



# 2nd Masters International Thialf Record Races

Thialf - Heerenveen  
16 en 17 maart 2022



## 1. Uitslag 500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	100 <b>Martin Hänggi</b>	H50	12	I	<b>41.54</b>		
2	108 <b>Michiel Wienese</b>	H40	12	O	<b>42.34</b>		
3	23 <b>Doede Wind</b>	H45	10	I	<b>44.97</b>	PR	
4	27 <b>John van der Vlugt</b>	H60	10	O	<b>45.14</b>		
5	68 <b>Peter Weiss</b>	H60	9	I	<b>45.76</b>	PR	
6	66 <b>Seppe Lybaert</b>	HSB	9	O	<b>46.36</b>		
7	16 <b>Jann van Benthem</b>	H65	8	O	<b>46.93</b>		
8	39 <b>Koen van Egmond</b>	HSB	6	I	<b>47.89</b>		
9	3 <b>Bauke Meijer</b>	H70	7	I	<b>48.36</b>		
10	55 <b>Oktavian-Kornel Moga</b>	H55	8	I	<b>48.49</b>		
11	63 <b>Marvin Zeisberg</b>	HSB	6	O	<b>48.97</b>	PR	
12	25 <b>Kees Voorhoeve</b>	H60	7	O	<b>49.16</b>		
13	7 <b>Daniëlle Frijters</b>	DSB	2	O	<b>52.09</b>	PR	
14	71 <b>Wim Zwanenburg</b>	H65	5	I	<b>52.44</b>		
15	52 <b>Hans-Gerd Heyne</b>	H55	5	O	<b>54.46</b>		
16	8 <b>Tialda Gerritsma</b>	D55	2	I	<b>55.74</b>		
17	58 <b>Trine Landsem</b>	D50	1	I	<b>58.25</b>		
18	56 <b>Geir Nettet</b>	H55	11	O	<b>58.31</b>	FL	
19	35 <b>Thierry Huberland</b>	H60	3	I	<b>59.30</b>		
	15 <b>Erol Aksoy</b>	H50			<b>WDR</b>		

## 1. Rituitslag 500m Allround Big

		Naam		Cat		PR	Tijd	Info
1	wt rd	58	<b>Trine Landsem</b>		D50		55.26	<b>58.25</b>

### Trine Landsem

100m	15.86	(15.86)	m
500m	58.25	(42.39)	

		Naam		Cat		PR	Tijd	Info
2	gl	8	<b>Tialda Gerritsma</b>		D55		49.94	<b>55.74</b>
	bl	7	<b>Daniëlle Frijters</b>		DSB		52.53	<b>52.09</b> PR

### Tialda Gerritsma

100m	14.85	(14.85)
500m	55.74	(40.89)

### Daniëlle Frijters

100m	14.30	(14.30)
500m	52.09	(37.79)

		Naam		Cat		PR	Tijd	Info
3	wt rd	35	<b>Thierry Huberland</b>		H60		58.30	<b>59.30</b>

### Thierry Huberland

100m	16.16	(16.16)	m
500m	59.30	(43.14)	

		Naam		Cat		PR	Tijd	Info
4	gl bl							

m

m

		Naam		Cat		PR	Tijd	Info
5	wt	71	<b>Wim Zwanenburg</b>		H65		47.16	<b>52.44</b>
	rd	52	<b>Hans-Gerd Heyne</b>		H55		48.05	<b>54.46</b>

### Wim Zwanenburg

100m	14.36	(14.36)
500m	52.44	(38.08)

### Hans-Gerd Heyne

100m	14.54	(14.54)
500m	54.46	(39.92)

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		Naam		Cat		PR	Tijd	Info
6	gl	39	<b>Koen van Egmond</b>		HSB	45.56	<b>47.89</b>	
	bl	63	<b>Marvin Zeisberg</b>		HSB	49.07	<b>48.97</b>	PR
		<b>Koen van Egmond</b>			<b>Marvin Zeisberg</b>			
		100m	13.09	(13.09)	100m	12.87	(12.87)	
		500m	47.89	(34.80)	500m	48.97	(36.10)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
7	wt	3	<b>Bauke Meijer</b>		H70	45.35	<b>48.36</b>	
	rd	25	<b>Kees Voorhoeve</b>		H60	46.58	<b>49.16</b>	
		<b>Bauke Meijer</b>			<b>Kees Voorhoeve</b>			
		100m	12.89	(12.89)	100m	13.52	(13.52)	
		500m	48.36	(35.47)	500m	49.16	(35.64)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
8	gl	55	<b>Oktavian-Kornel Moga</b>		H55	44.30	<b>48.49</b>	
	bl	16	<b>Jann van Benthem</b>		H65	43.87	<b>46.93</b>	
		<b>Oktavian-Kornel Moga</b>			<b>Jann van Benthem</b>			
		100m	13.07	(13.07)	100m	13.01	(13.01)	
		500m	48.49	(35.42)	500m	46.93	(33.92)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
9	wt	68	<b>Peter Weiss</b>		H60	45.84	<b>45.76</b>	PR
	rd	66	<b>Seppe Lybaert</b>		HSB	44.40	<b>46.36</b>	
		<b>Peter Weiss</b>			<b>Seppe Lybaert</b>			
		100m	11.89	(11.89)	100m	12.61	(12.61)	
		500m	45.76	(33.87)	500m	46.36	(33.75)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
10	gl	23	<b>Doede Wind</b>		H45	45.45	<b>44.97</b>	PR
	bl	27	<b>John van der Vlugt</b>		H60	42.37	<b>45.14</b>	
		<b>Doede Wind</b>			<b>John van der Vlugt</b>			
		100m	12.48	(12.48)	100m	12.50	(12.50)	
		500m	44.97	(32.49)	500m	45.14	(32.64)	



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		Naam	Cat	PR	Tijd	Info
11	wt	15 <b>Erol Aksoy</b>	H50	43.11		<b>WDR</b>
	rd	56 <b>Geir Nettet</b>	H55	44.36		<b>58.31</b> FL
		<u>Erol Aksoy</u>				
						<u>Geir Nettet</u>
					100m	12.28 (12.28)
					500m	58.31 (46.03)

		Naam	Cat	PR	Tijd	Info
12	gl	100 <b>Martin Hänggi</b>	H50	38.47		<b>41.54</b>
	bl	108 <b>Michiel Wienese</b>	H40	39.40		<b>42.34</b>
		<u>Martin Hänggi</u>				
						<u>Michiel Wienese</u>
					100m	11.50 (11.50)
					500m	41.54 (30.04)
					100m	11.54 (11.54)
					500m	42.34 (30.80)



## 2nd Masters International Thialf Record Races

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### 2. Uitslag 500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	60 Ville Männistö	H40	18	I	42.20		
2	11 Bart Brinksma	H60	18	O	44.13		
3	64 Mircea Vranceanu	H65	17	O	44.98		
4	1 Suzanne Mulder	DSB	13	I	45.18		
5	13 Imme Kampen	D40	13	O	46.22		
6	54 Stephan Haueisen	H50	17	I	47.41		
7	12 Andre van Zaane	H60	16	O	47.59		
8	73 Kees Verdouw	H75	16	I	49.17		
9	81 Walter Mariën	H55	15	O	51.64		
10	26 Kevin van Cleef	H40	15	I	53.09		

## 2. Rituitslag 500m Allround Normal

		Naam	Cat	PR	Tijd	Info
13	wt	1 <b>Suzanne Mulder</b>	DSB	43.77	<b>45.18</b>	
	rd	13 <b>Imme Kampen</b>	D40	44.76	<b>46.22</b>	
		<b>Suzanne Mulder</b>		<b>Imme Kampen</b>		
		100m	12.72 (12.72)	100m	12.69 (12.69)	
		500m	45.18 (32.46)	500m	46.22 (33.53)	

		Naam	Cat	PR	Tijd	Info
14	gl					
	bl					
		m		m		

		Naam	Cat	PR	Tijd	Info
15	wt	26 <b>Kevin van Cleef</b>	H40	50.47	<b>53.09</b>	
	rd	81 <b>Walter Mariën</b>	H55	48.37	<b>51.64</b>	
		<b>Kevin van Cleef</b>		<b>Walter Mariën</b>		
		100m	14.62 (14.62)	100m	14.09 (14.09)	
		500m	53.09 (38.47)	500m	51.64 (37.55)	

		Naam	Cat	PR	Tijd	Info
16	gl	73 <b>Kees Verdouw</b>	H75	45.95	<b>49.17</b>	
	bl	12 <b>Andre van Zaane</b>	H60	44.22	<b>47.59</b>	
		<b>Kees Verdouw</b>		<b>Andre van Zaane</b>		
		100m	13.61 (13.61)	100m	13.14 (13.14)	
		500m	49.17 (35.56)	500m	47.59 (34.45)	

		Naam	Cat	PR	Tijd	Info
17	wt	54 <b>Stephan Haueisen</b>	H50	43.46	<b>47.41</b>	
	rd	64 <b>Mircea Vranceanu</b>	H65	41.55	<b>44.98</b>	
		<b>Stephan Haueisen</b>		<b>Mircea Vranceanu</b>		
		100m	13.07 (13.07)	100m	12.54 (12.54)	
		500m	47.41 (34.34)	500m	44.98 (32.44)	



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		Naam		Cat		PR		Tijd	Info
18	gl	60	<b>Ville Männistö</b>		H40			<b>42.20</b>	
	bl	11	<b>Bart Brinksma</b>		H60	42.30		<b>44.13</b>	
		<b>Ville Männistö</b>			<b>Bart Brinksma</b>				
		100m	11.73	(11.73)	100m	12.10	(12.10)		
		500m	42.20	(30.47)	500m	44.13	(32.03)		



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### 3. Uitslag 500m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	74 Niels Meijer	HA2	22	O	39.54		
2	88 Mats ten Cate	HA1	22	I	40.29		
3	98 Arjen van Damme	HA2	21	O	40.86		
4	80 Emma Fransen	DA1	19	I	45.43		
5	97 Emma van der Liet	DA1	21	I	46.31		



## 3. Rituitslag 500m Allround Normal - O

		Naam		Cat		PR		Tijd	Info
19	wt rd	80	<b>Emma Fransen</b>		DA1		45.08	<b>45.43</b>	

### Emma Fransen

100m	12.27	(12.27)		m
500m	45.43	(33.16)		

		Naam		Cat		PR		Tijd	Info
20	gl bl								

m

m

		Naam		Cat		PR		Tijd	Info
21	wt	97	<b>Emma van der Liet</b>		DA1		45.00	<b>46.31</b>	
	rd	98	<b>Arjen van Damme</b>		HA2		40.38	<b>40.86</b>	

### Emma van der Liet

100m	12.90	(12.90)
500m	46.31	(33.41)

### Arjen van Damme

100m	11.58	(11.58)
500m	40.86	(29.28)

		Naam		Cat		PR		Tijd	Info
22	gl	88	<b>Mats ten Cate</b>		HA1		39.97	<b>40.29</b>	
	bl	74	<b>Niels Meijer</b>		HA2		39.45	<b>39.54</b>	

### Mats ten Cate

100m	11.18	(11.18)
500m	40.29	(29.11)

### Niels Meijer

100m	10.96	(10.96)
500m	39.54	(28.58)



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### 4. Uitslag 500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 Lennaart Lamers	HSB	32	O	38.89		
2	57 Rene van Bernum	H55	32	I	39.62		
3	19 Niels de Jager	H40	31	I	42.31		
4	18 Michel van der Sluijs	H50	30	I	43.57	PR	
5	72 Danny Witkamp	H55	30	O	43.63		
6	121 Wim Verbraeken	H40	31	O	44.13		
7	59 Lars Henriksson	H55	29	O	45.53		
8	37 Harm Sinnige	H60	27	O	48.72		
9	30 Karin van der Sar	D45	24	I	48.99		
10	31 Marianne de Neeling	D60	23	I	49.44		
11	79 Frank Günther	H55	29	I	49.45		
12	6 Anna van der Stok	D45	24	O	50.11		
13	109 Twan den Braber	H65	28	O	51.08		
14	116 Marcel Tange	HSB	28	I	51.64	PR	
15	111 Ton van Helden	H70	27	I	52.08		
16	34 Carolien van Rees	D60	23	O	54.44	PR	
17	51 Andrej Kwadrin	HSB	25	I	55.45		

## 4. Rituitslag 500m Allround Small

		Naam		Cat		PR	Tijd	Info
23	wt	31	<b>Marianne de Neeling</b>		D60	46.57	<b>49.44</b>	
	rd	34	<b>Carolien van Rees</b>		D60	55.12	<b>54.44</b>	PR
			<b>Marianne de Neeling</b>		<b>Carolien van Rees</b>			
			100m	13.69	(13.69)	100m	14.40	(14.40)
			500m	49.44	(35.75)	500m	54.44	(40.04)

		Naam		Cat		PR	Tijd	Info
24	gl	30	<b>Karin van der Sar</b>		D45	46.80	<b>48.99</b>	
	bl	6	<b>Anna van der Stok</b>		D45	50.08	<b>50.11</b>	
			<b>Karin van der Sar</b>		<b>Anna van der Stok</b>			
			100m	13.19	(13.19)	100m	12.84	(12.84)
			500m	48.99	(35.80)	500m	50.11	(37.27)

		Naam		Cat		PR	Tijd	Info
25	wt	51	<b>Andrej Kwadrin</b>		HSB	51.42	<b>55.45</b>	
	rd							
			<b>Andrej Kwadrin</b>					
			100m	14.16	(14.16)	m		
			500m	55.45	(41.29)			

		Naam		Cat		PR	Tijd	Info
26	gl							
	bl							
			m		m			

		Naam		Cat		PR	Tijd	Info
27	wt	111	<b>Ton van Helden</b>		H70	44.15	<b>52.08</b>	
	rd	37	<b>Harm Sinnige</b>		H60	46.83	<b>48.72</b>	
			<b>Ton van Helden</b>		<b>Harm Sinnige</b>			
			100m	13.93	(13.93)	100m	13.21	(13.21)
			500m	52.08	(38.15)	500m	48.72	(35.51)

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		Naam	Cat		PR	Tijd	Info
28	gl	116 <b>Marcel Tange</b>	HSB		51.95	<b>51.64</b>	PR
	bl	109 <b>Twan den Braber</b>	H65		45.13	<b>51.08</b>	
		<b>Marcel Tange</b>			<b>Twan den Braber</b>		
		100m	13.20	(13.20)	100m	13.74	(13.74)
		500m	51.64	(38.44)	500m	51.08	(37.34)
		Naam	Cat		PR	Tijd	Info
29	wt	79 <b>Frank Günther</b>	H55		48.35	<b>49.45</b>	
	rd	59 <b>Lars Henriksson</b>	H55		42.37	<b>45.53</b>	
		<b>Frank Günther</b>			<b>Lars Henriksson</b>		
		100m	12.94	(12.94)	100m	12.27	(12.27)
		500m	49.45	(36.51)	500m	45.53	(33.26)
		Naam	Cat		PR	Tijd	Info
30	gl	18 <b>Michel van der Sluijs</b>	H50		43.84	<b>43.57</b>	PR
	bl	72 <b>Danny Witkamp</b>	H55		41.40	<b>43.63</b>	
		<b>Michel van der Sluijs</b>			<b>Danny Witkamp</b>		
		100m	12.24	(12.24)	100m	12.20	(12.20)
		500m	43.57	(31.33)	500m	43.63	(31.43)
		Naam	Cat		PR	Tijd	Info
31	wt	19 <b>Niels de Jager</b>	H40		41.32	<b>42.31</b>	
	rd	121 <b>Wim Verbraeken</b>	H40		42.97	<b>44.13</b>	
		<b>Niels de Jager</b>			<b>Wim Verbraeken</b>		
		100m	11.54	(11.54)	100m	11.95	(11.95)
		500m	42.31	(30.77)	500m	44.13	(32.18)
		Naam	Cat		PR	Tijd	Info
32	gl	57 <b>Rene van Bernum</b>	H55		37.91	<b>39.62</b>	
	bl	5 <b>Lennaart Lamers</b>	HSB		38.49	<b>38.89</b>	
		<b>Rene van Bernum</b>			<b>Lennaart Lamers</b>		
		100m	11.18	(11.18)	100m	10.84	(10.84)
		500m	39.62	(28.44)	500m	38.89	(28.05)



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### 5. Uitslag 500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	96 <b>Matthé Pronk</b>	HA1	36	O	<b>38.71</b>		
2	77 <b>Nomdo de Heer</b>	HN1	36	I	<b>39.56</b>		
3	125 <b>Lauren Teunissen</b>	DA1	35	O	<b>44.94</b>		
4	82 <b>Isa Molenaar</b>	DA1	35	I	<b>46.25</b>		
5	105 <b>Donna Pronk</b>	DB2	33	O	<b>48.46</b>		
6	118 <b>Bo Meijer</b>	DA1	33	I	<b>50.11</b>		

## 5. Rituitslag 500m Allround Small - O

		Naam		Cat		PR		Tijd	Info
33	wt	118	<b>Bo Meijer</b>		DA1	46.68		<b>50.11</b>	
	rd	105	<b>Donna Pronk</b>		DB2	47.64		<b>48.46</b>	
		<b>Bo Meijer</b>			<b>Donna Pronk</b>				
		100m	13.37	(13.37)	100m	13.24	(13.24)		
		500m	50.11	(36.74)	500m	48.46	(35.22)		

		Naam		Cat		PR		Tijd	Info
34	gl								
	bl								
			m				m		

		Naam		Cat		PR		Tijd	Info
35	wt	82	<b>Isa Molenaar</b>		DA1	44.45		<b>46.25</b>	
	rd	125	<b>Lauren Teunissen</b>		DA1	44.13		<b>44.94</b>	
		<b>Isa Molenaar</b>			<b>Lauren Teunissen</b>				
		100m	12.64	(12.64)	100m	12.10	(12.10)		
		500m	46.25	(33.61)	500m	44.94	(32.84)		

		Naam		Cat		PR		Tijd	Info
36	gl	77	<b>Nomdo de Heer</b>		HN1	39.28		<b>39.56</b>	
	bl	96	<b>Matthé Pronk</b>		HA1	38.51		<b>38.71</b>	
		<b>Nomdo de Heer</b>			<b>Matthé Pronk</b>				
		100m	10.90	(10.90)	100m	11.05	(11.05)		
		500m	39.56	(28.66)	500m	38.71	(27.66)		

## 6. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	83 Joshua Stänz	HSA	44	O	39.68		
2	48 Peter van der Vorst	H50	44	I	42.12		
3	29 Jan van der Stouwe	H55	43	O	42.13		
4	17 Marloes Westerhof	DSB	40	I	42.91		
5	20 Renske Winters	D45	40	O	44.10		
6	107 Frits van Soest	H65	43	I	45.10		
7	22 Anja Bollaart	D55	39	I	46.55		
8	126 Henriëtte Goede	D55	39	O	46.72		
9	21 Kees Bollaart	H60	42	O	47.01		
	104 Hanspeter Ambass	H60	42	I	47.01		
11	24 Karin Terhürne	D50	38	O	48.84		
12	28 Jorien Oosterwijk	D50	38	I	51.25		
13	4 Astrid Janssen	D55	37	I	52.03		
14	127 Thomas Hoekstra	H70	41	O	52.04		
15	33 Ronald Zwart	H50	41	I	52.15		

