

# Schaatscircuit.nl - 20160109

Thialf - Heerenveen

9 januari 2016

## 1. Uitslag 100 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd  | Info |
|-----|------------------------|-----|------|------|-------|------|
| 1   | 24 Jorn Holwerda       | HC2 | 14   | O    | 11.77 |      |
| 2   | 9 Yael Prenger         | DPA | 13   | I    | 11.86 | PR   |
| 3   | 21 Job van der Sluijs  | HC1 | 12   | O    | 12.13 | PR   |
| 4   | 1 Danny Verdel         | HPA | 14   | I    | 12.14 |      |
| 5   | 10 Kevin Kuiper        | HPA | 13   | O    | 12.15 |      |
| 6   | 19 Manon Iskes         | DPA | 9    | O    | 12.33 | PR   |
| 7   | 11 Mathijs Depenbrock  | HPA | 11   | O    | 12.37 | PR   |
| 8   | 5 Amy Cornelissen      | DPA | 10   | O    | 12.42 | PR   |
| 9   | 12 Vera van Ditshuizen | DPA | 12   | I    | 12.51 |      |
| 10  | 18 Daphne Iskes        | DPA | 9    | I    | 12.53 | PR   |
| 11  | 17 Sterre van Schaik   | DPC | 11   | I    | 12.59 |      |
| 12  | 14 Jorrit de Ligt      | HPA | 8    | I    | 12.66 |      |
| 13  | 8 Stijn Beekelaar      | HPB | 8    | O    | 12.67 | PR   |
| 14  | 4 Ramona Westerhuis    | DPA | 10   | I    | 12.71 |      |
| 15  | 13 Seb van Schelven    | HPA | 6    | I    | 12.75 | PR   |
| 16  | 3 Senna Westerhuis     | DPC | 4    | I    | 12.91 | PR   |
| 17  | 28 Lars Remijn         | HPB | 5    | O    | 13.03 | PR   |
| 18  | 16 Bjorn Koster        | HPB | 4    | O    | 13.06 | PR   |
| 19  | 25 Matthe Pronk        | HPB | 6    | O    | 13.15 |      |
| 20  | 7 Jesse Versluijs      | HPA | 7    | I    | 13.22 |      |
|     | 27 Stijn Schuitemaker  | HPA | 7    | O    | 13.22 |      |
| 22  | 22 Denice Keesman      | DPA | 3    | O    | 13.30 |      |
| 23  | 6 Meike Veen           | DPC | 5    | I    | 13.31 |      |
| 24  | 2 Jarno Beukers        | HPC | 3    | I    | 13.55 | PR   |
| 25  | 20 Jort de Gans        | HPC | 2    | O    | 13.63 | PR   |
| 26  | 23 Masja Keesman       | DPC | 2    | I    | 13.98 | PR   |
| 27  | 15 Tim Verdel          | HPD | 1    | I    | 14.38 | PR   |

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|   |    | Naam       |                   | Cat    |     | PR |       | Tijd         | Info |
|---|----|------------|-------------------|--------|-----|----|-------|--------------|------|
| 1 | wt | 15         | <b>Tim Verdel</b> |        | HPD |    | 14.84 | <b>14.38</b> | PR   |
|   | rd |            |                   |        |     |    |       |              |      |
|   |    | Tim Verdel |                   |        |     |    |       |              |      |
|   |    | 100m       | 14.38             | (14.4) | m   |    |       |              |      |

|   |    | Naam          |                      | Cat    |     | PR |       | Tijd         | Info |
|---|----|---------------|----------------------|--------|-----|----|-------|--------------|------|
| 2 | gl | 23            | <b>Masja Keesman</b> |        | DPC |    | 14.11 | <b>13.98</b> | PR   |
|   | bl | 20            | <b>Jort de Gans</b>  |        | HPC |    | 14.18 | <b>13.63</b> | PR   |
|   |    | Masja Keesman |                      |        |     |    |       |              |      |
|   |    | 100m          | 13.98                | (14.0) |     |    |       |              |      |
|   |    | Jort de Gans  |                      |        |     |    |       |              |      |
|   |    | 100m          | 13.63                | (13.6) |     |    |       |              |      |

|   |    | Naam           |                       | Cat    |     | PR |       | Tijd         | Info |
|---|----|----------------|-----------------------|--------|-----|----|-------|--------------|------|
| 3 | wt | 2              | <b>Jarno Beukers</b>  |        | HPC |    | 13.71 | <b>13.55</b> | PR   |
|   | rd | 22             | <b>Denice Keesman</b> |        | DPA |    | 13.28 | <b>13.30</b> |      |
|   |    | Jarno Beukers  |                       |        |     |    |       |              |      |
|   |    | 100m           | 13.55                 | (13.6) |     |    |       |              |      |
|   |    | Denice Keesman |                       |        |     |    |       |              |      |
|   |    | 100m           | 13.30                 | (13.3) |     |    |       |              |      |

|   |    | Naam             |                         | Cat    |     | PR |       | Tijd         | Info |
|---|----|------------------|-------------------------|--------|-----|----|-------|--------------|------|
| 4 | gl | 3                | <b>Senna Westerhuis</b> |        | DPC |    | 13.12 | <b>12.91</b> | PR   |
|   | bl | 16               | <b>Bjorn Koster</b>     |        | HPB |    | 13.13 | <b>13.06</b> | PR   |
|   |    | Senna Westerhuis |                         |        |     |    |       |              |      |
|   |    | 100m             | 12.91                   | (12.9) |     |    |       |              |      |
|   |    | Bjorn Koster     |                         |        |     |    |       |              |      |
|   |    | 100m             | 13.06                   | (13.1) |     |    |       |              |      |

|   |    | Naam        |                    | Cat    |     | PR |       | Tijd         | Info |
|---|----|-------------|--------------------|--------|-----|----|-------|--------------|------|
| 5 | wt | 6           | <b>Meike Veen</b>  |        | DPC |    | 13.12 | <b>13.31</b> |      |
|   | rd | 28          | <b>Lars Remijn</b> |        | HPB |    | 13.07 | <b>13.03</b> | PR   |
|   |    | Meike Veen  |                    |        |     |    |       |              |      |
|   |    | 100m        | 13.31              | (13.3) |     |    |       |              |      |
|   |    | Lars Remijn |                    |        |     |    |       |              |      |
|   |    | 100m        | 13.03              | (13.0) |     |    |       |              |      |

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|       |    | Naam                     |                           | Cat    |                           | PR    | Tijd         | Info |
|-------|----|--------------------------|---------------------------|--------|---------------------------|-------|--------------|------|
| 6     | gl | 13                       | <b>Seb van Schelven</b>   |        | HPA                       | 13.01 | <b>12.75</b> | PR   |
|       | bl | 25                       | <b>Matthe Pronk</b>       |        | HPB                       | 12.94 | <b>13.15</b> |      |
|       |    | <u>Seb van Schelven</u>  |                           |        | <u>Matthe Pronk</u>       |       |              |      |
|       |    | 100m                     | 12.75                     | (12.8) | 100m                      | 13.15 | (13.2)       |      |
| <hr/> |    |                          |                           |        |                           |       |              |      |
|       |    | Naam                     |                           | Cat    |                           | PR    | Tijd         | Info |
| 7     | wt | 7                        | <b>Jesse Versluijs</b>    |        | HPA                       | 12.86 | <b>13.22</b> |      |
|       | rd | 27                       | <b>Stijn Schuitemaker</b> |        | HPA                       | 12.97 | <b>13.22</b> |      |
|       |    | <u>Jesse Versluijs</u>   |                           |        | <u>Stijn Schuitemaker</u> |       |              |      |
|       |    | 100m                     | 13.22                     | (13.2) | 100m                      | 13.22 | (13.2)       |      |
| <hr/> |    |                          |                           |        |                           |       |              |      |
|       |    | Naam                     |                           | Cat    |                           | PR    | Tijd         | Info |
| 8     | gl | 14                       | <b>Jorrit de Ligt</b>     |        | HPA                       | 12.47 | <b>12.66</b> |      |
|       | bl | 8                        | <b>Stijn Beekelaar</b>    |        | HPB                       | 12.78 | <b>12.67</b> | PR   |
|       |    | <u>Jorrit de Ligt</u>    |                           |        | <u>Stijn Beekelaar</u>    |       |              |      |
|       |    | 100m                     | 12.66                     | (12.7) | 100m                      | 12.67 | (12.7)       |      |
| <hr/> |    |                          |                           |        |                           |       |              |      |
|       |    | Naam                     |                           | Cat    |                           | PR    | Tijd         | Info |
| 9     | wt | 18                       | <b>Daphne Iskes</b>       |        | DPA                       | 12.66 | <b>12.53</b> | PR   |
|       | rd | 19                       | <b>Manon Iskes</b>        |        | DPA                       | 12.54 | <b>12.33</b> | PR   |
|       |    | <u>Daphne Iskes</u>      |                           |        | <u>Manon Iskes</u>        |       |              |      |
|       |    | 100m                     | 12.53                     | (12.5) | 100m                      | 12.33 | (12.3)       |      |
| <hr/> |    |                          |                           |        |                           |       |              |      |
|       |    | Naam                     |                           | Cat    |                           | PR    | Tijd         | Info |
| 10    | gl | 4                        | <b>Ramona Westerhuis</b>  |        | DPA                       | 12.50 | <b>12.71</b> |      |
|       | bl | 5                        | <b>Amy Cornelissen</b>    |        | DPA                       | 12.49 | <b>12.42</b> | PR   |
|       |    | <u>Ramona Westerhuis</u> |                           |        | <u>Amy Cornelissen</u>    |       |              |      |
|       |    | 100m                     | 12.71                     | (12.7) | 100m                      | 12.42 | (12.4)       |      |
| <hr/> |    |                          |                           |        |                           |       |              |      |
|       |    | Naam                     |                           | Cat    |                           | PR    | Tijd         | Info |
| 11    | wt | 17                       | <b>Sterre van Schaik</b>  |        | DPC                       | 12.48 | <b>12.59</b> |      |
|       | rd | 11                       | <b>Mathijs Depenbrock</b> |        | HPA                       | 12.44 | <b>12.37</b> | PR   |
|       |    | <u>Sterre van Schaik</u> |                           |        | <u>Mathijs Depenbrock</u> |       |              |      |
|       |    | 100m                     | 12.59                     | (12.6) | 100m                      | 12.37 | (12.4)       |      |

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|       |    | Naam                          | Cat | PR                | Tijd                      | Info |
|-------|----|-------------------------------|-----|-------------------|---------------------------|------|
| 12    | gl | 12 <b>Vera van Ditshuizen</b> | DPA | 12.39             | <b>12.51</b>              |      |
|       | bl | 21 <b>Job van der Sluijs</b>  | HC1 | 12.42             | <b>12.13</b>              | PR   |
|       |    | <u>Vera van Ditshuizen</u>    |     |                   | <u>Job van der Sluijs</u> |      |
|       |    | 100m 12.51 (12.5)             |     | 100m 12.13 (12.1) |                           |      |
| <hr/> |    |                               |     |                   |                           |      |
|       |    | Naam                          | Cat | PR                | Tijd                      | Info |
| 13    | wt | 9 <b>Yael Prenger</b>         | DPA | 12.03             | <b>11.86</b>              | PR   |
|       | rd | 10 <b>Kevin Kuiper</b>        | HPA | 11.98             | <b>12.15</b>              |      |
|       |    | <u>Yael Prenger</u>           |     |                   | <u>Kevin Kuiper</u>       |      |
|       |    | 100m 11.86 (11.9)             |     | 100m 12.15 (12.2) |                           |      |
| <hr/> |    |                               |     |                   |                           |      |
|       |    | Naam                          | Cat | PR                | Tijd                      | Info |
| 14    | gl | 1 <b>Danny Verdel</b>         | HPA | 11.94             | <b>12.14</b>              |      |
|       | bl | 24 <b>Jorn Holwerda</b>       | HC2 | 11.67             | <b>11.77</b>              |      |
|       |    | <u>Danny Verdel</u>           |     |                   | <u>Jorn Holwerda</u>      |      |
|       |    | 100m 12.14 (12.1)             |     | 100m 11.77 (11.8) |                           |      |

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## 2. Uitslag 500m voor 500m/1.500m

| Pos | Naam                           | Cat | Paar | Baan | Tijd  | Info |
|-----|--------------------------------|-----|------|------|-------|------|
| 1   | 60 Lennaart Lamers             | HSA | 40   | O    | 39.82 |      |
| 2   | 95 Jurre Kranenborg            | HSB | 39   | I    | 40.21 | PR   |
| 3   | 101 Peter de Vries             | HSA | 39   | O    | 40.26 |      |
| 4   | 69 Loek Sieberichs             | HB1 | 38   | O    | 40.61 | PR   |
| 5   | 64 Twan Kok                    | HC2 | 38   | I    | 41.02 | PR   |
| 6   | 71 Emiel de Haan               | H40 | 35   | O    | 41.49 |      |
| 7   | 62 Steef van Gelderen          | HB1 | 37   | I    | 41.76 |      |
| 8   | 96 Paul Robijn                 | H45 | 36   | O    | 42.09 |      |
| 9   | 70 Danny Witkamp               | H50 | 37   | O    | 42.23 |      |
| 10  | 87 Joost Hermans               | HN3 | 36   | I    | 42.34 |      |
| 11  | 102 Sven Heijnen               | HC2 | 35   | I    | 42.35 |      |
| 12  | 83 Gert van der Scheer         | H45 | 32   | I    | 42.36 | PR   |
| 13  | 97 Arjen Keuning               | H40 | 33   | I    | 42.49 |      |
| 14  | 90 Thomas Jansen               | HB1 | 34   | O    | 42.50 |      |
| 15  | 82 Eddy van Dijk               | H45 | 31   | I    | 43.31 |      |
| 16  | 84 Kas van Kordelaar           | HB2 | 32   | O    | 43.42 |      |
| 17  | 80 Yannick Mol                 | HC2 | 33   | O    | 43.78 |      |
| 18  | 93 Jos Drabbels                | H50 | 27   | I    | 43.80 | PR   |
| 19  | 81 Kaska Rogulska              | D45 | 31   | O    | 44.03 |      |
|     | 106 Irma Woud                  | D45 | 28   | I    | 44.03 |      |
| 21  | 91 Jeanette ten Hag            | DSB | 30   | I    | 44.18 | PR   |
| 22  | 86 Patrick Kuiper              | HB2 | 29   | I    | 44.57 | PR   |
|     | 74 Yasmijn Jorritsma           | DC2 | 28   | O    | 44.57 | PR   |
| 24  | 66 Lucas Melchior              | H55 | 27   | O    | 44.93 |      |
| 25  | 144 Twan den Braber            | H60 | 26   | I    | 45.13 |      |
| 26  | 88 Karsten Veen                | HC2 | 24   | O    | 45.82 | PR   |
| 27  | 75 Beau Snellink               | HC2 | 25   | O    | 45.83 | PR   |
| 28  | 103 Lian van Dongen            | D50 | 26   | O    | 46.01 |      |
| 29  | 77 Noor van Seggelen           | DC2 | 24   | I    | 46.29 | PR   |
| 30  | 89 Marlies de Jong             | D50 | 21   | I    | 46.84 | PR   |
| 31  | 59 Annabelle Neefjes           | DN2 | 29   | O    | 46.86 |      |
| 32  | 72 Niels d' Huy                | HC1 | 23   | O    | 46.88 |      |
| 33  | 100 Adriaan Provoost           | H55 | 23   | I    | 47.01 |      |
| 34  | 61 Dennis Beukers              | HC1 | 22   | O    | 47.05 | PR   |
| 35  | 98 Janneke Hospes              | DSB | 22   | I    | 47.24 |      |
| 36  | 94 Erica Della Guardia-de Jong | D45 | 20   | O    | 47.37 | PR   |
| 37  | 73 Peter Tijssen               | H60 | 20   | I    | 47.39 |      |
| 38  | 143 Astrid Janssen             | D50 | 21   | O    | 47.51 |      |

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| Pos | Naam                       | Cat | Paar | Baan | Tijd         | Info |
|-----|----------------------------|-----|------|------|--------------|------|
| 39  | 105 <b>Thomas Hoekstra</b> | H65 | 19   | I    | <b>48.24</b> |      |
| 40  | 85 <b>Michael Boon</b>     | H55 | 19   | O    | <b>48.31</b> | PR   |
| 41  | 92 <b>Henk v.d. Zwaan</b>  | H55 | 17   | I    | <b>49.44</b> | PR   |
| 42  | 78 <b>Ilse Bakker</b>      | DC2 | 18   | O    | <b>49.47</b> |      |
| 43  | 142 <b>Britte Dam</b>      | DC1 | 17   | O    | <b>51.03</b> | PR   |
| 44  | 67 <b>Iris Witkamp</b>     | DC1 | 18   | I    | <b>51.29</b> |      |
| 45  | 104 <b>Natasja Slinger</b> | DA1 | 15   | I    | <b>52.76</b> |      |
|     | 99 <b>Jacob Heslinga</b>   | H60 | 30   | O    | <b>DNS</b>   |      |
|     | 76 <b>Marnix Joustra</b>   | HC2 | 34   | I    | <b>DNS</b>   |      |
|     | 79 <b>Emma Mousset</b>     | DC2 | 25   | I    | <b>DQ</b>    |      |
|     | 65 <b>Job Bohnen</b>       | HSB | 40   | I    | <b>DQ</b>    |      |

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## 2. Rituitslag 500m voor 500m/1.500m

|    |          | Naam |                        | Cat |     | PR | Tijd  | Info         |
|----|----------|------|------------------------|-----|-----|----|-------|--------------|
| 15 | wt<br>rd | 104  | <b>Natasja Slinger</b> |     | DA1 |    | 52.29 | <b>52.76</b> |

### Natasja Slinger

|      |       |        |   |
|------|-------|--------|---|
| 100m | 14.43 | (14.4) | m |
| 500m | 52.76 | (38.3) |   |

|    |          | Naam |  | Cat |  | PR | Tijd | Info |
|----|----------|------|--|-----|--|----|------|------|
| 16 | gl<br>bl |      |  |     |  |    |      |      |

m m

|    |          | Naam |                        | Cat |     | PR | Tijd  | Info            |
|----|----------|------|------------------------|-----|-----|----|-------|-----------------|
| 17 | wt<br>rd | 92   | <b>Henk v.d. Zwaan</b> |     | H55 |    | 51.69 | <b>49.44</b> PR |
|    |          | 142  | <b>Britte Dam</b>      |     | DC1 |    | 51.10 | <b>51.03</b> PR |

### Henk v.d. Zwaan

|      |       |        |
|------|-------|--------|
| 100m | 13.45 | (13.5) |
| 500m | 49.44 | (36.0) |

### Britte Dam

|      |       |        |
|------|-------|--------|
| 100m | 13.49 | (13.5) |
| 500m | 51.03 | (37.5) |

|    |          | Naam |                     | Cat |     | PR | Tijd  | Info         |
|----|----------|------|---------------------|-----|-----|----|-------|--------------|
| 18 | gl<br>bl | 67   | <b>Iris Witkamp</b> |     | DC1 |    | 50.16 | <b>51.29</b> |
|    |          | 78   | <b>Ilse Bakker</b>  |     | DC2 |    | 49.42 | <b>49.47</b> |

