

1. Uitslag Pupillen (100-500) 100 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	119 Otte Hilarides	HPB	25	I	11.77	PR	
2	93 Tobias Pleij	HPA	25	O	12.07		
3	5 Sverre de Vegt	HPB	23	O	12.12	PR	
4	43 Rixt Bijlsma	DPA	24	I	12.14	PR	
5	68 Anton Boersma	HPA	26	O	12.15		
6	117 Sverre Jens Wolters	HPA	26	I	12.31		
7	50 Ids Hellinga	HPA	22	I	12.35	PR	
8	74 Hidde Salomons	HPB	22	O	12.39	PR	
9	37 Bernt Hut	HPB	23	I	12.46		
10	80 Tirza Stojanovski	DPC	24	O	12.61		
11	52 Fimme van Dijk	HPA	16	I	12.62	PR	
12	125 Jurre Valkenburg	HPC	21	O	12.68		
13	121 Sybrich Buisman	DPA	21	I	12.69	PR	
14	118 Niels Everts	HPB	17	I	12.72	PR	
15	22 Lynn van Baaren	DPB	20	I	12.74	PR	
16	62 Andrea de Jong	DPA	15	O	12.78	PR	
17	47 Carlien van den Heuvel	DPA	20	O	12.79		
18	54 Ties Mercur	HPA	19	O	12.80		
19	24 Joas van der Vaart	HPA	17	O	12.82	PR	
20	10 Doutzen Wierda	DPB	18	O	12.88	PR	
21	7 Kas Zijlstra	HPB	14	O	12.90	PR	
22	94 Keira Wind	DPA	19	I	12.93		
23	49 Bente Dam	DPB	18	I	12.94		
24	177 Ammarens Veldstra	DPC	13	I	13.00	PR	
25	58 Jildau Sietsma	DPA	11	I	13.02	PR	
26	59 Hessel Hagedoorn	HPB	16	O	13.09	PR	
27	15 Aise Bouma	HPA	10	O	13.13	PR	
28	2 Nouk van het Erve	DPB	12	O	13.14	PR	
29	13 Maud de Vries	DPA	15	I	13.17	PR	
30	21 Danique Leffertstra	DPC	8	I	13.23	PR	
31	178 Bas van der Weij	HPC	10	I	13.24	PR	
	116 Mylan Koeman	HPC	12	I	13.24	PR	
33	69 Julia Boersma	DPC	11	O	13.25	PR	
34	114 Djura Lubbinge	DPB	14	I	13.29	PR	
35	32 Milou Steenbeek	DPA	3	I	13.43	PR	
36	44 Silke Vries	DPA	8	O	13.55	PR	
37	3 Lize Boons	DPC	7	O	13.57	PR	
38	14 Nynke van Stralen	DPB	6	I	13.61	PR	

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	18 Myrthe Zwaagstra	DPC	5	O	13.62	PR	
40	56 Rianne van der Meulen	DPA	9	O	13.63		
41	123 Derek Graansma	HPB	7	I	13.68		
42	30 Jimte Terpstra	HPA	9	I	13.70		
43	28 Jesper ten Bloemendaal	HPB	5	I	13.79	PR	
44	26 Amber Soet	DPB	6	O	13.82	PR	
45	191 Feya Hollak	DPA	13	O	14.10		
46	83 Lasse Kolder	HPC	4	I	14.38		
47	60 Lisa Haanstra	DPB	1	I	14.47	PR	
48	64 Sanne Andrea Otten	DPB	4	O	14.48		
49	48 Jurre Van Dijk	HPC	3	O	14.65	PR	
50	42 Nick Peek	HPC	2	I	15.18		
51	29 Rienk Jongsma	HPB	1	O	15.51		
52	61 Maaïke Sietsma	DPC	2	O	16.75		

1. Rituitslag Pupillen (100-500) 100 meter

		Naam		Cat		PR	Tijd	Info
1	wt	60	Lisa Haanstra		DPB	14.63	14.47	PR
	rd	29	Rienk Jongma		HPB	15.21	15.51	
		<u>Lisa Haanstra</u>			<u>Rienk Jongma</u>			
		100m	14.47	(14.47)	100m	15.51	(15.51)	

		Naam		Cat		PR	Tijd	Info
2	gl	42	Nick Peek		HPC	15.16	15.18	
	bl	61	Maaïke Sietsma		DPC	15.79	16.75	
		<u>Nick Peek</u>			<u>Maaïke Sietsma</u>			
		100m	15.18	(15.18)	100m	16.75	(16.75)	

		Naam		Cat		PR	Tijd	Info
3	wt	32	Milou Steenbeek		DPA	13.55	13.43	PR
	rd	48	Jurre Van Dijk		HPC	14.75	14.65	PR
		<u>Milou Steenbeek</u>			<u>Jurre Van Dijk</u>			
		100m	13.43	(13.43)	100m	14.65	(14.65)	

		Naam		Cat		PR	Tijd	Info
4	gl	83	Lasse Kolder		HPC	14.35	14.38	
	bl	64	Sanne Andrea Otten		DPB	14.40	14.48	
		<u>Lasse Kolder</u>			<u>Sanne Andrea Otten</u>			
		100m	14.38	(14.38)	100m	14.48	(14.48)	

		Naam		Cat		PR	Tijd	Info
5	wt	28	Jesper ten Bloemendaal		HPB	13.97	13.79	PR
	rd	18	Myrthe Zwaagstra		DPC	13.95	13.62	PR
		<u>Jesper ten Bloemendaal</u>			<u>Myrthe Zwaagstra</u>			
		100m	13.79	(13.79)	100m	13.62	(13.62)	

		Naam	Cat	PR	Tijd	Info
6	gl	14 Nynke van Stralen	DPB	13.93	13.61	PR
	bl	26 Amber Soet	DPB	13.90	13.82	PR
		<u>Nynke van Stralen</u>			<u>Amber Soet</u>	
		100m 13.61 (13.61)			100m 13.82 (13.82)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
7	wt	123 Derek Graansma	HPB	13.68	13.68	
	rd	3 Lize Boons	DPC	13.78	13.57	PR
		<u>Derek Graansma</u>			<u>Lize Boons</u>	
		100m 13.68 (13.68)			100m 13.57 (13.57)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
8	gl	21 Danique Leffertstra	DPC	13.71	13.23	PR
	bl	44 Silke Vries	DPA	13.78	13.55	PR
		<u>Danique Leffertstra</u>			<u>Silke Vries</u>	
		100m 13.23 (13.23)			100m 13.55 (13.55)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
9	wt	30 Jimte Terpstra	HPA	13.66	13.70	
	rd	56 Rianne van der Meulen	DPA	13.31	13.63	
		<u>Jimte Terpstra</u>			<u>Rianne van der Meulen</u>	
		100m 13.70 (13.70)			100m 13.63 (13.63)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
10	gl	178 Bas van der Weij	HPC	13.64	13.24	PR
	bl	15 Aise Bouma	HPA	13.65	13.13	PR
		<u>Bas van der Weij</u>			<u>Aise Bouma</u>	
		100m 13.24 (13.24)			100m 13.13 (13.13)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
11	wt	58 Jildau Sietsma	DPA	13.57	13.02	PR
	rd	69 Julia Boersma	DPC	13.58	13.25	PR
		<u>Jildau Sietsma</u>			<u>Julia Boersma</u>	
		100m 13.02 (13.02)			100m 13.25 (13.25)	

		Naam	Cat	PR	Tijd	Info
12	gl	116 Mylan Koeman	HPC	13.56	13.24	PR
	bl	2 Nouk van het Erve	DPB	13.57	13.14	PR
		<u>Mylan Koeman</u>			<u>Nouk van het Erve</u>	
		100m 13.24 (13.24)			100m 13.14 (13.14)	

		Naam	Cat	PR	Tijd	Info
13	wt	177 Ammarens Veldstra	DPC	13.44	13.00	PR
	rd	191 Feya Hollak	DPA	13.48	14.10	
		<u>Ammarens Veldstra</u>			<u>Feya Hollak</u>	
		100m 13.00 (13.00)			100m 14.10 (14.10)	

		Naam	Cat	PR	Tijd	Info
14	gl	114 Djura Lubbinge	DPB	13.43	13.29	PR
	bl	7 Kas Zijlstra	HPB	13.46	12.90	PR
		<u>Djura Lubbinge</u>			<u>Kas Zijlstra</u>	
		100m 13.29 (13.29)			100m 12.90 (12.90)	

		Naam	Cat	PR	Tijd	Info
15	wt	13 Maud de Vries	DPA	13.34	13.17	PR
	rd	62 Andrea de Jong	DPA	13.36	12.78	PR
		<u>Maud de Vries</u>			<u>Andrea de Jong</u>	
		100m 13.17 (13.17)			100m 12.78 (12.78)	

		Naam	Cat	PR	Tijd	Info
16	gl	52 Fimme van Dijk	HPA	13.29	12.62	PR
	bl	59 Hessel Hagedoorn	HPB	13.31	13.09	PR
		<u>Fimme van Dijk</u>			<u>Hessel Hagedoorn</u>	
		100m 12.62 (12.62)			100m 13.09 (13.09)	

		Naam	Cat	PR	Tijd	Info
17	wt	118 Niels Everts	HPB	12.99	12.72	PR
	rd	24 Joas van der Vaart	HPA	13.16	12.82	PR
		<u>Niels Everts</u>			<u>Joas van der Vaart</u>	
		100m 12.72 (12.72)			100m 12.82 (12.82)	

		Naam	Cat	PR	Tijd	Info
18	gl	49 Bente Dam	DPB	12.94	12.94	
	bl	10 Doutzen Wierda	DPB	13.16	12.88	PR
		Bente Dam		Doutzen Wierda		
		100m	12.94 (12.94)	100m	12.88 (12.88)	
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		Naam	Cat	PR	Tijd	Info
19	wt	94 Keira Wind	DPA	12.88	12.93	
	rd	54 Ties Mercur	HPA	12.76	12.80	
		Keira Wind		Ties Mercur		
		100m	12.93 (12.93)	100m	12.80 (12.80)	
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		Naam	Cat	PR	Tijd	Info
20	gl	22 Lynn van Baaren	DPB	12.75	12.74	PR
	bl	47 Carlien van den Heuvel	DPA	12.77	12.79	
		Lynn van Baaren		Carlien van den Heuvel		
		100m	12.74 (12.74)	100m	12.79 (12.79)	
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		Naam	Cat	PR	Tijd	Info
21	wt	121 Sybrich Buisman	DPA	12.72	12.69	PR
	rd	125 Jurre Valkenburg	HPC	12.67	12.68	
		Sybrich Buisman		Jurre Valkenburg		
		100m	12.69 (12.69)	100m	12.68 (12.68)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
22	gl	50 Ids Hellinga	HPA	12.68	12.35	PR
	bl	74 Hidde Salomons	HPB	12.54	12.39	PR
		Ids Hellinga		Hidde Salomons		
		100m	12.35 (12.35)	100m	12.39 (12.39)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
23	wt	37 Bernt Hut	HPB	12.45	12.46	
	rd	5 Sverre de Vegt	HPB	12.14	12.12	PR
		Bernt Hut		Sverre de Vegt		
		100m	12.46 (12.46)	100m	12.12 (12.12)	

		Naam	Cat	PR	Tijd	Info
24	gl	43 Rixt Bijlsma	DPA	12.34	12.14	PR
	bl	80 Tirza Stojanovski	DPC	12.38	12.61	
		Rixt Bijlsma			Tirza Stojanovski	
		100m	12.14 (12.14)		100m	12.61 (12.61)

