------|------|
| 61 | wt<br>rd | 112 <b>Marit Veenhuis</b> |       | DPA                  |      | 50.48 | <b>50.04</b> | PR   |
|    |          | 92 <b>Madee Hadders</b>   |       | DPB                  |      | 49.88 | <b>49.69</b> | PR   |
|    |          | <b>Marit Veenhuis</b>     |       | <b>Madee Hadders</b> |      |       |              |      |
|    |          | 100m                      | 13.22 | (13.22)              | 100m | 13.20 | (13.20)      |      |
|    |          | 500m                      | 50.04 | (36.82)              | 500m | 49.69 | (36.49)      |      |

|    |          | Naam                          |       | Cat                   |      | PR    | Tijd         | Info |
|----|----------|-------------------------------|-------|-----------------------|------|-------|--------------|------|
| 62 | gl<br>bl | 63 <b>Allard van der Ende</b> |       | HPB                   |      | 52.68 | <b>53.07</b> |      |
|    |          | 78 <b>Karlijn Westra</b>      |       | DPA                   |      | 51.38 | <b>53.96</b> |      |
|    |          | <b>Allard van der Ende</b>    |       | <b>Karlijn Westra</b> |      |       |              |      |
|    |          | 100m                          | 13.54 | (13.54)               | 100m | 13.93 | (13.93)      |      |
|    |          | 500m                          | 53.07 | (39.53)               | 500m | 53.96 | (40.03)      |      |

|    |          | Naam                           |       | Cat                         |      | PR    | Tijd         | Info |
|----|----------|--------------------------------|-------|-----------------------------|------|-------|--------------|------|
| 63 | wt<br>rd | 9 <b>Nynke Krol</b>            |       | DPB                         |      | 47.99 | <b>48.29</b> |      |
|    |          | 86 <b>Britt van der Linden</b> |       | DB2                         |      | 45.12 | <b>45.93</b> |      |
|    |          | <b>Nynke Krol</b>              |       | <b>Britt van der Linden</b> |      |       |              |      |
|    |          | 100m                           | 12.81 | (12.81)                     | 100m | 12.26 | (12.26)      |      |
|    |          | 500m                           | 48.29 | (35.48)                     | 500m | 45.93 | (33.67)      |      |

# Elfstedenhal open PR wedstrijd zondag 12 november 2023

## Elfstedenhal - Leeuwarden

|                     |    | Naam                       |                          | Cat     |      | PR    | Tijd         | Info |
|---------------------|----|----------------------------|--------------------------|---------|------|-------|--------------|------|
| 64                  | gl | 97 <b>Silke Ludema</b>     |                          | DB2     |      | 45.87 | <b>45.77</b> | PR   |
|                     | bl | 3 <b>Cerinthe De Jonge</b> |                          | DA2     |      | 41.55 | <b>42.52</b> |      |
| <b>Silke Ludema</b> |    |                            | <b>Cerinthe De Jonge</b> |         |      |       |              |      |
|                     |    | 100m                       | 12.25                    | (12.25) | 100m | 11.53 | (11.53)      |      |
|                     |    | 500m                       | 45.77                    | (33.52) | 500m | 42.52 | (30.99)      |      |

## 7. Uitslag Supersprint 1e 300 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 95 Calvin van Klink   | HSA | 79   | O    | 24.26 |      |        |
| 2   | 1 Matteo van Schajik  | HA1 | 80   | I    | 24.66 | PR   |        |
| 3   | 42 Danny Heijkoop     | HN3 | 80   | O    | 24.93 | PR   |        |
| 4   | 16 Johannes Hoomans   | HC1 | 76   | O    | 25.50 | PR   |        |
| 5   | 7 Samuel de Bie       | HB2 | 77   | O    | 25.84 | PR   |        |
| 6   | 36 Rick Schuurman     | HB1 | 78   | O    | 25.93 |      |        |
| 7   | 76 Gio Kromokario     | HB1 | 78   | I    | 26.09 |      |        |
| 8   | 21 Mart Sypersma      | HC2 | 75   | O    | 26.66 | PR   |        |
| 9   | 77 Indy Kromokario    | HA1 | 77   | I    | 26.79 |      |        |
| 10  | 23 Anton van der Tol  | HC2 | 73   | O    | 27.17 | PR   |        |
| 11  | 73 Ben Lispet         | HB1 | 76   | I    | 27.23 |      |        |
| 12  | 106 Lieke Hijlkema    | DB2 | 75   | I    | 27.75 |      |        |
| 13  | 15 Stefan Everts      | HC1 | 70   | O    | 27.78 | PR   |        |
| 14  | 75 Isa Steegstra      | DA1 | 69   | I    | 27.81 | PR   |        |
| 15  | 28 Anouk Aalders      | DC2 | 74   | O    | 28.15 | PR   |        |
| 16  | 25 Rozina Veldstra    | DC2 | 74   | I    | 28.20 |      |        |
| 17  | 14 Eva-Sofie Elferink | DC2 | 72   | I    | 28.30 | PR   |        |
| 18  | 55 Talisha Renes      | DB2 | 73   | I    | 28.41 |      |        |
| 19  | 24 Colin de Velde     | HC1 | 70   | I    | 28.43 | PR   |        |
| 20  | 103 Daphne van Kooten | DC2 | 67   | I    | 28.61 | PR   |        |
| 21  | 17 Kyra Kamstra       | DC1 | 71   | O    | 28.69 | PR   |        |
| 22  | 20 Luca Stroetinga    | HC1 | 68   | I    | 28.79 | PR   |        |
|     | 13 Tijn Bijma         | HC1 | 71   | I    | 28.79 | PR   |        |
| 24  | 22 Jelmer Tasma       | HC1 | 72   | O    | 29.14 | PR   |        |
|     | 19 Mariska Stegenga   | DC2 | 69   | O    | 29.14 | PR   |        |
| 26  | 12 Marrit Bosma       | DC1 | 67   | O    | 29.29 | PR   |        |
| 27  | 27 Jade Zijlstra      | DC2 | 66   | I    | 29.41 | PR   |        |
| 28  | 105 Timo van Dommelen | HB1 | 65   | I    | 29.87 | PR   |        |
| 29  | 26 Merel Vlug         | DC1 | 68   | O    | 30.12 |      |        |
| 30  | 51 Kim van der Graaf  | DC2 | 66   | O    | 30.20 | PR   |        |
|     | 114 Kevin Kuiper      | HN2 |      |      |       | WDR  |        |

**7. Rituitslag Supersprint 1e 300 meter**

|       |    | Naam                         | Cat           | PR                       | Tijd          | Info |
|-------|----|------------------------------|---------------|--------------------------|---------------|------|
| 65    | wt | 105 <b>Timo van Dommelen</b> | HB1           | 30.77                    | <b>29.87</b>  | PR   |
|       | rd |                              |               |                          |               |      |
|       |    | <u>Timo van Dommelen</u>     |               |                          |               |      |
|       |    | 300m                         | 29.87 (29.87) | m                        |               |      |
| <hr/> |    |                              |               |                          |               |      |
|       |    | Naam                         | Cat           | PR                       | Tijd          | Info |
| 66    | gl | 27 <b>Jade Zijlstra</b>      | DC2           | 30.63                    | <b>29.41</b>  | PR   |
|       | bl | 51 <b>Kim van der Graaf</b>  | DC2           | 35.91                    | <b>30.20</b>  | PR   |
|       |    | <u>Jade Zijlstra</u>         |               | <u>Kim van der Graaf</u> |               |      |
|       |    | 300m                         | 29.41 (29.41) | 300m                     | 30.20 (30.20) |      |
| <hr/> |    |                              |               |                          |               |      |
|       |    | Naam                         | Cat           | PR                       | Tijd          | Info |
| 67    | wt | 103 <b>Daphne van Kooten</b> | DC2           | 29.64                    | <b>28.61</b>  | PR   |
|       | rd | 12 <b>Marrit Bosma</b>       | DC1           | 30.02                    | <b>29.29</b>  | PR   |
|       |    | <u>Daphne van Kooten</u>     |               | <u>Marrit Bosma</u>      |               |      |
|       |    | 300m                         | 28.61 (28.61) | 300m                     | 29.29 (29.29) |      |
| <hr/> |    |                              |               |                          |               |      |
|       |    | Naam                         | Cat           | PR                       | Tijd          | Info |
| 68    | gl | 20 <b>Luca Stroetinga</b>    | HC1           | 29.84                    | <b>28.79</b>  | PR   |
|       | bl | 26 <b>Merel Vlug</b>         | DC1           | 30.08                    | <b>30.12</b>  |      |
|       |    | <u>Luca Stroetinga</u>       |               | <u>Merel Vlug</u>        |               |      |
|       |    | 300m                         | 28.79 (28.79) | 300m                     | 30.12 (30.12) |      |
| <hr/> |    |                              |               |                          |               |      |
|       |    | Naam                         | Cat           | PR                       | Tijd          | Info |
| 69    | wt | 75 <b>Isa Steegstra</b>      | DA1           | 29.42                    | <b>27.81</b>  | PR   |
|       | rd | 19 <b>Mariska Stegenga</b>   | DC2           | 29.37                    | <b>29.14</b>  | PR   |
|       |    | <u>Isa Steegstra</u>         |               | <u>Mariska Stegenga</u>  |               |      |
|       |    | 300m                         | 27.81 (27.81) | 300m                     | 29.14 (29.14) |      |

