



14th Masters Int Long Distance Races

Thialf - Heerenveen

15 maart 2018



1. Uitslag M - 500m voor 500/10000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Sandro Cara	H45	8	I	41.31		
2	42 Arjan Bakker	H55	8	O	41.71		
3	17 Rob Wartenhorst	H45	7	O	43.06		
4	40 Herman Vermeer	H55	6	O	44.15		
5	18 Hendrik van de Beek	H50	5	I	47.20		
6	12 Ciska Stark	D55	1	O	47.79		
7	13 Willem Jan Knibbe	H45	4	O	47.81		
8	8 Jann van Benthem	H60	6	I	52.37		
9	4 Tialda Gerritsma	D50	1	I	53.39		
10	35 Johannes Oehm	HSB	3	I	53.45	PR	
	3 John van der Vlugt	H60	7	I	DQ		

1. Rituitslag M - 500m voor 500/10000m rijders

		Naam		Cat		PR	Tijd	Info
1	wt	4 Tialda Gerritsma		D50		49.94	53.39	
	rd	12 Ciska Stark		D55		46.57	47.79	
		Tialda Gerritsma			Ciska Stark			
		100m	15.07	(15.0)	100m	13.33	(13.3)	
		500m	53.39	(38.3)	500m	47.79	(34.4)	

		Naam		Cat		PR	Tijd	Info
2	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
3	wt	35 Johannes Oehm		HSB		55.76	53.45	PR
	rd							
		Johannes Oehm						
		100m	14.09	(14.0)	m			
		500m	53.45	(39.4)				

		Naam		Cat		PR	Tijd	Info
4	gl							
	bl	13 Willem Jan Knibbe		H45		45.62	47.81	
			m					
		Willem Jan Knibbe						
		100m	13.83	(13.8)				
		500m	47.81	(34.0)				

		Naam		Cat		PR	Tijd	Info
5	wt	18 Hendrik van de Beek		H50		42.49	47.20	
	rd							
		Hendrik van de Beek						
		100m	13.28	(13.2)	m			
		500m	47.20	(34.0)				



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		Naam		Cat		PR		Tijd	Info
6	gl	8	Jann van Benthem		H60		43.87	52.37	
	bl	40	Herman Vermeer		H55		41.29	44.15	
		Jann van Benthem				Herman Vermeer			
		100m	13.43	(13.4)		100m	11.98	(11.9)	
		500m	52.37	(38.9)		500m	44.15	(32.2)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
7	wt	3	John van der Vlugt		H60		42.37	DQ	
	rd	17	Rob Wartenhorst		H45		42.85	43.06	
		John van der Vlugt				Rob Wartenhorst			
		100m	12.43	(12.4)		100m	11.99	(11.9)	
		500m	45.55	(33.1)		500m	43.06	(31.1)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
8	gl	15	Sandro Cara		H45		40.88	41.31	
	bl	42	Arjan Bakker		H55		41.23	41.71	
		Sandro Cara				Arjan Bakker			
		100m	11.39	(11.3)		100m	11.93	(11.9)	
		500m	41.31	(30.0)		500m	41.71	(29.8)	



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2. Uitslag M - 500m voor 500/5000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	31 Seppe Lybaert	HSB	10	I	44.58		
2	14 Peter Spek	H45	11	I	46.47	PR	
3	37 Harrie Doesburg	H70	11	O	46.62		
4	2 Kees Verdouw	H70	12	I	47.12		
5	38 Twan den Braber	H65	10	O	48.68		
6	36 Luke Veurink	HSB	9	I	58.92		

2. Rituitslag M - 500m voor 500/5000m rijders

		Naam		Cat		PR		Tijd	Info
9	wt rd	36	Luke Veurink		HSB			58.92	
			Luke Veurink						
			100m	14.65	(14.6)		m		
			500m	58.92	(44.3)				

		Naam		Cat		PR		Tijd	Info
10	gl	31	Seppe Lybaert		HSB	44.52		44.58	
	bl	38	Twan den Braber		H65	43.33		48.68	
			Seppe Lybaert						
			100m	11.88	(11.8)				
			500m	44.58	(32.7)				
			Twan den Braber						
			100m	13.41	(13.4)				
			500m	48.68	(35.2)				

		Naam		Cat		PR		Tijd	Info
11	wt	14	Peter Spek		H45	46.67		46.47	PR
	rd	37	Harrie Doesburg		H70	42.18		46.62	
			Peter Spek						
			100m	12.73	(12.7)				
			500m	46.47	(33.7)				
			Harrie Doesburg						
			100m	12.91	(12.9)				
			500m	46.62	(33.7)				

		Naam		Cat		PR		Tijd	Info
12	gl	2	Kees Verdouw		H70	41.71		47.12	
	bl								
			Kees Verdouw						
			100m	12.90	(12.9)		m		
			500m	47.12	(34.2)				



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3. Uitslag O - 500m voor 500/5000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Ivar Immerzeel	HB2	13	I	40.40		



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3. Rituitslag O - 500m voor 500/5000m rijders

	Naam	Cat	PR	Tijd	Info
13	wt rd	12 Ivar Immerzeel	HB2	40.23	40.40
	Ivar Immerzeel				
	100m	11.25 (11.2)			m
	500m	40.40 (29.2)			



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4. Uitslag M - 10000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	42 Arjan Bakker	H55	21	O	14:34.88		
2	24 Kees Hooft	H40	21	I	14:50.74		
3	3 John van der Vlugt	H60	20	I	15:05.30		
4	15 Sandro Cara	H45	19	O	15:18.94	PR	
5	17 Rob Wartenhorst	H45	16	O	15:41.94		
6	40 Herman Vermeer	H55	20	O	15:58.37		
7	4 Edzard Boland	H45	16	I	16:21.55		
8	33 Sveinung Vea	H45	19	I	16:37.84		
9	8 Jann van Benthem	H60	18	O	17:04.25		
10	13 Willem Jan Knibbe	H45	17	O	17:08.96		
11	18 Hendrik van de Beek	H50	18	I	17:12.11		
12	35 Johannes Oehm	HSB	15	O	17:31.76		
13	4 Tialda Gerritsma	D50	14	I	17:52.49		
14	12 Ciska Stark	D55	14	O	17:57.44		
15	36 Luke Veurink	HSB	15	I	25:43.08		