### Iris Witkamp

|      |       |        |
|------|-------|--------|
| 100m | 13.91 | (13.9) |
| 500m | 51.29 | (37.4) |

### Ilse Bakker

|      |       |        |
|------|-------|--------|
| 100m | 13.29 | (13.3) |
| 500m | 49.47 | (36.2) |

|    |          | Naam |                        | Cat |     | PR | Tijd  | Info            |
|----|----------|------|------------------------|-----|-----|----|-------|-----------------|
| 19 | wt<br>rd | 105  | <b>Thomas Hoekstra</b> |     | H65 |    | 45.94 | <b>48.24</b>    |
|    |          | 85   | <b>Michael Boon</b>    |     | H55 |    | 48.58 | <b>48.31</b> PR |

### Thomas Hoekstra

|      |       |        |
|------|-------|--------|
| 100m | 12.99 | (13.0) |
| 500m | 48.24 | (35.3) |

### Michael Boon

|      |       |        |
|------|-------|--------|
| 100m | 13.83 | (13.8) |
| 500m | 48.31 | (34.5) |

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|    |    | Naam                     |                                    |        | Cat                                | PR    | Tijd         | Info |
|----|----|--------------------------|------------------------------------|--------|------------------------------------|-------|--------------|------|
| 20 | gl | 73                       | <b>Peter Tijssen</b>               |        | H60                                | 45.63 | <b>47.39</b> |      |
|    | bl | 94                       | <b>Erica Della Guardia-de Jong</b> |        | D45                                | 47.45 | <b>47.37</b> | PR   |
|    |    | <b>Peter Tijssen</b>     |                                    |        | <b>Erica Della Guardia-de Jong</b> |       |              |      |
|    |    | 100m                     | 12.80                              | (12.8) | 100m                               | 12.94 | (12.9)       |      |
|    |    | 500m                     | 47.39                              | (34.6) | 500m                               | 47.37 | (34.4)       |      |
|    |    | Naam                     |                                    |        | Cat                                | PR    | Tijd         | Info |
| 21 | wt | 89                       | <b>Marlies de Jong</b>             |        | D50                                | 47.69 | <b>46.84</b> | PR   |
|    | rd | 143                      | <b>Astrid Janssen</b>              |        | D50                                | 46.77 | <b>47.51</b> |      |
|    |    | <b>Marlies de Jong</b>   |                                    |        | <b>Astrid Janssen</b>              |       |              |      |
|    |    | 100m                     | 13.01                              | (13.0) | 100m                               | 13.17 | (13.2)       |      |
|    |    | 500m                     | 46.84                              | (33.8) | 500m                               | 47.51 | (34.3)       |      |
|    |    | Naam                     |                                    |        | Cat                                | PR    | Tijd         | Info |
| 22 | gl | 98                       | <b>Janneke Hospes</b>              |        | DSB                                | 45.87 | <b>47.24</b> |      |
|    | bl | 61                       | <b>Dennis Beukers</b>              |        | HC1                                | 47.66 | <b>47.05</b> | PR   |
|    |    | <b>Janneke Hospes</b>    |                                    |        | <b>Dennis Beukers</b>              |       |              |      |
|    |    | 100m                     | 12.72                              | (12.7) | 100m                               | 12.63 | (12.6)       |      |
|    |    | 500m                     | 47.24                              | (34.5) | 500m                               | 47.05 | (34.4)       |      |
|    |    | Naam                     |                                    |        | Cat                                | PR    | Tijd         | Info |
| 23 | wt | 100                      | <b>Adriaan Provoost</b>            |        | H55                                | 43.19 | <b>47.01</b> |      |
|    | rd | 72                       | <b>Niels d' Huy</b>                |        | HC1                                | 46.56 | <b>46.88</b> |      |
|    |    | <b>Adriaan Provoost</b>  |                                    |        | <b>Niels d' Huy</b>                |       |              |      |
|    |    | 100m                     | 12.78                              | (12.8) | 100m                               | 13.00 | (13.0)       |      |
|    |    | 500m                     | 47.01                              | (34.2) | 500m                               | 46.88 | (33.9)       |      |
|    |    | Naam                     |                                    |        | Cat                                | PR    | Tijd         | Info |
| 24 | gl | 77                       | <b>Noor van Seggelen</b>           |        | DC2                                | 46.41 | <b>46.29</b> | PR   |
|    | bl | 88                       | <b>Karsten Veen</b>                |        | HC2                                | 46.52 | <b>45.82</b> | PR   |
|    |    | <b>Noor van Seggelen</b> |                                    |        | <b>Karsten Veen</b>                |       |              |      |
|    |    | 100m                     | 12.69                              | (12.7) | 100m                               | 12.40 | (12.4)       |      |
|    |    | 500m                     | 46.29                              | (33.6) | 500m                               | 45.82 | (33.4)       |      |

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|    |    | Naam                   |                           |  | Cat                       | PR    | Tijd   | Info            |
|----|----|------------------------|---------------------------|--|---------------------------|-------|--------|-----------------|
| 25 | wt | 79                     | <b>Emma Mousset</b>       |  | DC2                       | 45.50 |        | <b>DQ</b>       |
|    | rd | 75                     | <b>Beau Snellink</b>      |  | HC2                       | 46.15 |        | <b>45.83</b> PR |
|    |    | <u>Emma Mousset</u>    |                           |  | <u>Beau Snellink</u>      |       |        |                 |
|    |    |                        |                           |  | 100m                      | 12.60 | (12.6) |                 |
|    |    |                        |                           |  | 500m                      | 45.83 | (33.2) |                 |
|    |    | Naam                   |                           |  | Cat                       | PR    | Tijd   | Info            |
| 26 | gl | 144                    | <b>Twan den Braber</b>    |  | H60                       | 43.33 |        | <b>45.13</b>    |
|    | bl | 103                    | <b>Lian van Dongen</b>    |  | D50                       | 45.67 |        | <b>46.01</b>    |
|    |    | <u>Twan den Braber</u> |                           |  | <u>Lian van Dongen</u>    |       |        |                 |
|    |    |                        |                           |  | 100m                      | 12.55 | (12.6) |                 |
|    |    |                        |                           |  | 500m                      | 45.13 | (32.6) |                 |
|    |    |                        |                           |  | 100m                      | 13.03 | (13.0) |                 |
|    |    |                        |                           |  | 500m                      | 46.01 | (33.0) |                 |
|    |    | Naam                   |                           |  | Cat                       | PR    | Tijd   | Info            |
| 27 | wt | 93                     | <b>Jos Drabbels</b>       |  | H50                       | 44.29 |        | <b>43.80</b> PR |
|    | rd | 66                     | <b>Lucas Melchior</b>     |  | H55                       | 43.94 |        | <b>44.93</b>    |
|    |    | <u>Jos Drabbels</u>    |                           |  | <u>Lucas Melchior</u>     |       |        |                 |
|    |    |                        |                           |  | 100m                      | 12.26 | (12.3) |                 |
|    |    |                        |                           |  | 500m                      | 43.80 | (31.5) |                 |
|    |    |                        |                           |  | 100m                      | 12.18 | (12.2) |                 |
|    |    |                        |                           |  | 500m                      | 44.93 | (32.7) |                 |
|    |    | Naam                   |                           |  | Cat                       | PR    | Tijd   | Info            |
| 28 | gl | 106                    | <b>Irma Woud</b>          |  | D45                       | 43.36 |        | <b>44.03</b>    |
|    | bl | 74                     | <b>Yasmijn Jorritsma</b>  |  | DC2                       | 44.82 |        | <b>44.57</b> PR |
|    |    | <u>Irma Woud</u>       |                           |  | <u>Yasmijn Jorritsma</u>  |       |        |                 |
|    |    |                        |                           |  | 100m                      | 11.88 | (11.9) |                 |
|    |    |                        |                           |  | 500m                      | 44.03 | (32.2) |                 |
|    |    |                        |                           |  | 100m                      | 12.00 | (12.0) |                 |
|    |    |                        |                           |  | 500m                      | 44.57 | (32.6) |                 |
|    |    | Naam                   |                           |  | Cat                       | PR    | Tijd   | Info            |
| 29 | wt | 86                     | <b>Patrick Kuiper</b>     |  | HB2                       | 44.65 |        | <b>44.57</b> PR |
|    | rd | 59                     | <b>Annabelle Neeffjes</b> |  | DN2                       | 44.35 |        | <b>46.86</b>    |
|    |    | <u>Patrick Kuiper</u>  |                           |  | <u>Annabelle Neeffjes</u> |       |        |                 |
|    |    |                        |                           |  | 100m                      | 11.93 | (11.9) |                 |
|    |    |                        |                           |  | 500m                      | 44.57 | (32.6) |                 |
|    |    |                        |                           |  | 100m                      | 12.85 | (12.9) |                 |
|    |    |                        |                           |  | 500m                      | 46.86 | (34.0) |                 |

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|    |    | Naam                          |       |        | Cat                      | PR     | Tijd         | Info |
|----|----|-------------------------------|-------|--------|--------------------------|--------|--------------|------|
| 30 | gl | 91 <b>Jeanette ten Hag</b>    |       |        | DSB                      | 44.32  | <b>44.18</b> | PR   |
|    | bl | 99 <b>Jacob Heslinga</b>      |       |        | H60                      | 41.76  | <b>DNS</b>   |      |
|    |    | <u>Jeanette ten Hag</u>       |       |        | <u>Jacob Heslinga</u>    |        |              |      |
|    |    | 100m                          | 12.12 | (12.1) |                          |        |              |      |
|    |    | 500m                          | 44.18 | (32.1) |                          |        |              |      |
|    |    | Naam                          |       |        | Cat                      | PR     | Tijd         | Info |
| 31 | wt | 82 <b>Eddy van Dijk</b>       |       |        | H45                      | 42.10  | <b>43.31</b> |      |
|    | rd | 81 <b>Kaska Rogulska</b>      |       |        | D45                      | 42.33  | <b>44.03</b> |      |
|    |    | <u>Eddy van Dijk</u>          |       |        | <u>Kaska Rogulska</u>    |        |              |      |
|    |    | 100m                          | 12.14 | (12.1) | 100m                     | 12.07  | (12.1)       |      |
|    |    | 500m                          | 43.31 | (31.2) | 500m                     | 44.03  | (32.0)       |      |
|    |    | Naam                          |       |        | Cat                      | PR     | Tijd         | Info |
| 32 | gl | 83 <b>Gert van der Scheer</b> |       |        | H45                      | 42.88  | <b>42.36</b> | PR   |
|    | bl | 84 <b>Kas van Kordelaar</b>   |       |        | HB2                      | 43.07  | <b>43.42</b> |      |
|    |    | <u>Gert van der Scheer</u>    |       |        | <u>Kas van Kordelaar</u> |        |              |      |
|    |    | 100m                          | 11.71 | (11.7) | 100m                     | 11.72  | (11.7)       |      |
|    |    | 500m                          | 42.36 | (30.7) | 500m                     | 43.42  | (31.7)       |      |
|    |    | Naam                          |       |        | Cat                      | PR     | Tijd         | Info |
| 33 | wt | 97 <b>Arjen Keuning</b>       |       |        | H40                      | 40.56  | <b>42.49</b> |      |
|    | rd | 80 <b>Yannick Mol</b>         |       |        | HC2                      | 42.78  | <b>43.78</b> |      |
|    |    | <u>Arjen Keuning</u>          |       |        | <u>Yannick Mol</u>       |        |              |      |
|    |    | 100m                          | 11.72 | (11.7) | 100m                     | 11.91  | (11.9)       |      |
|    |    | 500m                          | 42.49 | (30.8) | 500m                     | 43.78  | (31.9)       |      |
|    |    | Naam                          |       |        | Cat                      | PR     | Tijd         | Info |
| 34 | gl | 76 <b>Marnix Joustra</b>      |       |        | HC2                      | 42.41  | <b>DNS</b>   |      |
|    | bl | 90 <b>Thomas Jansen</b>       |       |        | HB1                      | 42.41  | <b>42.50</b> |      |
|    |    | <u>Marnix Joustra</u>         |       |        | <u>Thomas Jansen</u>     |        |              |      |
|    |    |                               |       | 100m   | 11.73                    | (11.7) |              |      |
|    |    |                               |       | 500m   | 42.50                    | (30.8) |              |      |

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|    |    | Naam                         | Cat   |                        | PR    | Tijd         | Info   |
|----|----|------------------------------|-------|------------------------|-------|--------------|--------|
| 35 | wt | 102 <b>Sven Heijnen</b>      | HC2   |                        | 42.09 | <b>42.35</b> |        |
|    | rd | 71 <b>Emiel de Haan</b>      | H40   |                        | 41.41 | <b>41.49</b> |        |
|    |    | <b>Sven Heijnen</b>          |       | <b>Emiel de Haan</b>   |       |              |        |
|    |    | 100m                         | 11.40 | (11.4)                 | 100m  | 11.42        | (11.4) |
|    |    | 500m                         | 42.35 | (30.9)                 | 500m  | 41.49        | (30.1) |
|    |    | Naam                         | Cat   |                        | PR    | Tijd         | Info   |
| 36 | gl | 87 <b>Joost Hermans</b>      | HN3   |                        | 40.98 | <b>42.34</b> |        |
|    | bl | 96 <b>Paul Robijn</b>        | H45   |                        | 40.89 | <b>42.09</b> |        |
|    |    | <b>Joost Hermans</b>         |       | <b>Paul Robijn</b>     |       |              |        |
|    |    | 100m                         | 11.75 | (11.8)                 | 100m  | 11.84        | (11.8) |
|    |    | 500m                         | 42.34 | (30.6)                 | 500m  | 42.09        | (30.3) |
|    |    | Naam                         | Cat   |                        | PR    | Tijd         | Info   |
| 37 | wt | 62 <b>Steef van Gelderen</b> | HB1   |                        | 41.47 | <b>41.76</b> |        |
|    | rd | 70 <b>Danny Witkamp</b>      | H50   |                        | 40.74 | <b>42.23</b> |        |
|    |    | <b>Steef van Gelderen</b>    |       | <b>Danny Witkamp</b>   |       |              |        |
|    |    | 100m                         | 11.93 | (11.9)                 | 100m  | 11.74        | (11.7) |
|    |    | 500m                         | 41.76 | (29.8)                 | 500m  | 42.23        | (30.5) |
|    |    | Naam                         | Cat   |                        | PR    | Tijd         | Info   |
| 38 | gl | 64 <b>Twan Kok</b>           | HC2   |                        | 41.34 | <b>41.02</b> | PR     |
|    | bl | 69 <b>Loek Sieberichs</b>    | HB1   |                        | 41.20 | <b>40.61</b> | PR     |
|    |    | <b>Twan Kok</b>              |       | <b>Loek Sieberichs</b> |       |              |        |
|    |    | 100m                         | 11.08 | (11.1)                 | 100m  | 11.30        | (11.3) |
|    |    | 500m                         | 41.02 | (29.9)                 | 500m  | 40.61        | (29.3) |
|    |    | Naam                         | Cat   |                        | PR    | Tijd         | Info   |
| 39 | wt | 95 <b>Jurre Kranenburg</b>   | HSB   |                        | 40.23 | <b>40.21</b> | PR     |
|    | rd | 101 <b>Peter de Vries</b>    | HSA   |                        | 39.97 | <b>40.26</b> |        |
|    |    | <b>Jurre Kranenburg</b>      |       | <b>Peter de Vries</b>  |       |              |        |
|    |    | 100m                         | 11.13 | (11.1)                 | 100m  | 11.16        | (11.2) |
|    |    | 500m                         | 40.21 | (29.1)                 | 500m  | 40.26        | (29.1) |

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|    |    | Naam                      | Cat                    | PR    | Tijd   | Info         |
|----|----|---------------------------|------------------------|-------|--------|--------------|
| 40 | gl | 65 <b>Job Bohnen</b>      | HSB                    | 39.98 |        | <b>DQ</b>    |
|    | bl | 60 <b>Lennaart Lamers</b> | HSA                    | 39.77 |        | <b>39.82</b> |
|    |    | <u>Job Bohnen</u>         |                        |       |        |              |
|    |    |                           | <u>Lennaart Lamers</u> |       |        |              |
|    |    |                           | 100m                   | 10.99 | (11.0) |              |
|    |    |                           | 500m                   | 39.82 | (28.8) |              |

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## 3. Uitslag 500m voor 100m/300m/500m

| Pos | Naam                   | Cat | Paar | Baan | Tijd         | Info |
|-----|------------------------|-----|------|------|--------------|------|
| 1   | 24 Jorn Holwerda       | HC2 | 54   | O    | <b>43.83</b> |      |
| 2   | 9 Yael Prenger         | DPA | 51   | O    | <b>45.01</b> | PR   |
| 3   | 11 Mathijs Depenbrock  | HPA | 52   | O    | <b>45.13</b> | PR   |
| 4   | 21 Job van der Sluijs  | HC1 | 53   | O    | <b>45.44</b> | PR   |
| 5   | 1 Danny Verdel         | HPA | 53   | I    | <b>45.45</b> | PR   |
| 6   | 5 Amy Cornelissen      | DPA | 51   | I    | <b>45.74</b> | PR   |
| 7   | 10 Kevin Kuiper        | HPA | 54   | I    | <b>46.20</b> |      |
| 8   | 19 Manon Iskes         | DPA | 50   | I    | <b>46.23</b> | PR   |
| 9   | 4 Ramona Westerhuis    | DPA | 52   | I    | <b>46.88</b> |      |
| 10  | 18 Daphne Iskes        | DPA | 49   | I    | <b>46.97</b> | PR   |
| 11  | 12 Vera van Ditshuizen | DPA | 50   | O    | <b>47.09</b> |      |
| 12  | 14 Jorrit de Ligt      | HPA | 48   | I    | <b>47.69</b> | PR   |
| 13  | 8 Stijn Beekelaar      | HPB | 49   | O    | <b>48.07</b> |      |
| 14  | 16 Bjorn Koster        | HPB | 47   | I    | <b>48.70</b> | PR   |
| 15  | 7 Jesse Versluijs      | HPA | 48   | O    | <b>49.27</b> |      |
| 16  | 22 Denice Keesman      | DPA | 47   | O    | <b>49.57</b> | PR   |
|     | 25 Matthe Pronk        | HPB | 46   | I    | <b>49.57</b> | PR   |
| 18  | 13 Seb van Schelven    | HPA | 45   | O    | <b>49.81</b> | PR   |
| 19  | 28 Lars Remijn         | HPB | 44   | I    | <b>51.15</b> | PR   |
|     | 3 Senna Westerhuis     | DPC | 46   | O    | <b>51.15</b> |      |
| 21  | 6 Meike Veen           | DPC | 44   | O    | <b>51.22</b> | PR   |
| 22  | 17 Sterre van Schaik   | DPC | 43   | I    | <b>51.31</b> | PR   |
| 23  | 27 Stijn Schuitemaker  | HPA | 45   | I    | <b>51.60</b> |      |
| 24  | 20 Jort de Gans        | HPC | 43   | O    | <b>54.55</b> |      |
| 25  | 23 Masja Keesman       | DPC | 42   | I    | <b>54.66</b> | PR   |
| 26  | 15 Tim Verdel          | HPD | 42   | O    | <b>56.67</b> | PR   |
| 27  | 2 Jarno Beukers        | HPC | 41   | I    | <b>59.30</b> | PR   |