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|    |    | Naam |                       | Cat   |         | PR    | Tijd                 | Info    |
|----|----|------|-----------------------|-------|---------|-------|----------------------|---------|
| 70 | gl | 24   | <b>Colin de Velde</b> |       | HC1     | 29.45 | <b>28.43</b>         | PR      |
|    | bl | 15   | <b>Stefan Everts</b>  |       | HC1     | 29.44 | <b>27.78</b>         | PR      |
|    |    |      | <b>Colin de Velde</b> |       |         |       | <b>Stefan Everts</b> |         |
|    |    |      | 300m                  | 28.43 | (28.43) | 300m  | 27.78                | (27.78) |

|    |    | Naam |                     | Cat   |         | PR    | Tijd                | Info    |
|----|----|------|---------------------|-------|---------|-------|---------------------|---------|
| 71 | wt | 13   | <b>Tijn Bijma</b>   |       | HC1     | 29.04 | <b>28.79</b>        | PR      |
|    | rd | 17   | <b>Kyra Kamstra</b> |       | DC1     | 29.18 | <b>28.69</b>        | PR      |
|    |    |      | <b>Tijn Bijma</b>   |       |         |       | <b>Kyra Kamstra</b> |         |
|    |    |      | 300m                | 28.79 | (28.79) | 300m  | 28.69               | (28.69) |

|    |    | Naam |                           | Cat   |         | PR    | Tijd                | Info    |
|----|----|------|---------------------------|-------|---------|-------|---------------------|---------|
| 72 | gl | 14   | <b>Eva-Sofie Elferink</b> |       | DC2     | 28.86 | <b>28.30</b>        | PR      |
|    | bl | 22   | <b>Jelmer Tasma</b>       |       | HC1     | 29.16 | <b>29.14</b>        | PR      |
|    |    |      | <b>Eva-Sofie Elferink</b> |       |         |       | <b>Jelmer Tasma</b> |         |
|    |    |      | 300m                      | 28.30 | (28.30) | 300m  | 29.14               | (29.14) |

|    |    | Naam |                          | Cat   |         | PR    | Tijd                     | Info    |
|----|----|------|--------------------------|-------|---------|-------|--------------------------|---------|
| 73 | wt | 55   | <b>Talisha Renes</b>     |       | DB2     | 27.72 | <b>28.41</b>             |         |
|    | rd | 23   | <b>Anton van der Tol</b> |       | HC2     | 28.46 | <b>27.17</b>             | PR      |
|    |    |      | <b>Talisha Renes</b>     |       |         |       | <b>Anton van der Tol</b> |         |
|    |    |      | 300m                     | 28.41 | (28.41) | 300m  | 27.17                    | (27.17) |

|    |    | Naam |                        | Cat   |         | PR    | Tijd                 | Info    |
|----|----|------|------------------------|-------|---------|-------|----------------------|---------|
| 74 | gl | 25   | <b>Rozina Veldstra</b> |       | DC2     | 27.94 | <b>28.20</b>         |         |
|    | bl | 28   | <b>Anouk Aalders</b>   |       | DC2     | 28.19 | <b>28.15</b>         | PR      |
|    |    |      | <b>Rozina Veldstra</b> |       |         |       | <b>Anouk Aalders</b> |         |
|    |    |      | 300m                   | 28.20 | (28.20) | 300m  | 28.15                | (28.15) |

|    |    | Naam |                       | Cat   |         | PR    | Tijd                 | Info    |
|----|----|------|-----------------------|-------|---------|-------|----------------------|---------|
| 75 | wt | 106  | <b>Lieke Hijlkema</b> |       | DB2     | 27.58 | <b>27.75</b>         |         |
|    | rd | 21   | <b>Mart Sypersma</b>  |       | HC2     | 27.20 | <b>26.66</b>         | PR      |
|    |    |      | <b>Lieke Hijlkema</b> |       |         |       | <b>Mart Sypersma</b> |         |
|    |    |      | 300m                  | 27.75 | (27.75) | 300m  | 26.66                | (26.66) |



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|    |    | Naam                |       | Cat     |                         | PR    | Tijd         | Info |
|----|----|---------------------|-------|---------|-------------------------|-------|--------------|------|
| 76 | gl | 73 Ben Lispet       |       | HB1     |                         | 27.02 | <b>27.23</b> |      |
|    | bl | 16 Johannes Hoomans |       | HC1     |                         | 27.11 | <b>25.50</b> | PR   |
|    |    | <u>Ben Lispet</u>   |       |         | <u>Johannes Hoomans</u> |       |              |      |
|    |    | 300m                | 27.23 | (27.23) | 300m                    | 25.50 | (25.50)      |      |

|    |    | Naam                   |       | Cat     |                      | PR    | Tijd         | Info |
|----|----|------------------------|-------|---------|----------------------|-------|--------------|------|
| 77 | wt | 77 Indy Kromokario     |       | HA1     |                      | 26.35 | <b>26.79</b> |      |
|    | rd | 7 Samuel de Bie        |       | HB2     |                      | 26.58 | <b>25.84</b> | PR   |
|    |    | <u>Indy Kromokario</u> |       |         | <u>Samuel de Bie</u> |       |              |      |
|    |    | 300m                   | 26.79 | (26.79) | 300m                 | 25.84 | (25.84)      |      |

|    |    | Naam                  |       | Cat     |                       | PR    | Tijd         | Info |
|----|----|-----------------------|-------|---------|-----------------------|-------|--------------|------|
| 78 | gl | 76 Gio Kromokario     |       | HB1     |                       | 25.87 | <b>26.09</b> |      |
|    | bl | 36 Rick Schuurman     |       | HB1     |                       | 25.80 | <b>25.93</b> |      |
|    |    | <u>Gio Kromokario</u> |       |         | <u>Rick Schuurman</u> |       |              |      |
|    |    | 300m                  | 26.09 | (26.09) | 300m                  | 25.93 | (25.93)      |      |

|    |    | Naam                |  | Cat |                         | PR    | Tijd         | Info |
|----|----|---------------------|--|-----|-------------------------|-------|--------------|------|
| 79 | wt | 114 Kevin Kuiper    |  | HN2 |                         | 24.05 | <b>WDR</b>   |      |
|    | rd | 95 Calvin van Klink |  | HSA |                         | 23.96 | <b>24.26</b> |      |
|    |    | <u>Kevin Kuiper</u> |  |     | <u>Calvin van Klink</u> |       |              |      |
|    |    |                     |  |     | 300m                    | 24.26 | (24.26)      |      |

|    |    | Naam                      |       | Cat     |                       | PR    | Tijd         | Info |
|----|----|---------------------------|-------|---------|-----------------------|-------|--------------|------|
| 80 | gl | 1 Matteo van Schajik      |       | HA1     |                       | 25.11 | <b>24.66</b> | PR   |
|    | bl | 42 Danny Heijkoop         |       | HN3     |                       | 25.21 | <b>24.93</b> | PR   |
|    |    | <u>Matteo van Schajik</u> |       |         | <u>Danny Heijkoop</u> |       |              |      |
|    |    | 300m                      | 24.66 | (24.66) | 300m                  | 24.93 | (24.93)      |      |

