

1. Uitslag Vrouwen 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 49 Pien Smit | DN1 | 6 | I | 39.64 | | |
| 2 | 36 Maud Lugters | DN4 | 6 | O | 40.19 | | |
| 3 | 19 Chloé Hoogendoorn | DN1 | 5 | I | 40.30 | | |
| 4 | 16 Pien Hersman | DN1 | 4 | I | 40.36 | | |
| 5 | 4 Anna Boersma | DN4 | 5 | O | 40.48 | | |
| 6 | 5 Yasmine Bouaziz | DN1 | 3 | I | 40.78 | | |
| 7 | 24 Sylke Kas | DN3 | 4 | O | 40.91 | | |
| 8 | 68 Sanne Westra | DN2 | 2 | I | 42.06 | | |
| 9 | 38 Sietske van der Meer | DN1 | 1 | I | 42.16 | | |
| 10 | 47 Sterre van Schaik | DA2 | 2 | O | 42.35 | | |
| 11 | 6 Sofie Bouw | DA2 | 1 | O | 42.61 | | |
| | 11 Amber Duizendstraal | DN2 | 3 | O | DQ | | |

1. Rituitslag Vrouwen 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|-----------------------------|-------|-------------------|-------|--------------|---------|
| 1 | wt | 38 | Sietske van der Meer | | DN1 | 40.13 | 42.16 | |
| | rd | 6 | Sofie Bouw | | DA2 | 40.68 | 42.61 | |
| | | | Sietske van der Meer | | Sofie Bouw | | | |
| | | | 100m | 11.45 | (11.45) | 100m | 11.37 | (11.37) |
| | | | 500m | 42.16 | (30.71) | 500m | 42.61 | (31.24) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--------------------------|-------|--------------------------|-------|--------------|---------|
| 2 | wt | 68 | Sanne Westra | | DN2 | 39.68 | 42.06 | |
| | rd | 47 | Sterre van Schaik | | DA2 | 40.65 | 42.35 | |
| | | | Sanne Westra | | Sterre van Schaik | | | |
| | | | 100m | 11.58 | (11.58) | 100m | 11.18 | (11.18) |
| | | | 500m | 42.06 | (30.48) | 500m | 42.35 | (31.17) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|----------------------------|-------|----------------------------|-------|--------------|------|
| 3 | wt | 5 | Yasmine Bouaziz | | DN1 | 39.15 | 40.78 | |
| | rd | 11 | Amber Duizendstraal | | DN2 | 38.81 | DQ | |
| | | | Yasmine Bouaziz | | Amber Duizendstraal | | | |
| | | | 100m | 10.91 | (10.91) | | | |
| | | | 500m | 40.78 | (29.87) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|---------------------|-------|------------------|-------|--------------|---------|
| 4 | wt | 16 | Pien Hersman | | DN1 | 38.15 | 40.36 | |
| | rd | 24 | Sylke Kas | | DN3 | 38.71 | 40.91 | |
| | | | Pien Hersman | | Sylke Kas | | | |
| | | | 100m | 10.98 | (10.98) | 100m | 10.98 | (10.98) |
| | | | 500m | 40.36 | (29.38) | 500m | 40.91 | (29.93) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--------------------------|-------|---------------------|-------|--------------|---------|
| 5 | wt | 19 | Chloé Hoogendoorn | | DN1 | 38.25 | 40.30 | |
| | rd | 4 | Anna Boersma | | DN4 | 38.21 | 40.48 | |
| | | | Chloé Hoogendoorn | | Anna Boersma | | | |
| | | | 100m | 10.97 | (10.97) | 100m | 10.84 | (10.84) |
| | | | 500m | 40.30 | (29.33) | 500m | 40.48 | (29.64) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------|---------------------|---------|---------------------|-------|--------------|------|
| 6 | wt | 49 | Pien Smit | | DN1 | 38.46 | 39.64 | |
| | rd | 36 | Maud Lugters | | DN4 | 38.23 | 40.19 | |
| | | Pien Smit | | | Maud Lugters | | | |
| | | 100m | 10.97 | (10.97) | 100m | 11.00 | (11.00) | |
| | | 500m | 39.64 | (28.67) | 500m | 40.19 | (29.19) | |

2. Uitslag Mannen 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|--------------|------|--------|
| 1 | 54 Tim Prins | HN1 | 1 | I | 35.90 | | |
| 2 | 80 Stefan Westenbroek | HN3 | 9 | I | 36.23 | | |
| 3 | 60 Mats Siemons | HN2 | 10 | O | 36.46 | | |
| 4 | 77 Kayo Vos | HN2 | 10 | I | 36.56 | | |
| 5 | 16 Sebas Diniz | HN3 | 2 | O | 36.67 | | |
| 6 | 9 Armand Broos | HN4 | 9 | O | 36.72 | | |
| 7 | 21 Mika van Essen | HSA | 6 | I | 36.88 | | |
| 8 | 65 Tijmen Snel | HSA | 8 | O | 36.92 | | |
| 9 | 25 Jarle Gerrits | HN3 | 8 | I | 37.05 | | |
| 10 | 41 Sven Kemp | HN4 | 5 | I | 37.08 | | |
| 11 | 45 Niels de Kruijk | HA1 | 4 | O | 37.09 | | |
| 12 | 70 Johan Talsma | HA2 | 2 | I | 37.11 | | |
| 13 | 13 Niels d'Huy | HN3 | 4 | I | 37.31 | | |
| 14 | 40 Gijs Kamp | HN1 | 6 | O | 37.39 | | |
| 15 | 68 Pim Stuij | HN2 | 7 | I | 37.46 | | |
| 16 | 2 Max Bergsma | HN1 | 5 | O | 37.47 | | |
| 17 | 14 Ward Dielissen | HA2 | 3 | I | 37.59 | | |
| 18 | 26 Rinze Bart de Glee | HN1 | 3 | O | 38.29 | | |
| | 20 Gijs Esders | HSB | 7 | O | DNF | | |

