



1st Masters International Thialf Records Races

Thialf - Heerenveen
10 en 11 maart 2020



1. Uitslag 500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	69 André Los	HSA	14	O	38.95		
2	101 Otto van de Pol	HSB	14	I	39.45		
3	136 Martin Hänggi	H50	12	I	39.73		
4	129 Peter Van der Vorst	H45	13	I	40.82		
5	86 Frans Verhoeve	H50	11	O	41.57		
6	68 Mark Ooijevaar	HSB	12	O	41.63		
7	50 Morten Kjellemyr Eilertsen	H50	11	I	42.32		
8	80 Olaf Kotva	H50	8	O	43.51		
9	18 Erol Aksoy	H45	9	O	43.57		
10	16 Eddy van Dijk	H50	9	I	43.81		
11	35 Eva Riemersma-van Rheenen	DSB	2	I	43.89	HT	
12	21 John van der Vlugt	H60	7	O	44.25		
13	31 Seppe Lybaert	HSB	8	I	44.43		
14	9 Martijn Kos	H50	10	I	45.05		
15	14 Adriaan Provoost	H60	6	O	46.36		
16	3 Kees Verdouw	H75	7	I	47.50		
17	77 Kees Voorhoeve	H60	6	I	47.91		
18	49 Magnar Langvik	H70	5	O	49.29		
19	76 Wim Zwanenburg	H60	5	I	53.27		
20	1 Tialda Gerritsma	D50	2	O	53.56	HT	
21	51 Anja Neumann	D45	1	I	54.47		
22	48 Arne Kjell Foldvik	H85	3	O	56.35		
23	81 Trine Landsem	D50	1	O	56.99	HT	
24	29 Thierry Huberland	H55	3	I	58.30	PR	
	73 Cornel van Zaal	HSA	13	O	DQ		

1. Rituitslag 500m Allround Big

		Naam		Cat		PR	Tijd	Info
1	wt	51	Anja Neumann		D45	48.91	54.47	
	rd	81	Trine Landsem		D50	55.54	56.99	HT
			Anja Neumann		Trine Landsem			
			100m	14.70	(14.70)	100m	15.62	(15.62)
			500m	54.47	(39.77)	500m	56.99	(41.37)

		Naam		Cat		PR	Tijd	Info
2	gl	35	Eva Riemersma-van Rheenen		DSB	43.36	43.89	HT
	bl	1	Tialda Gerritsma		D50	49.94	53.56	HT
			Eva Riemersma-van Rheenen		Tialda Gerritsma			
			100m	12.36	(12.36)	100m	14.92	(14.92)
			500m	43.89	(31.53)	500m	53.56	(38.64)

		Naam		Cat		PR	Tijd	Info
3	wt	29	Thierry Huberland		H55	59.37	58.30	PR
	rd	48	Arne Kjell Foldvik		H85	47.02	56.35	
			Thierry Huberland		Arne Kjell Foldvik			
			100m	15.84	(15.84)	100m	15.09	(15.09)
			500m	58.30	(42.46)	500m	56.35	(41.26)

		Naam		Cat		PR	Tijd	Info
4	gl							
	bl							
			m		m			

		Naam		Cat		PR	Tijd	Info
5	wt	76	Wim Zwanenburg		H60	47.16	53.27	
	rd	49	Magnar Langvik		H70	46.62	49.29	
			Wim Zwanenburg		Magnar Langvik			
			100m	14.15	(14.15)	100m	13.64	(13.64)
			500m	53.27	(39.12)	500m	49.29	(35.65)

		Naam	Cat	PR	Tijd	Info
6	gl	77 Kees Voorhoeve	H60	46.58	47.91	
	bl	14 Adriaan Provoost	H60	43.19	46.36	
		Kees Voorhoeve		Adriaan Provoost		
		100m 13.04 (13.04)		100m 12.64 (12.64)		
		500m 47.91 (34.87)		500m 46.36 (33.72)		
		Naam	Cat	PR	Tijd	Info
7	wt	3 Kees Verdouw	H75	41.71	47.50	
	rd	21 John van der Vlugt	H60	42.37	44.25	
		Kees Verdouw		John van der Vlugt		
		100m 13.24 (13.24)		100m 12.31 (12.31)		
		500m 47.50 (34.26)		500m 44.25 (31.94)		
		Naam	Cat	PR	Tijd	Info
8	gl	31 Seppe Lybaert	HSB	44.40	44.43	
	bl	80 Olaf Kotva	H50	39.37	43.51	
		Seppe Lybaert		Olaf Kotva		
		100m 12.26 (12.26)		100m 12.15 (12.15)		
		500m 44.43 (32.17)		500m 43.51 (31.36)		
		Naam	Cat	PR	Tijd	Info
9	wt	16 Eddy van Dijk	H50	42.10	43.81	
	rd	18 Erol Aksoy	H45	43.42	43.57	
		Eddy van Dijk		Erol Aksoy		
		100m 12.19 (12.19)		100m 12.05 (12.05)		
		500m 43.81 (31.62)		500m 43.57 (31.52)		
		Naam	Cat	PR	Tijd	Info
10	gl	9 Martijn Kos	H50	42.76	45.05	
	bl					
		Martijn Kos				
		100m 12.33 (12.33)		m		
		500m 45.05 (32.72)				

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		Naam	Cat	PR	Tijd	Info
11	wt	50 Morten Kjellemyr Eilertsen	H50	42.17	42.32	
	rd	86 Frans Verhoeve	H50	40.44	41.57	
		Morten Kjellemyr Eilertsen		Frans Verhoeve		
		100m	11.60 (11.60)	100m	11.52 (11.52)	
		500m	42.32 (30.72)	500m	41.57 (30.05)	

		Naam	Cat	PR	Tijd	Info
12	gl	136 Martin Hänggi	H50	38.47	39.73	
	bl	68 Mark Ooijevaar	HSB	39.43	41.63	
		Martin Hänggi		Mark Ooijevaar		
		100m	11.20 (11.20)	100m	11.85 (11.85)	
		500m	39.73 (28.53)	500m	41.63 (29.78)	

		Naam	Cat	PR	Tijd	Info
13	wt	129 Peter Van der Vorst	H45	40.22	40.82	
	rd	73 Cornel van Zaal	HSA	40.17	DQ	
		Peter Van der Vorst		Cornel van Zaal		
		100m	11.10 (11.10)			
		500m	40.82 (29.72)			

		Naam	Cat	PR	Tijd	Info
14	gl	101 Otto van de Pol	HSB	37.24	39.45	
	bl	69 André Los	HSA	38.48	38.95	
		Otto van de Pol		André Los		
		100m	11.25 (11.25)	100m	11.06 (11.06)	
		500m	39.45 (28.20)	500m	38.95 (27.89)	



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2. Uitslag 500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	111 Ole Bjørnsmoen Næss	HSA	24	I	39.68		
2	137 Matthias Nägeli	HSB	20	I	39.71		
3	127 Peter Langeland	HSB	24	O	40.69		
4	54 Frank Erik Tindvik	HSB	23	I	40.84	PR	
5	117 Robert Mitchell	H45	23	O	41.24	PR	
6	53 Olivier Chailloux	H45	22	O	42.60	PR	
7	4 Jann van Benthem	H60	21	I	45.70		
8	32 Marco Roos	H55	22	I	45.72		
9	8 Sandra van Bijlert-Burgerhout	D40	16	I	45.75	PR	
10	15 Sietse van der Werff	H60	21	O	45.80		
11	126 Stephan Haueisen	H50	20	O	45.98		
12	118 Jim Verdurmen	H55	19	I	46.43		
13	36 Imme Kampen	DSB	16	O	46.72		
14	114 Walter Mariën	H50	19	O	49.05		
15	113 Evy September	DSB	15	I	49.91	PR	
16	82 Luke Veurink	HSB	17	I	50.19	PR	
17	20 Kevin van Cleef	HSB	18	O	51.92		
18	125 David Butteriss	H75	17	O	53.25	PR	
19	11 Ad Kemp	H65	18	I	1:02.62	FL	

2. Rituitslag 500m Allround Normal

		Naam	Cat	PR	Tijd	Info																					
15	wt rd	113 Evy September	DSB	51.77	49.91	PR																					
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Evy September</u></td> <td colspan="4"></td> </tr> <tr> <td>100m</td> <td>13.66</td> <td>(13.66)</td> <td>m</td> <td colspan="3"></td> </tr> <tr> <td>500m</td> <td>49.91</td> <td>(36.25)</td> <td colspan="4"></td> </tr> </table>							<u>Evy September</u>							100m	13.66	(13.66)	m				500m	49.91	(36.25)				
<u>Evy September</u>																											
100m	13.66	(13.66)	m																								
500m	49.91	(36.25)																									

		Naam	Cat	PR	Tijd	Info																					
16	gl	8 Sandra van Bijlert-Burgerhout	D40	45.85	45.75	PR																					
	bl	36 Imme Kampen	DSB	44.76	46.72																						
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Sandra van Bijlert-Burgerhout</u></td> <td colspan="4"><u>Imme Kampen</u></td> </tr> <tr> <td>100m</td> <td>12.57</td> <td>(12.57)</td> <td>100m</td> <td>12.81</td> <td>(12.81)</td> <td></td> </tr> <tr> <td>500m</td> <td>45.75</td> <td>(33.18)</td> <td>500m</td> <td>46.72</td> <td>(33.91)</td> <td></td> </tr> </table>							<u>Sandra van Bijlert-Burgerhout</u>			<u>Imme Kampen</u>				100m	12.57	(12.57)	100m	12.81	(12.81)		500m	45.75	(33.18)	500m	46.72	(33.91)	
<u>Sandra van Bijlert-Burgerhout</u>			<u>Imme Kampen</u>																								
100m	12.57	(12.57)	100m	12.81	(12.81)																						
500m	45.75	(33.18)	500m	46.72	(33.91)																						

		Naam	Cat	PR	Tijd	Info																					
17	wt	82 Luke Veurink	HSB	58.92	50.19	PR																					
	rd	125 David Butteriss	H75	54.48	53.25	PR																					
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Luke Veurink</u></td> <td colspan="4"><u>David Butteriss</u></td> </tr> <tr> <td>100m</td> <td>13.74</td> <td>(13.74)</td> <td>100m</td> <td>14.72</td> <td>(14.72)</td> <td></td> </tr> <tr> <td>500m</td> <td>50.19</td> <td>(36.45)</td> <td>500m</td> <td>53.25</td> <td>(38.53)</td> <td></td> </tr> </table>							<u>Luke Veurink</u>			<u>David Butteriss</u>				100m	13.74	(13.74)	100m	14.72	(14.72)		500m	50.19	(36.45)	500m	53.25	(38.53)	
<u>Luke Veurink</u>			<u>David Butteriss</u>																								
100m	13.74	(13.74)	100m	14.72	(14.72)																						
500m	50.19	(36.45)	500m	53.25	(38.53)																						

		Naam	Cat	PR	Tijd	Info																					
18	gl	11 Ad Kemp	H65	48.48	1:02.62	FL																					
	bl	20 Kevin van Cleef	HSB	50.47	51.92																						
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Ad Kemp</u></td> <td colspan="4"><u>Kevin van Cleef</u></td> </tr> <tr> <td>100m</td> <td>21.90</td> <td>(21.90)</td> <td>100m</td> <td>14.55</td> <td>(14.55)</td> <td></td> </tr> <tr> <td>500m</td> <td>1:02.62</td> <td>(40.72)</td> <td>500m</td> <td>51.92</td> <td>(37.37)</td> <td></td> </tr> </table>							<u>Ad Kemp</u>			<u>Kevin van Cleef</u>				100m	21.90	(21.90)	100m	14.55	(14.55)		500m	1:02.62	(40.72)	500m	51.92	(37.37)	
<u>Ad Kemp</u>			<u>Kevin van Cleef</u>																								
100m	21.90	(21.90)	100m	14.55	(14.55)																						
500m	1:02.62	(40.72)	500m	51.92	(37.37)																						

		Naam	Cat	PR	Tijd	Info																					
19	wt	118 Jim Verdurmen	H55	42.98	46.43																						
	rd	114 Walter Mariën	H50	48.37	49.05																						
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Jim Verdurmen</u></td> <td colspan="4"><u>Walter Mariën</u></td> </tr> <tr> <td>100m</td> <td>12.94</td> <td>(12.94)</td> <td>100m</td> <td>13.84</td> <td>(13.84)</td> <td></td> </tr> <tr> <td>500m</td> <td>46.43</td> <td>(33.49)</td> <td>500m</td> <td>49.05</td> <td>(35.21)</td> <td></td> </tr> </table>							<u>Jim Verdurmen</u>			<u>Walter Mariën</u>				100m	12.94	(12.94)	100m	13.84	(13.84)		500m	46.43	(33.49)	500m	49.05	(35.21)	
<u>Jim Verdurmen</u>			<u>Walter Mariën</u>																								
100m	12.94	(12.94)	100m	13.84	(13.84)																						
500m	46.43	(33.49)	500m	49.05	(35.21)																						

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		Naam	Cat	PR	Tijd	Info
20	gl	137 Matthias Nägeli	HSB	38.86	39.71	
	bl	126 Stephan Haueisen	H50	43.46	45.98	
		Matthias Nägeli		Stephan Haueisen		
		100m 11.01 (11.01)		100m 13.00 (13.00)		
		500m 39.71 (28.70)		500m 45.98 (32.98)		
		Naam	Cat	PR	Tijd	Info
21	wt	4 Jann van Benthem	H60	43.87	45.70	
	rd	15 Sietse van der Werff	H60	43.79	45.80	
		Jann van Benthem		Sietse van der Werff		
		100m 13.00 (13.00)		100m 12.80 (12.80)		
		500m 45.70 (32.70)		500m 45.80 (33.00)		
		Naam	Cat	PR	Tijd	Info
22	gl	32 Marco Roos	H55	43.41	45.72	
	bl	53 Olivier Chailloux	H45	42.72	42.60	PR
		Marco Roos		Olivier Chailloux		
		100m 12.55 (12.55)		100m 11.19 (11.19)		
		500m 45.72 (33.17)		500m 42.60 (31.41)		
		Naam	Cat	PR	Tijd	Info
23	wt	54 Frank Erik Tindvik	HSB	41.13	40.84	PR
	rd	117 Robert Mitchell	H45	41.70	41.24	PR
		Frank Erik Tindvik		Robert Mitchell		
		100m 11.36 (11.36)		100m 11.48 (11.48)		
		500m 40.84 (29.48)		500m 41.24 (29.76)		
		Naam	Cat	PR	Tijd	Info
24	gl	111 Ole Bjørnsmoen Næss	HSA	38.30	39.68	
	bl	127 Peter Langeland	HSB	40.29	40.69	
		Ole Bjørnsmoen Næss		Peter Langeland		
		100m 11.10 (11.10)		100m 11.44 (11.44)		
		500m 39.68 (28.58)		500m 40.69 (29.25)		



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3. Uitslag 500m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	59 Casper van der Woude	HN1	26	O	39.08		
2	66 Rick de Ruijgt	HA1	26	I	39.86		
3	89 Niels Meijer	HB2	25	O	40.43	HT	
4	46 Arjen van Damme	HB2	25	I	41.07	HT	

3. Rituitslag 500m Allround Normal - O

		Naam		Cat		PR		Tijd	Info
25	wt	46	Arjen van Damme		HB2	41.09		41.07	HT
	rd	89	Niels Meijer		HB2	40.39		40.43	HT
		<u>Arjen van Damme</u>			<u>Niels Meijer</u>				
		100m	11.34	(11.34)	100m	11.26	(11.26)		
		500m	41.07	(29.73)	500m	40.43	(29.17)		

		Naam		Cat		PR		Tijd	Info
26	gl	66	Rick de Ruijgt		HA1	39.31		39.86	
	bl	59	Casper van der Woude		HN1	38.48		39.08	
		<u>Rick de Ruijgt</u>			<u>Casper van der Woude</u>				
		100m	11.15	(11.15)	100m	10.90	(10.90)		
		500m	39.86	(28.71)	500m	39.08	(28.18)		



1st Masters International Thialf Records Races

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4. Uitslag 500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 Lennaart Lamers	HSB	40	I	39.04		
2	64 Robert Braam	H45	39	I	40.44		
3	6 Jan van der Stouwe	H50	40	O	40.46		
4	27 Evert Hof	H50	39	O	41.46		
5	34 Martijn van der Horst	H45	38	O	42.60		
6	26 Pieter Siemonsma	H65	38	I	43.01		
7	88 Ed de Looze	H50	36	I	43.02		
8	58 Wim Verbraeken	HSB	37	I	43.36		
9	95 Kaska Rogulska	D50	30	O	44.07		
10	45 Robert da Costa	H55	37	O	44.12		
11	85 Piet de Jong	H55	34	I	44.85		
12	102 Bert Keizer	H65	34	O	45.95		
13	44 Wim Ros	H45	35	O	46.05		
14	109 Bert Piek	H60	35	I	46.19		
15	24 Hendrik van de Beek	H55	33	O	46.53		
16	40 Frank Steenkamp	H65	33	I	46.99		
17	107 Henriëtte Goede	D50	30	I	47.26		
18	38 Shirley Jaarsma	DSB	29	O	47.88		
19	71 Jolanda Voskamp-Vollebregt	D50	29	I	48.29		
20	99 Marianne de Neeling	D60	27	I	48.96		
21	108 Thomas Hoekstra	H65	32	I	49.12		
22	96 Troy Koolhoven	H45	32	O	50.89		
23	19 Ronald Zwart	H50	31	O	51.63		
	115 Roel Veenman	HSB	36	O	DNF		
	79 Frank Günther	H55	31	I	DNS		

4. Rituitslag 500m Allround Small

		Naam	Cat	PR	Tijd	Info																					
27	wt rd	99 Marianne de Neeling	D60	46.57	48.96																						
<table border="1"> <thead> <tr> <th colspan="7">Marianne de Neeling</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>100m</td> <td>13.49</td> <td>(13.49)</td> <td></td> <td>m</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>48.96</td> <td>(35.47)</td> <td></td> <td></td> </tr> </tbody> </table>							Marianne de Neeling									100m	13.49	(13.49)		m			500m	48.96	(35.47)		
Marianne de Neeling																											
		100m	13.49	(13.49)		m																					
		500m	48.96	(35.47)																							

		Naam	Cat	PR	Tijd	Info														
28	gl bl																			
<table border="1"> <thead> <tr> <th colspan="7">m</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>m</td> </tr> </tbody> </table>							m													m
m																				
						m														

		Naam	Cat	PR	Tijd	Info																					
29	wt	71 Jolanda Voskamp-Vollebregt	D50	44.25	48.29																						
	rd	38 Shirley Jaarsma	DSB	45.30	47.88																						
<table border="1"> <thead> <tr> <th colspan="4">Jolanda Voskamp-Vollebregt</th> <th colspan="3">Shirley Jaarsma</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>100m</td> <td>13.11</td> <td>(13.11)</td> <td>100m</td> <td>12.95 (12.95)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>48.29</td> <td>(35.18)</td> <td>500m</td> <td>47.88 (34.93)</td> </tr> </tbody> </table>							Jolanda Voskamp-Vollebregt				Shirley Jaarsma					100m	13.11	(13.11)	100m	12.95 (12.95)			500m	48.29	(35.18)	500m	47.88 (34.93)
Jolanda Voskamp-Vollebregt				Shirley Jaarsma																							
		100m	13.11	(13.11)	100m	12.95 (12.95)																					
		500m	48.29	(35.18)	500m	47.88 (34.93)																					

		Naam	Cat	PR	Tijd	Info																					
30	gl	107 Henriëtte Goede	D50	43.73	47.26																						
	bl	95 Kaska Rogulska	D50	42.33	44.07																						
<table border="1"> <thead> <tr> <th colspan="4">Henriëtte Goede</th> <th colspan="3">Kaska Rogulska</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>100m</td> <td>13.03</td> <td>(13.03)</td> <td>100m</td> <td>12.23 (12.23)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>47.26</td> <td>(34.23)</td> <td>500m</td> <td>44.07 (31.84)</td> </tr> </tbody> </table>							Henriëtte Goede				Kaska Rogulska					100m	13.03	(13.03)	100m	12.23 (12.23)			500m	47.26	(34.23)	500m	44.07 (31.84)
Henriëtte Goede				Kaska Rogulska																							
		100m	13.03	(13.03)	100m	12.23 (12.23)																					
		500m	47.26	(34.23)	500m	44.07 (31.84)																					

		Naam	Cat	PR	Tijd	Info																					
31	wt	79 Frank Günther	H55		DNS																						
	rd	19 Ronald Zwart	H50	50.86	51.63																						
<table border="1"> <thead> <tr> <th colspan="4">Frank Günther</th> <th colspan="3">Ronald Zwart</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>100m</td> <td>13.95 (13.95)</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>500m</td> <td>51.63 (37.68)</td> </tr> </tbody> </table>							Frank Günther				Ronald Zwart								100m	13.95 (13.95)						500m	51.63 (37.68)
Frank Günther				Ronald Zwart																							
					100m	13.95 (13.95)																					
					500m	51.63 (37.68)																					

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		Naam	Cat	PR	Tijd	Info
32	gl	108 Thomas Hoekstra	H65	45.94	49.12	
	bl	96 Troy Koolhoven	H45	48.68	50.89	
		Thomas Hoekstra		Troy Koolhoven		
		100m 13.21 (13.21)		100m 13.65 (13.65)		
		500m 49.12 (35.91)		500m 50.89 (37.24)		
		Naam	Cat	PR	Tijd	Info
33	wt	40 Frank Steenkamp	H65	44.97	46.99	
	rd	24 Hendrik van de Beek	H55	42.49	46.53	
		Frank Steenkamp		Hendrik van de Beek		
		100m 13.22 (13.22)		100m 12.95 (12.95)		
		500m 46.99 (33.77)		500m 46.53 (33.58)		
		Naam	Cat	PR	Tijd	Info
34	gl	85 Piet de Jong	H55	44.77	44.85	
	bl	102 Bert Keizer	H65	43.12	45.95	
		Piet de Jong		Bert Keizer		
		100m 12.18 (12.18)		100m 12.43 (12.43)		
		500m 44.85 (32.67)		500m 45.95 (33.52)		
		Naam	Cat	PR	Tijd	Info
35	wt	109 Bert Piek	H60	41.63	46.19	
	rd	44 Wim Ros	H45	43.84	46.05	
		Bert Piek		Wim Ros		
		100m 12.49 (12.49)		100m 12.41 (12.41)		
		500m 46.19 (33.70)		500m 46.05 (33.64)		
		Naam	Cat	PR	Tijd	Info
36	gl	88 Ed de Looze	H50	42.04	43.02	
	bl	115 Roel Veenman	HSB	42.58	DNF	
		Ed de Looze		Roel Veenman		
		100m 12.30 (12.30)		100m 12.13 (12.13)		
		500m 43.02 (30.72)				

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		Naam	Cat		PR	Tijd	Info
37	wt	58 Wim Verbraeken	HSB		42.97	43.36	
	rd	45 Robert da Costa	H55		43.72	44.12	
		Wim Verbraeken			Robert da Costa		
		100m	11.91	(11.91)	100m	12.44	(12.44)
		500m	43.36	(31.45)	500m	44.12	(31.68)