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## 3. Rituitslag 500m voor 100m/300m/500m

|    |          | Naam                 |                      | Cat    |     | PR |         | Tijd         | Info |
|----|----------|----------------------|----------------------|--------|-----|----|---------|--------------|------|
| 41 | wt<br>rd | 2                    | <b>Jarno Beukers</b> |        | HPC |    | 1:02.39 | <b>59.30</b> | PR   |
|    |          | <u>Jarno Beukers</u> |                      |        |     |    |         |              |      |
|    |          | 100m                 | 14.06                | (14.1) |     | m  |         |              |      |
|    |          | 500m                 | 59.30                | (45.2) |     |    |         |              |      |

|    |          | Naam                 |                      | Cat    |     | PR   |         | Tijd         | Info |
|----|----------|----------------------|----------------------|--------|-----|------|---------|--------------|------|
| 42 | gl<br>bl | 23                   | <b>Masja Keesman</b> |        | DPC |      | 56.34   | <b>54.66</b> | PR   |
|    |          | 15                   | <b>Tim Verdel</b>    |        | HPD |      | 1:00.03 | <b>56.67</b> | PR   |
|    |          | <u>Masja Keesman</u> |                      |        |     |      |         |              |      |
|    |          | 100m                 | 14.30                | (14.3) |     | 100m | 14.86   | (14.9)       |      |
|    |          | 500m                 | 54.66                | (40.4) |     | 500m | 56.67   | (41.8)       |      |

|    |          | Naam                     |                          | Cat    |     | PR   |       | Tijd         | Info |
|----|----------|--------------------------|--------------------------|--------|-----|------|-------|--------------|------|
| 43 | wt<br>rd | 17                       | <b>Sterre van Schaik</b> |        | DPC |      | 53.90 | <b>51.31</b> | PR   |
|    |          | 20                       | <b>Jort de Gans</b>      |        | HPC |      | 54.45 | <b>54.55</b> |      |
|    |          | <u>Sterre van Schaik</u> |                          |        |     |      |       |              |      |
|    |          | 100m                     | 13.12                    | (13.1) |     | 100m | 14.01 | (14.0)       |      |
|    |          | 500m                     | 51.31                    | (38.2) |     | 500m | 54.55 | (40.5)       |      |

|    |          | Naam               |                    | Cat    |     | PR   |       | Tijd         | Info |
|----|----------|--------------------|--------------------|--------|-----|------|-------|--------------|------|
| 44 | gl<br>bl | 28                 | <b>Lars Remijn</b> |        | HPB |      | 51.96 | <b>51.15</b> | PR   |
|    |          | 6                  | <b>Meike Veen</b>  |        | DPC |      | 52.28 | <b>51.22</b> | PR   |
|    |          | <u>Lars Remijn</u> |                    |        |     |      |       |              |      |
|    |          | 100m               | 13.33              | (13.3) |     | 100m | 13.65 | (13.7)       |      |
|    |          | 500m               | 51.15              | (37.8) |     | 500m | 51.22 | (37.6)       |      |

|    |          | Naam                      |                           | Cat    |     | PR   |       | Tijd         | Info |
|----|----------|---------------------------|---------------------------|--------|-----|------|-------|--------------|------|
| 45 | wt<br>rd | 27                        | <b>Stijn Schuitemaker</b> |        | HPA |      | 51.15 | <b>51.60</b> |      |
|    |          | 13                        | <b>Seb van Schelven</b>   |        | HPA |      | 51.73 | <b>49.81</b> | PR   |
|    |          | <u>Stijn Schuitemaker</u> |                           |        |     |      |       |              |      |
|    |          | 100m                      | 13.47                     | (13.5) |     | 100m | 13.04 | (13.0)       |      |
|    |          | 500m                      | 51.60                     | (38.1) |     | 500m | 49.81 | (36.8)       |      |

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|    |    | Naam                  |                            |        | Cat                        | PR    | Tijd         | Info |
|----|----|-----------------------|----------------------------|--------|----------------------------|-------|--------------|------|
| 46 | gl | 25                    | <b>Matthe Pronk</b>        |        | HPB                        | 51.06 | <b>49.57</b> | PR   |
|    | bl | 3                     | <b>Senna Westerhuis</b>    |        | DPC                        | 51.01 | <b>51.15</b> |      |
|    |    | <b>Matthe Pronk</b>   |                            |        | <b>Senna Westerhuis</b>    |       |              |      |
|    |    | 100m                  | 13.17                      | (13.2) | 100m                       | 13.17 | (13.2)       |      |
|    |    | 500m                  | 49.57                      | (36.4) | 500m                       | 51.15 | (38.0)       |      |
|    |    | Naam                  |                            |        | Cat                        | PR    | Tijd         | Info |
| 47 | wt | 16                    | <b>Bjorn Koster</b>        |        | HPB                        | 49.16 | <b>48.70</b> | PR   |
|    | rd | 22                    | <b>Denice Keesman</b>      |        | DPA                        | 50.11 | <b>49.57</b> | PR   |
|    |    | <b>Bjorn Koster</b>   |                            |        | <b>Denice Keesman</b>      |       |              |      |
|    |    | 100m                  | 13.18                      | (13.2) | 100m                       | 13.47 | (13.5)       |      |
|    |    | 500m                  | 48.70                      | (35.5) | 500m                       | 49.57 | (36.1)       |      |
|    |    | Naam                  |                            |        | Cat                        | PR    | Tijd         | Info |
| 48 | gl | 14                    | <b>Jorrit de Ligt</b>      |        | HPA                        | 48.41 | <b>47.69</b> | PR   |
|    | bl | 7                     | <b>Jesse Versluijs</b>     |        | HPA                        | 48.59 | <b>49.27</b> |      |
|    |    | <b>Jorrit de Ligt</b> |                            |        | <b>Jesse Versluijs</b>     |       |              |      |
|    |    | 100m                  | 12.89                      | (12.9) | 100m                       | 13.26 | (13.3)       |      |
|    |    | 500m                  | 47.69                      | (34.8) | 500m                       | 49.27 | (36.0)       |      |
|    |    | Naam                  |                            |        | Cat                        | PR    | Tijd         | Info |
| 49 | wt | 18                    | <b>Daphne Iskes</b>        |        | DPA                        | 48.05 | <b>46.97</b> | PR   |
|    | rd | 8                     | <b>Stijn Beekelaar</b>     |        | HPB                        | 47.85 | <b>48.07</b> |      |
|    |    | <b>Daphne Iskes</b>   |                            |        | <b>Stijn Beekelaar</b>     |       |              |      |
|    |    | 100m                  | 12.64                      | (12.6) | 100m                       | 12.99 | (13.0)       |      |
|    |    | 500m                  | 46.97                      | (34.3) | 500m                       | 48.07 | (35.1)       |      |
|    |    | Naam                  |                            |        | Cat                        | PR    | Tijd         | Info |
| 50 | gl | 19                    | <b>Manon Iskes</b>         |        | DPA                        | 47.26 | <b>46.23</b> | PR   |
|    | bl | 12                    | <b>Vera van Ditshuizen</b> |        | DPA                        | 47.07 | <b>47.09</b> |      |
|    |    | <b>Manon Iskes</b>    |                            |        | <b>Vera van Ditshuizen</b> |       |              |      |
|    |    | 100m                  | 12.31                      | (12.3) | 100m                       | 12.67 | (12.7)       |      |
|    |    | 500m                  | 46.23                      | (33.9) | 500m                       | 47.09 | (34.4)       |      |

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|    |    | Naam                   |                        |        | Cat                 | PR    | Tijd         | Info |
|----|----|------------------------|------------------------|--------|---------------------|-------|--------------|------|
| 51 | wt | 5                      | <b>Amy Cornelissen</b> |        | DPA                 | 47.04 | <b>45.74</b> | PR   |
|    | rd | 9                      | <b>Yael Prenger</b>    |        | DPA                 | 46.19 | <b>45.01</b> | PR   |
|    |    | <b>Amy Cornelissen</b> |                        |        | <b>Yael Prenger</b> |       |              |      |
|    |    | 100m                   | 12.62                  | (12.6) | 100m                | 12.17 | (12.2)       |      |
|    |    | 500m                   | 45.74                  | (33.1) | 500m                | 45.01 | (32.8)       |      |

|    |    | Naam                     |                           |        | Cat                       | PR    | Tijd         | Info |
|----|----|--------------------------|---------------------------|--------|---------------------------|-------|--------------|------|
| 52 | gl | 4                        | <b>Ramona Westerhuis</b>  |        | DPA                       | 45.76 | <b>46.88</b> |      |
|    | bl | 11                       | <b>Mathijs Depenbrock</b> |        | HPA                       | 46.16 | <b>45.13</b> | PR   |
|    |    | <b>Ramona Westerhuis</b> |                           |        | <b>Mathijs Depenbrock</b> |       |              |      |
|    |    | 100m                     | 12.82                     | (12.8) | 100m                      | 12.39 | (12.4)       |      |
|    |    | 500m                     | 46.88                     | (34.1) | 500m                      | 45.13 | (32.7)       |      |

|    |    | Naam                |                           |        | Cat                       | PR    | Tijd         | Info |
|----|----|---------------------|---------------------------|--------|---------------------------|-------|--------------|------|
| 53 | wt | 1                   | <b>Danny Verdel</b>       |        | HPA                       | 45.55 | <b>45.45</b> | PR   |
|    | rd | 21                  | <b>Job van der Sluijs</b> |        | HC1                       | 45.65 | <b>45.44</b> | PR   |
|    |    | <b>Danny Verdel</b> |                           |        | <b>Job van der Sluijs</b> |       |              |      |
|    |    | 100m                | 12.11                     | (12.1) | 100m                      | 12.36 | (12.4)       |      |
|    |    | 500m                | 45.45                     | (33.3) | 500m                      | 45.44 | (33.1)       |      |

|    |    | Naam                |                      |        | Cat                  | PR    | Tijd         | Info |
|----|----|---------------------|----------------------|--------|----------------------|-------|--------------|------|
| 54 | gl | 10                  | <b>Kevin Kuiper</b>  |        | HPA                  | 45.06 | <b>46.20</b> |      |
|    | bl | 24                  | <b>Jorn Holwerda</b> |        | HC2                  | 43.79 | <b>43.83</b> |      |
|    |    | <b>Kevin Kuiper</b> |                      |        | <b>Jorn Holwerda</b> |       |              |      |
|    |    | 100m                | 12.32                | (12.3) | 100m                 | 11.91 | (11.9)       |      |
|    |    | 500m                | 46.20                | (33.9) | 500m                 | 43.83 | (31.9)       |      |

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## 4. Uitslag 500m voor 500m/1.000m

| Pos | Naam                          | Cat | Paar | Baan | Tijd  | Info |
|-----|-------------------------------|-----|------|------|-------|------|
| 1   | 53 Bart Seffinga              | HSB | 70   | I    | 38.09 | HT   |
| 2   | 50 Harry Pardijs              | H40 | 69   | I    | 38.69 |      |
| 3   | 55 Marijn Boersma             | HB2 | 70   | O    | 38.72 |      |
| 4   | 35 Han Kamminga               | H45 | 68   | I    | 41.46 |      |
| 5   | 54 Casper van der Woude       | HB1 | 68   | O    | 43.71 |      |
| 6   | 32 Bas Gierman                | HC1 | 66   | I    | 44.36 | PR   |
| 7   | 38 David Groot                | HB1 | 67   | O    | 44.79 |      |
| 8   | 120 Jim Verdurmen             | H50 | 55   | O    | 44.88 |      |
| 9   | 43 Joas Woudstra              | HSA | 66   | O    | 44.97 | PR   |
| 10  | 52 Maxine Gorter              | DN2 | 64   | I    | 45.73 | PR   |
| 11  | 37 Ruud Willems               | HSB | 67   | I    | 45.75 |      |
| 12  | 31 Michelle Smit              | DSA | 65   | O    | 45.85 |      |
| 13  | 56 Igor Baars                 | HC1 | 63   | O    | 45.87 | PR   |
| 14  | 45 Hans ten Hag               | H65 | 63   | I    | 46.52 |      |
| 15  | 42 Giel van Kordelaar         | HC1 | 65   | I    | 46.74 |      |
| 16  | 58 Jolanda Voskamp-Vollebregt | D50 | 62   | I    | 46.88 |      |
| 17  | 36 Jan Boelen                 | H70 | 64   | O    | 46.92 |      |
| 18  | 39 Frank Groot                | HC2 | 62   | O    | 47.43 |      |
| 19  | 57 Marianne de Neeling        | D55 | 59   | O    | 47.88 |      |
| 20  | 47 Sylke Kas                  | DC1 | 59   | I    | 47.97 | PR   |
| 21  | 33 Anita Smit-Groot           | D50 | 61   | I    | 48.05 |      |
| 22  | 51 Nico Woldendorp            | H70 | 60   | I    | 48.21 |      |
| 23  | 41 Floor Dijkstra             | DC1 | 61   | O    | 48.27 |      |
| 24  | 46 Amanda Vernet              | DN4 | 60   | O    | 48.54 |      |
| 25  | 30 Bram de Vries              | H70 | 58   | I    | 50.43 |      |
| 26  | 44 Maika Schouten             | DB1 | 57   | O    | 50.57 | PR   |
| 27  | 49 Gerard de Boer             | H70 | 57   | I    | 52.01 |      |
| 28  | 48 Piet Gemser                | H70 | 58   | O    | 52.21 |      |
| 29  | 40 Cees Gort                  | H70 | 55   | I    | 54.94 |      |
|     | 34 Jan van der Stouwe         | H50 | 69   | O    | DNF   |      |

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## 4. Rituitslag 500m voor 500m/1.000m

|    |    | Naam             |                      | Cat    |                      | PR    |        | Tijd         | Info |
|----|----|------------------|----------------------|--------|----------------------|-------|--------|--------------|------|
| 55 | wt | 40               | <b>Cees Gort</b>     |        | H70                  |       | 49.55  | <b>54.94</b> |      |
|    | rd | 120              | <b>Jim Verdurmen</b> |        | H50                  |       | 42.98  | <b>44.88</b> |      |
|    |    | <b>Cees Gort</b> |                      |        | <b>Jim Verdurmen</b> |       |        |              |      |
|    |    | 100m             | 14.60                | (14.6) | 100m                 | 12.35 | (12.4) |              |      |
|    |    | 500m             | 54.94                | (40.3) | 500m                 | 44.88 | (32.5) |              |      |

|    |    | Naam |   | Cat |  | PR |  | Tijd | Info |
|----|----|------|---|-----|--|----|--|------|------|
| 56 | gl |      |   |     |  |    |  |      |      |
|    | bl |      |   |     |  |    |  |      |      |
|    |    |      | m |     |  |    |  |      |      |
|    |    |      |   |     |  |    |  |      |      |
|    |    |      | m |     |  |    |  |      |      |

|    |    | Naam                  |                       | Cat    |                       | PR    |        | Tijd         | Info |
|----|----|-----------------------|-----------------------|--------|-----------------------|-------|--------|--------------|------|
| 57 | wt | 49                    | <b>Gerard de Boer</b> |        | H70                   |       | 48.80  | <b>52.01</b> |      |
|    | rd | 44                    | <b>Maika Schouten</b> |        | DB1                   |       | 51.48  | <b>50.57</b> | PR   |
|    |    | <b>Gerard de Boer</b> |                       |        | <b>Maika Schouten</b> |       |        |              |      |
|    |    | 100m                  | 13.95                 | (14.0) | 100m                  | 13.56 | (13.6) |              |      |
|    |    | 500m                  | 52.01                 | (38.1) | 500m                  | 50.57 | (37.0) |              |      |

|    |    | Naam                 |                      | Cat    |                    | PR    |        | Tijd         | Info |
|----|----|----------------------|----------------------|--------|--------------------|-------|--------|--------------|------|
| 58 | gl | 30                   | <b>Bram de Vries</b> |        | H70                |       | 44.64  | <b>50.43</b> |      |
|    | bl | 48                   | <b>Piet Gemser</b>   |        | H70                |       | 47.53  | <b>52.21</b> |      |
|    |    | <b>Bram de Vries</b> |                      |        | <b>Piet Gemser</b> |       |        |              |      |
|    |    | 100m                 | 13.38                | (13.4) | 100m               | 14.38 | (14.4) |              |      |
|    |    | 500m                 | 50.43                | (37.0) | 500m               | 52.21 | (37.8) |              |      |

|    |    | Naam             |                            | Cat    |                            | PR    |        | Tijd         | Info |
|----|----|------------------|----------------------------|--------|----------------------------|-------|--------|--------------|------|
| 59 | wt | 47               | <b>Sylke Kas</b>           |        | DC1                        |       | 48.43  | <b>47.97</b> | PR   |
|    | rd | 57               | <b>Marianne de Neeling</b> |        | D55                        |       | 46.57  | <b>47.88</b> |      |
|    |    | <b>Sylke Kas</b> |                            |        | <b>Marianne de Neeling</b> |       |        |              |      |
|    |    | 100m             | 12.78                      | (12.8) | 100m                       | 13.22 | (13.2) |              |      |
|    |    | 500m             | 47.97                      | (35.2) | 500m                       | 47.88 | (34.7) |              |      |

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|    |    | Naam                              |                                   |        | Cat                   | PR    | Tijd         | Info |
|----|----|-----------------------------------|-----------------------------------|--------|-----------------------|-------|--------------|------|
| 60 | gl | 51                                | <b>Nico Woldendorp</b>            |        | H70                   | 46.21 | <b>48.21</b> |      |
|    | bl | 46                                | <b>Amanda Vernet</b>              |        | DN4                   | 47.56 | <b>48.54</b> |      |
|    |    | <b>Nico Woldendorp</b>            |                                   |        | <b>Amanda Vernet</b>  |       |              |      |
|    |    | 100m                              | 13.28                             | (13.3) | 100m                  | 13.32 | (13.3)       |      |
|    |    | 500m                              | 48.21                             | (34.9) | 500m                  | 48.54 | (35.2)       |      |
|    |    | Naam                              |                                   |        | Cat                   | PR    | Tijd         | Info |
| 61 | wt | 33                                | <b>Anita Smit-Groot</b>           |        | D50                   | 47.42 | <b>48.05</b> |      |
|    | rd | 41                                | <b>Floor Dijkstra</b>             |        | DC1                   | 47.54 | <b>48.27</b> |      |
|    |    | <b>Anita Smit-Groot</b>           |                                   |        | <b>Floor Dijkstra</b> |       |              |      |
|    |    | 100m                              | 13.07                             | (13.1) | 100m                  | 13.11 | (13.1)       |      |
|    |    | 500m                              | 48.05                             | (35.0) | 500m                  | 48.27 | (35.2)       |      |
|    |    | Naam                              |                                   |        | Cat                   | PR    | Tijd         | Info |
| 62 | gl | 58                                | <b>Jolanda Voskamp-Vollebregt</b> |        | D50                   | 44.25 | <b>46.88</b> |      |
|    | bl | 39                                | <b>Frank Groot</b>                |        | HC2                   | 46.59 | <b>47.43</b> |      |
|    |    | <b>Jolanda Voskamp-Vollebregt</b> |                                   |        | <b>Frank Groot</b>    |       |              |      |
|    |    | 100m                              | 12.81                             | (12.8) | 100m                  | 12.78 | (12.8)       |      |
|    |    | 500m                              | 46.88                             | (34.1) | 500m                  | 47.43 | (34.7)       |      |
|    |    | Naam                              |                                   |        | Cat                   | PR    | Tijd         | Info |
| 63 | wt | 45                                | <b>Hans ten Hag</b>               |        | H65                   | 46.12 | <b>46.52</b> |      |
|    | rd | 56                                | <b>Igor Baars</b>                 |        | HC1                   | 46.39 | <b>45.87</b> | PR   |
|    |    | <b>Hans ten Hag</b>               |                                   |        | <b>Igor Baars</b>     |       |              |      |
|    |    | 100m                              | 12.54                             | (12.5) | 100m                  | 12.59 | (12.6)       |      |
|    |    | 500m                              | 46.52                             | (34.0) | 500m                  | 45.87 | (33.3)       |      |
|    |    | Naam                              |                                   |        | Cat                   | PR    | Tijd         | Info |
| 64 | gl | 52                                | <b>Maxine Gorter</b>              |        | DN2                   | 46.26 | <b>45.73</b> | PR   |
|    | bl | 36                                | <b>Jan Boelen</b>                 |        | H70                   | 45.20 | <b>46.92</b> |      |
|    |    | <b>Maxine Gorter</b>              |                                   |        | <b>Jan Boelen</b>     |       |              |      |
|    |    | 100m                              | 12.66                             | (12.7) | 100m                  | 12.67 | (12.7)       |      |
|    |    | 500m                              | 45.73                             | (33.1) | 500m                  | 46.92 | (34.2)       |      |