## 6. Rituitslag 500m Sprint

		Naam	Cat	PR	Tijd	Info																					
37	wt	4 <b>Astrid Janssen</b>	D55	46.77	<b>52.03</b>																						
	rd																										
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Astrid Janssen</u></td> <td colspan="4"></td> </tr> <tr> <td>100m</td> <td>14.19</td> <td>(14.19)</td> <td>m</td> <td colspan="3"></td> </tr> <tr> <td>500m</td> <td>52.03</td> <td>(37.84)</td> <td colspan="4"></td> </tr> </table>							<u>Astrid Janssen</u>							100m	14.19	(14.19)	m				500m	52.03	(37.84)				
<u>Astrid Janssen</u>																											
100m	14.19	(14.19)	m																								
500m	52.03	(37.84)																									

		Naam	Cat	PR	Tijd	Info																					
38	gl	28 <b>Jorien Oosterwijk</b>	D50	50.16	<b>51.25</b>																						
	bl	24 <b>Karin Terhürne</b>	D50	46.45	<b>48.84</b>																						
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Jorien Oosterwijk</u></td> <td colspan="4"><u>Karin Terhürne</u></td> </tr> <tr> <td>100m</td> <td>13.66</td> <td>(13.66)</td> <td>100m</td> <td>13.34</td> <td>(13.34)</td> <td></td> </tr> <tr> <td>500m</td> <td>51.25</td> <td>(37.59)</td> <td>500m</td> <td>48.84</td> <td>(35.50)</td> <td></td> </tr> </table>							<u>Jorien Oosterwijk</u>			<u>Karin Terhürne</u>				100m	13.66	(13.66)	100m	13.34	(13.34)		500m	51.25	(37.59)	500m	48.84	(35.50)	
<u>Jorien Oosterwijk</u>			<u>Karin Terhürne</u>																								
100m	13.66	(13.66)	100m	13.34	(13.34)																						
500m	51.25	(37.59)	500m	48.84	(35.50)																						

		Naam	Cat	PR	Tijd	Info																					
39	wt	22 <b>Anja Bollaart</b>	D55	41.31	<b>46.55</b>																						
	rd	126 <b>Henriëtte Goede</b>	D55	43.73	<b>46.72</b>																						
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Anja Bollaart</u></td> <td colspan="4"><u>Henriëtte Goede</u></td> </tr> <tr> <td>100m</td> <td>12.70</td> <td>(12.70)</td> <td>100m</td> <td>13.04</td> <td>(13.04)</td> <td></td> </tr> <tr> <td>500m</td> <td>46.55</td> <td>(33.85)</td> <td>500m</td> <td>46.72</td> <td>(33.68)</td> <td></td> </tr> </table>							<u>Anja Bollaart</u>			<u>Henriëtte Goede</u>				100m	12.70	(12.70)	100m	13.04	(13.04)		500m	46.55	(33.85)	500m	46.72	(33.68)	
<u>Anja Bollaart</u>			<u>Henriëtte Goede</u>																								
100m	12.70	(12.70)	100m	13.04	(13.04)																						
500m	46.55	(33.85)	500m	46.72	(33.68)																						

		Naam	Cat	PR	Tijd	Info																					
40	gl	17 <b>Marloes Westerhof</b>	DSB	41.98	<b>42.91</b>																						
	bl	20 <b>Renske Winters</b>	D45	42.36	<b>44.10</b>																						
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Marloes Westerhof</u></td> <td colspan="4"><u>Renske Winters</u></td> </tr> <tr> <td>100m</td> <td>11.66</td> <td>(11.66)</td> <td>100m</td> <td>12.08</td> <td>(12.08)</td> <td></td> </tr> <tr> <td>500m</td> <td>42.91</td> <td>(31.25)</td> <td>500m</td> <td>44.10</td> <td>(32.02)</td> <td></td> </tr> </table>							<u>Marloes Westerhof</u>			<u>Renske Winters</u>				100m	11.66	(11.66)	100m	12.08	(12.08)		500m	42.91	(31.25)	500m	44.10	(32.02)	
<u>Marloes Westerhof</u>			<u>Renske Winters</u>																								
100m	11.66	(11.66)	100m	12.08	(12.08)																						
500m	42.91	(31.25)	500m	44.10	(32.02)																						

		Naam	Cat	PR	Tijd	Info																					
41	wt	33 <b>Ronald Zwart</b>	H50	50.52	<b>52.15</b>																						
	rd	127 <b>Thomas Hoekstra</b>	H70	44.53	<b>52.04</b>																						
<table border="0" style="width:100%"> <tr> <td colspan="3"><u>Ronald Zwart</u></td> <td colspan="4"><u>Thomas Hoekstra</u></td> </tr> <tr> <td>100m</td> <td>13.83</td> <td>(13.83)</td> <td>100m</td> <td>13.74</td> <td>(13.74)</td> <td></td> </tr> <tr> <td>500m</td> <td>52.15</td> <td>(38.32)</td> <td>500m</td> <td>52.04</td> <td>(38.30)</td> <td></td> </tr> </table>							<u>Ronald Zwart</u>			<u>Thomas Hoekstra</u>				100m	13.83	(13.83)	100m	13.74	(13.74)		500m	52.15	(38.32)	500m	52.04	(38.30)	
<u>Ronald Zwart</u>			<u>Thomas Hoekstra</u>																								
100m	13.83	(13.83)	100m	13.74	(13.74)																						
500m	52.15	(38.32)	500m	52.04	(38.30)																						



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		Naam			Cat	PR	Tijd	Info
42	gl	104	<b>Hanspeter Ambass</b>		H60	42.87	<b>47.01</b>	
	bl	21	<b>Kees Bollaart</b>		H60	43.55	<b>47.01</b>	
		<b>Hanspeter Ambass</b>			<b>Kees Bollaart</b>			
		100m	12.60	(12.60)	100m	12.94	(12.94)	
		500m	47.01	(34.41)	500m	47.01	(34.07)	
		Naam			Cat	PR	Tijd	Info
43	wt	107	<b>Frits van Soest</b>		H65	43.77	<b>45.10</b>	
	rd	29	<b>Jan van der Stouwe</b>		H55	39.24	<b>42.13</b>	
		<b>Frits van Soest</b>			<b>Jan van der Stouwe</b>			
		100m	12.02	(12.02)	100m	11.59	(11.59)	
		500m	45.10	(33.08)	500m	42.13	(30.54)	
		Naam			Cat	PR	Tijd	Info
44	gl	48	<b>Peter van der Vorst</b>		H50	40.22	<b>42.12</b>	
	bl	83	<b>Joshua Stänz</b>		HSA	39.10	<b>39.68</b>	
		<b>Peter van der Vorst</b>			<b>Joshua Stänz</b>			
		100m	11.96	(11.96)	100m	10.83	(10.83)	
		500m	42.12	(30.16)	500m	39.68	(28.85)	



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### 7. Uitslag 500m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	75 Jasper Sinke	HA2	46	O	38.25		
2	91 Loic Crielaers	HC1	46	I	46.65		
3	93 Wende Smit	DC1	45	I	48.92		

## 7. Rituitslag 500m Sprint - O

		Naam	Cat	PR	Tijd	Info
45	wt rd	93 <b>Wende Smit</b>	DC1	48.04	<b>48.92</b>	
		<b>Wende Smit</b>				
		100m	12.83 (12.83)			m
		500m	48.92 (36.09)			
		<b>Loic Crielaers</b>				
		100m	12.38 (12.38)			
		500m	46.65 (34.27)			
		<b>Jasper Sinke</b>				
		100m	10.53 (10.53)			
		500m	38.25 (27.72)			



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### 8. Uitslag 5000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	100 Martin Hänggi	H50	58	I	6:56.02		
2	27 John van der Vlugt	H60	57	I	7:41.37		
3	108 Michiel Wienese	H40	58	O	7:45.06		
4	56 Geir Nettet	H55	56	I	7:51.06	PR	
5	66 Seppe Lybaert	HSB	56	O	7:57.04		
6	16 Jann van Benthem	H65	57	O	8:10.72		
7	15 Erol Aksoy	H50	53	I	8:14.05		
8	55 Oktavian-Kornel Moga	H55	52	O	8:15.02		
9	25 Kees Voorhoeve	H60	55	O	8:23.99		
10	52 Hans-Gerd Heyne	H55	55	I	8:29.16		
11	23 Doede Wind	H45	49	I	8:34.63		
12	39 Koen van Egmond	HSB	52	I	8:42.89	PR	
13	71 Wim Zwanenburg	H65	53	O	8:44.38		
14	63 Marvin Zeisberg	HSB	51	O	8:49.96	PR	
15	8 Tialda Gerritsma	D55	48	I	9:05.64		
16	3 Bauke Meijer	H70	54	O	9:13.11		
17	35 Thierry Huberland	H60	51	I	9:20.43	PR	
18	58 Trine Landsem	D50	48	O	9:51.23		
19	7 Daniëlle Frijters	DSB	47	I	10:06.68	PR	
	68 Peter Weiss	H60	54	I	DQ		

## 8. Rituitslag 5000m Allround Big

		Naam	Cat	PR	Tijd Info
47	wt rd	7 <b>Daniëlle Frijters</b>	DSB	10:11.14	<b>10:06.68</b> PR

### Daniëlle Frijters

Distance	Time	PR
200m	26.50	(26.50)
600m	1:09.83	(43.33)
1000m	1:55.63	(45.80)
1400m	2:42.56	(46.93)
1800m	3:29.51	(46.95)
2200m	4:17.17	(47.66)
2600m	5:05.89	(48.72)
3000m	5:55.49	(49.60)
3400m	6:45.24	(49.75)
3800m	7:35.35	(50.11)
4200m	8:26.19	(50.84)
4600m	9:17.55	(51.36)
5000m	10:06.68	(49.13)

		Naam	Cat	PR	Tijd Info
48	gl	8 <b>Tialda Gerritsma</b>	D55	8:29.72	<b>9:05.64</b>
	bl	58 <b>Trine Landsem</b>	D50	9:41.72	<b>9:51.23</b>

### Tialda Gerritsma

Distance	Time	PR
200m	27.54	(27.54)
600m	1:09.97	(42.43)
1000m	1:53.09	(43.12)
1400m	2:36.94	(43.85)
1800m	3:21.54	(44.60)
2200m	4:05.37	(43.83)
2600m	4:48.82	(43.45)
3000m	5:32.45	(43.63)
3400m	6:15.81	(43.36)
3800m	6:58.44	(42.63)
4200m	7:41.07	(42.63)
4600m	8:23.53	(42.46)
5000m	9:05.64	(42.11)

### Trine Landsem

Distance	Time	PR
200m	29.35	(29.35)
600m	1:15.15	(45.80)
1000m	2:00.01	(44.86)
1400m	2:45.34	(45.33)
1800m	3:31.24	(45.90)
2200m	4:17.81	(46.57)
2600m	5:04.39	(46.58)
3000m	5:51.12	(46.73)
3400m	6:38.19	(47.07)
3800m	7:25.21	(47.02)
4200m	8:13.09	(47.88)
4600m	9:01.85	(48.76)
5000m	9:51.23	(49.38)



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		Naam	Cat	PR	Tijd Info
49	wt rd	23 <b>Doede Wind</b>	H45		<b>8:34.63</b>

### Doede Wind

200m	23.47	(23.47)	m
600m	1:00.22	(36.75)	
1000m	1:38.20	(37.98)	
1400m	2:17.26	(39.06)	
1800m	2:56.65	(39.39)	
2200m	3:36.87	(40.22)	
2600m	4:17.45	(40.58)	
3000m	4:58.43	(40.98)	
3400m	5:40.25	(41.82)	
3800m	6:22.17	(41.92)	
4200m	7:05.83	(43.66)	
4600m	7:49.98	(44.15)	
5000m	8:34.63	(44.65)	

		Naam	Cat	PR	Tijd Info
50	gl bl				

		Naam	Cat	PR	Tijd	Info
51	wt	35 <b>Thierry Huberland</b>	H60	9:41.42	<b>9:20.43</b>	PR
	rd	63 <b>Marvin Zeisberg</b>	HSB	9:20.58	<b>8:49.96</b>	PR
		<b>Thierry Huberland</b>				
		200m	30.14 (30.14)			
		600m	1:14.48 (44.34)			
		1000m	1:58.73 (44.25)			
		1400m	2:42.77 (44.04)			
		1800m	3:27.28 (44.51)			
		2200m	4:11.74 (44.46)			
		2600m	4:55.27 (43.53)			
		3000m	5:38.87 (43.60)			
		3400m	6:22.58 (43.71)			
		3800m	7:06.83 (44.25)			
		4200m	7:51.08 (44.25)			
		4600m	8:35.91 (44.83)			
		5000m	9:20.43 (44.52)			
		<b>Marvin Zeisberg</b>				
		200m	25.20 (25.20)			
		600m	1:06.62 (41.42)			
		1000m	1:48.14 (41.52)			
		1400m	2:29.83 (41.69)			
		1800m	3:12.00 (42.17)			
		2200m	3:54.28 (42.28)			
		2600m	4:36.37 (42.09)			
		3000m	5:18.53 (42.16)			
		3400m	6:00.97 (42.44)			
		3800m	6:43.59 (42.62)			
		4200m	7:25.86 (42.27)			
		4600m	8:08.11 (42.25)			
		5000m	8:49.96 (41.85)			

		Naam	Cat	PR	Tijd	Info
52	gl	39 <b>Koen van Egmond</b>	HSB	8:50.51	<b>8:42.89</b>	PR
	bl	55 <b>Oktavian-Kornel Moga</b>	H55	7:58.31	<b>8:15.02</b>	
		<b>Koen van Egmond</b>				
		200m	25.64 (25.64)			
		600m	1:07.81 (42.17)			
		1000m	1:49.56 (41.75)			
		1400m	2:30.94 (41.38)			
		1800m	3:12.05 (41.11)			
		2200m	3:52.68 (40.63)			
		2600m	4:33.55 (40.87)			
		3000m	5:14.91 (41.36)			
		3400m	5:56.20 (41.29)			
		3800m	6:37.82 (41.62)			
		4200m	7:19.73 (41.91)			
		4600m	8:01.31 (41.58)			
		5000m	8:42.89 (41.58)			
		<b>Oktavian-Kornel Moga</b>				
		200m	23.55 (23.55)			
		600m	1:02.15 (38.60)			
		1000m	1:41.01 (38.86)			
		1400m	2:20.07 (39.06)			
		1800m	2:59.05 (38.98)			
		2200m	3:37.61 (38.56)			
		2600m	4:16.10 (38.49)			
		3000m	4:55.08 (38.98)			
		3400m	5:34.94 (39.86)			
		3800m	6:15.07 (40.13)			
		4200m	6:55.15 (40.08)			
		4600m	7:35.01 (39.86)			
		5000m	8:15.02 (40.01)			

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		Naam	Cat	PR	Tijd	Info
53	wt	15 <b>Erol Aksoy</b>	H50	8:08.20	<b>8:14.05</b>	
	rd	71 <b>Wim Zwanenburg</b>	H65	8:34.27	<b>8:44.38</b>	
		<b>Erol Aksoy</b>			<b>Wim Zwanenburg</b>	
		200m	24.81 (24.81)	200m	26.07 (26.07)	
		600m	1:01.61 (36.80)	600m	1:05.55 (39.48)	
		1000m	1:39.70 (38.09)	1000m	1:46.33 (40.78)	
		1400m	2:18.25 (38.55)	1400m	2:27.93 (41.60)	
		1800m	2:56.37 (38.12)	1800m	3:09.37 (41.44)	
		2200m	3:34.53 (38.16)	2200m	3:50.77 (41.40)	
		2600m	4:13.85 (39.32)	2600m	4:32.33 (41.56)	
		3000m	4:53.37 (39.52)	3000m	5:14.35 (42.02)	
		3400m	5:33.13 (39.76)	3400m	5:56.35 (42.00)	
		3800m	6:13.50 (40.37)	3800m	6:38.53 (42.18)	
		4200m	6:54.30 (40.80)	4200m	7:20.88 (42.35)	
		4600m	7:35.14 (40.84)	4600m	8:03.08 (42.20)	
		5000m	8:14.05 (38.91)	5000m	8:44.38 (41.30)	

		Naam	Cat	PR	Tijd	Info
54	gl	68 <b>Peter Weiss</b>	H60	8:30.25	<b>DQ</b>	
	bl	3 <b>Bauke Meijer</b>	H70	8:25.16	<b>9:13.11</b>	
		<b>Peter Weiss</b>			<b>Bauke Meijer</b>	
				200m	25.69 (25.69)	
				600m	1:07.26 (41.57)	
				1000m	1:50.88 (43.62)	
				1400m	2:34.55 (43.67)	
				1800m	3:17.90 (43.35)	
				2200m	4:01.59 (43.69)	
				2600m	4:45.75 (44.16)	
				3000m	5:29.74 (43.99)	
				3400m	6:14.40 (44.66)	
				3800m	6:59.24 (44.84)	
				4200m	7:45.01 (45.77)	
				4600m	8:29.84 (44.83)	
				5000m	9:13.11 (43.27)	



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		Naam	Cat	PR	Tijd	Info
55	wt	52 <b>Hans-Gerd Heyne</b>	H55	8:15.76	<b>8:29.16</b>	
	rd	25 <b>Kees Voorhoeve</b>	H60	8:23.90	<b>8:23.99</b>	
		<b>Hans-Gerd Heyne</b>			<b>Kees Voorhoeve</b>	
		200m	27.71 (27.71)	200m	25.47 (25.47)	
		600m	1:09.95 (42.24)	600m	1:05.22 (39.75)	
		1000m	1:51.10 (41.15)	1000m	1:44.62 (39.40)	
		1400m	2:32.43 (41.33)	1400m	2:24.25 (39.63)	
		1800m	3:12.81 (40.38)	1800m	3:03.83 (39.58)	
		2200m	3:52.85 (40.04)	2200m	3:43.73 (39.90)	
		2600m	4:32.62 (39.77)	2600m	4:23.07 (39.34)	
		3000m	5:11.79 (39.17)	3000m	5:02.49 (39.42)	
		3400m	5:51.28 (39.49)	3400m	5:42.03 (39.54)	
		3800m	6:30.70 (39.42)	3800m	6:21.87 (39.84)	
		4200m	7:10.26 (39.56)	4200m	7:02.39 (40.52)	
		4600m	7:49.93 (39.67)	4600m	7:43.22 (40.83)	
		5000m	8:29.16 (39.23)	5000m	8:23.99 (40.77)	

		Naam	Cat	PR	Tijd	Info
56	gl	56 <b>Geir Nettet</b>	H55	8:15.92	<b>7:51.06</b>	PR
	bl	66 <b>Seppe Lybaert</b>	HSB	7:51.74	<b>7:57.04</b>	
		<b>Geir Nettet</b>			<b>Seppe Lybaert</b>	
		200m	22.83 (22.83)	200m	23.03 (23.03)	
		600m	58.73 (35.90)	600m	59.10 (36.07)	
		1000m	1:35.03 (36.30)	1000m	1:36.91 (37.81)	
		1400m	2:11.84 (36.81)	1400m	2:14.63 (37.72)	
		1800m	2:48.60 (36.76)	1800m	2:52.32 (37.69)	
		2200m	3:25.53 (36.93)	2200m	3:30.23 (37.91)	
		2600m	4:02.34 (36.81)	2600m	4:07.84 (37.61)	
		3000m	4:39.70 (37.36)	3000m	4:45.84 (38.00)	
		3400m	5:17.44 (37.74)	3400m	5:24.07 (38.23)	
		3800m	5:55.42 (37.98)	3800m	6:02.55 (38.48)	
		4200m	6:33.60 (38.18)	4200m	6:40.92 (38.37)	
		4600m	7:12.03 (38.43)	4600m	7:18.85 (37.93)	
		5000m	7:51.06 (39.03)	5000m	7:57.04 (38.19)	