4. Rituitslag M - 10000m

		Naam			Cat	PR	Tijd	Info
14	wt	4 Tialda Gerritsma			D50	17:29.34	17:52.49	
	rd	12 Ciska Stark			D55		17:57.44	
		Tialda Gerritsma			Ciska Stark			
		400m	48.15	(48.1)	400m	44.85	(44.8)	
		800m	1:29.53	(41.4)	800m	1:27.05	(42.2)	
		1200m	2:11.38	(41.8)	1200m	2:10.09	(43.0)	
		1600m	2:53.83	(42.5)	1600m	2:53.14	(43.1)	
		2000m	3:36.35	(42.5)	2000m	3:35.97	(42.8)	
		2400m	4:18.82	(42.5)	2400m	4:19.15	(43.2)	
		2800m	5:01.16	(42.3)	2800m	5:01.76	(42.6)	
		3200m	5:43.46	(42.3)	3200m	5:44.82	(43.1)	
		3600m	6:25.73	(42.3)	3600m	6:28.07	(43.2)	
		4000m	7:08.13	(42.4)	4000m	7:11.05	(43.0)	
		4400m	7:50.31	(42.2)	4400m	7:54.18	(43.1)	
		4800m	8:32.61	(42.3)	4800m	8:38.01	(43.9)	
		5200m	9:14.92	(42.3)	5200m	9:22.05	(44.0)	
		5600m	9:57.62	(42.7)	5600m	10:05.93	(43.9)	
		6000m	10:40.06	(42.4)	6000m	10:50.04	(44.1)	
		6400m	11:22.80	(42.8)	6400m	11:34.29	(44.2)	
		6800m	12:06.00	(43.2)	6800m	12:18.11	(43.9)	
		7200m	12:49.72	(43.7)	7200m	13:01.21	(43.1)	
		7600m	13:34.09	(44.3)	7600m	13:44.23	(43.0)	
		8000m	14:18.51	(44.5)	8000m	14:27.38	(43.1)	
		8400m	15:02.14	(43.6)	8400m	15:10.64	(43.3)	
		8800m	15:45.24	(43.1)	8800m	15:53.27	(42.6)	
		9200m	16:28.30	(43.1)	9200m	16:35.63	(42.4)	
		9600m	17:10.87	(42.5)	9600m	17:17.74	(42.1)	
		10000m	17:52.49	(41.6)	10000m	17:57.44	(39.7)	



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		Naam		Cat		PR	Tijd	Info
15	gl	36	Luke Veurink		HSB		25:43.08	
	bl	35	Johannes Oehm		HSB		17:31.76	
		Luke Veurink				Johannes Oehm		
		400m	55.35	(55.3)	400m	45.76	(45.7)	
		800m	1:47.82	(52.5)	800m	1:26.55	(40.8)	
		1200m	2:40.28	(52.4)	1200m	2:08.04	(41.5)	
		1600m	3:37.61	(57.4)	1600m	2:49.60	(41.6)	
		2000m	4:34.92	(57.3)	2000m	3:31.49	(41.8)	
		2400m	5:32.41	(57.5)	2400m	4:13.10	(41.7)	
		2800m	6:36.43	(64.0)	2800m	4:55.11	(42.0)	
		3200m	7:40.68	(64.2)	3200m	5:36.65	(41.5)	
		3600m	8:43.91	(63.3)	3600m	6:18.10	(41.5)	
		4000m	9:50.34	(66.4)	4000m	6:59.86	(41.7)	
		4400m	10:55.41	(65.1)	4400m	7:42.01	(42.2)	
		4800m	12:02.44	(67.0)	4800m	8:24.19	(42.1)	
		5200m	13:07.81	(65.4)	5200m	9:06.07	(41.9)	
		5600m	14:12.41	(64.6)	5600m	9:48.19	(42.1)	
		6000m	15:14.11	(61.7)	6000m	10:30.16	(42.0)	
		6400m	16:13.65	(59.5)	6400m	11:12.62	(42.5)	
		6800m	17:17.65	(64.0)	6800m	11:54.92	(42.3)	
		7200m	18:20.23	(62.6)	7200m	12:37.23	(42.3)	
		7600m	19:24.33	(64.1)	7600m	13:20.12	(42.9)	
		8000m	20:32.52	(68.2)	8000m	14:02.46	(42.3)	
		8400m	21:37.61	(65.1)	8400m	14:44.10	(41.7)	
		8800m	22:39.86	(62.2)	8800m	15:26.20	(42.1)	
		9200m	23:42.13	(62.3)	9200m	16:08.49	(42.2)	
		9600m	24:44.02	(61.9)	9600m	16:51.25	(42.8)	
		10000m	25:43.08	(59.0)	10000m	17:31.76	(40.5)	



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		Naam	Cat		PR	Tijd	Info
16	wt	4 Edzard Boland	H45			16:21.55	
	rd	17 Rob Wartenhorst	H45			15:41.94	
		Edzard Boland			Rob Wartenhorst		
		400m	43.22	(43.2)	400m	41.02	(41.0)
		800m	1:22.28	(39.0)	800m	1:18.28	(37.2)
		1200m	2:01.80	(39.6)	1200m	1:55.02	(36.8)
		1600m	2:42.08	(40.2)	1600m	2:31.97	(36.9)
		2000m	3:21.95	(39.9)	2000m	3:09.08	(37.1)
		2400m	4:01.29	(39.3)	2400m	3:46.38	(37.3)
		2800m	4:40.78	(39.5)	2800m	4:23.70	(37.4)
		3200m	5:19.89	(39.1)	3200m	5:01.12	(37.4)
		3600m	5:59.70	(39.9)	3600m	5:38.67	(37.5)
		4000m	6:39.53	(39.8)	4000m	6:16.36	(37.7)
		4400m	7:19.53	(40.0)	4400m	6:54.30	(38.0)
		4800m	7:59.47	(39.9)	4800m	7:32.54	(38.2)
		5200m	8:39.66	(40.2)	5200m	8:10.41	(37.9)
		5600m	9:19.48	(39.8)	5600m	8:48.47	(38.0)
		6000m	9:58.81	(39.4)	6000m	9:26.20	(37.8)
		6400m	10:37.83	(39.0)	6400m	10:03.34	(37.1)
		6800m	11:16.97	(39.1)	6800m	10:40.85	(37.5)
		7200m	11:56.26	(39.3)	7200m	11:18.48	(37.6)
		7600m	12:34.47	(38.2)	7600m	11:55.94	(37.5)
		8000m	13:12.48	(38.0)	8000m	12:33.43	(37.5)
		8400m	13:50.64	(38.2)	8400m	13:11.27	(37.8)
		8800m	14:28.67	(38.0)	8800m	13:48.90	(37.7)
		9200m	15:06.37	(37.7)	9200m	14:26.71	(37.8)
		9600m	15:44.17	(37.8)	9600m	15:04.69	(37.9)
		10000m	16:21.55	(37.4)	10000m	15:41.94	(37.3)