		Naam	Cat		PR	Tijd	Info
38	gl	26 Pieter Siemonsma	H65		42.80	43.01	
	bl	34 Martijn van der Horst	H45		42.18	42.60	
		Pieter Siemonsma			Martijn van der Horst		
		100m	12.12	(12.12)	100m	11.89	(11.89)
		500m	43.01	(30.89)	500m	42.60	(30.71)

		Naam	Cat		PR	Tijd	Info
39	wt	64 Robert Braam	H45		37.32	40.44	
	rd	27 Evert Hof	H50		41.30	41.46	
		Robert Braam			Evert Hof		
		100m	11.12	(11.12)	100m	11.16	(11.16)
		500m	40.44	(29.32)	500m	41.46	(30.30)

		Naam	Cat		PR	Tijd	Info
40	gl	5 Lennaart Lamers	HSB		38.49	39.04	
	bl	6 Jan van der Stouwe	H50		39.24	40.46	
		Lennaart Lamers			Jan van der Stouwe		
		100m	10.93	(10.93)	100m	11.20	(11.20)
		500m	39.04	(28.11)	500m	40.46	(29.26)



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5. Uitslag 500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	119 Jordy Blokland	HN2	42	I	37.76		
2	98 Nomdo de Heer	HA1	42	O	39.67		
3	61 Matthe Pronk	HB1	41	O	40.59		
4	90 Bo Meijer	DB1	41	I	49.04		

5. Rituitslag 500m Allround Small - O

		Naam		Cat		PR		Tijd	Info
41	wt	90	Bo Meijer		DB1	46.68		49.04	
	rd	61	Matthe Pronk		HB1	39.96		40.59	
		Bo Meijer				Matthe Pronk			
		100m	12.78	(12.78)	100m	11.51	(11.51)		
		500m	49.04	(36.26)	500m	40.59	(29.08)		

		Naam		Cat		PR		Tijd	Info
42	gl	119	Jordy Blokland		HN2	37.60		37.76	
	bl	98	Nomdo de Heer		HA1	39.28		39.67	
		Jordy Blokland				Nomdo de Heer			
		100m	10.71	(10.71)	100m	11.04	(11.04)		
		500m	37.76	(27.05)	500m	39.67	(28.63)		



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6. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	94 Manuel Leito	HSB	46	O	38.89		
2	57 Andrej Neverov	H40	46	I	42.34		
3	67 Marloes Westerhof	DSB	44	I	43.89		
4	42 Kees Bollaart	H55	45	O	46.80		
5	134 Anja Bollaart	D50	43	O	47.52		
6	133 Astrid Janssen	D55	43	I	48.74		
7	105 Karin Terhürne	D50	44	O	49.15		
	33 Bram de Vries	H75	45	I	DNS		

6. Rituitslag 500m Sprint

		Naam		Cat		PR	Tijd	Info
43	wt	133	Astrid Janssen		D55	46.77	48.74	
	rd	134	Anja Bollaart		D50	41.55	47.52	
				Astrid Janssen	Anja Bollaart			
				100m	12.99	(12.99)	100m	13.06 (13.06)
				500m	48.74	(35.75)	500m	47.52 (34.46)

		Naam		Cat		PR	Tijd	Info
44	gl	67	Marloes Westerhof		DSB	41.98	43.89	
	bl	105	Karin Terhürne		D50	46.45	49.15	
				Marloes Westerhof	Karin Terhürne			
				100m	12.07	(12.07)	100m	13.52 (13.52)
				500m	43.89	(31.82)	500m	49.15 (35.63)

		Naam		Cat		PR	Tijd	Info
45	wt	33	Bram de Vries		H75	44.64	DNS	
	rd	42	Kees Bollaart		H55	43.55	46.80	
				Bram de Vries	Kees Bollaart			
							100m	12.86 (12.86)
							500m	46.80 (33.94)

		Naam		Cat		PR	Tijd	Info
46	gl	57	Andrej Neverov		H40	41.66	42.34	
	bl	94	Manuel Leito		HSB	38.44	38.89	
				Andrej Neverov	Manuel Leito			
				100m	11.70	(11.70)	100m	10.71 (10.71)
				500m	42.34	(30.64)	500m	38.89 (28.18)



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7. Uitslag 500m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	120 Hidde Bart	HN2	48	I	39.62		
2	122 Isabelle Hersbach	DA2	48	O	43.04		
3	121 Milou Zuiderwijk	DA2	47	I	44.70	PR	
4	123 Marcella van de Weem	DB2	47	O	48.82		

7. Rituitslag 500m Sprint - O

		Naam		Cat		PR	Tijd	Info
47	wt	121	Milou Zijderwijk		DA2	45.24	44.70	PR
	rd	123	Marcella van de Weem		DB2	48.77	48.82	
			Milou Zijderwijk				Marcella van de Weem	
			100m	11.88	(11.88)	100m	12.90	(12.90)
			500m	44.70	(32.82)	500m	48.82	(35.92)

		Naam		Cat		PR	Tijd	Info
48	gl	120	Hidde Bart		HN2	39.50	39.62	
	bl	122	Isabelle Hersbach		DA2	42.63	43.04	
			Hidde Bart				Isabelle Hersbach	
			100m	10.82	(10.82)	100m	11.66	(11.66)
			500m	39.62	(28.80)	500m	43.04	(31.38)

8. Uitslag 5000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	101 Otto van de Pol	HSB	62	I	6:45.27	WR	
2	69 André Los	HSA	61	I	6:50.58	WR	
3	136 Martin Hänggi	H50	61	O	6:50.91	WR	
4	68 Mark Ooijevaar	HSB	62	O	6:56.21		
5	80 Olaf Kotva	H50	59	I	7:21.80		
6	50 Morten Kjellemyr Eilertsen	H50	60	I	7:25.61	PR	
7	21 John van der Vlugt	H60	56	I	7:30.58		
8	73 Cornel van Zaal	HSA	56	O	7:36.82		
9	31 Seppe Lybaert	HSB	58	O	7:51.74	PR	
10	86 Frans Verhoeve	H50	58	I	7:54.34		
11	16 Eddy van Dijk	H50	57	I	7:58.27	PR	
12	35 Eva Riemersma-van Rheenen	DSB	50	O	8:01.67	PR WR	
13	14 Adriaan Provoost	H60	59	O	8:03.39		
14	129 Peter Van der Vorst	H45	57	O	8:05.69	PR	
15	18 Erol Aksoy	H45	55	I	8:08.20	PR	
16	77 Kees Voorhoeve	H60	53	O	8:23.90	PR	
17	3 Kees Verdouw	H75	54	O	8:37.52	WR	
18	76 Wim Zwanenburg	H60	55	O	8:42.73		
19	9 Martijn Kos	H50	54	I	8:43.54		
20	1 Tialda Gerritsma	D50	50	I	9:11.88		
21	49 Magnar Langvik	H70	51	O	9:17.45		
22	51 Anja Neumann	D45	49	O	9:39.93		
23	29 Thierry Huberland	H55	53	I	9:41.42	PR FL	
24	81 Trine Landsem	D50	49	I	9:41.72	PR	
25	48 Arne Kjell Foldvik	H85	51	I	11:43.27	WR	

8. Rituitslag 5000m Allround Big

		Naam	Cat	PR	Tijd	Info
49	wt	81 Trine Landsem	D50	10:01.54	9:41.72	PR
	rd	51 Anja Neumann	D45	8:52.03	9:39.93	
		Trine Landsem				
		200m	28.95 (28.95)			
		600m	1:14.41 (45.46)			
		1000m	2:00.24 (45.83)			
		1400m	2:46.16 (45.92)			
		1800m	3:31.49 (45.33)			
		2200m	4:16.90 (45.41)			
		2600m	5:02.87 (45.97)			
		3000m	5:49.02 (46.15)			
		3400m	6:35.31 (46.29)			
		3800m	7:21.52 (46.21)			
		4200m	8:08.60 (47.08)			
		4600m	8:55.12 (46.52)			
		5000m	9:41.72 (46.60)			
		Anja Neumann				
		200m	29.87 (29.87)			
		600m	1:15.52 (45.65)			
		1000m	2:01.00 (45.48)			
		1400m	2:46.01 (45.01)			
		1800m	3:31.20 (45.19)			
		2200m	4:16.82 (45.62)			
		2600m	5:02.67 (45.85)			
		3000m	5:48.68 (46.01)			
		3400m	6:34.63 (45.95)			
		3800m	7:21.21 (46.58)			
		4200m	8:07.79 (46.58)			
		4600m	8:54.42 (46.63)			
		5000m	9:39.93 (45.51)			

		Naam	Cat	PR	Tijd	Info
50	gl	1 Tialda Gerritsma	D50	8:29.72	9:11.88	
	bl	35 Eva Riemersma-van Rheenen	DSB	8:15.88	8:01.67	PR WR
		Tialda Gerritsma				
		200m	27.27 (27.27)			
		600m	1:09.05 (41.78)			
		1000m	1:51.72 (42.67)			
		1400m	2:35.16 (43.44)			
		1800m	3:19.26 (44.10)			
		2200m	4:03.08 (43.82)			
		2600m	4:46.77 (43.69)			
		3000m	5:30.65 (43.88)			
		3400m	6:14.45 (43.80)			
		3800m	6:58.28 (43.83)			
		4200m	7:43.43 (45.15)			
		4600m	8:27.79 (44.36)			
		5000m	9:11.88 (44.09)			
		Eva Riemersma-van Rheenen				
		200m	22.90 (22.90)			
		600m	58.79 (35.89)			
		1000m	1:35.99 (37.20)			
		1400m	2:13.81 (37.82)			
		1800m	2:51.61 (37.80)			
		2200m	3:29.75 (38.14)			
		2600m	4:08.62 (38.87)			
		3000m	4:47.26 (38.64)			
		3400m	5:26.32 (39.06)			
		3800m	6:05.46 (39.14)			
		4200m	6:44.45 (38.99)			
		4600m	7:23.88 (39.43)			
		5000m	8:01.67 (37.79)			



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		Naam	Cat	PR	Tijd	Info
51	wt	48 Arne Kjell Foldvik	H85	8:33.53	11:43.27	WR
	rd	49 Magnar Langvik	H70	8:55.25	9:17.45	

Arne Kjell Foldvik

200m	32.97	(32.97)
600m	1:27.54	(54.57)
1000m	2:24.32	(56.78)
1400m	3:20.91	(56.59)
1800m	4:16.63	(55.72)
2200m	5:12.07	(55.44)
2600m	6:08.55	(56.48)
3000m	7:04.69	(56.14)
3400m	8:01.24	(56.55)
3800m	8:57.74	(56.50)
4200m	9:53.96	(56.22)
4600m	10:49.53	(55.57)
5000m	11:43.27	(53.74)

Magnar Langvik

200m	27.03	(27.03)
600m	1:12.33	(45.30)
1000m	1:57.85	(45.52)
1400m	2:42.74	(44.89)
1800m	3:26.97	(44.23)
2200m	4:10.60	(43.63)
2600m	4:54.73	(44.13)
3000m	5:38.49	(43.76)
3400m	6:21.84	(43.35)
3800m	7:05.23	(43.39)
4200m	7:49.31	(44.08)
4600m	8:33.29	(43.98)
5000m	9:17.45	(44.16)

		Naam	Cat	PR	Tijd	Info
52	gl					
	bl					
			m			
			m			

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		Naam	Cat	PR	Tijd	Info	
53	wt	29 Thierry Huberland	H55	9:49.61	9:41.42	PR FL	
	rd	77 Kees Voorhoeve	H60	8:32.85	8:23.90	PR	
		Thierry Huberland			Kees Voorhoeve		
		200m	29.60 (29.60)	200m	24.95 (24.95)		
		600m	1:14.96 (45.36)	600m	1:04.15 (39.20)		
		1000m	2:00.20 (45.24)	1000m	1:43.38 (39.23)		
		1400m	2:45.29 (45.09)	1400m	2:23.06 (39.68)		
		1800m	3:29.49 (44.20)	1800m	3:02.84 (39.78)		
		2200m	4:13.43 (43.94)	2200m	3:42.89 (40.05)		
		2600m	4:57.23 (43.80)	2600m	4:22.61 (39.72)		
		3000m	5:41.30 (44.07)	3000m	5:02.36 (39.75)		
		3400m	6:25.52 (44.22)	3400m	5:41.98 (39.62)		
		3800m	7:10.22 (44.70)	3800m	6:22.04 (40.06)		
		4200m	7:56.06 (45.84)	4200m	7:02.42 (40.38)		
		4600m	8:55.63 (59.57)	4600m	7:42.85 (40.43)		
		5000m	9:41.42 (45.79)	5000m	8:23.90 (41.05)		

		Naam	Cat	PR	Tijd	Info	
54	gl	9 Martijn Kos	H50	8:42.72	8:43.54		
	bl	3 Kees Verdouw	H75	7:35.62	8:37.52	WR	
		Martijn Kos			Kees Verdouw		
		200m	23.20 (23.20)	200m	25.49 (25.49)		
		600m	1:02.57 (39.37)	600m	1:04.53 (39.04)		
		1000m	1:43.27 (40.70)	1000m	1:43.57 (39.04)		
		1400m	2:24.62 (41.35)	1400m	2:23.06 (39.49)		
		1800m	3:05.87 (41.25)	1800m	3:03.37 (40.31)		
		2200m	3:47.50 (41.63)	2200m	3:44.26 (40.89)		
		2600m	4:29.60 (42.10)	2600m	4:25.29 (41.03)		
		3000m	5:11.24 (41.64)	3000m	5:06.69 (41.40)		
		3400m	5:52.98 (41.74)	3400m	5:47.74 (41.05)		
		3800m	6:34.64 (41.66)	3800m	6:29.57 (41.83)		
		4200m	7:16.75 (42.11)	4200m	7:12.02 (42.45)		
		4600m	7:59.86 (43.11)	4600m	7:54.72 (42.70)		
		5000m	8:43.54 (43.68)	5000m	8:37.52 (42.80)		

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		Naam	Cat		PR	Tijd	Info
55	wt	18 Erol Aksoy	H45		8:15.18	8:08.20	PR
	rd	76 Wim Zwanenburg	H60		8:34.27	8:42.73	
		Erol Aksoy			Wim Zwanenburg		
		200m	22.99	(22.99)	200m	25.81	(25.81)
		600m	59.18	(36.19)	600m	1:05.52	(39.71)
		1000m	1:36.29	(37.11)	1000m	1:46.83	(41.31)
		1400m	2:14.20	(37.91)	1400m	2:28.74	(41.91)
		1800m	2:52.54	(38.34)	1800m	3:10.33	(41.59)
		2200m	3:31.50	(38.96)	2200m	3:51.92	(41.59)
		2600m	4:10.81	(39.31)	2600m	4:33.69	(41.77)
		3000m	4:50.24	(39.43)	3000m	5:15.55	(41.86)
		3400m	5:29.90	(39.66)	3400m	5:57.03	(41.48)
		3800m	6:09.43	(39.53)	3800m	6:38.89	(41.86)
		4200m	6:49.36	(39.93)	4200m	7:20.28	(41.39)
		4600m	7:29.08	(39.72)	4600m	8:01.83	(41.55)
		5000m	8:08.20	(39.12)	5000m	8:42.73	(40.90)

		Naam	Cat		PR	Tijd	Info
56	gl	21 John van der Vlugt	H60		7:04.28	7:30.58	
	bl	73 Cornel van Zaal	HSA			7:36.82	
		John van der Vlugt			Cornel van Zaal		
		200m	22.41	(22.41)	200m	20.97	(20.97)
		600m	57.19	(34.78)	600m	56.14	(35.17)
		1000m	1:32.83	(35.64)	1000m	1:32.95	(36.81)
		1400m	2:08.80	(35.97)	1400m	2:08.90	(35.95)
		1800m	2:44.68	(35.88)	1800m	2:44.68	(35.78)
		2200m	3:20.78	(36.10)	2200m	3:20.36	(35.68)
		2600m	3:56.71	(35.93)	2600m	3:56.76	(36.40)
		3000m	4:32.59	(35.88)	3000m	4:32.86	(36.10)
		3400m	5:08.63	(36.04)	3400m	5:09.23	(36.37)
		3800m	5:44.66	(36.03)	3800m	5:46.07	(36.84)
		4200m	6:20.42	(35.76)	4200m	6:22.98	(36.91)
		4600m	6:55.75	(35.33)	4600m	6:59.55	(36.57)
		5000m	7:30.58	(34.83)	5000m	7:36.82	(37.27)

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		Naam	Cat	PR	Tijd	Info
57	wt	16 Eddy van Dijk	H50	8:11.28	7:58.27	PR
	rd	129 Peter Van der Vorst	H45	8:09.98	8:05.69	PR
		Eddy van Dijk			Peter Van der Vorst	
		200m	23.06 (23.06)	200m	23.06 (23.06)	
		600m	59.56 (36.50)	600m	59.41 (36.35)	
		1000m	1:36.10 (36.54)	1000m	1:35.44 (36.03)	
		1400m	2:13.25 (37.15)	1400m	2:11.78 (36.34)	
		1800m	2:51.81 (38.56)	1800m	2:48.80 (37.02)	
		2200m	3:31.01 (39.20)	2200m	3:26.36 (37.56)	
		2600m	4:10.11 (39.10)	2600m	4:04.32 (37.96)	
		3000m	4:48.70 (38.59)	3000m	4:43.18 (38.86)	
		3400m	5:27.16 (38.46)	3400m	5:22.73 (39.55)	
		3800m	6:04.91 (37.75)	3800m	6:02.99 (40.26)	
		4200m	6:42.81 (37.90)	4200m	6:43.92 (40.93)	
		4600m	7:20.67 (37.86)	4600m	7:25.33 (41.41)	
		5000m	7:58.27 (37.60)	5000m	8:05.69 (40.36)	

		Naam	Cat	PR	Tijd	Info
58	gl	86 Frans Verhoeve	H50	7:23.00	7:54.34	
	bl	31 Seppe Lybaert	HSB	7:54.58	7:51.74	PR
		Frans Verhoeve			Seppe Lybaert	
		200m	22.37 (22.37)	200m	22.86 (22.86)	
		600m	59.09 (36.72)	600m	58.71 (35.85)	
		1000m	1:35.98 (36.89)	1000m	1:35.83 (37.12)	
		1400m	2:13.30 (37.32)	1400m	2:13.53 (37.70)	
		1800m	2:50.34 (37.04)	1800m	2:51.00 (37.47)	
		2200m	3:27.64 (37.30)	2200m	3:28.31 (37.31)	
		2600m	4:04.68 (37.04)	2600m	4:05.19 (36.88)	
		3000m	4:42.22 (37.54)	3000m	4:41.64 (36.45)	
		3400m	5:19.78 (37.56)	3400m	5:18.51 (36.87)	
		3800m	5:58.22 (38.44)	3800m	5:55.22 (36.71)	
		4200m	6:37.03 (38.81)	4200m	6:32.70 (37.48)	
		4600m	7:15.97 (38.94)	4600m	7:10.17 (37.47)	
		5000m	7:54.34 (38.37)	5000m	7:51.74 (41.57)	

		Naam	Cat	PR	Tijd	Info
59	wt	80 Olaf Kotva	H50	6:46.81	7:21.80	
	rd	14 Adriaan Provoost	H60	7:24.48	8:03.39	
		Olaf Kotva				Adriaan Provoost
		200m	22.03 (22.03)	200m	23.53 (23.53)	
		600m	57.19 (35.16)	600m	59.57 (36.04)	
		1000m	1:32.72 (35.53)	1000m	1:36.49 (36.92)	
		1400m	2:08.16 (35.44)	1400m	2:13.98 (37.49)	
		1800m	2:43.27 (35.11)	1800m	2:51.83 (37.85)	
		2200m	3:18.58 (35.31)	2200m	3:29.83 (38.00)	
		2600m	3:53.63 (35.05)	2600m	4:08.37 (38.54)	
		3000m	4:28.74 (35.11)	3000m	4:47.15 (38.78)	
		3400m	5:03.59 (34.85)	3400m	5:25.77 (38.62)	
		3800m	5:38.53 (34.94)	3800m	6:04.70 (38.93)	
		4200m	6:13.01 (34.48)	4200m	6:43.96 (39.26)	
		4600m	6:47.57 (34.56)	4600m	7:23.63 (39.67)	
		5000m	7:21.80 (34.23)	5000m	8:03.39 (39.76)	

		Naam	Cat	PR	Tijd	Info
60	gl	50 Morten Kjellemyr Eilertsen	H50	7:27.12	7:25.61	PR
	bl					
		Morten Kjellemyr Eilertsen				
		200m	21.76 (21.76)	m		
		600m	56.40 (34.64)			
		1000m	1:30.96 (34.56)			
		1400m	2:05.91 (34.95)			
		1800m	2:41.15 (35.24)			
		2200m	3:16.45 (35.30)			
		2600m	3:51.48 (35.03)			
		3000m	4:26.49 (35.01)			
		3400m	5:02.01 (35.52)			
		3800m	5:37.88 (35.87)			
		4200m	6:13.84 (35.96)			
		4600m	6:49.92 (36.08)			
		5000m	7:25.61 (35.69)			

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		Naam			Cat	PR	Tijd	Info
61	wt	69 André Los			HSA	6:44.75	6:50.58	WR
	rd	136 Martin Hänggi			H50	6:35.30	6:50.91	WR
		André Los			Martin Hänggi			
		200m	20.16	(20.16)	200m	20.44	(20.44)	
		600m	51.84	(31.68)	600m	52.28	(31.84)	
		1000m	1:23.60	(31.76)	1000m	1:25.00	(32.72)	
		1400m	1:55.63	(32.03)	1400m	1:57.33	(32.33)	
		1800m	2:27.66	(32.03)	1800m	2:29.31	(31.98)	
		2200m	2:59.58	(31.92)	2200m	3:01.41	(32.10)	
		2600m	3:31.78	(32.20)	2600m	3:33.72	(32.31)	
		3000m	4:04.11	(32.33)	3000m	4:06.37	(32.65)	
		3400m	4:37.00	(32.89)	3400m	4:38.92	(32.55)	
		3800m	5:10.65	(33.65)	3800m	5:11.58	(32.66)	
		4200m	5:43.94	(33.29)	4200m	5:44.50	(32.92)	
		4600m	6:17.58	(33.64)	4600m	6:17.80	(33.30)	
		5000m	6:50.58	(33.00)	5000m	6:50.91	(33.11)	