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		Naam	Cat	PR	Tijd	Info
57	wt	27 <b>John van der Vlugt</b>	H60	7:04.28	<b>7:41.37</b>	
	rd	16 <b>Jann van Benthem</b>	H65	7:45.00	<b>8:10.72</b>	
		<b>John van der Vlugt</b>			<b>Jann van Benthem</b>	
		200m	22.73 (22.73)	200m	24.44 (24.44)	
		600m	58.20 (35.47)	600m	1:02.49 (38.05)	
		1000m	1:34.88 (36.68)	1000m	1:39.81 (37.32)	
		1400m	2:12.20 (37.32)	1400m	2:16.57 (36.76)	
		1800m	2:49.56 (37.36)	1800m	2:54.18 (37.61)	
		2200m	3:26.35 (36.79)	2200m	3:32.60 (38.42)	
		2600m	4:03.14 (36.79)	2600m	4:11.07 (38.47)	
		3000m	4:39.73 (36.59)	3000m	4:49.78 (38.71)	
		3400m	5:16.34 (36.61)	3400m	5:28.80 (39.02)	
		3800m	5:53.12 (36.78)	3800m	6:08.62 (39.82)	
		4200m	6:29.45 (36.33)	4200m	6:49.36 (40.74)	
		4600m	7:05.66 (36.21)	4600m	7:30.35 (40.99)	
		5000m	7:41.37 (35.71)	5000m	8:10.72 (40.37)	

		Naam	Cat	PR	Tijd	Info
58	gl	100 <b>Martin Hänggi</b>	H50	6:35.30	<b>6:56.02</b>	
	bl	108 <b>Michiel Wienese</b>	H40	7:13.77	<b>7:45.06</b>	
		<b>Martin Hänggi</b>			<b>Michiel Wienese</b>	
		200m	20.75 (20.75)	200m	21.01 (21.01)	
		600m	53.53 (32.78)	600m	54.81 (33.80)	
		1000m	1:26.87 (33.34)	1000m	1:29.81 (35.00)	
		1400m	1:59.89 (33.02)	1400m	2:04.67 (34.86)	
		1800m	2:32.43 (32.54)	1800m	2:40.17 (35.50)	
		2200m	3:05.07 (32.64)	2200m	3:16.03 (35.86)	
		2600m	3:37.56 (32.49)	2600m	3:52.79 (36.76)	
		3000m	4:09.81 (32.25)	3000m	4:30.46 (37.67)	
		3400m	4:42.24 (32.43)	3400m	5:08.53 (38.07)	
		3800m	5:15.04 (32.80)	3800m	5:47.11 (38.58)	
		4200m	5:47.93 (32.89)	4200m	6:26.65 (39.54)	
		4600m	6:21.69 (33.76)	4600m	7:05.31 (38.66)	
		5000m	6:56.02 (34.33)	5000m	7:45.06 (39.75)	



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### 9. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	83 Joshua Stänz	HSA	66	O	1:20.60		
2	48 Peter van der Vorst	H50	65	O	1:25.03		
3	29 Jan van der Stouwe	H55	66	I	1:26.82		
4	17 Marloes Westerhof	DSB	62	I	1:27.69		
5	20 Renske Winters	D45	62	O	1:27.75		
6	107 Frits van Soest	H65	65	I	1:31.64		
7	126 Henriëtte Goede	D55	61	O	1:32.17		
8	22 Anja Bollaart	D55	61	I	1:34.65		
9	21 Kees Bollaart	H60	64	I	1:36.96		
10	104 Hanspeter Ambass	H60	63	I	1:37.91		
11	24 Karin Terhürne	D50	60	O	1:38.93		
12	4 Astrid Janssen	D55	60	I	1:41.46		
13	33 Ronald Zwart	H50	63	O	1:44.98		
14	127 Thomas Hoekstra	H70	64	O	1:45.52		
	28 Jorien Oosterwijk	D50			WDR		

## 9. Rituitslag 1000m Sprint

		Naam	Cat	PR	Tijd Info
59	wt rd	28 <b>Jorien Oosterwijk</b>	D50	1:36.79	<b>WDR</b>
		<u>Jorien Oosterwijk</u>			
					m

		Naam	Cat	PR	Tijd Info
60	gl	4 <b>Astrid Janssen</b>	D55	1:31.53	<b>1:41.46</b>
	bl	24 <b>Karin Terhürne</b>	D50	1:31.99	<b>1:38.93</b>
		<u>Astrid Janssen</u>			
		200m	23.82 (23.82)	<u>Karin Terhürne</u>	
		600m	1:01.38 (37.56)	200m	23.72 (23.72)
		1000m	1:41.46 (40.08)	600m	1:00.14 (36.42)
				1000m	1:38.93 (38.79)

		Naam	Cat	PR	Tijd Info
61	wt	22 <b>Anja Bollaart</b>	D55	1:21.38	<b>1:34.65</b>
	rd	126 <b>Henriëtte Goede</b>	D55	1:27.37	<b>1:32.17</b>
		<u>Anja Bollaart</u>			
		200m	22.07 (22.07)	<u>Henriëtte Goede</u>	
		600m	56.94 (34.87)	200m	22.43 (22.43)
		1000m	1:34.65 (37.71)	600m	56.27 (33.84)
				1000m	1:32.17 (35.90)

		Naam	Cat	PR	Tijd Info
62	gl	17 <b>Marloes Westerhof</b>	DSB	1:25.30	<b>1:27.69</b>
	bl	20 <b>Renske Winters</b>	D45	1:23.17	<b>1:27.75</b>
		<u>Marloes Westerhof</u>			
		200m	20.06 (20.06)	<u>Renske Winters</u>	
		600m	52.45 (32.39)	200m	20.86 (20.86)
		1000m	1:27.69 (35.24)	600m	53.26 (32.40)
				1000m	1:27.75 (34.49)

		Naam	Cat	PR	Tijd	Info
63	wt	104 <b>Hanspeter Ambass</b>	H60	1:26.70	<b>1:37.91</b>	
	rd	33 <b>Ronald Zwart</b>	H50	1:43.05	<b>1:44.98</b>	
		<b>Hanspeter Ambass</b>		<b>Ronald Zwart</b>		
		200m	22.39 (22.39)	200m	24.84 (24.84)	
		600m	59.35 (36.96)	600m	1:03.68 (38.84)	
		1000m	1:37.91 (38.56)	1000m	1:44.98 (41.30)	

		Naam	Cat	PR	Tijd	Info
64	gl	21 <b>Kees Bollaart</b>	H60	1:26.89	<b>1:36.96</b>	
	bl	127 <b>Thomas Hoekstra</b>	H70	1:30.25	<b>1:45.52</b>	
		<b>Kees Bollaart</b>		<b>Thomas Hoekstra</b>		
		200m	22.86 (22.86)	200m	24.36 (24.36)	
		600m	58.20 (35.34)	600m	1:03.51 (39.15)	
		1000m	1:36.96 (38.76)	1000m	1:45.52 (42.01)	

		Naam	Cat	PR	Tijd	Info
65	wt	107 <b>Frits van Soest</b>	H65	1:29.25	<b>1:31.64</b>	
	rd	48 <b>Peter van der Vorst</b>	H50	1:20.97	<b>1:25.03</b>	
		<b>Frits van Soest</b>		<b>Peter van der Vorst</b>		
		200m	21.46 (21.46)	200m	20.67 (20.67)	
		600m	55.32 (33.86)	600m	51.07 (30.40)	
		1000m	1:31.64 (36.32)	1000m	1:25.03 (33.96)	

		Naam	Cat	PR	Tijd	Info
66	gl	29 <b>Jan van der Stouwe</b>	H55	1:17.12	<b>1:26.82</b>	
	bl	83 <b>Joshua Stänz</b>	HSA	1:19.50	<b>1:20.60</b>	
		<b>Jan van der Stouwe</b>		<b>Joshua Stänz</b>		
		200m	20.35 (20.35)	200m	18.94 (18.94)	
		600m	52.48 (32.13)	600m	48.28 (29.34)	
		1000m	1:26.82 (34.34)	1000m	1:20.60 (32.32)	



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### 10. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	75 Jasper Sinke	HA2	68	I	1:17.23		
2	91 Loic Crielaers	HC1	68	O	1:33.42	PR	
3	93 Wende Smit	DC1	67	I	1:38.93		

## 10. Rituitslag 1000m Sprint - O

		Naam		Cat		PR	Tijd	Info
67	wt rd	93 <b>Wende Smit</b>		DC1		1:37.73	<b>1:38.93</b>	

### Wende Smit

200m	22.65	(22.65)		m
600m	59.30	(36.65)		
1000m	1:38.93	(39.63)		

		Naam		Cat		PR	Tijd	Info
68	gl	75 <b>Jasper Sinke</b>		HA2		1:15.88	<b>1:17.23</b>	
	bl	91 <b>Loic Crielaers</b>		HC1		1:33.92	<b>1:33.42</b>	PR

### Jasper Sinke

200m	17.62	(17.62)
600m	45.75	(28.13)
1000m	1:17.23	(31.48)

### Loic Crielaers

200m	21.38	(21.38)
600m	56.41	(35.03)
1000m	1:33.42	(37.01)



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### 11. Uitslag 3000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	60 Ville Männistö	H40	74	O	4:25.14		
2	11 Bart Brinksma	H60	72	I	4:35.85		
3	1 Suzanne Mulder	DSB	69	I	4:44.36		
4	64 Mircea Vranceanu	H65	73	I	4:47.06		
5	13 Imme Kampen	D40	69	O	4:47.17		
6	54 Stephan Haueisen	H50	74	I	4:48.06		
7	12 Andre van Zaane	H60	73	O	4:53.54		
8	73 Kees Verdouw	H75	72	O	5:10.70		
9	26 Kevin van Cleef	H40	71	O	5:23.03		
10	81 Walter Mariën	H55	71	I	5:37.25		



## 11. Rituitslag 3000m Allround Normal

		Naam		Cat		PR		Tijd	Info		
69	wt	1	<b>Suzanne Mulder</b>		DSB	4:36.73		<b>4:44.36</b>			
	rd	13	<b>Imme Kampen</b>		D40	4:39.57		<b>4:47.17</b>			
			<b>Suzanne Mulder</b>				<b>Imme Kampen</b>				
			200m	22.66	(22.66)				200m	22.93	(22.93)
			600m	57.87	(35.21)				600m	58.23	(35.30)
			1000m	1:33.80	(35.93)				1000m	1:34.58	(36.35)
			1400m	2:10.53	(36.73)				1400m	2:11.88	(37.30)
			1800m	2:47.55	(37.02)				1800m	2:49.50	(37.62)
			2200m	3:25.50	(37.95)				2200m	3:28.19	(38.69)
			2600m	4:04.42	(38.92)				2600m	4:07.35	(39.16)
			3000m	4:44.36	(39.94)				3000m	4:47.17	(39.82)

		Naam		Cat		PR		Tijd	Info	
70	gl									
	bl									
			m				m			

		Naam		Cat		PR		Tijd	Info		
71	wt	81	<b>Walter Mariën</b>		H55	5:12.42		<b>5:37.25</b>			
	rd	26	<b>Kevin van Cleef</b>		H40	5:09.09		<b>5:23.03</b>			
			<b>Walter Mariën</b>				<b>Kevin van Cleef</b>				
			200m	27.27	(27.27)				200m	27.19	(27.19)
			600m	1:09.88	(42.61)				600m	1:07.38	(40.19)
			1000m	1:53.00	(43.12)				1000m	1:48.60	(41.22)
			1400m	2:37.24	(44.24)				1400m	2:31.15	(42.55)
			1800m	3:21.50	(44.26)				1800m	3:13.76	(42.61)
			2200m	4:06.32	(44.82)				2200m	3:56.85	(43.09)
			2600m	4:51.78	(45.46)				2600m	4:39.90	(43.05)
			3000m	5:37.25	(45.47)				3000m	5:23.03	(43.13)

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		Naam	Cat	PR	Tijd	Info
72	gl	11 <b>Bart Brinksma</b>	H60	4:27.31	<b>4:35.85</b>	
	bl	73 <b>Kees Verdouw</b>	H75	4:22.55	<b>5:10.70</b>	

### Bart Brinksma

200m	22.75	(22.75)
600m	58.40	(35.65)
1000m	1:34.85	(36.45)
1400m	2:11.29	(36.44)
1800m	2:47.61	(36.32)
2200m	3:23.60	(35.99)
2600m	3:59.77	(36.17)
3000m	4:35.85	(36.08)

### Kees Verdouw

200m	24.69	(24.69)
600m	1:02.31	(37.62)
1000m	1:41.10	(38.79)
1400m	2:20.64	(39.54)
1800m	3:01.39	(40.75)
2200m	3:43.50	(42.11)
2600m	4:26.19	(42.69)
3000m	5:10.70	(44.51)

		Naam	Cat	PR	Tijd	Info
73	wt	64 <b>Mircea Vranceanu</b>	H65	4:23.84	<b>4:47.06</b>	
	rd	12 <b>Andre van Zaane</b>	H60	4:33.71	<b>4:53.54</b>	

### Mircea Vranceanu

200m	22.94	(22.94)
600m	1:00.02	(37.08)
1000m	1:37.81	(37.79)
1400m	2:15.53	(37.72)
1800m	2:53.14	(37.61)
2200m	3:30.97	(37.83)
2600m	4:08.98	(38.01)
3000m	4:47.06	(38.08)

### Andre van Zaane

200m	24.77	(24.77)
600m	1:03.02	(38.25)
1000m	1:42.24	(39.22)
1400m	2:21.77	(39.53)
1800m	3:00.24	(38.47)
2200m	3:38.08	(37.84)
2600m	4:15.68	(37.60)
3000m	4:53.54	(37.86)



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		Naam		Cat		PR		Tijd	Info
74	gl	54	<b>Stephan Haueisen</b>		H50		4:20.59	<b>4:48.06</b>	
	bl	60	<b>Ville Männistö</b>		H40			<b>4:25.14</b>	
		<b>Stephan Haueisen</b>			<b>Ville Männistö</b>				
		200m	23.62	(23.62)		200m	21.68	(21.68)	
		600m	59.60	(35.98)		600m	55.37	(33.69)	
		1000m	1:36.72	(37.12)		1000m	1:30.04	(34.67)	
		1400m	2:14.33	(37.61)		1400m	2:04.95	(34.91)	
		1800m	2:52.46	(38.13)		1800m	2:39.32	(34.37)	
		2200m	3:30.94	(38.48)		2200m	3:14.09	(34.77)	
		2600m	4:09.66	(38.72)		2600m	3:49.30	(35.21)	
		3000m	4:48.06	(38.40)		3000m	4:25.14	(35.84)	



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### 12. Uitslag 3000m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	88 <b>Mats ten Cate</b>	HA1	78	I	<b>4:04.03</b>	PR	
2	98 <b>Arjen van Damme</b>	HA2	77	I	<b>4:05.10</b>		
3	74 <b>Niels Meijer</b>	HA2	78	O	<b>4:05.42</b>		
4	80 <b>Emma Fransen</b>	DA1	77	O	<b>4:52.36</b>		
5	97 <b>Emma van der Liet</b>	DA1	75	I	<b>5:04.37</b>		

## 12. Rituitslag 3000m Allround Normal - O

	Naam	Cat	PR	Tijd	Info
75	wt rd	97 <b>Emma van der Liet</b>	DA1	4:50.70	<b>5:04.37</b>

### Emma van der Liet

200m	22.70	(22.70)	m
600m	58.99	(36.29)	
1000m	1:36.81	(37.82)	
1400m	2:16.38	(39.57)	
1800m	2:56.94	(40.56)	
2200m	3:38.64	(41.70)	
2600m	4:20.73	(42.09)	
3000m	5:04.37	(43.64)	

	Naam	Cat	PR	Tijd	Info
76	gl bl				
				m	m

	Naam	Cat	PR	Tijd	Info
77	wt	98 <b>Arjen van Damme</b>	HA2	3:59.97	<b>4:05.10</b>
	rd	80 <b>Emma Fransen</b>	DA1	4:48.53	<b>4:52.36</b>
	<b>Arjen van Damme</b>		<b>Emma Fransen</b>		
	200m	19.99	(19.99)	200m	22.37 (22.37)
	600m	50.24	(30.25)	600m	58.70 (36.33)
	1000m	1:21.12	(30.88)	1000m	1:36.15 (37.45)
	1400m	1:52.79	(31.67)	1400m	2:14.39 (38.24)
	1800m	2:24.97	(32.18)	1800m	2:53.01 (38.62)
	2200m	2:58.08	(33.11)	2200m	3:32.35 (39.34)
	2600m	3:31.65	(33.57)	2600m	4:11.92 (39.57)
	3000m	4:05.10	(33.45)	3000m	4:52.36 (40.44)



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		Naam		Cat		PR		Tijd	Info
78	gl	88	<b>Mats ten Cate</b>		HA1			4:04.62	<b>4:04.03</b> PR
	bl	74	<b>Niels Meijer</b>		HA2			4:02.79	<b>4:05.42</b>
		<b>Mats ten Cate</b>				<b>Niels Meijer</b>			
		200m	19.88	(19.88)		200m	20.23	(20.23)	
		600m	51.02	(31.14)		600m	51.58	(31.35)	
		1000m	1:22.20	(31.18)		1000m	1:23.14	(31.56)	
		1400m	1:53.74	(31.54)		1400m	1:55.21	(32.07)	
		1800m	2:25.74	(32.00)		1800m	2:27.21	(32.00)	
		2200m	2:57.97	(32.23)		2200m	2:59.88	(32.67)	
		2600m	3:30.71	(32.74)		2600m	3:32.43	(32.55)	
		3000m	4:04.03	(33.32)		3000m	4:05.42	(32.99)	



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### 13. Uitslag 1500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	57 Rene van Bernum	H55	88	I	1:57.54	WR	
2	5 Lennaart Lamers	HSB	88	O	1:58.94		
3	19 Niels de Jager	H40	87	O	2:08.16		
4	72 Danny Witkamp	H55	87	I	2:08.89		
5	18 Michel van der Sluijs	H50	86	I	2:12.21		
6	121 Wim Verbraeken	H40	86	O	2:12.35		
7	59 Lars Henriksson	H55	85	O	2:21.31		
8	37 Harm Sinnige	H60	85	I	2:23.97		
9	31 Marianne de Neeling	D60	80	O	2:29.76		
10	30 Karin van der Sar	D45	80	I	2:31.92		
11	79 Frank Günther	H55	83	O	2:39.33		
12	6 Anna van der Stok	D45	79	I	2:41.34	PR	
13	111 Ton van Helden	H70	84	I	2:41.62		
14	51 Andrej Kwadrin	HSB	83	I	2:44.57		
15	116 Marcel Tange	HSB	81	I	2:44.95		
16	34 Carolien van Rees	D60	79	O	2:46.73		
17	109 Twan den Braber	H65	84	O	2:49.23		

## 13. Rituitslag 1500m Allround Small

		Naam	Cat	PR	Tijd	Info
79	wt	6 <b>Anna van der Stok</b>	D45	2:46.85	<b>2:41.34</b>	PR
	rd	34 <b>Carolien van Rees</b>	D60	2:43.07	<b>2:46.73</b>	