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	Naam	Cat	PR	Tijd	Info
17	gl bl	13 Willem Jan Knibbe	H45	16:47.16	17:08.96

Willem Jan Knibbe

m		
400m	50.58	(50.5)
800m	1:33.42	(42.9)
1200m	2:15.70	(42.3)
1600m	2:57.76	(42.0)
2000m	3:39.72	(42.0)
2400m	4:21.25	(41.5)
2800m	5:02.98	(41.7)
3200m	5:44.20	(41.3)
3600m	6:24.45	(40.2)
4000m	7:04.73	(40.3)
4400m	7:44.64	(39.9)
4800m	8:25.58	(40.9)
5200m	9:07.08	(41.5)
5600m	9:48.47	(41.4)
6000m	10:29.64	(41.2)
6400m	11:09.76	(40.1)
6800m	11:49.36	(39.6)
7200m	12:30.60	(41.3)
7600m	13:11.97	(41.3)
8000m	13:53.73	(41.8)
8400m	14:33.87	(40.1)
8800m	15:13.19	(39.3)
9200m	15:52.70	(39.6)
9600m	16:31.94	(39.2)
10000m	17:08.96	(37.0)



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		Naam	Cat	PR	Tijd	Info
18	wt	18 Hendrik van de Beek	H50	16:19.35	17:12.11	
	rd	8 Jann van Benthem	H60	16:15.84	17:04.25	
		Hendrik van de Beek		Jann van Benthem		
		400m 43.95 (43.9)		400m 44.32 (44.3)		
		800m 1:22.89 (38.9)		800m 1:22.65 (38.3)		
		1200m 2:01.96 (39.1)		1200m 2:00.64 (38.0)		
		1600m 2:41.42 (39.5)		1600m 2:39.74 (39.1)		
		2000m 3:20.96 (39.5)		2000m 3:19.25 (39.5)		
		2400m 4:01.14 (40.2)		2400m 3:57.87 (38.6)		
		2800m 4:41.76 (40.6)		2800m 4:36.56 (38.7)		
		3200m 5:23.16 (41.4)		3200m 5:15.36 (38.8)		
		3600m 6:04.58 (41.4)		3600m 5:54.79 (39.4)		
		4000m 6:46.09 (41.5)		4000m 6:34.21 (39.5)		
		4400m 7:27.31 (41.3)		4400m 7:13.81 (39.6)		
		4800m 8:08.50 (41.2)		4800m 7:53.43 (39.6)		
		5200m 8:49.92 (41.4)		5200m 8:34.07 (40.6)		
		5600m 9:31.94 (42.0)		5600m 9:15.32 (41.3)		
		6000m 10:13.50 (41.6)		6000m 9:56.57 (41.2)		
		6400m 10:54.92 (41.4)		6400m 10:38.93 (42.4)		
		6800m 11:36.51 (41.6)		6800m 11:21.06 (42.1)		
		7200m 12:19.15 (42.6)		7200m 12:04.64 (43.6)		
		7600m 13:01.69 (42.5)		7600m 12:47.77 (43.1)		
		8000m 13:44.09 (42.4)		8000m 13:29.67 (41.9)		
		8400m 14:26.17 (42.1)		8400m 14:11.81 (42.2)		
		8800m 15:08.14 (42.0)		8800m 14:54.76 (42.9)		
		9200m 15:50.70 (42.6)		9200m 15:39.25 (44.5)		
		9600m 16:32.03 (41.3)		9600m 16:22.14 (42.9)		
		10000m 17:12.11 (40.1)		10000m 17:04.25 (42.1)		



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		Naam		Cat		PR	Tijd	Info
19	gl	33	Sveinung Ve		H45		16:14.26	16:37.84
	bl	15	Sandro Cara		H45		15:56.25	15:18.94 PR
		Sveinung Ve				Sandro Cara		
		400m	42.51	(42.5)		400m	41.00	(41.0)
		800m	1:20.62	(38.1)		800m	1:18.51	(37.5)
		1200m	1:59.52	(38.9)		1200m	1:55.63	(37.1)
		1600m	2:38.84	(39.3)		1600m	2:32.03	(36.4)
		2000m	3:17.97	(39.1)		2000m	3:08.12	(36.1)
		2400m	3:57.23	(39.3)		2400m	3:44.69	(36.5)
		2800m	4:36.52	(39.3)		2800m	4:20.88	(36.2)
		3200m	5:16.01	(39.5)		3200m	4:57.40	(36.6)
		3600m	5:55.94	(39.9)		3600m	5:33.63	(36.2)
		4000m	6:35.69	(39.7)		4000m	6:09.76	(36.1)
		4400m	7:15.59	(39.9)		4400m	6:45.89	(36.1)
		4800m	7:55.51	(40.0)		4800m	7:22.21	(36.4)
		5200m	8:35.33	(39.8)		5200m	7:58.40	(36.2)
		5600m	9:14.56	(39.2)		5600m	8:34.61	(36.2)
		6000m	9:53.72	(39.2)		6000m	9:10.62	(36.0)
		6400m	10:32.57	(38.8)		6400m	9:47.12	(36.5)
		6800m	11:11.71	(39.2)		6800m	10:23.61	(36.5)
		7200m	11:51.86	(40.1)		7200m	11:00.44	(36.8)
		7600m	12:32.32	(40.5)		7600m	11:37.46	(37.0)
		8000m	13:13.14	(40.8)		8000m	12:14.46	(37.0)
		8400m	13:54.14	(41.0)		8400m	12:51.44	(37.0)
		8800m	14:34.96	(40.8)		8800m	13:28.65	(37.2)
		9200m	15:16.58	(41.6)		9200m	14:05.76	(37.1)
		9600m	15:57.59	(41.0)		9600m	14:42.88	(37.1)
		10000m	16:37.84	(40.3)		10000m	15:18.94	(36.1)