		Naam			Cat	PR	Tijd	Info
62	gl	101 Otto van de Pol			HSB	6:40.78	6:45.27	WR
	bl	68 Mark Ooijevaar			HSB	6:24.56	6:56.21	
		Otto van de Pol			Mark Ooijevaar			
		200m	20.22	(20.22)	200m	20.82	(20.82)	
		600m	51.69	(31.47)	600m	52.19	(31.37)	
		1000m	1:23.30	(31.61)	1000m	1:24.27	(32.08)	
		1400m	1:54.83	(31.53)	1400m	1:56.75	(32.48)	
		1800m	2:26.18	(31.35)	1800m	2:29.65	(32.90)	
		2200m	2:57.75	(31.57)	2200m	3:02.47	(32.82)	
		2600m	3:29.27	(31.52)	2600m	3:35.54	(33.07)	
		3000m	4:01.22	(31.95)	3000m	4:08.54	(33.00)	
		3400m	4:33.70	(32.48)	3400m	4:41.53	(32.99)	
		3800m	5:06.80	(33.10)	3800m	5:14.87	(33.34)	
		4200m	5:39.81	(33.01)	4200m	5:48.44	(33.57)	
		4600m	6:12.59	(32.78)	4600m	6:22.32	(33.88)	
		5000m	6:45.27	(32.68)	5000m	6:56.21	(33.89)	



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9. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	94 Manuel Leito	HSB	66	O	1:17.72		
2	57 Andrej Neverov	H40	66	I	1:24.55		
3	67 Marloes Westerhof	DSB	64	I	1:28.65		
4	42 Kees Bollaart	H55	65	I	1:34.08		
5	134 Anja Bollaart	D50	63	O	1:36.35		
6	133 Astrid Janssen	D55	64	O	1:38.17		
7	105 Karin Terhürne	D50	63	I	1:39.12		
	33 Bram de Vries	H75	65	O	DNS		

9. Rituitslag 1000m Sprint

		Naam	Cat	PR	Tijd	Info
63	wt	105 Karin Terhürne	D50	1:31.99	1:39.12	
	rd	134 Anja Bollaart	D50	1:21.38	1:36.35	

Karin Terhürne

200m	23.59	(23.59)
600m	1:00.75	(37.16)
1000m	1:39.12	(38.37)

Anja Bollaart

200m	22.84	(22.84)
600m	58.02	(35.18)
1000m	1:36.35	(38.33)

		Naam	Cat	PR	Tijd	Info
64	gl	67 Marloes Westerhof	DSB	1:25.74	1:28.65	
	bl	133 Astrid Janssen	D55	1:31.53	1:38.17	

Marloes Westerhof

200m	20.84	(20.84)
600m	53.69	(32.85)
1000m	1:28.65	(34.96)

Astrid Janssen

200m	22.98	(22.98)
600m	59.54	(36.56)
1000m	1:38.17	(38.63)

		Naam	Cat	PR	Tijd	Info
65	wt	42 Kees Bollaart	H55	1:26.89	1:34.08	
	rd	33 Bram de Vries	H75	1:29.98	DNS	

Kees Bollaart

200m	22.14	(22.14)
600m	56.38	(34.24)
1000m	1:34.08	(37.70)

Bram de Vries

		Naam	Cat	PR	Tijd	Info
66	gl	57 Andrej Neverov	H40	1:22.77	1:24.55	
	bl	94 Manuel Leito	HSB	1:17.46	1:17.72	

Andrej Neverov

200m	19.80	(19.80)
600m	51.36	(31.56)
1000m	1:24.55	(33.19)

Manuel Leito

200m	18.46	(18.46)
600m	47.10	(28.64)
1000m	1:17.72	(30.62)



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10. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	120 Hidde Bart	HN2	68	O	1:18.42	PR	
2	122 Isabelle Hersbach	DA2	68	I	1:24.41	PR	
3	121 Milou Zuiderwijk	DA2	67	O	1:30.56	PR	
4	123 Marcella van de Weem	DB2	67	I	1:39.86		

10. Rituitslag 1000m Sprint - O

		Naam		Cat		PR	Tijd	Info
67	wt	123	Marcella van de Weem		DB2	1:39.05	1:39.86	
	rd	121	Milou Zuijderwijk		DA2	1:31.79	1:30.56	PR

Marcella van de Weem

200m	22.58	(22.58)
600m	59.78	(37.20)
1000m	1:39.86	(40.08)

Milou Zuijderwijk

200m	21.07	(21.07)
600m	55.16	(34.09)
1000m	1:30.56	(35.40)

		Naam		Cat		PR	Tijd	Info
68	gl	122	Isabelle Hersbach		DA2	1:27.00	1:24.41	PR
	bl	120	Hidde Bart		HN2	1:18.85	1:18.42	PR

Isabelle Hersbach

200m	20.21	(20.21)
600m	51.65	(31.44)
1000m	1:24.41	(32.76)

Hidde Bart

200m	18.69	(18.69)
600m	47.58	(28.89)
1000m	1:18.42	(30.84)

11. Uitslag 3000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	111 Ole Bjørnsmoen Næss	HSA	78	O	3:49.98		
2	54 Frank Erik Tindvik	HSB	78	I	4:10.72	PR	
3	127 Peter Langeland	HSB	77	O	4:13.29	PR	
4	137 Matthias Nägeli	HSB	74	I	4:17.80		
5	117 Robert Mitchell	H45	77	I	4:22.54	PR	
6	4 Jann van Benthem	H60	76	I	4:37.45		
7	126 Stephan Haeisen	H50	74	O	4:40.59		
8	118 Jim Verdurmen	H55	75	I	4:41.69		
9	15 Sietse van der Werff	H60	76	O	4:42.10		
10	36 Imme Kampen	DSB	70	I	4:51.95		
11	32 Marco Roos	H55	75	O	4:52.57		
12	8 Sandra van Bijlert-Burgerhout	D40	70	O	4:57.08		
13	53 Olivier Chailloux	H45	72	O	5:07.32	PR	
14	114 Walter Mariën	H50	73	I	5:12.42	PR	
15	20 Kevin van Cleef	HSB	73	O	5:13.19		
16	11 Ad Kemp	H65	72	I	5:31.02	PR	
17	113 Evy September	DSB	69	I	5:40.89	PR	
18	125 David Butteriss	H75	71	I	5:49.60	PR	
19	82 Luke Veurink	HSB	71	O	5:55.67		

11. Rituitslag 3000m Allround Normal

	Naam	Cat	PR	Tijd Info
69	wt rd	113 Evy September	DSB	5:53.94 5:40.89 PR

Evy September

200m	25.90	(25.90)	m
600m	1:09.58	(43.68)	
1000m	1:54.13	(44.55)	
1400m	2:38.99	(44.86)	
1800m	3:24.30	(45.31)	
2200m	4:09.99	(45.69)	
2600m	4:56.18	(46.19)	
3000m	5:40.89	(44.71)	

	Naam	Cat	PR	Tijd Info
70	gl	36 Imme Kampen	DSB	4:39.57 4:51.95
	bl	8 Sandra van Bijlert-Burgerhout	D40	4:55.35 4:57.08

Imme Kampen

200m	23.15	(23.15)
600m	59.18	(36.03)
1000m	1:36.63	(37.45)
1400m	2:14.86	(38.23)
1800m	2:52.93	(38.07)
2200m	3:31.78	(38.85)
2600m	4:11.28	(39.50)
3000m	4:51.95	(40.67)

Sandra van Bijlert-Burgerhout

200m	23.37	(23.37)
600m	59.66	(36.29)
1000m	1:37.25	(37.59)
1400m	2:15.46	(38.21)
1800m	2:54.72	(39.26)
2200m	3:34.99	(40.27)
2600m	4:15.93	(40.94)
3000m	4:57.08	(41.15)

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		Naam	Cat	PR	Tijd	Info
71	wt	125 David Butteriss	H75	5:52.96	5:49.60	PR
	rd	82 Luke Veurink	HSB		5:55.67	
		David Butteriss			Luke Veurink	
		200m 27.68 (27.68)			200m 25.17 (25.17)	
		600m 1:10.01 (42.33)			600m 1:04.47 (39.30)	
		1000m 1:54.03 (44.02)			1000m 1:49.12 (44.65)	
		1400m 2:40.03 (46.00)			1400m 2:36.29 (47.17)	
		1800m 3:26.65 (46.62)			1800m 3:24.05 (47.76)	
		2200m 4:14.01 (47.36)			2200m 4:13.96 (49.91)	
		2600m 5:01.76 (47.75)			2600m 5:05.28 (51.32)	
		3000m 5:49.60 (47.84)			3000m 5:55.67 (50.39)	

		Naam	Cat	PR	Tijd	Info
72	gl	11 Ad Kemp	H65	5:38.19	5:31.02	PR
	bl	53 Olivier Chailoux	H45	5:26.68	5:07.32	PR
		Ad Kemp			Olivier Chailoux	
		200m 27.84 (27.84)			200m 22.40 (22.40)	
		600m 1:11.30 (43.46)			600m 59.85 (37.45)	
		1000m 1:54.18 (42.88)			1000m 1:39.03 (39.18)	
		1400m 2:37.75 (43.57)			1400m 2:19.78 (40.75)	
		1800m 3:21.17 (43.42)			1800m 3:01.21 (41.43)	
		2200m 4:04.59 (43.42)			2200m 3:42.65 (41.44)	
		2600m 4:48.02 (43.43)			2600m 4:24.65 (42.00)	
		3000m 5:31.02 (43.00)			3000m 5:07.32 (42.67)	

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		Naam			Cat	PR	Tijd	Info
73	wt	114	Walter Mariën		H50	5:18.38	5:12.42	PR
	rd	20	Kevin van Cleef		HSB	5:09.09	5:13.19	
		Walter Mariën			Kevin van Cleef			
		200m	25.47	(25.47)	200m	26.04	(26.04)	
		600m	1:04.37	(38.90)	600m	1:05.12	(39.08)	
		1000m	1:43.22	(38.85)	1000m	1:43.71	(38.59)	
		1400m	2:24.02	(40.80)	1400m	2:23.04	(39.33)	
		1800m	3:05.27	(41.25)	1800m	3:04.25	(41.21)	
		2200m	3:47.38	(42.11)	2200m	3:46.64	(42.39)	
		2600m	4:30.09	(42.71)	2600m	4:30.39	(43.75)	
		3000m	5:12.42	(42.33)	3000m	5:13.19	(42.80)	

		Naam			Cat	PR	Tijd	Info
74	gl	137	Matthias Nägeli		HSB	4:15.93	4:17.80	
	bl	126	Stephan Haueisen		H50	4:20.59	4:40.59	
		Matthias Nägeli			Stephan Haueisen			
		200m	20.10	(20.10)	200m	23.58	(23.58)	
		600m	52.79	(32.69)	600m	59.43	(35.85)	
		1000m	1:26.03	(33.24)	1000m	1:35.95	(36.52)	
		1400m	1:59.04	(33.01)	1400m	2:12.73	(36.78)	
		1800m	2:32.14	(33.10)	1800m	2:49.60	(36.87)	
		2200m	3:06.37	(34.23)	2200m	3:26.58	(36.98)	
		2600m	3:41.78	(35.41)	2600m	4:03.54	(36.96)	
		3000m	4:17.80	(36.02)	3000m	4:40.59	(37.05)	

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		Naam			Cat	PR	Tijd	Info
75	wt	118	Jim Verdurmen		H55	4:18.75	4:41.69	
	rd	32	Marco Roos		H55	4:34.57	4:52.57	
		Jim Verdurmen			Marco Roos			
		200m	23.42	(23.42)	200m	22.85	(22.85)	
		600m	59.31	(35.89)	600m	58.89	(36.04)	
		1000m	1:34.96	(35.65)	1000m	1:36.89	(38.00)	
		1400m	2:11.44	(36.48)	1400m	2:15.45	(38.56)	
		1800m	2:48.14	(36.70)	1800m	2:54.27	(38.82)	
		2200m	3:25.46	(37.32)	2200m	3:33.53	(39.26)	
		2600m	4:03.32	(37.86)	2600m	4:13.00	(39.47)	
		3000m	4:41.69	(38.37)	3000m	4:52.57	(39.57)	

		Naam			Cat	PR	Tijd	Info
76	gl	4	Jann van Benthem		H60	4:31.91	4:37.45	
	bl	15	Sietse van der Werff		H60	4:23.87	4:42.10	
		Jann van Benthem			Sietse van der Werff			
		200m	23.29	(23.29)	200m	23.69	(23.69)	
		600m	58.75	(35.46)	600m	58.98	(35.29)	
		1000m	1:33.56	(34.81)	1000m	1:34.88	(35.90)	
		1400m	2:09.23	(35.67)	1400m	2:11.82	(36.94)	
		1800m	2:45.18	(35.95)	1800m	2:48.72	(36.90)	
		2200m	3:21.47	(36.29)	2200m	3:26.39	(37.67)	
		2600m	3:58.81	(37.34)	2600m	4:04.43	(38.04)	
		3000m	4:37.45	(38.64)	3000m	4:42.10	(37.67)	

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		Naam	Cat	PR	Tijd	Info
77	wt	117 Robert Mitchell	H45	4:29.69	4:22.54	PR
	rd	127 Peter Langeland	HSB	4:16.64	4:13.29	PR

Robert Mitchell

200m	20.91	(20.91)
600m	53.73	(32.82)
1000m	1:26.69	(32.96)
1400m	2:00.41	(33.72)
1800m	2:34.79	(34.38)
2200m	3:10.27	(35.48)
2600m	3:46.29	(36.02)
3000m	4:22.54	(36.25)

Peter Langeland

200m	21.02	(21.02)
600m	53.21	(32.19)
1000m	1:25.57	(32.36)
1400m	1:58.13	(32.56)
1800m	2:30.84	(32.71)
2200m	3:04.11	(33.27)
2600m	3:38.30	(34.19)
3000m	4:13.29	(34.99)

		Naam	Cat	PR	Tijd	Info
78	gl	54 Frank Erik Tindvik	HSB	4:12.83	4:10.72	PR
	bl	111 Ole Bjørnsmoen Næss	HSA	3:48.89	3:49.98	

Frank Erik Tindvik

200m	20.99	(20.99)
600m	53.61	(32.62)
1000m	1:25.69	(32.08)
1400m	1:57.48	(31.79)
1800m	2:29.58	(32.10)
2200m	3:02.29	(32.71)
2600m	3:36.09	(33.80)
3000m	4:10.72	(34.63)

Ole Bjørnsmoen Næss

200m	20.01	(20.01)
600m	49.57	(29.56)
1000m	1:18.89	(29.32)
1400m	1:48.35	(29.46)
1800m	2:18.10	(29.75)
2200m	2:48.13	(30.03)
2600m	3:18.74	(30.61)
3000m	3:49.98	(31.24)



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12. Uitslag 3000m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	46 Arjen van Damme	HB2	79	O	3:59.97	PR	
2	66 Rick de Ruijgt	HA1	80	O	4:01.19	PR	
3	59 Casper van der Woude	HN1	79	I	4:08.92	PR	
4	89 Niels Meijer	HB2	80	I	4:33.80		

12. Rituitslag 3000m Allround Normal - O

		Naam	Cat	PR	Tijd	Info
79	wt	59 Casper van der Woude	HN1	4:11.23	4:08.92	PR
	rd	46 Arjen van Damme	HB2	4:09.79	3:59.97	PR

Casper van der Woude

200m	19.06	(19.06)
600m	50.06	(31.00)
1000m	1:21.97	(31.91)
1400m	1:54.54	(32.57)
1800m	2:27.74	(33.20)
2200m	3:01.14	(33.40)
2600m	3:35.01	(33.87)
3000m	4:08.92	(33.91)

Arjen van Damme

200m	19.99	(19.99)
600m	50.58	(30.59)
1000m	1:21.78	(31.20)
1400m	1:52.80	(31.02)
1800m	2:24.54	(31.74)
2200m	2:56.58	(32.04)
2600m	3:28.39	(31.81)
3000m	3:59.97	(31.58)

		Naam	Cat	PR	Tijd	Info
80	gl	89 Niels Meijer	HB2	4:09.07	4:33.80	
	bl	66 Rick de Ruijgt	HA1	4:06.64	4:01.19	PR

Niels Meijer

200m	21.64	(21.64)
600m	59.40	(37.76)
1000m	1:36.19	(36.79)
1400m	2:10.81	(34.62)
1800m	2:45.57	(34.76)
2200m	3:21.70	(36.13)
2600m	3:57.68	(35.98)
3000m	4:33.80	(36.12)

Rick de Ruijgt

200m	20.44	(20.44)
600m	51.79	(31.35)
1000m	1:22.55	(30.76)
1400m	1:53.69	(31.14)
1800m	2:24.87	(31.18)
2200m	2:56.41	(31.54)
2600m	3:28.43	(32.02)
3000m	4:01.19	(32.76)



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13. Uitslag 1500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 Lennaart Lamers	HSB	94	I	1:59.06		
2	64 Robert Braam	H45	94	O	2:01.56		
3	6 Jan van der Stouwe	H50	93	I	2:07.47		
4	45 Robert da Costa	H55	93	O	2:08.93		
5	27 Evert Hof	H50	92	O	2:08.98		
6	34 Martijn van der Horst	H45	87	O	2:10.14	PR	
7	88 Ed de Looze	H50	91	O	2:11.47		
8	58 Wim Verbraeken	HSB	92	I	2:12.06		
9	115 Roel Veenman	HSB	89	O	2:12.82	PR	
10	26 Pieter Siemonsma	H65	90	O	2:13.87		
11	24 Hendrik van de Beek	H55	91	I	2:15.11		
12	85 Piet de Jong	H55	90	I	2:15.58		
13	40 Frank Steenkamp	H65	89	I	2:18.85		
14	95 Kaska Rogulska	D50	84	I	2:19.09		
15	109 Bert Piek	H60	88	I	2:22.75		
16	102 Bert Keizer	H65	87	I	2:22.84		
17	44 Wim Ros	H45	88	O	2:23.13		
18	71 Jolanda Voskamp-Vollebregt	D50	84	O	2:23.77		
19	38 Shirley Jaarsma	DSB	83	O	2:26.73		
20	108 Thomas Hoekstra	H65	86	O	2:29.47		
21	96 Troy Koolhoven	H45	86	I	2:30.78		
22	99 Marianne de Neeling	D60	81	I	2:31.34		
23	19 Ronald Zwart	H50	85	I	2:38.12		
	79 Frank Günther	H55	85	O	DNS		
	107 Henriëtte Goede	D50			WDR		

13. Rituitslag 1500m Allround Small

		Naam	Cat	PR	Tijd Info
81	wt rd	99 Marianne de Neeling	D60	2:20.52	2:31.34

Marianne de Neeling

300m	33.60	(33.60)	m
700m	1:11.53	(37.93)	
1100m	1:51.23	(39.70)	
1500m	2:31.34	(40.11)	

		Naam	Cat	PR	Tijd Info
82	gl bl				

m m

		Naam	Cat	PR	Tijd Info
83	wt	107 Henriëtte Goede	D50	2:10.43	WDR
	rd	38 Shirley Jaarsma	DSB	2:20.60	2:26.73

Henriëtte Goede

Shirley Jaarsma

300m	31.12	(31.12)
700m	1:07.66	(36.54)
1100m	1:46.15	(38.49)
1500m	2:26.73	(40.58)

		Naam	Cat	PR	Tijd Info
84	gl	95 Kaska Rogulska	D50	2:09.65	2:19.09
	bl	71 Jolanda Voskamp-Vollebregt	D50	2:10.00	2:23.77

Kaska Rogulska

Jolanda Voskamp-Vollebregt

300m	29.32	(29.32)	300m	31.72	(31.72)
700m	1:03.96	(34.64)	700m	1:07.84	(36.12)
1100m	1:40.84	(36.88)	1100m	1:45.45	(37.61)
1500m	2:19.09	(38.25)	1500m	2:23.77	(38.32)

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		Naam	Cat	PR	Tijd	Info
85	wt	19 Ronald Zwart	H50	2:36.00	2:38.12	
	rd	79 Frank Günther	H55		DNS	
		Ronald Zwart				Frank Günther
		300m	34.08 (34.08)			
		700m	1:13.39 (39.31)			
		1100m	1:54.41 (41.02)			
		1500m	2:38.12 (43.71)			
		Naam	Cat	PR	Tijd	Info
86	gl	96 Troy Koolhoven	H45	2:25.94	2:30.78	
	bl	108 Thomas Hoekstra	H65	2:10.04	2:29.47	
		Troy Koolhoven				Thomas Hoekstra
		300m	32.58 (32.58)	300m	32.30 (32.30)	
		700m	1:10.37 (37.79)	700m	1:09.76 (37.46)	
		1100m	1:49.73 (39.36)	1100m	1:49.27 (39.51)	
		1500m	2:30.78 (41.05)	1500m	2:29.47 (40.20)	
		Naam	Cat	PR	Tijd	Info
87	wt	102 Bert Keizer	H65	2:08.66	2:22.84	
	rd	34 Martijn van der Horst	H45	2:22.60	2:10.14	PR
		Bert Keizer				Martijn van der Horst
		300m	30.39 (30.39)	300m	28.69 (28.69)	
		700m	1:05.93 (35.54)	700m	1:01.14 (32.45)	
		1100m	1:43.57 (37.64)	1100m	1:34.88 (33.74)	
		1500m	2:22.84 (39.27)	1500m	2:10.14 (35.26)	
		Naam	Cat	PR	Tijd	Info
88	gl	109 Bert Piek	H60	2:07.52	2:22.75	
	bl	44 Wim Ros	H45	2:18.82	2:23.13	
		Bert Piek				Wim Ros
		300m	30.79 (30.79)	300m	30.57 (30.57)	
		700m	1:06.21 (35.42)	700m	1:05.42 (34.85)	
		1100m	1:43.93 (37.72)	1100m	1:42.97 (37.55)	
		1500m	2:22.75 (38.82)	1500m	2:23.13 (40.16)	

		Naam	Cat	PR	Tijd	Info
89	wt	40 Frank Steenkamp	H65	2:13.20	2:18.85	
	rd	115 Roel Veenman	HSB	2:13.29	2:12.82	PR
		Frank Steenkamp			Roel Veenman	
		300m 31.36 (31.36)			300m 30.04 (30.04)	
		700m 1:06.16 (34.80)			700m 1:03.65 (33.61)	
		1100m 1:42.22 (36.06)			1100m 1:37.79 (34.14)	
		1500m 2:18.85 (36.63)			1500m 2:12.82 (35.03)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
90	gl	85 Piet de Jong	H55	2:14.18	2:15.58	
	bl	26 Pieter Siemonsma	H65	2:09.73	2:13.87	
		Piet de Jong			Pieter Siemonsma	
		300m 29.64 (29.64)			300m 29.52 (29.52)	
		700m 1:03.65 (34.01)			700m 1:02.18 (32.66)	
		1100m 1:39.16 (35.51)			1100m 1:37.25 (35.07)	
		1500m 2:15.58 (36.42)			1500m 2:13.87 (36.62)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
91	wt	24 Hendrik van de Beek	H55	2:04.06	2:15.11	
	rd	88 Ed de Looze	H50	2:03.01	2:11.47	
		Hendrik van de Beek			Ed de Looze	
		300m 30.71 (30.71)			300m 30.24 (30.24)	
		700m 1:04.32 (33.61)			700m 1:03.19 (32.95)	
		1100m 1:39.17 (34.85)			1100m 1:37.14 (33.95)	
		1500m 2:15.11 (35.94)			1500m 2:11.47 (34.33)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
92	gl	58 Wim Verbraeken	HSB	2:11.48	2:12.06	
	bl	27 Evert Hof	H50	2:08.55	2:08.98	
		Wim Verbraeken			Evert Hof	
		300m 28.71 (28.71)			300m 27.84 (27.84)	
		700m 1:01.23 (32.52)			700m 59.99 (32.15)	
		1100m 1:36.03 (34.80)			1100m 1:33.64 (33.65)	
		1500m 2:12.06 (36.03)			1500m 2:08.98 (35.34)	