		Naam	Cat	PR	Tijd	Info
25	wt	119 Otte Hilarides	HPB	11.90	11.77	PR
	rd	93 Tobias Pleij	HPA	12.05	12.07	
		Otte Hilarides			Tobias Pleij	
		100m	11.77 (11.77)		100m	12.07 (12.07)

		Naam	Cat	PR	Tijd	Info
26	gl	117 Sverre Jens Wolters	HPA	12.05	12.31	
	bl	68 Anton Boersma	HPA	12.00	12.15	
		Sverre Jens Wolters			Anton Boersma	
		100m	12.31 (12.31)		100m	12.15 (12.15)

2. Uitslag Pupillen (100-300) 100 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	81 Nynke Krol	DPB	45	I	12.29		
2	136 Stevin Visser	HPB	46	O	12.57		
3	73 Nick van der Staal	HPC	45	O	12.76		
4	144 Menthe Pietersma	DPA	46	I	12.87	PR	
5	138 Hilderd de Rooter	HPA	44	I	13.04	PR	
6	131 Lieke Nijboer	DPB	43	I	13.09	PR	
7	127 Myrthe De Vries	DPA	42	O	13.30	PR	
8	63 Jelte Johannes Otten	HPD	41	I	13.32	PR	
9	78 Silvan Stroetinga	HPE	39	I	13.48	PR	
10	8 Froukje de Vries	DPB	41	O	13.51	PR	
11	128 Yara Lanza	DPA	43	O	13.60		
12	120 Idsart Hilarides	HPD	42	I	13.68		
13	129 Ilana Hokse	DPD	39	O	13.69	PR	
14	65 Marrit Tichelaar	DPD	40	O	13.76		
15	67 Lieke Sijbranda	DPD	38	I	13.84	PR	
16	17 Anna de Vegt	DPD	44	O	13.88		
17	12 Emma van der Tol	DPA	35	I	13.92	PR	
18	35 Ties Wierda	HPE	40	I	13.96		
19	100 Brent Faber	HPE	33	I	14.09	PR	
20	51 Evy Dijkstra	DPC	38	O	14.14		
21	183 Romée Lanser	DPC	33	O	14.18	PR	
22	79 Jelmer Kok	HPC	37	I	14.24		
23	126 Renske Kromkamp	DPD	37	O	14.26		
24	103 Lisette Reitsma	DPD	36	O	14.29		
25	132 Tamar Dubbink	DPC	35	O	14.31		
26	87 Josefiën Dikkerboom	DPD	36	I	14.60		
27	145 Niels de Jager	HPD	34	I	14.72		
28	130 Tim Nijboer	HPF	31	I	14.90	PR	
29	34 Elske de Vries	DPE	32	I	14.92	PR	
30	142 Rob Nagelhout	HPC	34	O	14.95		
31	33 Julia Prins	DPD	32	O	15.17		
32	135 Benthe De Vries	DPC	29	I	15.18	PR	
33	45 Yfke Vries	DPD	30	I	15.21	PR	
34	70 Elcke van Barneveld	DPD	27	I	15.40	PR	
35	55 Femke Visser	DPE	30	O	15.43	PR	
36	31 Pim de Vries	HPD	31	O	15.71		
37	176 Jorien Wijnia	DPD	28	O	15.79		
38	53 Marrit Postma	DPD	28	I	16.11	PR	
39	38 Rixt Miedema	DPD	29	O	21.51	FL	

2. Rituitslag Pupillen (100-300) 100 meter

		Naam	Cat	PR	Tijd	Info														
27	wt	70 Elcke van Barneveld	DPD	16.09	15.40	PR														
	rd																			
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Elcke van Barneveld</u></td> <td colspan="4"></td> </tr> <tr> <td>100m</td> <td>15.40</td> <td>(15.40)</td> <td>m</td> <td colspan="3"></td> </tr> </table>							<u>Elcke van Barneveld</u>							100m	15.40	(15.40)	m			
<u>Elcke van Barneveld</u>																				
100m	15.40	(15.40)	m																	

		Naam	Cat	PR	Tijd	Info														
28	gl	53 Marrit Postma	DPD	16.58	16.11	PR														
	bl	176 Jorien Wijnia	DPD		15.79															
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Marrit Postma</u></td> <td colspan="4"><u>Jorien Wijnia</u></td> </tr> <tr> <td>100m</td> <td>16.11</td> <td>(16.11)</td> <td>100m</td> <td>15.79</td> <td>(15.79)</td> <td></td> </tr> </table>							<u>Marrit Postma</u>			<u>Jorien Wijnia</u>				100m	16.11	(16.11)	100m	15.79	(15.79)	
<u>Marrit Postma</u>			<u>Jorien Wijnia</u>																	
100m	16.11	(16.11)	100m	15.79	(15.79)															

		Naam	Cat	PR	Tijd	Info														
29	wt	135 Benthe De Vries	DPC	15.19	15.18	PR														
	rd	38 Rixt Miedema	DPD	15.58	21.51	FL														
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Benthe De Vries</u></td> <td colspan="4"><u>Rixt Miedema</u></td> </tr> <tr> <td>100m</td> <td>15.18</td> <td>(15.18)</td> <td>100m</td> <td>21.51</td> <td>(21.51)</td> <td></td> </tr> </table>							<u>Benthe De Vries</u>			<u>Rixt Miedema</u>				100m	15.18	(15.18)	100m	21.51	(21.51)	
<u>Benthe De Vries</u>			<u>Rixt Miedema</u>																	
100m	15.18	(15.18)	100m	21.51	(21.51)															

		Naam	Cat	PR	Tijd	Info														
30	gl	45 Yfke Vries	DPD	15.53	15.21	PR														
	bl	55 Femke Visser	DPE	15.49	15.43	PR														
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Yfke Vries</u></td> <td colspan="4"><u>Femke Visser</u></td> </tr> <tr> <td>100m</td> <td>15.21</td> <td>(15.21)</td> <td>100m</td> <td>15.43</td> <td>(15.43)</td> <td></td> </tr> </table>							<u>Yfke Vries</u>			<u>Femke Visser</u>				100m	15.21	(15.21)	100m	15.43	(15.43)	
<u>Yfke Vries</u>			<u>Femke Visser</u>																	
100m	15.21	(15.21)	100m	15.43	(15.43)															

		Naam	Cat	PR	Tijd	Info														
31	wt	130 Tim Nijboer	HPF	14.96	14.90	PR														
	rd	31 Pim de Vries	HPD	15.02	15.71															
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Tim Nijboer</u></td> <td colspan="4"><u>Pim de Vries</u></td> </tr> <tr> <td>100m</td> <td>14.90</td> <td>(14.90)</td> <td>100m</td> <td>15.71</td> <td>(15.71)</td> <td></td> </tr> </table>							<u>Tim Nijboer</u>			<u>Pim de Vries</u>				100m	14.90	(14.90)	100m	15.71	(15.71)	
<u>Tim Nijboer</u>			<u>Pim de Vries</u>																	
100m	14.90	(14.90)	100m	15.71	(15.71)															

		Naam	Cat	PR	Tijd	Info
32	gl	34 Elske de Vries	DPE	15.13	14.92	PR
	bl	33 Julia Prins	DPD	15.12	15.17	
		<u>Elske de Vries</u>			<u>Julia Prins</u>	
		100m 14.92 (14.92)			100m 15.17 (15.17)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
33	wt	100 Brent Faber	HPE	14.59	14.09	PR
	rd	183 Romée Lanser	DPC	14.43	14.18	PR
		<u>Brent Faber</u>			<u>Romée Lanser</u>	
		100m 14.09 (14.09)			100m 14.18 (14.18)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
34	gl	145 Niels de Jager	HPD	14.42	14.72	
	bl	142 Rob Nagelhout	HPC	14.82	14.95	
		<u>Niels de Jager</u>			<u>Rob Nagelhout</u>	
		100m 14.72 (14.72)			100m 14.95 (14.95)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
35	wt	12 Emma van der Tol	DPA	14.18	13.92	PR
	rd	132 Tamar Dubbink	DPC	14.28	14.31	
		<u>Emma van der Tol</u>			<u>Tamar Dubbink</u>	
		100m 13.92 (13.92)			100m 14.31 (14.31)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
36	gl	87 Josefien Dikkerboom	DPD	14.17	14.60	
	bl	103 Lisette Reitsma	DPD	14.23	14.29	
		<u>Josefien Dikkerboom</u>			<u>Lisette Reitsma</u>	
		100m 14.60 (14.60)			100m 14.29 (14.29)	
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		Naam	Cat	PR	Tijd	Info
37	wt	79 Jelmer Kok	HPC	14.14	14.24	
	rd	126 Renske Kromkamp	DPD	14.11	14.26	
		<u>Jelmer Kok</u>			<u>Renske Kromkamp</u>	
		100m 14.24 (14.24)			100m 14.26 (14.26)	

		Naam		Cat		PR	Tijd	Info
38	gl	67	Lieke Sijbranda		DPD	13.99	13.84	PR
	bl	51	Evy Dijkstra		DPC	13.89	14.14	
		<u>Lieke Sijbranda</u>			<u>Evy Dijkstra</u>			
		100m	13.84	(13.84)	100m	14.14	(14.14)	
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		Naam		Cat		PR	Tijd	Info
39	wt	78	Silvan Stroetinga		HPE	13.63	13.48	PR
	rd	129	Ilana Hokse		DPD	13.79	13.69	PR
		<u>Silvan Stroetinga</u>			<u>Ilana Hokse</u>			
		100m	13.48	(13.48)	100m	13.69	(13.69)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
40	gl	35	Ties Wierda		HPE	13.83	13.96	
	bl	65	Marrit Tichelaar		DPD	13.65	13.76	
		<u>Ties Wierda</u>			<u>Marrit Tichelaar</u>			
		100m	13.96	(13.96)	100m	13.76	(13.76)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
41	wt	63	Jelte Johannes Otten		HPD	13.60	13.32	PR
	rd	8	Froukje de Vries		DPB	13.57	13.51	PR
		<u>Jelte Johannes Otten</u>			<u>Froukje de Vries</u>			
		100m	13.32	(13.32)	100m	13.51	(13.51)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
42	gl	120	Idsart Hilarides		HPD	13.63	13.68	
	bl	127	Myrthe De Vries		DPA	13.59	13.30	PR
		<u>Idsart Hilarides</u>			<u>Myrthe De Vries</u>			
		100m	13.68	(13.68)	100m	13.30	(13.30)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
43	wt	131	Lieke Nijboer		DPB	13.12	13.09	PR
	rd	128	Yara Lanza		DPA	13.47	13.60	
		<u>Lieke Nijboer</u>			<u>Yara Lanza</u>			
		100m	13.09	(13.09)	100m	13.60	(13.60)	

		Naam		Cat		PR	Tijd	Info
44	gl	138	Hilderd de Ruiter		HPA	13.46	13.04	PR
	bl	17	Anna de Vegt		DPD	13.53	13.88	
			Hilderd de Ruiter				Anna de Vegt	
			100m	13.04	(13.04)	100m	13.88	(13.88)

		Naam		Cat		PR	Tijd	Info
45	wt	81	Nynke Krol		DPB	12.25	12.29	
	rd	73	Nick van der Staal		HPC	12.53	12.76	
			Nynke Krol				Nick van der Staal	
			100m	12.29	(12.29)	100m	12.76	(12.76)