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		Naam	Cat	PR	Tijd	Info
20	wt	3 John van der Vlugt	H60	14:57.56	15:05.30	
	rd	40 Herman Vermeer	H55	15:09.51	15:58.37	
		John van der Vlugt		Herman Vermeer		
		400m 41.74 (41.7)		400m 41.73 (41.7)		
		800m 1:18.32 (36.6)		800m 1:18.70 (37.0)		
		1200m 1:55.10 (36.8)		1200m 1:55.89 (37.1)		
		1600m 2:31.86 (36.7)		1600m 2:33.08 (37.2)		
		2000m 3:08.22 (36.4)		2000m 3:10.09 (37.0)		
		2400m 3:44.57 (36.3)		2400m 3:47.33 (37.3)		
		2800m 4:20.78 (36.2)		2800m 4:24.48 (37.1)		
		3200m 4:57.43 (36.7)		3200m 5:00.99 (36.5)		
		3600m 5:34.00 (36.6)		3600m 5:37.37 (36.4)		
		4000m 6:10.58 (36.5)		4000m 6:14.24 (36.9)		
		4400m 6:46.66 (36.1)		4400m 6:51.60 (37.4)		
		4800m 7:22.83 (36.2)		4800m 7:29.06 (37.4)		
		5200m 7:58.68 (35.8)		5200m 8:06.58 (37.5)		
		5600m 8:34.37 (35.7)		5600m 8:44.42 (37.9)		
		6000m 9:10.07 (35.7)		6000m 9:22.84 (38.4)		
		6400m 9:45.77 (35.7)		6400m 10:01.48 (38.6)		
		6800m 10:21.34 (35.6)		6800m 10:40.00 (38.6)		
		7200m 10:57.08 (35.7)		7200m 11:19.55 (39.5)		
		7600m 11:32.55 (35.5)		7600m 11:59.33 (39.8)		
		8000m 12:07.68 (35.1)		8000m 12:39.12 (39.8)		
		8400m 12:42.87 (35.2)		8400m 13:19.50 (40.4)		
		8800m 13:18.53 (35.7)		8800m 14:00.97 (41.4)		
		9200m 13:54.26 (35.7)		9200m 14:41.12 (40.2)		
		9600m 14:30.18 (35.9)		9600m 15:19.84 (38.7)		
		10000m 15:05.30 (35.2)		10000m 15:58.37 (38.5)		



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		Naam	Cat	PR	Tijd	Info
21	gl	24 Kees Hooft	H40	14:30.70	14:50.74	
	bl	42 Arjan Bakker	H55	14:34.43	14:34.88	

Kees Hooft

400m	39.30	(39.3)
800m	1:12.79	(33.4)
1200m	1:47.00	(34.3)
1600m	2:21.47	(34.4)
2000m	2:55.97	(34.5)
2400m	3:30.51	(34.6)
2800m	4:05.00	(34.5)
3200m	4:39.90	(34.9)
3600m	5:14.95	(35.0)
4000m	5:49.79	(34.8)
4400m	6:25.26	(35.5)
4800m	7:00.42	(35.2)
5200m	7:35.49	(35.0)
5600m	8:10.59	(35.1)
6000m	8:46.16	(35.6)
6400m	9:21.86	(35.7)
6800m	9:57.60	(35.8)
7200m	10:34.00	(36.4)
7600m	11:10.65	(36.6)
8000m	11:47.27	(36.6)
8400m	12:23.88	(36.6)
8800m	13:01.32	(37.5)
9200m	13:37.80	(36.5)
9600m	14:14.18	(36.3)
10000m	14:50.74	(36.6)

Arjan Bakker

400m	39.24	(39.2)
800m	1:12.92	(33.7)
1200m	1:46.38	(33.4)
1600m	2:20.61	(34.3)
2000m	2:54.83	(34.2)
2400m	3:29.21	(34.4)
2800m	4:03.39	(34.1)
3200m	4:38.01	(34.7)
3600m	5:12.79	(34.7)
4000m	5:47.70	(35.0)
4400m	6:22.58	(34.8)
4800m	6:57.12	(34.6)
5200m	7:31.83	(34.7)
5600m	8:06.53	(34.7)
6000m	8:41.37	(34.8)
6400m	9:16.30	(35.0)
6800m	9:51.74	(35.4)
7200m	10:27.16	(35.4)
7600m	11:02.43	(35.3)
8000m	11:37.58	(35.1)
8400m	12:12.89	(35.3)
8800m	12:48.42	(35.6)
9200m	13:23.93	(35.5)
9600m	13:59.37	(35.4)
10000m	14:34.88	(35.5)



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5. Uitslag M - 500m voor 500/3000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	32 Frank Erik Tindvik	HSB	27	I	41.82		
2	16 Kees Versluis	H60	26	I	45.36		
3	3 Shirley Jaarsma	DSB	23	I	45.47		
4	6 Bert Keizer	H65	27	O	45.66		
5	8 Hanna Dijkman	DSB	22	I	46.01		
6	9 Sandra van Wijngaarden	D45	23	O	48.04		
7	10 Marja Oenema	D60	22	O	50.92		
8	43 Johan Jonker	H60	26	O	54.62		
	41 David Butteriss	H70	24	I	DQ		

5. Rituitslag M - 500m voor 500/3000m rijders

		Naam		Cat		PR		Tijd	Info
22	wt	8	Hanna Dijkman		DSB		45.78	46.01	
	rd	10	Marja Oenema		D60		45.76	50.92	
			Hanna Dijkman				Marja Oenema		
			100m	12.79	(12.7)	100m			14.00 (14.0)
			500m	46.01	(33.3)	500m			50.92 (36.9)

		Naam		Cat		PR		Tijd	Info
23	gl	3	Shirley Jaarsma		DSB		45.30	45.47	
	bl	9	Sandra van Wijngaarden		D45		47.68	48.04	
			Shirley Jaarsma				Sandra van Wijngaarden		
			100m	12.57	(12.5)	100m			13.08 (13.0)
			500m	45.47	(32.9)	500m			48.04 (35.0)

		Naam		Cat		PR		Tijd	Info
24	wt	41	David Butteriss		H70		54.95	DQ	
	rd								
			David Butteriss				m		

		Naam		Cat		PR		Tijd	Info
25	gl								
	bl								
			m				m		

		Naam		Cat		PR		Tijd	Info
26	wt	16	Kees Versluis		H60		44.92	45.36	
	rd	43	Johan Jonker		H60		46.35	54.62	
			Kees Versluis				Johan Jonker		
			100m	12.59	(12.5)	100m			14.68 (14.6)
			500m	45.36	(32.8)	500m			54.62 (40.0)