2. Rituitslag Mannen 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------|------------------|---------|-----|-------|--------------|------|
| 1 | wt | 54 | Tim Prins | | HN1 | 34.76 | 35.90 | |
| | rd | | | | | | | |
| | | Tim Prins | | | | | | |
| | | 100m | 10.07 | (10.07) | | m | | |
| | | 500m | 35.90 | (25.83) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|---------------------|---------|-----|-------|--------------|---------|
| 2 | wt | 70 | Johan Talsma | | HA2 | 36.23 | 37.11 | |
| | rd | 16 | Sebas Diniz | | HN3 | 34.70 | 36.67 | |
| | | Johan Talsma | | | | | | |
| | | 100m | 10.14 | (10.14) | | 100m | 9.87 | (9.87) |
| | | 500m | 37.11 | (26.97) | | 500m | 36.67 | (26.80) |
| | | Sebas Diniz | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|-----|-------|--------------|---------|
| 3 | wt | 14 | Ward Dielissen | | HA2 | 36.07 | 37.59 | |
| | rd | 26 | Rinze Bart de Glee | | HN1 | 36.21 | 38.29 | |
| | | Ward Dielissen | | | | | | |
| | | 100m | 10.38 | (10.38) | | 100m | 10.50 | (10.50) |
| | | 500m | 37.59 | (27.21) | | 500m | 38.29 | (27.79) |
| | | Rinze Bart de Glee | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|------------------------|---------|-----|-------|--------------|---------|
| 4 | wt | 13 | Niels d'Huy | | HN3 | 35.83 | 37.31 | |
| | rd | 45 | Niels de Kruijk | | HA1 | 35.78 | 37.09 | |
| | | Niels d'Huy | | | | | | |
| | | 100m | 10.43 | (10.43) | | 100m | 10.06 | (10.06) |
| | | 500m | 37.31 | (26.88) | | 500m | 37.09 | (27.03) |
| | | Niels de Kruijk | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------|--------------------|---------|-----|-------|--------------|---------|
| 5 | wt | 41 | Sven Kemp | | HN4 | 35.45 | 37.08 | |
| | rd | 2 | Max Bergsma | | HN1 | 35.96 | 37.47 | |
| | | Sven Kemp | | | | | | |
| | | 100m | 10.08 | (10.08) | | 100m | 10.13 | (10.13) |
| | | 500m | 37.08 | (27.00) | | 500m | 37.47 | (27.34) |
| | | Max Bergsma | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|-----------------------|-------|---------|------|------------------|--------------|
| 6 | wt | 21 | Mika van Essen | | HSA | | 35.33 | 36.88 |
| | rd | 40 | Gijs Kamp | | HN1 | | 35.75 | 37.39 |
| | | | Mika van Essen | | | | Gijs Kamp | |
| | | | 100m | 10.10 | (10.10) | 100m | 10.05 | (10.05) |
| | | | 500m | 36.88 | (26.78) | 500m | 37.39 | (27.34) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--------------------|-------|---------|----|--------------------|--------------|
| 7 | wt | 68 | Pim Stuij | | HN2 | | 35.70 | 37.46 |
| | rd | 20 | Gijs Esders | | HSB | | 34.99 | DNF |
| | | | Pim Stuij | | | | Gijs Esders | |
| | | | 100m | 10.25 | (10.25) | | | |
| | | | 500m | 37.46 | (27.21) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|----------------------|-------|---------|------|--------------------|--------------|
| 8 | wt | 25 | Jarle Gerrits | | HN3 | | 35.13 | 37.05 |
| | rd | 65 | Tijmen Snel | | HSA | | 34.82 | 36.92 |
| | | | Jarle Gerrits | | | | Tijmen Snel | |
| | | | 100m | 10.29 | (10.29) | 100m | 10.02 | (10.02) |
| | | | 500m | 37.05 | (26.76) | 500m | 36.92 | (26.90) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|---------------------------|-------|---------|------|---------------------|--------------|
| 9 | wt | 80 | Stefan Westenbroek | | HN3 | | 34.39 | 36.23 |
| | rd | 9 | Armand Broos | | HN4 | | 35.21 | 36.72 |
| | | | Stefan Westenbroek | | | | Armand Broos | |
| | | | 100m | 9.86 | (9.86) | 100m | 10.02 | (10.02) |
| | | | 500m | 36.23 | (26.37) | 500m | 36.72 | (26.70) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------|-------|---------|------|---------------------|--------------|
| 10 | wt | 77 | Kayo Vos | | HN2 | | 35.07 | 36.56 |
| | rd | 60 | Mats Siemons | | HN2 | | 35.24 | 36.46 |
| | | | Kayo Vos | | | | Mats Siemons | |
| | | | 100m | 9.96 | (9.96) | 100m | 10.08 | (10.08) |
| | | | 500m | 36.56 | (26.60) | 500m | 36.46 | (26.38) |

3. Uitslag Vrouwen 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 15 Robin Groot | DN4 | 9 | O | 2:03.86 | | |
| 2 | 53 Kim Talsma | DN4 | 9 | I | 2:04.84 | | |
| 3 | 25 Bente Kerkhoff | DN3 | 5 | I | 2:04.92 | | |
| 4 | 8 Merel Conijn | DN3 | 8 | I | 2:05.46 | | |
| 5 | 14 Jade Groenewoud | DN1 | 10 | I | 2:06.84 | | |
| 6 | 19 Chloé Hoogendoorn | DN1 | 6 | O | 2:07.21 | | |
| 7 | 66 Naomi van der Werf | DSA | 6 | I | 2:07.36 | | |
| 8 | 3 Myrthe de Boer | DN3 | 8 | O | 2:07.74 | | |
| 9 | 1 Reina Anema | DSA | 7 | O | 2:07.99 | | |
| 10 | 58 Esmee Visser | DSA | 7 | I | 2:08.51 | | |
| 11 | 61 Eline van Voorden | DN4 | 4 | O | 2:08.99 | | |
| 12 | 68 Sanne Westra | DN2 | 3 | I | 2:09.36 | | |
| 13 | 12 Romée Ebbinge | DSA | 5 | O | 2:10.35 | | |
| 14 | 31 Gioya Lancee | DSA | 10 | O | 2:11.09 | | |
| 15 | 30 Sophie Kraaijeveld | DN1 | 4 | I | 2:11.35 | | |
| 16 | 9 Vera van Ditshuizen | DN2 | 2 | O | 2:12.15 | | |
| 17 | 54 Lidia Tempert | DN4 | 2 | I | 2:14.09 | | |
| 18 | 29 Veerle van Koppen | DN1 | 3 | O | 2:14.93 | | |
| 19 | 7 Esmée Brommer | DN1 | 1 | I | 2:17.89 | | |

3. Rituitslag Vrouwen 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----------|------------------------|-----|---------|----------------|------|
| 1 | wt rd | 7 Esmée Brommer | DN1 | 2:06.84 | 2:17.89 | |

Esmée Brommer

| | | | |
|-------|---------|---------|---|
| 300m | 29.17 | (29.17) | m |
| 700m | 1:03.55 | (34.38) | |
| 1100m | 1:39.87 | (36.32) | |
| 1500m | 2:17.89 | (38.02) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|------------------------------|-----|---------|----------------|------|
| 2 | gl | 54 Lidia Tempert | DN4 | 2:04.71 | 2:14.09 | |
| | bl | 9 Vera van Ditshuizen | DN2 | 2:05.55 | 2:12.15 | |

Lidia Tempert

| | | |
|-------|---------|---------|
| 300m | 27.90 | (27.90) |
| 700m | 1:00.63 | (32.73) |
| 1100m | 1:36.44 | (35.81) |
| 1500m | 2:14.09 | (37.65) |

Vera van Ditshuizen

| | | |
|-------|---------|---------|
| 300m | 27.56 | (27.56) |
| 700m | 59.89 | (32.33) |
| 1100m | 1:35.05 | (35.16) |
| 1500m | 2:12.15 | (37.10) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------------|-----|---------|----------------|------|
| 3 | wt | 68 Sanne Westra | DN2 | 2:01.40 | 2:09.36 | |
| | rd | 29 Veerle van Koppen | DN1 | 2:05.87 | 2:14.93 | |

Sanne Westra

| | | |
|-------|---------|---------|
| 300m | 26.91 | (26.91) |
| 700m | 57.80 | (30.89) |
| 1100m | 1:32.17 | (34.37) |
| 1500m | 2:09.36 | (37.19) |

Veerle van Koppen

| | | |
|-------|---------|---------|
| 300m | 28.47 | (28.47) |
| 700m | 1:01.45 | (32.98) |
| 1100m | 1:37.11 | (35.66) |
| 1500m | 2:14.93 | (37.82) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|------------------------------|-----|---------|----------------|------|
| 4 | gl | 30 Sophie Kraaijeveld | DN1 | 2:01.73 | 2:11.35 | |
| | bl | 61 Eline van Voorden | DN4 | 2:02.92 | 2:08.99 | |

Sophie Kraaijeveld

| | | |
|-------|---------|---------|
| 300m | 28.32 | (28.32) |
| 700m | 1:00.85 | (32.53) |
| 1100m | 1:35.45 | (34.60) |
| 1500m | 2:11.35 | (35.90) |