		Naam		Cat		PR	Tijd	Info
46	gl	144	Menthe Pietersma		DPA	12.91	12.87	PR
	bl	136	Stevin Visser		HPB	12.39	12.57	
			Menthe Pietersma				Stevin Visser	
			100m	12.87	(12.87)	100m	12.57	(12.57)

3. Uitslag Pupillen (100-500) 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	119 Otte Hilarides	HPB	72	I	43.79	PR	
2	68 Anton Boersma	HPA	72	O	44.46	PR	
3	50 Ids Hellinga	HPA	71	O	46.24	PR	
4	93 Tobias Pleij	HPA	71	I	46.44		
5	5 Sverre de Vegt	HPB	68	O	47.30	PR	
6	43 Rixt Bijlsma	DPA	69	O	47.48		
7	54 Ties Mercur	HPA	68	I	47.95	PR	
8	118 Niels Everts	HPB	70	O	48.20		
9	37 Bernt Hut	HPB	69	I	48.34		
10	80 Tirza Stojanovski	DPC	67	I	49.01		
11	121 Sybrich Buisman	DPA	66	O	49.17		
12	94 Keira Wind	DPA	67	O	49.21		
13	125 Jurre Valkenburg	HPC	65	O	49.29	PR	
14	74 Hidde Salomons	HPB	65	I	49.35	PR	
15	10 Doutzen Wierda	DPB	63	I	49.69		
16	47 Carlien van den Heuvel	DPA	66	I	49.71		
17	13 Maud de Vries	DPA	63	O	50.08	PR	
18	62 Andrea de Jong	DPA	61	I	50.11	PR	
19	114 Djura Lubbinge	DPB	64	I	50.63	PR	
20	49 Bente Dam	DPB	62	O	51.62		
21	52 Fimme van Dijk	HPA	58	I	51.70	PR	
22	177 Ammarens Veldstra	DPC	57	I	51.72	PR	
23	58 Jildau Sietsma	DPA	60	O	52.23	PR	
24	2 Nouk van het Erve	DPB	60	I	52.56	PR	
25	28 Jesper ten Bloemendaal	HPB	56	I	52.80	PR	
26	44 Silke Vries	DPA	59	I	53.29		
27	18 Myrthe Zwaagstra	DPC	56	O	53.46	PR	
28	123 Derek Graansma	HPB	57	O	53.49	PR	
29	178 Bas van der Weij	HPC	61	O	53.64		
30	69 Julia Boersma	DPC	55	I	53.85	PR	
31	7 Kas Zijlstra	HPB	58	O	54.76	PR	
32	3 Lize Boons	DPC	53	O	55.32	HT PR	
33	116 Mylan Koeman	HPC	52	O	55.46	PR	
34	191 Feya Hollak	DPA	59	O	55.62		
35	56 Rianne van der Meulen	DPA	53	I	55.79	PR	
36	21 Danique Leffertstra	DPC	54	O	55.84	HT PR	
37	15 Aise Bouma	HPA	49	O	56.10	PR	
38	14 Nynke van Stralen	DPB	54	I	57.48	PR	

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	117 Sverre Jens Wolters	HPA	70	I	57.68	FL	
40	59 Hessel Hagedoorn	HPB	52	I	57.83	PR	
41	26 Amber Soet	DPB	51	I	59.47		
42	60 Lisa Haanstra	DPB	50	O	1:02.21	PR	
43	83 Lasse Kolder	HPC	50	I	1:02.27	PR	
44	42 Nick Peek	HPC	48	O	1:03.49		
45	48 Jurre Van Dijk	HPC	47	I	1:03.50	PR	
46	22 Lynn van Baaren	DPB	62	I	1:06.02	FL	
47	32 Milou Steenbeek	DPA	55	O	1:06.61	FL	
48	24 Joas van der Vaart	HPA	64	O	1:08.39	FL	
49	64 Sanne Andrea Otten	DPB	49	I	1:08.44	FL	
50	29 Rienk Jongsma	HPB	48	I	1:09.09		
51	61 Maaïke Sietsma	DPC	47	O	1:18.20		
	30 Jimte Terpstra	HPA	51	O	DNF		

3. Rituitslag Pupillen (100-500) 500 meter

		Naam		Cat		PR		Tijd	Info
47	wt	48	Jurre Van Dijk		HPC			1:04.46	1:03.50 PR
	rd	61	Maaike Sietsma		DPC			1:17.46	1:18.20
			<u>Jurre Van Dijk</u>				<u>Maaike Sietsma</u>		
			100m	15.07	(15.07)	100m			16.91 (16.91)
			500m	1:03.50	(48.43)	500m			1:18.20 (61.29)

		Naam		Cat		PR		Tijd	Info
48	gl	29	Rienk Jongsma		HPB			1:08.98	1:09.09
	bl	42	Nick Peek		HPC				1:03.49
			<u>Rienk Jongsma</u>				<u>Nick Peek</u>		
			100m	15.57	(15.57)	100m			15.24 (15.24)
			500m	1:09.09	(53.52)	500m			1:03.49 (48.25)

		Naam		Cat		PR		Tijd	Info
49	wt	64	Sanne Andrea Otten		DPB			1:01.45	1:08.44 FL
	rd	15	Aise Bouma		HPA			1:01.65	56.10 PR
			<u>Sanne Andrea Otten</u>				<u>Aise Bouma</u>		
			100m	20.51	(20.51)	100m			13.85 (13.85)
			500m	1:08.44	(47.93)	500m			56.10 (42.25)

		Naam		Cat		PR		Tijd	Info
50	gl	83	Lasse Kolder		HPC			1:04.30	1:02.27 PR
	bl	60	Lisa Haanstra		DPB			1:02.73	1:02.21 PR
			<u>Lasse Kolder</u>				<u>Lisa Haanstra</u>		
			100m	14.39	(14.39)	100m			14.80 (14.80)
			500m	1:02.27	(47.88)	500m			1:02.21 (47.41)

		Naam		Cat		PR		Tijd	Info
51	wt	26	Amber Soet		DPB			59.33	59.47
	rd	30	Jimte Terpstra		HPA			58.60	DNF
			<u>Amber Soet</u>				<u>Jimte Terpstra</u>		
			100m	14.17	(14.17)	100m			14.17 (14.17)
			500m	59.47	(45.30)				

		Naam	Cat	PR	Tijd	Info
52	gl	59 Hessel Hagedoorn	HPB	1:00.53	57.83	PR
	bl	116 Mylan Koeman	HPC	59.34	55.46	PR
		Hessel Hagedoorn		Mylan Koeman		
		100m	13.87 (13.87)	100m	13.85 (13.85)	
		500m	57.83 (43.96)	500m	55.46 (41.61)	

		Naam	Cat	PR	Tijd	Info
53	wt	56 Rianne van der Meulen	DPA	58.55	55.79	PR
	rd	3 Lize Boons	DPC	57.51	55.32	HT PR
		Rianne van der Meulen		Lize Boons		
		100m	13.91 (13.91)	100m	13.94 (13.94)	
		500m	55.79 (41.88)	500m	55.32 (41.38)	

		Naam	Cat	PR	Tijd	Info
54	gl	14 Nynke van Stralen	DPB	57.68	57.48	PR
	bl	21 Danique Leffertstra	DPC	57.25	55.84	HT PR
		Nynke van Stralen		Danique Leffertstra		
		100m	13.84 (13.84)	100m	13.53 (13.53)	
		500m	57.48 (43.64)	500m	55.84 (42.31)	

		Naam	Cat	PR	Tijd	Info
55	wt	69 Julia Boersma	DPC	56.51	53.85	PR
	rd	32 Milou Steenbeek	DPA	56.22	1:06.61	FL
		Julia Boersma		Milou Steenbeek		
		100m	13.74 (13.74)	100m	13.55 (13.55)	
		500m	53.85 (40.11)	500m	1:06.61 (53.06)	

		Naam	Cat	PR	Tijd	Info
56	gl	28 Jesper ten Bloemendaal	HPB	55.67	52.80	PR
	bl	18 Myrthe Zwaagstra	DPC	56.57	53.46	PR
		Jesper ten Bloemendaal		Myrthe Zwaagstra		
		100m	13.95 (13.95)	100m	13.83 (13.83)	
		500m	52.80 (38.85)	500m	53.46 (39.63)	

		Naam			Cat	PR	Tijd	Info
57	wt	177	Ammarens Veldstra		DPC	53.53	51.72	PR
	rd	123	Derek Graansma		HPB	53.61	53.49	PR
		Ammarens Veldstra			Derek Graansma			
		100m	13.39	(13.39)	100m	13.91	(13.91)	
		500m	51.72	(38.33)	500m	53.49	(39.58)	
		Naam			Cat	PR	Tijd	Info
58	gl	52	Fimme van Dijk		HPA	53.63	51.70	PR
	bl	7	Kas Zijlstra		HPB	55.20	54.76	PR
		Fimme van Dijk			Kas Zijlstra			
		100m	13.24	(13.24)	100m	13.45	(13.45)	
		500m	51.70	(38.46)	500m	54.76	(41.31)	
		Naam			Cat	PR	Tijd	Info
59	wt	44	Silke Vries		DPA	53.29	53.29	
	rd	191	Feya Hollak		DPA	53.20	55.62	
		Silke Vries			Feya Hollak			
		100m	13.89	(13.89)	100m	14.32	(14.32)	
		500m	53.29	(39.40)	500m	55.62	(41.30)	
		Naam			Cat	PR	Tijd	Info
60	gl	2	Nouk van het Erve		DPB	53.36	52.56	PR
	bl	58	Jildau Sietsma		DPA	53.38	52.23	PR
		Nouk van het Erve			Jildau Sietsma			
		100m	13.46	(13.46)	100m	13.56	(13.56)	
		500m	52.56	(39.10)	500m	52.23	(38.67)	
		Naam			Cat	PR	Tijd	Info
61	wt	62	Andrea de Jong		DPA	51.78	50.11	PR
	rd	178	Bas van der Weij		HPC	52.90	53.64	
		Andrea de Jong			Bas van der Weij			
		100m	13.12	(13.12)	100m	13.84	(13.84)	
		500m	50.11	(36.99)	500m	53.64	(39.80)	

		Naam			Cat	PR	Tijd	Info
62	gl	22 Lynn van Baaren			DPB	51.34	1:06.02	FL
	bl	49 Bente Dam			DPB	51.48	51.62	
		Lynn van Baaren			Bente Dam			
		100m	13.04	(13.04)	100m	13.34	(13.34)	
		500m	1:06.02	(52.98)	500m	51.62	(38.28)	

		Naam			Cat	PR	Tijd	Info
63	wt	10 Doutzen Wierda			DPB	49.56	49.69	
	rd	13 Maud de Vries			DPA	50.85	50.08	PR
		Doutzen Wierda			Maud de Vries			
		100m	13.14	(13.14)	100m	13.18	(13.18)	
		500m	49.69	(36.55)	500m	50.08	(36.90)	

		Naam			Cat	PR	Tijd	Info
64	gl	114 Djura Lubbinge			DPB	51.13	50.63	PR
	bl	24 Joas van der Vaart			HPA	50.50	1:08.39	FL
		Djura Lubbinge			Joas van der Vaart			
		100m	13.45	(13.45)	100m	13.08	(13.08)	
		500m	50.63	(37.18)	500m	1:08.39	(55.31)	