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		Naam		Cat		PR		Tijd	Info
27	gl	32	Frank Erik Tindvik		HSB		41.13	41.82	
	bl	6	Bert Keizer		H65		43.12	45.66	
		Frank Erik Tindvik			Bert Keizer				
		100m	11.62	(11.6)	100m	12.48	(12.4)		
		500m	41.82	(30.2)	500m	45.66	(33.2)		



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6. Uitslag O - 500m voor 500/3000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	44 Ruben van Randeraat	HB2	35	O	39.92		
2	25 Colin Duivenvoorden	HC2	35	I	40.19		
3	39 Joshua Lammers	HC2	33	O	40.50	PR	
	7 Danny Verdel	HC2	34	I	40.50		
5	9 Jens Verbeek	HC2	34	O	40.76		
6	19 Niels Meijer	HC2	31	I	42.64		
7	5 Manon Iskes	DC2	31	O	42.81	PR	
8	11 Dieke Hendriks	DA1	32	I	43.09		
9	23 Arjen van Damme	HC2	32	O	43.32		
10	6 Daphne Iskes	DC2	30	O	43.62		
11	11 Matthe Pronk	HC1	30	I	43.74	PR	
12	22 Jelle Koeleman	HC1	29	I	44.93		
13	13 Anna Wester	DN1	28	O	45.70		
14	2 Nienke van Dok	DC2	29	O	45.95		
15	1 Inger van Dok	DB2	28	I	46.27		
	10 Paddy Smit	HC2	33	I	DNS		

6. Rituitslag O - 500m voor 500/3000m rijders

		Naam		Cat		PR	Tijd	Info
28	wt	1	Inger van Dok		DB2	46.04	46.27	
	rd	13	Anna Wester		DN1	44.28	45.70	
			<u>Inger van Dok</u>				<u>Anna Wester</u>	
			100m	12.63	(12.6)	100m	12.27	(12.2)
			500m	46.27	(33.6)	500m	45.70	(33.5)

		Naam		Cat		PR	Tijd	Info
29	gl	22	Jelle Koeleman		HC1	44.54	44.93	
	bl	2	Nienke van Dok		DC2	44.84	45.95	
			<u>Jelle Koeleman</u>				<u>Nienke van Dok</u>	
			100m	12.24	(12.2)	100m	12.34	(12.3)
			500m	44.93	(32.7)	500m	45.95	(33.6)

		Naam		Cat		PR	Tijd	Info
30	wt	11	Matthe Pronk		HC1	44.14	43.74	PR
	rd	6	Daphne Iskes		DC2	43.58	43.62	
			<u>Matthe Pronk</u>				<u>Daphne Iskes</u>	
			100m	12.21	(12.2)	100m	12.03	(12.0)
			500m	43.74	(31.5)	500m	43.62	(31.6)

		Naam		Cat		PR	Tijd	Info
31	gl	19	Niels Meijer		HC2	42.54	42.64	
	bl	5	Manon Iskes		DC2	43.25	42.81	PR
			<u>Niels Meijer</u>				<u>Manon Iskes</u>	
			100m	11.61	(11.6)	100m	11.48	(11.4)
			500m	42.64	(31.0)	500m	42.81	(31.4)

		Naam		Cat		PR	Tijd	Info
32	wt	11	Dieke Hendriks		DA1	41.78	43.09	
	rd	23	Arjen van Damme		HC2	42.40	43.32	
			<u>Dieke Hendriks</u>				<u>Arjen van Damme</u>	
			100m	11.74	(11.7)	100m	12.04	(12.0)
			500m	43.09	(31.3)	500m	43.32	(31.3)

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		Naam	Cat	PR	Tijd	Info
33	gl	10 Paddy Smit	HC2	41.23		DNS
	bl	39 Joshua Lammers	HC2	40.53		40.50 PR
		Paddy Smit		Joshua Lammers		
		100m		11.13	(11.1)	
		500m		40.50	(29.4)	
		Naam	Cat	PR	Tijd	Info
34	wt	7 Danny Verdel	HC2	40.33		40.50
	rd	9 Jens Verbeek	HC2	40.48		40.76
		Danny Verdel		Jens Verbeek		
		100m		11.20	(11.2)	
		500m		40.50	(29.3)	
		100m		11.17	(11.1)	
		500m		40.76	(29.6)	
		Naam	Cat	PR	Tijd	Info
35	gl	25 Colin Duivenvoorden	HC2	40.12		40.19
	bl	44 Ruben van Randeraat	HB2	39.52		39.92
		Colin Duivenvoorden		Ruben van Randeraat		
		100m		11.35	(11.3)	
		500m		40.19	(28.8)	
		100m		11.26	(11.2)	
		500m		39.92	(28.7)	



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7. Uitslag M - 5000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	37 Harrie Doesburg	H70	39	O	8:12.18		
2	2 Kees Verdouw	H70	39	I	8:15.42		
3	13 Willem Jan Knibbe	H45	36	O	8:20.78		
4	14 Peter Spek	H45	38	O	8:23.05	PR	
5	31 Seppe Lybaert	HSB	37	O	8:28.02	PR	
6	38 Twan den Braber	H65	38	I	8:37.26		
7	45 Martijn Kos	H45	37	I	8:43.77	PR	
8	36 Luke Veurink	HSB	36	I	12:05.83		

7. Rituitslag M - 5000m

		Naam	Cat	PR	Tijd	Info
36	wt	36 Luke Veurink	HSB		12:05.83	
	rd	13 Willem Jan Knibbe	H45	8:00.62	8:20.78	
		Luke Veurink				
		200m	28.11 (28.1)			
		600m	1:16.44 (48.3)			
		1000m	2:07.17 (50.7)			
		1400m	3:00.46 (53.3)			
		1800m	3:59.13 (58.7)			
		2200m	5:01.00 (61.9)			
		2600m	6:01.88 (60.8)			
		3000m	7:07.61 (65.8)			
		3400m	8:08.12 (60.5)			
		3800m	9:11.25 (63.1)			
		4200m	10:14.21 (63.0)			
		4600m	11:11.54 (57.3)			
		5000m	12:05.83 (54.3)			
		Willem Jan Knibbe				
		200m	25.51 (25.5)			
		600m	1:06.76 (41.2)			
		1000m	1:47.40 (40.7)			
		1400m	2:27.99 (40.5)			
		1800m	3:08.67 (40.7)			
		2200m	3:49.39 (40.7)			
		2600m	4:29.76 (40.4)			
		3000m	5:09.66 (39.9)			
		3400m	5:49.44 (39.8)			
		3800m	6:28.68 (39.2)			
		4200m	7:07.09 (38.4)			
		4600m	7:44.70 (37.7)			
		5000m	8:20.78 (36.0)			