Eline van Voorden

| | | |
|-------|---------|---------|
| 300m | 27.40 | (27.40) |
| 700m | 59.31 | (31.91) |
| 1100m | 1:33.03 | (33.72) |
| 1500m | 2:08.99 | (35.96) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|------------------------------|-----------------|--------------------------|-----------------|------|
| 5 | wt | 25 Bente Kerkhoff | DN3 | 1:59.64 | 2:04.92 | |
| | rd | 12 Roméé Ebbinge | DSA | 2:00.68 | 2:10.35 | |
| | | Bente Kerkhoff | | Roméé Ebbinge | | |
| | | 300m | 27.07 (27.07) | 300m | 26.95 (26.95) | |
| | | 700m | 57.84 (30.77) | 700m | 58.47 (31.52) | |
| | | 1100m | 1:30.62 (32.78) | 1100m | 1:32.43 (33.96) | |
| | | 1500m | 2:04.92 (34.30) | 1500m | 2:10.35 (37.92) | |
| | | Naam | Cat | PR | Tijd | Info |
| 6 | gl | 66 Naomi van der Werf | DSA | 2:00.52 | 2:07.36 | |
| | bl | 19 Chloé Hoogendoorn | DN1 | 1:59.28 | 2:07.21 | |
| | | Naomi van der Werf | | Chloé Hoogendoorn | | |
| | | 300m | 26.93 (26.93) | 300m | 26.36 (26.36) | |
| | | 700m | 57.99 (31.06) | 700m | 57.43 (31.07) | |
| | | 1100m | 1:31.90 (33.91) | 1100m | 1:31.33 (33.90) | |
| | | 1500m | 2:07.36 (35.46) | 1500m | 2:07.21 (35.88) | |
| | | Naam | Cat | PR | Tijd | Info |
| 7 | wt | 58 Esmee Visser | DSA | 1:57.69 | 2:08.51 | |
| | rd | 1 Reina Anema | DSA | 1:55.74 | 2:07.99 | |
| | | Esmee Visser | | Reina Anema | | |
| | | 300m | 28.36 (28.36) | 300m | 27.42 (27.42) | |
| | | 700m | 1:00.18 (31.82) | 700m | 59.21 (31.79) | |
| | | 1100m | 1:33.60 (33.42) | 1100m | 1:32.28 (33.07) | |
| | | 1500m | 2:08.51 (34.91) | 1500m | 2:07.99 (35.71) | |
| | | Naam | Cat | PR | Tijd | Info |
| 8 | gl | 8 Merel Conijn | DN3 | 1:55.95 | 2:05.46 | |
| | bl | 3 Myrthe de Boer | DN3 | 1:56.76 | 2:07.74 | |
| | | Merel Conijn | | Myrthe de Boer | | |
| | | 300m | 27.27 (27.27) | 300m | 26.46 (26.46) | |
| | | 700m | 58.68 (31.41) | 700m | 57.20 (30.74) | |
| | | 1100m | 1:31.99 (33.31) | 1100m | 1:30.85 (33.65) | |
| | | 1500m | 2:05.46 (33.47) | 1500m | 2:07.74 (36.89) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--------------------|-----|-----|---------|----------------|------|
| 9 | wt | 53 | Kim Talsma | | DN4 | 1:57.33 | 2:04.84 | |
| | rd | 15 | Robin Groot | | DN4 | 1:56.54 | 2:03.86 | |

Kim Talsma

| | | |
|-------|---------|---------|
| 300m | 26.13 | (26.13) |
| 700m | 56.26 | (30.13) |
| 1100m | 1:29.20 | (32.94) |
| 1500m | 2:04.84 | (35.64) |

Robin Groot

| | | |
|-------|---------|---------|
| 300m | 26.33 | (26.33) |
| 700m | 56.88 | (30.55) |
| 1100m | 1:29.38 | (32.50) |
| 1500m | 2:03.86 | (34.48) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-----|-----|---------|----------------|------|
| 10 | gl | 14 | Jade Groenewoud | | DN1 | 1:58.16 | 2:06.84 | |
| | bl | 31 | Gioya Lancee | | DSA | 1:56.15 | 2:11.09 | |

Jade Groenewoud

| | | |
|-------|---------|---------|
| 300m | 27.06 | (27.06) |
| 700m | 58.26 | (31.20) |
| 1100m | 1:31.96 | (33.70) |
| 1500m | 2:06.84 | (34.88) |

Gioya Lancee

| | | |
|-------|---------|---------|
| 300m | 27.07 | (27.07) |
| 700m | 59.00 | (31.93) |
| 1100m | 1:33.68 | (34.68) |
| 1500m | 2:11.09 | (37.41) |

4. Uitslag Mannen 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 33 Louis Hollaar | HSA | 5 | I | 1:51.00 | | |
| 2 | 54 Tim Prins | HN1 | 4 | O | 1:51.27 | | |
| 3 | 60 Mats Siemons | HN2 | 7 | O | 1:52.77 | | |
| 4 | 15 Lex Dijkstra | HSA | 7 | I | 1:52.79 | | |
| 5 | 82 Gert Wierda | HN2 | 2 | O | 1:53.97 | | |
| 6 | 17 Colin James Duivenvoorden | HN2 | 5 | O | 1:54.10 | | |
| 7 | 18 Sijmen Egberts | HN1 | 8 | I | 1:54.86 | | |
| 8 | 72 Jur Veenje | HN4 | 6 | O | 1:55.19 | | |
| 9 | 10 Stijn van de Bunt | HN1 | 6 | I | 1:55.26 | | |
| 10 | 25 Jarle Gerrits | HN3 | 3 | O | 1:55.46 | | |
| 11 | 81 Hidde Westra | HN1 | 4 | I | 1:55.87 | | |
| 12 | 44 Jasper Krommenhoek | HN1 | 2 | I | 1:57.66 | | |
| 13 | 56 Niels van Reeuwijk | HA2 | 1 | O | 1:58.52 | | |
| 14 | 42 Jelle Koeleman | HN1 | 3 | I | 1:58.59 | | |
| 15 | 43 Mika Kolder | HA1 | 1 | I | 1:58.84 | | |
| 16 | 63 Remo Slotegraaf | HN3 | 8 | O | 2:04.93 | | |