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		Naam			Cat	PR	Tijd	Info
93	wt	6	Jan van der Stouwe		H50	1:58.23	2:07.47	
	rd	45	Robert da Costa		H55	2:07.59	2:08.93	
		Jan van der Stouwe			Robert da Costa			
		300m	27.41	(27.41)	300m	28.95	(28.95)	
		700m	58.89	(31.48)	700m	1:00.63	(31.68)	
		1100m	1:32.65	(33.76)	1100m	1:34.10	(33.47)	
		1500m	2:07.47	(34.82)	1500m	2:08.93	(34.83)	
		Naam			Cat	PR	Tijd	Info
94	gl	5	Lennaart Lamers		HSB	1:58.27	1:59.06	
	bl	64	Robert Braam		H45	1:54.01	2:01.56	
		Lennaart Lamers			Robert Braam			
		300m	25.96	(25.96)	300m	26.66	(26.66)	
		700m	55.61	(29.65)	700m	56.56	(29.90)	
		1100m	1:26.55	(30.94)	1100m	1:28.45	(31.89)	
		1500m	1:59.06	(32.51)	1500m	2:01.56	(33.11)	



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14. Uitslag 1500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	119 Jordy Blokland	HN2	96	I	1:54.80		
2	61 Matthe Pronk	HB1	95	O	2:00.14	PR	
3	98 Nomdo de Heer	HA1	96	O	2:00.45	PR	
4	90 Bo Meijer	DB1	95	I	2:30.89		

14. Rituitslag 1500m Allround Small - O

		Naam			Cat	PR	Tijd	Info
95	wt	90	Bo Meijer		DB1	2:29.41	2:30.89	
	rd	61	Matthe Pronk		HB1	2:02.30	2:00.14	PR
		Bo Meijer			Matthe Pronk			
		300m	31.25	(31.25)	300m	26.90	(26.90)	
		700m	1:08.46	(37.21)	700m	56.49	(29.59)	
		1100m	1:49.56	(41.10)	1100m	1:27.66	(31.17)	
		1500m	2:30.89	(41.33)	1500m	2:00.14	(32.48)	

		Naam			Cat	PR	Tijd	Info
96	gl	119	Jordy Blokland		HN2	1:54.78	1:54.80	
	bl	98	Nomdo de Heer		HA1	2:01.30	2:00.45	PR
		Jordy Blokland			Nomdo de Heer			
		300m	25.79	(25.79)	300m	26.43	(26.43)	
		700m	54.25	(28.46)	700m	56.17	(29.74)	
		1100m	1:24.00	(29.75)	1100m	1:27.75	(31.58)	
		1500m	1:54.80	(30.80)	1500m	2:00.45	(32.70)	



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15. Uitslag 3000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	103 Michiel Wienese	H40	100	O	4:16.63		
2	41 Jaap Goes	HSB	100	I	4:31.53		
3	128 Gemma Cooper	DSB	98	O	4:31.86		
4	104 Christiaan Abeelen	H45	99	O	4:40.03		
5	17 Mijke Anne Kanneworff	DSB	98	I	4:44.01	PR	
6	65 Marlies de Jong	D55	97	I	5:11.45		
7	13 Johan Jonker	H65	99	I	5:24.28		

15. Rituitslag 3000m Single Distance

	Naam	Cat	PR	Tijd Info
97	wt rd 65 Marlies de Jong	D55	5:00.69	5:11.45

Marlies de Jong

Distance	Time	Record	Diff
200m	23.56	(23.56)	m
600m	1:00.84	(37.28)	
1000m	1:40.25	(39.41)	
1400m	2:21.57	(41.32)	
1800m	3:03.68	(42.11)	
2200m	3:46.25	(42.57)	
2600m	4:29.14	(42.89)	
3000m	5:11.45	(42.31)	

	Naam	Cat	PR	Tijd Info
98	gl 17 Mijke Anne Kanneworff	DSB	4:51.90	4:44.01 PR
	bl 128 Gemma Cooper	DSB	4:21.14	4:31.86

Mijke Anne Kanneworff

Distance	Time	Record	Diff
200m	21.39	(21.39)	
600m	55.55	(34.16)	
1000m	1:32.11	(36.56)	
1400m	2:10.87	(38.76)	
1800m	2:49.28	(38.41)	
2200m	3:28.45	(39.17)	
2600m	4:06.79	(38.34)	
3000m	4:44.01	(37.22)	

Gemma Cooper

Distance	Time	Record	Diff
200m	21.67	(21.67)	
600m	54.56	(32.89)	
1000m	1:28.02	(33.46)	
1400m	2:02.46	(34.44)	
1800m	2:38.26	(35.80)	
2200m	3:15.23	(36.97)	
2600m	3:53.38	(38.15)	
3000m	4:31.86	(38.48)	

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		Naam	Cat	PR	Tijd	Info
99	wt	13 Johan Jonker	H65	4:45.16	5:24.28	
	rd	104 Christiaan Abeelen	H45	4:36.63	4:40.03	
		Johan Jonker			Christiaan Abeelen	
		200m	26.57 (26.57)	200m	21.91 (21.91)	
		600m	1:07.55 (40.98)	600m	56.57 (34.66)	
		1000m	1:48.89 (41.34)	1000m	1:32.53 (35.96)	
		1400m	2:31.13 (42.24)	1400m	2:09.30 (36.77)	
		1800m	3:13.26 (42.13)	1800m	2:46.24 (36.94)	
		2200m	3:56.17 (42.91)	2200m	3:24.21 (37.97)	
		2600m	4:39.98 (43.81)	2600m	4:02.50 (38.29)	
		3000m	5:24.28 (44.30)	3000m	4:40.03 (37.53)	

		Naam	Cat	PR	Tijd	Info
100	gl	41 Jaap Goes	HSB	4:29.33	4:31.53	
	bl	103 Michiel Wienese	H40	4:04.06	4:16.63	
		Jaap Goes			Michiel Wienese	
		200m	23.43 (23.43)	200m	20.83 (20.83)	
		600m	57.79 (34.36)	600m	53.29 (32.46)	
		1000m	1:32.03 (34.24)	1000m	1:26.70 (33.41)	
		1400m	2:07.00 (34.97)	1400m	1:59.70 (33.00)	
		1800m	2:42.27 (35.27)	1800m	2:33.03 (33.33)	
		2200m	3:18.18 (35.91)	2200m	3:06.94 (33.91)	
		2600m	3:54.38 (36.20)	2600m	3:41.09 (34.15)	
		3000m	4:31.53 (37.15)	3000m	4:16.63 (35.54)	



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16. Uitslag 3000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	92 Max Bergsma	HB1	104	O	4:08.91	PR	
2	75 Siem Dongelmans	HC2	103	I	4:46.27	PR	
3	91 Maud Beusen	DB1	103	O	4:47.98	PR	
4	124 Kai Scheffer	HB1	102	I	4:48.90	PR	
5	131 Masja Keesman	DC2	102	O	4:50.51	PR	
6	97 Donna Pronk	DC2	101	I	5:15.20		

16. Rituitslag 3000m Single Distance - O

	Naam	Cat	PR	Tijd	Info
101	wt rd 97 Donna Pronk	DC2		5:15.20	

Donna Pronk

200m	23.59	(23.59)	m
600m	1:02.66	(39.07)	
1000m	1:43.79	(41.13)	
1400m	2:26.26	(42.47)	
1800m	3:09.43	(43.17)	
2200m	3:52.14	(42.71)	
2600m	4:34.54	(42.40)	
3000m	5:15.20	(40.66)	

	Naam	Cat	PR	Tijd	Info
102	gl 124 Kai Scheffer	HB1	5:06.43	4:48.90	PR
	bl 131 Masja Keesman	DC2	5:06.36	4:50.51	PR

Kai Scheffer

200m	21.67	(21.67)
600m	56.92	(35.25)
1000m	1:33.47	(36.55)
1400m	2:11.69	(38.22)
1800m	2:49.49	(37.80)
2200m	3:28.17	(38.68)
2600m	4:08.85	(40.68)
3000m	4:48.90	(40.05)

Masja Keesman

200m	22.59	(22.59)
600m	58.44	(35.85)
1000m	1:35.25	(36.81)
1400m	2:12.63	(37.38)
1800m	2:50.85	(38.22)
2200m	3:29.82	(38.97)
2600m	4:10.29	(40.47)
3000m	4:50.51	(40.22)

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		Naam	Cat	PR	Tijd	Info
103	wt	75 Siem Dongelmans	HC2	4:57.65	4:46.27	PR
	rd	91 Maud Beusen	DB1	4:52.96	4:47.98	PR

Siem Dongelmans

200m	22.30	(22.30)
600m	1:00.08	(37.78)
1000m	1:37.40	(37.32)
1400m	2:14.70	(37.30)
1800m	2:51.91	(37.21)
2200m	3:28.84	(36.93)
2600m	4:05.92	(37.08)
3000m	4:46.27	(40.35)

Maud Beusen

200m	23.38	(23.38)
600m	59.55	(36.17)
1000m	1:36.07	(36.52)
1400m	2:13.58	(37.51)
1800m	2:50.84	(37.26)
2200m	3:28.61	(37.77)
2600m	4:07.49	(38.88)
3000m	4:47.98	(40.49)

		Naam	Cat	PR	Tijd	Info
104	gl	92 Max Bergsma	HB1	4:12.49	4:08.91	PR
	bl					

Max Bergsma

m	200m	20.51	(20.51)
	600m	52.17	(31.66)
	1000m	1:24.13	(31.96)
	1400m	1:56.26	(32.13)
	1800m	2:29.42	(33.16)
	2200m	3:02.15	(32.73)
	2600m	3:35.25	(33.10)
	3000m	4:08.91	(33.66)



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17. Uitslag 5000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	63 Kay van der Kooi	H40	106	O	8:13.06	PR	
2	132 Walter Staal	H55	106	I	8:14.30	PR	
3	37 Esther Bouman	DSB	105	I	8:37.18		

17. Rituitslag 5000m Single Distance

		Naam	Cat	PR	Tijd	Info
105	wt rd	37 Esther Bouman	DSB		8:37.18	
Esther Bouman						
		200m	23.86 (23.86)			m
		600m	1:02.80 (38.94)			
		1000m	1:43.34 (40.54)			
		1400m	2:23.71 (40.37)			
		1800m	3:04.79 (41.08)			
		2200m	3:46.44 (41.65)			
		2600m	4:28.15 (41.71)			
		3000m	5:09.98 (41.83)			
		3400m	5:51.47 (41.49)			
		3800m	6:33.15 (41.68)			
		4200m	7:15.05 (41.90)			
		4600m	7:56.53 (41.48)			
		5000m	8:37.18 (40.65)			

		Naam	Cat	PR	Tijd	Info
106	gl	132 Walter Staal	H55	8:16.92	8:14.30	PR
	bl	63 Kay van der Kooi	H40	9:10.28	8:13.06	PR
Walter Staal						
		200m	22.51 (22.51)			
		600m	58.66 (36.15)			
		1000m	1:37.69 (39.03)			
		1400m	2:18.59 (40.90)			
		1800m	2:58.26 (39.67)			
		2200m	3:37.58 (39.32)			
		2600m	4:17.17 (39.59)			
		3000m	4:56.51 (39.34)			
		3400m	5:36.08 (39.57)			
		3800m	6:15.56 (39.48)			
		4200m	6:55.07 (39.51)			
		4600m	7:34.95 (39.88)			
		5000m	8:14.30 (39.35)			
Kay van der Kooi						
		200m	22.68 (22.68)			
		600m	58.66 (35.98)			
		1000m	1:35.93 (37.27)			
		1400m	2:13.34 (37.41)			
		1800m	2:51.14 (37.80)			
		2200m	3:29.78 (38.64)			
		2600m	4:08.93 (39.15)			
		3000m	4:48.24 (39.31)			
		3400m	5:28.20 (39.96)			
		3800m	6:08.64 (40.44)			
		4200m	6:49.74 (41.10)			
		4600m	7:31.27 (41.53)			
		5000m	8:13.06 (41.79)			



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18. Uitslag 5000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	70 Colin Duivenvoorden	HB2	107	I	6:39.60		
2	47 Joost Hermans	HSA	110	O	7:25.36	PR	
3	87 Kayleigh ter Laak	DA1	109	I	7:51.57	PR	
4	60 Alexander Doornekamp	HA2	109	O	7:54.35	PR	
	78 Joost Dekkers	HA1	110	I	DNS		

		Naam	Cat	PR	Tijd	Info
109	wt	87 Kayleigh ter Laak	DA1	7:52.70	7:51.57	PR
	rd	60 Alexander Doornekamp	HA2	8:09.24	7:54.35	PR
		Kayleigh ter Laak			Alexander Doornekamp	
		200m	21.53 (21.53)	200m	21.31 (21.31)	
		600m	57.17 (35.64)	600m	56.80 (35.49)	
		1000m	1:34.00 (36.83)	1000m	1:34.73 (37.93)	
		1400m	2:10.84 (36.84)	1400m	2:12.23 (37.50)	
		1800m	2:47.36 (36.52)	1800m	2:49.62 (37.39)	
		2200m	3:24.07 (36.71)	2200m	3:27.25 (37.63)	
		2600m	4:01.30 (37.23)	2600m	4:05.43 (38.18)	
		3000m	4:38.82 (37.52)	3000m	4:43.39 (37.96)	
		3400m	5:16.74 (37.92)	3400m	5:21.48 (38.09)	
		3800m	5:54.99 (38.25)	3800m	5:59.40 (37.92)	
		4200m	6:33.70 (38.71)	4200m	6:37.61 (38.21)	
		4600m	7:12.77 (39.07)	4600m	7:16.54 (38.93)	
		5000m	7:51.57 (38.80)	5000m	7:54.35 (37.81)	

		Naam	Cat	PR	Tijd	Info
110	gl	78 Joost Dekkers	HA1	7:31.54	DNS	
	bl	47 Joost Hermans	HSA	7:28.87	7:25.36	PR
		Joost Dekkers			Joost Hermans	
				200m	21.88 (21.88)	
				600m	57.19 (35.31)	
				1000m	1:32.35 (35.16)	
				1400m	2:07.32 (34.97)	
				1800m	2:42.36 (35.04)	
				2200m	3:17.43 (35.07)	
				2600m	3:52.19 (34.76)	
				3000m	4:26.84 (34.65)	
				3400m	5:01.52 (34.68)	
				3800m	5:36.79 (35.27)	
				4200m	6:12.37 (35.58)	
				4600m	6:48.51 (36.14)	
				5000m	7:25.36 (36.85)	



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19. Uitslag 10000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	89 Niels Meijer	HB2	111	I	15:03.35		
	135 Beau Snellink	HA2	111	O	DNF		

19. Rituitslag 10000m Single Distance - O

		Naam	Cat	PR	Tijd	Info
111	wt	89 Niels Meijer	HB2		15:03.35	
	rd	135 Beau Snellink	HA2	14:29.90	DNF	
		Niels Meijer				Beau Snellink
		400m 39.03 (39.03)			400m 36.18 (36.18)	
		800m 1:14.41 (35.38)			800m 1:07.59 (31.41)	
		1200m 1:49.87 (35.46)			1200m 1:39.39 (31.80)	
		1600m 2:24.96 (35.09)			1600m 2:11.58 (32.19)	
		2000m 3:00.31 (35.35)			2000m 2:43.84 (32.26)	
		2400m 3:36.03 (35.72)			2400m 3:16.23 (32.39)	
		2800m 4:11.84 (35.81)			2800m 3:48.85 (32.62)	
		3200m 4:47.51 (35.67)			3200m 4:21.47 (32.62)	
		3600m 5:23.38 (35.87)			3600m 4:54.19 (32.72)	
		4000m 5:59.46 (36.08)			4000m 5:27.05 (32.86)	
		4400m 6:35.07 (35.61)			4400m 5:59.88 (32.83)	
		4800m 7:10.68 (35.61)			4800m 6:32.98 (33.10)	
		5200m 7:46.75 (36.07)				
		5600m 8:22.90 (36.15)				
		6000m 8:59.16 (36.26)				
		6400m 9:35.43 (36.27)				
		6800m 10:12.22 (36.79)				
		7200m 10:48.83 (36.61)				
		7600m 11:25.30 (36.47)				
		8000m 12:02.13 (36.83)				
		8400m 12:38.74 (36.61)				
		8800m 13:15.37 (36.63)				
		9200m 13:51.82 (36.45)				
		9600m 14:27.79 (35.97)				
		10000m 15:03.35 (35.56)				



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20. Uitslag 10000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	74 Rick van Hemert	HSB	115	O	14:17.40	PR	
2	72 Kees Hooft	H45	114	I	14:52.18		
3	30 Arjan Bakker	H60	115	I	14:54.41		
4	28 Ard Neven	H45	114	O	15:39.50		
5	100 Gerdien Meijer	D55	112	I	17:34.02		
6	62 Heine Deelstra	H60	113	I	18:17.67	PR	



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20. Rituitslag 10000m Single Distance

	Naam	Cat	PR	Tijd	Info
112	wt rd	100	Gerdien Meijer	D55	17:34.02
	Gerdien Meijer				
	400m	43.00	(43.00)		m
	800m	1:22.48	(39.48)		
	1200m	2:02.58	(40.10)		
	1600m	2:42.81	(40.23)		
	2000m	3:23.19	(40.38)		
	2400m	4:03.80	(40.61)		
	2800m	4:44.78	(40.98)		
	3200m	5:25.57	(40.79)		
	3600m	6:06.83	(41.26)		
	4000m	6:48.91	(42.08)		
	4400m	7:31.11	(42.20)		
	4800m	8:13.45	(42.34)		
	5200m	8:55.64	(42.19)		
	5600m	9:38.27	(42.63)		
	6000m	10:21.01	(42.74)		
	6400m	11:04.28	(43.27)		
	6800m	11:47.13	(42.85)		
	7200m	12:29.90	(42.77)		
	7600m	13:12.89	(42.99)		
	8000m	13:56.36	(43.47)		
	8400m	14:39.87	(43.51)		
	8800m	15:24.30	(44.43)		
	9200m	16:08.22	(43.92)		
	9600m	16:51.46	(43.24)		
	10000m	17:34.02	(42.56)		



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		Naam	Cat	PR	Tijd Info
113	gl bl	62 Heine Deelstra	H60	20:04.66	18:17.67 PR

Heine Deelstra

Distance	Time	Record	Category
400m	47.23	(47.23)	m
800m	1:29.20	(41.97)	
1200m	2:12.09	(42.89)	
1600m	2:55.18	(43.09)	
2000m	3:38.60	(43.42)	
2400m	4:22.61	(44.01)	
2800m	5:06.47	(43.86)	
3200m	5:50.57	(44.10)	
3600m	6:35.44	(44.87)	
4000m	7:19.91	(44.47)	
4400m	8:03.49	(43.58)	
4800m	8:47.41	(43.92)	
5200m	9:31.49	(44.08)	
5600m	10:15.30	(43.81)	
6000m	10:59.60	(44.30)	
6400m	11:44.33	(44.73)	
6800m	12:27.80	(43.47)	
7200m	13:12.03	(44.23)	
7600m	13:56.31	(44.28)	
8000m	14:40.74	(44.43)	
8400m	15:24.34	(43.60)	
8800m	16:07.86	(43.52)	
9200m	16:51.75	(43.89)	
9600m	17:35.72	(43.97)	
10000m	18:17.67	(41.95)	



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		Naam	Cat	PR	Tijd	Info
114	wt	72 Kees Hooft	H45	14:30.70	14:52.18	
	rd	28 Ard Neven	H45	15:09.76	15:39.50	
		Kees Hooft		Ard Neven		
		400m	41.16 (41.16)	400m	41.22 (41.22)	
		800m	1:16.81 (35.65)	800m	1:17.93 (36.71)	
		1200m	1:53.40 (36.59)	1200m	1:54.72 (36.79)	
		1600m	2:28.98 (35.58)	1600m	2:31.49 (36.77)	
		2000m	3:04.36 (35.38)	2000m	3:08.36 (36.87)	
		2400m	3:39.73 (35.37)	2400m	3:45.59 (37.23)	
		2800m	4:15.06 (35.33)	2800m	4:22.03 (36.44)	
		3200m	4:50.67 (35.61)	3200m	4:58.30 (36.27)	
		3600m	5:25.83 (35.16)	3600m	5:34.81 (36.51)	
		4000m	6:01.21 (35.38)	4000m	6:11.88 (37.07)	
		4400m	6:36.91 (35.70)	4400m	6:49.17 (37.29)	
		4800m	7:12.48 (35.57)	4800m	7:27.37 (38.20)	
		5200m	7:47.87 (35.39)	5200m	8:05.48 (38.11)	
		5600m	8:22.80 (34.93)	5600m	8:43.61 (38.13)	
		6000m	8:57.57 (34.77)	6000m	9:21.70 (38.09)	
		6400m	9:32.53 (34.96)	6400m	9:59.90 (38.20)	
		6800m	10:07.69 (35.16)	6800m	10:37.82 (37.92)	
		7200m	10:42.73 (35.04)	7200m	11:15.79 (37.97)	
		7600m	11:17.75 (35.02)	7600m	11:53.73 (37.94)	
		8000m	11:53.09 (35.34)	8000m	12:31.16 (37.43)	
		8400m	12:28.38 (35.29)	8400m	13:08.73 (37.57)	
		8800m	13:03.95 (35.57)	8800m	13:46.17 (37.44)	
		9200m	13:39.88 (35.93)	9200m	14:23.81 (37.64)	
		9600m	14:15.77 (35.89)	9600m	15:01.62 (37.81)	
		10000m	14:52.18 (36.41)	10000m	15:39.50 (37.88)	