		Naam	Cat	PR	Tijd	Info
37	gl	45 Martijn Kos	H45	8:43.99	8:43.77	PR
	bl	31 Seppe Lybaert	HSB	8:39.26	8:28.02	PR
		Martijn Kos				
		200m	22.97 (22.9)			
		600m	1:02.06 (39.1)			
		1000m	1:42.42 (40.4)			
		1400m	2:23.44 (41.0)			
		1800m	3:05.45 (42.0)			
		2200m	3:47.42 (42.0)			
		2600m	4:29.15 (41.7)			
		3000m	5:10.63 (41.5)			
		3400m	5:52.76 (42.1)			
		3800m	6:34.88 (42.1)			
		4200m	7:17.50 (42.7)			
		4600m	8:00.35 (42.8)			
		5000m	8:43.77 (43.4)			
		Seppe Lybaert				
		200m	23.75 (23.7)			
		600m	1:01.20 (37.5)			
		1000m	1:39.73 (38.5)			
		1400m	2:19.09 (39.3)			
		1800m	2:58.82 (39.8)			
		2200m	3:38.82 (40.0)			
		2600m	4:19.99 (41.1)			
		3000m	5:00.93 (41.0)			
		3400m	5:42.17 (41.2)			
		3800m	6:23.54 (41.4)			
		4200m	7:04.91 (41.4)			
		4600m	7:46.76 (41.8)			
		5000m	8:28.02 (41.3)			

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		Naam	Cat	PR	Tijd	Info
38	wt	38 Twan den Braber	H65	7:33.24	8:37.26	
	rd	14 Peter Spek	H45	8:36.34	8:23.05	PR
		Twan den Braber			Peter Spek	
		200m	25.12 (25.1)	200m	24.32 (24.3)	
		600m	1:04.49 (39.3)	600m	1:02.36 (38.0)	
		1000m	1:45.64 (41.2)	1000m	1:41.72 (39.4)	
		1400m	2:27.39 (41.7)	1400m	2:21.55 (39.8)	
		1800m	3:09.17 (41.8)	1800m	3:01.12 (39.6)	
		2200m	3:51.16 (42.0)	2200m	3:40.92 (39.8)	
		2600m	4:33.17 (42.0)	2600m	4:20.80 (39.9)	
		3000m	5:15.48 (42.3)	3000m	5:00.81 (40.0)	
		3400m	5:56.88 (41.4)	3400m	5:41.34 (40.5)	
		3800m	6:38.09 (41.2)	3800m	6:21.85 (40.5)	
		4200m	7:19.17 (41.1)	4200m	7:02.26 (40.4)	
		4600m	7:58.93 (39.8)	4600m	7:43.09 (40.8)	
		5000m	8:37.26 (38.3)	5000m	8:23.05 (40.0)	

		Naam	Cat	PR	Tijd	Info
39	gl	2 Kees Verdouw	H70	7:35.62	8:15.42	
	bl	37 Harrie Doesburg	H70	7:19.94	8:12.18	
		Kees Verdouw			Harrie Doesburg	
		200m	24.32 (24.3)	200m	24.68 (24.6)	
		600m	1:01.85 (37.5)	600m	1:01.56 (36.9)	
		1000m	1:39.67 (37.8)	1000m	1:39.33 (37.8)	
		1400m	2:18.43 (38.8)	1400m	2:17.47 (38.1)	
		1800m	2:57.21 (38.8)	1800m	2:56.23 (38.8)	
		2200m	3:37.12 (39.9)	2200m	3:34.93 (38.7)	
		2600m	4:16.34 (39.2)	2600m	4:14.58 (39.6)	
		3000m	4:55.49 (39.1)	3000m	4:53.64 (39.1)	
		3400m	5:34.81 (39.4)	3400m	5:33.28 (39.6)	
		3800m	6:14.64 (39.8)	3800m	6:13.19 (39.9)	
		4200m	6:54.65 (40.0)	4200m	6:53.39 (40.2)	
		4600m	7:34.92 (40.3)	4600m	7:33.21 (39.9)	
		5000m	8:15.42 (40.5)	5000m	8:12.18 (38.9)	



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8. Uitslag O - 5000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Ivar Immerzeel	HB2	40	O	6:57.98	PR	



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9. Uitslag M - 3000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	32 Frank Erik Tindvik	HSB	46	I	4:21.17		
2	6 Bert Keizer	H65	45	O	4:54.68		
3	3 Shirley Jaarsma	DSB	42	I	4:55.85	PR	
4	8 Hanna Dijkman	DSB	41	O	4:58.27	PR	
5	16 Kees Versluis	H60	46	O	5:00.35		
6	43 Johan Jonker	H60	45	I	5:14.33		
7	10 Marja Oenema	D60	42	O	5:22.69		
8	9 Sandra van Wijngaarden	D45	41	I	5:34.90		
9	41 David Butteriss	H70	43	I	5:57.77	PR	

9. Rituitslag M - 3000m

		Naam	Cat	PR	Tijd	Info
41	wt	9 Sandra van Wijngaarden	D45		5:34.90	
	rd	8 Hanna Dijkman	DSB	5:01.85	4:58.27	PR
		Sandra van Wijngaarden		Hanna Dijkman		
		200m	24.66 (24.6)	200m	24.11 (24.1)	
		600m	1:04.47 (39.8)	600m	1:01.30 (37.2)	
		1000m	1:46.92 (42.5)	1000m	1:38.75 (37.4)	
		1400m	2:31.78 (44.8)	1400m	2:17.27 (38.5)	
		1800m	3:17.18 (45.4)	1800m	2:56.47 (39.2)	
		2200m	4:03.34 (46.2)	2200m	3:36.79 (40.3)	
		2600m	4:49.72 (46.4)	2600m	4:17.62 (40.9)	
		3000m	5:34.90 (45.2)	3000m	4:58.27 (40.6)	