### Anna van der Stok

300m	33.45	(33.45)
700m	1:13.77	(40.32)
1100m	1:56.76	(42.99)
1500m	2:41.34	(44.58)

### Carolien van Rees

300m	36.29	(36.29)
700m	1:18.81	(42.52)
1100m	2:02.76	(43.95)
1500m	2:46.73	(43.97)

		Naam	Cat	PR	Tijd	Info
80	gl	30 <b>Karin van der Sar</b>	D45	2:27.49	<b>2:31.92</b>	
	bl	31 <b>Marianne de Neeling</b>	D60	2:20.52	<b>2:29.76</b>	

### Karin van der Sar

300m	32.38	(32.38)
700m	1:10.25	(37.87)
1100m	1:50.11	(39.86)
1500m	2:31.92	(41.81)

### Marianne de Neeling

300m	33.53	(33.53)
700m	1:10.75	(37.22)
1100m	1:49.85	(39.10)
1500m	2:29.76	(39.91)

		Naam	Cat	PR	Tijd	Info
81	wt	116 <b>Marcel Tange</b>	HSB	2:25.55	<b>2:44.95</b>	
	rd					

### Marcel Tange

300m	35.33	(35.33)
700m	1:17.62	(42.29)
1100m	2:00.70	(43.08)
1500m	2:44.95	(44.25)

m

		Naam	Cat	PR	Tijd	Info
82	gl					
	bl					

m

m



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		Naam	Cat		PR	Tijd	Info
83	wt	51 <b>Andrej Kwadrin</b>	HSB		2:34.58	<b>2:44.57</b>	
	rd	79 <b>Frank Günther</b>	H55		2:31.42	<b>2:39.33</b>	
		<b>Andrej Kwadrin</b>			<b>Frank Günther</b>		
		300m	35.70	(35.70)	300m	32.74	(32.74)
		700m	1:18.38	(42.68)	700m	1:12.37	(39.63)
		1100m	2:01.09	(42.71)	1100m	1:56.07	(43.70)
		1500m	2:44.57	(43.48)	1500m	2:39.33	(43.26)
		Naam	Cat		PR	Tijd	Info
84	gl	111 <b>Ton van Helden</b>	H70		2:15.37	<b>2:41.62</b>	
	bl	109 <b>Twan den Braber</b>	H65		2:05.66	<b>2:49.23</b>	
		<b>Ton van Helden</b>			<b>Twan den Braber</b>		
		300m	34.18	(34.18)	300m	35.95	(35.95)
		700m	1:16.06	(41.88)	700m	1:19.02	(43.07)
		1100m	1:59.00	(42.94)	1100m	2:03.90	(44.88)
		1500m	2:41.62	(42.62)	1500m	2:49.23	(45.33)
		Naam	Cat		PR	Tijd	Info
85	wt	37 <b>Harm Sinnige</b>	H60		2:19.44	<b>2:23.97</b>	
	rd	59 <b>Lars Henriksson</b>	H55		2:11.67	<b>2:21.31</b>	
		<b>Harm Sinnige</b>			<b>Lars Henriksson</b>		
		300m	31.61	(31.61)	300m	30.36	(30.36)
		700m	1:07.45	(35.84)	700m	1:05.24	(34.88)
		1100m	1:45.23	(37.78)	1100m	1:42.54	(37.30)
		1500m	2:23.97	(38.74)	1500m	2:21.31	(38.77)
		Naam	Cat		PR	Tijd	Info
86	gl	18 <b>Michel van der Sluijs</b>	H50		2:11.59	<b>2:12.21</b>	
	bl	121 <b>Wim Verbraeken</b>	H40		2:11.48	<b>2:12.35</b>	
		<b>Michel van der Sluijs</b>			<b>Wim Verbraeken</b>		
		300m	28.62	(28.62)	300m	28.77	(28.77)
		700m	1:01.58	(32.96)	700m	1:02.09	(33.32)
		1100m	1:36.26	(34.68)	1100m	1:36.73	(34.64)
		1500m	2:12.21	(35.95)	1500m	2:12.35	(35.62)

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		Naam			Cat	PR	Tijd	Info
87	wt	72 <b>Danny Witkamp</b>			H55	1:57.80	<b>2:08.89</b>	
	rd	19 <b>Niels de Jager</b>			H40	2:06.97	<b>2:08.16</b>	
		<b>Danny Witkamp</b>			<b>Niels de Jager</b>			
		300m	29.08	(29.08)	300m	27.75	(27.75)	
		700m	1:01.77	(32.69)	700m	59.70	(31.95)	
		1100m	1:35.11	(33.34)	1100m	1:33.07	(33.37)	
		1500m	2:08.89	(33.78)	1500m	2:08.16	(35.09)	
		Naam			Cat	PR	Tijd	Info
88	gl	57 <b>Rene van Bernum</b>			H55	1:56.92	<b>1:57.54</b>	WR
	bl	5 <b>Lennaart Lamers</b>			HSB	1:57.70	<b>1:58.94</b>	
		<b>Rene van Bernum</b>			<b>Lennaart Lamers</b>			
		300m	26.27	(26.27)	300m	25.98	(25.98)	
		700m	55.59	(29.32)	700m	55.66	(29.68)	
		1100m	1:25.66	(30.07)	1100m	1:26.33	(30.67)	
		1500m	1:57.54	(31.88)	1500m	1:58.94	(32.61)	



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### 14. Uitslag 1500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	96 <b>Matthé Pronk</b>	HA1	92	O	<b>1:54.14</b>	PR	
2	77 <b>Nomdo de Heer</b>	HN1	92	I	<b>1:59.55</b>	PR	
3	82 <b>Isa Molenaar</b>	DA1	91	I	<b>2:17.13</b>		
4	125 <b>Lauren Teunissen</b>	DA1	91	O	<b>2:19.33</b>		
5	105 <b>Donna Pronk</b>	DB2	89	I	<b>2:28.96</b>	PR	
6	118 <b>Bo Meijer</b>	DA1	89	O	<b>2:35.80</b>		

## 14. Rituitslag 1500m Allround Small - O

		Naam		Cat		PR	Tijd	Info
89	wt	105	<b>Donna Pronk</b>		DB2	2:31.49	<b>2:28.96</b>	PR
	rd	118	<b>Bo Meijer</b>		DA1	2:29.41	<b>2:35.80</b>	
		<b>Donna Pronk</b>			<b>Bo Meijer</b>			
		300m	32.04	(32.04)	300m	32.56	(32.56)	
		700m	1:09.17	(37.13)	700m	1:11.66	(39.10)	
		1100m	1:48.41	(39.24)	1100m	1:53.44	(41.78)	
		1500m	2:28.96	(40.55)	1500m	2:35.80	(42.36)	

		Naam		Cat		PR	Tijd	Info
90	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
91	wt	82	<b>Isa Molenaar</b>		DA1	2:13.66	<b>2:17.13</b>	
	rd	125	<b>Lauren Teunissen</b>		DA1	2:18.03	<b>2:19.33</b>	
		<b>Isa Molenaar</b>			<b>Lauren Teunissen</b>			
		300m	30.24	(30.24)	300m	29.19	(29.19)	
		700m	1:04.05	(33.81)	700m	1:03.36	(34.17)	
		1100m	1:39.89	(35.84)	1100m	1:40.13	(36.77)	
		1500m	2:17.13	(37.24)	1500m	2:19.33	(39.20)	

		Naam		Cat		PR	Tijd	Info
92	gl	77	<b>Nomdo de Heer</b>		HN1	2:00.19	<b>1:59.55</b>	PR
	bl	96	<b>Matthé Pronk</b>		HA1	1:54.70	<b>1:54.14</b>	PR
		<b>Nomdo de Heer</b>			<b>Matthé Pronk</b>			
		300m	26.14	(26.14)	300m	25.79	(25.79)	
		700m	55.31	(29.17)	700m	54.06	(28.27)	
		1100m	1:26.46	(31.15)	1100m	1:23.64	(29.58)	
		1500m	1:59.55	(33.09)	1500m	1:54.14	(30.50)	



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### 15. Uitslag 3000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	40 Frank Steenkamp	H65	94	I	4:46.07		
2	45 Johan Jonker	H65	94	O	5:33.11		
3	70 Erik Nijland	H65	93	I	5:36.83	NR	

## 15. Rituitslag 3000m Single Distance

	Naam	Cat	PR	Tijd Info
93	wt rd	70 Erik Nijland	H65	<b>5:36.83</b> NR

### Erik Nijland

200m	28.00	(28.00)	m
600m	1:12.47	(44.47)	
1000m	1:56.58	(44.11)	
1400m	2:40.99	(44.41)	
1800m	3:25.02	(44.03)	
2200m	4:09.02	(44.00)	
2600m	4:53.20	(44.18)	
3000m	5:36.83	(43.63)	

	Naam	Cat	PR	Tijd Info
94	gl	40 Frank Steenkamp	H65	4:36.38
	bl	45 Johan Jonker	H65	4:41.21

### Frank Steenkamp

200m	24.10	(24.10)
600m	1:00.97	(36.87)
1000m	1:38.18	(37.21)
1400m	2:15.24	(37.06)
1800m	2:52.66	(37.42)
2200m	3:30.59	(37.93)
2600m	4:08.25	(37.66)
3000m	4:46.07	(37.82)

### Johan Jonker

200m	28.39	(28.39)
600m	1:11.81	(43.42)
1000m	1:55.13	(43.32)
1400m	2:38.56	(43.43)
1800m	3:21.69	(43.13)
2200m	4:05.10	(43.41)
2600m	4:48.97	(43.87)
3000m	5:33.11	(44.14)



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### 16. Uitslag 3000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	117 Joost de Jong	HN1	98	I	4:06.63	PR	
2	94 Thijs van de Burgt	HB2	98	O	4:18.07		
3	92 Jonas Bakker	HC2	97	O	4:29.56		
4	122 Bodhi Smeele	HC2	95	O	4:34.06		
5	119 Isaac Immerzeel	HB1	95	I	4:46.59		
6	89 Valerie Vinken	DB1	97	I	5:04.17	PR	

## 16. Rituitslag 3000m Single Distance - O

		Naam		Cat		PR	Tijd	Info
95	wt	119	<b>Isaac Immerzeel</b>		HB1		<b>4:46.59</b>	
	rd	122	<b>Bodhi Smeele</b>		HC2		<b>4:34.06</b>	
		<b>Isaac Immerzeel</b>			<b>Bodhi Smeele</b>			
		200m	21.75	(21.75)	200m	22.09	(22.09)	
		600m	57.88	(36.13)	600m	57.66	(35.57)	
		1000m	1:34.02	(36.14)	1000m	1:34.03	(36.37)	
		1400m	2:11.08	(37.06)	1400m	2:10.27	(36.24)	
		1800m	2:48.55	(37.47)	1800m	2:46.97	(36.70)	
		2200m	3:26.82	(38.27)	2200m	3:23.89	(36.92)	
		2600m	4:06.52	(39.70)	2600m	3:59.96	(36.07)	
		3000m	4:46.59	(40.07)	3000m	4:34.06	(34.10)	

		Naam		Cat		PR	Tijd	Info
96	gl							
	bl							

		Naam		Cat		PR	Tijd	Info
97	wt	89	<b>Valerie Vinken</b>		DB1	5:20.48	<b>5:04.17</b>	PR
	rd	92	<b>Jonas Bakker</b>		HC2		<b>4:29.56</b>	
		<b>Valerie Vinken</b>			<b>Jonas Bakker</b>			
		200m	24.97	(24.97)	200m	21.17	(21.17)	
		600m	1:04.72	(39.75)	600m	55.78	(34.61)	
		1000m	1:44.84	(40.12)	1000m	1:31.82	(36.04)	
		1400m	2:24.46	(39.62)	1400m	2:07.00	(35.18)	
		1800m	3:04.35	(39.89)	1800m	2:42.81	(35.81)	
		2200m	3:45.13	(40.78)	2200m	3:18.48	(35.67)	
		2600m	4:25.65	(40.52)	2600m	3:53.70	(35.22)	
		3000m	5:04.17	(38.52)	3000m	4:29.56	(35.86)	





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		Naam	Cat	PR	Tijd	Info
98	gl	117 <b>Joost de Jong</b>	HN1	4:15.54	<b>4:06.63</b>	PR
	bl	94 <b>Thijs van de Burgt</b>	HB2	4:12.39	<b>4:18.07</b>	

### Joost de Jong

200m	18.96	(18.96)
600m	48.66	(29.70)
1000m	1:19.43	(30.77)
1400m	1:51.43	(32.00)
1800m	2:24.61	(33.18)
2200m	2:58.30	(33.69)
2600m	3:32.35	(34.05)
3000m	4:06.63	(34.28)

### Thijs van de Burgt

200m	20.17	(20.17)
600m	51.99	(31.82)
1000m	1:24.91	(32.92)
1400m	1:58.04	(33.13)
1800m	2:31.72	(33.68)
2200m	3:06.01	(34.29)
2600m	3:41.46	(35.45)
3000m	4:18.07	(36.61)



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### 17. Uitslag 5000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	86 Ed de Looze	H55	100	O	7:50.86		
2	43 Stijn Verhagen	H45	100	I	8:10.81	PR	
3	14 Esther Bouman	DSB	99	I	8:23.52	PR	

## 17. Rituitslag 5000m Single Distance

	Naam	Cat	PR	Tijd Info
99	wt rd	14 <b>Esther Bouman</b>	DSB	8:37.18 <b>8:23.52 PR</b>

### Esther Bouman

Distance	Time	PR
200m	23.67	(23.67)
600m	1:01.15	(37.48)
1000m	1:40.58	(39.43)
1400m	2:20.20	(39.62)
1800m	2:59.37	(39.17)
2200m	3:39.36	(39.99)
2600m	4:19.68	(40.32)
3000m	5:00.53	(40.85)
3400m	5:40.92	(40.39)
3800m	6:21.73	(40.81)
4200m	7:02.61	(40.88)
4600m	7:43.38	(40.77)
5000m	8:23.52	(40.14)

	Naam	Cat	PR	Tijd Info
100	gl	43 <b>Stijn Verhagen</b>	H45	8:18.52 <b>8:10.81 PR</b>
	bl	86 <b>Ed de Looze</b>	H55	7:42.48 <b>7:50.86</b>

### Stijn Verhagen

Distance	Time	PR
200m	22.93	(22.93)
600m	1:00.64	(37.71)
1000m	1:38.67	(38.03)
1400m	2:17.50	(38.83)
1800m	2:56.01	(38.51)
2200m	3:34.19	(38.18)
2600m	4:12.27	(38.08)
3000m	4:50.96	(38.69)
3400m	5:29.34	(38.38)
3800m	6:08.37	(39.03)
4200m	6:48.06	(39.69)
4600m	7:28.95	(40.89)
5000m	8:10.81	(41.86)

### Ed de Looze

Distance	Time	PR
200m	23.70	(23.70)
600m	1:00.02	(36.32)
1000m	1:36.65	(36.63)
1400m	2:13.56	(36.91)
1800m	2:50.63	(37.07)
2200m	3:27.73	(37.10)
2600m	4:04.86	(37.13)
3000m	4:42.11	(37.25)
3400m	5:19.60	(37.49)
3800m	5:57.16	(37.56)
4200m	6:34.90	(37.74)
4600m	7:13.00	(38.10)
5000m	7:50.86	(37.86)



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### 18. Uitslag 5000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	113 Donald Stappenbelt	HA1	101	I	7:26.56		
2	99 Luna Jonkers	DN3	102	O	7:30.26		
3	90 Jitte Schuitemaker	DB2	102	I	8:20.39		

## 18. Rituitslag 5000m Single Distance - O

	Naam	Cat	PR	Tijd	Info
101	wt rd	113 <b>Donald Stappenbelt</b>	HA1		<b>7:26.56</b>
<b>Donald Stappenbelt</b>					
	200m	20.52 (20.52)			m
	600m	55.38 (34.86)			
	1000m	1:30.72 (35.34)			
	1400m	2:05.78 (35.06)			
	1800m	2:40.60 (34.82)			
	2200m	3:15.80 (35.20)			
	2600m	3:50.95 (35.15)			
	3000m	4:26.30 (35.35)			
	3400m	5:02.00 (35.70)			
	3800m	5:38.06 (36.06)			
	4200m	6:14.56 (36.50)			
	4600m	6:50.93 (36.37)			
	5000m	7:26.56 (35.63)			

	Naam	Cat	PR	Tijd	Info
102	gl	90 <b>Jitte Schuitemaker</b>	DB2		<b>8:20.39</b>
	bl	99 <b>Luna Jonkers</b>	DN3	7:27.50	<b>7:30.26</b>
<b>Jitte Schuitemaker</b>			<b>Luna Jonkers</b>		
	200m	23.45 (23.45)		200m	23.02 (23.02)
	600m	1:01.10 (37.65)		600m	57.28 (34.26)
	1000m	1:39.67 (38.57)		1000m	1:31.94 (34.66)
	1400m	2:19.39 (39.72)		1400m	2:06.81 (34.87)
	1800m	2:59.45 (40.06)		1800m	2:41.67 (34.86)
	2200m	3:40.00 (40.55)		2200m	3:16.78 (35.11)
	2600m	4:20.42 (40.42)		2600m	3:52.12 (35.34)
	3000m	5:01.11 (40.69)		3000m	4:27.83 (35.71)
	3400m	5:40.95 (39.84)		3400m	5:03.69 (35.86)
	3800m	6:20.43 (39.48)		3800m	5:39.71 (36.02)
	4200m	7:00.89 (40.46)		4200m	6:16.22 (36.51)
	4600m	7:41.11 (40.22)		4600m	6:52.99 (36.77)
	5000m	8:20.39 (39.28)		5000m	7:30.26 (37.27)



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### 20. Uitslag 10000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	46 Arjan Elferink	H45	104	O	14:20.23	PR WR	
2	47 Robert Wierds	H45	103	O	14:30.77	PR	
3	112 Kees Hooft	H45	104	I	15:06.90		
4	44 Edzard Boland	H45	103	I	16:45.30		

## 20. Rituitslag 10000m Single Distance

	Naam	Cat	PR	Tijd	Info
103	wt 44 <b>Edzard Boland</b>	H45	16:11.56	<b>16:45.30</b>	
	rd 47 <b>Robert Wierts</b>	H45	14:59.84	<b>14:30.77</b>	PR
<b>Edzard Boland</b>			<b>Robert Wierts</b>		
	400m	43.55 (43.55)	400m	38.92 (38.92)	
	800m	1:23.18 (39.63)	800m	1:12.61 (33.69)	
	1200m	2:03.79 (40.61)	1200m	1:46.31 (33.70)	
	1600m	2:44.51 (40.72)	1600m	2:20.46 (34.15)	
	2000m	3:24.09 (39.58)	2000m	2:54.57 (34.11)	
	2400m	4:03.63 (39.54)	2400m	3:28.79 (34.22)	
	2800m	4:43.21 (39.58)	2800m	4:02.78 (33.99)	
	3200m	5:22.85 (39.64)	3200m	4:36.90 (34.12)	
	3600m	6:02.96 (40.11)	3600m	5:11.38 (34.48)	
	4000m	6:43.00 (40.04)	4000m	5:45.96 (34.58)	
	4400m	7:22.47 (39.47)	4400m	6:20.74 (34.78)	
	4800m	8:02.10 (39.63)	4800m	6:55.12 (34.38)	
	5200m	8:42.14 (40.04)	5200m	7:29.84 (34.72)	
	5600m	9:22.39 (40.25)	5600m	8:04.95 (35.11)	
	6000m	10:02.63 (40.24)	6000m	8:40.39 (35.44)	
	6400m	10:42.74 (40.11)	6400m	9:15.66 (35.27)	
	6800m	11:22.96 (40.22)	6800m	9:50.55 (34.89)	
	7200m	12:03.13 (40.17)	7200m	10:25.83 (35.28)	
	7600m	12:43.64 (40.51)	7600m	11:00.81 (34.98)	
	8000m	13:24.13 (40.49)	8000m	11:35.91 (35.10)	
	8400m	14:04.63 (40.50)	8400m	12:10.86 (34.95)	
	8800m	14:44.74 (40.11)	8800m	12:46.28 (35.42)	
	9200m	15:25.00 (40.26)	9200m	13:21.53 (35.25)	
	9600m	16:05.03 (40.03)	9600m	13:56.33 (34.80)	
	10000m	16:45.30 (40.27)	10000m	14:30.77 (34.44)	