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		Naam		Cat		PR		Tijd	Info
115	gl	30	Arjan Bakker		H60		14:34.43	14:54.41	
	bl	74	Rick van Hemert		HSB		14:37.32	14:17.40	PR
		Arjan Bakker				Rick van Hemert			
		400m	38.91	(38.91)		400m	37.66	(37.66)	
		800m	1:12.67	(33.76)		800m	1:11.34	(33.68)	
		1200m	1:47.04	(34.37)		1200m	1:45.36	(34.02)	
		1600m	2:21.58	(34.54)		1600m	2:19.36	(34.00)	
		2000m	2:56.07	(34.49)		2000m	2:53.13	(33.77)	
		2400m	3:30.82	(34.75)		2400m	3:26.67	(33.54)	
		2800m	4:05.42	(34.60)		2800m	4:00.43	(33.76)	
		3200m	4:40.17	(34.75)		3200m	4:34.08	(33.65)	
		3600m	5:15.14	(34.97)		3600m	5:07.92	(33.84)	
		4000m	5:50.51	(35.37)		4000m	5:41.83	(33.91)	
		4400m	6:25.84	(35.33)		4400m	6:15.75	(33.92)	
		4800m	7:01.32	(35.48)		4800m	6:49.71	(33.96)	
		5200m	7:36.64	(35.32)		5200m	7:24.07	(34.36)	
		5600m	8:12.37	(35.73)		5600m	7:58.66	(34.59)	
		6000m	8:48.39	(36.02)		6000m	8:33.29	(34.63)	
		6400m	9:24.24	(35.85)		6400m	9:08.00	(34.71)	
		6800m	10:00.09	(35.85)		6800m	9:42.81	(34.81)	
		7200m	10:35.99	(35.90)		7200m	10:17.44	(34.63)	
		7600m	11:12.16	(36.17)		7600m	10:52.18	(34.74)	
		8000m	11:48.88	(36.72)		8000m	11:26.85	(34.67)	
		8400m	12:25.77	(36.89)		8400m	12:01.30	(34.45)	
		8800m	13:02.58	(36.81)		8800m	12:35.69	(34.39)	
		9200m	13:39.51	(36.93)		9200m	13:09.95	(34.26)	
		9600m	14:17.30	(37.79)		9600m	13:44.05	(34.10)	
		10000m	14:54.41	(37.11)		10000m	14:17.40	(33.35)	

21. Uitslag 1500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	111 Ole Bjørnsmoen Næss	HSA	10	I	1:51.66		
2	137 Matthias Nägeli	HSB	9	I	1:59.70		
3	127 Peter Langeland	HSB	9	O	1:59.83	PR	
4	54 Frank Erik Tindvik	HSB	10	O	2:01.06		
5	117 Robert Mitchell	H45	8	I	2:03.80	PR	
6	126 Stephan Haueisen	H50	7	I	2:13.96		
7	118 Jim Verdurmen	H55	6	I	2:14.47		
8	4 Jann van Benthem	H60	8	O	2:16.07		
9	15 Sietse van der Werff	H60	7	O	2:17.49		
10	53 Olivier Chailloux	H45	6	O	2:17.67	PR	
11	36 Imme Kampen	DSB	2	O	2:17.97		
12	8 Sandra van Bijlert-Burgerhout	D40	2	I	2:19.61		
13	32 Marco Roos	H55	5	I	2:21.63		
14	82 Luke Veurink	HSB	4	O	2:29.15		
15	114 Walter Mariën	H50	5	O	2:29.70	PR	
16	113 Evy September	DSB	1	I	2:33.57	PR	
17	11 Ad Kemp	H65	3	O	2:39.91		
18	125 David Butteriss	H75	3	I	2:41.63	PR	
	20 Kevin van Cleef	HSB	4	I	DNF		

21. Rituitslag 1500m Allround Normal

		Naam	Cat	PR	Tijd Info
1	wt rd	113 Evy September	DSB	2:44.52	2:33.57 PR

Evy September

300m	33.24	(33.24)	m
700m	1:11.41	(38.17)	
1100m	1:51.50	(40.09)	
1500m	2:33.57	(42.07)	

		Naam	Cat	PR	Tijd Info
2	gl	8 Sandra van Bijlert-Burgerhout	D40	2:19.48	2:19.61
	bl	36 Imme Kampen	DSB	2:13.55	2:17.97

Sandra van Bijlert-Burgerhout

300m	30.15	(30.15)
700m	1:04.26	(34.11)
1100m	1:41.05	(36.79)
1500m	2:19.61	(38.56)

Imme Kampen

300m	30.12	(30.12)
700m	1:04.34	(34.22)
1100m	1:40.31	(35.97)
1500m	2:17.97	(37.66)

		Naam	Cat	PR	Tijd Info
3	wt	125 David Butteriss	H75	2:42.64	2:41.63 PR
	rd	11 Ad Kemp	H65	2:23.60	2:39.91

David Butteriss

300m	35.50	(35.50)
700m	1:15.96	(40.46)
1100m	1:58.30	(42.34)
1500m	2:41.63	(43.33)

Ad Kemp

300m	35.90	(35.90)
700m	1:16.26	(40.36)
1100m	1:58.44	(42.18)
1500m	2:39.91	(41.47)

		Naam	Cat	PR	Tijd Info
4	gl	20 Kevin van Cleef	HSB	2:30.34	DNF
	bl	82 Luke Veurink	HSB		2:29.15

Kevin van Cleef

300m	34.36	(34.36)
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Luke Veurink

300m	32.56	(32.56)
700m	1:09.76	(37.20)
1100m	1:49.59	(39.83)
1500m	2:29.15	(39.56)

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		Naam	Cat	PR	Tijd	Info
5	wt	32 Marco Roos	H55	2:09.92	2:21.63	
	rd	114 Walter Mariën	H50	2:30.85	2:29.70	PR
		Marco Roos			Walter Mariën	
		300m 30.22 (30.22)			300m 32.45 (32.45)	
		700m 1:05.51 (35.29)			700m 1:09.08 (36.63)	
		1100m 1:42.99 (37.48)			1100m 1:48.65 (39.57)	
		1500m 2:21.63 (38.64)			1500m 2:29.70 (41.05)	
		Naam	Cat	PR	Tijd	Info
6	gl	118 Jim Verdurmen	H55	2:06.03	2:14.47	
	bl	53 Olivier Chailloux	H45	2:21.15	2:17.67	PR
		Jim Verdurmen			Olivier Chailloux	
		300m 30.74 (30.74)			300m 28.43 (28.43)	
		700m 1:04.72 (33.98)			700m 1:02.30 (33.87)	
		1100m 1:38.91 (34.19)			1100m 1:38.91 (36.61)	
		1500m 2:14.47 (35.56)			1500m 2:17.67 (38.76)	
		Naam	Cat	PR	Tijd	Info
7	wt	126 Stephan Haueisen	H50	2:05.06	2:13.96	
	rd	15 Sietse van der Werff	H60	2:08.21	2:17.49	
		Stephan Haueisen			Sietse van der Werff	
		300m 31.13 (31.13)			300m 30.35 (30.35)	
		700m 1:04.46 (33.33)			700m 1:04.52 (34.17)	
		1100m 1:38.49 (34.03)			1100m 1:40.32 (35.80)	
		1500m 2:13.96 (35.47)			1500m 2:17.49 (37.17)	
		Naam	Cat	PR	Tijd	Info
8	gl	117 Robert Mitchell	H45	2:06.46	2:03.80	PR
	bl	4 Jann van Benthem	H60	2:08.98	2:16.07	
		Robert Mitchell			Jann van Benthem	
		300m 27.49 (27.49)			300m 31.06 (31.06)	
		700m 57.77 (30.28)			700m 1:04.77 (33.71)	
		1100m 1:29.88 (32.11)			1100m 1:39.76 (34.99)	
		1500m 2:03.80 (33.92)			1500m 2:16.07 (36.31)	

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		Naam	Cat	PR	Tijd	Info
9	wt	137 Matthias Nägeli	HSB	1:57.43	1:59.70	
	rd	127 Peter Langeland	HSB	2:00.27	1:59.83	PR

Matthias Nägeli

300m	26.14	(26.14)
700m	55.89	(29.75)
1100m	1:27.04	(31.15)
1500m	1:59.70	(32.66)

Peter Langeland

300m	26.56	(26.56)
700m	56.41	(29.85)
1100m	1:27.77	(31.36)
1500m	1:59.83	(32.06)

		Naam	Cat	PR	Tijd	Info
10	gl	111 Ole Bjørnsmoen Næss	HSA	1:49.76	1:51.66	
	bl	54 Frank Erik Tindvik	HSB	1:59.58	2:01.06	

Ole Bjørnsmoen Næss

300m	26.00	(26.00)
700m	53.99	(27.99)
1100m	1:22.56	(28.57)
1500m	1:51.66	(29.10)

Frank Erik Tindvik

300m	27.19	(27.19)
700m	57.34	(30.15)
1100m	1:28.69	(31.35)
1500m	2:01.06	(32.37)



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22. Uitslag 1500m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	66 Rick de Ruijgt	HA1	12	I	1:54.76	PR	
2	59 Casper van der Woude	HN1	12	O	1:55.40		
3	46 Arjen van Damme	HB2	11	I	1:57.02	PR	
4	89 Niels Meijer	HB2	11	O	2:01.33		

22. Rituitslag 1500m Allround Normal - O

		Naam		Cat		PR	Tijd	Info
11	wt	46	Arjen van Damme		HB2	1:59.68	1:57.02	PR
	rd	89	Niels Meijer		HB2	1:59.34	2:01.33	

Arjen van Damme

300m	26.79	(26.79)
700m	55.88	(29.09)
1100m	1:26.05	(30.17)
1500m	1:57.02	(30.97)

Niels Meijer

300m	27.14	(27.14)
700m	57.35	(30.21)
1100m	1:28.76	(31.41)
1500m	2:01.33	(32.57)

		Naam		Cat		PR	Tijd	Info
12	gl	66	Rick de Ruijt		HA1	1:56.02	1:54.76	PR
	bl	59	Casper van der Woude		HN1	1:54.35	1:55.40	

Rick de Ruijt

300m	26.04	(26.04)
700m	54.57	(28.53)
1100m	1:24.10	(29.53)
1500m	1:54.76	(30.66)

Casper van der Woude

300m	25.74	(25.74)
700m	53.92	(28.18)
1100m	1:23.94	(30.02)
1500m	1:55.40	(31.46)

23. Uitslag 1500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	101 Otto van de Pol	HSB	26	I	1:54.04		
2	69 André Los	HSA	26	O	1:54.07		
3	136 Martin Hänggi	H50	25	I	1:57.42		
4	68 Mark Ooijevaar	HSB	25	O	1:57.79		
5	73 Cornel van Zaal	HSA	15	I	2:01.08		
6	50 Morten Kjellemyr Eilertsen	H50	24	I	2:05.75		
7	80 Olaf Kotva	H50	24	O	2:06.45		
8	129 Peter Van der Vorst	H45	22	I	2:07.42		
9	86 Frans Verhoeve	H50	23	I	2:07.43		
10	16 Eddy van Dijk	H50	21	I	2:09.77		
11	21 John van der Vlugt	H60	23	O	2:09.88		
12	18 Erol Aksoy	H45	21	O	2:11.33	PR	
13	31 Seppe Lybaert	HSB	22	O	2:12.81		
14	35 Eva Riemersma-van Rheenen	DSB	14	I	2:14.34		
15	14 Adriaan Provoost	H60	20	I	2:17.19		
16	77 Kees Voorhoeve	H60	19	I	2:20.75		
17	3 Kees Verdouw	H75	19	O	2:21.51	WR	
18	9 Martijn Kos	H50	20	O	2:21.90		
19	49 Magnar Langvik	H70	18	I	2:33.44		
20	1 Tialda Gerritsma	D50	14	O	2:34.26		
21	76 Wim Zwanenburg	H60	18	O	2:36.31		
22	81 Trine Landsem	D50	13	O	2:41.61	PR	
23	51 Anja Neumann	D45	13	I	2:44.47		
24	29 Thierry Huberland	H55	17	I	2:50.02	PR	
25	48 Arne Kjell Foldvik	H85	17	O	3:03.82		

23. Rituitslag 1500m Allround Big

		Naam	Cat	PR	Tijd	Info
13	wt	51 Anja Neumann	D45	2:31.31	2:44.47	
	rd	81 Trine Landsem	D50	2:44.17	2:41.61	PR

Anja Neumann

300m	35.35	(35.35)
700m	1:17.31	(41.96)
1100m	2:01.23	(43.92)
1500m	2:44.47	(43.24)

Trine Landsem

300m	36.17	(36.17)
700m	1:16.95	(40.78)
1100m	1:58.81	(41.86)
1500m	2:41.61	(42.80)

		Naam	Cat	PR	Tijd	Info
14	gl	35 Eva Riemersma-van Rheenen	DSB	2:12.95	2:14.34	
	bl	1 Tialda Gerritsma	D50	2:25.51	2:34.26	

Eva Riemersma-van Rheenen

300m	29.78	(29.78)
700m	1:03.42	(33.64)
1100m	1:38.94	(35.52)
1500m	2:14.34	(35.40)

Tialda Gerritsma

300m	34.44	(34.44)
700m	1:12.95	(38.51)
1100m	1:53.08	(40.13)
1500m	2:34.26	(41.18)

		Naam	Cat	PR	Tijd	Info
15	wt	73 Cornel van Zaal	HSA	2:00.46	2:01.08	
	rd					

Cornel van Zaal

300m	26.32	(26.32)
700m	56.48	(30.16)
1100m	1:27.77	(31.29)
1500m	2:01.08	(33.31)

m

		Naam	Cat	PR	Tijd	Info
16	gl					
	bl					

m

m

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		Naam	Cat		PR	Tijd	Info
17	wt	29 Thierry Huberland	H55		2:50.53	2:50.02	PR
	rd	48 Arne Kjell Foldvik	H85		2:22.31	3:03.82	
		Thierry Huberland			Arne Kjell Foldvik		
		300m	38.34	(38.34)	300m	39.21	(39.21)
		700m	1:21.82	(43.48)	700m	1:25.57	(46.36)
		1100m	2:06.38	(44.56)	1100m	2:15.30	(49.73)
		1500m	2:50.02	(43.64)	1500m	3:03.82	(48.52)
		Naam	Cat		PR	Tijd	Info
18	gl	49 Magnar Langvik	H70		2:23.63	2:33.44	
	bl	76 Wim Zwanenburg	H60		2:18.23	2:36.31	
		Magnar Langvik			Wim Zwanenburg		
		300m	32.63	(32.63)	300m	34.47	(34.47)
		700m	1:10.30	(37.67)	700m	1:14.04	(39.57)
		1100m	1:50.83	(40.53)	1100m	1:54.51	(40.47)
		1500m	2:33.44	(42.61)	1500m	2:36.31	(41.80)
		Naam	Cat		PR	Tijd	Info
19	wt	77 Kees Voorhoeve	H60		2:19.73	2:20.75	
	rd	3 Kees Verdouw	H75		2:04.95	2:21.51	WR
		Kees Voorhoeve			Kees Verdouw		
		300m	31.12	(31.12)	300m	31.59	(31.59)
		700m	1:06.19	(35.07)	700m	1:06.45	(34.86)
		1100m	1:42.76	(36.57)	1100m	1:43.00	(36.55)
		1500m	2:20.75	(37.99)	1500m	2:21.51	(38.51)
		Naam	Cat		PR	Tijd	Info
20	gl	14 Adriaan Provoost	H60		2:05.91	2:17.19	
	bl	9 Martijn Kos	H50		2:15.16	2:21.90	
		Adriaan Provoost			Martijn Kos		
		300m	30.10	(30.10)	300m	30.56	(30.56)
		700m	1:04.37	(34.27)	700m	1:06.31	(35.75)
		1100m	1:40.07	(35.70)	1100m	1:43.68	(37.37)
		1500m	2:17.19	(37.12)	1500m	2:21.90	(38.22)

		Naam	Cat		PR	Tijd	Info
21	wt	16 Eddy van Dijk	H50		2:04.94	2:09.77	
	rd	18 Erol Aksoy	H45		2:11.44	2:11.33	PR
		Eddy van Dijk			Erol Aksoy		
		300m	28.61	(28.61)	300m	28.34	(28.34)
		700m	1:00.26	(31.65)	700m	1:00.14	(31.80)
		1100m	1:33.72	(33.46)	1100m	1:35.06	(34.92)
		1500m	2:09.77	(36.05)	1500m	2:11.33	(36.27)
		Naam	Cat		PR	Tijd	Info
22	gl	129 Peter Van der Vorst	H45		2:05.73	2:07.42	
	bl	31 Seppe Lybaert	HSB		2:11.07	2:12.81	
		Peter Van der Vorst			Seppe Lybaert		
		300m	27.40	(27.40)	300m	29.07	(29.07)
		700m	58.65	(31.25)	700m	1:02.19	(33.12)
		1100m	1:31.72	(33.07)	1100m	1:36.82	(34.63)
		1500m	2:07.42	(35.70)	1500m	2:12.81	(35.99)
		Naam	Cat		PR	Tijd	Info
23	wt	86 Frans Verhoeve	H50		1:59.82	2:07.43	
	rd	21 John van der Vlugt	H60		2:00.94	2:09.88	
		Frans Verhoeve			John van der Vlugt		
		300m	27.35	(27.35)	300m	29.32	(29.32)
		700m	58.74	(31.39)	700m	1:02.17	(32.85)
		1100m	1:32.48	(33.74)	1100m	1:36.15	(33.98)
		1500m	2:07.43	(34.95)	1500m	2:09.88	(33.73)
		Naam	Cat		PR	Tijd	Info
24	gl	50 Morten Kjellemyr Eilertsen	H50		2:05.20	2:05.75	
	bl	80 Olaf Kotva	H50		1:54.35	2:06.45	
		Morten Kjellemyr Eilertsen			Olaf Kotva		
		300m	28.18	(28.18)	300m	28.64	(28.64)
		700m	59.89	(31.71)	700m	1:00.47	(31.83)
		1100m	1:32.41	(32.52)	1100m	1:33.29	(32.82)
		1500m	2:05.75	(33.34)	1500m	2:06.45	(33.16)

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		Naam			Cat	PR	Tijd	Info
25	wt	136	Martin Hänggi		H50	1:52.16	1:57.42	
	rd	68	Mark Ooijevaar		HSB	1:50.34	1:57.79	
		Martin Hänggi			Mark Ooijevaar			
		300m	26.42	(26.42)	300m	27.78	(27.78)	
		700m	55.72	(29.30)	700m	57.30	(29.52)	
		1100m	1:25.94	(30.22)	1100m	1:27.41	(30.11)	
		1500m	1:57.42	(31.48)	1500m	1:57.79	(30.38)	
		Naam			Cat	PR	Tijd	Info
26	gl	101	Otto van de Pol		HSB	1:50.24	1:54.04	
	bl	69	André Los		HSA	1:53.46	1:54.07	
		Otto van de Pol			André Los			
		300m	26.22	(26.22)	300m	26.15	(26.15)	
		700m	54.63	(28.41)	700m	54.59	(28.44)	
		1100m	1:23.88	(29.25)	1100m	1:23.92	(29.33)	
		1500m	1:54.04	(30.16)	1500m	1:54.07	(30.15)	



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24. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	94 Manuel Leito	HSB	30	I	39.14		
2	57 Andrej Neverov	H40	30	O	41.93	PR	
3	67 Marloes Westerhof	DSB	28	O	44.11		
4	42 Kees Bollaart	H55	29	I	46.89		
5	134 Anja Bollaart	D50	28	I	47.32		
6	133 Astrid Janssen	D55	27	O	48.33		
7	105 Karin Terhürne	D50	27	I	48.93		

24. Rituitslag 500m Sprint

		Naam		Cat		PR	Tijd	Info
27	wt	105	Karin Terhürne		D50	46.45	48.93	
	rd	133	Astrid Janssen		D55	46.77	48.33	
				Karin Terhürne	Astrid Janssen			
				100m	13.26	(13.26)	100m	13.12 (13.12)
				500m	48.93	(35.67)	500m	48.33 (35.21)

		Naam		Cat		PR	Tijd	Info
28	gl	134	Anja Bollaart		D50	41.55	47.32	
	bl	67	Marloes Westerhof		DSB	41.98	44.11	
				Anja Bollaart	Marloes Westerhof			
				100m	13.09	(13.09)	100m	12.02 (12.02)
				500m	47.32	(34.23)	500m	44.11 (32.09)

		Naam		Cat		PR	Tijd	Info
29	wt	42	Kees Bollaart		H55	43.55	46.89	
	rd							
				Kees Bollaart				
				100m	12.92	(12.92)	m	
				500m	46.89	(33.97)		

		Naam		Cat		PR	Tijd	Info
30	gl	94	Manuel Leito		HSB	38.44	39.14	
	bl	57	Andrej Neverov		H40	42.34	41.93	PR
				Manuel Leito	Andrej Neverov			
				100m	10.85	(10.85)	100m	11.54 (11.54)
				500m	39.14	(28.29)	500m	41.93 (30.39)



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25. Uitslag 500m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	120 Hidde Bart	HN2	32	O	39.77		
2	122 Isabelle Hersbach	DA2	32	I	42.07	PR	
3	121 Milou Zuiderwijk	DA2	31	O	44.27	PR	
4	123 Marcella van de Weem	DB2	31	I	48.59	PR	

25. Rituitslag 500m Sprint - O

		Naam		Cat		PR	Tijd	Info
31	wt	123	Marcella van de Weem		DB2	48.77	48.59	PR
	rd	121	Milou Zuijderwijk		DA2	44.70	44.27	PR
		Marcella van de Weem			Milou Zuijderwijk			
		100m	13.01	(13.01)	100m	11.86	(11.86)	
		500m	48.59	(35.58)	500m	44.27	(32.41)	
		Isabelle Hersbach			Hidde Bart			
32	gl	122	Isabelle Hersbach		DA2	42.63	42.07	PR
	bl	120	Hidde Bart		HN2	39.50	39.77	
		100m	11.67	(11.67)	100m	10.98	(10.98)	
		500m	42.07	(30.40)	500m	39.77	(28.79)	



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26. Uitslag 5000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	111 Ole Bjørnsmoen Næss	HSA	42	I	6:31.51		
2	54 Frank Erik Tindvik	HSB	42	O	7:12.43	PR	
3	127 Peter Langeland	HSB	41	I	7:24.40	PR	
4	117 Robert Mitchell	H45	40	I	7:37.75	PR	
5	137 Matthias Nägeli	HSB	41	O	7:38.10		
6	4 Jann van Benthem	H60	40	O	7:54.79		
7	126 Stephan Haeisen	H50	39	I	7:58.38		
8	118 Jim Verdurmen	H55	39	O	8:01.56		
9	15 Sietse van der Werff	H60	38	I	8:09.25		
10	32 Marco Roos	H55	38	O	8:24.71		
11	36 Imme Kampen	DSB	34	I	8:30.51		
12	8 Sandra van Bijlert-Burgerhout	D40	34	O	8:33.76		
13	20 Kevin van Cleef	HSB	36	I	9:16.57	PR	
14	11 Ad Kemp	H65	36	O	9:23.99		
15	114 Walter Mariën	H50	37	O	9:25.96	PR	
16	113 Evy September	DSB	33	I	9:45.25		
17	53 Olivier Chailloux	H45	37	I	9:53.12		
18	125 David Butteriss	H75	35	I	10:15.07		
19	82 Luke Veurink	HSB	35	O	10:32.19	PR	

26. Rituitslag 5000m Allround Normal

	Naam	Cat	PR	Tijd	Info
33	wt rd	113 Evy September	DSB		9:45.25
Evy September					
	200m	26.87 (26.87)		m	
	600m	1:12.15 (45.28)			
	1000m	1:58.29 (46.14)			
	1400m	2:44.13 (45.84)			
	1800m	3:29.76 (45.63)			
	2200m	4:15.46 (45.70)			
	2600m	5:01.81 (46.35)			
	3000m	5:47.76 (45.95)			
	3400m	6:34.73 (46.97)			
	3800m	7:22.12 (47.39)			
	4200m	8:09.95 (47.83)			
	4600m	8:58.38 (48.43)			
	5000m	9:45.25 (46.87)			