		Naam			Cat	PR	Tijd	Info
65	wt	74 Hidde Salomons			HPB	49.39	49.35	PR
	rd	125 Jurre Valkenburg			HPC	49.29	49.29	PR
		Hidde Salomons			Jurre Valkenburg			
		100m	12.89	(12.89)	100m	12.98	(12.98)	
		500m	49.35	(36.46)	500m	49.29	(36.31)	

		Naam			Cat	PR	Tijd	Info
66	gl	47 Carlien van den Heuvel			DPA	48.87	49.71	
	bl	121 Sybrich Buisman			DPA	48.81	49.17	
		Carlien van den Heuvel			Sybrich Buisman			
		100m	13.24	(13.24)	100m	13.37	(13.37)	
		500m	49.71	(36.47)	500m	49.17	(35.80)	

		Naam			Cat	PR	Tijd	Info
67	wt	80	Tirza Stojanovski		DPC	48.38	49.01	
	rd	94	Keira Wind		DPA	48.42	49.21	
		<u>Tirza Stojanovski</u>			<u>Keira Wind</u>			
		100m	12.84	(12.84)	100m	13.09	(13.09)	
		500m	49.01	(36.17)	500m	49.21	(36.12)	
<hr/>								
		Naam			Cat	PR	Tijd	Info
68	gl	54	Ties Mercurur		HPA	48.77	47.95	PR
	bl	5	Sverre de Vegt		HPB	48.41	47.30	PR
		<u>Ties Mercurur</u>			<u>Sverre de Vegt</u>			
		100m	12.92	(12.92)	100m	12.44	(12.44)	
		500m	47.95	(35.03)	500m	47.30	(34.86)	
<hr/>								
		Naam			Cat	PR	Tijd	Info
69	wt	37	Bernt Hut		HPB	47.64	48.34	
	rd	43	Rixt Bijlsma		DPA	46.94	47.48	
		<u>Bernt Hut</u>			<u>Rixt Bijlsma</u>			
		100m	12.72	(12.72)	100m	12.48	(12.48)	
		500m	48.34	(35.62)	500m	47.48	(35.00)	
<hr/>								
		Naam			Cat	PR	Tijd	Info
70	gl	117	Sverre Jens Wolters		HPA	46.88	57.68	FL
	bl	118	Niels Everts		HPB	47.54	48.20	
		<u>Sverre Jens Wolters</u>			<u>Niels Everts</u>			
		100m	12.42	(12.42)	100m	13.25	(13.25)	
		500m	57.68	(45.26)	500m	48.20	(34.95)	
<hr/>								
		Naam			Cat	PR	Tijd	Info
71	wt	93	Tobias Pleij		HPA	45.18	46.44	
	rd	50	Ids Hellinga		HPA	46.45	46.24	PR
		<u>Tobias Pleij</u>			<u>Ids Hellinga</u>			
		100m	12.31	(12.31)	100m	12.45	(12.45)	
		500m	46.44	(34.13)	500m	46.24	(33.79)	

		Naam		Cat		PR	Tijd	Info
72	gl	119	Otte Hilarides		HPB	43.96	43.79	PR
	bl	68	Anton Boersma		HPA	44.95	44.46	PR
			Otte Hilarides				Anton Boersma	
			100m	11.91	(11.91)	100m	12.27	(12.27)
			500m	43.79	(31.88)	500m	44.46	(32.19)

4. Uitslag Pupillen (100-300) 300 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	81 Nynke Krol	DPB	92	O	29.48		
2	136 Stevin Visser	HPB	92	I	29.54	PR	
3	144 Menthe Pietersma	DPA	91	O	31.13		
4	131 Lieke Nijboer	DPB	91	I	31.61	PR	
5	73 Nick van der Staal	HPC	89	O	32.25		
6	120 Idsart Hilarides	HPD	90	O	32.96	PR	
7	127 Myrthe De Vries	DPA	82	I	33.20	PR	
8	129 Ilana Hokse	DPD	89	I	33.22	PR	
9	128 Yara Lanza	DPA	88	I	33.27	PR	
10	138 Hilderd de Ruiter	HPA	80	O	33.33	PR	
11	63 Jelte Johannes Otten	HPD	88	O	33.47	PR	
12	17 Anna de Vegt	DPD	90	I	33.48	PR	
13	126 Renske Kromkamp	DPD	87	I	34.21	PR	
14	78 Silvan Stroetinga	HPE	85	I	34.60	PR	
15	12 Emma van der Tol	DPA	85	O	34.74	PR	
16	8 Froukje de Vries	DPB	86	O	35.21	PR	
17	67 Lieke Sijbranda	DPD	82	O	35.41	PR	
18	132 Tamar Dubbink	DPC	86	I	36.08		
19	183 Romée Lanser	DPC	84	I	36.26	PR	
20	65 Marrit Tichelaar	DPD	87	O	36.34		
21	100 Brent Faber	HPE	84	O	37.47		
22	35 Ties Wierda	HPE	83	O	37.48		
23	51 Evy Dijkstra	DPC	83	I	37.50		
24	31 Pim de Vries	HPD	81	I	37.61	PR	
25	103 Lisette Reitsma	DPD	81	O	37.83		
26	45 Yfke Vries	DPD	80	I	38.02	PR	
27	33 Julia Prins	DPD	75	I	38.84	PR	
28	87 Josefiën Dikkerboom	DPD	79	O	39.20	PR	
29	34 Elske de Vries	DPE	77	O	39.26	PR	
30	145 Niels de Jager	HPD	78	O	39.43	PR	
31	55 Femke Visser	DPE	77	I	40.31	PR	
32	79 Jelmer Kok	HPC	78	I	40.35	PR	
33	130 Tim Nijboer	HPF	76	I	40.50	PR	
34	142 Rob Nagelhout	HPC	79	I	40.75		
35	38 Rixt Miedema	DPD	76	O	40.89	PR	
36	135 Benthe De Vries	DPC	75	O	41.03	PR	
37	70 Elcke van Barneveld	DPD	73	I	42.11	PR	
38	176 Jorien Wijnia	DPD	74	I	43.11		
39	53 Marrit Postma	DPD	74	O	45.04	PR	

4. Rituitslag Pupillen (100-300) 300 meter

		Naam	Cat	PR	Tijd	Info																																																																																																																																																																																									
73	wt	70 Elcke van Barneveld	DPD	42.71	42.11	PR																																																																																																																																																																																									
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		Naam	Cat	PR	Tijd	Info
78	gl	79 Jelmer Kok	HPC	40.38	40.35	PR
	bl	145 Niels de Jager	HPD	40.27	39.43	PR
		<u>Jelmer Kok</u>			<u>Niels de Jager</u>	
		300m 40.35 (40.35)			300m 39.43 (39.43)	
		Naam	Cat	PR	Tijd	Info
79	wt	142 Rob Nagelhout	HPC	40.22	40.75	
	rd	87 Josefien Dikkerboom	DPD	39.36	39.20	PR
		<u>Rob Nagelhout</u>			<u>Josefien Dikkerboom</u>	
		300m 40.75 (40.75)			300m 39.20 (39.20)	
		Naam	Cat	PR	Tijd	Info
80	gl	45 Yfke Vries	DPD	39.45	38.02	PR
	bl	138 Hilderd de Ruiter	HPA	39.25	33.33	PR
		<u>Yfke Vries</u>			<u>Hilderd de Ruiter</u>	
		300m 38.02 (38.02)			300m 33.33 (33.33)	
		Naam	Cat	PR	Tijd	Info
81	wt	31 Pim de Vries	HPD	38.16	37.61	PR
	rd	103 Lisette Reitsma	DPD	37.25	37.83	
		<u>Pim de Vries</u>			<u>Lisette Reitsma</u>	
		300m 37.61 (37.61)			300m 37.83 (37.83)	
		Naam	Cat	PR	Tijd	Info
82	gl	127 Myrthe De Vries	DPA	38.27	33.20	PR
	bl	67 Lieke Sijbranda	DPD	37.23	35.41	PR
		<u>Myrthe De Vries</u>			<u>Lieke Sijbranda</u>	
		300m 33.20 (33.20)			300m 35.41 (35.41)	
		Naam	Cat	PR	Tijd	Info
83	wt	51 Evy Dijkstra	DPC	36.76	37.50	
	rd	35 Ties Wierda	HPE	36.45	37.48	
		<u>Evy Dijkstra</u>			<u>Ties Wierda</u>	
		300m 37.50 (37.50)			300m 37.48 (37.48)	

		Naam	Cat	PR	Tijd	Info
84	gl	183 Romée Lanser	DPC	36.40	36.26	PR
	bl	100 Brent Faber	HPE	36.39	37.47	
		Romée Lanser				
		300m	36.26 (36.26)			
		Brent Faber				
		300m	37.47 (37.47)			

		Naam	Cat	PR	Tijd	Info
85	wt	78 Silvan Stroetinga	HPE	35.02	34.60	PR
	rd	12 Emma van der Tol	DPA	35.81	34.74	PR
		Silvan Stroetinga				
		300m	34.60 (34.60)			
		Emma van der Tol				
		300m	34.74 (34.74)			

		Naam	Cat	PR	Tijd	Info
86	gl	132 Tamar Dubbink	DPC	35.80	36.08	
	bl	8 Froukje de Vries	DPB	36.06	35.21	PR
		Tamar Dubbink				
		300m	36.08 (36.08)			
		Froukje de Vries				
		300m	35.21 (35.21)			

		Naam	Cat	PR	Tijd	Info
87	wt	126 Renske Kromkamp	DPD	34.75	34.21	PR
	rd	65 Marrit Tichelaar	DPD	34.84	36.34	
		Renske Kromkamp				
		300m	34.21 (34.21)			
		Marrit Tichelaar				
		300m	36.34 (36.34)			

		Naam	Cat	PR	Tijd	Info
88	gl	128 Yara Lanza	DPA	34.38	33.27	PR
	bl	63 Jelte Johannes Otten	HPD	33.89	33.47	PR
		Yara Lanza				
		300m	33.27 (33.27)			
		Jelte Johannes Otten				
		300m	33.47 (33.47)			

		Naam	Cat	PR	Tijd	Info
89	wt	129 Ilana Hokse	DPD	33.66	33.22	PR
	rd	73 Nick van der Staal	HPC	31.85	32.25	
		Ilana Hokse				
		300m	33.22 (33.22)			
		Nick van der Staal				
		300m	32.25 (32.25)			

		Naam		Cat		PR	Tijd	Info
90	gl	17	Anna de Vegt		DPD	33.64	33.48	PR
	bl	120	Idsart Hilarides		HPD	33.32	32.96	PR
			Anna de Vegt				Idsart Hilarides	
			300m	33.48	(33.48)	300m	32.96	(32.96)

		Naam		Cat		PR	Tijd	Info
91	wt	131	Lieke Nijboer		DPB	31.62	31.61	PR
	rd	144	Menthe Pietersma		DPA	30.72	31.13	
			Lieke Nijboer				Menthe Pietersma	
			300m	31.61	(31.61)	300m	31.13	(31.13)

		Naam		Cat		PR	Tijd	Info
92	gl	136	Stevin Visser		HPB	30.23	29.54	PR
	bl	81	Nynke Krol		DPB	29.19	29.48	
			Stevin Visser				Nynke Krol	
			300m	29.54	(29.54)	300m	29.48	(29.48)