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		Naam	Cat	PR	Tijd	Info
104	gl	112 <b>Kees Hooft</b>	H45	14:30.70	<b>15:06.90</b>	
	bl	46 <b>Arjan Elferink</b>	H45	14:55.07	<b>14:20.23</b>	PR WR
		<b>Kees Hooft</b>				
		400m	38.72 (38.72)	400m	38.76 (38.76)	
		800m	1:13.41 (34.69)	800m	1:13.33 (34.57)	
		1200m	1:49.13 (35.72)	1200m	1:47.30 (33.97)	
		1600m	2:24.63 (35.50)	1600m	2:22.10 (34.80)	
		2000m	3:00.58 (35.95)	2000m	2:56.88 (34.78)	
		2400m	3:36.19 (35.61)	2400m	3:31.17 (34.29)	
		2800m	4:12.10 (35.91)	2800m	4:05.24 (34.07)	
		3200m	4:48.01 (35.91)	3200m	4:39.48 (34.24)	
		3600m	5:24.29 (36.28)	3600m	5:13.77 (34.29)	
		4000m	6:00.58 (36.29)	4000m	5:47.78 (34.01)	
		4400m	6:36.45 (35.87)	4400m	6:21.38 (33.60)	
		4800m	7:12.41 (35.96)	4800m	6:55.59 (34.21)	
		5200m	7:48.61 (36.20)	5200m	7:29.60 (34.01)	
		5600m	8:25.04 (36.43)	5600m	8:03.28 (33.68)	
		6000m	9:01.50 (36.46)	6000m	8:36.85 (33.57)	
		6400m	9:38.03 (36.53)	6400m	9:10.40 (33.55)	
		6800m	10:14.57 (36.54)	6800m	9:43.90 (33.50)	
		7200m	10:51.13 (36.56)	7200m	10:17.35 (33.45)	
		7600m	11:27.24 (36.11)	7600m	10:50.54 (33.19)	
		8000m	12:03.86 (36.62)	8000m	11:24.68 (34.14)	
		8400m	12:40.30 (36.44)	8400m	11:59.59 (34.91)	
		8800m	13:16.94 (36.64)	8800m	12:34.96 (35.37)	
		9200m	13:53.69 (36.75)	9200m	13:10.16 (35.20)	
		9600m	14:30.38 (36.69)	9600m	13:45.68 (35.52)	
		10000m	15:06.90 (36.52)	10000m	14:20.23 (34.55)	





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### 21. Uitslag 1500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	60 Ville Männistö	H40	6	I	2:03.15		
2	11 Bart Brinksma	H60	6	O	2:10.53		
3	1 Suzanne Mulder	DSB	1	I	2:16.83		
4	64 Mircea Vranceanu	H65	5	I	2:18.12		
5	13 Imme Kampen	D40	1	O	2:19.76		
6	54 Stephan Haueisen	H50	5	O	2:21.58		
7	12 Andre van Zaane	H60	4	I	2:21.91		
8	73 Kees Verdouw	H75	4	O	2:22.33		
9	26 Kevin van Cleef	H40	3	I	2:34.74		
10	81 Walter Mariën	H55	3	O	2:40.90		

## 21. Rituitslag 1500m Allround Normal

		Naam	Cat	PR	Tijd	Info
1	wt	1 <b>Suzanne Mulder</b>	DSB	2:09.77	<b>2:16.83</b>	
	rd	13 <b>Imme Kampen</b>	D40	2:13.55	<b>2:19.76</b>	

### Suzanne Mulder

300m	30.45	(30.45)
700m	1:04.05	(33.60)
1100m	1:39.49	(35.44)
1500m	2:16.83	(37.34)

### Imme Kampen

300m	30.68	(30.68)
700m	1:05.21	(34.53)
1100m	1:41.81	(36.60)
1500m	2:19.76	(37.95)

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					

m

m

		Naam	Cat	PR	Tijd	Info
3	wt	26 <b>Kevin van Cleef</b>	H40	2:30.34	<b>2:34.74</b>	
	rd	81 <b>Walter Mariën</b>	H55	2:29.70	<b>2:40.90</b>	

### Kevin van Cleef

300m	34.81	(34.81)
700m	1:13.66	(38.85)
1100m	1:53.67	(40.01)
1500m	2:34.74	(41.07)

### Walter Mariën

300m	34.92	(34.92)
700m	1:14.55	(39.63)
1100m	1:56.79	(42.24)
1500m	2:40.90	(44.11)

		Naam	Cat	PR	Tijd	Info
4	gl	12 <b>Andre van Zaane</b>	H60	2:12.22	<b>2:21.91</b>	
	bl	73 <b>Kees Verdouw</b>	H75	2:04.95	<b>2:22.33</b>	

### Andre van Zaane

300m	31.75	(31.75)
700m	1:07.20	(35.45)
1100m	1:44.34	(37.14)
1500m	2:21.91	(37.57)

### Kees Verdouw

300m	32.27	(32.27)
700m	1:07.46	(35.19)
1100m	1:44.36	(36.90)
1500m	2:22.33	(37.97)

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		Naam			Cat	PR	Tijd	Info
5	wt	64	<b>Mircea Vranceanu</b>		H65	2:04.09	<b>2:18.12</b>	
	rd	54	<b>Stephan Haueisen</b>		H50	2:05.06	<b>2:21.58</b>	
		<b>Mircea Vranceanu</b>			<b>Stephan Haueisen</b>			
		300m	29.97	(29.97)	300m	31.80	(31.80)	
		700m	1:04.12	(34.15)	700m	1:07.17	(35.37)	
		1100m	1:40.19	(36.07)	1100m	1:43.92	(36.75)	
		1500m	2:18.12	(37.93)	1500m	2:21.58	(37.66)	
		Naam			Cat	PR	Tijd	Info
6	gl	60	<b>Ville Männistö</b>		H40		<b>2:03.15</b>	
	bl	11	<b>Bart Brinksma</b>		H60	2:07.51	<b>2:10.53</b>	
		<b>Ville Männistö</b>			<b>Bart Brinksma</b>			
		300m	27.28	(27.28)	300m	28.77	(28.77)	
		700m	57.77	(30.49)	700m	1:01.23	(32.46)	
		1100m	1:29.70	(31.93)	1100m	1:35.17	(33.94)	
		1500m	2:03.15	(33.45)	1500m	2:10.53	(35.36)	



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### 22. Uitslag 1500m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	74 Niels Meijer	HA2	10	I	1:57.33		
2	88 Mats ten Cate	HA1	10	O	1:57.92		
3	98 Arjen van Damme	HA2	9	I	1:59.31		
4	97 Emma van der Liet	DA1	7	I	2:19.87		
5	80 Emma Fransen	DA1	7	O	2:21.12		



## 23. Uitslag 1500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	100 <b>Martin Hänggi</b>	H50	20	I	<b>1:59.23</b>		
2	108 <b>Michiel Wienese</b>	H40	20	O	<b>2:05.38</b>		
3	56 <b>Geir Nasset</b>	H55	14	O	<b>2:09.61</b>	PR	
4	27 <b>John van der Vlugt</b>	H60	19	I	<b>2:13.28</b>		
5	23 <b>Doede Wind</b>	H45	18	O	<b>2:13.72</b>		
6	66 <b>Seppe Lybaert</b>	HSB	19	O	<b>2:14.54</b>		
7	16 <b>Jann van Benthem</b>	H65	18	I	<b>2:16.27</b>		
8	55 <b>Oktavian-Kornel Moga</b>	H55	17	I	<b>2:19.96</b>		
9	68 <b>Peter Weiss</b>	H60	13	O	<b>2:21.20</b>		
10	39 <b>Koen van Egmond</b>	HSB	16	I	<b>2:22.22</b>		
11	25 <b>Kees Voorhoeve</b>	H60	17	O	<b>2:22.86</b>		
12	63 <b>Marvin Zeisberg</b>	HSB	16	O	<b>2:26.23</b>	PR	
13	3 <b>Bauke Meijer</b>	H70	15	I	<b>2:31.26</b>		
14	8 <b>Tialda Gerritsma</b>	D55	12	I	<b>2:34.64</b>		
15	71 <b>Wim Zwanenburg</b>	H65	15	O	<b>2:34.67</b>		
16	52 <b>Hans-Gerd Heyne</b>	H55	14	I	<b>2:34.74</b>		
17	7 <b>Daniëlle Frijters</b>	DSB	12	O	<b>2:37.36</b>	PR	
18	58 <b>Trine Landsem</b>	D50	11	I	<b>2:44.27</b>		
19	35 <b>Thierry Huberland</b>	H60	13	I	<b>2:48.32</b>	PR	

## 23. Rituitslag 1500m Allround Big

		Naam	Cat	PR	Tijd	Info
11	wt rd	58 <b>Trine Landsem</b>	D50	2:41.61	<b>2:44.27</b>	

### Trine Landsem

300m	36.84	(36.84)	m
700m	1:18.21	(41.37)	
1100m	2:00.97	(42.76)	
1500m	2:44.27	(43.30)	

		Naam	Cat	PR	Tijd	Info
12	gl	8 <b>Tialda Gerritsma</b>	D55	2:25.51	<b>2:34.64</b>	
	bl	7 <b>Daniëlle Frijters</b>	DSB	2:41.12	<b>2:37.36</b>	PR

### Tialda Gerritsma

300m	35.79	(35.79)
700m	1:14.70	(38.91)
1100m	1:54.21	(39.51)
1500m	2:34.64	(40.43)

### Daniëlle Frijters

300m	33.54	(33.54)
700m	1:12.61	(39.07)
1100m	1:54.38	(41.77)
1500m	2:37.36	(42.98)

		Naam	Cat	PR	Tijd	Info
13	wt	35 <b>Thierry Huberland</b>	H60	2:50.02	<b>2:48.32</b>	PR
	rd	68 <b>Peter Weiss</b>	H60	2:18.41	<b>2:21.20</b>	

### Thierry Huberland

300m	38.12	(38.12)
700m	1:20.79	(42.67)
1100m	2:04.47	(43.68)
1500m	2:48.32	(43.85)

### Peter Weiss

300m	30.74	(30.74)
700m	1:07.19	(36.45)
1100m	1:44.46	(37.27)
1500m	2:21.20	(36.74)

		Naam	Cat	PR	Tijd	Info
14	gl	52 <b>Hans-Gerd Heyne</b>	H55	2:23.84	<b>2:34.74</b>	
	bl	56 <b>Geir Nettet</b>	H55	2:13.67	<b>2:09.61</b>	PR

### Hans-Gerd Heyne

300m	35.87	(35.87)
700m	1:15.51	(39.64)
1100m	1:55.22	(39.71)
1500m	2:34.74	(39.52)

### Geir Nettet

300m	29.31	(29.31)
700m	1:01.42	(32.11)
1100m	1:34.88	(33.46)
1500m	2:09.61	(34.73)

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		Naam	Cat	PR	Tijd	Info
15	wt	3 <b>Bauke Meijer</b>	H70	2:15.66	<b>2:31.26</b>	
	rd	71 <b>Wim Zwanenburg</b>	H65	2:18.23	<b>2:34.67</b>	
		<b>Bauke Meijer</b>				<b>Wim Zwanenburg</b>
		300m 32.39 (32.39)			300m 33.68 (33.68)	
		700m 1:11.18 (38.79)			700m 1:11.41 (37.73)	
		1100m 1:50.78 (39.60)			1100m 1:52.46 (41.05)	
		1500m 2:31.26 (40.48)			1500m 2:34.67 (42.21)	
		Naam	Cat	PR	Tijd	Info
16	gl	39 <b>Koen van Egmond</b>	HSB	2:20.27	<b>2:22.22</b>	
	bl	63 <b>Marvin Zeisberg</b>	HSB	2:27.43	<b>2:26.23</b>	PR
		<b>Koen van Egmond</b>				<b>Marvin Zeisberg</b>
		300m 30.96 (30.96)			300m 31.76 (31.76)	
		700m 1:06.42 (35.46)			700m 1:08.72 (36.96)	
		1100m 1:43.51 (37.09)			1100m 1:47.16 (38.44)	
		1500m 2:22.22 (38.71)			1500m 2:26.23 (39.07)	
		Naam	Cat	PR	Tijd	Info
17	wt	55 <b>Oktavian-Kornel Moga</b>	H55	2:13.84	<b>2:19.96</b>	
	rd	25 <b>Kees Voorhoeve</b>	H60	2:19.73	<b>2:22.86</b>	
		<b>Oktavian-Kornel Moga</b>				<b>Kees Voorhoeve</b>
		300m 31.50 (31.50)			300m 32.29 (32.29)	
		700m 1:06.55 (35.05)			700m 1:08.17 (35.88)	
		1100m 1:42.81 (36.26)			1100m 1:45.07 (36.90)	
		1500m 2:19.96 (37.15)			1500m 2:22.86 (37.79)	
		Naam	Cat	PR	Tijd	Info
18	gl	16 <b>Jann van Benthem</b>	H65	2:08.98	<b>2:16.27</b>	
	bl	23 <b>Doede Wind</b>	H45	2:13.27	<b>2:13.72</b>	
		<b>Jann van Benthem</b>				<b>Doede Wind</b>
		300m 31.14 (31.14)			300m 29.67 (29.67)	
		700m 1:04.57 (33.43)			700m 1:02.72 (33.05)	
		1100m 1:39.63 (35.06)			1100m 1:37.51 (34.79)	
		1500m 2:16.27 (36.64)			1500m 2:13.72 (36.21)	



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		Naam			Cat	PR	Tijd	Info
19	wt	27	<b>John van der Vlugt</b>		H60	2:00.94	<b>2:13.28</b>	
	rd	66	<b>Seppe Lybaert</b>		HSB	2:11.07	<b>2:14.54</b>	
		<b>John van der Vlugt</b>			<b>Seppe Lybaert</b>			
		300m	29.85	(29.85)	300m	29.88	(29.88)	
		700m	1:03.42	(33.57)	700m	1:03.62	(33.74)	
		1100m	1:38.70	(35.28)	1100m	1:38.70	(35.08)	
		1500m	2:13.28	(34.58)	1500m	2:14.54	(35.84)	
		Naam			Cat	PR	Tijd	Info
20	gl	100	<b>Martin Hänggi</b>		H50	1:52.16	<b>1:59.23</b>	
	bl	108	<b>Michiel Wienese</b>		H40	1:57.24	<b>2:05.38</b>	
		<b>Martin Hänggi</b>			<b>Michiel Wienese</b>			
		300m	26.68	(26.68)	300m	27.33	(27.33)	
		700m	56.63	(29.95)	700m	58.15	(30.82)	
		1100m	1:27.62	(30.99)	1100m	1:30.89	(32.74)	
		1500m	1:59.23	(31.61)	1500m	2:05.38	(34.49)	



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### 24. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	83 Joshua Stänz	HSA	28	I	39.46		
2	48 Peter van der Vorst	H50	28	O	41.38		
3	29 Jan van der Stouwe	H55	27	I	42.55		
4	17 Marloes Westerhof	DSB	24	O	43.11		
5	20 Renske Winters	D45	24	I	44.38		
6	107 Frits van Soest	H65	27	O	45.01		
7	22 Anja Bollaart	D55	23	O	46.38		
8	126 Henriëtte Goede	D55	23	I	47.11		
9	21 Kees Bollaart	H60	26	I	47.32		
10	104 Hanspeter Ambass	H60	26	O	48.18		
11	24 Karin Terhürne	D50	21	I	49.25		
12	4 Astrid Janssen	D55	21	O	50.99		
13	127 Thomas Hoekstra	H70	25	I	52.30		
14	33 Ronald Zwart	H50	25	O	52.36		

## 24. Rituitslag 500m Sprint

		Naam	Cat	PR	Tijd	Info
21	wt	24 <b>Karin Terhürne</b>	D50	46.45	<b>49.25</b>	
	rd	4 <b>Astrid Janssen</b>	D55	46.77	<b>50.99</b>	
		<b>Karin Terhürne</b>		<b>Astrid Janssen</b>		
		100m 13.41 (13.41)		100m 13.75 (13.75)		
		500m 49.25 (35.84)		500m 50.99 (37.24)		

		Naam	Cat	PR	Tijd	Info
22	gl					
	bl					
		m		m		

		Naam	Cat	PR	Tijd	Info
23	wt	126 <b>Henriëtte Goede</b>	D55	43.73	<b>47.11</b>	
	rd	22 <b>Anja Bollaart</b>	D55	41.31	<b>46.38</b>	
		<b>Henriëtte Goede</b>		<b>Anja Bollaart</b>		
		100m 13.22 (13.22)		100m 12.80 (12.80)		
		500m 47.11 (33.89)		500m 46.38 (33.58)		

		Naam	Cat	PR	Tijd	Info
24	gl	20 <b>Renske Winters</b>	D45	42.36	<b>44.38</b>	
	bl	17 <b>Marloes Westerhof</b>	DSB	41.98	<b>43.11</b>	
		<b>Renske Winters</b>		<b>Marloes Westerhof</b>		
		100m 12.21 (12.21)		100m 11.83 (11.83)		
		500m 44.38 (32.17)		500m 43.11 (31.28)		

		Naam	Cat	PR	Tijd	Info
25	wt	127 <b>Thomas Hoekstra</b>	H70	44.53	<b>52.30</b>	
	rd	33 <b>Ronald Zwart</b>	H50	50.52	<b>52.36</b>	
		<b>Thomas Hoekstra</b>		<b>Ronald Zwart</b>		
		100m 13.70 (13.70)		100m 13.95 (13.95)		
		500m 52.30 (38.60)		500m 52.36 (38.41)		

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		Naam	Cat	PR	Tijd	Info
26	gl	21 <b>Kees Bollaart</b>	H60	43.55	<b>47.32</b>	
	bl	104 <b>Hanspeter Ambass</b>	H60	42.87	<b>48.18</b>	
		<b>Kees Bollaart</b>		<b>Hanspeter Ambass</b>		
		100m 13.19 (13.19)		100m 12.69 (12.69)		
		500m 47.32 (34.13)		500m 48.18 (35.49)		
		Naam	Cat	PR	Tijd	Info
27	wt	29 <b>Jan van der Stouwe</b>	H55	39.24	<b>42.55</b>	
	rd	107 <b>Frits van Soest</b>	H65	43.77	<b>45.01</b>	
		<b>Jan van der Stouwe</b>		<b>Frits van Soest</b>		
		100m 11.66 (11.66)		100m 12.24 (12.24)		
		500m 42.55 (30.89)		500m 45.01 (32.77)		
		Naam	Cat	PR	Tijd	Info
28	gl	83 <b>Joshua Stänz</b>	HSA	39.10	<b>39.46</b>	
	bl	48 <b>Peter van der Vorst</b>	H50	40.22	<b>41.38</b>	
		<b>Joshua Stänz</b>		<b>Peter van der Vorst</b>		
		100m 10.87 (10.87)		100m 11.24 (11.24)		
		500m 39.46 (28.59)		500m 41.38 (30.14)		