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|    |    | Naam                      |                             |        | Cat                         | PR    | Tijd         | Info |
|----|----|---------------------------|-----------------------------|--------|-----------------------------|-------|--------------|------|
| 65 | wt | 42                        | <b>Giel van Kordelaar</b>   |        | HC1                         | 45.47 | <b>46.74</b> |      |
|    | rd | 31                        | <b>Michelle Smit</b>        |        | DSA                         | 44.12 | <b>45.85</b> |      |
|    |    | <b>Giel van Kordelaar</b> |                             |        | <b>Michelle Smit</b>        |       |              |      |
|    |    | 100m                      | 12.29                       | (12.3) | 100m                        | 12.44 | (12.4)       |      |
|    |    | 500m                      | 46.74                       | (34.5) | 500m                        | 45.85 | (33.4)       |      |
|    |    | Naam                      |                             |        | Cat                         | PR    | Tijd         | Info |
| 66 | gl | 32                        | <b>Bas Gierman</b>          |        | HC1                         | 44.86 | <b>44.36</b> | PR   |
|    | bl | 43                        | <b>Joas Woudstra</b>        |        | HSA                         | 45.05 | <b>44.97</b> | PR   |
|    |    | <b>Bas Gierman</b>        |                             |        | <b>Joas Woudstra</b>        |       |              |      |
|    |    | 100m                      | 12.21                       | (12.2) | 100m                        | 12.15 | (12.2)       |      |
|    |    | 500m                      | 44.36                       | (32.2) | 500m                        | 44.97 | (32.8)       |      |
|    |    | Naam                      |                             |        | Cat                         | PR    | Tijd         | Info |
| 67 | wt | 37                        | <b>Ruud Willems</b>         |        | HSB                         | 44.53 | <b>45.75</b> |      |
|    | rd | 38                        | <b>David Groot</b>          |        | HB1                         | 44.60 | <b>44.79</b> |      |
|    |    | <b>Ruud Willems</b>       |                             |        | <b>David Groot</b>          |       |              |      |
|    |    | 100m                      | 12.71                       | (12.7) | 100m                        | 11.84 | (11.8)       |      |
|    |    | 500m                      | 45.75                       | (33.0) | 500m                        | 44.79 | (33.0)       |      |
|    |    | Naam                      |                             |        | Cat                         | PR    | Tijd         | Info |
| 68 | gl | 35                        | <b>Han Kamminga</b>         |        | H45                         | 39.19 | <b>41.46</b> |      |
|    | bl | 54                        | <b>Casper van der Woude</b> |        | HB1                         | 43.58 | <b>43.71</b> |      |
|    |    | <b>Han Kamminga</b>       |                             |        | <b>Casper van der Woude</b> |       |              |      |
|    |    | 100m                      | 11.13                       | (11.1) | 100m                        | 12.17 | (12.2)       |      |
|    |    | 500m                      | 41.46                       | (30.3) | 500m                        | 43.71 | (31.5)       |      |
|    |    | Naam                      |                             |        | Cat                         | PR    | Tijd         | Info |
| 69 | wt | 50                        | <b>Harry Pardijs</b>        |        | H40                         | 37.19 | <b>38.69</b> |      |
|    | rd | 34                        | <b>Jan van der Stouwe</b>   |        | H50                         | 39.24 | <b>DNF</b>   |      |
|    |    | <b>Harry Pardijs</b>      |                             |        | <b>Jan van der Stouwe</b>   |       |              |      |
|    |    | 100m                      | 10.72                       | (10.7) | 100m                        | 10.86 | (10.9)       |      |
|    |    | 500m                      | 38.69                       | (28.0) |                             |       |              |      |

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|    |    | Naam                 |                       | Cat    |                       | PR    |        | Tijd         | Info |
|----|----|----------------------|-----------------------|--------|-----------------------|-------|--------|--------------|------|
| 70 | gl | 53                   | <b>Bart Seffinga</b>  |        | HSB                   |       | 37.10  | <b>38.09</b> | HT   |
|    | bl | 55                   | <b>Marijn Boersma</b> |        | HB2                   |       | 38.61  | <b>38.72</b> |      |
|    |    | <b>Bart Seffinga</b> |                       |        | <b>Marijn Boersma</b> |       |        |              |      |
|    |    | 100m                 | 10.62                 | (10.6) | 100m                  | 10.75 | (10.8) |              |      |
|    |    | 500m                 | 38.09                 | (27.5) | 500m                  | 38.72 | (28.0) |              |      |

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## 5. Uitslag 300 meter

| Pos | Naam                          | Cat | Paar | Baan | Tijd         | Info |
|-----|-------------------------------|-----|------|------|--------------|------|
| 1   | 24 <b>Jorn Holwerda</b>       | HC2 | 84   | I    | <b>27.91</b> |      |
| 2   | 1 <b>Danny Verdel</b>         | HPA | 83   | I    | <b>28.70</b> | PR   |
| 3   | 9 <b>Yael Prenger</b>         | DPA | 83   | O    | <b>28.91</b> | PR   |
| 4   | 10 <b>Kevin Kuiper</b>        | HPA | 84   | O    | <b>29.33</b> |      |
| 5   | 11 <b>Mathijs Depenbrock</b>  | HPA | 82   | O    | <b>29.37</b> | PR   |
| 6   | 21 <b>Job van der Sluijs</b>  | HC1 | 81   | I    | <b>29.69</b> | PR   |
| 7   | 4 <b>Ramona Westerhuis</b>    | DPA | 82   | I    | <b>29.74</b> |      |
| 8   | 5 <b>Amy Cornelissen</b>      | DPA | 80   | O    | <b>29.76</b> | PR   |
| 9   | 19 <b>Manon Iskes</b>         | DPA | 80   | I    | <b>29.97</b> | PR   |
| 10  | 18 <b>Daphne Iskes</b>        | DPA | 79   | O    | <b>30.22</b> | PR   |
|     | 12 <b>Vera van Ditshuizen</b> | DPA | 81   | O    | <b>30.22</b> |      |
| 12  | 14 <b>Jorrit de Ligt</b>      | HPA | 79   | I    | <b>30.48</b> |      |
| 13  | 8 <b>Stijn Beekelaar</b>      | HPB | 77   | I    | <b>31.32</b> | PR   |
| 14  | 13 <b>Seb van Schelven</b>    | HPA | 78   | O    | <b>31.41</b> | PR   |
| 15  | 7 <b>Jesse Versluijs</b>      | HPA | 78   | I    | <b>31.58</b> |      |
| 16  | 16 <b>Bjorn Koster</b>        | HPB | 76   | O    | <b>31.82</b> |      |
| 17  | 17 <b>Sterre van Schaik</b>   | DPC | 76   | I    | <b>31.92</b> | PR   |
| 18  | 3 <b>Senna Westerhuis</b>     | DPC | 77   | O    | <b>32.00</b> |      |
| 19  | 28 <b>Lars Remijn</b>         | HPB | 75   | I    | <b>32.02</b> | PR   |
| 20  | 22 <b>Denice Keesman</b>      | DPA | 75   | O    | <b>32.12</b> |      |
| 21  | 27 <b>Stijn Schuitemaker</b>  | HPA | 73   | I    | <b>32.28</b> | PR   |
| 22  | 25 <b>Matthe Pronk</b>        | HPB | 74   | I    | <b>32.39</b> | PR   |
| 23  | 6 <b>Meike Veen</b>           | DPC | 74   | O    | <b>32.78</b> |      |
| 24  | 20 <b>Jort de Gans</b>        | HPC | 73   | O    | <b>34.55</b> |      |
| 25  | 23 <b>Masja Keesman</b>       | DPC | 72   | O    | <b>35.21</b> |      |
| 26  | 2 <b>Jarno Beukers</b>        | HPC | 72   | I    | <b>36.19</b> |      |
| 27  | 15 <b>Tim Verdel</b>          | HPD | 71   | I    | <b>36.53</b> |      |

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## 5. Rituitslag 300 meter

|    |    | Naam              |                   | Cat    |     | PR |       | Tijd         | Info |
|----|----|-------------------|-------------------|--------|-----|----|-------|--------------|------|
| 71 | wt | 15                | <b>Tim Verdel</b> |        | HPD |    | 36.46 | <b>36.53</b> |      |
|    | rd |                   |                   |        |     |    |       |              |      |
|    |    | <u>Tim Verdel</u> |                   |        |     |    |       |              |      |
|    |    | 300m              | 36.53             | (36.5) |     | m  |       |              |      |

|    |    | Naam                 |                      | Cat    |     | PR                   |       | Tijd         | Info |
|----|----|----------------------|----------------------|--------|-----|----------------------|-------|--------------|------|
| 72 | gl | 2                    | <b>Jarno Beukers</b> |        | HPC |                      | 36.07 | <b>36.19</b> |      |
|    | bl | 23                   | <b>Masja Keesman</b> |        | DPC |                      | 35.14 | <b>35.21</b> |      |
|    |    | <u>Jarno Beukers</u> |                      |        |     |                      |       |              |      |
|    |    | 300m                 | 36.19                | (36.2) |     | <u>Masja Keesman</u> |       |              |      |
|    |    | 300m                 | 35.21                | (35.2) |     |                      |       |              |      |

|    |    | Naam                      |                           | Cat    |     | PR                  |       | Tijd         | Info |
|----|----|---------------------------|---------------------------|--------|-----|---------------------|-------|--------------|------|
| 73 | wt | 27                        | <b>Stijn Schuitemaker</b> |        | HPA |                     | 33.07 | <b>32.28</b> | PR   |
|    | rd | 20                        | <b>Jort de Gans</b>       |        | HPC |                     | 34.18 | <b>34.55</b> |      |
|    |    | <u>Stijn Schuitemaker</u> |                           |        |     |                     |       |              |      |
|    |    | 300m                      | 32.28                     | (32.3) |     | <u>Jort de Gans</u> |       |              |      |
|    |    | 300m                      | 34.55                     | (34.6) |     |                     |       |              |      |

|    |    | Naam                |                     | Cat    |     | PR                |       | Tijd         | Info |
|----|----|---------------------|---------------------|--------|-----|-------------------|-------|--------------|------|
| 74 | gl | 25                  | <b>Matthe Pronk</b> |        | HPB |                   | 32.50 | <b>32.39</b> | PR   |
|    | bl | 6                   | <b>Meike Veen</b>   |        | DPC |                   | 32.66 | <b>32.78</b> |      |
|    |    | <u>Matthe Pronk</u> |                     |        |     |                   |       |              |      |
|    |    | 300m                | 32.39               | (32.4) |     | <u>Meike Veen</u> |       |              |      |
|    |    | 300m                | 32.78               | (32.8) |     |                   |       |              |      |

|    |    | Naam               |                       | Cat    |     | PR                    |       | Tijd         | Info |
|----|----|--------------------|-----------------------|--------|-----|-----------------------|-------|--------------|------|
| 75 | wt | 28                 | <b>Lars Remijn</b>    |        | HPB |                       | 32.21 | <b>32.02</b> | PR   |
|    | rd | 22                 | <b>Denice Keesman</b> |        | DPA |                       | 32.04 | <b>32.12</b> |      |
|    |    | <u>Lars Remijn</u> |                       |        |     |                       |       |              |      |
|    |    | 300m               | 32.02                 | (32.0) |     | <u>Denice Keesman</u> |       |              |      |
|    |    | 300m               | 32.12                 | (32.1) |     |                       |       |              |      |

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|    |    | Naam                          | Cat | PR    | Tijd                       | Info |
|----|----|-------------------------------|-----|-------|----------------------------|------|
| 76 | gl | 17 <b>Sterre van Schaik</b>   | DPC | 31.94 | <b>31.92</b>               | PR   |
|    | bl | 16 <b>Bjorn Koster</b>        | HPB | 31.63 | <b>31.82</b>               |      |
|    |    | <u>Sterre van Schaik</u>      |     |       | <u>Bjorn Koster</u>        |      |
|    |    | 300m 31.92 (31.9)             |     |       | 300m 31.82 (31.8)          |      |
|    |    | Naam                          | Cat | PR    | Tijd                       | Info |
| 77 | wt | 8 <b>Stijn Beekelaar</b>      | HPB | 31.50 | <b>31.32</b>               | PR   |
|    | rd | 3 <b>Senna Westerhuis</b>     | DPC | 31.63 | <b>32.00</b>               |      |
|    |    | <u>Stijn Beekelaar</u>        |     |       | <u>Senna Westerhuis</u>    |      |
|    |    | 300m 31.32 (31.3)             |     |       | 300m 32.00 (32.0)          |      |
|    |    | Naam                          | Cat | PR    | Tijd                       | Info |
| 78 | gl | 7 <b>Jesse Versluijs</b>      | HPA | 30.99 | <b>31.58</b>               |      |
|    | bl | 13 <b>Seb van Schelven</b>    | HPA | 31.45 | <b>31.41</b>               | PR   |
|    |    | <u>Jesse Versluijs</u>        |     |       | <u>Seb van Schelven</u>    |      |
|    |    | 300m 31.58 (31.6)             |     |       | 300m 31.41 (31.4)          |      |
|    |    | Naam                          | Cat | PR    | Tijd                       | Info |
| 79 | wt | 14 <b>Jorrit de Ligt</b>      | HPA | 30.39 | <b>30.48</b>               |      |
|    | rd | 18 <b>Daphne Iskes</b>        | DPA | 30.50 | <b>30.22</b>               | PR   |
|    |    | <u>Jorrit de Ligt</u>         |     |       | <u>Daphne Iskes</u>        |      |
|    |    | 300m 30.48 (30.5)             |     |       | 300m 30.22 (30.2)          |      |
|    |    | Naam                          | Cat | PR    | Tijd                       | Info |
| 80 | gl | 19 <b>Manon Iskes</b>         | DPA | 30.27 | <b>29.97</b>               | PR   |
|    | bl | 5 <b>Amy Cornelissen</b>      | DPA | 30.13 | <b>29.76</b>               | PR   |
|    |    | <u>Manon Iskes</u>            |     |       | <u>Amy Cornelissen</u>     |      |
|    |    | 300m 29.97 (30.0)             |     |       | 300m 29.76 (29.8)          |      |
|    |    | Naam                          | Cat | PR    | Tijd                       | Info |
| 81 | wt | 21 <b>Job van der Sluijs</b>  | HC1 | 29.83 | <b>29.69</b>               | PR   |
|    | rd | 12 <b>Vera van Ditshuizen</b> | DPA | 29.95 | <b>30.22</b>               |      |
|    |    | <u>Job van der Sluijs</u>     |     |       | <u>Vera van Ditshuizen</u> |      |
|    |    | 300m 29.69 (29.7)             |     |       | 300m 30.22 (30.2)          |      |

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|       |    | Naam                         | Cat | PR                | Tijd                      | Info |
|-------|----|------------------------------|-----|-------------------|---------------------------|------|
| 82    | gl | 4 <b>Ramona Westerhuis</b>   | DPA | 29.51             | <b>29.74</b>              |      |
|       | bl | 11 <b>Mathijs Depenbrock</b> | HPA | 29.59             | <b>29.37</b>              | PR   |
|       |    | <u>Ramona Westerhuis</u>     |     |                   | <u>Mathijs Depenbrock</u> |      |
|       |    | 300m 29.74 (29.7)            |     | 300m 29.37 (29.4) |                           |      |
| <hr/> |    |                              |     |                   |                           |      |
|       |    | Naam                         | Cat | PR                | Tijd                      | Info |
| 83    | wt | 1 <b>Danny Verdel</b>        | HPA | 29.09             | <b>28.70</b>              | PR   |
|       | rd | 9 <b>Yael Prenger</b>        | DPA | 28.92             | <b>28.91</b>              | PR   |
|       |    | <u>Danny Verdel</u>          |     |                   | <u>Yael Prenger</u>       |      |
|       |    | 300m 28.70 (28.7)            |     | 300m 28.91 (28.9) |                           |      |
| <hr/> |    |                              |     |                   |                           |      |
|       |    | Naam                         | Cat | PR                | Tijd                      | Info |
| 84    | gl | 24 <b>Jorn Holwerda</b>      | HC2 | 27.80             | <b>27.91</b>              |      |
|       | bl | 10 <b>Kevin Kuiper</b>       | HPA | 28.56             | <b>29.33</b>              |      |
|       |    | <u>Jorn Holwerda</u>         |     |                   | <u>Kevin Kuiper</u>       |      |
|       |    | 300m 27.91 (27.9)            |     | 300m 29.33 (29.3) |                           |      |