## 8. Uitslag Junioren C en ouder (500/1500) 1500 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1   | 62 Jelle Plug         | HA2 | 91   | I    | 1:56.47 |      |        |
| 2   | 30 Tijn van Harten    | HC2 | 92   | O    | 2:02.63 | PR   |        |
| 3   | 102 Luke Bavius       | HB1 | 91   | O    | 2:03.40 | PR   |        |
| 4   | 107 Joep Aben         | HB2 | 89   | O    | 2:03.59 | PR   |        |
| 5   | 66 David Baas         | HC2 | 87   | I    | 2:10.63 |      |        |
| 6   | 56 Pom Peerdeman      | HC1 | 88   | O    | 2:11.89 |      |        |
| 7   | 47 Emma Kole          | DN1 | 88   | I    | 2:12.00 |      |        |
| 8   | 98 Robbin de Jager    | HB2 | 89   | I    | 2:12.19 |      |        |
| 9   | 34 Ronald de Graaf    | H50 | 90   | I    | 2:12.64 |      |        |
| 10  | 79 Bert Nijman        | H40 | 86   | I    | 2:16.48 | PR   |        |
| 11  | 70 Ids Witkamp        | HC2 | 85   | O    | 2:17.38 | PR   |        |
| 12  | 57 Rosan Kuip         | DC2 | 87   | O    | 2:18.23 |      |        |
| 13  | 43 Jan Mein           | H65 | 90   | O    | 2:20.44 |      |        |
| 14  | 81 Zhara Möllers      | DB2 | 85   | I    | 2:21.72 |      |        |
| 15  | 10 Adriaan Provoost   | H60 | 84   | I    | 2:24.63 |      |        |
| 16  | 33 Nora de Graaf      | DB2 | 84   | O    | 2:26.06 | PR   |        |
| 17  | 49 Kaska Rogulska     | D55 | 86   | O    | 2:26.36 |      |        |
| 18  | 85 Jort van Diemen    | HC1 | 83   | O    | 2:32.26 | PR   |        |
| 19  | 71 Kevin van Cleef    | H40 | 83   | I    | 2:39.61 |      |        |
| 20  | 101 Barbara Heerschop | D65 | 82   | I    | 2:43.04 |      |        |
| 21  | 44 Evelyn Mein-Klok   | D50 | 82   | O    | 2:43.78 |      |        |
| 22  | 96 Nina Kuiken        | DB2 | 81   | I    | 2:46.55 |      |        |
|     | 84 Damian Prijs       | HC2 |      |      |         | WDR  |        |

**8. Rituitslag Junioren C en ouder (500/1500) 1500 meter**

|       |    | Naam                         | Cat             | PR      | Tijd           | Info            |
|-------|----|------------------------------|-----------------|---------|----------------|-----------------|
| 81    | wt | 96 <b>Nina Kuiken</b>        | DB2             | 2:37.63 | <b>2:46.55</b> |                 |
|       | rd |                              |                 |         |                |                 |
|       |    | <b>Nina Kuiken</b>           |                 |         |                |                 |
|       |    | 300m                         | 34.15 (34.15)   |         | m              |                 |
|       |    | 700m                         | 1:14.90 (40.75) |         |                |                 |
|       |    | 1100m                        | 2:00.00 (45.10) |         |                |                 |
|       |    | 1500m                        | 2:46.55 (46.55) |         |                |                 |
| <hr/> |    |                              |                 |         |                |                 |
|       |    | Naam                         | Cat             | PR      | Tijd           | Info            |
| 82    | gl | 101 <b>Barbara Heerschop</b> | D65             | 2:23.04 | <b>2:43.04</b> |                 |
|       | bl | 44 <b>Evelyn Mein-Klok</b>   | D50             | 2:38.94 | <b>2:43.78</b> |                 |
|       |    | <b>Barbara Heerschop</b>     |                 |         |                |                 |
|       |    | 300m                         | 35.00 (35.00)   |         | 300m           | 35.35 (35.35)   |
|       |    | 700m                         | 1:16.44 (41.44) |         | 700m           | 1:15.83 (40.48) |
|       |    | 1100m                        | 1:59.32 (42.88) |         | 1100m          | 1:59.13 (43.30) |
|       |    | 1500m                        | 2:43.04 (43.72) |         | 1500m          | 2:43.78 (44.65) |
| <hr/> |    |                              |                 |         |                |                 |
|       |    | Naam                         | Cat             | PR      | Tijd           | Info            |
| 83    | wt | 71 <b>Kevin van Cleef</b>    | H40             | 2:30.34 | <b>2:39.61</b> |                 |
|       | rd | 85 <b>Jort van Diemen</b>    | HC1             | 2:34.42 | <b>2:32.26</b> | PR              |
|       |    | <b>Kevin van Cleef</b>       |                 |         |                |                 |
|       |    | 300m                         | 35.43 (35.43)   |         | 300m           | 31.76 (31.76)   |
|       |    | 700m                         | 1:15.49 (40.06) |         | 700m           | 1:09.91 (38.15) |
|       |    | 1100m                        | 1:56.88 (41.39) |         | 1100m          | 1:50.44 (40.53) |
|       |    | 1500m                        | 2:39.61 (42.73) |         | 1500m          | 2:32.26 (41.82) |
| <hr/> |    |                              |                 |         |                |                 |
|       |    | Naam                         | Cat             | PR      | Tijd           | Info            |
| 84    | gl | 10 <b>Adriaan Provoost</b>   | H60             | 2:05.91 | <b>2:24.63</b> |                 |
|       | bl | 33 <b>Nora de Graaf</b>      | DB2             | 2:27.00 | <b>2:26.06</b> | PR              |
|       |    | <b>Adriaan Provoost</b>      |                 |         |                |                 |
|       |    | 300m                         | 31.60 (31.60)   |         | 300m           | 31.55 (31.55)   |
|       |    | 700m                         | 1:07.69 (36.09) |         | 700m           | 1:08.20 (36.65) |
|       |    | 1100m                        | 1:45.84 (38.15) |         | 1100m          | 1:46.82 (38.62) |
|       |    | 1500m                        | 2:24.63 (38.79) |         | 1500m          | 2:26.06 (39.24) |

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|       |    | Naam                     | Cat     |         | PR                    | Tijd           | Info    |
|-------|----|--------------------------|---------|---------|-----------------------|----------------|---------|
| 85    | wt | 81 <b>Zhara Möllers</b>  | DB2     |         | 2:16.94               | <b>2:21.72</b> |         |
|       | rd | 70 <b>Ids Witkamp</b>    | HC2     |         | 2:22.83               | <b>2:17.38</b> | PR      |
|       |    | <b>Zhara Möllers</b>     |         |         | <b>Ids Witkamp</b>    |                |         |
|       |    | 300m                     | 29.88   | (29.88) | 300m                  | 29.27          | (29.27) |
|       |    | 700m                     | 1:04.54 | (34.66) | 700m                  | 1:03.89        | (34.62) |
|       |    | 1100m                    | 1:41.95 | (37.41) | 1100m                 | 1:40.32        | (36.43) |
|       |    | 1500m                    | 2:21.72 | (39.77) | 1500m                 | 2:17.38        | (37.06) |
| <hr/> |    |                          |         |         |                       |                |         |
|       |    | Naam                     | Cat     |         | PR                    | Tijd           | Info    |
| 86    | gl | 79 <b>Bert Nijman</b>    | H40     |         | 2:18.89               | <b>2:16.48</b> | PR      |
|       | bl | 49 <b>Kaska Rogulska</b> | D55     |         | 2:09.40               | <b>2:26.36</b> |         |
|       |    | <b>Bert Nijman</b>       |         |         | <b>Kaska Rogulska</b> |                |         |
|       |    | 300m                     | 29.39   | (29.39) | 300m                  | 30.85          | (30.85) |
|       |    | 700m                     | 1:03.15 | (33.76) | 700m                  | 1:07.16        | (36.31) |
|       |    | 1100m                    | 1:38.82 | (35.67) | 1100m                 | 1:45.65        | (38.49) |
|       |    | 1500m                    | 2:16.48 | (37.66) | 1500m                 | 2:26.36        | (40.71) |
| <hr/> |    |                          |         |         |                       |                |         |
|       |    | Naam                     | Cat     |         | PR                    | Tijd           | Info    |
| 87    | wt | 66 <b>David Baas</b>     | HC2     |         | 2:10.22               | <b>2:10.63</b> |         |
|       | rd | 57 <b>Rosan Kuip</b>     | DC2     |         | 2:14.50               | <b>2:18.23</b> |         |
|       |    | <b>David Baas</b>        |         |         | <b>Rosan Kuip</b>     |                |         |
|       |    | 300m                     | 26.59   | (26.59) | 300m                  | 28.91          | (28.91) |
|       |    | 700m                     | 58.89   | (32.30) | 700m                  | 1:03.35        | (34.44) |
|       |    | 1100m                    | 1:34.53 | (35.64) | 1100m                 | 1:40.73        | (37.38) |
|       |    | 1500m                    | 2:10.63 | (36.10) | 1500m                 | 2:18.23        | (37.50) |
| <hr/> |    |                          |         |         |                       |                |         |
|       |    | Naam                     | Cat     |         | PR                    | Tijd           | Info    |
| 88    | gl | 47 <b>Emma Kole</b>      | DN1     |         | 2:05.81               | <b>2:12.00</b> |         |
|       | bl | 56 <b>Pom Peerdeman</b>  | HC1     |         | 2:11.50               | <b>2:11.89</b> |         |
|       |    | <b>Emma Kole</b>         |         |         | <b>Pom Peerdeman</b>  |                |         |
|       |    | 300m                     | 28.37   | (28.37) | 300m                  | 27.83          | (27.83) |
|       |    | 700m                     | 1:00.29 | (31.92) | 700m                  | 1:00.51        | (32.68) |
|       |    | 1100m                    | 1:34.79 | (34.50) | 1100m                 | 1:35.71        | (35.20) |
|       |    | 1500m                    | 2:12.00 | (37.21) | 1500m                 | 2:11.89        | (36.18) |