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### 25. Uitslag 500m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	75 Jasper Sinke	HA2	30	I	38.40		
2	91 Loic Crielaers	HC1	30	O	46.12		



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## 25. Rituitslag 500m Sprint - O

	Naam	Cat	PR	Tijd	Info
29	wt rd				
	m	m			

	Naam	Cat	PR	Tijd	Info
30	gl bl	75 <b>Jasper Sinke</b> 91 <b>Loic Crielaers</b>	HA2 HC1	37.68 46.06	<b>38.40</b> <b>46.12</b>

### Jasper Sinke

100m	10.57	(10.57)
500m	38.40	(27.83)

### Loic Crielaers

100m	12.32	(12.32)
500m	46.12	(33.80)



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### 26. Uitslag 5000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	60 Ville Männistö	H40	36	I	7:43.69		
2	11 Bart Brinksma	H60	36	O	7:48.36		
3	54 Stephan Haueisen	H50	35	O	8:09.96		
4	64 Mircea Vranceanu	H65	35	I	8:20.51		
5	12 Andre van Zaane	H60	34	I	8:27.82		
6	1 Suzanne Mulder	DSB	31	I	8:29.48		
7	13 Imme Kampen	D40	31	O	8:34.02		
8	73 Kees Verdouw	H75	34	O	8:41.41		
9	81 Walter Mariën	H55	33	O	9:49.44		
10	26 Kevin van Cleef	H40	33	I	10:07.07		





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		Naam	Cat	PR	Tijd	Info
33	wt	26 <b>Kevin van Cleef</b>	H40	9:16.57	<b>10:07.07</b>	
	rd	81 <b>Walter Mariën</b>	H55	9:25.96	<b>9:49.44</b>	
		<b>Kevin van Cleef</b>			<b>Walter Mariën</b>	
		200m	26.94 (26.94)	200m	27.78 (27.78)	
		600m	1:08.41 (41.47)	600m	1:12.97 (45.19)	
		1000m	1:50.14 (41.73)	1000m	1:59.00 (46.03)	
		1400m	2:32.54 (42.40)	1400m	2:45.82 (46.82)	
		1800m	3:16.53 (43.99)	1800m	3:32.23 (46.41)	
		2200m	4:01.00 (44.47)	2200m	4:18.20 (45.97)	
		2600m	4:45.64 (44.64)	2600m	5:04.89 (46.69)	
		3000m	5:32.13 (46.49)	3000m	5:51.95 (47.06)	
		3400m	6:20.28 (48.15)	3400m	6:39.37 (47.42)	
		3800m	7:13.54 (53.26)	3800m	7:26.08 (46.71)	
		4200m	8:10.40 (56.86)	4200m	8:13.58 (47.50)	
		4600m	9:06.01 (55.61)	4600m	9:01.30 (47.72)	
		5000m	10:07.07 (61.06)	5000m	9:49.44 (48.14)	

		Naam	Cat	PR	Tijd	Info
34	gl	12 <b>Andre van Zaane</b>	H60	7:44.85	<b>8:27.82</b>	
	bl	73 <b>Kees Verdouw</b>	H75	8:15.42	<b>8:41.41</b>	
		<b>Andre van Zaane</b>			<b>Kees Verdouw</b>	
		200m	25.10 (25.10)	200m	25.09 (25.09)	
		600m	1:04.61 (39.51)	600m	1:04.61 (39.52)	
		1000m	1:44.47 (39.86)	1000m	1:45.32 (40.71)	
		1400m	2:24.86 (40.39)	1400m	2:26.09 (40.77)	
		1800m	3:04.82 (39.96)	1800m	3:06.57 (40.48)	
		2200m	3:44.75 (39.93)	2200m	3:47.66 (41.09)	
		2600m	4:25.30 (40.55)	2600m	4:29.45 (41.79)	
		3000m	5:05.45 (40.15)	3000m	5:12.14 (42.69)	
		3400m	5:46.00 (40.55)	3400m	5:54.21 (42.07)	
		3800m	6:26.43 (40.43)	3800m	6:35.97 (41.76)	
		4200m	7:07.09 (40.66)	4200m	7:18.19 (42.22)	
		4600m	7:47.68 (40.59)	4600m	7:59.96 (41.77)	
		5000m	8:27.82 (40.14)	5000m	8:41.41 (41.45)	

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		Naam	Cat	PR	Tijd	Info	
35	wt	64 <b>Mircea Vranceanu</b>	H65	7:41.39	<b>8:20.51</b>		
	rd	54 <b>Stephan Haueisen</b>	H50	7:27.39	<b>8:09.96</b>		
		<b>Mircea Vranceanu</b>			<b>Stephan Haueisen</b>		
		200m	23.52 (23.52)	200m	24.94 (24.94)		
		600m	1:02.28 (38.76)	600m	1:02.87 (37.93)		
		1000m	1:41.10 (38.82)	1000m	1:40.82 (37.95)		
		1400m	2:20.01 (38.91)	1400m	2:19.06 (38.24)		
		1800m	2:58.51 (38.50)	1800m	2:58.36 (39.30)		
		2200m	3:37.93 (39.42)	2200m	3:36.57 (38.21)		
		2600m	4:17.42 (39.49)	2600m	4:15.59 (39.02)		
		3000m	4:57.22 (39.80)	3000m	4:54.80 (39.21)		
		3400m	5:37.42 (40.20)	3400m	5:34.28 (39.48)		
		3800m	6:17.96 (40.54)	3800m	6:13.83 (39.55)		
		4200m	6:58.56 (40.60)	4200m	6:53.64 (39.81)		
		4600m	7:39.66 (41.10)	4600m	7:32.29 (38.65)		
		5000m	8:20.51 (40.85)	5000m	8:09.96 (37.67)		

		Naam	Cat	PR	Tijd	Info	
36	gl	60 <b>Ville Männistö</b>	H40		<b>7:43.69</b>		
	bl	11 <b>Bart Brinksma</b>	H60	7:35.91	<b>7:48.36</b>		
		<b>Ville Männistö</b>			<b>Bart Brinksma</b>		
		200m	21.49 (21.49)	200m	22.74 (22.74)		
		600m	56.93 (35.44)	600m	58.65 (35.91)		
		1000m	1:33.70 (36.77)	1000m	1:36.20 (37.55)		
		1400m	2:10.49 (36.79)	1400m	2:13.55 (37.35)		
		1800m	2:46.83 (36.34)	1800m	2:50.68 (37.13)		
		2200m	3:23.64 (36.81)	2200m	3:27.81 (37.13)		
		2600m	4:00.04 (36.40)	2600m	4:04.74 (36.93)		
		3000m	4:35.65 (35.61)	3000m	4:41.64 (36.90)		
		3400m	5:12.23 (36.58)	3400m	5:18.90 (37.26)		
		3800m	5:49.81 (37.58)	3800m	5:55.94 (37.04)		
		4200m	6:27.55 (37.74)	4200m	6:33.12 (37.18)		
		4600m	7:05.45 (37.90)	4600m	7:10.77 (37.65)		
		5000m	7:43.69 (38.24)	5000m	7:48.36 (37.59)		



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### 27. Uitslag 5000m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	88 Mats ten Cate	HA1	40	O	7:06.76	PR	
2	74 Niels Meijer	HA2	40	I	7:13.12		
3	97 Emma van der Liet	DA1	37	I	8:31.64		
4	80 Emma Fransen	DA1	37	O	8:32.55	PR	
	98 Arjen van Damme	HA2			WDR		

## 27. Rituitslag 5000m Allround Normal - O

		Naam	Cat	PR	Tijd	Info
37	wt	97 <b>Emma van der Liet</b>	DA1		<b>8:31.64</b>	
	rd	80 <b>Emma Fransen</b>	DA1	8:57.20	<b>8:32.55</b>	PR
		<b>Emma van der Liet</b>				
		200m	24.11 (24.11)			
		600m	1:02.02 (37.91)			
		1000m	1:41.15 (39.13)			
		1400m	2:21.01 (39.86)			
		1800m	3:00.99 (39.98)			
		2200m	3:42.00 (41.01)			
		2600m	4:23.06 (41.06)			
		3000m	5:04.68 (41.62)			
		3400m	5:47.02 (42.34)			
		3800m	6:28.72 (41.70)			
		4200m	7:10.74 (42.02)			
		4600m	7:51.92 (41.18)			
		5000m	8:31.64 (39.72)			
		<b>Emma Fransen</b>				
		200m	23.24 (23.24)			
		600m	1:01.16 (37.92)			
		1000m	1:41.16 (40.00)			
		1400m	2:20.97 (39.81)			
		1800m	3:01.10 (40.13)			
		2200m	3:41.36 (40.26)			
		2600m	4:22.69 (41.33)			
		3000m	5:04.01 (41.32)			
		3400m	5:45.62 (41.61)			
		3800m	6:27.28 (41.66)			
		4200m	7:09.71 (42.43)			
		4600m	7:51.53 (41.82)			
		5000m	8:32.55 (41.02)			

		Naam	Cat	PR	Tijd	Info
38	gl					
	bl					
		m				
		m				

		Naam	Cat	PR	Tijd	Info
39	wt	98 <b>Arjen van Damme</b>	HA2	6:50.64	<b>WDR</b>	
	rd					
		<b>Arjen van Damme</b>				
		m				



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		Naam	Cat	PR	Tijd	Info
40	gl	74 <b>Niels Meijer</b>	HA2	7:10.04	<b>7:13.12</b>	
	bl	88 <b>Mats ten Cate</b>	HA1	7:11.30	<b>7:06.76</b>	PR

### Niels Meijer

200m	20.90	(20.90)
600m	55.02	(34.12)
1000m	1:28.41	(33.39)
1400m	2:02.15	(33.74)
1800m	2:35.76	(33.61)
2200m	3:09.94	(34.18)
2600m	3:44.40	(34.46)
3000m	4:19.13	(34.73)
3400m	4:54.33	(35.20)
3800m	5:29.48	(35.15)
4200m	6:04.63	(35.15)
4600m	6:39.16	(34.53)
5000m	7:13.12	(33.96)

### Mats ten Cate

200m	20.97	(20.97)
600m	54.19	(33.22)
1000m	1:27.99	(33.80)
1400m	2:01.63	(33.64)
1800m	2:35.17	(33.54)
2200m	3:08.87	(33.70)
2600m	3:42.70	(33.83)
3000m	4:16.45	(33.75)
3400m	4:50.32	(33.87)
3800m	5:24.12	(33.80)
4200m	5:58.04	(33.92)
4600m	6:32.36	(34.32)
5000m	7:06.76	(34.40)

## 28. Uitslag 1000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 Lennaart Lamers	HSB	50	I	1:16.80		
2	57 Rene van Bernum	H55	50	O	1:18.09		
3	19 Niels de Jager	H40	49	I	1:24.13		
4	72 Danny Witkamp	H55	49	O	1:25.96		
5	18 Michel van der Sluijs	H50	48	I	1:26.72	PR	
6	121 Wim Verbraeken	H40	48	O	1:27.80		
7	59 Lars Henriksson	H55	47	I	1:30.85		
8	37 Harm Sinnige	H60	47	O	1:36.26		
9	31 Marianne de Neeling	D60	42	I	1:37.70		
10	30 Karin van der Sar	D45	42	O	1:39.39		
11	79 Frank Günther	H55	46	I	1:42.28		
12	109 Twan den Braber	H65	45	O	1:43.77		
13	6 Anna van der Stok	D45	41	I	1:43.90	PR	
14	111 Ton van Helden	H70	46	O	1:45.45		
15	116 Marcel Tange	HSB	45	I	1:46.41	PR	
16	34 Carolien van Rees	D60	41	O	1:50.72		
17	51 Andrej Kwadrin	HSB	43	I	2:01.92		

## 28. Rituitslag 1000m Allround Small

		Naam	Cat	PR	Tijd	Info
41	wt	6 <b>Anna van der Stok</b>	D45	1:45.55	<b>1:43.90</b>	PR
	rd	34 <b>Carolien van Rees</b>	D60	1:48.15	<b>1:50.72</b>	

### Anna van der Stok

200m	23.19	(23.19)
600m	1:02.33	(39.14)
1000m	1:43.90	(41.57)

### Carolien van Rees

200m	26.22	(26.22)
600m	1:07.63	(41.41)
1000m	1:50.72	(43.09)

		Naam	Cat	PR	Tijd	Info
42	gl	31 <b>Marianne de Neeling</b>	D60	1:32.28	<b>1:37.70</b>	
	bl	30 <b>Karin van der Sar</b>	D45	1:32.94	<b>1:39.39</b>	

### Marianne de Neeling

200m	23.95	(23.95)
600m	1:00.26	(36.31)
1000m	1:37.70	(37.44)

### Karin van der Sar

200m	23.60	(23.60)
600m	1:00.63	(37.03)
1000m	1:39.39	(38.76)

		Naam	Cat	PR	Tijd	Info
43	wt	51 <b>Andrej Kwadrin</b>	HSB	1:41.13	<b>2:01.92</b>	
	rd					

### Andrej Kwadrin

200m	25.07	(25.07)
600m	1:11.17	(46.10)
1000m	2:01.92	(50.75)

m

		Naam	Cat	PR	Tijd	Info
44	gl					
	bl					

m

m

		Naam	Cat	PR	Tijd	Info
45	wt	116 <b>Marcel Tange</b>	HSB	1:47.79	<b>1:46.41</b>	PR
	rd	109 <b>Twan den Braber</b>	H65	1:24.53	<b>1:43.77</b>	
		<b>Marcel Tange</b>			<b>Twan den Braber</b>	
		200m 24.24 (24.24)		200m 25.00 (25.00)		
		600m 1:04.40 (40.16)		600m 1:03.19 (38.19)		
		1000m 1:46.41 (42.01)		1000m 1:43.77 (40.58)		

		Naam	Cat	PR	Tijd	Info
46	gl	79 <b>Frank Günther</b>	H55	1:37.00	<b>1:42.28</b>	
	bl	111 <b>Ton van Helden</b>	H70	1:31.44	<b>1:45.45</b>	
		<b>Frank Günther</b>			<b>Ton van Helden</b>	
		200m 23.23 (23.23)		200m 24.81 (24.81)		
		600m 1:01.30 (38.07)		600m 1:04.71 (39.90)		
		1000m 1:42.28 (40.98)		1000m 1:45.45 (40.74)		

		Naam	Cat	PR	Tijd	Info
47	wt	59 <b>Lars Henriksson</b>	H55	1:23.91	<b>1:30.85</b>	
	rd	37 <b>Harm Sinnige</b>	H60	1:33.37	<b>1:36.26</b>	
		<b>Lars Henriksson</b>			<b>Harm Sinnige</b>	
		200m 21.19 (21.19)		200m 23.20 (23.20)		
		600m 54.56 (33.37)		600m 59.19 (35.99)		
		1000m 1:30.85 (36.29)		1000m 1:36.26 (37.07)		

		Naam	Cat	PR	Tijd	Info
48	gl	18 <b>Michel van der Sluijs</b>	H50	1:29.25	<b>1:26.72</b>	PR
	bl	121 <b>Wim Verbraeken</b>	H40	1:25.64	<b>1:27.80</b>	
		<b>Michel van der Sluijs</b>			<b>Wim Verbraeken</b>	
		200m 21.07 (21.07)		200m 20.99 (20.99)		
		600m 52.92 (31.85)		600m 53.66 (32.67)		
		1000m 1:26.72 (33.80)		1000m 1:27.80 (34.14)		





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		Naam	Cat		PR	Tijd	Info
49	wt	19 <b>Niels de Jager</b>	H40		1:22.43	<b>1:24.13</b>	
	rd	72 <b>Danny Witkamp</b>	H55		1:20.37	<b>1:25.96</b>	
		<b>Niels de Jager</b>			<b>Danny Witkamp</b>		
		200m	20.14	(20.14)	200m	21.03	(21.03)
		600m	51.14	(31.00)	600m	52.92	(31.89)
		1000m	1:24.13	(32.99)	1000m	1:25.96	(33.04)
<hr/>							
		Naam	Cat		PR	Tijd	Info
50	gl	5 <b>Lennaart Lamers</b>	HSB		1:16.33	<b>1:16.80</b>	
	bl	57 <b>Rene van Bernum</b>	H55		1:16.06	<b>1:18.09</b>	
		<b>Lennaart Lamers</b>			<b>Rene van Bernum</b>		
		200m	18.46	(18.46)	200m	18.76	(18.76)
		600m	46.35	(27.89)	600m	47.14	(28.38)
		1000m	1:16.80	(30.45)	1000m	1:18.09	(30.95)



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### 29. Uitslag 1000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	96 <b>Matthé Pronk</b>	HA1	54	I	<b>1:14.89</b>	PR	
2	77 <b>Nomdo de Heer</b>	HN1	54	O	<b>1:18.11</b>		
3	125 <b>Lauren Teunissen</b>	DA1	53	I	<b>1:29.53</b>		
4	82 <b>Isa Molenaar</b>	DA1	53	O	<b>1:30.68</b>		
5	105 <b>Donna Pronk</b>	DB2	51	I	<b>1:36.78</b>	PR	
6	118 <b>Bo Meijer</b>	DA1	51	O	<b>1:43.28</b>		

## 29. Rituitslag 1000m Allround Small - O

		Naam		Cat		PR	Tijd	Info
51	wt	105	<b>Donna Pronk</b>		DB2	1:37.38	<b>1:36.78</b>	PR
	rd	118	<b>Bo Meijer</b>		DA1	1:35.66	<b>1:43.28</b>	

### Donna Pronk

200m	22.67	(22.67)
600m	58.78	(36.11)
1000m	1:36.78	(38.00)

### Bo Meijer

200m	23.34	(23.34)
600m	1:02.07	(38.73)
1000m	1:43.28	(41.21)

		Naam		Cat		PR	Tijd	Info
52	gl							
	bl							

m

m

		Naam		Cat		PR	Tijd	Info
53	wt	125	<b>Lauren Teunissen</b>		DA1	1:28.39	<b>1:29.53</b>	
	rd	82	<b>Isa Molenaar</b>		DA1	1:27.83	<b>1:30.68</b>	

### Lauren Teunissen

200m	20.82	(20.82)
600m	53.75	(32.93)
1000m	1:29.53	(35.78)

### Isa Molenaar

200m	21.77	(21.77)
600m	55.28	(33.51)
1000m	1:30.68	(35.40)

		Naam		Cat		PR	Tijd	Info
54	gl	96	<b>Matthé Pronk</b>		HA1	1:15.26	<b>1:14.89</b>	PR
	bl	77	<b>Nomdo de Heer</b>		HN1	1:17.98	<b>1:18.11</b>	

### Matthé Pronk

200m	18.56	(18.56)
600m	45.99	(27.43)
1000m	1:14.89	(28.90)

### Nomdo de Heer

200m	19.07	(19.07)
600m	47.78	(28.71)
1000m	1:18.11	(30.33)