4. Rituitslag Mannen 1500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|---------------------------|---------------------------|---------|---------------------------|---------|----------------|------|
| 1 | wt | 43 | Mika Kolder | | HA1 | 1:50.66 | 1:58.84 | |
| | rd | 56 | Niels van Reeuwijk | | HA2 | 1:52.00 | 1:58.52 | |
| | | Mika Kolder | | | Niels van Reeuwijk | | | |
| | | 300m | 25.77 | (25.77) | 300m | 25.34 | (25.34) | |
| | | 700m | 54.75 | (28.98) | 700m | 54.78 | (29.44) | |
| | | 1100m | 1:25.97 | (31.22) | 1100m | 1:25.91 | (31.13) | |
| | | 1500m | 1:58.84 | (32.87) | 1500m | 1:58.52 | (32.61) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 2 | gl | 44 | Jasper Krommenhoek | | HN1 | 1:50.23 | 1:57.66 | |
| | bl | 82 | Gert Wierda | | HN2 | 1:46.38 | 1:53.97 | |
| | | Jasper Krommenhoek | | | Gert Wierda | | | |
| | | 300m | 25.98 | (25.98) | 300m | 25.15 | (25.15) | |
| | | 700m | 55.08 | (29.10) | 700m | 53.82 | (28.67) | |
| | | 1100m | 1:25.55 | (30.47) | 1100m | 1:23.34 | (29.52) | |
| | | 1500m | 1:57.66 | (32.11) | 1500m | 1:53.97 | (30.63) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 3 | wt | 42 | Jelle Koeleman | | HN1 | 1:52.18 | 1:58.59 | |
| | rd | 25 | Jarle Gerrits | | HN3 | 1:49.24 | 1:55.46 | |
| | | Jelle Koeleman | | | Jarle Gerrits | | | |
| | | 300m | 25.28 | (25.28) | 300m | 24.06 | (24.06) | |
| | | 700m | 54.32 | (29.04) | 700m | 51.66 | (27.60) | |
| | | 1100m | 1:25.37 | (31.05) | 1100m | 1:22.20 | (30.54) | |
| | | 1500m | 1:58.59 | (33.22) | 1500m | 1:55.46 | (33.26) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 4 | gl | 81 | Hidde Westra | | HN1 | 1:48.43 | 1:55.87 | |
| | bl | 54 | Tim Prins | | HN1 | 1:43.53 | 1:51.27 | |
| | | Hidde Westra | | | Tim Prins | | | |
| | | 300m | 24.85 | (24.85) | 300m | 23.98 | (23.98) | |
| | | 700m | 52.83 | (27.98) | 700m | 51.14 | (27.16) | |
| | | 1100m | 1:23.33 | (30.50) | 1100m | 1:19.65 | (28.51) | |
| | | 1500m | 1:55.87 | (32.54) | 1500m | 1:51.27 | (31.62) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-------------------------------------|-----|-----------------------|----------------------------------|------|
| 5 | wt | 33 Louis Hollaar | HSA | 1:45.02 | 1:51.00 | |
| | rd | 17 Colin James Duivenvoorden | HN2 | 1:48.57 | 1:54.10 | |
| | | Louis Hollaar | | | Colin James Duivenvoorden | |
| | | 300m 24.16 (24.16) | | 300m 24.83 (24.83) | | |
| | | 700m 51.52 (27.36) | | 700m 53.03 (28.20) | | |
| | | 1100m 1:20.53 (29.01) | | 1100m 1:22.50 (29.47) | | |
| | | 1500m 1:51.00 (30.47) | | 1500m 1:54.10 (31.60) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 6 | gl | 10 Stijn van de Bunt | HN1 | 1:49.30 | 1:55.26 | |
| | bl | 72 Jur Veenje | HN4 | 1:48.27 | 1:55.19 | |
| | | Stijn van de Bunt | | | Jur Veenje | |
| | | 300m 25.61 (25.61) | | 300m 24.69 (24.69) | | |
| | | 700m 54.20 (28.59) | | 700m 53.04 (28.35) | | |
| | | 1100m 1:23.89 (29.69) | | 1100m 1:23.02 (29.98) | | |
| | | 1500m 1:55.26 (31.37) | | 1500m 1:55.19 (32.17) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 7 | wt | 15 Lex Dijkstra | HSA | 1:46.50 | 1:52.79 | |
| | rd | 60 Mats Siemons | HN2 | 1:47.33 | 1:52.77 | |
| | | Lex Dijkstra | | | Mats Siemons | |
| | | 300m 25.27 (25.27) | | 300m 23.91 (23.91) | | |
| | | 700m 53.58 (28.31) | | 700m 51.64 (27.73) | | |
| | | 1100m 1:23.04 (29.46) | | 1100m 1:21.28 (29.64) | | |
| | | 1500m 1:52.79 (29.75) | | 1500m 1:52.77 (31.49) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 8 | gl | 18 Sijmen Egberts | HN1 | 1:47.27 | 1:54.86 | |
| | bl | 63 Remo Slotegraaf | HN3 | 1:46.73 | 2:04.93 | |
| | | Sijmen Egberts | | | Remo Slotegraaf | |
| | | 300m 24.67 (24.67) | | 300m 27.55 (27.55) | | |
| | | 700m 53.11 (28.44) | | 700m 59.31 (31.76) | | |
| | | 1100m 1:23.14 (30.03) | | 1100m 1:31.12 (31.81) | | |
| | | 1500m 1:54.86 (31.72) | | 1500m 2:04.93 (33.81) | | |

5. Uitslag Vrouwen 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 49 Pien Smit | DN1 | 6 | O | 1:18.57 | | |
| 2 | 19 Chloé Hoogendoorn | DN1 | 5 | I | 1:18.70 | | |
| 3 | 3 Myrthe de Boer | DN3 | 6 | I | 1:19.18 | | |
| 4 | 36 Maud Lugters | DN4 | 5 | O | 1:19.68 | | |
| 5 | 16 Pien Hersman | DN1 | 4 | O | 1:19.93 | | |
| 6 | 68 Sanne Westra | DN2 | 3 | I | 1:20.53 | | |
| 7 | 24 Sylke Kas | DN3 | 4 | I | 1:20.98 | | |
| 8 | 38 Sietske van der Meer | DN1 | 3 | O | 1:24.12 | | |
| 9 | 5 Yasmine Bouaziz | DN1 | 2 | I | 1:26.23 | | |
| 10 | 33 Isa Leroy | DA1 | 2 | O | 1:26.48 | | |
| 11 | 18 Silke Hijma | DN1 | 1 | I | 1:27.25 | | |

5. Rituitslag Vrouwen 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|-------|-----------------------------|---------|---------|----|-------|----------------------|----------------|
| 1 | wt | 18 | Silke Hijma | | DN1 | | | 1:22.30 | 1:27.25 |
| | rd | | | | | | | | |
| | | | Silke Hijma | | | | | | |
| | | | 200m | 20.02 | (20.02) | | | m | |
| | | 600m | 51.69 | (31.67) | | | | | |
| | | 1000m | 1:27.25 | (35.56) | | | | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 2 | wt | 5 | Yasmine Bouaziz | | DN1 | | | 1:20.93 | 1:26.23 |
| | rd | 33 | Isa Leroy | | DA1 | | | 1:20.80 | 1:26.48 |
| | | | Yasmine Bouaziz | | | | | Isa Leroy | |
| | | | 200m | 18.72 | (18.72) | | | 200m | 19.88 |
| | | 600m | 50.05 | (31.33) | | | 600m | 51.67 | (31.79) |
| | | 1000m | 1:26.23 | (36.18) | | | 1000m | 1:26.48 | (34.81) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 3 | wt | 68 | Sanne Westra | | DN2 | | | 1:17.43 | 1:20.53 |
| | rd | 38 | Sietske van der Meer | | DN1 | | | 1:20.95 | 1:24.12 |
| | | | Sanne Westra | | | | | Sietske van der Meer | |
| | | | 200m | 18.91 | (18.91) | | | 200m | 19.18 |
| | | 600m | 48.47 | (29.56) | | | 600m | 49.68 | (30.50) |
| | | 1000m | 1:20.53 | (32.06) | | | 1000m | 1:24.12 | (34.44) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 4 | wt | 24 | Sylke Kas | | DN3 | | | 1:17.67 | 1:20.98 |
| | rd | 16 | Pien Hersman | | DN1 | | | 1:18.06 | 1:19.93 |
| | | | Sylke Kas | | | | | Pien Hersman | |
| | | | 200m | 18.45 | (18.45) | | | 200m | 18.27 |
| | | 600m | 47.59 | (29.14) | | | 600m | 47.02 | (28.75) |
| | | 1000m | 1:20.98 | (33.39) | | | 1000m | 1:19.93 | (32.91) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--------------------------|---------|---------|---------------------|----------------|---------|
| 5 | wt | 19 | Chloé Hoogendoorn | | DN1 | 1:15.41 | 1:18.70 | |
| | rd | 36 | Maud Lugters | | DN4 | 1:16.67 | 1:19.68 | |
| | | | Chloé Hoogendoorn | | | Maud Lugters | | |
| | | | 200m | 18.46 | (18.46) | 200m | 18.40 | (18.40) |
| | | | 600m | 47.12 | (28.66) | 600m | 46.71 | (28.31) |
| | | | 1000m | 1:18.70 | (31.58) | 1000m | 1:19.68 | (32.97) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|-----------------------|---------|---------|------------------|----------------|---------|
| 6 | wt | 3 | Myrthe de Boer | | DN3 | 1:15.51 | 1:19.18 | |
| | rd | 49 | Pien Smit | | DN1 | 1:15.60 | 1:18.57 | |
| | | | Myrthe de Boer | | | Pien Smit | | |
| | | | 200m | 18.84 | (18.84) | 200m | 18.47 | (18.47) |
| | | | 600m | 47.73 | (28.89) | 600m | 46.99 | (28.52) |
| | | | 1000m | 1:19.18 | (31.45) | 1000m | 1:18.57 | (31.58) |