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## 6. Uitslag 1500 meter

| Pos | Naam                           | Cat | Paar | Baan | Tijd    | Info |
|-----|--------------------------------|-----|------|------|---------|------|
| 1   | 95 Jurre Kranenburg            | HSB | 110  | O    | 2:01.64 |      |
| 2   | 96 Paul Robijn                 | H45 | 106  | I    | 2:02.39 |      |
| 3   | 87 Joost Hermans               | HN3 | 108  | I    | 2:02.68 | PR   |
| 4   | 60 Lennaart Lamers             | HSA | 110  | I    | 2:03.68 |      |
| 5   | 101 Peter de Vries             | HSA | 109  | O    | 2:04.37 |      |
| 6   | 70 Danny Witkamp               | H50 | 109  | I    | 2:05.09 |      |
| 7   | 71 Emiel de Haan               | H40 | 103  | I    | 2:05.50 | PR   |
| 8   | 83 Gert van der Scheer         | H45 | 102  | I    | 2:06.28 | PR   |
| 9   | 65 Job Bohnen                  | HSB | 107  | O    | 2:06.66 |      |
| 10  | 90 Thomas Jansen               | HB1 | 104  | I    | 2:06.77 | PR   |
| 11  | 69 Loek Sieberichs             | HB1 | 108  | O    | 2:07.51 |      |
| 12  | 82 Eddy van Dijk               | H45 | 104  | O    | 2:07.63 |      |
| 13  | 93 Jos Drabbels                | H50 | 100  | O    | 2:08.23 | HT   |
| 14  | 62 Steef van Gelderen          | HB1 | 107  | I    | 2:08.83 |      |
| 15  | 84 Kas van Kordelaar           | HB2 | 105  | I    | 2:09.63 |      |
| 16  | 97 Arjen Keuning               | H40 | 103  | O    | 2:10.08 |      |
| 17  | 64 Twan Kok                    | HC2 | 105  | O    | 2:12.84 |      |
| 18  | 81 Kaska Rogulska              | D45 | 102  | O    | 2:13.29 |      |
| 19  | 144 Twan den Braber            | H60 | 98   | I    | 2:13.34 |      |
| 20  | 102 Sven Heijnen               | HC2 | 101  | I    | 2:14.26 | PR   |
| 21  | 140 Kees Langeveld             | H55 | 101  | O    | 2:15.06 |      |
| 22  | 103 Lian van Dongen            | D50 | 99   | I    | 2:16.80 |      |
| 23  | 100 Adriaan Provoost           | H55 | 100  | I    | 2:16.81 |      |
| 24  | 75 Beau Snellink               | HC2 | 97   | I    | 2:17.89 | PR   |
| 25  | 85 Michael Boon                | H55 | 94   | O    | 2:19.34 | PR   |
| 26  | 80 Yannick Mol                 | HC2 | 98   | O    | 2:19.61 |      |
| 27  | 66 Lucas Melchior              | H55 | 97   | O    | 2:19.69 |      |
| 28  | 91 Jeanette ten Hag            | DSB | 93   | O    | 2:19.97 | PR   |
| 29  | 86 Patrick Kuiper              | HB2 | 92   | O    | 2:21.48 | PR   |
| 30  | 94 Erica Della Guardia-de Jong | D45 | 94   | I    | 2:21.74 | PR   |
| 31  | 88 Karsten Veen                | HC2 | 93   | I    | 2:21.97 | PR   |
| 32  | 72 Niels d' Huy                | HC1 | 95   | O    | 2:22.77 | PR   |
| 33  | 73 Peter Tijssen               | H60 | 92   | I    | 2:23.32 |      |
| 34  | 77 Noor van Seggelen           | DC2 | 96   | I    | 2:23.54 |      |
| 35  | 105 Thomas Hoekstra            | H65 | 90   | O    | 2:24.52 |      |
| 36  | 89 Marlies de Jong             | D50 | 91   | O    | 2:24.78 | PR   |
| 37  | 92 Henk v.d. Zwaan             | H55 | 88   | O    | 2:25.10 | PR   |
| 38  | 59 Annabelle Neefjes           | DN2 | 99   | O    | 2:27.84 |      |

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| Pos | Naam                       | Cat | Paar | Baan | Tijd           | Info |
|-----|----------------------------|-----|------|------|----------------|------|
| 39  | 61 <b>Dennis Beukers</b>   | HC1 | 89   | I    | <b>2:28.49</b> | HT   |
| 40  | 98 <b>Janneke Hospes</b>   | DSB | 91   | I    | <b>2:29.48</b> |      |
| 41  | 79 <b>Emma Mousset</b>     | DC2 | 89   | O    | <b>2:35.58</b> |      |
| 42  | 78 <b>Ilse Bakker</b>      | DC2 | 88   | I    | <b>2:35.70</b> | PR   |
| 43  | 104 <b>Natasja Slinger</b> | DA1 | 87   | I    | <b>2:37.36</b> | PR   |
| 44  | 142 <b>Britte Dam</b>      | DC1 | 87   | O    | <b>2:38.31</b> | PR   |
|     | 76 <b>Marnix Joustra</b>   | HC2 | 106  | O    | <b>DNS</b>     |      |
|     | 67 <b>Iris Witkamp</b>     | DC1 | 90   | I    | <b>DQ</b>      |      |

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## 6. Rituitslag 1500 meter

|    | Naam     | Cat | PR | Tijd | Info |
|----|----------|-----|----|------|------|
| 85 | wt<br>rd |     |    |      |      |
|    | m        | m   |    |      |      |

|    | Naam     | Cat | PR | Tijd | Info |
|----|----------|-----|----|------|------|
| 86 | gl<br>bl |     |    |      |      |
|    | m        | m   |    |      |      |

|    | Naam                          | Cat | PR                   | Tijd           | Info |
|----|-------------------------------|-----|----------------------|----------------|------|
| 87 | wt 104 <b>Natasja Slinger</b> | DA1 | 2:38.58              | <b>2:37.36</b> | PR   |
|    | rd 142 <b>Britte Dam</b>      | DC1 | 2:43.29              | <b>2:38.31</b> | PR   |
|    | <b>Natasja Slinger</b>        |     |                      |                |      |
|    | 300m 34.81 (34.8)             |     | 300m 33.32 (33.3)    |                |      |
|    | 700m 1:13.34 (38.5)           |     | 700m 1:13.30 (40.0)  |                |      |
|    | 1100m 1:54.35 (41.0)          |     | 1100m 1:55.40 (42.1) |                |      |
|    | 1500m 2:37.36 (43.0)          |     | 1500m 2:38.31 (42.9) |                |      |
|    | <b>Britte Dam</b>             |     |                      |                |      |
|    | 300m 34.81 (34.8)             |     | 300m 33.32 (33.3)    |                |      |
|    | 700m 1:13.34 (38.5)           |     | 700m 1:13.30 (40.0)  |                |      |
|    | 1100m 1:54.35 (41.0)          |     | 1100m 1:55.40 (42.1) |                |      |
|    | 1500m 2:37.36 (43.0)          |     | 1500m 2:38.31 (42.9) |                |      |

|    | Naam                         | Cat | PR                   | Tijd           | Info |
|----|------------------------------|-----|----------------------|----------------|------|
| 88 | gl 78 <b>Ilse Bakker</b>     | DC2 | 2:37.76              | <b>2:35.70</b> | PR   |
|    | bl 92 <b>Henk v.d. Zwaan</b> | H55 | 2:34.00              | <b>2:25.10</b> | PR   |
|    | <b>Ilse Bakker</b>           |     |                      |                |      |
|    | 300m 32.63 (32.6)            |     | 300m 32.64 (32.6)    |                |      |
|    | 700m 1:11.92 (39.3)          |     | 700m 1:09.29 (36.6)  |                |      |
|    | 1100m 1:53.42 (41.5)         |     | 1100m 1:46.69 (37.4) |                |      |
|    | 1500m 2:35.70 (42.3)         |     | 1500m 2:25.10 (38.4) |                |      |
|    | <b>Henk v.d. Zwaan</b>       |     |                      |                |      |
|    | 300m 32.63 (32.6)            |     | 300m 32.64 (32.6)    |                |      |
|    | 700m 1:11.92 (39.3)          |     | 700m 1:09.29 (36.6)  |                |      |
|    | 1100m 1:53.42 (41.5)         |     | 1100m 1:46.69 (37.4) |                |      |
|    | 1500m 2:35.70 (42.3)         |     | 1500m 2:25.10 (38.4) |                |      |

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|    |    | Naam                       | Cat     |        | PR                     | Tijd           | Info   |
|----|----|----------------------------|---------|--------|------------------------|----------------|--------|
| 89 | wt | 61 <b>Dennis Beukers</b>   | HC1     |        | 2:30.60                | <b>2:28.49</b> | HT     |
|    | rd | 79 <b>Emma Mousset</b>     | DC2     |        | 2:31.58                | <b>2:35.58</b> |        |
|    |    | <b>Dennis Beukers</b>      |         |        | <b>Emma Mousset</b>    |                |        |
|    |    | 300m                       | 31.85   | (31.9) | 300m                   | 31.68          | (31.7) |
|    |    | 700m                       | 1:09.67 | (37.8) | 700m                   | 1:10.57        | (38.9) |
|    |    | 1100m                      | 1:48.81 | (39.1) | 1100m                  | 1:53.01        | (42.4) |
|    |    | 1500m                      | 2:28.49 | (39.7) | 1500m                  | 2:35.58        | (42.6) |
|    |    | Naam                       | Cat     |        | PR                     | Tijd           | Info   |
| 90 | gl | 67 <b>Iris Witkamp</b>     | DC1     |        | 2:38.71                | <b>DQ</b>      |        |
|    | bl | 105 <b>Thomas Hoekstra</b> | H65     |        | 2:10.04                | <b>2:24.52</b> |        |
|    |    | <b>Iris Witkamp</b>        |         |        | <b>Thomas Hoekstra</b> |                |        |
|    |    | 300m                       |         |        | 300m                   | 31.30          | (31.3) |
|    |    | 700m                       |         |        | 700m                   | 1:07.19        | (35.9) |
|    |    | 1100m                      |         |        | 1100m                  | 1:44.83        | (37.6) |
|    |    | 1500m                      |         |        | 1500m                  | 2:24.52        | (39.7) |
|    |    | Naam                       | Cat     |        | PR                     | Tijd           | Info   |
| 91 | wt | 98 <b>Janneke Hospes</b>   | DSB     |        | 2:20.65                | <b>2:29.48</b> |        |
|    | rd | 89 <b>Marlies de Jong</b>  | D50     |        | 2:25.40                | <b>2:24.78</b> | PR     |
|    |    | <b>Janneke Hospes</b>      |         |        | <b>Marlies de Jong</b> |                |        |
|    |    | 300m                       | 31.53   | (31.5) | 300m                   | 31.62          | (31.6) |
|    |    | 700m                       | 1:08.19 | (36.7) | 700m                   | 1:07.41        | (35.8) |
|    |    | 1100m                      | 1:47.47 | (39.3) | 1100m                  | 1:45.37        | (38.0) |
|    |    | 1500m                      | 2:29.48 | (42.0) | 1500m                  | 2:24.78        | (39.4) |
|    |    | Naam                       | Cat     |        | PR                     | Tijd           | Info   |
| 92 | gl | 73 <b>Peter Tijssen</b>    | H60     |        | 2:20.26                | <b>2:23.32</b> |        |
|    | bl | 86 <b>Patrick Kuiper</b>   | HB2     |        | 2:25.57                | <b>2:21.48</b> | PR     |
|    |    | <b>Peter Tijssen</b>       |         |        | <b>Patrick Kuiper</b>  |                |        |
|    |    | 300m                       | 31.75   | (31.8) | 300m                   | 29.40          | (29.4) |
|    |    | 700m                       | 1:07.89 | (36.1) | 700m                   | 1:05.03        | (35.6) |
|    |    | 1100m                      | 1:45.28 | (37.4) | 1100m                  | 1:43.35        | (38.3) |
|    |    | 1500m                      | 2:23.32 | (38.0) | 1500m                  | 2:21.48        | (38.1) |

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|    |    | Naam                               |                                    |         | Cat                     | PR      | Tijd           | Info |
|----|----|------------------------------------|------------------------------------|---------|-------------------------|---------|----------------|------|
| 93 | wt | 88                                 | <b>Karsten Veen</b>                |         | HC2                     | 2:24.56 | <b>2:21.97</b> | PR   |
|    | rd | 91                                 | <b>Jeanette ten Hag</b>            |         | DSB                     | 2:21.61 | <b>2:19.97</b> | PR   |
|    |    | <b>Karsten Veen</b>                |                                    |         | <b>Jeanette ten Hag</b> |         |                |      |
|    |    | 300m                               | 30.19                              | (30.2)  | 300m                    | 29.47   | (29.5)         |      |
|    |    | 700m                               | 1:05.96                            | (35.8)  | 700m                    | 1:04.09 | (34.6)         |      |
|    |    | 1100m                              | 1:43.67                            | (37.7)  | 1100m                   | 1:41.38 | (37.3)         |      |
|    |    | 1500m                              | 2:21.97                            | (38.3)  | 1500m                   | 2:19.97 | (38.6)         |      |
|    |    | Naam                               |                                    |         | Cat                     | PR      | Tijd           | Info |
| 94 | gl | 94                                 | <b>Erica Della Guardia-de Jong</b> |         | D45                     | 2:22.58 | <b>2:21.74</b> | PR   |
|    | bl | 85                                 | <b>Michael Boon</b>                |         | H55                     | 2:23.35 | <b>2:19.34</b> | PR   |
|    |    | <b>Erica Della Guardia-de Jong</b> |                                    |         | <b>Michael Boon</b>     |         |                |      |
|    |    | 300m                               | 30.73                              | (30.7)  | 300m                    | 32.39   | (32.4)         |      |
|    |    | 700m                               | 1:05.78                            | (35.1)  | 700m                    | 1:06.97 | (34.6)         |      |
|    |    | 1100m                              | 1:42.65                            | (36.9)  | 1100m                   | 1:42.52 | (35.5)         |      |
|    |    | 1500m                              | 2:21.74                            | (39.1)  | 1500m                   | 2:19.34 | (36.8)         |      |
|    |    | Naam                               |                                    |         | Cat                     | PR      | Tijd           | Info |
| 95 | wt | 72                                 | <b>Niels d' Huy</b>                |         | HC1                     | 2:22.78 | <b>2:22.77</b> | PR   |
|    | rd |                                    |                                    |         |                         |         |                |      |
|    |    | <b>Niels d' Huy</b>                |                                    |         |                         |         |                |      |
|    |    | m                                  | 300m                               | 31.39   | (31.4)                  |         |                |      |
|    |    |                                    | 700m                               | 1:07.55 | (36.2)                  |         |                |      |
|    |    |                                    | 1100m                              | 1:44.96 | (37.4)                  |         |                |      |
|    |    |                                    | 1500m                              | 2:22.77 | (37.8)                  |         |                |      |
|    |    | Naam                               |                                    |         | Cat                     | PR      | Tijd           | Info |
| 96 | gl | 77                                 | <b>Noor van Seggelen</b>           |         | DC2                     | 2:22.25 | <b>2:23.54</b> |      |
|    | bl |                                    |                                    |         |                         |         |                |      |
|    |    | <b>Noor van Seggelen</b>           |                                    |         |                         |         |                |      |
|    |    | 300m                               | 31.90                              | (31.9)  | m                       |         |                |      |
|    |    | 700m                               | 1:08.16                            | (36.3)  |                         |         |                |      |
|    |    | 1100m                              | 1:45.79                            | (37.6)  |                         |         |                |      |
|    |    | 1500m                              | 2:23.54                            | (37.8)  |                         |         |                |      |

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|     |    | Naam                    | Cat                       |        | PR                        | Tijd    | Info              |
|-----|----|-------------------------|---------------------------|--------|---------------------------|---------|-------------------|
| 97  | wt | 75                      | <b>Beau Snellink</b>      |        | HC2                       | 2:19.24 | <b>2:17.89</b> PR |
|     | rd | 66                      | <b>Lucas Melchior</b>     |        | H55                       | 2:18.68 | <b>2:19.69</b>    |
|     |    | <b>Beau Snellink</b>    |                           |        | <b>Lucas Melchior</b>     |         |                   |
|     |    | 300m                    | 29.88                     | (29.9) | 300m                      | 30.27   | (30.3)            |
|     |    | 700m                    | 1:04.29                   | (34.4) | 700m                      | 1:05.48 | (35.2)            |
|     |    | 1100m                   | 1:40.64                   | (36.3) | 1100m                     | 1:42.52 | (37.0)            |
|     |    | 1500m                   | 2:17.89                   | (37.3) | 1500m                     | 2:19.69 | (37.2)            |
|     |    | Naam                    | Cat                       |        | PR                        | Tijd    | Info              |
| 98  | gl | 144                     | <b>Twan den Braber</b>    |        | H60                       | 2:06.21 | <b>2:13.34</b>    |
|     | bl | 80                      | <b>Yannick Mol</b>        |        | HC2                       | 2:17.75 | <b>2:19.61</b>    |
|     |    | <b>Twan den Braber</b>  |                           |        | <b>Yannick Mol</b>        |         |                   |
|     |    | 300m                    | 29.58                     | (29.6) | 300m                      | 28.47   | (28.5)            |
|     |    | 700m                    | 1:03.17                   | (33.6) | 700m                      | 1:03.66 | (35.2)            |
|     |    | 1100m                   | 1:37.80                   | (34.6) | 1100m                     | 1:41.38 | (37.7)            |
|     |    | 1500m                   | 2:13.34                   | (35.5) | 1500m                     | 2:19.61 | (38.2)            |
|     |    | Naam                    | Cat                       |        | PR                        | Tijd    | Info              |
| 99  | wt | 103                     | <b>Lian van Dongen</b>    |        | D50                       | 2:16.24 | <b>2:16.80</b>    |
|     | rd | 59                      | <b>Annabelle Neeffjes</b> |        | DN2                       | 2:17.17 | <b>2:27.84</b>    |
|     |    | <b>Lian van Dongen</b>  |                           |        | <b>Annabelle Neeffjes</b> |         |                   |
|     |    | 300m                    | 30.40                     | (30.4) | 300m                      | 30.71   | (30.7)            |
|     |    | 700m                    | 1:04.76                   | (34.4) | 700m                      | 1:06.34 | (35.6)            |
|     |    | 1100m                   | 1:40.40                   | (35.6) | 1100m                     | 1:45.44 | (39.1)            |
|     |    | 1500m                   | 2:16.80                   | (36.4) | 1500m                     | 2:27.84 | (42.4)            |
|     |    | Naam                    | Cat                       |        | PR                        | Tijd    | Info              |
| 100 | gl | 100                     | <b>Adriaan Provoost</b>   |        | H55                       | 2:05.91 | <b>2:16.81</b>    |
|     | bl | 93                      | <b>Jos Drabbels</b>       |        | H50                       | 2:11.51 | <b>2:08.23</b> HT |
|     |    | <b>Adriaan Provoost</b> |                           |        | <b>Jos Drabbels</b>       |         |                   |
|     |    | 300m                    | 30.24                     | (30.2) | 300m                      | 28.70   | (28.7)            |
|     |    | 700m                    | 1:04.31                   | (34.1) | 700m                      | 1:00.98 | (32.3)            |
|     |    | 1100m                   | 1:39.69                   | (35.4) | 1100m                     | 1:34.50 | (33.5)            |
|     |    | 1500m                   | 2:16.81                   | (37.1) | 1500m                     | 2:08.23 | (33.7)            |