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|    |    | Naam                      | Cat | PR      | Tijd           | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 89 | wt | 98 <b>Robbin de Jager</b> | HB2 | 2:09.15 | <b>2:12.19</b> |      |
|    | rd | 107 <b>Joep Aben</b>      | HB2 | 2:07.39 | <b>2:03.59</b> | PR   |

Robbin de Jager

|       |         |         |
|-------|---------|---------|
| 300m  | 28.49   | (28.49) |
| 700m  | 1:01.36 | (32.87) |
| 1100m | 1:36.21 | (34.85) |
| 1500m | 2:12.19 | (35.98) |

Joep Aben

|       |         |         |
|-------|---------|---------|
| 300m  | 27.82   | (27.82) |
| 700m  | 58.63   | (30.81) |
| 1100m | 1:30.56 | (31.93) |
| 1500m | 2:03.59 | (33.03) |

|    |    | Naam                      | Cat | PR      | Tijd           | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 90 | gl | 34 <b>Ronald de Graaf</b> | H50 | 2:09.59 | <b>2:12.64</b> |      |
|    | bl | 43 <b>Jan Mein</b>        | H65 | 2:07.00 | <b>2:20.44</b> |      |

Ronald de Graaf

|       |         |         |
|-------|---------|---------|
| 300m  | 29.47   | (29.47) |
| 700m  | 1:02.45 | (32.98) |
| 1100m | 1:36.68 | (34.23) |
| 1500m | 2:12.64 | (35.96) |

Jan Mein

|       |         |         |
|-------|---------|---------|
| 300m  | 30.40   | (30.40) |
| 700m  | 1:05.24 | (34.84) |
| 1100m | 1:42.38 | (37.14) |
| 1500m | 2:20.44 | (38.06) |

|    |    | Naam                   | Cat | PR      | Tijd           | Info |
|----|----|------------------------|-----|---------|----------------|------|
| 91 | wt | 62 <b>Jelle Plug</b>   | HA2 | 1:55.40 | <b>1:56.47</b> |      |
|    | rd | 102 <b>Luke Bavius</b> | HB1 | 2:05.68 | <b>2:03.40</b> | PR   |

Jelle Plug

|       |         |         |
|-------|---------|---------|
| 300m  | 25.04   | (25.04) |
| 700m  | 53.43   | (28.39) |
| 1100m | 1:23.54 | (30.11) |
| 1500m | 1:56.47 | (32.93) |

Luke Bavius

|       |         |         |
|-------|---------|---------|
| 300m  | 26.44   | (26.44) |
| 700m  | 56.41   | (29.97) |
| 1100m | 1:29.15 | (32.74) |
| 1500m | 2:03.40 | (34.25) |

|    |    | Naam                      | Cat | PR      | Tijd           | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 92 | gl | 84 <b>Damian Prijs</b>    | HC2 | 2:03.19 | <b>WDR</b>     |      |
|    | bl | 30 <b>Tijn van Harten</b> | HC2 | 2:03.23 | <b>2:02.63</b> | PR   |

Damian Prijs

Tijn van Harten

|       |         |         |
|-------|---------|---------|
| 300m  | 26.39   | (26.39) |
| 700m  | 57.41   | (31.02) |
| 1100m | 1:29.71 | (32.30) |
| 1500m | 2:02.63 | (32.92) |

## 9. Uitslag Supersprint 2e 300 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 95 Calvin van Klink   | HSA | 107  | I    | 24.14 |      |        |
| 2   | 1 Matteo van Schajik  | HA1 | 108  | O    | 24.63 | PR   |        |
| 3   | 42 Danny Heijkoop     | HN3 | 108  | I    | 24.98 |      |        |
| 4   | 16 Johannes Hoomans   | HC1 | 103  | I    | 25.68 |      |        |
| 5   | 36 Rick Schuurman     | HB1 | 105  | I    | 25.70 | PR   |        |
| 6   | 76 Gio Kromokario     | HB1 | 105  | O    | 25.98 |      |        |
|     | 7 Samuel de Bie       | HB2 | 106  | I    | 25.98 |      |        |
| 8   | 21 Mart Sypersma      | HC2 | 104  | I    | 26.35 | PR   |        |
| 9   | 77 Indy Kromokario    | HA1 | 106  | O    | 26.92 |      |        |
| 10  | 23 Anton van der Tol  | HC2 | 102  | I    | 27.33 |      |        |
| 11  | 73 Ben Lispet         | HB1 | 104  | O    | 27.47 |      |        |
| 12  | 75 Isa Steegstra      | DA1 | 98   | O    | 27.61 | PR   |        |
| 13  | 106 Lieke Hijlkema    | DB2 | 103  | O    | 27.73 |      |        |
| 14  | 28 Anouk Aalders      | DC2 | 101  | I    | 27.84 | PR   |        |
| 15  | 15 Stefan Everts      | HC1 | 98   | I    | 28.00 |      |        |
| 16  | 14 Eva-Sofie Elferink | DC2 | 99   | O    | 28.22 | PR   |        |
| 17  | 24 Colin de Velde     | HC1 | 97   | O    | 28.26 | PR   |        |
| 18  | 55 Talisha Renes      | DB2 | 102  | O    | 28.41 |      |        |
| 19  | 20 Luca Stroetinga    | HC1 | 95   | O    | 28.43 | PR   |        |
| 20  | 17 Kyra Kamstra       | DC1 | 100  | I    | 28.47 | PR   |        |
| 21  | 25 Rozina Veldstra    | DC2 | 101  | O    | 28.49 |      |        |
| 22  | 103 Daphne van Kooten | DC2 | 96   | O    | 28.62 |      |        |
| 23  | 19 Mariska Stegenga   | DC2 | 97   | I    | 28.98 | PR   |        |
| 24  | 12 Marrit Bosma       | DC1 | 96   | I    | 29.05 | PR   |        |
| 25  | 22 Jelmer Tasma       | HC1 | 99   | I    | 29.07 | PR   |        |
| 26  | 27 Jade Zijlstra      | DC2 | 93   | O    | 29.41 |      |        |
| 27  | 105 Timo van Dommelen | HB1 | 94   | O    | 29.55 | PR   |        |
| 28  | 51 Kim van der Graaf  | DC2 | 94   | I    | 29.68 | PR   |        |
| 29  | 26 Merel Vlug         | DC1 | 95   | I    | 29.86 |      |        |
|     | 13 Tijn Bijma         | HC1 |      |      | WDR   |      |        |
|     | 114 Kevin Kuiper      | HN2 |      |      | WDR   |      |        |

**9. Rituitslag Supersprint 2e 300 meter**

|    |    | Naam |                      | Cat                  |     | PR    | Tijd         | Info |
|----|----|------|----------------------|----------------------|-----|-------|--------------|------|
| 93 | wt |      |                      |                      |     |       |              |      |
|    | rd | 27   | <b>Jade Zijlstra</b> |                      | DC2 | 30.63 | <b>29.41</b> |      |
|    |    |      |                      | <u>Jade Zijlstra</u> |     |       |              |      |
|    |    | m    |                      | 300m                 |     | 29.41 | (29.41)      |      |

|    |    | Naam |                          | Cat                      |                          | PR    | Tijd         | Info |
|----|----|------|--------------------------|--------------------------|--------------------------|-------|--------------|------|
| 94 | gl | 51   | <b>Kim van der Graaf</b> |                          | DC2                      | 35.91 | <b>29.68</b> | PR   |
|    | bl | 105  | <b>Timo van Dommelen</b> |                          | HB1                      | 30.77 | <b>29.55</b> | PR   |
|    |    |      |                          | <u>Kim van der Graaf</u> |                          |       |              |      |
|    |    | 300m | 29.68                    | (29.68)                  | <u>Timo van Dommelen</u> |       |              |      |
|    |    | 300m | 29.55                    | (29.55)                  |                          |       |              |      |