5. Uitslag Junioren C en ouder 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	102 Willem Bekkema	HN1	128	O	36.66	PR	
2	168 Max Douma	HSA	128	I	37.41		
3	122 Ties Roemers	HN1	127	O	38.34		
4	20 Jornt Dijk	HN4	126	O	38.52		
5	97 Bart Seffinga	H40	126	I	38.63		
6	173 Eelke Westra	HN1	125	O	38.67		
7	169 Floris van Hardeveld	HB1	127	I	38.73		
8	180 Henny de Vries	DN3	125	I	39.81		
9	46 Jelte Hellinga	HB1	123	O	40.80		
10	113 Peike Joeri Gemser	HA2	124	O	41.15	PR	
11	152 Tessa Oudman	DSA	124	I	41.19		
12	71 Christian Groenhof	HB2	123	I	41.36		
13	161 Joas Woudstra	HSB	122	I	41.78	PR	
14	154 Tijn Bijma	HC1	119	O	42.41	PR	
15	189 Lena Budzan	DC2	122	O	42.64		
16	172 Bjorn Koen	HB1	121	I	42.72		
17	188 Hania Papis	DC2	120	I	42.74	PR	
18	77 Luca Stroetinga	HC1	120	O	42.98	PR	
19	150 Zenna Koopman	DN3	119	I	43.22		
20	184 Niels van der Weij	HB1	113	I	43.62	PR	
21	162 Jente Kiwiet	HC2	121	O	43.69		
22	157 Colin de Velde	HC1	118	I	43.95		
23	89 Rozina Veldstra	DC2	118	O	44.11		
24	148 Britt Steg	DB1	116	I	44.25		
25	90 Merel Vlug	DC1	116	O	44.60	PR	
26	1 Jade Zijlstra	DC2	115	O	44.64		
27	155 Jelmer Tasma	HC1	117	I	44.73		
28	101 Stefan Huizinga	HB2	115	I	44.79		
29	25 Sem de Vries	HB1	114	O	44.99		
30	66 Mats Rabbinge	HC2	114	I	45.18		
31	124 Gerianne Kromkamp	DC1	111	I	45.33	PR	
32	23 Hidde-Jan Poiesz	HC1	111	O	45.45	PR	
33	147 Corien de Jong	DA1	112	I	45.92		
34	39 Elbrich Kooistra	DA1	110	O	46.01	PR	
35	107 Marieke van den Heuvel	DA2	109	O	46.06		
36	163 Tijmen Kiwiet	HC2	112	O	46.23		
37	160 Ilse Calsbeek	DA1	108	I	46.42		
	115 Robine Lubbinge	DC2	113	O	46.42		

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
	143 Bart Nagelhout	HB1	108	O	46.42		
40	190 Lena Weryszko	DC2	110	I	46.47		
41	9 Marriët van der Tol	DB2	107	I	46.62		
42	36 Amber Feller	DC2	109	I	46.67		
43	110 Sophie Oostenbrink	DC2	105	I	46.70	PR	
44	98 Wende Kleinhout	DC2	103	O	46.72	PR	
45	57 Saida Gorte	DB2	107	O	46.98		
46	158 Eline Teeninga	DC1	105	O	47.17		
47	175 Jelka Kootstra	DC1	104	O	47.32	PR	
48	11 Aimee Prins	DC1	102	I	48.26	PR	
49	41 Janine Postma	DB2	106	I	48.94		
50	133 Amber Wietsma	DB1	106	O	49.18		
51	99 Arjen Hiemstra	HC1	102	O	50.12	PR	
52	106 Meike de Groot	DB2	99	O	50.32	PR	
53	75 Jildou de Haan	DC1	101	O	50.56		
54	141 Elyne Hornstra	DB1	101	I	50.60	PR	
55	156 Jant Anna Pasveer	DC1	100	I	51.03	PR	
56	109 Assana de Ruiter	DC1	98	I	51.24	PR	
57	27 Esmee Soet	DC1	99	I	51.41		
58	108 Nicole de Koning	D50	100	O	52.20		
59	16 Sanne Westenbrink	DC2	97	O	52.62	PR	
60	6 Marit Veenstra	DB2	95	I	52.89	PR	
61	88 Jurre Wind	HC1	97	I	53.62	PR	
62	174 Wytske Huitema	DB1	98	O	53.65		
63	112 Anouk Elzinga	DB2	95	O	56.06	PR	
64	40 Froukje Leffertstra	DC1	96	I	56.75		
65	139 Hidde Oord	HC1	96	O	56.88	PR	
66	105 Noa van der Meulen	DB1	93	I	1:02.14		
	185 Jeljer Visser	HA2	104	I	DNF		
	165 Silke Ludema	DB2	117	O	DNF		
	134 Vera Nijboer	DC1			WDR		

5. Rituitslag Junioren C en ouder 500 meter

		Naam		Cat		PR	Tijd	Info
93	wt rd	105	Noa van der Meulen		DB1		1:02.14	
		Noa van der Meulen						
		100m	15.80	(15.80)			m	
		500m	1:02.14	(46.34)				

		Naam		Cat		PR	Tijd	Info
94	gl bl							
			m				m	

		Naam		Cat		PR	Tijd	Info
95	wt rd	6	Marit Veenstra		DB2	57.31	52.89	PR
		112	Anouk Elzinga		DB2	58.76	56.06	PR
		Marit Veenstra			Anouk Elzinga			
		100m	14.12	(14.12)		100m	14.53	(14.53)
		500m	52.89	(38.77)		500m	56.06	(41.53)

		Naam		Cat		PR	Tijd	Info
96	gl bl	40	Froukje Leffertstra		DC1	56.67	56.75	
		139	Hidde Oord		HC1	58.68	56.88	PR
		Froukje Leffertstra			Hidde Oord			
		100m	13.86	(13.86)		100m	14.22	(14.22)
		500m	56.75	(42.89)		500m	56.88	(42.66)

		Naam		Cat		PR	Tijd	Info
97	wt rd	88	Jurre Wind		HC1	55.35	53.62	PR
		16	Sanne Westenbrink		DC2	55.42	52.62	PR
		Jurre Wind			Sanne Westenbrink			
		100m	14.34	(14.34)		100m	13.91	(13.91)
		500m	53.62	(39.28)		500m	52.62	(38.71)

		Naam	Cat	PR	Tijd	Info
98	gl	109 Assana de Ruiter	DC1	53.28	51.24	PR
	bl	174 Wyske Huitema	DB1	52.39	53.65	
		Assana de Ruiter		Wyske Huitema		
		100m 13.50 (13.50)		100m 13.83 (13.83)		
		500m 51.24 (37.74)		500m 53.65 (39.82)		

		Naam	Cat	PR	Tijd	Info
99	wt	27 Esmee Soet	DC1	51.23	51.41	
	rd	106 Meike de Groot	DB2	51.83	50.32	PR
		Esmee Soet		Meike de Groot		
		100m 13.57 (13.57)		100m 12.83 (12.83)		
		500m 51.41 (37.84)		500m 50.32 (37.49)		

		Naam	Cat	PR	Tijd	Info
100	gl	156 Jant Anna Pasveer	DC1	52.35	51.03	PR
	bl	108 Nicole de Koning	D50	48.49	52.20	
		Jant Anna Pasveer		Nicole de Koning		
		100m 13.36 (13.36)		100m 14.42 (14.42)		
		500m 51.03 (37.67)		500m 52.20 (37.78)		

		Naam	Cat	PR	Tijd	Info
101	wt	141 Elyne Hornstra	DB1	50.72	50.60	PR
	rd	75 Jildou de Haan	DC1	49.65	50.56	
		Elyne Hornstra		Jildou de Haan		
		100m 13.71 (13.71)		100m 13.78 (13.78)		
		500m 50.60 (36.89)		500m 50.56 (36.78)		

		Naam	Cat	PR	Tijd	Info
102	gl	11 Aimee Prins	DC1	49.79	48.26	PR
	bl	99 Arjen Hiemstra	HC1	50.60	50.12	PR
		Aimee Prins		Arjen Hiemstra		
		100m 13.19 (13.19)		100m 12.98 (12.98)		
		500m 48.26 (35.07)		500m 50.12 (37.14)		

		Naam	Cat	PR	Tijd	Info			
103	wt	134 Vera Nijboer	DC1	49.00		WDR			
	rd	98 Wende Kleinhout	DC2	48.48		46.72 PR			
		<table border="0"> <tr> <td style="border-bottom: 1px solid black;">Vera Nijboer</td> <td style="border-bottom: 1px solid black;">Wende Kleinhout</td> </tr> </table>		Vera Nijboer	Wende Kleinhout				
Vera Nijboer	Wende Kleinhout								
				100m	12.50	(12.50)			
				500m	46.72	(34.22)			
<hr/>									
		Naam	Cat	PR	Tijd	Info			
104	gl	185 Jeljer Visser	HA2	48.43		DNF			
	bl	175 Jelka Kootstra	DC1	47.97		47.32 PR			
		<table border="0"> <tr> <td style="border-bottom: 1px solid black;">Jeljer Visser</td> <td style="border-bottom: 1px solid black;">Jelka Kootstra</td> </tr> </table>		Jeljer Visser	Jelka Kootstra				
Jeljer Visser	Jelka Kootstra								
				100m	12.66	(12.66)			
				500m	47.32	(34.66)			
<hr/>									
		Naam	Cat	PR	Tijd	Info			
105	wt	110 Sophie Oostenbrink	DC2	47.63		46.70 PR			
	rd	158 Eline Teeninga	DC1	47.13		47.17			
		<table border="0"> <tr> <td style="border-bottom: 1px solid black;">Sophie Oostenbrink</td> <td style="border-bottom: 1px solid black;">Eline Teeninga</td> </tr> </table>		Sophie Oostenbrink	Eline Teeninga				
Sophie Oostenbrink	Eline Teeninga								
		100m	12.33	(12.33)	100m	12.45 (12.45)			
		500m	46.70	(34.37)	500m	47.17 (34.72)			
<hr/>									
		Naam	Cat	PR	Tijd	Info			
106	gl	41 Janine Postma	DB2	47.54		48.94			
	bl	133 Amber Wietsma	DB1	47.94		49.18			
		<table border="0"> <tr> <td style="border-bottom: 1px solid black;">Janine Postma</td> <td style="border-bottom: 1px solid black;">Amber Wietsma</td> </tr> </table>		Janine Postma	Amber Wietsma				
Janine Postma	Amber Wietsma								
		100m	13.18	(13.18)	100m	13.84 (13.84)			
		500m	48.94	(35.76)	500m	49.18 (35.34)			
<hr/>									
		Naam	Cat	PR	Tijd	Info			
107	wt	9 Marriët van der Tol	DB2	46.39		46.62			
	rd	57 Saida Gorte	DB2	46.72		46.98			
		<table border="0"> <tr> <td style="border-bottom: 1px solid black;">Marriët van der Tol</td> <td style="border-bottom: 1px solid black;">Saida Gorte</td> </tr> </table>		Marriët van der Tol	Saida Gorte				
Marriët van der Tol	Saida Gorte								
		100m	12.47	(12.47)	100m	12.77 (12.77)			
		500m	46.62	(34.15)	500m	46.98 (34.21)			