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|     |    | Naam                       |                            |        | Cat                   | PR      | Tijd           | Info |
|-----|----|----------------------------|----------------------------|--------|-----------------------|---------|----------------|------|
| 101 | wt | 102                        | <b>Sven Heijnen</b>        |        | HC2                   | 2:14.37 | <b>2:14.26</b> | PR   |
|     | rd | 140                        | <b>Kees Langeveld</b>      |        | H55                   | 2:08.83 | <b>2:15.06</b> |      |
|     |    | <b>Sven Heijnen</b>        |                            |        | <b>Kees Langeveld</b> |         |                |      |
|     |    | 300m                       | 28.57                      | (28.6) | 300m                  | 30.74   | (30.7)         |      |
|     |    | 700m                       | 1:01.95                    | (33.4) | 700m                  | 1:04.80 | (34.1)         |      |
|     |    | 1100m                      | 1:37.14                    | (35.2) | 1100m                 | 1:39.63 | (34.8)         |      |
|     |    | 1500m                      | 2:14.26                    | (37.1) | 1500m                 | 2:15.06 | (35.4)         |      |
|     |    | Naam                       |                            |        | Cat                   | PR      | Tijd           | Info |
| 102 | gl | 83                         | <b>Gert van der Scheer</b> |        | H45                   | 2:06.83 | <b>2:06.28</b> | PR   |
|     | bl | 81                         | <b>Kaska Rogulska</b>      |        | D45                   | 2:09.65 | <b>2:13.29</b> |      |
|     |    | <b>Gert van der Scheer</b> |                            |        | <b>Kaska Rogulska</b> |         |                |      |
|     |    | 300m                       | 27.72                      | (27.7) | 300m                  | 28.78   | (28.8)         |      |
|     |    | 700m                       | 59.35                      | (31.6) | 700m                  | 1:01.85 | (33.1)         |      |
|     |    | 1100m                      | 1:32.36                    | (33.0) | 1100m                 | 1:36.76 | (34.9)         |      |
|     |    | 1500m                      | 2:06.28                    | (33.9) | 1500m                 | 2:13.29 | (36.5)         |      |
|     |    | Naam                       |                            |        | Cat                   | PR      | Tijd           | Info |
| 103 | wt | 71                         | <b>Emiel de Haan</b>       |        | H40                   | 2:06.20 | <b>2:05.50</b> | PR   |
|     | rd | 97                         | <b>Arjen Keuning</b>       |        | H40                   | 2:05.28 | <b>2:10.08</b> |      |
|     |    | <b>Emiel de Haan</b>       |                            |        | <b>Arjen Keuning</b>  |         |                |      |
|     |    | 300m                       | 27.76                      | (27.8) | 300m                  | 27.56   | (27.6)         |      |
|     |    | 700m                       | 59.26                      | (31.5) | 700m                  | 59.33   | (31.8)         |      |
|     |    | 1100m                      | 1:32.00                    | (32.7) | 1100m                 | 1:33.43 | (34.1)         |      |
|     |    | 1500m                      | 2:05.50                    | (33.5) | 1500m                 | 2:10.08 | (36.7)         |      |
|     |    | Naam                       |                            |        | Cat                   | PR      | Tijd           | Info |
| 104 | gl | 90                         | <b>Thomas Jansen</b>       |        | HB1                   | 2:09.13 | <b>2:06.77</b> | PR   |
|     | bl | 82                         | <b>Eddy van Dijk</b>       |        | H45                   | 2:04.94 | <b>2:07.63</b> |      |
|     |    | <b>Thomas Jansen</b>       |                            |        | <b>Eddy van Dijk</b>  |         |                |      |
|     |    | 300m                       | 28.11                      | (28.1) | 300m                  | 27.95   | (28.0)         |      |
|     |    | 700m                       | 59.70                      | (31.6) | 700m                  | 58.94   | (31.0)         |      |
|     |    | 1100m                      | 1:32.82                    | (33.1) | 1100m                 | 1:32.07 | (33.1)         |      |
|     |    | 1500m                      | 2:06.77                    | (33.9) | 1500m                 | 2:07.63 | (35.6)         |      |

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|     |    | Naam                         | Cat     |        | PR                     | Tijd           | Info   |
|-----|----|------------------------------|---------|--------|------------------------|----------------|--------|
| 105 | wt | 84 <b>Kas van Kordelaar</b>  | HB2     |        | 2:06.06                | <b>2:09.63</b> |        |
|     | rd | 64 <b>Twan Kok</b>           | HC2     |        | 2:08.48                | <b>2:12.84</b> |        |
|     |    | <b>Kas van Kordelaar</b>     |         |        | <b>Twan Kok</b>        |                |        |
|     |    | 300m                         | 28.01   | (28.0) | 300m                   | 27.37          | (27.4) |
|     |    | 700m                         | 1:00.70 | (32.7) | 700m                   | 59.47          | (32.1) |
|     |    | 1100m                        | 1:34.84 | (34.1) | 1100m                  | 1:34.69        | (35.2) |
|     |    | 1500m                        | 2:09.63 | (34.8) | 1500m                  | 2:12.84        | (38.1) |
|     |    | Naam                         | Cat     |        | PR                     | Tijd           | Info   |
| 106 | gl | 96 <b>Paul Robijn</b>        | H45     |        | 2:02.28                | <b>2:02.39</b> |        |
|     | bl | 76 <b>Marnix Joustra</b>     | HC2     |        | 2:06.92                | <b>DNS</b>     |        |
|     |    | <b>Paul Robijn</b>           |         |        | <b>Marnix Joustra</b>  |                |        |
|     |    | 300m                         | 27.82   | (27.8) |                        |                |        |
|     |    | 700m                         | 57.93   | (30.1) |                        |                |        |
|     |    | 1100m                        | 1:29.41 | (31.5) |                        |                |        |
|     |    | 1500m                        | 2:02.39 | (33.0) |                        |                |        |
|     |    | Naam                         | Cat     |        | PR                     | Tijd           | Info   |
| 107 | wt | 62 <b>Steef van Gelderen</b> | HB1     |        | 2:06.59                | <b>2:08.83</b> |        |
|     | rd | 65 <b>Job Bohnen</b>         | HSB     |        | 2:05.35                | <b>2:06.66</b> |        |
|     |    | <b>Steef van Gelderen</b>    |         |        | <b>Job Bohnen</b>      |                |        |
|     |    | 300m                         | 28.35   | (28.4) | 300m                   | 27.16          | (27.2) |
|     |    | 700m                         | 59.96   | (31.6) | 700m                   | 58.30          | (31.1) |
|     |    | 1100m                        | 1:33.38 | (33.4) | 1100m                  | 1:31.45        | (33.2) |
|     |    | 1500m                        | 2:08.83 | (35.5) | 1500m                  | 2:06.66        | (35.2) |
|     |    | Naam                         | Cat     |        | PR                     | Tijd           | Info   |
| 108 | gl | 87 <b>Joost Hermans</b>      | HN3     |        | 2:03.91                | <b>2:02.68</b> | PR     |
|     | bl | 69 <b>Loek Sieberichs</b>    | HB1     |        | 2:06.45                | <b>2:07.51</b> |        |
|     |    | <b>Joost Hermans</b>         |         |        | <b>Loek Sieberichs</b> |                |        |
|     |    | 300m                         | 27.40   | (27.4) | 300m                   | 27.00          | (27.0) |
|     |    | 700m                         | 57.85   | (30.4) | 700m                   | 58.43          | (31.4) |
|     |    | 1100m                        | 1:29.64 | (31.8) | 1100m                  | 1:31.88        | (33.4) |
|     |    | 1500m                        | 2:02.68 | (33.0) | 1500m                  | 2:07.51        | (35.6) |

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|       |    | Naam                   |                         |        | Cat                     |         |        | PR      | Tijd           | Info |
|-------|----|------------------------|-------------------------|--------|-------------------------|---------|--------|---------|----------------|------|
| 109   | wt | 70                     | <b>Danny Witkamp</b>    |        | H50                     |         |        | 1:57.80 | <b>2:05.09</b> |      |
|       | rd | 101                    | <b>Peter de Vries</b>   |        | HSA                     |         |        | 2:02.21 | <b>2:04.37</b> |      |
|       |    | <b>Danny Witkamp</b>   |                         |        | <b>Peter de Vries</b>   |         |        |         |                |      |
|       |    | 300m                   | 27.61                   | (27.6) | 300m                    | 26.49   | (26.5) |         |                |      |
|       |    | 700m                   | 58.78                   | (31.2) | 700m                    | 57.22   | (30.7) |         |                |      |
|       |    | 1100m                  | 1:31.51                 | (32.7) | 1100m                   | 1:30.01 | (32.8) |         |                |      |
|       |    | 1500m                  | 2:05.09                 | (33.6) | 1500m                   | 2:04.37 | (34.4) |         |                |      |
| <hr/> |    |                        |                         |        |                         |         |        |         |                |      |
|       |    | Naam                   |                         |        | Cat                     |         |        | PR      | Tijd           | Info |
| 110   | gl | 60                     | <b>Lennaart Lamers</b>  |        | HSA                     |         |        | 2:03.12 | <b>2:03.68</b> |      |
|       | bl | 95                     | <b>Jurre Kranenborg</b> |        | HSB                     |         |        | 2:01.14 | <b>2:01.64</b> |      |
|       |    | <b>Lennaart Lamers</b> |                         |        | <b>Jurre Kranenborg</b> |         |        |         |                |      |
|       |    | 300m                   | 26.35                   | (26.4) | 300m                    | 26.55   | (26.6) |         |                |      |
|       |    | 700m                   | 56.56                   | (30.2) | 700m                    | 57.17   | (30.6) |         |                |      |
|       |    | 1100m                  | 1:29.17                 | (32.6) | 1100m                   | 1:29.14 | (32.0) |         |                |      |
|       |    | 1500m                  | 2:03.68                 | (34.5) | 1500m                   | 2:01.64 | (32.5) |         |                |      |

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## 7. Uitslag 1000 meter

| Pos | Naam                          | Cat | Paar | Baan | Tijd    | Info |
|-----|-------------------------------|-----|------|------|---------|------|
| 1   | 53 Bart Seffinga              | HSB | 126  | O    | 1:14.90 |      |
| 2   | 55 Marijn Boersma             | HB2 | 126  | I    | 1:17.27 |      |
| 3   | 50 Harry Pardijs              | H40 | 125  | I    | 1:17.56 |      |
| 4   | 34 Jan van der Stouwe         | H50 | 125  | O    | 1:18.96 |      |
| 5   | 35 Han Kamminga               | H45 | 124  | O    | 1:26.14 |      |
| 6   | 54 Casper van der Woude       | HB1 | 120  | I    | 1:28.32 | PR   |
| 7   | 37 Ruud Willems               | HSB | 121  | O    | 1:29.24 | PR   |
| 8   | 32 Bas Gierman                | HC1 | 122  | I    | 1:30.20 | PR   |
| 9   | 43 Joas Woudstra              | HSA | 123  | O    | 1:30.50 |      |
| 10  | 106 Irma Woud                 | D45 | 112  | I    | 1:30.94 |      |
| 11  | 38 David Groot                | HB1 | 120  | O    | 1:31.26 |      |
| 12  | 58 Jolanda Voskamp-Vollebregt | D50 | 124  | I    | 1:31.67 |      |
| 13  | 56 Igor Baars                 | HC1 | 121  | I    | 1:32.17 | PR   |
| 14  | 52 Maxine Gorter              | DN2 | 117  | I    | 1:32.49 | PR   |
| 15  | 31 Michelle Smit              | DSA | 123  | I    | 1:32.77 |      |
| 16  | 45 Hans ten Hag               | H65 | 118  | I    | 1:32.94 |      |
| 17  | 42 Giel van Kordelaar         | HC1 | 119  | I    | 1:33.01 | PR   |
| 18  | 36 Jan Boelen                 | H70 | 119  | O    | 1:33.06 |      |
| 19  | 39 Frank Groot                | HC2 | 117  | O    | 1:34.30 | PR   |
| 20  | 51 Nico Woldendorp            | H70 | 115  | O    | 1:34.79 |      |
| 21  | 57 Marianne de Neeling        | D55 | 115  | I    | 1:35.04 |      |
| 22  | 33 Anita Smit-Groot           | D50 | 116  | O    | 1:35.51 |      |
| 23  | 41 Floor Dijkstra             | DC1 | 118  | O    | 1:36.58 |      |
| 24  | 143 Astrid Janssen            | D50 | 112  | O    | 1:36.68 |      |
| 25  | 46 Amanda Vernet              | DN4 | 116  | I    | 1:36.89 | PR   |
| 26  | 105 Thomas Hoekstra           | H65 | 111  | O    | 1:38.32 |      |
| 27  | 47 Sylke Kas                  | DC1 | 114  | I    | 1:39.47 | PR   |
| 28  | 30 Bram de Vries              | H70 | 122  | O    | 1:41.47 |      |
| 29  | 48 Piet Gemser                | H70 | 114  | O    | 1:41.75 |      |
| 30  | 44 Maika Schouten             | DB1 | 113  | I    | 1:44.05 | PR   |
| 31  | 49 Gerard de Boer             | H70 | 113  | O    | 1:46.65 |      |
| 32  | 40 Cees Gort                  | H70 | 111  | I    | 1:52.77 |      |

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## 7. Rituitslag 1000 meter

|     |    | Naam |                        | Cat |     | PR |         | Tijd           | Info |
|-----|----|------|------------------------|-----|-----|----|---------|----------------|------|
| 111 | wt | 40   | <b>Cees Gort</b>       |     | H70 |    | 1:38.69 | <b>1:52.77</b> |      |
|     | rd | 105  | <b>Thomas Hoekstra</b> |     | H65 |    | 1:30.91 | <b>1:38.32</b> |      |

### Cees Gort

|       |         |        |
|-------|---------|--------|
| 200m  | 25.97   | (26.0) |
| 600m  | 1:08.50 | (42.5) |
| 1000m | 1:52.77 | (44.3) |

### Thomas Hoekstra

|       |         |        |
|-------|---------|--------|
| 200m  | 23.54   | (23.5) |
| 600m  | 59.85   | (36.3) |
| 1000m | 1:38.32 | (38.5) |

|     |    | Naam |                       | Cat |     | PR |         | Tijd           | Info |
|-----|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 112 | gl | 106  | <b>Irma Woud</b>      |     | D45 |    | 1:26.28 | <b>1:30.94</b> |      |
|     | bl | 143  | <b>Astrid Janssen</b> |     | D50 |    | 1:31.53 | <b>1:36.68</b> |      |

### Irma Woud

|       |         |        |
|-------|---------|--------|
| 200m  | 20.77   | (20.8) |
| 600m  | 54.44   | (33.7) |
| 1000m | 1:30.94 | (36.5) |

### Astrid Janssen

|       |         |        |
|-------|---------|--------|
| 200m  | 22.82   | (22.8) |
| 600m  | 58.65   | (35.8) |
| 1000m | 1:36.68 | (38.0) |

|     |    | Naam |                       | Cat |     | PR |         | Tijd           | Info |
|-----|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 113 | wt | 44   | <b>Maika Schouten</b> |     | DB1 |    | 1:45.05 | <b>1:44.05</b> | PR   |
|     | rd | 49   | <b>Gerard de Boer</b> |     | H70 |    | 1:39.13 | <b>1:46.65</b> |      |

### Maika Schouten

|       |         |        |
|-------|---------|--------|
| 200m  | 24.12   | (24.1) |
| 600m  | 1:02.66 | (38.5) |
| 1000m | 1:44.05 | (41.4) |

### Gerard de Boer

|       |         |        |
|-------|---------|--------|
| 200m  | 24.93   | (24.9) |
| 600m  | 1:04.82 | (39.9) |
| 1000m | 1:46.65 | (41.8) |

|     |    | Naam |                    | Cat |     | PR |         | Tijd           | Info |
|-----|----|------|--------------------|-----|-----|----|---------|----------------|------|
| 114 | gl | 47   | <b>Sylke Kas</b>   |     | DC1 |    | 1:42.04 | <b>1:39.47</b> | PR   |
|     | bl | 48   | <b>Piet Gemser</b> |     | H70 |    | 1:35.70 | <b>1:41.75</b> |      |

### Sylke Kas

|       |         |        |
|-------|---------|--------|
| 200m  | 22.49   | (22.5) |
| 600m  | 59.45   | (37.0) |
| 1000m | 1:39.47 | (40.0) |

### Piet Gemser

|       |         |        |
|-------|---------|--------|
| 200m  | 25.53   | (25.5) |
| 600m  | 1:03.51 | (38.0) |
| 1000m | 1:41.75 | (38.2) |

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|     |    | Naam                       |                            |        | Cat                    | PR      | Tijd           | Info |
|-----|----|----------------------------|----------------------------|--------|------------------------|---------|----------------|------|
| 115 | wt | 57                         | <b>Marianne de Neeling</b> |        | D55                    | 1:32.28 | <b>1:35.04</b> |      |
|     | rd | 51                         | <b>Nico Woldendorp</b>     |        | H70                    | 1:31.63 | <b>1:34.79</b> |      |
|     |    | <b>Marianne de Neeling</b> |                            |        | <b>Nico Woldendorp</b> |         |                |      |
|     |    | 200m                       | 22.93                      | (22.9) | 200m                   | 22.70   | (22.7)         |      |
|     |    | 600m                       | 58.26                      | (35.3) | 600m                   | 57.80   | (35.1)         |      |
|     |    | 1000m                      | 1:35.04                    | (36.8) | 1000m                  | 1:34.79 | (37.0)         |      |

|     |    | Naam                 |                         |        | Cat                     | PR      | Tijd           | Info |
|-----|----|----------------------|-------------------------|--------|-------------------------|---------|----------------|------|
| 116 | gl | 46                   | <b>Amanda Vernet</b>    |        | DN4                     | 1:37.25 | <b>1:36.89</b> | PR   |
|     | bl | 33                   | <b>Anita Smit-Groot</b> |        | D50                     | 1:34.90 | <b>1:35.51</b> |      |
|     |    | <b>Amanda Vernet</b> |                         |        | <b>Anita Smit-Groot</b> |         |                |      |
|     |    | 200m                 | 22.72                   | (22.7) | 200m                    | 23.01   | (23.0)         |      |
|     |    | 600m                 | 58.19                   | (35.5) | 600m                    | 58.50   | (35.5)         |      |
|     |    | 1000m                | 1:36.89                 | (38.7) | 1000m                   | 1:35.51 | (37.0)         |      |

|     |    | Naam                 |                      |        | Cat                | PR      | Tijd           | Info |
|-----|----|----------------------|----------------------|--------|--------------------|---------|----------------|------|
| 117 | wt | 52                   | <b>Maxine Gorter</b> |        | DN2                | 1:36.23 | <b>1:32.49</b> | PR   |
|     | rd | 39                   | <b>Frank Groot</b>   |        | HC2                | 1:35.76 | <b>1:34.30</b> | PR   |
|     |    | <b>Maxine Gorter</b> |                      |        | <b>Frank Groot</b> |         |                |      |
|     |    | 200m                 | 21.85                | (21.9) | 200m               | 22.05   | (22.1)         |      |
|     |    | 600m                 | 56.25                | (34.4) | 600m               | 57.09   | (35.0)         |      |
|     |    | 1000m                | 1:32.49              | (36.2) | 1000m              | 1:34.30 | (37.2)         |      |

|     |    | Naam                |                       |        | Cat                   | PR      | Tijd           | Info |
|-----|----|---------------------|-----------------------|--------|-----------------------|---------|----------------|------|
| 118 | gl | 45                  | <b>Hans ten Hag</b>   |        | H65                   | 1:32.83 | <b>1:32.94</b> |      |
|     | bl | 41                  | <b>Floor Dijkstra</b> |        | DC1                   | 1:35.06 | <b>1:36.58</b> |      |
|     |    | <b>Hans ten Hag</b> |                       |        | <b>Floor Dijkstra</b> |         |                |      |
|     |    | 200m                | 21.90                 | (21.9) | 200m                  | 23.05   | (23.1)         |      |
|     |    | 600m                | 56.67                 | (34.8) | 600m                  | 58.89   | (35.8)         |      |
|     |    | 1000m               | 1:32.94               | (36.3) | 1000m                 | 1:36.58 | (37.7)         |      |