6. Uitslag Mannen 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|----------------|------|--------|
| 1 | 54 Tim Prins | HN1 | 5 | O | 1:10.90 | | |
| 2 | 77 Kayo Vos | HN2 | 7 | O | 1:11.49 | | |
| 3 | 60 Mats Siemons | HN2 | 7 | I | 1:11.57 | | |
| 4 | 20 Gijs Esders | HSB | 6 | O | 1:11.72 | | |
| 5 | 25 Jarle Gerrits | HN3 | 6 | I | 1:12.08 | | |
| 6 | 72 Jur Veenje | HN4 | 3 | I | 1:12.25 | | |
| 7 | 59 Ties van Seumeren | HA2 | 4 | O | 1:13.28 | | |
| 8 | 18 Sijmen Egberts | HN1 | 1 | I | 1:13.53 | | |
| 9 | 14 Ward Dielissen | HA2 | 2 | O | 1:13.57 | | |
| 10 | 2 Max Bergsma | HN1 | 4 | I | 1:14.18 | | |
| 11 | 51 Jesper van Mieghem | HA2 | 3 | O | 1:14.74 | | |
| 12 | 48 Mervin Maatman | HN3 | 2 | I | 1:14.88 | | |
| 13 | 21 Mika van Essen | HSA | 5 | I | 1:14.90 | | |
| 14 | 40 Gijs Kamp | HN1 | 1 | O | 1:15.63 | | |

6. Rituitslag Mannen 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 18 | Sijmen Egberts | | HN1 | | 1:11.77 | 1:13.53 | |
| | rd | 40 | Gijs Kamp | | HN1 | | 1:12.47 | 1:15.63 | |

Sijmen Egberts

| | | |
|-------|---------|---------|
| 200m | 17.79 | (17.79) |
| 600m | 44.97 | (27.18) |
| 1000m | 1:13.53 | (28.56) |

Gijs Kamp

| | | |
|-------|---------|---------|
| 200m | 16.77 | (16.77) |
| 600m | 43.86 | (27.09) |
| 1000m | 1:15.63 | (31.77) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 2 | wt | 48 | Mervin Maatman | | HN3 | | 1:11.55 | 1:14.88 | |
| | rd | 14 | Ward Dielissen | | HA2 | | 1:12.38 | 1:13.57 | |

Mervin Maatman

| | | |
|-------|---------|---------|
| 200m | 17.39 | (17.39) |
| 600m | 44.89 | (27.50) |
| 1000m | 1:14.88 | (29.99) |

Ward Dielissen

| | | |
|-------|---------|---------|
| 200m | 17.33 | (17.33) |
| 600m | 44.23 | (26.90) |
| 1000m | 1:13.57 | (29.34) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------------|-----|-----|----|---------|----------------|------|
| 3 | wt | 72 | Jur Veenje | | HN4 | | 1:10.38 | 1:12.25 | |
| | rd | 51 | Jesper van Mieghem | | HA2 | | 1:11.92 | 1:14.74 | |

Jur Veenje

| | | |
|-------|---------|---------|
| 200m | 17.45 | (17.45) |
| 600m | 44.01 | (26.56) |
| 1000m | 1:12.25 | (28.24) |

Jesper van Mieghem

| | | |
|-------|---------|---------|
| 200m | 17.23 | (17.23) |
| 600m | 44.40 | (27.17) |
| 1000m | 1:14.74 | (30.34) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|--------------------------|-----|-----|----|---------|----------------|------|
| 4 | wt | 2 | Max Bergsma | | HN1 | | 1:11.88 | 1:14.18 | |
| | rd | 59 | Ties van Seumeren | | HA2 | | 1:11.78 | 1:13.28 | |

Max Bergsma

| | | |
|-------|---------|---------|
| 200m | 17.24 | (17.24) |
| 600m | 44.53 | (27.29) |
| 1000m | 1:14.18 | (29.65) |

Ties van Seumeren

| | | |
|-------|---------|---------|
| 200m | 17.56 | (17.56) |
| 600m | 44.45 | (26.89) |
| 1000m | 1:13.28 | (28.83) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|------------------|---------|----------------|------|
| 5 | wt | 21 | Mika van Essen | | HSA | 1:09.91 | 1:14.90 | |
| | rd | 54 | Tim Prins | | HN1 | 1:06.40 | 1:10.90 | |
| | | Mika van Essen | | | Tim Prins | | | |
| | | 200m | 17.07 | (17.07) | 200m | 16.74 | (16.74) | |
| | | 600m | 44.29 | (27.22) | 600m | 42.58 | (25.84) | |
| | | 1000m | 1:14.90 | (30.61) | 1000m | 1:10.90 | (28.32) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|----------------------|---------|--------------------|---------|----------------|------|
| 6 | wt | 25 | Jarle Gerrits | | HN3 | 1:10.03 | 1:12.08 | |
| | rd | 20 | Gijs Esders | | HSB | 1:08.67 | 1:11.72 | |
| | | Jarle Gerrits | | | Gijs Esders | | | |
| | | 200m | 17.12 | (17.12) | 200m | 16.77 | (16.77) | |
| | | 600m | 43.52 | (26.40) | 600m | 43.01 | (26.24) | |
| | | 1000m | 1:12.08 | (28.56) | 1000m | 1:11.72 | (28.71) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|---------------------|---------|-----------------|---------|----------------|------|
| 7 | wt | 60 | Mats Siemons | | HN2 | 1:09.20 | 1:11.57 | |
| | rd | 77 | Kayo Vos | | HN2 | 1:09.09 | 1:11.49 | |
| | | Mats Siemons | | | Kayo Vos | | | |
| | | 200m | 16.80 | (16.80) | 200m | 16.76 | (16.76) | |
| | | 600m | 42.97 | (26.17) | 600m | 43.00 | (26.24) | |
| | | 1000m | 1:11.57 | (28.60) | 1000m | 1:11.49 | (28.49) | |