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### 30. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	83 Joshua Stänz	HSA	62	I	1:20.57		
2	48 Peter van der Vorst	H50	61	I	1:24.05		
3	20 Renske Winters	D45	57	I	1:27.26		
4	17 Marloes Westerhof	DSB	57	O	1:28.27		
5	126 Henriëtte Goede	D55	56	I	1:32.49		
6	107 Frits van Soest	H65	61	O	1:32.82		
7	22 Anja Bollaart	D55	56	O	1:35.33		
8	24 Karin Terhürne	D50	55	I	1:38.03		
9	104 Hanspeter Ambass	H60	59	O	1:38.26		
10	21 Kees Bollaart	H60	60	O	1:38.83		
11	4 Astrid Janssen	D55	55	O	1:43.18		
12	127 Thomas Hoekstra	H70	59	I	1:44.77		
13	33 Ronald Zwart	H50	60	I	1:45.32		
	29 Jan van der Stouwe	H55				WDR	

## 30. Rituitslag 1000m Sprint

		Naam	Cat	PR	Tijd	Info
55	wt	24 <b>Karin Terhürne</b>	D50	1:31.99	<b>1:38.03</b>	
	rd	4 <b>Astrid Janssen</b>	D55	1:31.53	<b>1:43.18</b>	

### Karin Terhürne

200m	23.37	(23.37)
600m	59.78	(36.41)
1000m	1:38.03	(38.25)

### Astrid Janssen

200m	24.43	(24.43)
600m	1:02.30	(37.87)
1000m	1:43.18	(40.88)

		Naam	Cat	PR	Tijd	Info
56	gl	126 <b>Henriëtte Goede</b>	D55	1:27.37	<b>1:32.49</b>	
	bl	22 <b>Anja Bollaart</b>	D55	1:21.38	<b>1:35.33</b>	

### Henriëtte Goede

200m	22.29	(22.29)
600m	56.06	(33.77)
1000m	1:32.49	(36.43)

### Anja Bollaart

200m	22.37	(22.37)
600m	57.05	(34.68)
1000m	1:35.33	(38.28)

		Naam	Cat	PR	Tijd	Info
57	wt	20 <b>Renske Winters</b>	D45	1:23.17	<b>1:27.26</b>	
	rd	17 <b>Marloes Westerhof</b>	DSB	1:25.30	<b>1:28.27</b>	

### Renske Winters

200m	20.47	(20.47)
600m	52.76	(32.29)
1000m	1:27.26	(34.50)

### Marloes Westerhof

200m	20.23	(20.23)
600m	52.65	(32.42)
1000m	1:28.27	(35.62)

		Naam	Cat	PR	Tijd	Info
58	gl					
	bl					

m

m

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		Naam	Cat	PR	Tijd	Info
59	wt	127 <b>Thomas Hoekstra</b>	H70	1:30.25	<b>1:44.77</b>	
	rd	104 <b>Hanspeter Ambass</b>	H60	1:26.70	<b>1:38.26</b>	
		<b>Thomas Hoekstra</b>		<b>Hanspeter Ambass</b>		
		200m 24.08 (24.08)		200m 22.39 (22.39)		
		600m 1:03.05 (38.97)		600m 59.07 (36.68)		
		1000m 1:44.77 (41.72)		1000m 1:38.26 (39.19)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
60	gl	33 <b>Ronald Zwart</b>	H50	1:43.05	<b>1:45.32</b>	
	bl	21 <b>Kees Bollaart</b>	H60	1:26.89	<b>1:38.83</b>	
		<b>Ronald Zwart</b>		<b>Kees Bollaart</b>		
		200m 24.51 (24.51)		200m 23.35 (23.35)		
		600m 1:03.67 (39.16)		600m 59.00 (35.65)		
		1000m 1:45.32 (41.65)		1000m 1:38.83 (39.83)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
61	wt	48 <b>Peter van der Vorst</b>	H50	1:20.97	<b>1:24.05</b>	
	rd	107 <b>Frits van Soest</b>	H65	1:29.25	<b>1:32.82</b>	
		<b>Peter van der Vorst</b>		<b>Frits van Soest</b>		
		200m 20.21 (20.21)		200m 21.64 (21.64)		
		600m 51.56 (31.35)		600m 56.16 (34.52)		
		1000m 1:24.05 (32.49)		1000m 1:32.82 (36.66)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
62	gl	83 <b>Joshua Stänz</b>	HSA	1:19.50	<b>1:20.57</b>	
	bl	29 <b>Jan van der Stouwe</b>	H55	1:17.12	<b>WDR</b>	
		<b>Joshua Stänz</b>		<b>Jan van der Stouwe</b>		
		200m 18.67 (18.67)				
		600m 47.88 (29.21)				
		1000m 1:20.57 (32.69)				



## 2nd Masters International Thialf Record Races

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### 31. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	75 Jasper Sinke	HA2	64	O	1:15.62	PR	
2	91 Loic Crielaers	HC1	64	I	1:35.00		



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## 31. Rituitslag 1000m Sprint - O

	Naam	Cat	PR	Tijd	Info
63	wt rd				
	m	m			

	Naam	Cat	PR	Tijd	Info
64	gl bl	91 <b>Loic Crielaers</b> 75 <b>Jasper Sinke</b>	HC1 HA2	1:33.42 1:15.88	<b>1:35.00</b> <b>1:15.62</b> PR
	<b>Loic Crielaers</b>	<b>Jasper Sinke</b>			
	200m	21.67 (21.67)	200m	17.56 (17.56)	
	600m	57.04 (35.37)	600m	45.06 (27.50)	
	1000m	1:35.00 (37.96)	1000m	1:15.62 (30.56)	





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### 32. Uitslag 10000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	100 <b>Martin Hänggi</b>	H50	74	I	<b>14:02.22</b>	WR	
2	27 <b>John van der Vlugt</b>	H60	73	I	<b>15:40.93</b>		
3	56 <b>Geir Nessel</b>	H55	68	O	<b>16:38.97</b>		
4	16 <b>Jann van Benthem</b>	H65	72	I	<b>16:40.60</b>		
5	66 <b>Seppe Lybaert</b>	HSB	73	O	<b>16:41.17</b>		
6	55 <b>Oktavian-Kornel Moga</b>	H55	71	I	<b>17:03.95</b>		
7	52 <b>Hans-Gerd Heyne</b>	H55	68	I	<b>17:07.79</b>	PR	
8	23 <b>Doede Wind</b>	H45	72	O	<b>17:23.13</b>		
9	68 <b>Peter Weiss</b>	H60	67	O	<b>17:55.97</b>		
10	71 <b>Wim Zwanenburg</b>	H65	69	O	<b>17:59.98</b>		
11	39 <b>Koen van Egmond</b>	HSB	70	I	<b>18:16.25</b>	PR	
12	63 <b>Marvin Zeisberg</b>	HSB	70	O	<b>18:53.88</b>		
13	35 <b>Thierry Huberland</b>	H60	67	I	<b>19:02.00</b>	PR	
14	8 <b>Tialda Gerritsma</b>	D55	66	I	<b>19:02.24</b>		
15	3 <b>Bauke Meijer</b>	H70	69	I	<b>19:38.95</b>	PR	
16	58 <b>Trine Landsem</b>	D50	65	I	<b>20:41.99</b>	FL	
17	7 <b>Daniëlle Frijters</b>	DSB	66	O	<b>21:30.66</b>		
	25 <b>Kees Voorhoeve</b>	H60	71	O	<b>DNF</b>		
	108 <b>Michiel Wienese</b>	H40			<b>WDR</b>		

## 32. Rituitslag 10000m Allround Big

	Naam	Cat	PR	Tijd	Info
65	wt rd	58 <b>Trine Landsem</b>	D50	19:52.97	<b>20:41.99</b> FL
<b>Trine Landsem</b>					
	400m	54.66 (54.66)			m
	800m	1:42.74 (48.08)			
	1200m	2:30.19 (47.45)			
	1600m	3:17.24 (47.05)			
	2000m	4:04.54 (47.30)			
	2400m	4:51.91 (47.37)			
	2800m	5:39.70 (47.79)			
	3200m	6:27.62 (47.92)			
	3600m	7:15.78 (48.16)			
	4000m	8:04.00 (48.22)			
	4400m	8:52.47 (48.47)			
	4800m	9:41.20 (48.73)			
	5200m	10:29.18 (47.98)			
	5600m	11:17.25 (48.07)			
	6000m	12:05.35 (48.10)			
	6400m	12:53.67 (48.32)			
	6800m	13:41.53 (47.86)			
	7200m	14:29.41 (47.88)			
	7600m	15:17.45 (48.04)			
	8000m	16:06.10 (48.65)			
	8400m	16:54.54 (48.44)			
	8800m	18:16.17 (81.63)			
	9200m	19:04.14 (47.97)			
	9600m	19:53.58 (49.44)			
	10000m	20:41.99 (48.41)			

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		Naam	Cat	PR	Tijd	Info
66	gl	8 <b>Tialda Gerritsma</b>	D55	17:29.34	<b>19:02.24</b>	
	bl	7 <b>Daniëlle Frijters</b>	DSB		<b>21:30.66</b>	
		<b>Tialda Gerritsma</b>			<b>Daniëlle Frijters</b>	
		400m	51.43 (51.43)	400m	51.45 (51.45)	
		800m	1:36.96 (45.53)	800m	1:40.54 (49.09)	
		1200m	2:21.88 (44.92)	1200m	2:29.84 (49.30)	
		1600m	3:06.98 (45.10)	1600m	3:20.18 (50.34)	
		2000m	3:51.88 (44.90)	2000m	4:10.44 (50.26)	
		2400m	4:37.41 (45.53)	2400m	5:01.69 (51.25)	
		2800m	5:23.27 (45.86)	2800m	5:53.32 (51.63)	
		3200m	6:09.29 (46.02)	3200m	6:45.16 (51.84)	
		3600m	6:55.50 (46.21)	3600m	7:37.47 (52.31)	
		4000m	7:41.42 (45.92)	4000m	8:28.52 (51.05)	
		4400m	8:27.01 (45.59)	4400m	9:20.16 (51.64)	
		4800m	9:12.21 (45.20)	4800m	10:13.01 (52.85)	
		5200m	9:58.16 (45.95)	5200m	11:05.71 (52.70)	
		5600m	10:44.13 (45.97)	5600m	11:58.51 (52.80)	
		6000m	11:30.37 (46.24)	6000m	12:50.69 (52.18)	
		6400m	12:16.63 (46.26)	6400m	13:43.68 (52.99)	
		6800m	13:02.69 (46.06)	6800m	14:35.96 (52.28)	
		7200m	13:48.44 (45.75)	7200m	15:28.32 (52.36)	
		7600m	14:33.97 (45.53)	7600m	16:21.65 (53.33)	
		8000m	15:18.94 (44.97)	8000m	17:14.20 (52.55)	
		8400m	16:03.54 (44.60)	8400m	18:06.68 (52.48)	
		8800m	16:48.20 (44.66)	8800m	18:59.57 (52.89)	
		9200m	17:33.24 (45.04)	9200m	19:51.63 (52.06)	
		9600m	18:17.97 (44.73)	9600m	20:42.89 (51.26)	
		10000m	19:02.24 (44.27)	10000m	21:30.66 (47.77)	

# 2nd Masters International Thialf Record Races

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		Naam	Cat		PR	Tijd	Info
67	wt	35 <b>Thierry Huberland</b>	H60		19:45.95	<b>19:02.00</b>	PR
	rd	68 <b>Peter Weiss</b>	H60			<b>17:55.97</b>	
		<b>Thierry Huberland</b>			<b>Peter Weiss</b>		
		400m	54.44	(54.44)	400m	47.06	(47.06)
		800m	1:39.69	(45.25)	800m	1:29.65	(42.59)
		1200m	2:25.09	(45.40)	1200m	2:13.09	(43.44)
		1600m	3:10.17	(45.08)	1600m	2:56.45	(43.36)
		2000m	3:54.79	(44.62)	2000m	3:39.23	(42.78)
		2400m	4:39.96	(45.17)	2400m	4:22.67	(43.44)
		2800m	5:25.97	(46.01)	2800m	5:05.25	(42.58)
		3200m	6:11.11	(45.14)	3200m	5:47.98	(42.73)
		3600m	6:55.84	(44.73)	3600m	6:31.90	(43.92)
		4000m	7:41.09	(45.25)	4000m	7:15.63	(43.73)
		4400m	8:26.32	(45.23)	4400m	7:58.80	(43.17)
		4800m	9:11.10	(44.78)	4800m	8:41.85	(43.05)
		5200m	9:56.36	(45.26)	5200m	9:25.36	(43.51)
		5600m	10:41.63	(45.27)	5600m	10:08.33	(42.97)
		6000m	11:27.02	(45.39)	6000m	10:51.43	(43.10)
		6400m	12:12.79	(45.77)	6400m	11:34.35	(42.92)
		6800m	13:00.41	(47.62)	6800m	12:17.12	(42.77)
		7200m	13:45.29	(44.88)	7200m	12:59.39	(42.27)
		7600m	14:30.06	(44.77)	7600m	13:41.83	(42.44)
		8000m	15:15.39	(45.33)	8000m	14:24.61	(42.78)
		8400m	16:00.61	(45.22)	8400m	15:07.18	(42.57)
		8800m	16:45.39	(44.78)	8800m	15:49.98	(42.80)
		9200m	17:30.88	(45.49)	9200m	16:32.44	(42.46)
		9600m	18:16.92	(46.04)	9600m	17:14.89	(42.45)
		10000m	19:02.00	(45.08)	10000m	17:55.97	(41.08)

## 2nd Masters International Thialf Record Races

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		Naam	Cat	PR	Tijd	Info
68	gl	52 <b>Hans-Gerd Heyne</b>	H55	17:23.63	<b>17:07.79</b>	PR
	bl	56 <b>Geir Nettet</b>	H55		<b>16:38.97</b>	
		<b>Hans-Gerd Heyne</b>				
		400m	49.73 (49.73)			
		800m	1:32.32 (42.59)			
		1200m	2:14.47 (42.15)			
		1600m	2:55.81 (41.34)			
		2000m	3:36.68 (40.87)			
		2400m	4:17.16 (40.48)			
		2800m	4:59.62 (42.46)			
		3200m	5:41.44 (41.82)			
		3600m	6:22.22 (40.78)			
		4000m	7:02.73 (40.51)			
		4400m	7:43.48 (40.75)			
		4800m	8:23.61 (40.13)			
		5200m	9:03.84 (40.23)			
		5600m	9:43.97 (40.13)			
		6000m	10:24.10 (40.13)			
		6400m	11:04.09 (39.99)			
		6800m	11:44.42 (40.33)			
		7200m	12:24.78 (40.36)			
		7600m	13:05.19 (40.41)			
		8000m	13:45.16 (39.97)			
		8400m	14:25.60 (40.44)			
		8800m	15:05.97 (40.37)			
		9200m	15:46.64 (40.67)			
		9600m	16:27.10 (40.46)			
		10000m	17:07.79 (40.69)			
		<b>Geir Nettet</b>				
		400m	43.69 (43.69)			
		800m	1:22.58 (38.89)			
		1200m	2:01.50 (38.92)			
		1600m	2:40.75 (39.25)			
		2000m	3:19.74 (38.99)			
		2400m	3:58.94 (39.20)			
		2800m	4:37.76 (38.82)			
		3200m	5:17.54 (39.78)			
		3600m	5:57.29 (39.75)			
		4000m	6:37.06 (39.77)			
		4400m	7:16.67 (39.61)			
		4800m	7:56.44 (39.77)			
		5200m	8:36.27 (39.83)			
		5600m	9:16.06 (39.79)			
		6000m	9:55.72 (39.66)			
		6400m	10:35.55 (39.83)			
		6800m	11:15.21 (39.66)			
		7200m	11:54.86 (39.65)			
		7600m	12:34.79 (39.93)			
		8000m	13:14.98 (40.19)			
		8400m	13:55.13 (40.15)			
		8800m	14:35.99 (40.86)			
		9200m	15:16.79 (40.80)			
		9600m	15:57.88 (41.09)			
		10000m	16:38.97 (41.09)			



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		Naam	Cat	PR	Tijd	Info
69	wt	3 <b>Bauke Meijer</b>	H70	20:12.16	<b>19:38.95</b>	PR
	rd	71 <b>Wim Zwanenburg</b>	H65	17:31.16	<b>17:59.98</b>	
		<b>Bauke Meijer</b>		<b>Wim Zwanenburg</b>		
		400m	49.74 (49.74)	400m	48.13 (48.13)	
		800m	1:34.86 (45.12)	800m	1:31.36 (43.23)	
		1200m	2:21.25 (46.39)	1200m	2:13.96 (42.60)	
		1600m	3:07.37 (46.12)	1600m	2:56.46 (42.50)	
		2000m	3:53.67 (46.30)	2000m	3:39.23 (42.77)	
		2400m	4:40.19 (46.52)	2400m	4:22.69 (43.46)	
		2800m	5:27.00 (46.81)	2800m	5:05.89 (43.20)	
		3200m	6:13.55 (46.55)	3200m	5:48.75 (42.86)	
		3600m	7:00.04 (46.49)	3600m	6:32.16 (43.41)	
		4000m	7:46.52 (46.48)	4000m	7:15.62 (43.46)	
		4400m	8:33.26 (46.74)	4400m	7:58.73 (43.11)	
		4800m	9:19.90 (46.64)	4800m	8:41.72 (42.99)	
		5200m	10:06.31 (46.41)	5200m	9:25.00 (43.28)	
		5600m	10:52.67 (46.36)	5600m	10:08.10 (43.10)	
		6000m	11:39.11 (46.44)	6000m	10:51.33 (43.23)	
		6400m	12:25.21 (46.10)	6400m	11:34.71 (43.38)	
		6800m	13:11.98 (46.77)	6800m	12:17.57 (42.86)	
		7200m	13:59.34 (47.36)	7200m	12:59.78 (42.21)	
		7600m	14:48.06 (48.72)	7600m	13:42.84 (43.06)	
		8000m	15:35.82 (47.76)	8000m	14:26.05 (43.21)	
		8400m	16:24.47 (48.65)	8400m	15:09.43 (43.38)	
		8800m	17:13.82 (49.35)	8800m	15:52.68 (43.25)	
		9200m	18:04.40 (50.58)	9200m	16:35.78 (43.10)	
		9600m	18:51.83 (47.43)	9600m	17:19.12 (43.34)	
		10000m	19:38.95 (47.12)	10000m	17:59.98 (40.86)	



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		Naam	Cat	PR	Tijd	Info
70	gl	39 <b>Koen van Egmond</b>	HSB	18:34.61	<b>18:16.25</b>	PR
	bl	63 <b>Marvin Zeisberg</b>	HSB		<b>18:53.88</b>	

## Koen van Egmond

400m	49.40	(49.40)
800m	1:35.51	(46.11)
1200m	2:20.85	(45.34)
1600m	3:05.08	(44.23)
2000m	3:49.30	(44.22)
2400m	4:33.20	(43.90)
2800m	5:17.38	(44.18)
3200m	6:01.32	(43.94)
3600m	6:45.26	(43.94)
4000m	7:28.82	(43.56)
4400m	8:12.51	(43.69)
4800m	8:56.20	(43.69)
5200m	9:40.00	(43.80)
5600m	10:24.16	(44.16)
6000m	11:08.58	(44.42)
6400m	11:52.44	(43.86)
6800m	12:35.97	(43.53)
7200m	13:19.24	(43.27)
7600m	14:02.64	(43.40)
8000m	14:45.97	(43.33)
8400m	15:29.79	(43.82)
8800m	16:12.55	(42.76)
9200m	16:53.95	(41.40)
9600m	17:34.96	(41.01)
10000m	18:16.25	(41.29)