		Naam	Cat	PR	Tijd	Info
108	gl	160 Ilse Calsbeek	DA1	46.38	46.42	
	bl	143 Bart Nagelhout	HB1	46.28	46.42	
		Ilse Calsbeek			Bart Nagelhout	
		100m 12.59 (12.59)		100m 12.83 (12.83)		
		500m 46.42 (33.83)		500m 46.42 (33.59)		
		Naam	Cat	PR	Tijd	Info
109	wt	36 Amber Feller	DC2	46.00	46.67	
	rd	107 Marieke van den Heuvel	DA2	45.89	46.06	
		Amber Feller			Marieke van den Heuvel	
		100m 12.59 (12.59)		100m 12.72 (12.72)		
		500m 46.67 (34.08)		500m 46.06 (33.34)		
		Naam	Cat	PR	Tijd	Info
110	gl	190 Lena Weryszko	DC2	45.91	46.47	
	bl	39 Elbrich Kooistra	DA1	46.10	46.01	PR
		Lena Weryszko			Elbrich Kooistra	
		100m 12.59 (12.59)		100m 12.38 (12.38)		
		500m 46.47 (33.88)		500m 46.01 (33.63)		
		Naam	Cat	PR	Tijd	Info
111	wt	124 Gerianne Kromkamp	DC1	45.67	45.33	PR
	rd	23 Hidde-Jan Poiesz	HC1	45.87	45.45	PR
		Gerianne Kromkamp			Hidde-Jan Poiesz	
		100m 12.38 (12.38)		100m 12.24 (12.24)		
		500m 45.33 (32.95)		500m 45.45 (33.21)		
		Naam	Cat	PR	Tijd	Info
112	gl	147 Corien de Jong	DA1	45.31	45.92	
	bl	163 Tijmen Kiwiet	HC2	45.39	46.23	
		Corien de Jong			Tijmen Kiwiet	
		100m 12.31 (12.31)		100m 12.18 (12.18)		
		500m 45.92 (33.61)		500m 46.23 (34.05)		

		Naam	Cat	PR	Tijd	Info
113	wt	184 Niels van der Weij	HB1	44.89	43.62	PR
	rd	115 Robine Lubbinge	DC2	45.30	46.42	
		Niels van der Weij		Robine Lubbinge		
		100m	11.86 (11.86)	100m	12.53 (12.53)	
		500m	43.62 (31.76)	500m	46.42 (33.89)	
		Naam	Cat	PR	Tijd	Info
114	gl	66 Mats Rabbinge	HC2	44.94	45.18	
	bl	25 Sem de Vries	HB1	44.92	44.99	
		Mats Rabbinge		Sem de Vries		
		100m	12.09 (12.09)	100m	12.04 (12.04)	
		500m	45.18 (33.09)	500m	44.99 (32.95)	
		Naam	Cat	PR	Tijd	Info
115	wt	101 Stefan Huizinga	HB2	44.68	44.79	
	rd	1 Jade Zijlstra	DC2	44.34	44.64	
		Stefan Huizinga		Jade Zijlstra		
		100m	12.05 (12.05)	100m	12.26 (12.26)	
		500m	44.79 (32.74)	500m	44.64 (32.38)	
		Naam	Cat	PR	Tijd	Info
116	gl	148 Britt Steg	DB1	44.20	44.25	
	bl	90 Merel Vlug	DC1	44.88	44.60	PR
		Britt Steg		Merel Vlug		
		100m	12.32 (12.32)	100m	12.37 (12.37)	
		500m	44.25 (31.93)	500m	44.60 (32.23)	
		Naam	Cat	PR	Tijd	Info
117	wt	155 Jelmer Tasma	HC1	43.98	44.73	
	rd	165 Silke Ludema	DB2	44.07	DNF	
		Jelmer Tasma		Silke Ludema		
		100m	12.47 (12.47)			
		500m	44.73 (32.26)			

		Naam			Cat	PR	Tijd	Info
118	gl	157	Colin de Velde		HC1	43.90	43.95	
	bl	89	Rozina Veldstra		DC2	43.38	44.11	
		Colin de Velde			Rozina Veldstra			
		100m	12.08	(12.08)	100m	12.02	(12.02)	
		500m	43.95	(31.87)	500m	44.11	(32.09)	
		Naam			Cat	PR	Tijd	Info
119	wt	150	Zenna Koopman		DN3	42.62	43.22	
	rd	154	Tijn Bijma		HC1	42.57	42.41	PR
		Zenna Koopman			Tijn Bijma			
		100m	12.03	(12.03)	100m	11.58	(11.58)	
		500m	43.22	(31.19)	500m	42.41	(30.83)	
		Naam			Cat	PR	Tijd	Info
120	gl	188	Hania Papis		DC2	42.92	42.74	PR
	bl	77	Luca Stroetinga		HC1	43.18	42.98	PR
		Hania Papis			Luca Stroetinga			
		100m	11.71	(11.71)	100m	11.97	(11.97)	
		500m	42.74	(31.03)	500m	42.98	(31.01)	
		Naam			Cat	PR	Tijd	Info
121	wt	172	Bjorn Koen		HB1	42.11	42.72	
	rd	162	Jente Kiwiet		HC2	42.44	43.69	
		Bjorn Koen			Jente Kiwiet			
		100m	11.61	(11.61)	100m	12.02	(12.02)	
		500m	42.72	(31.11)	500m	43.69	(31.67)	
		Naam			Cat	PR	Tijd	Info
122	gl	161	Joas Woudstra		HSB	41.86	41.78	PR
	bl	189	Lena Budzan		DC2	42.54	42.64	
		Joas Woudstra			Lena Budzan			
		100m	11.40	(11.40)	100m	11.59	(11.59)	
		500m	41.78	(30.38)	500m	42.64	(31.05)	

		Naam	Cat	PR	Tijd	Info
123	wt	71 Christian Groenhof	HB2	41.10	41.36	
	rd	46 Jelte Hellinga	HB1	40.25	40.80	
		Christian Groenhof		Jelte Hellinga		
		100m 11.11 (11.11)		100m 11.35 (11.35)		
		500m 41.36 (30.25)		500m 40.80 (29.45)		
		Naam	Cat	PR	Tijd	Info
124	gl	152 Tessa Oudman	DSA	40.95	41.19	
	bl	113 Peike Joeri Gemser	HA2	41.89	41.15	PR
		Tessa Oudman		Peike Joeri Gemser		
		100m 11.39 (11.39)		100m 11.42 (11.42)		
		500m 41.19 (29.80)		500m 41.15 (29.73)		
		Naam	Cat	PR	Tijd	Info
125	wt	180 Henny de Vries	DN3	39.68	39.81	
	rd	173 Eelke Westra	HN1	38.25	38.67	
		Henny de Vries		Eelke Westra		
		100m 11.23 (11.23)		100m 10.89 (10.89)		
		500m 39.81 (28.58)		500m 38.67 (27.78)		
		Naam	Cat	PR	Tijd	Info
126	gl	97 Bart Seffinga	H40	37.10	38.63	
	bl	20 Jornt Dijk	HN4	37.70	38.52	
		Bart Seffinga		Jornt Dijk		
		100m 10.98 (10.98)		100m 10.62 (10.62)		
		500m 38.63 (27.65)		500m 38.52 (27.90)		
		Naam	Cat	PR	Tijd	Info
127	wt	169 Floris van Hardeveld	HB1	38.08	38.73	
	rd	122 Ties Roemers	HN1	38.10	38.34	
		Floris van Hardeveld		Ties Roemers		
		100m 10.38 (10.38)		100m 10.36 (10.36)		
		500m 38.73 (28.35)		500m 38.34 (27.98)		

		Naam	Cat	PR	Tijd	Info
128	gl	168 Max Douma	HSA	37.28	37.41	
	bl	102 Willem Bekkema	HN1	36.88	36.66	PR
		Max Douma		Willem Bekkema		
		100m	10.68 (10.68)	100m	10.11 (10.11)	
		500m	37.41 (26.73)	500m	36.66 (26.55)	

6. Uitslag Junioren C en ouder 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	102 Willem Bekkema	HN1	148	I	1:16.20	PR	
2	122 Ties Roemers	HN1	147	O	1:16.86	PR	
3	97 Bart Seffinga	H40	148	O	1:16.93		
4	180 Henny de Vries	DN3	147	I	1:18.86	PR	
5	161 Joas Woudstra	HSB	145	I	1:22.53		
6	71 Christian Groenhof	HB2	146	O	1:23.05		
7	150 Zenna Koopman	DN3	146	I	1:25.90		
8	184 Niels van der Weij	HB1	141	O	1:26.42	PR	
9	1 Jade Zijlstra	DC2	143	I	1:28.46		
10	148 Britt Steg	DB1	144	I	1:28.95		
11	89 Rozina Veldstra	DC2	143	O	1:28.97		
12	101 Stefan Huizinga	HB2	145	O	1:29.58		
13	25 Sem de Vries	HB1	144	O	1:30.29		
14	165 Silke Ludema	DB2	141	I	1:31.20	PR	
15	66 Mats Rabbinge	HC2	139	I	1:32.35	PR	
16	124 Gerianne Kromkamp	DC1	142	I	1:32.55		
17	23 Hidde-Jan Poiesz	HC1	140	O	1:33.18	PR	
18	9 Marriët van der Tol	DB2	139	O	1:33.75	PR	
19	143 Bart Nagelhout	HB1	140	I	1:34.14	PR	
20	36 Amber Feller	DC2	142	O	1:34.93		
21	175 Jelka Kootstra	DC1	138	I	1:35.28	PR	
22	57 Saida Gorte	DB2	138	O	1:36.28	PR	
23	110 Sophie Oostenbrink	DC2	136	O	1:38.93	PR	
24	41 Janine Postma	DB2	137	O	1:39.04		
25	6 Marit Veenstra	DB2	131	I	1:44.40	PR	
26	141 Elyne Hornstra	DB1	135	O	1:44.76	PR	
27	156 Jant Anna Pasveer	DC1	134	I	1:45.64	PR	
28	27 Esmee Soet	DC1	134	O	1:45.94	PR	
29	106 Meike de Groot	DB2	133	I	1:46.08	PR	
30	99 Arjen Hiemstra	HC1	133	O	1:46.69	PR	
31	109 Assana de Ruiter	DC1	132	I	1:48.35	PR	
32	88 Jurre Wind	HC1	131	O	1:49.74	PR	
33	40 Froukje Leffertstra	DC1	130	I	1:55.63	PR	
34	139 Hidde Oord	HC1	129	I	1:58.19	PR	
35	112 Anouk Elzinga	DB2	130	O	1:59.97	PR	
36	174 Wytske Huitema	DB1	132	O	2:00.05		
37	105 Noa van der Meulen	DB1	129	O	2:05.44		
	11 Aimee Prins	DC1	135	I	DNF		

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
98	Wende Kleinhout	DC2	136	I		DNF	
134	Vera Nijboer	DC1				WDR	

6. Rituitslag Junioren C en ouder 1000 meter

		Naam		Cat		PR	Tijd	Info
129	wt	139	Hidde Oord		HC1	2:04.68	1:58.19	PR
	rd	105	Noa van der Meulen		DB1		2:05.44	

Hidde Oord

200m	26.33	(26.33)
600m	1:12.02	(45.69)
1000m	1:58.19	(46.17)

Noa van der Meulen

200m	29.07	(29.07)
600m	1:16.30	(47.23)
1000m	2:05.44	(49.14)

		Naam		Cat		PR	Tijd	Info
130	gl	40	Froukje Leffertstra		DC1	1:57.24	1:55.63	PR
	bl	112	Anouk Elzinga		DB2	2:14.05	1:59.97	PR

Froukje Leffertstra

200m	25.86	(25.86)
600m	1:10.06	(44.20)
1000m	1:55.63	(45.57)