	Naam	Cat	PR	Tijd	Info
34	gl	36 Imme Kampen	DSB	7:55.54	8:30.51
	bl	8 Sandra van Bijlert-Burgerhout	D40	8:25.95	8:33.76
Imme Kampen			Sandra van Bijlert-Burgerhout		
	200m	24.11 (24.11)	200m	24.70 (24.70)	
	600m	1:03.71 (39.60)	600m	1:03.29 (38.59)	
	1000m	1:43.54 (39.83)	1000m	1:43.95 (40.66)	
	1400m	2:23.53 (39.99)	1400m	2:24.11 (40.16)	
	1800m	3:03.16 (39.63)	1800m	3:04.20 (40.09)	
	2200m	3:43.68 (40.52)	2200m	3:44.61 (40.41)	
	2600m	4:23.96 (40.28)	2600m	4:25.13 (40.52)	
	3000m	5:04.93 (40.97)	3000m	5:05.91 (40.78)	
	3400m	5:45.52 (40.59)	3400m	5:47.12 (41.21)	
	3800m	6:26.57 (41.05)	3800m	6:28.43 (41.31)	
	4200m	7:07.77 (41.20)	4200m	7:10.44 (42.01)	
	4600m	7:48.85 (41.08)	4600m	7:52.21 (41.77)	
	5000m	8:30.51 (41.66)	5000m	8:33.76 (41.55)	

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		Naam			Cat	PR	Tijd	Info
35	wt	125	David Butteriss		H75		10:15.07	
	rd	82	Luke Veurink		HSB	12:05.83	10:32.19	PR
		David Butteriss			Luke Veurink			
		200m	27.86	(27.86)	200m	27.20	(27.20)	
		600m	1:13.47	(45.61)	600m	1:10.41	(43.21)	
		1000m	2:00.86	(47.39)	1000m	1:56.80	(46.39)	
		1400m	2:48.67	(47.81)	1400m	2:44.61	(47.81)	
		1800m	3:37.05	(48.38)	1800m	3:32.34	(47.73)	
		2200m	4:25.82	(48.77)	2200m	4:22.68	(50.34)	
		2600m	5:14.36	(48.54)	2600m	5:14.91	(52.23)	
		3000m	6:03.99	(49.63)	3000m	6:09.49	(54.58)	
		3400m	6:54.16	(50.17)	3400m	7:01.60	(52.11)	
		3800m	7:44.09	(49.93)	3800m	7:56.11	(54.51)	
		4200m	8:34.33	(50.24)	4200m	8:50.50	(54.39)	
		4600m	9:24.98	(50.65)	4600m	9:44.74	(54.24)	
		5000m	10:15.07	(50.09)	5000m	10:32.19	(47.45)	

		Naam			Cat	PR	Tijd	Info
36	gl	20	Kevin van Cleef		HSB	9:20.31	9:16.57	PR
	bl	11	Ad Kemp		H65		9:23.99	
		Kevin van Cleef			Ad Kemp			
		200m	27.21	(27.21)	200m	28.68	(28.68)	
		600m	1:09.85	(42.64)	600m	1:13.74	(45.06)	
		1000m	1:52.39	(42.54)	1000m	1:57.80	(44.06)	
		1400m	2:35.13	(42.74)	1400m	2:42.25	(44.45)	
		1800m	3:17.73	(42.60)	1800m	3:27.22	(44.97)	
		2200m	3:59.74	(42.01)	2200m	4:12.00	(44.78)	
		2600m	4:42.51	(42.77)	2600m	4:56.84	(44.84)	
		3000m	5:25.69	(43.18)	3000m	5:41.43	(44.59)	
		3400m	6:09.32	(43.63)	3400m	6:25.43	(44.00)	
		3800m	6:54.31	(44.99)	3800m	7:09.66	(44.23)	
		4200m	7:40.95	(46.64)	4200m	7:54.34	(44.68)	
		4600m	8:28.70	(47.75)	4600m	8:39.68	(45.34)	
		5000m	9:16.57	(47.87)	5000m	9:23.99	(44.31)	

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		Naam	Cat	PR	Tijd	Info
37	wt	53 Olivier Chailoux	H45		9:53.12	
	rd	114 Walter Mariën	H50	9:46.00	9:25.96	PR
		Olivier Chailoux			Walter Mariën	
		200m	24.22 (24.22)	200m	27.23 (27.23)	
		600m	1:08.24 (44.02)	600m	1:11.40 (44.17)	
		1000m	1:54.61 (46.37)	1000m	1:56.44 (45.04)	
		1400m	2:42.13 (47.52)	1400m	2:42.17 (45.73)	
		1800m	3:27.51 (45.38)	1800m	3:26.85 (44.68)	
		2200m	4:14.46 (46.95)	2200m	4:11.78 (44.93)	
		2600m	5:03.66 (49.20)	2600m	4:57.37 (45.59)	
		3000m	5:52.79 (49.13)	3000m	5:43.14 (45.77)	
		3400m	6:41.99 (49.20)	3400m	6:28.16 (45.02)	
		3800m	7:30.86 (48.87)	3800m	7:13.19 (45.03)	
		4200m	8:19.40 (48.54)	4200m	7:57.46 (44.27)	
		4600m	9:07.28 (47.88)	4600m	8:42.17 (44.71)	
		5000m	9:53.12 (45.84)	5000m	9:25.96 (43.79)	

		Naam	Cat	PR	Tijd	Info
38	gl	15 Sietse van der Werff	H60	7:24.88	8:09.25	
	bl	32 Marco Roos	H55	7:58.68	8:24.71	
		Sietse van der Werff			Marco Roos	
		200m	24.10 (24.10)	200m	23.67 (23.67)	
		600m	1:01.29 (37.19)	600m	1:01.52 (37.85)	
		1000m	1:38.82 (37.53)	1000m	1:40.28 (38.76)	
		1400m	2:17.18 (38.36)	1400m	2:19.68 (39.40)	
		1800m	2:55.99 (38.81)	1800m	2:59.54 (39.86)	
		2200m	3:34.99 (39.00)	2200m	3:39.90 (40.36)	
		2600m	4:14.11 (39.12)	2600m	4:20.13 (40.23)	
		3000m	4:53.21 (39.10)	3000m	5:00.78 (40.65)	
		3400m	5:32.24 (39.03)	3400m	5:41.57 (40.79)	
		3800m	6:11.41 (39.17)	3800m	6:22.40 (40.83)	
		4200m	6:50.44 (39.03)	4200m	7:02.91 (40.51)	
		4600m	7:29.62 (39.18)	4600m	7:44.12 (41.21)	
		5000m	8:09.25 (39.63)	5000m	8:24.71 (40.59)	

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		Naam	Cat	PR	Tijd	Info
39	wt	126 Stephan Hauaisen	H50	7:27.39	7:58.38	
	rd	118 Jim Verdurmen	H55	7:21.08	8:01.56	
		Stephan Hauaisen			Jim Verdurmen	
		200m	23.64 (23.64)	200m	24.44 (24.44)	
		600m	1:00.62 (36.98)	600m	1:01.81 (37.37)	
		1000m	1:37.67 (37.05)	1000m	1:38.70 (36.89)	
		1400m	2:15.50 (37.83)	1400m	2:16.13 (37.43)	
		1800m	2:53.03 (37.53)	1800m	2:54.07 (37.94)	
		2200m	3:31.19 (38.16)	2200m	3:31.74 (37.67)	
		2600m	4:08.87 (37.68)	2600m	4:09.82 (38.08)	
		3000m	4:47.44 (38.57)	3000m	4:47.95 (38.13)	
		3400m	5:25.41 (37.97)	3400m	5:26.35 (38.40)	
		3800m	6:04.23 (38.82)	3800m	6:04.70 (38.35)	
		4200m	6:42.17 (37.94)	4200m	6:43.43 (38.73)	
		4600m	7:20.63 (38.46)	4600m	7:22.45 (39.02)	
		5000m	7:58.38 (37.75)	5000m	8:01.56 (39.11)	

		Naam	Cat	PR	Tijd	Info
40	gl	117 Robert Mitchell	H45	7:41.67	7:37.75	PR
	bl	4 Jann van Benthem	H60	7:45.00	7:54.79	
		Robert Mitchell			Jann van Benthem	
		200m	21.40 (21.40)	200m	23.95 (23.95)	
		600m	55.67 (34.27)	600m	1:00.58 (36.63)	
		1000m	1:32.84 (37.17)	1000m	1:37.10 (36.52)	
		1400m	2:10.05 (37.21)	1400m	2:13.91 (36.81)	
		1800m	2:47.25 (37.20)	1800m	2:50.52 (36.61)	
		2200m	3:24.16 (36.91)	2200m	3:26.97 (36.45)	
		2600m	4:00.85 (36.69)	2600m	4:03.59 (36.62)	
		3000m	4:36.99 (36.14)	3000m	4:40.65 (37.06)	
		3400m	5:13.10 (36.11)	3400m	5:18.32 (37.67)	
		3800m	5:49.20 (36.10)	3800m	5:57.30 (38.98)	
		4200m	6:25.62 (36.42)	4200m	6:36.53 (39.23)	
		4600m	7:01.91 (36.29)	4600m	7:15.92 (39.39)	
		5000m	7:37.75 (35.84)	5000m	7:54.79 (38.87)	

		Naam	Cat	PR	Tijd	Info
41	wt	127 Peter Langeland	HSB	7:35.18	7:24.40	PR
	rd	137 Matthias Nägeli	HSB	7:23.17	7:38.10	
		Peter Langeland				
		200m	21.92 (21.92)			
		600m	56.17 (34.25)			
		1000m	1:30.40 (34.23)			
		1400m	2:05.07 (34.67)			
		1800m	2:39.25 (34.18)			
		2200m	3:14.11 (34.86)			
		2600m	3:49.02 (34.91)			
		3000m	4:23.87 (34.85)			
		3400m	4:59.04 (35.17)			
		3800m	5:34.67 (35.63)			
		4200m	6:10.87 (36.20)			
		4600m	6:47.18 (36.31)			
		5000m	7:24.40 (37.22)			
		Matthias Nägeli				
		200m	21.28 (21.28)			
		600m	55.44 (34.16)			
		1000m	1:30.23 (34.79)			
		1400m	2:04.83 (34.60)			
		1800m	2:39.76 (34.93)			
		2200m	3:14.62 (34.86)			
		2600m	3:49.92 (35.30)			
		3000m	4:25.84 (35.92)			
		3400m	5:02.44 (36.60)			
		3800m	5:40.27 (37.83)			
		4200m	6:19.15 (38.88)			
		4600m	6:58.99 (39.84)			
		5000m	7:38.10 (39.11)			

		Naam	Cat	PR	Tijd	Info
42	gl	111 Ole Bjørnsmoen Næss	HSA	6:23.30	6:31.51	
	bl	54 Frank Erik Tindvik	HSB	7:17.81	7:12.43	PR
		Ole Bjørnsmoen Næss				
		200m	20.71 (20.71)			
		600m	52.43 (31.72)			
		1000m	1:24.16 (31.73)			
		1400m	1:55.21 (31.05)			
		1800m	2:25.99 (30.78)			
		2200m	2:56.69 (30.70)			
		2600m	3:27.40 (30.71)			
		3000m	3:57.79 (30.39)			
		3400m	4:28.20 (30.41)			
		3800m	4:58.73 (30.53)			
		4200m	5:29.39 (30.66)			
		4600m	6:00.25 (30.86)			
		5000m	6:31.51 (31.26)			
		Frank Erik Tindvik				
		200m	21.43 (21.43)			
		600m	55.17 (33.74)			
		1000m	1:29.61 (34.44)			
		1400m	2:03.90 (34.29)			
		1800m	2:37.83 (33.93)			
		2200m	3:12.11 (34.28)			
		2600m	3:46.24 (34.13)			
		3000m	4:20.47 (34.23)			
		3400m	4:54.37 (33.90)			
		3800m	5:28.56 (34.19)			
		4200m	6:02.80 (34.24)			
		4600m	6:37.46 (34.66)			
		5000m	7:12.43 (34.97)			



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27. Uitslag 5000m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	46 Arjen van Damme	HB2	44	I	6:50.64		
2	66 Rick de Ruijgt	HA1	44	O	6:55.64	PR	
3	89 Niels Meijer	HB2	43	O	7:12.78	PR	
4	59 Casper van der Woude	HN1	43	I	7:15.47	PR	

27. Rituitslag 5000m Allround Normal - O

		Naam	Cat	PR	Tijd	Info
43	wt	59 Casper van der Woude	HN1	7:22.20	7:15.47	PR
	rd	89 Niels Meijer	HB2	7:23.52	7:12.78	PR

Casper van der Woude

200m	19.68	(19.68)
600m	52.59	(32.91)
1000m	1:27.92	(35.33)
1400m	2:02.73	(34.81)
1800m	2:36.92	(34.19)
2200m	3:11.09	(34.17)
2600m	3:45.45	(34.36)
3000m	4:19.92	(34.47)
3400m	4:54.93	(35.01)
3800m	5:30.22	(35.29)
4200m	6:05.82	(35.60)
4600m	6:41.09	(35.27)
5000m	7:15.47	(34.38)

Niels Meijer

200m	21.01	(21.01)
600m	55.11	(34.10)
1000m	1:29.57	(34.46)
1400m	2:03.65	(34.08)
1800m	2:37.93	(34.28)
2200m	3:12.13	(34.20)
2600m	3:46.57	(34.44)
3000m	4:21.04	(34.47)
3400m	4:55.94	(34.90)
3800m	5:30.22	(34.28)
4200m	6:04.82	(34.60)
4600m	6:39.02	(34.20)
5000m	7:12.78	(33.76)

		Naam	Cat	PR	Tijd	Info
44	gl	46 Arjen van Damme	HB2		6:50.64	
	bl	66 Rick de Ruijgt	HA1	7:29.63	6:55.64	PR

Arjen van Damme

200m	20.26	(20.26)
600m	52.28	(32.02)
1000m	1:24.72	(32.44)
1400m	1:57.56	(32.84)
1800m	2:30.10	(32.54)
2200m	3:02.40	(32.30)
2600m	3:34.93	(32.53)
3000m	4:07.78	(32.85)
3400m	4:40.49	(32.71)
3800m	5:13.27	(32.78)
4200m	5:46.23	(32.96)
4600m	6:18.42	(32.19)
5000m	6:50.64	(32.22)

Rick de Ruijgt

200m	20.81	(20.81)
600m	52.83	(32.02)
1000m	1:25.57	(32.74)
1400m	1:58.46	(32.89)
1800m	2:31.38	(32.92)
2200m	3:03.72	(32.34)
2600m	3:36.31	(32.59)
3000m	4:08.89	(32.58)
3400m	4:42.13	(33.24)
3800m	5:15.22	(33.09)
4200m	5:48.65	(33.43)
4600m	6:21.88	(33.23)
5000m	6:55.64	(33.76)



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28. Uitslag 1000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 Lennaart Lamers	HSB	56	I	1:16.85		
2	6 Jan van der Stouwe	H50	55	I	1:20.40		
3	64 Robert Braam	H45	56	O	1:20.68		
4	34 Martijn van der Horst	H45	54	I	1:23.17	PR	
5	27 Evert Hof	H50	55	O	1:23.44		
6	45 Robert da Costa	H55	53	I	1:25.67		
7	26 Pieter Siemonsma	H65	52	I	1:26.04		
8	58 Wim Verbraeken	HSB	53	O	1:26.32		
9	95 Kaska Rogulska	D50	46	I	1:28.20		
10	85 Piet de Jong	H55	52	O	1:29.18	PR	
11	24 Hendrik van de Beek	H55	51	I	1:29.72		
12	102 Bert Keizer	H65	50	I	1:32.10		
13	40 Frank Steenkamp	H65	51	O	1:32.27		
14	109 Bert Piek	H60	49	I	1:32.28		
15	44 Wim Ros	H45	50	O	1:32.93		
16	71 Jolanda Voskamp-Vollebregt	D50	46	O	1:36.36		
17	108 Thomas Hoekstra	H65	49	O	1:37.85		
18	99 Marianne de Neeling	D60	45	O	1:38.43		
19	19 Ronald Zwart	H50	47	O	1:43.05	PR	
	88 Ed de Looze	H50	54	O	DNF		
	38 Shirley Jaarsma	DSB			WDR		
	96 Troy Koolhoven	H45			WDR		

28. Rituitslag 1000m Allround Small

		Naam	Cat	PR	Tijd	Info
45	wt	38 Shirley Jaarsma	DSB	1:29.40		WDR
	rd	99 Marianne de Neeling	D60	1:32.28		1:38.43

Shirley Jaarsma

Marianne de Neeling

200m	23.76	(23.76)
600m	1:00.55	(36.79)
1000m	1:38.43	(37.88)

		Naam	Cat	PR	Tijd	Info
46	gl	95 Kaska Rogulska	D50	1:24.09		1:28.20
	bl	71 Jolanda Voskamp-Vollebregt	D50	1:26.06		1:36.36

Kaska Rogulska

Jolanda Voskamp-Vollebregt

200m	20.92	(20.92)	200m	23.15	(23.15)
600m	53.41	(32.49)	600m	58.79	(35.64)
1000m	1:28.20	(34.79)	1000m	1:36.36	(37.57)

		Naam	Cat	PR	Tijd	Info
47	wt	96 Troy Koolhoven	H45	1:36.88		WDR
	rd	19 Ronald Zwart	H50	1:43.46		1:43.05 PR

Troy Koolhoven

Ronald Zwart

200m	24.70	(24.70)
600m	1:03.19	(38.49)
1000m	1:43.05	(39.86)

		Naam	Cat	PR	Tijd	Info
48	gl					
	bl					

m

m

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		Naam	Cat		PR	Tijd	Info
49	wt	109 Bert Piek	H60		1:23.86	1:32.28	
	rd	108 Thomas Hoekstra	H65		1:30.65	1:37.85	
		Bert Piek			Thomas Hoekstra		
		200m	21.83	(21.83)	200m	23.34	(23.34)
		600m	55.88	(34.05)	600m	59.20	(35.86)
		1000m	1:32.28	(36.40)	1000m	1:37.85	(38.65)

		Naam	Cat		PR	Tijd	Info
50	gl	102 Bert Keizer	H65		1:25.59	1:32.10	
	bl	44 Wim Ros	H45		1:29.76	1:32.93	
		Bert Keizer			Wim Ros		
		200m	21.57	(21.57)	200m	22.06	(22.06)
		600m	55.58	(34.01)	600m	56.17	(34.11)
		1000m	1:32.10	(36.52)	1000m	1:32.93	(36.76)

		Naam	Cat		PR	Tijd	Info
51	wt	24 Hendrik van de Beek	H55		1:23.43	1:29.72	
	rd	40 Frank Steenkamp	H65		1:28.89	1:32.27	
		Hendrik van de Beek			Frank Steenkamp		
		200m	22.62	(22.62)	200m	23.07	(23.07)
		600m	55.92	(33.30)	600m	57.32	(34.25)
		1000m	1:29.72	(33.80)	1000m	1:32.27	(34.95)

		Naam	Cat		PR	Tijd	Info
52	gl	26 Pieter Siemonsma	H65		1:24.94	1:26.04	
	bl	85 Piet de Jong	H55		1:29.50	1:29.18	PR
		Pieter Siemonsma			Piet de Jong		
		200m	21.11	(21.11)	200m	21.92	(21.92)
		600m	52.64	(31.53)	600m	54.65	(32.73)
		1000m	1:26.04	(33.40)	1000m	1:29.18	(34.53)

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		Naam	Cat		PR	Tijd	Info
53	wt	45 Robert da Costa	H55		1:24.77	1:25.67	
	rd	58 Wim Verbraeken	HSB		1:25.64	1:26.32	
		Robert da Costa			Wim Verbraeken		
		200m	21.34	(21.34)	200m	20.64	(20.64)
		600m	53.06	(31.72)	600m	52.98	(32.34)
		1000m	1:25.67	(32.61)	1000m	1:26.32	(33.34)

		Naam	Cat		PR	Tijd	Info
54	gl	34 Martijn van der Horst	H45		1:27.94	1:23.17	PR
	bl	88 Ed de Looze	H50		1:20.42	DNF	
		Martijn van der Horst			Ed de Looze		
		200m	20.41	(20.41)			
		600m	51.10	(30.69)			
		1000m	1:23.17	(32.07)			

		Naam	Cat		PR	Tijd	Info
55	wt	6 Jan van der Stouwe	H50		1:17.12	1:20.40	
	rd	27 Evert Hof	H50		1:22.86	1:23.44	
		Jan van der Stouwe			Evert Hof		
		200m	19.49	(19.49)	200m	19.78	(19.78)
		600m	49.14	(29.65)	600m	50.70	(30.92)
		1000m	1:20.40	(31.26)	1000m	1:23.44	(32.74)

		Naam	Cat		PR	Tijd	Info
56	gl	5 Lennaart Lamers	HSB		1:16.33	1:16.85	
	bl	64 Robert Braam	H45		1:14.53	1:20.68	
		Lennaart Lamers			Robert Braam		
		200m	18.41	(18.41)	200m	19.39	(19.39)
		600m	46.65	(28.24)	600m	48.91	(29.52)
		1000m	1:16.85	(30.20)	1000m	1:20.68	(31.77)



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29. Uitslag 1000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	119 Jordy Blokland	HN2	58	I	1:14.41		
2	98 Nomdo de Heer	HA1	58	O	1:18.10		
3	61 Matthe Pronk	HB1	57	I	1:18.23	PR	
4	90 Bo Meijer	DB1	57	O	1:40.96		

29. Rituitslag 1000m Allround Small - O

		Naam		Cat		PR		Tijd	Info
57	wt	61	Matthe Pronk		HB1	1:18.99		1:18.23	PR
	rd	90	Bo Meijer		DB1	1:35.66		1:40.96	

Matthe Pronk

200m	19.18	(19.18)
600m	47.71	(28.53)
1000m	1:18.23	(30.52)

Bo Meijer

200m	22.98	(22.98)
600m	1:00.40	(37.42)
1000m	1:40.96	(40.56)

		Naam		Cat		PR		Tijd	Info
58	gl	119	Jordy Blokland		HN2	1:14.18		1:14.41	
	bl	98	Nomdo de Heer		HA1	1:17.98		1:18.10	

Jordy Blokland

200m	18.25	(18.25)
600m	45.54	(27.29)
1000m	1:14.41	(28.87)

Nomdo de Heer

200m	19.11	(19.11)
600m	47.54	(28.43)
1000m	1:18.10	(30.56)



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30. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	94 Manuel Leito	HSB	62	I	1:17.73		
2	57 Andrej Neverov	H40	62	O	1:24.15	PR	
3	67 Marloes Westerhof	DSB	60	O	1:28.06		
4	134 Anja Bollaart	D50	60	I	1:34.81		
5	42 Kees Bollaart	H55	61	O	1:35.61		
6	133 Astrid Janssen	D55	59	I	1:38.06		
7	105 Karin Terhürne	D50	59	O	1:38.13		