|    |    | Naam |                        | Cat               |                        | PR    | Tijd         | Info |
|----|----|------|------------------------|-------------------|------------------------|-------|--------------|------|
| 95 | wt | 26   | <b>Merel Vlug</b>      |                   | DC1                    | 30.08 | <b>29.86</b> |      |
|    | rd | 20   | <b>Luca Stroetinga</b> |                   | HC1                    | 29.84 | <b>28.43</b> | PR   |
|    |    |      |                        | <u>Merel Vlug</u> |                        |       |              |      |
|    |    | 300m | 29.86                  | (29.86)           | <u>Luca Stroetinga</u> |       |              |      |
|    |    | 300m | 28.43                  | (28.43)           |                        |       |              |      |

|    |    | Naam |                          | Cat                 |                          | PR    | Tijd         | Info |
|----|----|------|--------------------------|---------------------|--------------------------|-------|--------------|------|
| 96 | gl | 12   | <b>Marrit Bosma</b>      |                     | DC1                      | 30.02 | <b>29.05</b> | PR   |
|    | bl | 103  | <b>Daphne van Kooten</b> |                     | DC2                      | 29.64 | <b>28.62</b> |      |
|    |    |      |                          | <u>Marrit Bosma</u> |                          |       |              |      |
|    |    | 300m | 29.05                    | (29.05)             | <u>Daphne van Kooten</u> |       |              |      |
|    |    | 300m | 28.62                    | (28.62)             |                          |       |              |      |

|    |    | Naam |                         | Cat                     |                       | PR    | Tijd         | Info |
|----|----|------|-------------------------|-------------------------|-----------------------|-------|--------------|------|
| 97 | wt | 19   | <b>Mariska Stegenga</b> |                         | DC2                   | 29.37 | <b>28.98</b> | PR   |
|    | rd | 24   | <b>Colin de Velde</b>   |                         | HC1                   | 29.45 | <b>28.26</b> | PR   |
|    |    |      |                         | <u>Mariska Stegenga</u> |                       |       |              |      |
|    |    | 300m | 28.98                   | (28.98)                 | <u>Colin de Velde</u> |       |              |      |
|    |    | 300m | 28.26                   | (28.26)                 |                       |       |              |      |

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|    |    | Naam |                      | Cat   |         | PR    | Tijd                 | Info    |
|----|----|------|----------------------|-------|---------|-------|----------------------|---------|
| 98 | gl | 15   | <b>Stefan Everts</b> |       | HC1     | 29.44 | <b>28.00</b>         |         |
|    | bl | 75   | <b>Isa Steegstra</b> |       | DA1     | 29.42 | <b>27.61</b>         | PR      |
|    |    |      | <u>Stefan Everts</u> |       |         |       | <u>Isa Steegstra</u> |         |
|    |    |      | 300m                 | 28.00 | (28.00) | 300m  | 27.61                | (27.61) |

|    |    | Naam |                           | Cat   |         | PR    | Tijd                      | Info    |
|----|----|------|---------------------------|-------|---------|-------|---------------------------|---------|
| 99 | wt | 22   | <b>Jelmer Tasma</b>       |       | HC1     | 29.16 | <b>29.07</b>              | PR      |
|    | rd | 14   | <b>Eva-Sofie Elferink</b> |       | DC2     | 28.86 | <b>28.22</b>              | PR      |
|    |    |      | <u>Jelmer Tasma</u>       |       |         |       | <u>Eva-Sofie Elferink</u> |         |
|    |    |      | 300m                      | 29.07 | (29.07) | 300m  | 28.22                     | (28.22) |

|     |    | Naam |                     | Cat   |         | PR    | Tijd              | Info |
|-----|----|------|---------------------|-------|---------|-------|-------------------|------|
| 100 | gl | 17   | <b>Kyra Kamstra</b> |       | DC1     | 29.18 | <b>28.47</b>      | PR   |
|     | bl | 13   | <b>Tijn Bijma</b>   |       | HC1     | 29.04 | <b>WDR</b>        |      |
|     |    |      | <u>Kyra Kamstra</u> |       |         |       | <u>Tijn Bijma</u> |      |
|     |    |      | 300m                | 28.47 | (28.47) |       |                   |      |

|     |    | Naam |                        | Cat   |         | PR    | Tijd                   | Info    |
|-----|----|------|------------------------|-------|---------|-------|------------------------|---------|
| 101 | wt | 28   | <b>Anouk Aalders</b>   |       | DC2     | 28.19 | <b>27.84</b>           | PR      |
|     | rd | 25   | <b>Rozina Veldstra</b> |       | DC2     | 27.94 | <b>28.49</b>           |         |
|     |    |      | <u>Anouk Aalders</u>   |       |         |       | <u>Rozina Veldstra</u> |         |
|     |    |      | 300m                   | 27.84 | (27.84) | 300m  | 28.49                  | (28.49) |

|     |    | Naam |                          | Cat   |         | PR    | Tijd                 | Info    |
|-----|----|------|--------------------------|-------|---------|-------|----------------------|---------|
| 102 | gl | 23   | <b>Anton van der Tol</b> |       | HC2     | 28.46 | <b>27.33</b>         |         |
|     | bl | 55   | <b>Talisha Renes</b>     |       | DB2     | 27.72 | <b>28.41</b>         |         |
|     |    |      | <u>Anton van der Tol</u> |       |         |       | <u>Talisha Renes</u> |         |
|     |    |      | 300m                     | 27.33 | (27.33) | 300m  | 28.41                | (28.41) |

|     |    | Naam |                         | Cat   |         | PR    | Tijd                  | Info    |
|-----|----|------|-------------------------|-------|---------|-------|-----------------------|---------|
| 103 | wt | 16   | <b>Johannes Hoomans</b> |       | HC1     | 27.11 | <b>25.68</b>          |         |
|     | rd | 106  | <b>Lieke Hijlkema</b>   |       | DB2     | 27.58 | <b>27.73</b>          |         |
|     |    |      | <u>Johannes Hoomans</u> |       |         |       | <u>Lieke Hijlkema</u> |         |
|     |    |      | 300m                    | 25.68 | (25.68) | 300m  | 27.73                 | (27.73) |



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|     |    | Naam                    | Cat           | PR    | Tijd              | Info |
|-----|----|-------------------------|---------------|-------|-------------------|------|
| 104 | gl | 21 <b>Mart Sypersma</b> | HC2           | 27.20 | <b>26.35</b>      | PR   |
|     | bl | 73 <b>Ben Lispet</b>    | HB1           | 27.02 | <b>27.47</b>      |      |
|     |    | <b>Mart Sypersma</b>    |               |       | <b>Ben Lispet</b> |      |
|     |    | 300m                    | 26.35 (26.35) | 300m  | 27.47 (27.47)     |      |

|     |    | Naam                     | Cat           | PR    | Tijd                  | Info |
|-----|----|--------------------------|---------------|-------|-----------------------|------|
| 105 | wt | 36 <b>Rick Schuurman</b> | HB1           | 25.80 | <b>25.70</b>          | PR   |
|     | rd | 76 <b>Gio Kromokario</b> | HB1           | 25.87 | <b>25.98</b>          |      |
|     |    | <b>Rick Schuurman</b>    |               |       | <b>Gio Kromokario</b> |      |
|     |    | 300m                     | 25.70 (25.70) | 300m  | 25.98 (25.98)         |      |

|     |    | Naam                      | Cat           | PR    | Tijd                   | Info |
|-----|----|---------------------------|---------------|-------|------------------------|------|
| 106 | gl | 7 <b>Samuel de Bie</b>    | HB2           | 26.58 | <b>25.98</b>           |      |
|     | bl | 77 <b>Indy Kromokario</b> | HA1           | 26.35 | <b>26.92</b>           |      |
|     |    | <b>Samuel de Bie</b>      |               |       | <b>Indy Kromokario</b> |      |
|     |    | 300m                      | 25.98 (25.98) | 300m  | 26.92 (26.92)          |      |

|     |    | Naam                       | Cat           | PR    | Tijd                | Info |
|-----|----|----------------------------|---------------|-------|---------------------|------|
| 107 | wt | 95 <b>Calvin van Klink</b> | HSA           | 23.96 | <b>24.14</b>        |      |
|     | rd | 114 <b>Kevin Kuiper</b>    | HN2           | 24.05 | <b>WDR</b>          |      |
|     |    | <b>Calvin van Klink</b>    |               |       | <b>Kevin Kuiper</b> |      |
|     |    | 300m                       | 24.14 (24.14) |       |                     |      |

|     |    | Naam                        | Cat           | PR    | Tijd                      | Info |
|-----|----|-----------------------------|---------------|-------|---------------------------|------|
| 108 | gl | 42 <b>Danny Heijkoop</b>    | HN3           | 25.21 | <b>24.98</b>              |      |
|     | bl | 1 <b>Matteo van Schajik</b> | HA1           | 25.11 | <b>24.63</b>              | PR   |
|     |    | <b>Danny Heijkoop</b>       |               |       | <b>Matteo van Schajik</b> |      |
|     |    | 300m                        | 24.98 (24.98) | 300m  | 24.63 (24.63)             |      |