Anouk Elzinga

200m	27.35	(27.35)
600m	1:13.20	(45.85)
1000m	1:59.97	(46.77)

		Naam		Cat		PR	Tijd	Info
131	wt	6	Marit Veenstra		DB2	1:56.41	1:44.40	PR
	rd	88	Jurre Wind		HC1	1:52.45	1:49.74	PR

Marit Veenstra

200m	24.97	(24.97)
600m	1:03.36	(38.39)
1000m	1:44.40	(41.04)

Jurre Wind

200m	25.67	(25.67)
600m	1:06.66	(40.99)
1000m	1:49.74	(43.08)

		Naam		Cat		PR	Tijd	Info
132	gl	109	Assana de Ruiter		DC1	1:53.30	1:48.35	PR
	bl	174	Wytske Huitema		DB1	1:49.14	2:00.05	

Assana de Ruiter

200m	25.41	(25.41)
600m	1:05.46	(40.05)
1000m	1:48.35	(42.89)

Wytske Huitema

200m	27.74	(27.74)
600m	1:14.42	(46.68)
1000m	2:00.05	(45.63)

		Naam	Cat	PR	Tijd	Info
133	wt	106 Meike de Groot	DB2	1:48.13	1:46.08	PR
	rd	99 Arjen Hiemstra	HC1	1:47.66	1:46.69	PR
		Meike de Groot				
		200m	23.18 (23.18)			
		600m	1:01.48 (38.30)			
		1000m	1:46.08 (44.60)			
		Arjen Hiemstra				
		200m	22.81 (22.81)			
		600m	1:02.73 (39.92)			
		1000m	1:46.69 (43.96)			

		Naam	Cat	PR	Tijd	Info
134	gl	156 Jant Anna Pasveer	DC1	1:46.70	1:45.64	PR
	bl	27 Esmee Soet	DC1	1:47.48	1:45.94	PR
		Jant Anna Pasveer				
		200m	23.44 (23.44)			
		600m	1:02.67 (39.23)			
		1000m	1:45.64 (42.97)			
		Esmee Soet				
		200m	24.82 (24.82)			
		600m	1:04.61 (39.79)			
		1000m	1:45.94 (41.33)			

		Naam	Cat	PR	Tijd	Info
135	wt	11 Aimee Prins	DC1	1:42.89	DNF	
	rd	141 Elyne Hornstra	DB1	1:45.27	1:44.76	PR
		Aimee Prins				
		Elyne Hornstra				
		200m	24.88 (24.88)			
		600m	1:16.56 (51.68)			
		1000m	1:44.76 (28.20)			

		Naam	Cat	PR	Tijd	Info
136	gl	98 Wende Kleinhout	DC2	1:38.71	DNF	
	bl	110 Sophie Oostenbrink	DC2	1:41.08	1:38.93	PR
		Wende Kleinhout				
		Sophie Oostenbrink				
		200m	21.88 (21.88)			
		600m	59.05 (37.17)			
		1000m	1:38.93 (39.88)			

		Naam	Cat	PR	Tijd	Info
137	wt	134 Vera Nijboer	DC1	1:36.65		WDR
	rd	41 Janine Postma	DB2	1:37.16		1:39.04
		Vera Nijboer			Janine Postma	
		200m		23.12	(23.12)	
		600m		1:00.30	(37.18)	
		1000m		1:39.04	(38.74)	

		Naam	Cat	PR	Tijd	Info
138	gl	175 Jelka Kootstra	DC1	1:36.95		1:35.28 PR
	bl	57 Saida Gorte	DB2	1:36.74		1:36.28 PR
		Jelka Kootstra			Saida Gorte	
		200m		21.60	(21.60)	
		600m		57.21	(35.61)	
		1000m		1:35.28	(38.07)	
		200m		22.39	(22.39)	
		600m		57.72	(35.33)	
		1000m		1:36.28	(38.56)	

		Naam	Cat	PR	Tijd	Info
139	wt	66 Mats Rabbinge	HC2	1:35.22		1:32.35 PR
	rd	9 Marriët van der Tol	DB2	1:33.98		1:33.75 PR
		Mats Rabbinge			Marriët van der Tol	
		200m		20.90	(20.90)	
		600m		56.05	(35.15)	
		1000m		1:32.35	(36.30)	
		200m		21.78	(21.78)	
		600m		56.67	(34.89)	
		1000m		1:33.75	(37.08)	

		Naam	Cat	PR	Tijd	Info
140	gl	143 Bart Nagelhout	HB1	1:34.32		1:34.14 PR
	bl	23 Hidde-Jan Poiesz	HC1	1:33.88		1:33.18 PR
		Bart Nagelhout			Hidde-Jan Poiesz	
		200m		22.28	(22.28)	
		600m		57.03	(34.75)	
		1000m		1:34.14	(37.11)	
		200m		21.64	(21.64)	
		600m		55.44	(33.80)	
		1000m		1:33.18	(37.74)	

		Naam	Cat	PR	Tijd	Info
141	wt	165 Silke Ludema	DB2	1:31.84	1:31.20	PR
	rd	184 Niels van der Weij	HB1	1:33.17	1:26.42	PR
		Silke Ludema				
		200m	20.73 (20.73)			
		600m	53.54 (32.81)			
		1000m	1:31.20 (37.66)			
		Niels van der Weij				
		200m	20.71 (20.71)			
		600m	53.22 (32.51)			
		1000m	1:26.42 (33.20)			

		Naam	Cat	PR	Tijd	Info
142	gl	124 Gerianne Kromkamp	DC1	1:30.92	1:32.55	
	bl	36 Amber Feller	DC2	1:32.75	1:34.93	
		Gerianne Kromkamp				
		200m	21.58 (21.58)			
		600m	56.02 (34.44)			
		1000m	1:32.55 (36.53)			
		Amber Feller				
		200m	22.09 (22.09)			
		600m	57.34 (35.25)			
		1000m	1:34.93 (37.59)			

		Naam	Cat	PR	Tijd	Info
143	wt	1 Jade Zijlstra	DC2	1:27.12	1:28.46	
	rd	89 Rozina Veldstra	DC2	1:25.58	1:28.97	
		Jade Zijlstra				
		200m	21.27 (21.27)			
		600m	54.07 (32.80)			
		1000m	1:28.46 (34.39)			
		Rozina Veldstra				
		200m	21.26 (21.26)			
		600m	53.88 (32.62)			
		1000m	1:28.97 (35.09)			

		Naam	Cat	PR	Tijd	Info
144	gl	148 Britt Steg	DB1	1:27.41	1:28.95	
	bl	25 Sem de Vries	HB1	1:29.68	1:30.29	
		Britt Steg				
		200m	20.93 (20.93)			
		600m	53.63 (32.70)			
		1000m	1:28.95 (35.32)			
		Sem de Vries				
		200m	21.06 (21.06)			
		600m	55.43 (34.37)			
		1000m	1:30.29 (34.86)			

		Naam			Cat	PR	Tijd	Info
145	wt	161	Joas Woudstra		HSB	1:22.08	1:22.53	
	rd	101	Stefan Huizinga		HB2	1:26.27	1:29.58	
		Joas Woudstra			Stefan Huizinga			
		200m	19.75	(19.75)	200m	20.46	(20.46)	
		600m	50.53	(30.78)	600m	53.72	(33.26)	
		1000m	1:22.53	(32.00)	1000m	1:29.58	(35.86)	

		Naam			Cat	PR	Tijd	Info
146	gl	150	Zenna Koopman		DN3	1:25.34	1:25.90	
	bl	71	Christian Groenhof		HB2	1:22.99	1:23.05	
		Zenna Koopman			Christian Groenhof			
		200m	20.16	(20.16)	200m	19.53	(19.53)	
		600m	51.36	(31.20)	600m	50.15	(30.62)	
		1000m	1:25.90	(34.54)	1000m	1:23.05	(32.90)	

		Naam			Cat	PR	Tijd	Info
147	wt	180	Henny de Vries		DN3	1:19.86	1:18.86	PR
	rd	122	Ties Roemers		HN1	1:17.26	1:16.86	PR
		Henny de Vries			Ties Roemers			
		200m	18.92	(18.92)	200m	17.73	(17.73)	
		600m	47.86	(28.94)	600m	46.04	(28.31)	
		1000m	1:18.86	(31.00)	1000m	1:16.86	(30.82)	

		Naam			Cat	PR	Tijd	Info
148	gl	102	Willem Bekkema		HN1	1:17.50	1:16.20	PR
	bl	97	Bart Seffinga		H40	1:12.16	1:16.93	
		Willem Bekkema			Bart Seffinga			
		200m	17.36	(17.36)	200m	18.64	(18.64)	
		600m	45.20	(27.84)	600m	46.64	(28.00)	
		1000m	1:16.20	(31.00)	1000m	1:16.93	(30.29)	

7. Uitslag Junioren C en ouder 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Jornt Dijk	HN4	163	O	1:54.80		
2	173 Eelke Westra	HN1	164	I	1:58.62	PR	
3	46 Jelte Hellinga	HB1	163	I	2:03.83		
4	169 Floris van Hardeveld	HB1	161	O	2:04.55	PR	
5	113 Peike Joeri Gemser	HA2	162	O	2:05.85	PR	
6	154 Tijn Bijma	HC1	162	I	2:09.29		
7	185 Jeljer Visser	HA2	154	I	2:10.30	PR	
8	152 Tessa Oudman	DSA	161	I	2:10.84		
9	77 Luca Stroetinga	HC1	159	I	2:13.47	PR	
10	155 Jelmer Tasma	HC1	160	I	2:13.92	PR	
11	172 Bjorn Koen	HB1	158	O	2:14.86	PR	
12	189 Lena Budzan	DC2	157	I	2:16.57	PR	
13	157 Colin de Velde	HC1	160	O	2:19.28		
14	188 Hania Papis	DC2	156	O	2:20.57	PR	
15	90 Merel Vlug	DC1	158	I	2:21.61		
16	147 Corien de Jong	DA1	157	O	2:23.61		
17	39 Elbrich Kooistra	DA1	156	I	2:23.62		
18	107 Marieke van den Heuvel	DA2	155	I	2:23.72	PR	
19	160 Ilse Calsbeek	DA1	155	O	2:24.13	PR	
20	158 Eline Teeninga	DC1	151	I	2:24.34	PR	
21	163 Tijmen Kiwiet	HC2	153	O	2:25.34	PR	
22	115 Robine Lubbinge	DC2	152	I	2:26.34	PR	
23	190 Lena Weryszko	DC2	153	I	2:26.39	PR	
24	133 Amber Wietsma	DB1	154	O	2:27.14		
25	108 Nicole de Koning	D50	152	O	2:38.67		
26	16 Sanne Westenbrink	DC2	151	O	2:44.68	PR	
27	75 Jildou de Haan	DC1	149	I	2:45.87		
	168 Max Douma	HSA	164	O	DNS		
	162 Jente Kiwiet	HC2			WDR		

7. Rituitslag Junioren C en ouder 1500 meter

	Naam	Cat	PR	Tijd	Info
149	wt rd	75 Jildou de Haan	DC1		2:45.87

Jildou de Haan

300m	32.93	(32.93)	m
700m	1:13.79	(40.86)	
1100m	1:59.56	(45.77)	
1500m	2:45.87	(46.31)	

	Naam	Cat	PR	Tijd	Info
150	gl bl				

m m

	Naam	Cat	PR	Tijd	Info
151	wt	158 Eline Teeninga	DC1	2:27.13	2:24.34 PR
	rd	16 Sanne Westenbrink	DC2	3:06.77	2:44.68 PR