30. Rituitslag 1000m Sprint

		Naam	Cat	PR	Tijd	Info
59	wt	133 Astrid Janssen	D55	1:31.53	1:38.06	
	rd	105 Karin Terhürne	D50	1:31.99	1:38.13	

Astrid Janssen

200m	22.66	(22.66)
600m	59.44	(36.78)
1000m	1:38.06	(38.62)

Karin Terhürne

200m	23.92	(23.92)
600m	1:00.12	(36.20)
1000m	1:38.13	(38.01)

		Naam	Cat	PR	Tijd	Info
60	gl	134 Anja Bollaart	D50	1:21.38	1:34.81	
	bl	67 Marloes Westerhof	DSB	1:25.74	1:28.06	

Anja Bollaart

200m	22.28	(22.28)
600m	56.66	(34.38)
1000m	1:34.81	(38.15)

Marloes Westerhof

200m	20.79	(20.79)
600m	53.46	(32.67)
1000m	1:28.06	(34.60)

		Naam	Cat	PR	Tijd	Info
61	wt	42 Kees Bollaart	H55	1:26.89	1:35.61	
	rd					

Kees Bollaart

m	200m	23.17	(23.17)
	600m	58.19	(35.02)
	1000m	1:35.61	(37.42)

		Naam	Cat	PR	Tijd	Info
62	gl	94 Manuel Leito	HSB	1:17.46	1:17.73	
	bl	57 Andrej Neverov	H40	1:24.55	1:24.15	PR

Manuel Leito

200m	18.14	(18.14)
600m	46.68	(28.54)
1000m	1:17.73	(31.05)

Andrej Neverov

200m	19.94	(19.94)
600m	51.22	(31.28)
1000m	1:24.15	(32.93)



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31. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	120 Hidde Bart	HN2	64	I	1:18.01	PR	
2	122 Isabelle Hersbach	DA2	64	O	1:24.95		
3	121 Milou Zuiderwijk	DA2	63	I	1:29.80	PR	
4	123 Marcella van de Weem	DB2	63	O	1:40.69		

31. Rituitslag 1000m Sprint - O

		Naam	Cat	PR	Tijd	Info
63	wt	121 Milou Zijderwijk	DA2	1:30.56	1:29.80	PR
	rd	123 Marcella van de Weem	DB2	1:39.05	1:40.69	

Milou Zijderwijk

200m	20.78	(20.78)
600m	54.45	(33.67)
1000m	1:29.80	(35.35)

Marcella van de Weem

200m	23.16	(23.16)
600m	1:00.58	(37.42)
1000m	1:40.69	(40.11)

		Naam	Cat	PR	Tijd	Info
64	gl	120 Hidde Bart	HN2	1:18.42	1:18.01	PR
	bl	122 Isabelle Hersbach	DA2	1:24.41	1:24.95	

Hidde Bart

200m	18.40	(18.40)
600m	47.32	(28.92)
1000m	1:18.01	(30.69)

Isabelle Hersbach

200m	20.22	(20.22)
600m	51.63	(31.41)
1000m	1:24.95	(33.32)



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32. Uitslag 10000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	69 André Los	HSA	78	O	14:03.69	WR	
2	136 Martin Hänggi	H50	77	I	14:04.98	WR	
3	101 Otto van de Pol	HSB	78	I	14:09.83	PR WR	
4	68 Mark Ooijevaar	HSB	77	O	14:24.60		
5	80 Olaf Kotva	H50	76	I	15:08.44		
6	21 John van der Vlugt	H60	74	I	15:20.82		
7	50 Morten Kjellemyr Eilertsen	H50	76	O	15:32.69	PR	
8	73 Cornel van Zaal	HSA	74	O	16:09.18		
9	31 Seppe Lybaert	HSB	75	I	16:35.14	PR	
10	35 Eva Riemersma-van Rheenen	DSB	66	I	16:37.05	WR	
11	14 Adriaan Provoost	H60	72	O	16:49.47		
12	86 Frans Verhoeve	H50	75	O	16:52.98		
13	18 Erol Aksoy	H45	73	O	16:56.68		
14	16 Eddy van Dijk	H50	72	I	16:58.64		
15	3 Kees Verdouw	H75	70	O	17:26.86	WR	
16	129 Peter Van der Vorst	H45	73	I	17:30.65		
17	76 Wim Zwanenburg	H60	71	I	17:35.82		
18	77 Kees Voorhoeve	H60	70	I	17:40.29		
19	9 Martijn Kos	H50	71	O	18:22.95		
20	1 Tialda Gerritsma	D50	66	O	19:13.47		
21	49 Magnar Langvik	H70	69	I	19:31.79		
22	29 Thierry Huberland	H55	69	O	19:45.95	PR	
23	81 Trine Landsem	D50	65	O	19:52.97	PR	
24	51 Anja Neumann	D45	65	I	20:09.60		
25	48 Arne Kjell Foldvik	H85	67	I	25:06.72	WR	

32. Rituitslag 10000m Allround Big

	Naam	Cat	PR	Tijd	Info
65	wt 51 Anja Neumann	D45	19:05.05	20:09.60	
	rd 81 Trine Landsem	D50	20:41.64	19:52.97	PR
	Anja Neumann				Trine Landsem
	400m 52.34 (52.34)		400m 51.29 (51.29)		
	800m 1:39.19 (46.85)		800m 1:36.71 (45.42)		
	1200m 2:25.27 (46.08)		1200m 2:22.38 (45.67)		
	1600m 3:11.11 (45.84)		1600m 3:08.75 (46.37)		
	2000m 3:56.90 (45.79)		2000m 3:55.55 (46.80)		
	2400m 4:43.08 (46.18)		2400m 4:41.92 (46.37)		
	2800m 5:29.24 (46.16)		2800m 5:28.30 (46.38)		
	3200m 6:16.29 (47.05)		3200m 6:14.99 (46.69)		
	3600m 7:03.97 (47.68)		3600m 7:02.06 (47.07)		
	4000m 7:51.29 (47.32)		4000m 7:49.14 (47.08)		
	4400m 8:40.07 (48.78)		4400m 8:36.48 (47.34)		
	4800m 9:28.12 (48.05)		4800m 9:23.57 (47.09)		
	5200m 10:17.84 (49.72)		5200m 10:10.94 (47.37)		
	5600m 11:07.41 (49.57)		5600m 10:58.58 (47.64)		
	6000m 11:56.54 (49.13)		6000m 11:46.49 (47.91)		
	6400m 12:46.50 (49.96)		6400m 12:34.72 (48.23)		
	6800m 13:35.59 (49.09)		6800m 13:23.26 (48.54)		
	7200m 14:23.80 (48.21)		7200m 14:11.36 (48.10)		
	7600m 15:13.20 (49.40)		7600m 15:00.13 (48.77)		
	8000m 16:03.12 (49.92)		8000m 15:49.50 (49.37)		
	8400m 16:52.56 (49.44)		8400m 16:38.01 (48.51)		
	8800m 17:42.14 (49.58)		8800m 17:26.39 (48.38)		
	9200m 18:32.11 (49.97)		9200m 18:15.29 (48.90)		
	9600m 19:21.93 (49.82)		9600m 19:04.34 (49.05)		
	10000m 20:09.60 (47.67)		10000m 19:52.97 (48.63)		

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		Naam	Cat	PR	Tijd	Info
66	gl	35 Eva Riemersma-van Rheenen	DSB		16:37.05	WR
	bl	1 Tialda Gerritsma	D50	17:29.34	19:13.47	
		Eva Riemersma-van Rheenen			Tialda Gerritsma	
		400m	42.93 (42.93)	400m	51.33 (51.33)	
		800m	1:21.08 (38.15)	800m	1:36.00 (44.67)	
		1200m	2:00.10 (39.02)	1200m	2:21.29 (45.29)	
		1600m	2:39.15 (39.05)	1600m	3:07.20 (45.91)	
		2000m	3:18.74 (39.59)	2000m	3:53.37 (46.17)	
		2400m	3:58.52 (39.78)	2400m	4:39.90 (46.53)	
		2800m	4:38.08 (39.56)	2800m	5:25.39 (45.49)	
		3200m	5:17.87 (39.79)	3200m	6:11.22 (45.83)	
		3600m	5:57.97 (40.10)	3600m	6:57.15 (45.93)	
		4000m	6:38.14 (40.17)	4000m	7:43.40 (46.25)	
		4400m	7:18.36 (40.22)	4400m	8:29.12 (45.72)	
		4800m	7:58.51 (40.15)	4800m	9:14.87 (45.75)	
		5200m	8:38.50 (39.99)	5200m	10:00.15 (45.28)	
		5600m	9:18.63 (40.13)	5600m	10:45.38 (45.23)	
		6000m	9:58.53 (39.90)	6000m	11:30.79 (45.41)	
		6400m	10:38.50 (39.97)	6400m	12:16.71 (45.92)	
		6800m	11:18.87 (40.37)	6800m	13:02.17 (45.46)	
		7200m	11:59.11 (40.24)	7200m	13:48.59 (46.42)	
		7600m	12:39.03 (39.92)	7600m	14:34.86 (46.27)	
		8000m	13:19.03 (40.00)	8000m	15:20.78 (45.92)	
		8400m	13:59.47 (40.44)	8400m	16:06.77 (45.99)	
		8800m	14:39.34 (39.87)	8800m	16:53.69 (46.92)	
		9200m	15:19.27 (39.93)	9200m	17:40.86 (47.17)	
		9600m	15:58.63 (39.36)	9600m	18:27.65 (46.79)	
		10000m	16:37.05 (38.42)	10000m	19:13.47 (45.82)	



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		Naam	Cat	PR	Tijd	Info
67	wt rd	48 Arne Kjell Foldvik	H85	17:34.27	25:06.72	WR

Arne Kjell Foldvik

400m	1:02.57	(62.57)	m
800m	2:02.75	(60.18)	
1200m	3:02.72	(59.97)	
1600m	4:02.58	(59.86)	
2000m	5:02.41	(59.83)	
2400m	6:02.04	(59.63)	
2800m	7:01.52	(59.48)	
3200m	8:02.40	(60.88)	
3600m	9:03.25	(60.85)	
4000m	10:04.04	(60.79)	
4400m	11:04.47	(60.43)	
4800m	12:05.60	(61.13)	
5200m	13:05.49	(59.89)	
5600m	14:05.94	(60.45)	
6000m	15:06.85	(60.91)	
6400m	16:07.76	(60.91)	
6800m	17:07.13	(59.37)	
7200m	18:07.88	(60.75)	
7600m	19:07.88	(60.00)	
8000m	20:08.66	(60.78)	
8400m	21:08.03	(59.37)	
8800m	22:07.91	(59.88)	
9200m	23:07.92	(60.01)	
9600m	24:08.03	(60.11)	
10000m	25:06.72	(58.69)	

		Naam	Cat	PR	Tijd	Info
68	gl bl					
			m			
					m	

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		Naam	Cat	PR	Tijd	Info
69	wt	49 Magnar Langvik	H70	18:18.64	19:31.79	
	rd	29 Thierry Huberland	H55	20:45.67	19:45.95	PR
		Magnar Langvik			Thierry Huberland	
		400m	52.08 (52.08)	400m	55.55 (55.55)	
		800m	1:40.76 (48.68)	800m	1:43.06 (47.51)	
		1200m	2:29.15 (48.39)	1200m	2:30.90 (47.84)	
		1600m	3:16.93 (47.78)	1600m	3:19.26 (48.36)	
		2000m	4:03.80 (46.87)	2000m	4:05.15 (45.89)	
		2400m	4:50.06 (46.26)	2400m	4:51.08 (45.93)	
		2800m	5:36.68 (46.62)	2800m	5:37.78 (46.70)	
		3200m	6:22.08 (45.40)	3200m	6:24.37 (46.59)	
		3600m	7:08.26 (46.18)	3600m	7:11.61 (47.24)	
		4000m	7:54.83 (46.57)	4000m	7:58.85 (47.24)	
		4400m	8:41.39 (46.56)	4400m	8:46.97 (48.12)	
		4800m	9:27.41 (46.02)	4800m	9:33.64 (46.67)	
		5200m	10:11.91 (44.50)	5200m	10:20.15 (46.51)	
		5600m	10:56.69 (44.78)	5600m	11:05.80 (45.65)	
		6000m	11:42.23 (45.54)	6000m	11:52.47 (46.67)	
		6400m	12:27.83 (45.60)	6400m	12:39.51 (47.04)	
		6800m	13:13.69 (45.86)	6800m	13:27.18 (47.67)	
		7200m	13:59.84 (46.15)	7200m	14:14.22 (47.04)	
		7600m	14:46.20 (46.36)	7600m	15:01.58 (47.36)	
		8000m	15:32.96 (46.76)	8000m	15:48.32 (46.74)	
		8400m	16:20.11 (47.15)	8400m	16:34.73 (46.41)	
		8800m	17:07.74 (47.63)	8800m	17:22.46 (47.73)	
		9200m	17:55.33 (47.59)	9200m	18:10.86 (48.40)	
		9600m	18:43.18 (47.85)	9600m	18:59.00 (48.14)	
		10000m	19:31.79 (48.61)	10000m	19:45.95 (46.95)	



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		Naam	Cat	PR	Tijd	Info
70	gl	77 Kees Voorhoeve	H60		17:40.29	
	bl	3 Kees Verdouw	H75	15:34.99	17:26.86	WR

Kees Voorhoeve

400m	47.49	(47.49)
800m	1:27.22	(39.73)
1200m	2:07.25	(40.03)
1600m	2:48.01	(40.76)
2000m	3:28.95	(40.94)
2400m	4:10.09	(41.14)
2800m	4:51.55	(41.46)
3200m	5:32.81	(41.26)
3600m	6:14.57	(41.76)
4000m	6:56.02	(41.45)
4400m	7:37.43	(41.41)
4800m	8:19.37	(41.94)
5200m	9:01.59	(42.22)
5600m	9:44.25	(42.66)
6000m	10:26.88	(42.63)
6400m	11:09.38	(42.50)
6800m	11:52.27	(42.89)
7200m	12:34.87	(42.60)
7600m	13:18.07	(43.20)
8000m	14:01.16	(43.09)
8400m	14:43.97	(42.81)
8800m	15:26.96	(42.99)
9200m	16:10.87	(43.91)
9600m	16:55.98	(45.11)
10000m	17:40.29	(44.31)

Kees Verdouw

400m	46.01	(46.01)
800m	1:26.94	(40.93)
1200m	2:07.74	(40.80)
1600m	2:48.76	(41.02)
2000m	3:29.29	(40.53)
2400m	4:10.33	(41.04)
2800m	4:51.28	(40.95)
3200m	5:32.76	(41.48)
3600m	6:14.15	(41.39)
4000m	6:55.89	(41.74)
4400m	7:36.70	(40.81)
4800m	8:17.81	(41.11)
5200m	8:58.96	(41.15)
5600m	9:40.73	(41.77)
6000m	10:23.23	(42.50)
6400m	11:05.36	(42.13)
6800m	11:47.04	(41.68)
7200m	12:29.20	(42.16)
7600m	13:11.76	(42.56)
8000m	13:54.07	(42.31)
8400m	14:36.86	(42.79)
8800m	15:19.17	(42.31)
9200m	16:02.56	(43.39)
9600m	16:45.00	(42.44)
10000m	17:26.86	(41.86)

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		Naam	Cat	PR	Tijd	Info
71	wt	76 Wim Zwanenburg	H60	17:31.16	17:35.82	
	rd	9 Martijn Kos	H50	18:11.57	18:22.95	
		Wim Zwanenburg				Martijn Kos
		400m 48.03 (48.03)		400m 43.31 (43.31)		
		800m 1:30.26 (42.23)		800m 1:25.38 (42.07)		
		1200m 2:12.78 (42.52)		1200m 2:08.88 (43.50)		
		1600m 2:55.42 (42.64)		1600m 2:53.08 (44.20)		
		2000m 3:38.55 (43.13)		2000m 3:37.60 (44.52)		
		2400m 4:21.56 (43.01)		2400m 4:21.71 (44.11)		
		2800m 5:04.44 (42.88)		2800m 5:05.99 (44.28)		
		3200m 5:47.56 (43.12)		3200m 5:49.81 (43.82)		
		3600m 6:30.36 (42.80)		3600m 6:33.85 (44.04)		
		4000m 7:12.98 (42.62)		4000m 7:17.14 (43.29)		
		4400m 7:54.07 (41.09)		4400m 8:00.63 (43.49)		
		4800m 8:35.77 (41.70)		4800m 8:44.26 (43.63)		
		5200m 9:17.77 (42.00)		5200m 9:28.25 (43.99)		
		5600m 9:59.68 (41.91)		5600m 10:11.61 (43.36)		
		6000m 10:41.00 (41.32)		6000m 10:54.93 (43.32)		
		6400m 11:22.34 (41.34)		6400m 11:38.29 (43.36)		
		6800m 12:03.58 (41.24)		6800m 12:22.20 (43.91)		
		7200m 12:45.30 (41.72)		7200m 13:06.06 (43.86)		
		7600m 13:27.25 (41.95)		7600m 13:50.65 (44.59)		
		8000m 14:09.24 (41.99)		8000m 14:35.18 (44.53)		
		8400m 14:50.78 (41.54)		8400m 15:20.80 (45.62)		
		8800m 15:32.69 (41.91)		8800m 16:06.53 (45.73)		
		9200m 16:14.50 (41.81)		9200m 16:53.29 (46.76)		
		9600m 16:55.50 (41.00)		9600m 17:38.72 (45.43)		
		10000m 17:35.82 (40.32)		10000m 18:22.95 (44.23)		

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		Naam	Cat	PR	Tijd	Info
72	gl	16 Eddy van Dijk	H50		16:58.64	
	bl	14 Adriaan Provoost	H60	15:19.66	16:49.47	

Eddy van Dijk

400m	45.68	(45.68)
800m	1:26.02	(40.34)
1200m	2:06.40	(40.38)
1600m	2:46.76	(40.36)
2000m	3:26.77	(40.01)
2400m	4:06.93	(40.16)
2800m	4:47.04	(40.11)
3200m	5:27.25	(40.21)
3600m	6:07.07	(39.82)
4000m	6:47.45	(40.38)
4400m	7:27.92	(40.47)
4800m	8:09.03	(41.11)
5200m	8:50.15	(41.12)
5600m	9:32.17	(42.02)
6000m	10:13.62	(41.45)
6400m	10:54.58	(40.96)
6800m	11:35.65	(41.07)
7200m	12:16.50	(40.85)
7600m	12:57.17	(40.67)
8000m	13:37.95	(40.78)
8400m	14:19.57	(41.62)
8800m	15:00.36	(40.79)
9200m	15:40.57	(40.21)
9600m	16:20.67	(40.10)
10000m	16:58.64	(37.97)

Adriaan Provoost

400m	44.37	(44.37)
800m	1:24.08	(39.71)
1200m	2:03.49	(39.41)
1600m	2:42.90	(39.41)
2000m	3:22.55	(39.65)
2400m	4:02.20	(39.65)
2800m	4:41.76	(39.56)
3200m	5:21.47	(39.71)
3600m	6:01.30	(39.83)
4000m	6:41.37	(40.07)
4400m	7:21.41	(40.04)
4800m	8:01.49	(40.08)
5200m	8:41.73	(40.24)
5600m	9:22.18	(40.45)
6000m	10:02.88	(40.70)
6400m	10:43.54	(40.66)
6800m	11:24.05	(40.51)
7200m	12:04.63	(40.58)
7600m	12:45.23	(40.60)
8000m	13:25.85	(40.62)
8400m	14:06.48	(40.63)
8800m	14:47.14	(40.66)
9200m	15:27.90	(40.76)
9600m	16:08.70	(40.80)
10000m	16:49.47	(40.77)

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		Naam	Cat		PR	Tijd	Info
73	wt	129 Peter Van der Vorst	H45			17:30.65	
	rd	18 Erol Aksoy	H45			16:56.68	
		Peter Van der Vorst			Erol Aksoy		
		400m	48.08	(48.08)	400m	45.18	(45.18)
		800m	1:31.66	(43.58)	800m	1:27.15	(41.97)
		1200m	2:15.04	(43.38)	1200m	2:08.46	(41.31)
		1600m	2:58.16	(43.12)	1600m	2:48.84	(40.38)
		2000m	3:40.32	(42.16)	2000m	3:28.97	(40.13)
		2400m	4:23.33	(43.01)	2400m	4:09.14	(40.17)
		2800m	5:07.17	(43.84)	2800m	4:49.12	(39.98)
		3200m	5:50.71	(43.54)	3200m	5:29.90	(40.78)
		3600m	6:33.70	(42.99)	3600m	6:10.97	(41.07)
		4000m	7:16.62	(42.92)	4000m	6:52.67	(41.70)
		4400m	7:59.43	(42.81)	4400m	7:34.40	(41.73)
		4800m	8:42.58	(43.15)	4800m	8:14.90	(40.50)
		5200m	9:25.26	(42.68)	5200m	8:55.14	(40.24)
		5600m	10:07.81	(42.55)	5600m	9:35.67	(40.53)
		6000m	10:50.48	(42.67)	6000m	10:16.67	(41.00)
		6400m	11:32.62	(42.14)	6400m	10:57.15	(40.48)
		6800m	12:14.16	(41.54)	6800m	11:37.03	(39.88)
		7200m	12:56.08	(41.92)	7200m	12:17.21	(40.18)
		7600m	13:38.07	(41.99)	7600m	12:57.47	(40.26)
		8000m	14:19.88	(41.81)	8000m	13:37.33	(39.86)
		8400m	15:00.67	(40.79)	8400m	14:17.56	(40.23)
		8800m	15:40.55	(39.88)	8800m	14:58.58	(41.02)
		9200m	16:18.02	(37.47)	9200m	15:39.57	(40.99)
		9600m	16:52.23	(34.21)	9600m	16:19.20	(39.63)
		10000m	17:30.65	(38.42)	10000m	16:56.68	(37.48)