## 10. Uitslag Pupillen A en ouder, (500/1000) 1000 meter

| Pos | Naam                | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|---------------------|-----|------|------|---------|------|--------|
| 1   | 93 Daan Koot        | HB1 | 115  | O    | 1:20.01 | PR   |        |
| 2   | 69 Tjebbe Berkhout  | HB2 | 115  | I    | 1:23.92 | PR   |        |
| 3   | 94 Lars Dijck       | HC1 | 114  | I    | 1:26.03 | PR   |        |
| 4   | 72 Danny Witkamp    | H55 | 113  | I    | 1:26.75 |      |        |
| 5   | 68 Sybren Berkhout  | HB2 | 116  | O    | 1:26.90 | PR   |        |
| 6   | 74 Vigho Roodenburg | HB1 | 116  | I    | 1:27.48 |      |        |
| 7   | 89 Rosa Lieke Smits | DA1 | 113  | O    | 1:28.95 | PR   |        |
| 8   | 67 Laura Linssen    | DA2 | 114  | O    | 1:31.92 |      |        |
| 9   | 50 Anastasia Wigg   | DSA | 111  | O    | 1:38.15 | PR   |        |
| 10  | 100 Jelly Hiemstra  | DB2 | 112  | I    | 1:39.08 |      |        |
| 11  | 109 Twan den Braber | H70 | 109  | I    | 1:42.23 |      |        |
| 12  | 115 Mirte Kingma    | DC1 | 112  | O    | 1:42.93 | PR   |        |
| 13  | 8 Merlinde de Bie   | DN1 | 109  | O    | 1:46.56 |      |        |
| 14  | 110 Miriam Gossen   | DN4 | 111  | I    | 1:56.62 |      |        |

**10. Rituitslag Pupillen A en ouder, (500/1000) 1000 meter**

|     |    | Naam |                        | Cat     |         | PR      |                        | Tijd           | Info |
|-----|----|------|------------------------|---------|---------|---------|------------------------|----------------|------|
| 109 | wt | 109  | <b>Twan den Braber</b> |         | H70     |         |                        | <b>1:42.23</b> |      |
|     | rd | 8    | <b>Merlinde de Bie</b> |         | DN1     | 1:40.44 |                        | <b>1:46.56</b> |      |
|     |    |      | <b>Twan den Braber</b> |         |         |         | <b>Merlinde de Bie</b> |                |      |
|     |    |      | 200m                   | 24.94   | (24.94) | 200m    | 24.97                  | (24.97)        |      |
|     |    |      | 600m                   | 1:03.11 | (38.17) | 600m    | 1:04.87                | (39.90)        |      |
|     |    |      | 1000m                  | 1:42.23 | (39.12) | 1000m   | 1:46.56                | (41.69)        |      |

|     |    | Naam |   | Cat |  | PR |   | Tijd | Info |
|-----|----|------|---|-----|--|----|---|------|------|
| 110 | gl |      |   |     |  |    |   |      |      |
|     | bl |      |   |     |  |    |   |      |      |
|     |    |      | m |     |  |    | m |      |      |

|     |    | Naam |                       | Cat     |         | PR      |                       | Tijd           | Info |
|-----|----|------|-----------------------|---------|---------|---------|-----------------------|----------------|------|
| 111 | wt | 110  | <b>Miriam Gossen</b>  |         | DN4     | 1:44.50 |                       | <b>1:56.62</b> |      |
|     | rd | 50   | <b>Anastasia Wigg</b> |         | DSA     | 1:39.49 |                       | <b>1:38.15</b> | PR   |
|     |    |      | <b>Miriam Gossen</b>  |         |         |         | <b>Anastasia Wigg</b> |                |      |
|     |    |      | 200m                  | 25.00   | (25.00) | 200m    | 21.80                 | (21.80)        |      |
|     |    |      | 600m                  | 1:07.09 | (42.09) | 600m    | 58.27                 | (36.47)        |      |
|     |    |      | 1000m                 | 1:56.62 | (49.53) | 1000m   | 1:38.15               | (39.88)        |      |

|     |    | Naam |                       | Cat     |         | PR      |                     | Tijd           | Info |
|-----|----|------|-----------------------|---------|---------|---------|---------------------|----------------|------|
| 112 | gl | 100  | <b>Jelly Hiemstra</b> |         | DB2     | 1:37.03 |                     | <b>1:39.08</b> |      |
|     | bl | 115  | <b>Mirte Kingma</b>   |         | DC1     | 1:46.74 |                     | <b>1:42.93</b> | PR   |
|     |    |      | <b>Jelly Hiemstra</b> |         |         |         | <b>Mirte Kingma</b> |                |      |
|     |    |      | 200m                  | 22.79   | (22.79) | 200m    | 23.70               | (23.70)        |      |
|     |    |      | 600m                  | 1:00.45 | (37.66) | 600m    | 1:02.47             | (38.77)        |      |
|     |    |      | 1000m                 | 1:39.08 | (38.63) | 1000m   | 1:42.93             | (40.46)        |      |

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|     |    | Naam                       | Cat     |         | PR                      | Tijd           | Info    |
|-----|----|----------------------------|---------|---------|-------------------------|----------------|---------|
| 113 | wt | 72 <b>Danny Witkamp</b>    | H55     |         | 1:20.37                 | <b>1:26.75</b> |         |
|     | rd | 89 <b>Rosa Lieke Smits</b> | DA1     |         | 1:31.81                 | <b>1:28.95</b> | PR      |
|     |    | <b>Danny Witkamp</b>       |         |         | <b>Rosa Lieke Smits</b> |                |         |
|     |    | 200m                       | 21.04   | (21.04) | 200m                    | 21.03          | (21.03) |
|     |    | 600m                       | 53.20   | (32.16) | 600m                    | 53.87          | (32.84) |
|     |    | 1000m                      | 1:26.75 | (33.55) | 1000m                   | 1:28.95        | (35.08) |

|     |    | Naam                    | Cat     |         | PR                   | Tijd           | Info    |
|-----|----|-------------------------|---------|---------|----------------------|----------------|---------|
| 114 | gl | 94 <b>Lars Dijck</b>    | HC1     |         | 1:32.43              | <b>1:26.03</b> | PR      |
|     | bl | 67 <b>Laura Linssen</b> | DA2     |         | 1:28.00              | <b>1:31.92</b> |         |
|     |    | <b>Lars Dijck</b>       |         |         | <b>Laura Linssen</b> |                |         |
|     |    | 200m                    | 19.97   | (19.97) | 200m                 | 21.47          | (21.47) |
|     |    | 600m                    | 51.97   | (32.00) | 600m                 | 55.39          | (33.92) |
|     |    | 1000m                   | 1:26.03 | (34.06) | 1000m                | 1:31.92        | (36.53) |

|     |    | Naam                      | Cat     |         | PR               | Tijd           | Info    |
|-----|----|---------------------------|---------|---------|------------------|----------------|---------|
| 115 | wt | 69 <b>Tjebbe Berkhout</b> | HB2     |         | 1:26.26          | <b>1:23.92</b> | PR      |
|     | rd | 93 <b>Daan Koot</b>       | HB1     |         | 1:20.53          | <b>1:20.01</b> | PR      |
|     |    | <b>Tjebbe Berkhout</b>    |         |         | <b>Daan Koot</b> |                |         |
|     |    | 200m                      | 19.28   | (19.28) | 200m             | 18.84          | (18.84) |
|     |    | 600m                      | 50.13   | (30.85) | 600m             | 48.56          | (29.72) |
|     |    | 1000m                     | 1:23.92 | (33.79) | 1000m            | 1:20.01        | (31.45) |

|     |    | Naam                       | Cat     |         | PR                     | Tijd           | Info    |
|-----|----|----------------------------|---------|---------|------------------------|----------------|---------|
| 116 | gl | 74 <b>Vigho Roodenburg</b> | HB1     |         | 1:27.22                | <b>1:27.48</b> |         |
|     | bl | 68 <b>Sybren Berkhout</b>  | HB2     |         | 1:28.15                | <b>1:26.90</b> | PR      |
|     |    | <b>Vigho Roodenburg</b>    |         |         | <b>Sybren Berkhout</b> |                |         |
|     |    | 200m                       | 20.72   | (20.72) | 200m                   | 19.31          | (19.31) |
|     |    | 600m                       | 54.17   | (33.45) | 600m                   | 51.52          | (32.21) |
|     |    | 1000m                      | 1:27.48 | (33.31) | 1000m                  | 1:26.90        | (35.38) |