Eline Teeninga

300m	30.49	(30.49)
700m	1:06.10	(35.61)
1100m	1:44.64	(38.54)
1500m	2:24.34	(39.70)

Sanne Westenbrink

300m	34.77	(34.77)
700m	1:16.59	(41.82)
1100m	1:59.58	(42.99)
1500m	2:44.68	(45.10)

	Naam	Cat	PR	Tijd	Info
152	gl	115 Robine Lubbinge	DC2	2:27.58	2:26.34 PR
	bl	108 Nicole de Koning	D50	2:31.88	2:38.67

Robine Lubbinge

300m	30.82	(30.82)
700m	1:06.31	(35.49)
1100m	1:47.25	(40.94)
1500m	2:26.34	(39.09)

Nicole de Koning

300m	34.64	(34.64)
700m	1:14.38	(39.74)
1100m	1:55.82	(41.44)
1500m	2:38.67	(42.85)

		Naam	Cat	PR	Tijd	Info
153	wt	190 Lena Weryszko	DC2	2:26.55	2:26.39	PR
	rd	163 Tijmen Kiwiet	HC2	2:25.86	2:25.34	PR

Lena Weryszko

300m	30.52	(30.52)
700m	1:06.70	(36.18)
1100m	1:45.98	(39.28)
1500m	2:26.39	(40.41)

Tijmen Kiwiet

300m	30.90	(30.90)
700m	1:07.76	(36.86)
1100m	1:46.13	(38.37)
1500m	2:25.34	(39.21)

		Naam	Cat	PR	Tijd	Info
154	gl	185 Jeljer Visser	HA2	2:25.65	2:10.30	PR
	bl	133 Amber Wietsma	DB1	2:24.23	2:27.14	

Jeljer Visser

300m	28.38	(28.38)
700m	1:00.61	(32.23)
1100m	1:34.80	(34.19)
1500m	2:10.30	(35.50)

Amber Wietsma

300m	32.60	(32.60)
700m	1:09.14	(36.54)
1100m	1:47.59	(38.45)
1500m	2:27.14	(39.55)

		Naam	Cat	PR	Tijd	Info
155	wt	107 Marieke van den Heuvel	DA2	2:25.34	2:23.72	PR
	rd	160 Ilse Calsbeek	DA1	2:24.34	2:24.13	PR

Marieke van den Heuvel

300m	31.23	(31.23)
700m	1:07.71	(36.48)
1100m	1:45.87	(38.16)
1500m	2:23.72	(37.85)

Ilse Calsbeek

300m	30.90	(30.90)
700m	1:07.14	(36.24)
1100m	1:44.83	(37.69)
1500m	2:24.13	(39.30)

		Naam	Cat	PR	Tijd	Info
156	gl	39 Elbrich Kooistra	DA1	2:22.81	2:23.62	
	bl	188 Hania Papis	DC2	2:25.46	2:20.57	PR

Elbrich Kooistra

300m	30.78	(30.78)
700m	1:07.33	(36.55)
1100m	1:45.68	(38.35)
1500m	2:23.62	(37.94)

Hania Papis

300m	28.30	(28.30)
700m	1:02.24	(33.94)
1100m	1:40.43	(38.19)
1500m	2:20.57	(40.14)

		Naam	Cat	PR	Tijd	Info
157	wt	189 Lena Budzan	DC2	2:18.42	2:16.57	PR
	rd	147 Corien de Jong	DA1	2:18.19	2:23.61	
		Lena Budzan			Corien de Jong	
		300m 28.03 (28.03)			300m 30.36 (30.36)	
		700m 1:01.25 (33.22)			700m 1:06.38 (36.02)	
		1100m 1:37.39 (36.14)			1100m 1:44.48 (38.10)	
		1500m 2:16.57 (39.18)			1500m 2:23.61 (39.13)	
		Naam	Cat	PR	Tijd	Info
158	gl	90 Merel Vlug	DC1	2:21.51	2:21.61	
	bl	172 Bjorn Koen	HB1	2:19.01	2:14.86	PR
		Merel Vlug			Bjorn Koen	
		300m 29.31 (29.31)			300m 28.18 (28.18)	
		700m 1:03.61 (34.30)			700m 1:02.54 (34.36)	
		1100m 1:41.42 (37.81)			1100m 1:39.18 (36.64)	
		1500m 2:21.61 (40.19)			1500m 2:14.86 (35.68)	
		Naam	Cat	PR	Tijd	Info
159	wt	77 Luca Stroetinga	HC1	2:14.06	2:13.47	PR
	rd	162 Jente Kiwiet	HC2	2:11.52	WDR	
		Luca Stroetinga			Jente Kiwiet	
		300m 28.23 (28.23)				
		700m 1:01.38 (33.15)				
		1100m 1:36.45 (35.07)				
		1500m 2:13.47 (37.02)				
		Naam	Cat	PR	Tijd	Info
160	gl	155 Jelmer Tasma	HC1	2:15.31	2:13.92	PR
	bl	157 Colin de Velde	HC1	2:16.60	2:19.28	
		Jelmer Tasma			Colin de Velde	
		300m 28.68 (28.68)			300m 29.38 (29.38)	
		700m 1:01.58 (32.90)			700m 1:03.83 (34.45)	
		1100m 1:37.26 (35.68)			1100m 1:41.01 (37.18)	
		1500m 2:13.92 (36.66)			1500m 2:19.28 (38.27)	

		Naam	Cat	PR	Tijd	Info
161	wt	152 Tessa Oudman	DSA	2:08.82	2:10.84	
	rd	169 Floris van Hardeveld	HB1	2:04.81	2:04.55	PR
		Tessa Oudman			Floris van Hardeveld	
		300m 27.69 (27.69)			300m 25.51 (25.51)	
		700m 59.89 (32.20)			700m 57.68 (32.17)	
		1100m 1:34.43 (34.54)			1100m 1:30.69 (33.01)	
		1500m 2:10.84 (36.41)			1500m 2:04.55 (33.86)	
		Naam	Cat	PR	Tijd	Info
162	gl	154 Tijn Bijma	HC1	2:08.91	2:09.29	
	bl	113 Peike Joeri Gemser	HA2	2:08.64	2:05.85	PR
		Tijn Bijma			Peike Joeri Gemser	
		300m 27.61 (27.61)			300m 27.48 (27.48)	
		700m 1:00.19 (32.58)			700m 58.62 (31.14)	
		1100m 1:34.06 (33.87)			1100m 1:31.55 (32.93)	
		1500m 2:09.29 (35.23)			1500m 2:05.85 (34.30)	
		Naam	Cat	PR	Tijd	Info
163	wt	46 Jelte Hellinga	HB1	2:01.62	2:03.83	
	rd	20 Jornt Dijk	HN4	1:52.46	1:54.80	
		Jelte Hellinga			Jornt Dijk	
		300m 27.12 (27.12)			300m 25.32 (25.32)	
		700m 57.68 (30.56)			700m 53.52 (28.20)	
		1100m 1:29.88 (32.20)			1100m 1:23.33 (29.81)	
		1500m 2:03.83 (33.95)			1500m 1:54.80 (31.47)	
		Naam	Cat	PR	Tijd	Info
164	gl	173 Eelke Westra	HN1	1:59.06	1:58.62	PR
	bl	168 Max Douma	HSA	1:51.36	DNS	
		Eelke Westra			Max Douma	
		300m 24.80 (24.80)				
		700m 52.87 (28.07)				
		1100m 1:24.21 (31.34)				
		1500m 1:58.62 (34.41)				

8. Uitslag Junioren B en ouder 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	86 Tjibbe de Vries	HN1	167	O	4:20.33	HT	
2	92 Sytse de Vries	HSA	168	O	4:35.53	HT PR	
3	84 Willem de Vries	HN2	168	I	4:35.66		
4	91 Martin-Age Osinga	HSB	167	I	4:37.18	PR	
5	85 Kaya Kolder	DB1	166	O	5:00.93		
6	76 Gerbrich de Haan	DA1	165	I	5:08.50		
7	111 Lieke Wiersma	DB2	166	I	5:19.60	PR	

8. Rituitslag Junioren B en ouder 3000 meter

	Naam	Cat	PR	Tijd	Info
165	wt rd	76 Gerbrich de Haan	DA1	4:58.69	5:08.50

Gerbrich de Haan

Distance	Time	PR
200m	22.46	(22.46)
600m	59.69	(37.23)
1000m	1:39.14	(39.45)
1400m	2:19.35	(40.21)
1800m	3:00.37	(41.02)
2200m	3:42.44	(42.07)
2600m	4:25.05	(42.61)
3000m	5:08.50	(43.45)

	Naam	Cat	PR	Tijd	Info
166	gl	111 Lieke Wiersma	DB2	5:25.08	5:19.60 PR
	bl	85 Kaya Kolder	DB1		5:00.93

Lieke Wiersma

Distance	Time	PR
200m	24.54	(24.54)
600m	1:04.01	(39.47)
1000m	1:45.80	(41.79)
1400m	2:28.65	(42.85)
1800m	3:11.72	(43.07)
2200m	3:55.04	(43.32)
2600m	4:38.23	(43.19)
3000m	5:19.60	(41.37)

Kaya Kolder

Distance	Time	PR
200m	22.74	(22.74)
600m	58.98	(36.24)
1000m	1:38.35	(39.37)
1400m	2:19.08	(40.73)
1800m	2:59.51	(40.43)
2200m	3:40.97	(41.46)
2600m	4:20.81	(39.84)
3000m	5:00.93	(40.12)

		Naam			Cat	PR	Tijd	Info
167	wt	91 Martin-Age Osinga			HSB	4:39.31	4:37.18	PR
	rd	86 Tjibbe de Vries			HN1	4:13.82	4:20.33	HT
		Martin-Age Osinga			Tjibbe de Vries			
		200m	22.03	(22.03)	200m	20.98	(20.98)	
		600m	55.54	(33.51)	600m	53.93	(32.95)	
		1000m	1:29.64	(34.10)	1000m	1:27.42	(33.49)	
		1400m	2:04.80	(35.16)	1400m	2:00.97	(33.55)	
		1800m	2:41.29	(36.49)	1800m	2:34.59	(33.62)	
		2200m	3:19.04	(37.75)	2200m	3:08.85	(34.26)	
		2600m	3:58.11	(39.07)	2600m	3:44.28	(35.43)	
		3000m	4:37.18	(39.07)	3000m	4:20.33	(36.05)	

		Naam			Cat	PR	Tijd	Info
168	gl	84 Willem de Vries			HN2	4:33.39	4:35.66	
	bl	92 Sytse de Vries			HSA	4:36.99	4:35.53	HT PR
		Willem de Vries			Sytse de Vries			
		200m	20.60	(20.60)	200m	21.81	(21.81)	
		600m	54.51	(33.91)	600m	55.69	(33.88)	
		1000m	1:29.71	(35.20)	1000m	1:30.72	(35.03)	
		1400m	2:05.71	(36.00)	1400m	2:07.22	(36.50)	
		1800m	2:47.21	(41.50)	1800m	2:43.76	(36.54)	
		2200m	3:19.71	(32.50)	2200m	3:21.34	(37.58)	
		2600m	3:58.88	(39.17)	2600m	3:58.65	(37.31)	
		3000m	4:35.66	(36.78)	3000m	4:35.53	(36.88)	