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		Naam		Cat		PR	Tijd	Info
74	gl	21	John van der Vlugt		H60	14:57.56	15:20.82	
	bl	73	Cornel van Zaal		HSA		16:09.18	
				John van der Vlugt				
				Cornel van Zaal				
		400m	40.99	(40.99)		400m	40.31	(40.31)
		800m	1:17.93	(36.94)		800m	1:18.49	(38.18)
		1200m	1:54.93	(37.00)		1200m	1:56.96	(38.47)
		1600m	2:31.13	(36.20)		1600m	2:35.11	(38.15)
		2000m	3:07.33	(36.20)		2000m	3:13.55	(38.44)
		2400m	3:43.59	(36.26)		2400m	3:52.92	(39.37)
		2800m	4:19.81	(36.22)		2800m	4:32.19	(39.27)
		3200m	4:56.49	(36.68)		3200m	5:11.08	(38.89)
		3600m	5:33.39	(36.90)		3600m	5:50.30	(39.22)
		4000m	6:10.26	(36.87)		4000m	6:28.76	(38.46)
		4400m	6:46.93	(36.67)		4400m	7:07.66	(38.90)
		4800m	7:23.66	(36.73)		4800m	7:45.88	(38.22)
		5200m	8:00.65	(36.99)		5200m	8:25.14	(39.26)
		5600m	8:37.71	(37.06)		5600m	9:05.04	(39.90)
		6000m	9:14.65	(36.94)		6000m	9:44.46	(39.42)
		6400m	9:51.42	(36.77)		6400m	10:23.59	(39.13)
		6800m	10:28.06	(36.64)		6800m	11:02.58	(38.99)
		7200m	11:04.61	(36.55)		7200m	11:41.95	(39.37)
		7600m	11:41.00	(36.39)		7600m	12:20.55	(38.60)
		8000m	12:17.82	(36.82)		8000m	12:59.13	(38.58)
		8400m	12:54.88	(37.06)		8400m	13:37.39	(38.26)
		8800m	13:31.97	(37.09)		8800m	14:15.81	(38.42)
		9200m	14:08.83	(36.86)		9200m	14:53.97	(38.16)
		9600m	14:45.46	(36.63)		9600m	15:31.74	(37.77)
		10000m	15:20.82	(35.36)		10000m	16:09.18	(37.44)



1st Masters International Thialf Records Races

Thialf - Heerenveen

10 en 11 maart 2020



		Naam	Cat	PR	Tijd Info
75	wt	31 Seppe Lybaert	HSB	17:04.12	16:35.14 PR
	rd	86 Frans Verhoeve	H50	15:38.65	16:52.98

Seppe Lybaert

400m	43.67	(43.67)
800m	1:22.55	(38.88)
1200m	2:03.20	(40.65)
1600m	2:42.90	(39.70)
2000m	3:23.51	(40.61)
2400m	4:03.53	(40.02)
2800m	4:43.47	(39.94)
3200m	5:23.33	(39.86)
3600m	6:03.07	(39.74)
4000m	6:42.61	(39.54)
4400m	7:21.79	(39.18)
4800m	8:01.37	(39.58)
5200m	8:40.96	(39.59)
5600m	9:20.80	(39.84)
6000m	10:00.86	(40.06)
6400m	10:40.73	(39.87)
6800m	11:20.36	(39.63)
7200m	12:00.00	(39.64)
7600m	12:39.86	(39.86)
8000m	13:19.38	(39.52)
8400m	13:59.04	(39.66)
8800m	14:38.32	(39.28)
9200m	15:17.58	(39.26)
9600m	15:56.62	(39.04)
10000m	16:35.14	(38.52)

Frans Verhoeve

400m	43.27	(43.27)
800m	1:23.67	(40.40)
1200m	2:03.83	(40.16)
1600m	2:43.76	(39.93)
2000m	3:23.44	(39.68)
2400m	4:03.27	(39.83)
2800m	4:43.29	(40.02)
3200m	5:23.84	(40.55)
3600m	6:04.07	(40.23)
4000m	6:44.16	(40.09)
4400m	7:24.96	(40.80)
4800m	8:06.15	(41.19)
5200m	8:47.09	(40.94)
5600m	9:28.37	(41.28)
6000m	10:09.55	(41.18)
6400m	10:50.29	(40.74)
6800m	11:30.78	(40.49)
7200m	12:11.47	(40.69)
7600m	12:52.14	(40.67)
8000m	13:32.62	(40.48)
8400m	14:13.30	(40.68)
8800m	14:53.56	(40.26)
9200m	15:34.08	(40.52)
9600m	16:13.90	(39.82)
10000m	16:52.98	(39.08)

1st Masters International Thialf Records Races

Thialf - Heerenveen

10 en 11 maart 2020

		Naam	Cat	PR	Tijd	Info
76	gl	80 Olaf Kotva	H50	14:10.22	15:08.44	
	bl	50 Morten Kjellemyr Eilertsen	H50	15:39.76	15:32.69	PR
		Olaf Kotva		Morten Kjellemyr Eilertsen		
		400m	40.43 (40.43)	400m	40.92 (40.92)	
		800m	1:16.74 (36.31)	800m	1:17.63 (36.71)	
		1200m	1:53.97 (37.23)	1200m	1:54.98 (37.35)	
		1600m	2:30.78 (36.81)	1600m	2:32.42 (37.44)	
		2000m	3:07.62 (36.84)	2000m	3:09.82 (37.40)	
		2400m	3:44.34 (36.72)	2400m	3:47.49 (37.67)	
		2800m	4:20.90 (36.56)	2800m	4:25.24 (37.75)	
		3200m	4:57.46 (36.56)	3200m	5:02.50 (37.26)	
		3600m	5:34.17 (36.71)	3600m	5:39.47 (36.97)	
		4000m	6:10.87 (36.70)	4000m	6:17.11 (37.64)	
		4400m	6:47.68 (36.81)	4400m	6:55.36 (38.25)	
		4800m	7:24.15 (36.47)	4800m	7:33.52 (38.16)	
		5200m	8:00.61 (36.46)	5200m	8:11.43 (37.91)	
		5600m	8:36.73 (36.12)	5600m	8:49.13 (37.70)	
		6000m	9:12.87 (36.14)	6000m	9:26.47 (37.34)	
		6400m	9:48.59 (35.72)	6400m	10:03.69 (37.22)	
		6800m	10:24.54 (35.95)	6800m	10:40.89 (37.20)	
		7200m	11:00.34 (35.80)	7200m	11:17.82 (36.93)	
		7600m	11:35.98 (35.64)	7600m	11:54.74 (36.92)	
		8000m	12:11.59 (35.61)	8000m	12:31.58 (36.84)	
		8400m	12:47.36 (35.77)	8400m	13:08.27 (36.69)	
		8800m	13:23.01 (35.65)	8800m	13:44.68 (36.41)	
		9200m	13:58.50 (35.49)	9200m	14:21.18 (36.50)	
		9600m	14:33.58 (35.08)	9600m	14:57.26 (36.08)	
		10000m	15:08.44 (34.86)	10000m	15:32.69 (35.43)	



1st Masters International Thialf Records Races

Thialf - Heerenveen

10 en 11 maart 2020



		Naam		Cat		PR	Tijd	Info
77	wt	136	Martin Hänggi		H50	13:28.86	14:04.98	WR
	rd	68	Mark Ooijevaar		HSB	13:12.60	14:24.60	
Martin Hänggi				Mark Ooijevaar				
		400m	37.75	(37.75)		400m	38.15	(38.15)
		800m	1:10.94	(33.19)		800m	1:11.41	(33.26)
		1200m	1:44.79	(33.85)		1200m	1:45.02	(33.61)
		1600m	2:18.10	(33.31)		1600m	2:18.66	(33.64)
		2000m	2:51.41	(33.31)		2000m	2:52.57	(33.91)
		2400m	3:24.50	(33.09)		2400m	3:26.85	(34.28)
		2800m	3:57.71	(33.21)		2800m	4:01.24	(34.39)
		3200m	4:31.07	(33.36)		3200m	4:35.89	(34.65)
		3600m	5:04.55	(33.48)		3600m	5:10.62	(34.73)
		4000m	5:38.02	(33.47)		4000m	5:45.62	(35.00)
		4400m	6:11.52	(33.50)		4400m	6:20.81	(35.19)
		4800m	6:44.84	(33.32)		4800m	6:56.46	(35.65)
		5200m	7:18.49	(33.65)		5200m	7:31.87	(35.41)
		5600m	7:52.40	(33.91)		5600m	8:07.52	(35.65)
		6000m	8:26.18	(33.78)		6000m	8:43.56	(36.04)
		6400m	8:59.82	(33.64)		6400m	9:19.42	(35.86)
		6800m	9:33.57	(33.75)		6800m	9:55.40	(35.98)
		7200m	10:07.26	(33.69)		7200m	10:30.73	(35.33)
		7600m	10:41.16	(33.90)		7600m	11:04.21	(33.48)
		8000m	11:15.12	(33.96)		8000m	11:38.28	(34.07)
		8400m	11:49.11	(33.99)		8400m	12:12.03	(33.75)
		8800m	12:23.15	(34.04)		8800m	12:45.58	(33.55)
		9200m	12:57.11	(33.96)		9200m	13:19.14	(33.56)
		9600m	13:30.95	(33.84)		9600m	13:52.37	(33.23)
		10000m	14:04.98	(34.03)		10000m	14:24.60	(32.23)



1st Masters International Thialf Records Races

Thialf - Heerenveen

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		Naam	Cat	PR	Tijd	Info
78	gl	101 Otto van de Pol	HSB	14:57.53	14:09.83	PR WR
	bl	69 André Los	HSA	13:57.77	14:03.69	WR

Otto van de Pol

400m	38.19	(38.19)
800m	1:11.27	(33.08)
1200m	1:45.04	(33.77)
1600m	2:18.65	(33.61)
2000m	2:52.22	(33.57)
2400m	3:25.65	(33.43)
2800m	3:59.44	(33.79)
3200m	4:33.11	(33.67)
3600m	5:06.88	(33.77)
4000m	5:40.47	(33.59)
4400m	6:14.11	(33.64)
4800m	6:47.85	(33.74)
5200m	7:21.51	(33.66)
5600m	7:54.98	(33.47)
6000m	8:28.75	(33.77)
6400m	9:02.59	(33.84)
6800m	9:36.34	(33.75)
7200m	10:10.23	(33.89)
7600m	10:44.40	(34.17)
8000m	11:18.66	(34.26)
8400m	11:53.27	(34.61)
8800m	12:27.71	(34.44)
9200m	13:02.19	(34.48)
9600m	13:36.33	(34.14)
10000m	14:09.83	(33.50)

André Los

400m	38.25	(38.25)
800m	1:11.47	(33.22)
1200m	1:45.05	(33.58)
1600m	2:18.58	(33.53)
2000m	2:51.74	(33.16)
2400m	3:25.26	(33.52)
2800m	3:58.77	(33.51)
3200m	4:32.50	(33.73)
3600m	5:05.95	(33.45)
4000m	5:39.79	(33.84)
4400m	6:13.54	(33.75)
4800m	6:47.11	(33.57)
5200m	7:20.55	(33.44)
5600m	7:54.44	(33.89)
6000m	8:28.49	(34.05)
6400m	9:02.06	(33.57)
6800m	9:35.10	(33.04)
7200m	10:08.15	(33.05)
7600m	10:41.87	(33.72)
8000m	11:15.78	(33.91)
8400m	11:49.49	(33.71)
8800m	12:23.00	(33.51)
9200m	12:56.89	(33.89)
9600m	13:30.85	(33.96)
10000m	14:03.69	(32.84)

33. Uitslag 3000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 Lennaart Lamers	HSB	90	I	4:16.27		
2	64 Robert Braam	H45	90	O	4:20.66		
3	45 Robert da Costa	H55	89	O	4:33.83		
4	24 Hendrik van de Beek	H55	86	O	4:42.31		
5	6 Jan van der Stouwe	H50	89	I	4:45.45		
6	27 Evert Hof	H50	88	I	4:49.02		
7	95 Kaska Rogulska	D50	80	I	4:49.46		
8	26 Pieter Siemonsma	H65	86	I	4:50.13		
9	58 Wim Verbraeken	HSB	87	O	4:50.52		
10	40 Frank Steenkamp	H65	85	O	4:52.08		
11	34 Martijn van der Horst	H45	88	O	4:53.06		
12	85 Piet de Jong	H55	85	I	4:57.87		
13	109 Bert Piek	H60	84	I	5:04.74		
14	102 Bert Keizer	H65	84	O	5:05.64		
15	71 Jolanda Voskamp-Vollebregt	D50	80	O	5:12.31		
16	108 Thomas Hoekstra	H65	83	O	5:20.36		
17	44 Wim Ros	H45	83	I	5:21.06		
18	99 Marianne de Neeling	D60	79	O	5:22.91		
19	19 Ronald Zwart	H50	81	O	5:52.78		
	38 Shirley Jaarsma	DSB			WDR		
	96 Troy Koolhoven	H45			WDR		
	88 Ed de Looze	H50			WDR		

33. Rituitslag 3000m Allround Small

		Naam	Cat	PR	Tijd Info
79	wt	38 Shirley Jaarsma	DSB	4:55.85	WDR
	rd	99 Marianne de Neeling	D60	4:54.93	5:22.91

Shirley Jaarsma

Marianne de Neeling

200m	26.06	(26.06)
600m	1:07.01	(40.95)
1000m	1:48.48	(41.47)
1400m	2:31.02	(42.54)
1800m	3:14.01	(42.99)
2200m	3:56.93	(42.92)
2600m	4:40.21	(43.28)
3000m	5:22.91	(42.70)

		Naam	Cat	PR	Tijd Info
80	gl	95 Kaska Rogulska	D50	4:35.62	4:49.46
	bl	71 Jolanda Voskamp-Vollebregt	D50	4:30.14	5:12.31

Kaska Rogulska

Jolanda Voskamp-Vollebregt

200m	22.80	(22.80)	200m	24.16	(24.16)
600m	1:00.00	(37.20)	600m	1:03.16	(39.00)
1000m	1:37.37	(37.37)	1000m	1:43.47	(40.31)
1400m	2:14.89	(37.52)	1400m	2:24.35	(40.88)
1800m	2:52.89	(38.00)	1800m	3:05.61	(41.26)
2200m	3:31.28	(38.39)	2200m	3:47.54	(41.93)
2600m	4:10.35	(39.07)	2600m	4:29.79	(42.25)
3000m	4:49.46	(39.11)	3000m	5:12.31	(42.52)

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Thialf - Heerenveen

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		Naam	Cat	PR	Tijd	Info
81	wt	96 Troy Koolhoven	H45	5:26.02		WDR
	rd	19 Ronald Zwart	H50			5:52.78
		Troy Koolhoven		Ronald Zwart		
			200m	26.77	(26.77)	
			600m	1:11.09	(44.32)	
			1000m	1:55.70	(44.61)	
			1400m	2:41.56	(45.86)	
			1800m	3:27.68	(46.12)	
			2200m	4:14.66	(46.98)	
			2600m	5:02.72	(48.06)	
			3000m	5:52.78	(50.06)	

		Naam	Cat	PR	Tijd	Info
82	gl					
	bl					
		m	m			

		Naam	Cat	PR	Tijd	Info
83	wt	44 Wim Ros	H45	5:13.34		5:21.06
	rd	108 Thomas Hoekstra	H65	4:42.79		5:20.36
		Wim Ros		Thomas Hoekstra		
		200m	24.46	(24.46)	200m	24.38 (24.38)
		600m	1:03.90	(39.44)	600m	1:03.87 (39.49)
		1000m	1:44.97	(41.07)	1000m	1:45.60 (41.73)
		1400m	2:27.11	(42.14)	1400m	2:28.27 (42.67)
		1800m	3:09.85	(42.74)	1800m	3:11.07 (42.80)
		2200m	3:53.66	(43.81)	2200m	3:54.27 (43.20)
		2600m	4:36.64	(42.98)	2600m	4:37.84 (43.57)
		3000m	5:21.06	(44.42)	3000m	5:20.36 (42.52)

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Thialf - Heerenveen

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		Naam			Cat	PR	Tijd	Info
84	gl	109 Bert Piek			H60	4:27.18	5:04.74	
	bl	102 Bert Keizer			H65	4:37.12	5:05.64	
		Bert Piek			Bert Keizer			
		200m	24.06	(24.06)	200m	23.95	(23.95)	
		600m	1:03.32	(39.26)	600m	1:03.01	(39.06)	
		1000m	1:43.60	(40.28)	1000m	1:42.45	(39.44)	
		1400m	2:24.14	(40.54)	1400m	2:22.81	(40.36)	
		1800m	3:04.11	(39.97)	1800m	3:03.02	(40.21)	
		2200m	3:43.70	(39.59)	2200m	3:43.11	(40.09)	
		2600m	4:24.19	(40.49)	2600m	4:24.16	(41.05)	
		3000m	5:04.74	(40.55)	3000m	5:05.64	(41.48)	

		Naam			Cat	PR	Tijd	Info
85	wt	85 Piet de Jong			H55	4:43.87	4:57.87	
	rd	40 Frank Steenkamp			H65	4:36.38	4:52.08	
		Piet de Jong			Frank Steenkamp			
		200m	23.50	(23.50)	200m	24.07	(24.07)	
		600m	1:01.48	(37.98)	600m	1:01.56	(37.49)	
		1000m	1:39.50	(38.02)	1000m	1:39.66	(38.10)	
		1400m	2:18.69	(39.19)	1400m	2:17.76	(38.10)	
		1800m	2:58.08	(39.39)	1800m	2:56.45	(38.69)	
		2200m	3:37.34	(39.26)	2200m	3:34.83	(38.38)	
		2600m	4:17.58	(40.24)	2600m	4:13.61	(38.78)	
		3000m	4:57.87	(40.29)	3000m	4:52.08	(38.47)	

1st Masters International Thialf Records Races

Thialf - Heerenveen

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		Naam	Cat	PR	Tijd Info
86	gl	26 Pieter Siemonsma	H65	4:36.91	4:50.13
	bl	24 Hendrik van de Beek	H55	4:24.60	4:42.31

Pieter Siemonsma

200m	23.27	(23.27)
600m	59.64	(36.37)
1000m	1:37.30	(37.66)
1400m	2:15.81	(38.51)
1800m	2:54.34	(38.53)
2200m	3:32.71	(38.37)
2600m	4:11.75	(39.04)
3000m	4:50.13	(38.38)

Hendrik van de Beek

200m	23.13	(23.13)
600m	58.17	(35.04)
1000m	1:34.95	(36.78)
1400m	2:12.18	(37.23)
1800m	2:49.46	(37.28)
2200m	3:26.94	(37.48)
2600m	4:04.72	(37.78)
3000m	4:42.31	(37.59)

		Naam	Cat	PR	Tijd Info
87	wt	88 Ed de Looze	H50	4:17.42	WDR
	rd	58 Wim Verbraeken	HSB	4:45.20	4:50.52

Ed de Looze

Wim Verbraeken

200m	22.59	(22.59)
600m	1:00.98	(38.39)
1000m	1:39.45	(38.47)
1400m	2:17.14	(37.69)
1800m	2:54.97	(37.83)
2200m	3:33.16	(38.19)
2600m	4:11.68	(38.52)
3000m	4:50.52	(38.84)

1st Masters International Thialf Records Races

Thialf - Heerenveen

10 en 11 maart 2020

		Naam	Cat	PR	Tijd	Info
88	gl	27 Evert Hof	H50	4:36.73	4:49.02	
	bl	34 Martijn van der Horst	H45		4:53.06	

Evert Hof

200m	22.73	(22.73)
600m	1:00.96	(38.23)
1000m	1:38.85	(37.89)
1400m	2:16.26	(37.41)
1800m	2:53.66	(37.40)
2200m	3:31.77	(38.11)
2600m	4:10.32	(38.55)
3000m	4:49.02	(38.70)

Martijn van der Horst

200m	23.91	(23.91)
600m	1:03.20	(39.29)
1000m	1:42.91	(39.71)
1400m	2:22.22	(39.31)
1800m	3:00.19	(37.97)
2200m	3:38.02	(37.83)
2600m	4:15.95	(37.93)
3000m	4:53.06	(37.11)

		Naam	Cat	PR	Tijd	Info
89	wt	6 Jan van der Stouwe	H50	4:17.27	4:45.45	
	rd	45 Robert da Costa	H55	4:31.44	4:33.83	

Jan van der Stouwe

200m	21.70	(21.70)
600m	57.05	(35.35)
1000m	1:32.32	(35.27)
1400m	2:09.21	(36.89)
1800m	2:48.02	(38.81)
2200m	3:27.54	(39.52)
2600m	4:07.45	(39.91)
3000m	4:45.45	(38.00)

Robert da Costa

200m	22.86	(22.86)
600m	57.35	(34.49)
1000m	1:32.90	(35.55)
1400m	2:08.98	(36.08)
1800m	2:45.26	(36.28)
2200m	3:21.45	(36.19)
2600m	3:57.60	(36.15)
3000m	4:33.83	(36.23)



1st Masters International Thialf Records Races

Thialf - Heerenveen

10 en 11 maart 2020



		Naam		Cat		PR		Tijd	Info
90	gl	5	Lennaart Lamers		HSB		4:15.47	4:16.27	
	bl	64	Robert Braam		H45		4:16.98	4:20.66	
		Lennaart Lamers			Robert Braam				
		200m	20.72	(20.72)		200m	20.89	(20.89)	
		600m	54.41	(33.69)		600m	53.92	(33.03)	
		1000m	1:27.60	(33.19)		1000m	1:28.13	(34.21)	
		1400m	2:01.37	(33.77)		1400m	2:01.78	(33.65)	
		1800m	2:35.33	(33.96)		1800m	2:35.95	(34.17)	
		2200m	3:09.19	(33.86)		2200m	3:10.27	(34.32)	
		2600m	3:42.92	(33.73)		2600m	3:45.18	(34.91)	
		3000m	4:16.27	(33.35)		3000m	4:20.66	(35.48)	



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34. Uitslag 3000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	61 Matthe Pronk	HB1	92	O	4:11.93	PR	
2	119 Jordy Blokland	HN2	92	I	4:14.79		
3	98 Nomdo de Heer	HA1	91	I	4:23.72	PR	
4	90 Bo Meijer	DB1	91	O	5:20.20		

34. Rituitslag 3000m Allround Small - O

		Naam			Cat	PR	Tijd	Info
91	wt	98 Nomdo de Heer			HA1	4:38.04	4:23.72	PR
	rd	90 Bo Meijer			DB1	5:14.84	5:20.20	
		Nomdo de Heer			Bo Meijer			
		200m	21.07	(21.07)	200m	24.18	(24.18)	
		600m	55.72	(34.65)	600m	1:03.31	(39.13)	
		1000m	1:30.76	(35.04)	1000m	1:44.00	(40.69)	
		1400m	2:05.52	(34.76)	1400m	2:25.49	(41.49)	
		1800m	2:39.95	(34.43)	1800m	3:09.13	(43.64)	
		2200m	3:14.19	(34.24)	2200m	3:53.56	(44.43)	
		2600m	3:48.84	(34.65)	2600m	4:37.47	(43.91)	
		3000m	4:23.72	(34.88)	3000m	5:20.20	(42.73)	

		Naam			Cat	PR	Tijd	Info
92	gl	119 Jordy Blokland			HN2	4:09.71	4:14.79	
	bl	61 Matthe Pronk			HB1	4:16.20	4:11.93	PR
		Jordy Blokland			Matthe Pronk			
		200m	19.87	(19.87)	200m	20.37	(20.37)	
		600m	51.92	(32.05)	600m	52.15	(31.78)	
		1000m	1:24.07	(32.15)	1000m	1:24.77	(32.62)	
		1400m	1:57.79	(33.72)	1400m	1:57.76	(32.99)	
		1800m	2:31.81	(34.02)	1800m	2:31.22	(33.46)	
		2200m	3:06.10	(34.29)	2200m	3:04.62	(33.40)	
		2600m	3:40.75	(34.65)	2600m	3:38.21	(33.59)	
		3000m	4:14.79	(34.04)	3000m	4:11.93	(33.72)	