## 11. Uitslag Junioren B en ouder 3000 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 64 Jan-Hendrik Hoekstra | HB1 | 124  | O    | 4:14.77 | PR   |        |
| 2   | 39 Pieter Zijlstra      | HB1 | 119  | O    | 4:15.72 |      |        |
| 3   | 38 Jelte Hellinga       | HB1 | 122  | O    | 4:25.97 |      |        |
| 4   | 37 Huub Adema           | HB1 | 120  | I    | 4:31.90 |      |        |
| 5   | 98 Robbin de Jager      | HB2 | 118  | I    | 4:43.87 |      |        |
| 6   | 58 Ynze Nijland         | HB2 | 121  | I    | 4:54.15 | PR   |        |
| 7   | 11 Tsjomme Dijkstra     | HSB | 123  | I    | 4:57.68 | PR   |        |
| 8   | 60 Marit van der Meer   | DB1 | 120  | O    | 4:59.17 |      |        |
| 9   | 4 Dinte van Es          | DB2 | 123  | O    | 4:59.91 |      |        |
| 10  | 90 Jenieke Kuiken       | DA2 | 124  | I    | 5:01.45 | PR   |        |
| 11  | 61 Mimi van Hall        | DB2 | 122  | I    | 5:03.39 | PR   |        |
| 12  | 31 Renske Molenaar      | DA1 | 121  | O    | 5:15.85 | PR   |        |
| 13  | 32 Lieke Visser         | DB1 | 117  | O    | 5:16.15 |      |        |
| 14  | 87 Doutsen de Vries     | DB2 | 119  | I    | 5:24.85 |      |        |
| 15  | 83 Sandra v/d Heide     | DB2 | 117  | I    | 5:29.45 |      |        |

**11. Rituitslag Junioren B en ouder 3000 meter**

|     |    | Naam                    |                         | Cat     |                     | PR      |         | Tijd           | Info |
|-----|----|-------------------------|-------------------------|---------|---------------------|---------|---------|----------------|------|
| 117 | wt | 83                      | <b>Sandra v/d Heide</b> |         | DB2                 |         |         | <b>5:29.45</b> |      |
|     | rd | 32                      | <b>Lieke Visser</b>     |         | DB1                 |         |         | <b>5:16.15</b> |      |
|     |    | <b>Sandra v/d Heide</b> |                         |         | <b>Lieke Visser</b> |         |         |                |      |
|     |    | 200m                    | 23.19                   | (23.19) | 200m                | 23.42   | (23.42) |                |      |
|     |    | 600m                    | 1:01.45                 | (38.26) | 600m                | 1:00.90 | (37.48) |                |      |
|     |    | 1000m                   | 1:41.14                 | (39.69) | 1000m               | 1:41.46 | (40.56) |                |      |
|     |    | 1400m                   | 2:23.69                 | (42.55) | 1400m               | 2:22.60 | (41.14) |                |      |
|     |    | 1800m                   | 3:07.39                 | (43.70) | 1800m               | 3:04.84 | (42.24) |                |      |
|     |    | 2200m                   | 3:53.00                 | (45.61) | 2200m               | 3:47.87 | (43.03) |                |      |
|     |    | 2600m                   | 4:41.39                 | (48.39) | 2600m               | 4:31.64 | (43.77) |                |      |
|     |    | 3000m                   | 5:29.45                 | (48.06) | 3000m               | 5:16.15 | (44.51) |                |      |

|     |    | Naam                   |                        | Cat     |     | PR |  | Tijd    | Info           |
|-----|----|------------------------|------------------------|---------|-----|----|--|---------|----------------|
| 118 | gl | 98                     | <b>Robbin de Jager</b> |         | HB2 |    |  | 4:34.72 | <b>4:43.87</b> |
|     | bl |                        |                        |         |     |    |  |         |                |
|     |    | <b>Robbin de Jager</b> |                        |         |     |    |  |         |                |
|     |    | 200m                   | 22.14                  | (22.14) | m   |    |  |         |                |
|     |    | 600m                   | 57.90                  | (35.76) |     |    |  |         |                |
|     |    | 1000m                  | 1:34.54                | (36.64) |     |    |  |         |                |
|     |    | 1400m                  | 2:11.83                | (37.29) |     |    |  |         |                |
|     |    | 1800m                  | 2:50.17                | (38.34) |     |    |  |         |                |
|     |    | 2200m                  | 3:28.40                | (38.23) |     |    |  |         |                |
|     |    | 2600m                  | 4:06.80                | (38.40) |     |    |  |         |                |
|     |    | 3000m                  | 4:43.87                | (37.07) |     |    |  |         |                |

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|     |    | Naam  |                         | Cat                     |       | PR      | Tijd           | Info |
|-----|----|-------|-------------------------|-------------------------|-------|---------|----------------|------|
| 119 | wt | 87    | <b>Doutsen de Vries</b> |                         | DB2   |         | <b>5:24.85</b> |      |
|     | rd | 39    | <b>Pieter Zijlstra</b>  |                         | HB1   |         | <b>4:15.72</b> |      |
|     |    |       |                         | <b>Doutsen de Vries</b> |       |         |                |      |
|     |    |       |                         | <b>Pieter Zijlstra</b>  |       |         |                |      |
|     |    | 200m  | 24.99                   | (24.99)                 | 200m  | 21.07   | (21.07)        |      |
|     |    | 600m  | 1:04.58                 | (39.59)                 | 600m  | 53.30   | (32.23)        |      |
|     |    | 1000m | 1:45.94                 | (41.36)                 | 1000m | 1:25.91 | (32.61)        |      |
|     |    | 1400m | 2:28.86                 | (42.92)                 | 1400m | 1:59.09 | (33.18)        |      |
|     |    | 1800m | 3:11.94                 | (43.08)                 | 1800m | 2:32.64 | (33.55)        |      |
|     |    | 2200m | 3:56.33                 | (44.39)                 | 2200m | 3:06.70 | (34.06)        |      |
|     |    | 2600m | 4:41.27                 | (44.94)                 | 2600m | 3:41.24 | (34.54)        |      |
|     |    | 3000m | 5:24.85                 | (43.58)                 | 3000m | 4:15.72 | (34.48)        |      |

|     |    | Naam  |                           | Cat                       |       | PR      | Tijd           | Info |
|-----|----|-------|---------------------------|---------------------------|-------|---------|----------------|------|
| 120 | gl | 37    | <b>Huub Adema</b>         |                           | HB1   |         | <b>4:31.90</b> |      |
|     | bl | 60    | <b>Marit van der Meer</b> |                           | DB1   |         | <b>4:59.17</b> |      |
|     |    |       |                           | <b>Huub Adema</b>         |       |         |                |      |
|     |    |       |                           | <b>Marit van der Meer</b> |       |         |                |      |
|     |    | 200m  | 20.55                     | (20.55)                   | 200m  | 22.30   | (22.30)        |      |
|     |    | 600m  | 54.16                     | (33.61)                   | 600m  | 59.63   | (37.33)        |      |
|     |    | 1000m | 1:28.77                   | (34.61)                   | 1000m | 1:38.59 | (38.96)        |      |
|     |    | 1400m | 2:03.97                   | (35.20)                   | 1400m | 2:18.12 | (39.53)        |      |
|     |    | 1800m | 2:40.05                   | (36.08)                   | 1800m | 2:57.90 | (39.78)        |      |
|     |    | 2200m | 3:16.93                   | (36.88)                   | 2200m | 3:38.17 | (40.27)        |      |
|     |    | 2600m | 3:54.43                   | (37.50)                   | 2600m | 4:18.00 | (39.83)        |      |
|     |    | 3000m | 4:31.90                   | (37.47)                   | 3000m | 4:59.17 | (41.17)        |      |