7. Uitslag Vrouwen 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 25 Bente Kerkhoff | DN3 | 6 | I | 4:13.29 | | |
| 2 | 15 Robin Groot | DN4 | 7 | O | 4:13.65 | | |
| 3 | 69 Melissa Wijfje | DSA | 3 | I | 4:13.81 | | |
| 4 | 8 Merel Conijn | DN3 | 5 | I | 4:17.66 | | |
| 5 | 53 Kim Talsma | DN4 | 6 | O | 4:18.33 | | |
| 6 | 58 Esmee Visser | DSA | 7 | I | 4:20.12 | | |
| 7 | 1 Reina Anema | DSA | 8 | O | 4:21.79 | | |
| 8 | 14 Jade Groenewoud | DN1 | 8 | I | 4:22.89 | | |
| 9 | 66 Naomi van der Werf | DSA | 4 | I | 4:23.03 | | |
| 10 | 61 Eline van Voorden | DN4 | 5 | O | 4:23.79 | | |
| 11 | 52 Anna Marit Sybrandi | DN1 | 3 | O | 4:28.36 | | |
| 12 | 29 Veerle van Koppen | DN1 | 4 | O | 4:28.70 | | |
| 13 | 9 Vera van Ditshuizen | DN2 | 2 | O | 4:34.77 | | |
| 14 | 34 Lisan van der Linde | DN2 | 1 | I | 4:42.86 | | |
| 15 | 7 Esmée Brommer | DN1 | 2 | I | 4:45.62 | | |

7. Rituitslag Vrouwen 3000 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----------|-------------------------------|-----|---------|----------------|------|
| 1 | wt rd | 34 Lisan van der Linde | DN2 | 4:22.90 | 4:42.86 | |

Lisan van der Linde

| | | | |
|-------|---------|---------|---|
| 200m | 22.11 | (22.11) | m |
| 600m | 56.68 | (34.57) | |
| 1000m | 1:32.15 | (35.47) | |
| 1400m | 2:08.32 | (36.17) | |
| 1800m | 2:45.36 | (37.04) | |
| 2200m | 3:23.29 | (37.93) | |
| 2600m | 4:02.13 | (38.84) | |
| 3000m | 4:42.86 | (40.73) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|------------------------------|-----|---------|----------------|------|
| 2 | gl | 7 Esmée Brommer | DN1 | 4:28.29 | 4:45.62 | |
| | bl | 9 Vera van Ditshuizen | DN2 | 4:22.09 | 4:34.77 | |

Esmée Brommer

| | | |
|-------|---------|---------|
| 200m | 21.26 | (21.26) |
| 600m | 56.13 | (34.87) |
| 1000m | 1:32.78 | (36.65) |
| 1400m | 2:10.29 | (37.51) |
| 1800m | 2:48.69 | (38.40) |
| 2200m | 3:27.30 | (38.61) |
| 2600m | 4:06.52 | (39.22) |
| 3000m | 4:45.62 | (39.10) |

Vera van Ditshuizen

| | | |
|-------|---------|---------|
| 200m | 21.32 | (21.32) |
| 600m | 55.24 | (33.92) |
| 1000m | 1:30.46 | (35.22) |
| 1400m | 2:06.68 | (36.22) |
| 1800m | 2:42.86 | (36.18) |
| 2200m | 3:19.61 | (36.75) |
| 2600m | 3:56.89 | (37.28) |
| 3000m | 4:34.77 | (37.88) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|----------------------------|-----|-----|----|---------|----------------|
| 3 | wt | 69 | Melissa Wijffe | | DSA | | 4:01.07 | 4:13.81 |
| | rd | 52 | Anna Marit Sybrandi | | DN1 | | 4:15.70 | 4:28.36 |

Melissa Wijffe

| | | |
|-------|---------|---------|
| 200m | 19.99 | (19.99) |
| 600m | 52.48 | (32.49) |
| 1000m | 1:25.17 | (32.69) |
| 1400m | 1:58.05 | (32.88) |
| 1800m | 2:31.24 | (33.19) |
| 2200m | 3:04.67 | (33.43) |
| 2600m | 3:38.43 | (33.76) |
| 3000m | 4:13.81 | (35.38) |

Anna Marit Sybrandi

| | | |
|-------|---------|---------|
| 200m | 21.41 | (21.41) |
| 600m | 55.36 | (33.95) |
| 1000m | 1:29.31 | (33.95) |
| 1400m | 2:03.73 | (34.42) |
| 1800m | 2:38.48 | (34.75) |
| 2200m | 3:14.02 | (35.54) |
| 2600m | 3:50.19 | (36.17) |
| 3000m | 4:28.36 | (38.17) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|---------------------------|-----|-----|----|---------|----------------|
| 4 | gl | 66 | Naomi van der Werf | | DSA | | 4:12.59 | 4:23.03 |
| | bl | 29 | Veerle van Koppen | | DN1 | | 4:18.59 | 4:28.70 |

Naomi van der Werf

| | | |
|-------|---------|---------|
| 200m | 20.23 | (20.23) |
| 600m | 53.17 | (32.94) |
| 1000m | 1:26.62 | (33.45) |
| 1400m | 2:00.62 | (34.00) |
| 1800m | 2:35.18 | (34.56) |
| 2200m | 3:10.43 | (35.25) |
| 2600m | 3:46.58 | (36.15) |
| 3000m | 4:23.03 | (36.45) |

Veerle van Koppen

| | | |
|-------|---------|---------|
| 200m | 21.29 | (21.29) |
| 600m | 55.08 | (33.79) |
| 1000m | 1:29.57 | (34.49) |
| 1400m | 2:04.50 | (34.93) |
| 1800m | 2:39.57 | (35.07) |
| 2200m | 3:15.36 | (35.79) |
| 2600m | 3:51.74 | (36.38) |
| 3000m | 4:28.70 | (36.96) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------------|-----|---------|----------------|------|
| 5 | wt | 8 Merel Conijn | DN3 | 3:59.21 | 4:17.66 | |
| | rd | 61 Eline van Voorden | DN4 | 4:14.19 | 4:23.79 | |

Merel Conijn

| | | |
|-------|---------|---------|
| 200m | 20.21 | (20.21) |
| 600m | 52.80 | (32.59) |
| 1000m | 1:27.15 | (34.35) |
| 1400m | 2:01.53 | (34.38) |
| 1800m | 2:35.83 | (34.30) |
| 2200m | 3:10.26 | (34.43) |
| 2600m | 3:44.25 | (33.99) |
| 3000m | 4:17.66 | (33.41) |

Eline van Voorden

| | | |
|-------|---------|---------|
| 200m | 21.70 | (21.70) |
| 600m | 54.47 | (32.77) |
| 1000m | 1:28.03 | (33.56) |
| 1400m | 2:02.30 | (34.27) |
| 1800m | 2:37.18 | (34.88) |
| 2200m | 3:12.26 | (35.08) |
| 2600m | 3:47.73 | (35.47) |
| 3000m | 4:23.79 | (36.06) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------|-----|---------|----------------|------|
| 6 | gl | 25 Bente Kerkhoff | DN3 | 4:06.67 | 4:13.29 | |
| | bl | 53 Kim Talsma | DN4 | 4:09.64 | 4:18.33 | |

Bente Kerkhoff

| | | |
|-------|---------|---------|
| 200m | 20.34 | (20.34) |
| 600m | 51.70 | (31.36) |
| 1000m | 1:24.73 | (33.03) |
| 1400m | 1:57.95 | (33.22) |
| 1800m | 2:31.55 | (33.60) |
| 2200m | 3:05.01 | (33.46) |
| 2600m | 3:38.95 | (33.94) |
| 3000m | 4:13.29 | (34.34) |

Kim Talsma

| | | |
|-------|---------|---------|
| 200m | 20.42 | (20.42) |
| 600m | 52.63 | (32.21) |
| 1000m | 1:25.97 | (33.34) |
| 1400m | 1:59.72 | (33.75) |
| 1800m | 2:33.75 | (34.03) |
| 2200m | 3:08.07 | (34.32) |
| 2600m | 3:42.88 | (34.81) |
| 3000m | 4:18.33 | (35.45) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|------------------------|-----|---------|----------------|------|
| 7 | wt | 58 Esmee Visser | DSA | 3:54.02 | 4:20.12 | |
| | rd | 15 Robin Groot | DN4 | 4:02.72 | 4:13.65 | |