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|     |    | Naam                         | Cat     |        | PR                | Tijd           | Info   |
|-----|----|------------------------------|---------|--------|-------------------|----------------|--------|
| 119 | wt | 42 <b>Giel van Kordelaar</b> | HC1     |        | 1:34.11           | <b>1:33.01</b> | PR     |
|     | rd | 36 <b>Jan Boelen</b>         | H70     |        | 1:28.78           | <b>1:33.06</b> |        |
|     |    | <b>Giel van Kordelaar</b>    |         |        | <b>Jan Boelen</b> |                |        |
|     |    | 200m                         | 21.29   | (21.3) | 200m              | 22.35          | (22.4) |
|     |    | 600m                         | 56.31   | (35.0) | 600m              | 56.99          | (34.6) |
|     |    | 1000m                        | 1:33.01 | (36.7) | 1000m             | 1:33.06        | (36.1) |

|     |    | Naam                           | Cat     |        | PR                 | Tijd           | Info   |
|-----|----|--------------------------------|---------|--------|--------------------|----------------|--------|
| 120 | gl | 54 <b>Casper van der Woude</b> | HB1     |        | 1:30.88            | <b>1:28.32</b> | PR     |
|     | bl | 38 <b>David Groot</b>          | HB1     |        | 1:31.22            | <b>1:31.26</b> |        |
|     |    | <b>Casper van der Woude</b>    |         |        | <b>David Groot</b> |                |        |
|     |    | 200m                           | 21.05   | (21.1) | 200m               | 20.95          | (21.0) |
|     |    | 600m                           | 54.23   | (33.2) | 600m               | 55.40          | (34.4) |
|     |    | 1000m                          | 1:28.32 | (34.1) | 1000m              | 1:31.26        | (35.9) |

|     |    | Naam                   | Cat     |        | PR                  | Tijd           | Info   |
|-----|----|------------------------|---------|--------|---------------------|----------------|--------|
| 121 | wt | 56 <b>Igor Baars</b>   | HC1     |        | 1:32.42             | <b>1:32.17</b> | PR     |
|     | rd | 37 <b>Ruud Willems</b> | HSB     |        | 1:31.42             | <b>1:29.24</b> | PR     |
|     |    | <b>Igor Baars</b>      |         |        | <b>Ruud Willems</b> |                |        |
|     |    | 200m                   | 21.77   | (21.8) | 200m                | 21.22          | (21.2) |
|     |    | 600m                   | 56.64   | (34.9) | 600m                | 54.09          | (32.9) |
|     |    | 1000m                  | 1:32.17 | (35.5) | 1000m               | 1:29.24        | (35.2) |

|     |    | Naam                    | Cat     |        | PR                   | Tijd           | Info   |
|-----|----|-------------------------|---------|--------|----------------------|----------------|--------|
| 122 | gl | 32 <b>Bas Gierman</b>   | HC1     |        | 1:30.82              | <b>1:30.20</b> | PR     |
|     | bl | 30 <b>Bram de Vries</b> | H70     |        | 1:29.98              | <b>1:41.47</b> |        |
|     |    | <b>Bas Gierman</b>      |         |        | <b>Bram de Vries</b> |                |        |
|     |    | 200m                    | 21.07   | (21.1) | 200m                 | 23.83          | (23.8) |
|     |    | 600m                    | 54.44   | (33.4) | 600m                 | 1:01.60        | (37.8) |
|     |    | 1000m                   | 1:30.20 | (35.8) | 1000m                | 1:41.47        | (39.9) |

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|       |    | Naam                                 | Cat                       |        | PR      | Tijd           | Info   |
|-------|----|--------------------------------------|---------------------------|--------|---------|----------------|--------|
| 123   | wt | 31 <b>Michelle Smit</b>              | DSA                       |        | 1:29.02 | <b>1:32.77</b> |        |
|       | rd | 43 <b>Joas Woudstra</b>              | HSA                       |        | 1:28.29 | <b>1:30.50</b> |        |
|       |    | <b>Michelle Smit</b>                 | <b>Joas Woudstra</b>      |        |         |                |        |
|       |    | 200m                                 | 21.76                     | (21.8) | 200m    | 21.26          | (21.3) |
|       |    | 600m                                 | 56.45                     | (34.7) | 600m    | 55.35          | (34.1) |
|       |    | 1000m                                | 1:32.77                   | (36.3) | 1000m   | 1:30.50        | (35.1) |
| <hr/> |    |                                      |                           |        |         |                |        |
|       |    | Naam                                 | Cat                       |        | PR      | Tijd           | Info   |
| 124   | gl | 58 <b>Jolanda Voskamp-Vollebregt</b> | D50                       |        | 1:26.06 | <b>1:31.67</b> |        |
|       | bl | 35 <b>Han Kamminga</b>               | H45                       |        | 1:19.39 | <b>1:26.14</b> |        |
|       |    | <b>Jolanda Voskamp-Vollebregt</b>    | <b>Han Kamminga</b>       |        |         |                |        |
|       |    | 200m                                 | 22.00                     | (22.0) | 200m    | 19.73          | (19.7) |
|       |    | 600m                                 | 56.13                     | (34.1) | 600m    | 51.46          | (31.7) |
|       |    | 1000m                                | 1:31.67                   | (35.5) | 1000m   | 1:26.14        | (34.7) |
| <hr/> |    |                                      |                           |        |         |                |        |
|       |    | Naam                                 | Cat                       |        | PR      | Tijd           | Info   |
| 125   | wt | 50 <b>Harry Pardijs</b>              | H40                       |        | 1:15.14 | <b>1:17.56</b> |        |
|       | rd | 34 <b>Jan van der Stouwe</b>         | H50                       |        | 1:17.55 | <b>1:18.96</b> |        |
|       |    | <b>Harry Pardijs</b>                 | <b>Jan van der Stouwe</b> |        |         |                |        |
|       |    | 200m                                 | 18.28                     | (18.3) | 200m    | 18.95          | (19.0) |
|       |    | 600m                                 | 46.89                     | (28.6) | 600m    | 48.03          | (29.1) |
|       |    | 1000m                                | 1:17.56                   | (30.7) | 1000m   | 1:18.96        | (30.9) |
| <hr/> |    |                                      |                           |        |         |                |        |
|       |    | Naam                                 | Cat                       |        | PR      | Tijd           | Info   |
| 126   | gl | 55 <b>Marijn Boersma</b>             | HB2                       |        | 1:16.73 | <b>1:17.27</b> |        |
|       | bl | 53 <b>Bart Seffinga</b>              | HSB                       |        | 1:12.16 | <b>1:14.90</b> |        |
|       |    | <b>Marijn Boersma</b>                | <b>Bart Seffinga</b>      |        |         |                |        |
|       |    | 200m                                 | 18.06                     | (18.1) | 200m    | 18.06          | (18.1) |
|       |    | 600m                                 | 46.10                     | (28.0) | 600m    | 45.19          | (27.1) |
|       |    | 1000m                                | 1:17.27                   | (31.2) | 1000m   | 1:14.90        | (29.7) |

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## 8. Uitslag 3000 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info |
|-----|--------------------------|-----|------|------|---------|------|
| 1   | 112 Marco Slinger        | HN2 | 146  | O    | 4:16.09 |      |
| 2   | 123 Hans van der Does    | H45 | 144  | O    | 4:18.57 |      |
| 3   | 115 Ard Neven            | H45 | 142  | I    | 4:19.96 |      |
| 4   | 122 Herman Vermeer       | H55 | 144  | I    | 4:22.14 |      |
| 5   | 129 Hans Spil            | H50 | 141  | O    | 4:24.71 | PR   |
| 6   | 70 Danny Witkamp         | H50 | 143  | I    | 4:26.39 |      |
| 7   | 131 Gerard Snel          | H50 | 143  | O    | 4:28.00 |      |
| 8   | 124 Eric van den Berg    | H40 | 141  | I    | 4:28.95 | PR   |
| 9   | 134 Wouter van der Hauw  | HN1 | 138  | O    | 4:30.01 | PR   |
| 10  | 121 Laurens Taekema      | HSB | 142  | O    | 4:31.89 |      |
| 11  | 137 Jan Mein             | H55 | 139  | I    | 4:33.63 | PR   |
| 12  | 120 Jim Verdurmen        | H50 | 140  | O    | 4:34.62 |      |
| 13  | 114 Lotte de Jong        | DSA | 137  | O    | 4:37.92 | PR   |
| 14  | 116 Willem de Boer       | H50 | 134  | O    | 4:38.36 | HT   |
| 15  | 138 Sietse van der Werff | H60 | 140  | I    | 4:39.36 |      |
| 16  | 126 Wopko Faber          | H40 | 136  | I    | 4:40.08 |      |
| 17  | 125 Roland ten Klooster  | H50 | 137  | I    | 4:40.20 |      |
| 18  | 144 Twan den Braber      | H60 | 135  | I    | 4:40.54 |      |
| 19  | 53 Bart Seffinga         | HSB | 146  | I    | 4:40.64 |      |
| 20  | 113 Frank Steenkamp      | H60 | 134  | I    | 4:42.78 |      |
| 21  | 141 Andre van Zaane      | H50 | 135  | O    | 4:42.96 |      |
| 22  | 65 Job Bohnen            | HSB | 145  | I    | 4:43.63 |      |
| 23  | 133 Bert Piek            | H55 | 136  | O    | 4:44.16 |      |
| 24  | 140 Kees Langeveld       | H55 | 139  | O    | 4:44.73 |      |
| 25  | 119 Theo Heuzen          | H60 | 131  | I    | 4:47.34 |      |
| 26  | 111 Kees Versluis        | H60 | 132  | I    | 4:48.25 |      |
| 27  | 109 Jan Heeres           | H55 | 133  | I    | 4:51.39 |      |
| 28  | 136 Famke Wilmink        | DB2 | 131  | O    | 4:54.94 |      |
| 29  | 117 Walter Staal         | H55 | 133  | O    | 4:58.20 |      |
| 30  | 118 Martijn Kos          | H45 | 132  | O    | 4:58.57 |      |
| 31  | 92 Henk v.d. Zwaan       | H55 | 129  | I    | 5:07.98 |      |
| 32  | 128 Iris Kroeze          | DB1 | 129  | O    | 5:10.91 | PR   |
| 33  | 132 Johan Kroon          | H50 | 130  | I    | 5:21.18 | PR   |
| 34  | 110 Roxane Demmink       | DB1 | 130  | O    | 5:45.25 |      |
|     | 135 Robert Wierds        | H40 | 138  | I    | DNS     |      |
|     | 127 Sven Tellegen        | HB2 | 145  | O    | DNS     |      |

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## 8. Rituitslag 3000 meter

|     | Naam     | Cat | PR | Tijd | Info |
|-----|----------|-----|----|------|------|
| 127 | wt<br>rd |     |    |      |      |
|     | m        | m   |    |      |      |

|     | Naam     | Cat | PR | Tijd | Info |
|-----|----------|-----|----|------|------|
| 128 | gl<br>bl |     |    |      |      |
|     | m        | m   |    |      |      |

|     | Naam     | Cat                       | PR  | Tijd    | Info              |
|-----|----------|---------------------------|-----|---------|-------------------|
| 129 | wt<br>rd | 92 <b>Henk v.d. Zwaan</b> | H55 |         | <b>5:07.98</b>    |
|     |          | 128 <b>Iris Kroeze</b>    | DB1 | 5:20.79 | <b>5:10.91</b> PR |

### Henk v.d. Zwaan

|       |         |        |
|-------|---------|--------|
| 200m  | 25.75   | (25.8) |
| 600m  | 1:05.81 | (40.1) |
| 1000m | 1:46.07 | (40.3) |
| 1400m | 2:26.29 | (40.2) |
| 1800m | 3:06.42 | (40.1) |
| 2200m | 3:46.39 | (40.0) |
| 2600m | 4:27.63 | (41.2) |
| 3000m | 5:07.98 | (40.4) |

### Iris Kroeze

|       |         |        |
|-------|---------|--------|
| 200m  | 22.64   | (22.6) |
| 600m  | 1:00.20 | (37.6) |
| 1000m | 1:39.78 | (39.6) |
| 1400m | 2:20.79 | (41.0) |
| 1800m | 3:02.98 | (42.2) |
| 2200m | 3:45.52 | (42.5) |
| 2600m | 4:28.35 | (42.8) |
| 3000m | 5:10.91 | (42.6) |

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|     |    | Naam                      |         |        | Cat                   | PR      | Tijd           | Info |
|-----|----|---------------------------|---------|--------|-----------------------|---------|----------------|------|
| 130 | gl | 132 <b>Johan Kroon</b>    |         |        | H50                   | 5:27.20 | <b>5:21.18</b> | PR   |
|     | bl | 110 <b>Roxane Demmink</b> |         |        | DB1                   |         | <b>5:45.25</b> |      |
|     |    | <b>Johan Kroon</b>        |         |        | <b>Roxane Demmink</b> |         |                |      |
|     |    | 200m                      | 23.70   | (23.7) | 200m                  | 24.01   | (24.0)         |      |
|     |    | 600m                      | 1:02.84 | (39.1) | 600m                  | 1:03.87 | (39.9)         |      |
|     |    | 1000m                     | 1:43.16 | (40.3) | 1000m                 | 1:45.87 | (42.0)         |      |
|     |    | 1400m                     | 2:25.17 | (42.0) | 1400m                 | 2:30.28 | (44.4)         |      |
|     |    | 1800m                     | 3:08.26 | (43.1) | 1800m                 | 3:16.33 | (46.1)         |      |
|     |    | 2200m                     | 3:52.23 | (44.0) | 2200m                 | 4:04.22 | (47.9)         |      |
|     |    | 2600m                     | 4:36.39 | (44.2) | 2600m                 | 4:53.86 | (49.6)         |      |
|     |    | 3000m                     | 5:21.18 | (44.8) | 3000m                 | 5:45.25 | (51.4)         |      |

|     |    | Naam                     |         |        | Cat                  | PR      | Tijd           | Info |
|-----|----|--------------------------|---------|--------|----------------------|---------|----------------|------|
| 131 | wt | 119 <b>Theo Heuzen</b>   |         |        | H60                  | 4:39.03 | <b>4:47.34</b> |      |
|     | rd | 136 <b>Famke Wilmink</b> |         |        | DB2                  | 4:48.66 | <b>4:54.94</b> |      |
|     |    | <b>Theo Heuzen</b>       |         |        | <b>Famke Wilmink</b> |         |                |      |
|     |    | 200m                     | 23.96   | (24.0) | 200m                 | 23.80   | (23.8)         |      |
|     |    | 600m                     | 1:02.42 | (38.5) | 600m                 | 1:00.25 | (36.5)         |      |
|     |    | 1000m                    | 1:41.00 | (38.6) | 1000m                | 1:37.23 | (37.0)         |      |
|     |    | 1400m                    | 2:19.37 | (38.4) | 1400m                | 2:15.23 | (38.0)         |      |
|     |    | 1800m                    | 2:56.96 | (37.6) | 1800m                | 2:54.04 | (38.8)         |      |
|     |    | 2200m                    | 3:33.74 | (36.8) | 2200m                | 3:33.58 | (39.5)         |      |
|     |    | 2600m                    | 4:10.22 | (36.5) | 2600m                | 4:14.02 | (40.4)         |      |
|     |    | 3000m                    | 4:47.34 | (37.1) | 3000m                | 4:54.94 | (40.9)         |      |

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|     |    | Naam                 |                      | Cat    |                    | PR      |         | Tijd           | Info |
|-----|----|----------------------|----------------------|--------|--------------------|---------|---------|----------------|------|
| 132 | gl | 111                  | <b>Kees Versluis</b> |        | H60                |         | 4:45.47 | <b>4:48.25</b> |      |
|     | bl | 118                  | <b>Martijn Kos</b>   |        | H45                |         | 4:57.51 | <b>4:58.57</b> |      |
|     |    | <b>Kees Versluis</b> |                      |        | <b>Martijn Kos</b> |         |         |                |      |
|     |    | 200m                 | 23.19                | (23.2) | 200m               | 22.45   | (22.5)  |                |      |
|     |    | 600m                 | 59.59                | (36.4) | 600m               | 59.27   | (36.8)  |                |      |
|     |    | 1000m                | 1:36.91              | (37.3) | 1000m              | 1:37.44 | (38.2)  |                |      |
|     |    | 1400m                | 2:14.97              | (38.1) | 1400m              | 2:16.30 | (38.9)  |                |      |
|     |    | 1800m                | 2:53.22              | (38.3) | 1800m              | 2:55.89 | (39.6)  |                |      |
|     |    | 2200m                | 3:31.62              | (38.4) | 2200m              | 3:36.26 | (40.4)  |                |      |
|     |    | 2600m                | 4:10.22              | (38.6) | 2600m              | 4:17.39 | (41.1)  |                |      |
|     |    | 3000m                | 4:48.25              | (38.0) | 3000m              | 4:58.57 | (41.2)  |                |      |

|     |    | Naam              |                     | Cat    |                     | PR      |         | Tijd           | Info |
|-----|----|-------------------|---------------------|--------|---------------------|---------|---------|----------------|------|
| 133 | wt | 109               | <b>Jan Heeres</b>   |        | H55                 |         | 4:48.54 | <b>4:51.39</b> |      |
|     | rd | 117               | <b>Walter Staal</b> |        | H55                 |         | 4:49.41 | <b>4:58.20</b> |      |
|     |    | <b>Jan Heeres</b> |                     |        | <b>Walter Staal</b> |         |         |                |      |
|     |    | 200m              | 24.09               | (24.1) | 200m                | 22.98   | (23.0)  |                |      |
|     |    | 600m              | 1:01.48             | (37.4) | 600m                | 59.60   | (36.6)  |                |      |
|     |    | 1000m             | 1:39.60             | (38.1) | 1000m               | 1:39.66 | (40.1)  |                |      |
|     |    | 1400m             | 2:18.38             | (38.8) | 1400m               | 2:20.08 | (40.4)  |                |      |
|     |    | 1800m             | 2:57.13             | (38.8) | 1800m               | 3:00.05 | (40.0)  |                |      |
|     |    | 2200m             | 3:35.09             | (38.0) | 2200m               | 3:39.65 | (39.6)  |                |      |
|     |    | 2600m             | 4:13.28             | (38.2) | 2600m               | 4:18.93 | (39.3)  |                |      |
|     |    | 3000m             | 4:51.39             | (38.1) | 3000m               | 4:58.20 | (39.3)  |                |      |