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|     |    | Naam                      | Cat     |         | PR                     | Tijd           | Info    |
|-----|----|---------------------------|---------|---------|------------------------|----------------|---------|
| 121 | wt | 58 <b>Ynze Nijland</b>    | HB2     |         | 5:19.83                | <b>4:54.15</b> | PR      |
|     | rd | 31 <b>Renske Molenaar</b> | DA1     |         | 5:42.24                | <b>5:15.85</b> | PR      |
|     |    | <b>Ynze Nijland</b>       |         |         | <b>Renske Molenaar</b> |                |         |
|     |    | 200m                      | 22.06   | (22.06) | 200m                   | 24.98          | (24.98) |
|     |    | 600m                      | 57.81   | (35.75) | 600m                   | 1:04.13        | (39.15) |
|     |    | 1000m                     | 1:35.33 | (37.52) | 1000m                  | 1:44.70        | (40.57) |
|     |    | 1400m                     | 2:13.99 | (38.66) | 1400m                  | 2:25.89        | (41.19) |
|     |    | 1800m                     | 2:53.42 | (39.43) | 1800m                  | 3:06.92        | (41.03) |
|     |    | 2200m                     | 3:33.40 | (39.98) | 2200m                  | 3:49.06        | (42.14) |
|     |    | 2600m                     | 4:13.55 | (40.15) | 2600m                  | 4:32.64        | (43.58) |
|     |    | 3000m                     | 4:54.15 | (40.60) | 3000m                  | 5:15.85        | (43.21) |

|     |    | Naam                     | Cat     |         | PR                    | Tijd           | Info    |
|-----|----|--------------------------|---------|---------|-----------------------|----------------|---------|
| 122 | gl | 61 <b>Mimi van Hall</b>  | DB2     |         | 5:06.01               | <b>5:03.39</b> | PR      |
|     | bl | 38 <b>Jelte Hellinga</b> | HB1     |         |                       | <b>4:25.97</b> |         |
|     |    | <b>Mimi van Hall</b>     |         |         | <b>Jelte Hellinga</b> |                |         |
|     |    | 200m                     | 22.09   | (22.09) | 200m                  | 20.47          | (20.47) |
|     |    | 600m                     | 57.77   | (35.68) | 600m                  | 54.65          | (34.18) |
|     |    | 1000m                    | 1:35.53 | (37.76) | 1000m                 | 1:29.59        | (34.94) |
|     |    | 1400m                    | 2:15.04 | (39.51) | 1400m                 | 2:04.34        | (34.75) |
|     |    | 1800m                    | 2:55.79 | (40.75) | 1800m                 | 2:39.39        | (35.05) |
|     |    | 2200m                    | 3:37.65 | (41.86) | 2200m                 | 3:14.73        | (35.34) |
|     |    | 2600m                    | 4:20.47 | (42.82) | 2600m                 | 3:50.25        | (35.52) |
|     |    | 3000m                    | 5:03.39 | (42.92) | 3000m                 | 4:25.97        | (35.72) |



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|     |    | Naam                    |                         |         | Cat   |                     |         | PR      | Tijd           | Info |
|-----|----|-------------------------|-------------------------|---------|-------|---------------------|---------|---------|----------------|------|
| 123 | wt | 11                      | <b>Tsjomme Dijkstra</b> |         | HSB   |                     |         | 5:02.48 | <b>4:57.68</b> | PR   |
|     | rd | 4                       | <b>Dinte van Es</b>     |         | DB2   |                     |         | 4:57.86 | <b>4:59.91</b> |      |
|     |    | <b>Tsjomme Dijkstra</b> |                         |         |       | <b>Dinte van Es</b> |         |         |                |      |
|     |    | 200m                    | 23.58                   | (23.58) | 200m  | 23.32               | (23.32) |         |                |      |
|     |    | 600m                    | 1:00.96                 | (37.38) | 600m  | 59.91               | (36.59) |         |                |      |
|     |    | 1000m                   | 1:39.43                 | (38.47) | 1000m | 1:38.96             | (39.05) |         |                |      |
|     |    | 1400m                   | 2:18.16                 | (38.73) | 1400m | 2:18.76             | (39.80) |         |                |      |
|     |    | 1800m                   | 2:57.52                 | (39.36) | 1800m | 2:58.23             | (39.47) |         |                |      |
|     |    | 2200m                   | 3:37.08                 | (39.56) | 2200m | 3:38.23             | (40.00) |         |                |      |
|     |    | 2600m                   | 4:16.84                 | (39.76) | 2600m | 4:18.83             | (40.60) |         |                |      |
|     |    | 3000m                   | 4:57.68                 | (40.84) | 3000m | 4:59.91             | (41.08) |         |                |      |

|     |    | Naam                  |                             |         | Cat   |                             |         | PR      | Tijd           | Info |
|-----|----|-----------------------|-----------------------------|---------|-------|-----------------------------|---------|---------|----------------|------|
| 124 | gl | 90                    | <b>Jenieke Kuiken</b>       |         | DA2   |                             |         | 5:11.19 | <b>5:01.45</b> | PR   |
|     | bl | 64                    | <b>Jan-Hendrik Hoekstra</b> |         | HB1   |                             |         | 4:19.34 | <b>4:14.77</b> | PR   |
|     |    | <b>Jenieke Kuiken</b> |                             |         |       | <b>Jan-Hendrik Hoekstra</b> |         |         |                |      |
|     |    | 200m                  | 22.32                       | (22.32) | 200m  | 20.36                       | (20.36) |         |                |      |
|     |    | 600m                  | 57.52                       | (35.20) | 600m  | 52.10                       | (31.74) |         |                |      |
|     |    | 1000m                 | 1:34.87                     | (37.35) | 1000m | 1:24.73                     | (32.63) |         |                |      |
|     |    | 1400m                 | 2:14.99                     | (40.12) | 1400m | 1:57.85                     | (33.12) |         |                |      |
|     |    | 1800m                 | 2:56.03                     | (41.04) | 1800m | 2:31.59                     | (33.74) |         |                |      |
|     |    | 2200m                 | 3:38.02                     | (41.99) | 2200m | 3:05.64                     | (34.05) |         |                |      |
|     |    | 2600m                 | 4:19.59                     | (41.57) | 2600m | 3:39.82                     | (34.18) |         |                |      |
|     |    | 3000m                 | 5:01.45                     | (41.86) | 3000m | 4:14.77                     | (34.95) |         |                |      |

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**12. Uitslag Junioren A en ouder 5000 meter**

| Pos | Naam            | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------|-----|------|------|---------|------|--------|
| 1   | 6 Finn ten Hove | HSA | 125  | O    | 7:10.92 |      |        |
| 2   | 2 Ole ten Hove  | HSA | 125  | I    | 7:17.87 |      |        |

**12. Rituitslag Junioren A en ouder 5000 meter**

|     |    | Naam                   | Cat             | PR      | Tijd           | Info |
|-----|----|------------------------|-----------------|---------|----------------|------|
| 125 | wt | 2 <b>Ole ten Hove</b>  | HSA             | 7:12.36 | <b>7:17.87</b> |      |
|     | rd | 6 <b>Finn ten Hove</b> | HSA             | 7:02.02 | <b>7:10.92</b> |      |
|     |    | <b>Ole ten Hove</b>    |                 |         |                |      |
|     |    | 200m                   | 19.89 (19.89)   |         |                |      |
|     |    | 600m                   | 53.52 (33.63)   |         |                |      |
|     |    | 1000m                  | 1:27.18 (33.66) |         |                |      |
|     |    | 1400m                  | 2:01.49 (34.31) |         |                |      |
|     |    | 1800m                  | 2:35.62 (34.13) |         |                |      |
|     |    | 2200m                  | 3:10.10 (34.48) |         |                |      |
|     |    | 2600m                  | 3:45.25 (35.15) |         |                |      |
|     |    | 3000m                  | 4:20.68 (35.43) |         |                |      |
|     |    | 3400m                  | 4:55.80 (35.12) |         |                |      |
|     |    | 3800m                  | 5:30.96 (35.16) |         |                |      |
|     |    | 4200m                  | 6:06.36 (35.40) |         |                |      |
|     |    | 4600m                  | 6:42.43 (36.07) |         |                |      |
|     |    | 5000m                  | 7:17.87 (35.44) |         |                |      |
|     |    | <b>Finn ten Hove</b>   |                 |         |                |      |
|     |    | 200m                   | 20.88 (20.88)   |         |                |      |
|     |    | 600m                   | 53.41 (32.53)   |         |                |      |
|     |    | 1000m                  | 1:27.02 (33.61) |         |                |      |
|     |    | 1400m                  | 2:00.50 (33.48) |         |                |      |
|     |    | 1800m                  | 2:34.16 (33.66) |         |                |      |
|     |    | 2200m                  | 3:08.21 (34.05) |         |                |      |
|     |    | 2600m                  | 3:42.60 (34.39) |         |                |      |
|     |    | 3000m                  | 4:16.83 (34.23) |         |                |      |
|     |    | 3400m                  | 4:51.29 (34.46) |         |                |      |
|     |    | 3800m                  | 5:25.71 (34.42) |         |                |      |
|     |    | 4200m                  | 6:00.54 (34.83) |         |                |      |
|     |    | 4600m                  | 6:35.72 (35.18) |         |                |      |
|     |    | 5000m                  | 7:10.92 (35.20) |         |                |      |