Esmee Visser

| | | |
|-------|---------|---------|
| 200m | 21.04 | (21.04) |
| 600m | 54.05 | (33.01) |
| 1000m | 1:27.95 | (33.90) |
| 1400m | 2:02.21 | (34.26) |
| 1800m | 2:36.85 | (34.64) |
| 2200m | 3:11.35 | (34.50) |
| 2600m | 3:45.83 | (34.48) |
| 3000m | 4:20.12 | (34.29) |

Robin Groot

| | | |
|-------|---------|---------|
| 200m | 20.10 | (20.10) |
| 600m | 52.13 | (32.03) |
| 1000m | 1:25.17 | (33.04) |
| 1400m | 1:58.37 | (33.20) |
| 1800m | 2:31.71 | (33.34) |
| 2200m | 3:05.36 | (33.65) |
| 2600m | 3:39.11 | (33.75) |
| 3000m | 4:13.65 | (34.54) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|---------------------------|-----|---------|----------------|------|
| 8 | gl | 14 Jade Groenewoud | DN1 | 4:07.07 | 4:22.89 | |
| | bl | 1 Reina Anema | DSA | 4:01.12 | 4:21.79 | |

Jade Groenewoud

| | | |
|-------|---------|---------|
| 200m | 20.41 | (20.41) |
| 600m | 53.16 | (32.75) |
| 1000m | 1:26.89 | (33.73) |
| 1400m | 2:01.28 | (34.39) |
| 1800m | 2:36.14 | (34.86) |
| 2200m | 3:11.33 | (35.19) |
| 2600m | 3:46.66 | (35.33) |
| 3000m | 4:22.89 | (36.23) |

Reina Anema

| | | |
|-------|---------|---------|
| 200m | 20.95 | (20.95) |
| 600m | 53.77 | (32.82) |
| 1000m | 1:27.29 | (33.52) |
| 1400m | 2:01.35 | (34.06) |
| 1800m | 2:36.23 | (34.88) |
| 2200m | 3:11.39 | (35.16) |
| 2600m | 3:46.57 | (35.18) |
| 3000m | 4:21.79 | (35.22) |

8. Uitslag Mannen 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 82 Gert Wierda | HN2 | 4 | O | 6:34.69 | TRC | |
| 2 | 10 Stijn van de Bunt | HN1 | 8 | O | 6:42.90 | | |
| 3 | 39 Jeroen Janissen | HSA | 7 | O | 6:43.40 | | |
| 4 | 17 Colin James Duivenvoorden | HN2 | 8 | I | 6:44.49 | | |
| 5 | 44 Jasper Krommenhoek | HN1 | 6 | O | 6:48.53 | | |
| 6 | 42 Jelle Koeleman | HN1 | 7 | I | 6:52.93 | | |
| 7 | 74 Yves Vergeer | HN4 | 3 | I | 6:55.36 | | |
| 8 | 18 Sijmen Egberts | HN1 | 6 | I | 6:55.65 | | |
| 9 | 79 Sietse de Vries | HA1 | 3 | O | 7:02.49 | | |
| 10 | 71 Jasper Tinga | HN1 | 5 | I | 7:07.70 | | |
| 11 | 81 Hidde Westra | HN1 | 5 | O | 7:08.26 | | |
| 12 | 69 Dyon Talsma | HN3 | 1 | O | 7:18.14 | | |
| | 55 Matthé Pronk | HN1 | 4 | I | | DQ | |
| | 63 Remo Slotegraaf | HN3 | | | | WDR | |

8. Rituitslag Mannen 5000 meter

| | | Naam | Cat | PR | Tijd Info |
|---|----|--------------------|-----|---------|----------------|
| 1 | wt | 63 Remo Slotegraaf | HN3 | 6:21.99 | WDR |
| | rd | 69 Dyon Talsma | HN3 | 6:53.51 | 7:18.14 |

Remo Slotegraaf

Dyon Talsma

| | | |
|-------|---------|---------|
| 200m | 19.94 | (19.94) |
| 600m | 53.02 | (33.08) |
| 1000m | 1:26.84 | (33.82) |
| 1400m | 2:00.41 | (33.57) |
| 1800m | 2:33.67 | (33.26) |
| 2200m | 3:07.09 | (33.42) |
| 2600m | 3:41.14 | (34.05) |
| 3000m | 4:16.08 | (34.94) |
| 3400m | 4:51.62 | (35.54) |
| 3800m | 5:27.92 | (36.30) |
| 4200m | 6:04.54 | (36.62) |
| 4600m | 6:41.28 | (36.74) |
| 5000m | 7:18.14 | (36.86) |