		Naam	Cat	PR	Tijd	Info
42	gl	3 Shirley Jaarsma	DSB	5:00.04	4:55.85	PR
	bl	10 Marja Oenema	D60	4:46.68	5:22.69	
		Shirley Jaarsma		Marja Oenema		
		200m	22.19 (22.1)	200m	26.14 (26.1)	
		600m	58.07 (35.9)	600m	1:06.42 (40.3)	
		1000m	1:35.58 (37.5)	1000m	1:47.01 (40.6)	
		1400m	2:14.17 (38.6)	1400m	2:28.54 (41.5)	
		1800m	2:53.64 (39.5)	1800m	3:11.18 (42.6)	
		2200m	3:34.08 (40.4)	2200m	3:54.30 (43.2)	
		2600m	4:14.95 (40.9)	2600m	4:38.51 (44.2)	
		3000m	4:55.85 (40.9)	3000m	5:22.69 (44.1)	



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		Naam	Cat	PR	Tijd Info
43	wt rd	41 David Butteriss	H70	6:10.83	5:57.77 PR

David Butteriss

200m	27.02	(27.0)	m
600m	1:10.55	(43.5)	
1000m	1:56.35	(45.8)	
1400m	2:43.72	(47.4)	
1800m	3:32.09	(48.3)	
2200m	4:19.94	(47.9)	
2600m	5:08.94	(49.0)	
3000m	5:57.77	(48.8)	

		Naam	Cat	PR	Tijd Info
44	gl bl				

m

m

		Naam	Cat	PR	Tijd Info
45	wt rd	43 Johan Jonker	H60	4:45.16	5:14.33
		6 Bert Keizer	H65	4:37.12	4:54.68

Johan Jonker

200m	26.44	(26.4)
600m	1:07.17	(40.7)
1000m	1:48.01	(40.9)
1400m	2:28.39	(40.3)
1800m	3:08.98	(40.6)
2200m	3:50.04	(41.1)
2600m	4:31.87	(41.8)
3000m	5:14.33	(42.5)

Bert Keizer

200m	23.76	(23.7)
600m	1:01.03	(37.3)
1000m	1:38.57	(37.5)
1400m	2:16.94	(38.4)
1800m	2:55.45	(38.5)
2200m	3:34.33	(38.9)
2600m	4:14.14	(39.8)
3000m	4:54.68	(40.5)



14th Masters Int Long Distance Races

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		Naam		Cat		PR		Tijd	Info
46	gl	32	Frank Erik Tindvik		HSB		4:13.69	4:21.17	
	bl	16	Kees Versluis		H60		4:45.47	5:00.35	
		Frank Erik Tindvik			Kees Versluis				
		200m	20.77	(20.7)		200m	23.97	(23.9)	
		600m	53.58	(32.8)		600m	1:01.08	(37.1)	
		1000m	1:26.89	(33.3)		1000m	1:39.36	(38.3)	
		1400m	2:00.32	(33.5)		1400m	2:18.57	(39.2)	
		1800m	2:34.42	(34.1)		1800m	2:57.86	(39.3)	
		2200m	3:09.13	(34.7)		2200m	3:38.05	(40.2)	
		2600m	3:44.95	(35.8)		2600m	4:19.11	(41.1)	
		3000m	4:21.17	(36.2)		3000m	5:00.35	(41.2)	



14th Masters Int Long Distance Races

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10. Uitslag O - 3000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	25 Colin Duivenvoorden	HC2	53	O	4:15.77	PR	
2	10 Paddy Smit	HC2	53	I	4:16.67	PR	
3	44 Ruben van Randeraat	HB2	54	O	4:16.99	PR	
4	7 Danny Verdel	HC2	52	O	4:19.86	PR	
5	9 Jens Verbeek	HC2	54	I	4:25.29	FL	
6	19 Niels Meijer	HC2	52	I	4:29.56		
7	23 Arjen van Damme	HC2	47	I	4:29.82		
8	22 Jelle Koeleman	HC1	47	O	4:31.56		
9	39 Joshua Lammers	HC2	50	O	4:32.37	PR	
10	11 Matthe Pronk	HC1	50	I	4:35.71	PR	
11	11 Dieke Hendriks	DA1	51	I	4:42.40		
12	6 Daphne Iskes	DC2	48	O	4:43.92	PR	
13	1 Inger van Dok	DB2	51	O	4:50.50		
14	5 Manon Iskes	DC2	48	I	4:52.65	PR	
15	13 Anna Wester	DN1	49	I	4:53.23		
16	2 Nienke van Dok	DC2	49	O	4:53.43	PR	

10. Rituitslag O - 3000m

		Naam	Cat	PR	Tijd	Info
47	wt	23 Arjen van Damme	HC2		4:29.82	
	rd	22 Jelle Koeleman	HC1		4:31.56	

Arjen van Damme

200m	21.72	(21.7)
600m	57.13	(35.4)
1000m	1:31.93	(34.8)
1400m	2:07.34	(35.4)
1800m	2:42.84	(35.5)
2200m	3:18.51	(35.7)
2600m	3:54.05	(35.5)
3000m	4:29.82	(35.8)

Jelle Koeleman

200m	21.92	(21.9)
600m	56.81	(34.9)
1000m	1:32.84	(36.0)
1400m	2:08.65	(35.8)
1800m	2:44.54	(35.9)
2200m	3:20.48	(35.9)
2600m	3:56.55	(36.1)
3000m	4:31.56	(35.0)

		Naam	Cat	PR	Tijd	Info
48	gl	5 Manon Iskes	DC2	5:10.91	4:52.65	PR
	bl	6 Daphne Iskes	DC2	5:06.48	4:43.92	PR

Manon Iskes

200m	22.29	(22.2)
600m	58.50	(36.3)
1000m	1:36.59	(38.0)
1400m	2:15.22	(38.7)
1800m	2:54.11	(38.9)
2200m	3:33.61	(39.5)
2600m	4:13.63	(40.0)
3000m	4:52.65	(39.0)

Daphne Iskes

200m	22.17	(22.1)
600m	57.45	(35.3)
1000m	1:34.07	(36.6)
1400m	2:11.93	(37.9)
1800m	2:49.95	(38.0)
2200m	3:28.12	(38.2)
2600m	4:06.17	(38.0)
3000m	4:43.92	(37.8)