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|     |    | Naam                       |         |        | Cat                   | PR      | Tijd           | Info |
|-----|----|----------------------------|---------|--------|-----------------------|---------|----------------|------|
| 134 | gl | 113 <b>Frank Steenkamp</b> |         |        | H60                   | 4:36.38 | <b>4:42.78</b> |      |
|     | bl | 116 <b>Willem de Boer</b>  |         |        | H50                   | 4:47.03 | <b>4:38.36</b> | HT   |
|     |    | <b>Frank Steenkamp</b>     |         |        | <b>Willem de Boer</b> |         |                |      |
|     |    | 200m                       | 23.13   | (23.1) | 200m                  | 22.73   | (22.7)         |      |
|     |    | 600m                       | 58.67   | (35.5) | 600m                  | 58.07   | (35.3)         |      |
|     |    | 1000m                      | 1:34.14 | (35.5) | 1000m                 | 1:33.38 | (35.3)         |      |
|     |    | 1400m                      | 2:10.45 | (36.3) | 1400m                 | 2:09.80 | (36.4)         |      |
|     |    | 1800m                      | 2:47.47 | (37.0) | 1800m                 | 2:46.90 | (37.1)         |      |
|     |    | 2200m                      | 3:25.18 | (37.7) | 2200m                 | 3:23.95 | (37.1)         |      |
|     |    | 2600m                      | 4:03.62 | (38.4) | 2600m                 | 4:01.12 | (37.2)         |      |
|     |    | 3000m                      | 4:42.78 | (39.2) | 3000m                 | 4:38.36 | (37.2)         |      |

|     |    | Naam                       |         |        | Cat                    | PR      | Tijd           | Info |
|-----|----|----------------------------|---------|--------|------------------------|---------|----------------|------|
| 135 | wt | 144 <b>Twan den Braber</b> |         |        | H60                    | 4:21.38 | <b>4:40.54</b> |      |
|     | rd | 141 <b>Andre van Zaane</b> |         |        | H50                    | 4:33.71 | <b>4:42.96</b> |      |
|     |    | <b>Twan den Braber</b>     |         |        | <b>Andre van Zaane</b> |         |                |      |
|     |    | 200m                       | 23.53   | (23.5) | 200m                   | 22.69   | (22.7)         |      |
|     |    | 600m                       | 59.49   | (36.0) | 600m                   | 57.64   | (34.9)         |      |
|     |    | 1000m                      | 1:35.86 | (36.4) | 1000m                  | 1:33.99 | (36.4)         |      |
|     |    | 1400m                      | 2:12.33 | (36.5) | 1400m                  | 2:11.51 | (37.5)         |      |
|     |    | 1800m                      | 2:48.97 | (36.6) | 1800m                  | 2:49.15 | (37.6)         |      |
|     |    | 2200m                      | 3:26.26 | (37.3) | 2200m                  | 3:27.20 | (38.1)         |      |
|     |    | 2600m                      | 4:03.53 | (37.3) | 2600m                  | 4:05.72 | (38.5)         |      |
|     |    | 3000m                      | 4:40.54 | (37.0) | 3000m                  | 4:42.96 | (37.2)         |      |

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|     |    | Naam               |                    |        | Cat              | PR      | Tijd           | Info |
|-----|----|--------------------|--------------------|--------|------------------|---------|----------------|------|
| 136 | gl | 126                | <b>Wopko Faber</b> |        | H40              | 4:38.77 | <b>4:40.08</b> |      |
|     | bl | 133                | <b>Bert Piek</b>   |        | H55              | 4:27.18 | <b>4:44.16</b> |      |
|     |    | <b>Wopko Faber</b> |                    |        | <b>Bert Piek</b> |         |                |      |
|     |    | 200m               | 22.67              | (22.7) | 200m             | 23.38   | (23.4)         |      |
|     |    | 600m               | 58.05              | (35.4) | 600m             | 1:00.12 | (36.7)         |      |
|     |    | 1000m              | 1:33.94            | (35.9) | 1000m            | 1:37.07 | (37.0)         |      |
|     |    | 1400m              | 2:10.45            | (36.5) | 1400m            | 2:14.10 | (37.0)         |      |
|     |    | 1800m              | 2:47.85            | (37.4) | 1800m            | 2:51.30 | (37.2)         |      |
|     |    | 2200m              | 3:25.44            | (37.6) | 2200m            | 3:28.75 | (37.4)         |      |
|     |    | 2600m              | 4:02.65            | (37.2) | 2600m            | 4:06.46 | (37.7)         |      |
|     |    | 3000m              | 4:40.08            | (37.4) | 3000m            | 4:44.16 | (37.7)         |      |

|     |    | Naam                       |                            |        | Cat                  | PR      | Tijd           | Info |
|-----|----|----------------------------|----------------------------|--------|----------------------|---------|----------------|------|
| 137 | wt | 125                        | <b>Roland ten Klooster</b> |        | H50                  | 4:32.89 | <b>4:40.20</b> |      |
|     | rd | 114                        | <b>Lotte de Jong</b>       |        | DSA                  | 4:38.45 | <b>4:37.92</b> | PR   |
|     |    | <b>Roland ten Klooster</b> |                            |        | <b>Lotte de Jong</b> |         |                |      |
|     |    | 200m                       | 21.30                      | (21.3) | 200m                 | 22.21   | (22.2)         |      |
|     |    | 600m                       | 55.21                      | (33.9) | 600m                 | 56.56   | (34.4)         |      |
|     |    | 1000m                      | 1:30.22                    | (35.0) | 1000m                | 1:31.87 | (35.3)         |      |
|     |    | 1400m                      | 2:05.97                    | (35.7) | 1400m                | 2:08.01 | (36.1)         |      |
|     |    | 1800m                      | 2:42.54                    | (36.6) | 1800m                | 2:44.29 | (36.3)         |      |
|     |    | 2200m                      | 3:19.66                    | (37.1) | 2200m                | 3:21.74 | (37.4)         |      |
|     |    | 2600m                      | 3:58.87                    | (39.2) | 2600m                | 3:59.92 | (38.2)         |      |
|     |    | 3000m                      | 4:40.20                    | (41.3) | 3000m                | 4:37.92 | (38.0)         |      |

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|     |    | Naam                           | Cat | PR      | Tijd                       | Info              |
|-----|----|--------------------------------|-----|---------|----------------------------|-------------------|
| 138 | gl | 135 <b>Robert Wierds</b>       | H40 | 4:43.01 |                            | <b>DNS</b>        |
|     | bl | 134 <b>Wouter van der Hauw</b> | HN1 | 4:37.19 |                            | <b>4:30.01</b> PR |
|     |    | <u>Robert Wierds</u>           |     |         | <u>Wouter van der Hauw</u> |                   |
|     |    |                                |     | 200m    | 21.30                      | (21.3)            |
|     |    |                                |     | 600m    | 54.43                      | (33.1)            |
|     |    |                                |     | 1000m   | 1:29.58                    | (35.1)            |
|     |    |                                |     | 1400m   | 2:04.90                    | (35.3)            |
|     |    |                                |     | 1800m   | 2:40.44                    | (35.5)            |
|     |    |                                |     | 2200m   | 3:16.28                    | (35.8)            |
|     |    |                                |     | 2600m   | 3:53.12                    | (36.8)            |
|     |    |                                |     | 3000m   | 4:30.01                    | (36.9)            |

|     |    | Naam                      | Cat | PR      | Tijd                  | Info              |
|-----|----|---------------------------|-----|---------|-----------------------|-------------------|
| 139 | wt | 137 <b>Jan Mein</b>       | H55 | 4:33.77 |                       | <b>4:33.63</b> PR |
|     | rd | 140 <b>Kees Langeveld</b> | H55 | 4:30.83 |                       | <b>4:44.73</b>    |
|     |    | <u>Jan Mein</u>           |     |         | <u>Kees Langeveld</u> |                   |
|     |    |                           |     | 200m    | 22.57                 | (22.6)            |
|     |    |                           |     | 600m    | 57.39                 | (34.8)            |
|     |    |                           |     | 1000m   | 1:33.21               | (35.8)            |
|     |    |                           |     | 1400m   | 2:09.08               | (35.9)            |
|     |    |                           |     | 1800m   | 2:45.06               | (36.0)            |
|     |    |                           |     | 2200m   | 3:21.07               | (36.0)            |
|     |    |                           |     | 2600m   | 3:57.31               | (36.2)            |
|     |    |                           |     | 3000m   | 4:33.63               | (36.3)            |
|     |    |                           |     | 200m    | 24.39                 | (24.4)            |
|     |    |                           |     | 600m    | 1:01.48               | (37.1)            |
|     |    |                           |     | 1000m   | 1:38.52               | (37.0)            |
|     |    |                           |     | 1400m   | 2:15.99               | (37.5)            |
|     |    |                           |     | 1800m   | 2:53.67               | (37.7)            |
|     |    |                           |     | 2200m   | 3:31.23               | (37.6)            |
|     |    |                           |     | 2600m   | 4:08.20               | (37.0)            |
|     |    |                           |     | 3000m   | 4:44.73               | (36.5)            |

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|     |    | Naam                        |                             |        | Cat                  | PR      | Tijd           | Info |
|-----|----|-----------------------------|-----------------------------|--------|----------------------|---------|----------------|------|
| 140 | gl | 138                         | <b>Sietse van der Werff</b> |        | H60                  | 4:23.87 | <b>4:39.36</b> |      |
|     | bl | 120                         | <b>Jim Verdurmen</b>        |        | H50                  | 4:18.75 | <b>4:34.62</b> |      |
|     |    | <b>Sietse van der Werff</b> |                             |        | <b>Jim Verdurmen</b> |         |                |      |
|     |    | 200m                        | 22.61                       | (22.6) | 200m                 | 23.06   | (23.1)         |      |
|     |    | 600m                        | 57.06                       | (34.4) | 600m                 | 57.35   | (34.3)         |      |
|     |    | 1000m                       | 1:32.56                     | (35.5) | 1000m                | 1:31.49 | (34.1)         |      |
|     |    | 1400m                       | 2:08.90                     | (36.3) | 1400m                | 2:06.26 | (34.8)         |      |
|     |    | 1800m                       | 2:45.81                     | (36.9) | 1800m                | 2:41.81 | (35.5)         |      |
|     |    | 2200m                       | 3:22.96                     | (37.2) | 2200m                | 3:17.97 | (36.2)         |      |
|     |    | 2600m                       | 4:00.87                     | (37.9) | 2600m                | 3:55.34 | (37.4)         |      |
|     |    | 3000m                       | 4:39.36                     | (38.5) | 3000m                | 4:34.62 | (39.3)         |      |

|     |    | Naam                     |                          |        | Cat              | PR      | Tijd           | Info |
|-----|----|--------------------------|--------------------------|--------|------------------|---------|----------------|------|
| 141 | wt | 124                      | <b>Eric van den Berg</b> |        | H40              | 4:29.85 | <b>4:28.95</b> | PR   |
|     | rd | 129                      | <b>Hans Spil</b>         |        | H50              | 4:28.22 | <b>4:24.71</b> | PR   |
|     |    | <b>Eric van den Berg</b> |                          |        | <b>Hans Spil</b> |         |                |      |
|     |    | 200m                     | 21.33                    | (21.3) | 200m             | 21.64   | (21.6)         |      |
|     |    | 600m                     | 54.94                    | (33.6) | 600m             | 55.31   | (33.7)         |      |
|     |    | 1000m                    | 1:29.52                  | (34.6) | 1000m            | 1:29.35 | (34.0)         |      |
|     |    | 1400m                    | 2:04.73                  | (35.2) | 1400m            | 2:03.57 | (34.2)         |      |
|     |    | 1800m                    | 2:40.53                  | (35.8) | 1800m            | 2:38.13 | (34.6)         |      |
|     |    | 2200m                    | 3:17.03                  | (36.5) | 2200m            | 3:13.04 | (34.9)         |      |
|     |    | 2600m                    | 3:53.27                  | (36.2) | 2600m            | 3:48.38 | (35.3)         |      |
|     |    | 3000m                    | 4:28.95                  | (35.7) | 3000m            | 4:24.71 | (36.3)         |      |

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|     |    | Naam             |                        |        | Cat                    |         |        | PR      | Tijd           | Info |
|-----|----|------------------|------------------------|--------|------------------------|---------|--------|---------|----------------|------|
| 142 | gl | 115              | <b>Ard Neven</b>       |        | H45                    |         |        | 4:10.58 | <b>4:19.96</b> |      |
|     | bl | 121              | <b>Laurens Taekema</b> |        | HSB                    |         |        | 4:28.84 | <b>4:31.89</b> |      |
|     |    | <b>Ard Neven</b> |                        |        | <b>Laurens Taekema</b> |         |        |         |                |      |
|     |    | 200m             | 20.77                  | (20.8) | 200m                   | 21.59   | (21.6) |         |                |      |
|     |    | 600m             | 53.38                  | (32.6) | 600m                   | 55.15   | (33.6) |         |                |      |
|     |    | 1000m            | 1:26.92                | (33.5) | 1000m                  | 1:29.51 | (34.4) |         |                |      |
|     |    | 1400m            | 2:01.05                | (34.1) | 1400m                  | 2:04.89 | (35.4) |         |                |      |
|     |    | 1800m            | 2:35.25                | (34.2) | 1800m                  | 2:41.16 | (36.3) |         |                |      |
|     |    | 2200m            | 3:09.67                | (34.4) | 2200m                  | 3:17.76 | (36.6) |         |                |      |
|     |    | 2600m            | 3:44.44                | (34.8) | 2600m                  | 3:54.80 | (37.0) |         |                |      |
|     |    | 3000m            | 4:19.96                | (35.5) | 3000m                  | 4:31.89 | (37.1) |         |                |      |

|     |    | Naam                 |                      |        | Cat                |         |        | PR      | Tijd           | Info |
|-----|----|----------------------|----------------------|--------|--------------------|---------|--------|---------|----------------|------|
| 143 | wt | 70                   | <b>Danny Witkamp</b> |        | H50                |         |        | 4:10.68 | <b>4:26.39</b> |      |
|     | rd | 131                  | <b>Gerard Snel</b>   |        | H50                |         |        | 4:20.37 | <b>4:28.00</b> |      |
|     |    | <b>Danny Witkamp</b> |                      |        | <b>Gerard Snel</b> |         |        |         |                |      |
|     |    | 200m                 | 22.27                | (22.3) | 200m               | 21.98   | (22.0) |         |                |      |
|     |    | 600m                 | 56.59                | (34.3) | 600m               | 56.14   | (34.2) |         |                |      |
|     |    | 1000m                | 1:31.00              | (34.4) | 1000m              | 1:32.12 | (36.0) |         |                |      |
|     |    | 1400m                | 2:06.31              | (35.3) | 1400m              | 2:07.94 | (35.8) |         |                |      |
|     |    | 1800m                | 2:41.47              | (35.2) | 1800m              | 2:43.04 | (35.1) |         |                |      |
|     |    | 2200m                | 3:16.25              | (34.8) | 2200m              | 3:18.03 | (35.0) |         |                |      |
|     |    | 2600m                | 3:51.14              | (34.9) | 2600m              | 3:52.93 | (34.9) |         |                |      |
|     |    | 3000m                | 4:26.39              | (35.2) | 3000m              | 4:28.00 | (35.1) |         |                |      |

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|     |    | Naam                  |                          | Cat    |                          | PR      |         | Tijd           | Info |
|-----|----|-----------------------|--------------------------|--------|--------------------------|---------|---------|----------------|------|
| 144 | gl | 122                   | <b>Herman Vermeer</b>    |        | H55                      |         | 4:07.35 | <b>4:22.14</b> |      |
|     | bl | 123                   | <b>Hans van der Does</b> |        | H45                      |         | 4:13.38 | <b>4:18.57</b> |      |
|     |    | <b>Herman Vermeer</b> |                          |        | <b>Hans van der Does</b> |         |         |                |      |
|     |    | 200m                  | 21.83                    | (21.8) | 200m                     | 21.57   | (21.6)  |                |      |
|     |    | 600m                  | 55.67                    | (33.8) | 600m                     | 55.59   | (34.0)  |                |      |
|     |    | 1000m                 | 1:29.85                  | (34.2) | 1000m                    | 1:29.04 | (33.5)  |                |      |
|     |    | 1400m                 | 2:03.81                  | (34.0) | 1400m                    | 2:02.05 | (33.0)  |                |      |
|     |    | 1800m                 | 2:37.69                  | (33.9) | 1800m                    | 2:35.27 | (33.2)  |                |      |
|     |    | 2200m                 | 3:11.87                  | (34.2) | 2200m                    | 3:08.97 | (33.7)  |                |      |
|     |    | 2600m                 | 3:46.39                  | (34.5) | 2600m                    | 3:43.50 | (34.5)  |                |      |
|     |    | 3000m                 | 4:22.14                  | (35.7) | 3000m                    | 4:18.57 | (35.1)  |                |      |

|     |    | Naam              |                      | Cat    |                      | PR |         | Tijd           | Info |
|-----|----|-------------------|----------------------|--------|----------------------|----|---------|----------------|------|
| 145 | wt | 65                | <b>Job Bohnen</b>    |        | HSB                  |    | 4:34.18 | <b>4:43.63</b> |      |
|     | rd | 127               | <b>Sven Tellegen</b> |        | HB2                  |    | 4:21.94 | <b>DNS</b>     |      |
|     |    | <b>Job Bohnen</b> |                      |        | <b>Sven Tellegen</b> |    |         |                |      |
|     |    | 200m              | 21.63                | (21.6) |                      |    |         |                |      |
|     |    | 600m              | 56.08                | (34.4) |                      |    |         |                |      |
|     |    | 1000m             | 1:31.83              | (35.8) |                      |    |         |                |      |
|     |    | 1400m             | 2:08.35              | (36.5) |                      |    |         |                |      |
|     |    | 1800m             | 2:45.85              | (37.5) |                      |    |         |                |      |
|     |    | 2200m             | 3:24.36              | (38.5) |                      |    |         |                |      |
|     |    | 2600m             | 4:03.90              | (39.5) |                      |    |         |                |      |
|     |    | 3000m             | 4:43.63              | (39.7) |                      |    |         |                |      |

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|     |    | Naam                 |                      | Cat    |     | PR                   |         | Tijd           | Info |
|-----|----|----------------------|----------------------|--------|-----|----------------------|---------|----------------|------|
| 146 | gl | 53                   | <b>Bart Seffinga</b> |        | HSB |                      | 4:20.41 | <b>4:40.64</b> |      |
|     | bl | 112                  | <b>Marco Slinger</b> |        | HN2 |                      | 4:07.27 | <b>4:16.09</b> |      |
|     |    | <b>Bart Seffinga</b> |                      |        |     | <b>Marco Slinger</b> |         |                |      |
|     |    | 200m                 | 20.56                | (20.6) |     | 200m                 | 20.86   | (20.9)         |      |
|     |    | 600m                 | 55.05                | (34.5) |     | 600m                 | 53.17   | (32.3)         |      |
|     |    | 1000m                | 1:31.21              | (36.2) |     | 1000m                | 1:25.51 | (32.3)         |      |
|     |    | 1400m                | 2:08.44              | (37.2) |     | 1400m                | 1:58.39 | (32.9)         |      |
|     |    | 1800m                | 2:46.29              | (37.9) |     | 1800m                | 2:31.87 | (33.5)         |      |
|     |    | 2200m                | 3:24.10              | (37.8) |     | 2200m                | 3:06.09 | (34.2)         |      |
|     |    | 2600m                | 4:02.12              | (38.0) |     | 2600m                | 3:40.92 | (34.8)         |      |
|     |    | 3000m                | 4:40.64              | (38.5) |     | 3000m                | 4:16.09 | (35.2)         |      |