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

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------|------------------------|------------------------|-----|---------|----------------|-----------------|
| 3 | wt | 74 | Yves Vergeer | | HN4 | 6:27.25 | 6:55.36 | |
| | rd | 79 | Sietse de Vries | | HA1 | 6:49.42 | 7:02.49 | |
| | | | | Yves Vergeer | | | | |
| | | | | Sietse de Vries | | | | |
| | | 200m | 20.18 | (20.18) | | | 200m | 20.73 (20.73) |
| | | 600m | 52.27 | (32.09) | | | 600m | 53.85 (33.12) |
| | | 1000m | 1:24.85 | (32.58) | | | 1000m | 1:26.72 (32.87) |
| | | 1400m | 1:57.50 | (32.65) | | | 1400m | 1:59.64 (32.92) |
| | | 1800m | 2:29.91 | (32.41) | | | 1800m | 2:32.12 (32.48) |
| | | 2200m | 3:02.51 | (32.60) | | | 2200m | 3:04.76 (32.64) |
| | | 2600m | 3:35.05 | (32.54) | | | 2600m | 3:37.67 (32.91) |
| | | 3000m | 4:07.68 | (32.63) | | | 3000m | 4:11.23 (33.56) |
| | | 3400m | 4:40.58 | (32.90) | | | 3400m | 4:44.95 (33.72) |
| | | 3800m | 5:13.34 | (32.76) | | | 3800m | 5:19.14 (34.19) |
| | | 4200m | 5:46.81 | (33.47) | | | 4200m | 5:53.32 (34.18) |
| | | 4600m | 6:20.63 | (33.82) | | | 4600m | 6:28.04 (34.72) |
| | | 5000m | 6:55.36 | (34.73) | | | 5000m | 7:02.49 (34.45) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------|---------------------|---------------------|-----|---------|----------------|-----------------|
| 4 | gl | 55 | Matthé Pronk | | HN1 | 6:54.03 | DQ | |
| | bl | 82 | Gert Wierda | | HN2 | 6:17.75 | 6:34.69 | TRC |
| | | | | Matthé Pronk | | | | |
| | | | | Gert Wierda | | | | |
| | | 200m | 19.44 | (19.44) | | | 200m | 19.44 (19.44) |
| | | 600m | 49.73 | (30.29) | | | 600m | 49.73 (30.29) |
| | | 1000m | 1:20.44 | (30.71) | | | 1000m | 1:20.44 (30.71) |
| | | 1400m | 1:51.53 | (31.09) | | | 1400m | 1:51.53 (31.09) |
| | | 1800m | 2:22.70 | (31.17) | | | 1800m | 2:22.70 (31.17) |
| | | 2200m | 2:54.00 | (31.30) | | | 2200m | 2:54.00 (31.30) |
| | | 2600m | 3:25.22 | (31.22) | | | 2600m | 3:25.22 (31.22) |
| | | 3000m | 3:56.67 | (31.45) | | | 3000m | 3:56.67 (31.45) |
| | | 3400m | 4:28.05 | (31.38) | | | 3400m | 4:28.05 (31.38) |
| | | 3800m | 4:59.37 | (31.32) | | | 3800m | 4:59.37 (31.32) |
| | | 4200m | 5:31.08 | (31.71) | | | 4200m | 5:31.08 (31.71) |
| | | 4600m | 6:02.96 | (31.88) | | | 4600m | 6:02.96 (31.88) |
| | | 5000m | 6:34.69 | (31.73) | | | 5000m | 6:34.69 (31.73) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------|---------------------|---------|-------|---------|---------------------|------|
| 5 | wt | 71 Jasper Tinga | | HN1 | | 6:51.48 | 7:07.70 | |
| | rd | 81 Hidde Westra | | HN1 | | 6:45.13 | 7:08.26 | |
| | | | Jasper Tinga | | | | Hidde Westra | |
| | | 200m | 19.80 | (19.80) | 200m | 20.21 | (20.21) | |
| | | 600m | 52.11 | (32.31) | 600m | 52.29 | (32.08) | |
| | | 1000m | 1:25.77 | (33.66) | 1000m | 1:25.29 | (33.00) | |
| | | 1400m | 2:00.09 | (34.32) | 1400m | 1:58.79 | (33.50) | |
| | | 1800m | 2:34.14 | (34.05) | 1800m | 2:32.42 | (33.63) | |
| | | 2200m | 3:08.11 | (33.97) | 2200m | 3:06.33 | (33.91) | |
| | | 2600m | 3:42.62 | (34.51) | 2600m | 3:40.50 | (34.17) | |
| | | 3000m | 4:16.70 | (34.08) | 3000m | 4:15.10 | (34.60) | |
| | | 3400m | 4:50.54 | (33.84) | 3400m | 4:49.22 | (34.12) | |
| | | 3800m | 5:24.45 | (33.91) | 3800m | 5:24.42 | (35.20) | |
| | | 4200m | 5:58.63 | (34.18) | 4200m | 5:59.20 | (34.78) | |
| | | 4600m | 6:33.40 | (34.77) | 4600m | 6:34.03 | (34.83) | |
| | | 5000m | 7:07.70 | (34.30) | 5000m | 7:08.26 | (34.23) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-------|---------|---------------------------|------|
| 6 | gl | 18 Sijmen Egberts | | HN1 | | 6:34.98 | 6:55.65 | |
| | bl | 44 Jasper Krommenhoek | | HN1 | | 6:27.47 | 6:48.53 | |
| | | | Sijmen Egberts | | | | Jasper Krommenhoek | |
| | | 200m | 20.22 | (20.22) | 200m | 19.93 | (19.93) | |
| | | 600m | 52.62 | (32.40) | 600m | 51.94 | (32.01) | |
| | | 1000m | 1:25.83 | (33.21) | 1000m | 1:24.32 | (32.38) | |
| | | 1400m | 1:58.96 | (33.13) | 1400m | 1:56.23 | (31.91) | |
| | | 1800m | 2:31.81 | (32.85) | 1800m | 2:27.91 | (31.68) | |
| | | 2200m | 3:04.55 | (32.74) | 2200m | 2:59.67 | (31.76) | |
| | | 2600m | 3:37.42 | (32.87) | 2600m | 3:31.48 | (31.81) | |
| | | 3000m | 4:09.80 | (32.38) | 3000m | 4:03.47 | (31.99) | |
| | | 3400m | 4:42.32 | (32.52) | 3400m | 4:35.28 | (31.81) | |
| | | 3800m | 5:14.99 | (32.67) | 3800m | 5:07.45 | (32.17) | |
| | | 4200m | 5:48.12 | (33.13) | 4200m | 5:40.45 | (33.00) | |
| | | 4600m | 6:21.90 | (33.78) | 4600m | 6:14.30 | (33.85) | |
| | | 5000m | 6:55.65 | (33.75) | 5000m | 6:48.53 | (34.23) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------|------------------------|---------|-------|------------------------|----------------|------|
| 7 | wt | 42 | Jelle Koeleman | | HN1 | 6:39.28 | 6:52.93 | |
| | rd | 39 | Jeroen Janissen | | HSA | 6:28.64 | 6:43.40 | |
| | | | Jelle Koeleman | | | Jeroen Janissen | | |
| | | 200m | 19.74 | (19.74) | 200m | 19.77 | (19.77) | |
| | | 600m | 51.84 | (32.10) | 600m | 51.10 | (31.33) | |
| | | 1000m | 1:24.07 | (32.23) | 1000m | 1:22.65 | (31.55) | |
| | | 1400m | 1:56.47 | (32.40) | 1400m | 1:54.33 | (31.68) | |
| | | 1800m | 2:29.00 | (32.53) | 1800m | 2:25.92 | (31.59) | |
| | | 2200m | 3:01.50 | (32.50) | 2200m | 2:57.75 | (31.83) | |
| | | 2600m | 3:33.73 | (32.23) | 2600m | 3:29.45 | (31.70) | |
| | | 3000m | 4:06.09 | (32.36) | 3000m | 4:01.39 | (31.94) | |
| | | 3400m | 4:38.60 | (32.51) | 3400m | 4:33.35 | (31.96) | |
| | | 3800m | 5:11.11 | (32.51) | 3800m | 5:05.32 | (31.97) | |
| | | 4200m | 5:44.70 | (33.59) | 4200m | 5:37.56 | (32.24) | |
| | | 4600m | 6:18.39 | (33.69) | 4600m | 6:10.47 | (32.91) | |
| | | 5000m | 6:52.93 | (34.54) | 5000m | 6:43.40 | (32.93) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------|----------------------------------|---------|-------|--------------------------|----------------|------|
| 8 | gl | 17 | Colin James Duivenvoorden | | HN2 | 6:26.10 | 6:44.49 | |
| | bl | 10 | Stijn van de Bunt | | HN1 | 6:27.81 | 6:42.90 | |
| | | | Colin James Duivenvoorden | | | Stijn van de Bunt | | |
| | | 200m | 19.35 | (19.35) | 200m | 19.51 | (19.51) | |
| | | 600m | 50.97 | (31.62) | 600m | 50.46 | (30.95) | |
| | | 1000m | 1:21.93 | (30.96) | 1000m | 1:21.76 | (31.30) | |
| | | 1400m | 1:53.24 | (31.31) | 1400m | 1:53.10 | (31.34) | |
| | | 1800m | 2:24.58 | (31.34) | 1800m | 2:24.49 | (31.39) | |
| | | 2200m | 2:56.33 | (31.75) | 2200m | 2:55.74 | (31.25) | |
| | | 2600m | 3:28.31 | (31.98) | 2600m | 3:27.01 | (31.27) | |
| | | 3000m | 4:00.46 | (32.15) | 3000m | 3:58.72 | (31.71) | |
| | | 3400m | 4:32.94 | (32.48) | 3400m | 4:30.74 | (32.02) | |
| | | 3800m | 5:05.74 | (32.80) | 3800m | 5:03.14 | (32.40) | |
| | | 4200m | 5:38.80 | (33.06) | 4200m | 5:35.87 | (32.73) | |
| | | 4600m | 6:11.65 | (32.85) | 4600m | 6:09.18 | (33.31) | |
| | | 5000m | 6:44.49 | (32.84) | 5000m | 6:42.90 | (33.72) | |