14th Masters Int Long Distance Races

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		Naam			Cat	PR	Tijd	Info
49	wt	13	Anna Wester		DN1	4:39.87	4:53.23	
	rd	2	Nienke van Dok		DC2	4:58.13	4:53.43	PR
		Anna Wester			Nienke van Dok			
		200m	22.09	(22.0)	200m	22.41	(22.4)	
		600m	58.11	(36.1)	600m	59.32	(36.9)	
		1000m	1:35.55	(37.4)	1000m	1:37.62	(38.3)	
		1400m	2:13.99	(38.4)	1400m	2:16.68	(39.0)	
		1800m	2:53.06	(39.1)	1800m	2:55.66	(39.0)	
		2200m	3:32.67	(39.6)	2200m	3:35.23	(39.6)	
		2600m	4:12.83	(40.2)	2600m	4:14.61	(39.4)	
		3000m	4:53.23	(40.4)	3000m	4:53.43	(38.8)	
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		Naam			Cat	PR	Tijd	Info
50	gl	11	Matthe Pronk		HC1	4:49.12	4:35.71	PR
	bl	39	Joshua Lammers		HC2	4:53.13	4:32.37	PR
		Matthe Pronk			Joshua Lammers			
		200m	21.49	(21.4)	200m	21.25	(21.2)	
		600m	55.50	(34.1)	600m	54.61	(33.4)	
		1000m	1:31.03	(35.5)	1000m	1:29.16	(34.5)	
		1400m	2:07.46	(36.4)	1400m	2:04.41	(35.3)	
		1800m	2:44.34	(36.9)	1800m	2:40.15	(35.7)	
		2200m	3:21.84	(37.5)	2200m	3:16.25	(36.1)	
		2600m	3:59.03	(37.2)	2600m	3:53.68	(37.4)	
		3000m	4:35.71	(36.7)	3000m	4:32.37	(38.7)	



14th Masters Int Long Distance Races

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		Naam			Cat	PR	Tijd	Info
51	wt	11	Dieke Hendriks		DA1	4:36.83	4:42.40	
	rd	1	Inger van Dok		DB2	4:45.29	4:50.50	
		Dieke Hendriks			Inger van Dok			
		200m	22.06	(22.0)	200m	22.87	(22.8)	
		600m	57.63	(35.6)	600m	59.75	(36.9)	
		1000m	1:32.91	(35.3)	1000m	1:37.71	(38.0)	
		1400m	2:08.47	(35.5)	1400m	2:15.10	(37.4)	
		1800m	2:44.98	(36.5)	1800m	2:53.31	(38.2)	
		2200m	3:22.67	(37.7)	2200m	3:32.06	(38.7)	
		2600m	4:01.75	(39.1)	2600m	4:11.31	(39.3)	
		3000m	4:42.40	(40.7)	3000m	4:50.50	(39.2)	
<hr/>								
		Naam			Cat	PR	Tijd	Info
52	gl	19	Niels Meijer		HC2	4:29.44	4:29.56	
	bl	7	Danny Verdel		HC2	4:25.10	4:19.86	PR
		Niels Meijer			Danny Verdel			
		200m	21.05	(21.0)	200m	20.03	(20.0)	
		600m	54.94	(33.9)	600m	51.79	(31.7)	
		1000m	1:29.83	(34.9)	1000m	1:25.22	(33.5)	
		1400m	2:05.33	(35.5)	1400m	1:59.53	(34.3)	
		1800m	2:41.25	(35.9)	1800m	2:34.49	(34.9)	
		2200m	3:17.27	(36.0)	2200m	3:09.28	(34.8)	
		2600m	3:53.56	(36.3)	2600m	3:44.58	(35.3)	
		3000m	4:29.56	(36.0)	3000m	4:19.86	(35.3)	

14th Masters Int Long Distance Races

Thialf - Heerenveen

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		Naam	Cat	PR	Tijd	Info
53	wt	10 Paddy Smit	HC2	4:24.69	4:16.67	PR
	rd	25 Colin Duivenvoorden	HC2	4:23.07	4:15.77	PR
		Paddy Smit				
		200m	20.17 (20.1)		200m	20.17 (20.1)
		600m	52.44 (32.3)		600m	51.82 (31.7)
		1000m	1:25.34 (32.9)		1000m	1:25.02 (33.2)
		1400m	1:59.25 (33.9)		1400m	1:58.23 (33.2)
		1800m	2:33.50 (34.3)		1800m	2:32.14 (33.9)
		2200m	3:07.87 (34.3)		2200m	3:06.32 (34.2)
		2600m	3:42.57 (34.7)		2600m	3:40.95 (34.6)
		3000m	4:16.67 (34.1)		3000m	4:15.77 (34.8)
		Colin Duivenvoorden				
		200m	20.17 (20.1)		200m	20.17 (20.1)
		600m	51.82 (31.7)		600m	51.82 (31.7)
		1000m	1:25.02 (33.2)		1000m	1:25.02 (33.2)
		1400m	1:58.23 (33.2)		1400m	1:58.23 (33.2)
		1800m	2:32.14 (33.9)		1800m	2:32.14 (33.9)
		2200m	3:06.32 (34.2)		2200m	3:06.32 (34.2)
		2600m	3:40.95 (34.6)		2600m	3:40.95 (34.6)
		3000m	4:15.77 (34.8)		3000m	4:15.77 (34.8)

		Naam	Cat	PR	Tijd	Info
54	gl	9 Jens Verbeek	HC2	4:18.75	4:25.29	FL
	bl	44 Ruben van Randeraat	HB2	4:22.31	4:16.99	PR
		Jens Verbeek				
		200m	19.99 (19.9)		200m	20.36 (20.3)
		600m	51.37 (31.4)		600m	51.32 (31.0)
		1000m	1:23.49 (32.1)		1000m	1:23.90 (32.6)
		1400m	1:56.67 (33.2)		1400m	1:57.09 (33.1)
		1800m	2:30.83 (34.2)		1800m	2:31.35 (34.3)
		2200m	3:05.47 (34.6)		2200m	3:05.91 (34.6)
		2600m	3:40.25 (34.8)		2600m	3:41.29 (35.3)
		3000m	4:25.29 (45.0)		3000m	4:16.99 (35.7)
		Ruben van Randeraat				
		200m	20.36 (20.3)		200m	20.36 (20.3)
		600m	51.32 (31.0)		600m	51.32 (31.0)
		1000m	1:23.90 (32.6)		1000m	1:23.90 (32.6)
		1400m	1:57.09 (33.1)		1400m	1:57.09 (33.1)
		1800m	2:31.35 (34.3)		1800m	2:31.35 (34.3)
		2200m	3:05.91 (34.6)		2200m	3:05.91 (34.6)
		2600m	3:41.29 (35.3)		2600m	3:41.29 (35.3)
		3000m	4:16.99 (35.7)		3000m	4:16.99 (35.7)