## Marvin Zeisberg

400m	48.05	(48.05)
800m	1:34.37	(46.32)
1200m	2:19.49	(45.12)
1600m	3:04.60	(45.11)
2000m	3:49.59	(44.99)
2400m	4:34.49	(44.90)
2800m	5:19.75	(45.26)
3200m	6:04.97	(45.22)
3600m	6:50.40	(45.43)
4000m	7:35.63	(45.23)
4400m	8:20.79	(45.16)
4800m	9:06.51	(45.72)
5200m	9:51.86	(45.35)
5600m	10:37.32	(45.46)
6000m	11:22.95	(45.63)
6400m	12:08.43	(45.48)
6800m	12:53.80	(45.37)
7200m	13:39.41	(45.61)
7600m	14:24.66	(45.25)
8000m	15:10.43	(45.77)
8400m	15:55.95	(45.52)
8800m	16:41.27	(45.32)
9200m	17:26.93	(45.66)
9600m	18:11.27	(44.34)
10000m	18:53.88	(42.61)

# 2nd Masters International Thialf Record Races

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		Naam	Cat	PR	Tijd	Info
71	wt	55 <b>Oktavian-Kornel Moga</b>	H55	16:41.86	<b>17:03.95</b>	
	rd	25 <b>Kees Voorhoeve</b>	H60	17:40.29	<b>DNF</b>	
		<b>Oktavian-Kornel Moga</b>			<b>Kees Voorhoeve</b>	
		400m	44.52 (44.52)	400m	45.74 (45.74)	
		800m	1:24.83 (40.31)	800m	1:25.32 (39.58)	
		1200m	2:04.80 (39.97)	1200m	2:05.70 (40.38)	
		1600m	2:44.74 (39.94)	1600m	2:46.29 (40.59)	
		2000m	3:25.39 (40.65)	2000m	3:26.41 (40.12)	
		2400m	4:05.15 (39.76)	2400m	4:06.97 (40.56)	
		2800m	4:45.79 (40.64)	2800m	4:47.49 (40.52)	
		3200m	5:26.24 (40.45)	3200m	5:27.68 (40.19)	
		3600m	6:06.63 (40.39)	3600m	6:08.12 (40.44)	
		4000m	6:46.72 (40.09)	4000m	6:48.95 (40.83)	
		4400m	7:27.82 (41.10)	4400m	7:29.70 (40.75)	
		4800m	8:09.06 (41.24)	4800m	8:10.58 (40.88)	
		5200m	8:50.33 (41.27)	5200m	8:51.77 (41.19)	
		5600m	9:31.65 (41.32)	5600m	9:33.32 (41.55)	
		6000m	10:13.00 (41.35)	6000m	10:14.85 (41.53)	
		6400m	10:54.09 (41.09)	6400m	10:56.76 (41.91)	
		6800m	11:34.48 (40.39)	6800m	11:38.85 (42.09)	
		7200m	12:14.86 (40.38)	7200m	12:21.37 (42.52)	
		7600m	12:56.47 (41.61)			
		8000m	13:38.01 (41.54)			
		8400m	14:19.38 (41.37)			
		8800m	15:00.77 (41.39)			
		9200m	15:42.25 (41.48)			
		9600m	16:23.45 (41.20)			
		10000m	17:03.95 (40.50)			



# 2nd Masters International Thialf Record Races

Thialf - Heerenveen

16 en 17 maart 2022

		Naam	Cat	PR	Tijd	Info
72	gl	16 <b>Jann van Benthem</b>	H65	16:15.84	<b>16:40.60</b>	
	bl	23 <b>Doede Wind</b>	H45		<b>17:23.13</b>	
		<b>Jann van Benthem</b>			<b>Doede Wind</b>	
		400m	45.51 (45.51)	400m	46.14 (46.14)	
		800m	1:26.48 (40.97)	800m	1:27.81 (41.67)	
		1200m	2:06.72 (40.24)	1200m	2:10.68 (42.87)	
		1600m	2:45.15 (38.43)	1600m	2:51.97 (41.29)	
		2000m	3:23.92 (38.77)	2000m	3:33.76 (41.79)	
		2400m	4:02.62 (38.70)	2400m	4:16.38 (42.62)	
		2800m	4:40.77 (38.15)	2800m	4:59.44 (43.06)	
		3200m	5:18.78 (38.01)	3200m	5:42.07 (42.63)	
		3600m	5:57.26 (38.48)	3600m	6:24.58 (42.51)	
		4000m	6:36.02 (38.76)	4000m	7:05.98 (41.40)	
		4400m	7:15.12 (39.10)	4400m	7:47.56 (41.58)	
		4800m	7:53.82 (38.70)	4800m	8:28.70 (41.14)	
		5200m	8:32.77 (38.95)	5200m	9:09.88 (41.18)	
		5600m	9:11.81 (39.04)	5600m	9:51.00 (41.12)	
		6000m	9:50.54 (38.73)	6000m	10:32.40 (41.40)	
		6400m	10:30.23 (39.69)	6400m	11:13.09 (40.69)	
		6800m	11:11.41 (41.18)	6800m	11:54.08 (40.99)	
		7200m	11:53.27 (41.86)	7200m	12:35.60 (41.52)	
		7600m	12:35.36 (42.09)	7600m	13:17.26 (41.66)	
		8000m	13:15.82 (40.46)	8000m	13:58.74 (41.48)	
		8400m	13:57.34 (41.52)	8400m	14:39.95 (41.21)	
		8800m	14:38.93 (41.59)	8800m	15:21.35 (41.40)	
		9200m	15:20.14 (41.21)	9200m	16:02.22 (40.87)	
		9600m	16:01.23 (41.09)	9600m	16:43.54 (41.32)	
		10000m	16:40.60 (39.37)	10000m	17:23.13 (39.59)	

## 2nd Masters International Thialf Record Races

Thialf - Heerenveen

16 en 17 maart 2022

		Naam	Cat	PR	Tijd	Info
73	wt	27 <b>John van der Vlugt</b>	H60	14:57.56	<b>15:40.93</b>	
	rd	66 <b>Seppe Lybaert</b>	HSB	16:35.14	<b>16:41.17</b>	

### John van der Vlugt

400m	41.89	(41.89)
800m	1:19.88	(37.99)
1200m	1:58.28	(38.40)
1600m	2:36.21	(37.93)
2000m	3:13.62	(37.41)
2400m	3:50.38	(36.76)
2800m	4:26.94	(36.56)
3200m	5:03.83	(36.89)
3600m	5:40.91	(37.08)
4000m	6:18.47	(37.56)
4400m	6:55.88	(37.41)
4800m	7:33.48	(37.60)
5200m	8:11.13	(37.65)
5600m	8:48.85	(37.72)
6000m	9:26.57	(37.72)
6400m	10:03.61	(37.04)
6800m	10:41.09	(37.48)
7200m	11:18.85	(37.76)
7600m	11:56.44	(37.59)
8000m	12:34.08	(37.64)
8400m	13:11.90	(37.82)
8800m	13:49.46	(37.56)
9200m	14:26.93	(37.47)
9600m	15:04.20	(37.27)
10000m	15:40.93	(36.73)

### Seppe Lybaert

400m	44.35	(44.35)
800m	1:24.71	(40.36)
1200m	2:04.89	(40.18)
1600m	2:44.99	(40.10)
2000m	3:24.25	(39.26)
2400m	4:04.07	(39.82)
2800m	4:43.99	(39.92)
3200m	5:24.01	(40.02)
3600m	6:04.03	(40.02)
4000m	6:44.19	(40.16)
4400m	7:24.26	(40.07)
4800m	8:04.22	(39.96)
5200m	8:44.07	(39.85)
5600m	9:24.14	(40.07)
6000m	10:04.14	(40.00)
6400m	10:43.78	(39.64)
6800m	11:23.51	(39.73)
7200m	12:03.42	(39.91)
7600m	12:43.32	(39.90)
8000m	13:22.92	(39.60)
8400m	14:02.67	(39.75)
8800m	14:42.48	(39.81)
9200m	15:22.13	(39.65)
9600m	16:01.84	(39.71)
10000m	16:41.17	(39.33)

# 2nd Masters International Thialf Record Races

Thialf - Heerenveen

16 en 17 maart 2022

		Naam	Cat	PR	Tijd	Info
74	gl	100 <b>Martin Hänggi</b>	H50	13:28.86	<b>14:02.22</b>	WR
	bl	108 <b>Michiel Wienese</b>	H40	15:12.24	<b>WDR</b>	

### Martin Hänggi

400m	37.42	(37.42)
800m	1:10.29	(32.87)
1200m	1:43.30	(33.01)
1600m	2:16.16	(32.86)
2000m	2:48.96	(32.80)
2400m	3:22.03	(33.07)
2800m	3:55.55	(33.52)
3200m	4:29.01	(33.46)
3600m	5:02.15	(33.14)
4000m	5:35.27	(33.12)
4400m	6:08.76	(33.49)
4800m	6:42.38	(33.62)
5200m	7:16.25	(33.87)
5600m	7:49.84	(33.59)
6000m	8:23.46	(33.62)
6400m	8:57.30	(33.84)
6800m	9:31.21	(33.91)
7200m	10:05.29	(34.08)
7600m	10:39.46	(34.17)
8000m	11:13.37	(33.91)
8400m	11:47.35	(33.98)
8800m	12:21.10	(33.75)
9200m	12:54.88	(33.78)
9600m	13:28.76	(33.88)
10000m	14:02.22	(33.46)

### Michiel Wienese

## 33. Uitslag 3000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	57 Rene van Bernum	H55	84	O	4:17.58		
2	5 Lennaart Lamers	HSB	84	I	4:19.47		
3	72 Danny Witkamp	H55	83	O	4:34.10		
4	19 Niels de Jager	H40	83	I	4:41.76		
5	121 Wim Verbraeken	H40	82	O	4:47.30		
6	18 Michel van der Sluijs	H50	82	I	4:56.67	PR	
7	37 Harm Sinnige	H60	81	O	5:09.65		
8	31 Marianne de Neeling	D60	76	I	5:21.36		
9	79 Frank Günther	H55	80	I	5:31.13		
10	30 Karin van der Sar	D45	76	O	5:31.50		
11	111 Ton van Helden	H70	80	O	5:37.74		
12	6 Anna van der Stok	D45	75	I	5:45.73	PR	
13	116 Marcel Tange	HSB	79	I	5:46.34	PR	
14	34 Carolien van Rees	D60	75	O	5:50.29		
15	51 Andrej Kwadrin	HSB	77	I	6:03.76		
	109 Twan den Braber	H65				WDR	
	59 Lars Henriksson	H55				WDR	

## 33. Rituitslag 3000m Allround Small

		Naam	Cat	PR	Tijd	Info
75	wt	6 <b>Anna van der Stok</b>	D45	5:50.06	<b>5:45.73</b>	PR
	rd	34 <b>Carolien van Rees</b>	D60	5:34.29	<b>5:50.29</b>	
		<b>Anna van der Stok</b>		<b>Carolien van Rees</b>		
		200m	25.27 (25.27)	200m	27.78 (27.78)	
		600m	1:07.53 (42.26)	600m	1:12.35 (44.57)	
		1000m	1:52.07 (44.54)	1000m	1:58.28 (45.93)	
		1400m	2:38.27 (46.20)	1400m	2:44.08 (45.80)	
		1800m	3:25.16 (46.89)	1800m	3:30.23 (46.15)	
		2200m	4:11.82 (46.66)	2200m	4:17.03 (46.80)	
		2600m	4:59.17 (47.35)	2600m	5:03.75 (46.72)	
		3000m	5:45.73 (46.56)	3000m	5:50.29 (46.54)	

		Naam	Cat	PR	Tijd	Info
76	gl	31 <b>Marianne de Neeling</b>	D60	4:54.93	<b>5:21.36</b>	
	bl	30 <b>Karin van der Sar</b>	D45	5:18.82	<b>5:31.50</b>	
		<b>Marianne de Neeling</b>		<b>Karin van der Sar</b>		
		200m	26.04 (26.04)	200m	25.87 (25.87)	
		600m	1:06.92 (40.88)	600m	1:09.09 (43.22)	
		1000m	1:48.63 (41.71)	1000m	1:52.07 (42.98)	
		1400m	2:30.60 (41.97)	1400m	2:35.21 (43.14)	
		1800m	3:13.14 (42.54)	1800m	3:18.81 (43.60)	
		2200m	3:55.92 (42.78)	2200m	4:02.93 (44.12)	
		2600m	4:38.66 (42.74)	2600m	4:47.42 (44.49)	
		3000m	5:21.36 (42.70)	3000m	5:31.50 (44.08)	

		Naam	Cat	PR	Tijd Info
77	wt rd	51 <b>Andrej Kwadrin</b>	HSB	5:59.79	<b>6:03.76</b>

#### Andrej Kwadrin

200m	27.12	(27.12)	m
600m	1:14.13	(47.01)	
1000m	2:00.67	(46.54)	
1400m	2:46.75	(46.08)	
1800m	3:34.07	(47.32)	
2200m	4:22.92	(48.85)	
2600m	5:13.56	(50.64)	
3000m	6:03.76	(50.20)	

		Naam	Cat	PR	Tijd Info
78	gl bl				

m

m

		Naam	Cat	PR	Tijd Info
79	wt	116 <b>Marcel Tange</b>	HSB	5:51.53	<b>5:46.34</b> PR
	rd	109 <b>Twan den Braber</b>	H65	4:21.38	<b>WDR</b>

#### Marcel Tange

200m	26.67	(26.67)
600m	1:10.62	(43.95)
1000m	1:55.25	(44.63)
1400m	2:40.36	(45.11)
1800m	3:25.88	(45.52)
2200m	4:11.84	(45.96)
2600m	4:58.14	(46.30)
3000m	5:46.34	(48.20)

#### Twan den Braber

## 2nd Masters International Thialf Record Races

Thialf - Heerenveen

16 en 17 maart 2022

		Naam	Cat	PR	Tijd	Info
80	gl	79 <b>Frank Günther</b>	H55	5:27.31	<b>5:31.13</b>	
	bl	111 <b>Ton van Helden</b>	H70	4:48.74	<b>5:37.74</b>	

### Frank Günther

200m	25.09	(25.09)
600m	1:06.45	(41.36)
1000m	1:50.00	(43.55)
1400m	2:33.69	(43.69)
1800m	3:17.28	(43.59)
2200m	4:02.59	(45.31)
2600m	4:47.44	(44.85)
3000m	5:31.13	(43.69)

### Ton van Helden

200m	26.96	(26.96)
600m	1:10.42	(43.46)
1000m	1:54.17	(43.75)
1400m	2:39.04	(44.87)
1800m	3:23.71	(44.67)
2200m	4:08.46	(44.75)
2600m	4:53.30	(44.84)
3000m	5:37.74	(44.44)

		Naam	Cat	PR	Tijd	Info
81	wt	59 <b>Lars Henriksson</b>	H55	4:41.01	<b>WDR</b>	
	rd	37 <b>Harm Sinnige</b>	H60	4:50.48	<b>5:09.65</b>	

### Lars Henriksson

### Harm Sinnige

200m	24.46	(24.46)
600m	1:03.51	(39.05)
1000m	1:43.13	(39.62)
1400m	2:23.55	(40.42)
1800m	3:04.64	(41.09)
2200m	3:46.09	(41.45)
2600m	4:27.98	(41.89)
3000m	5:09.65	(41.67)

## 2nd Masters International Thialf Record Races

Thialf - Heerenveen

16 en 17 maart 2022

		Naam	Cat	PR	Tijd	Info
82	gl	18 <b>Michel van der Sluijs</b>	H50	4:59.94	<b>4:56.67</b>	PR
	bl	121 <b>Wim Verbraeken</b>	H40	4:45.20	<b>4:47.30</b>	

### Michel van der Sluijs

200m	22.62	(22.62)
600m	58.88	(36.26)
1000m	1:36.73	(37.85)
1400m	2:15.86	(39.13)
1800m	2:55.04	(39.18)
2200m	3:35.12	(40.08)
2600m	4:16.15	(41.03)
3000m	4:56.67	(40.52)

### Wim Verbraeken

200m	22.59	(22.59)
600m	59.06	(36.47)
1000m	1:36.78	(37.72)
1400m	2:14.48	(37.70)
1800m	2:52.68	(38.20)
2200m	3:30.87	(38.19)
2600m	4:09.01	(38.14)
3000m	4:47.30	(38.29)

		Naam	Cat	PR	Tijd	Info
83	wt	19 <b>Niels de Jager</b>	H40	4:31.16	<b>4:41.76</b>	
	rd	72 <b>Danny Witkamp</b>	H55	4:10.68	<b>4:34.10</b>	

### Niels de Jager

200m	22.10	(22.10)
600m	57.85	(35.75)
1000m	1:34.29	(36.44)
1400m	2:11.69	(37.40)
1800m	2:48.99	(37.30)
2200m	3:26.25	(37.26)
2600m	4:03.76	(37.51)
3000m	4:41.76	(38.00)

### Danny Witkamp

200m	22.61	(22.61)
600m	57.85	(35.24)
1000m	1:33.82	(35.97)
1400m	2:09.93	(36.11)
1800m	2:46.00	(36.07)
2200m	3:22.06	(36.06)
2600m	3:58.13	(36.07)
3000m	4:34.10	(35.97)





## 2nd Masters International Thialf Record Races

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		Naam	Cat	PR	Tijd	Info
84	gl	5 <b>Lennaart Lamers</b>	HSB	4:12.10	<b>4:19.47</b>	
	bl	57 <b>Rene van Bernum</b>	H55	4:10.45	<b>4:17.58</b>	

### Lennaart Lamers

200m	20.51	(20.51)
600m	54.96	(34.45)
1000m	1:29.16	(34.20)
1400m	2:03.58	(34.42)
1800m	2:37.81	(34.23)
2200m	3:11.75	(33.94)
2600m	3:45.57	(33.82)
3000m	4:19.47	(33.90)

### Rene van Bernum

200m	20.82	(20.82)
600m	54.20	(33.38)
1000m	1:28.32	(34.12)
1400m	2:01.58	(33.26)
1800m	2:34.44	(32.86)
2200m	3:07.79	(33.35)
2600m	3:41.97	(34.18)
3000m	4:17.58	(35.61)



## 2nd Masters International Thialf Record Races

Thialf - Heerenveen  
16 en 17 maart 2022



### 34. Uitslag 3000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	96 <b>Matthé Pronk</b>	HA1	88	I	<b>4:00.39</b>		
2	77 <b>Nomdo de Heer</b>	HN1	88	O	<b>4:20.25</b>	PR	
3	82 <b>Isa Molenaar</b>	DA1	87	O	<b>4:45.61</b>		
4	125 <b>Lauren Teunissen</b>	DA1	87	I	<b>5:02.40</b>		
5	105 <b>Donna Pronk</b>	DB2	85	I	<b>5:13.45</b>	PR	
6	118 <b>Bo Meijer</b>	DA1	85	O	<b>5:31.23</b>		

## 34. Rituitslag 3000m Allround Small - O

		Naam		Cat		PR		Tijd	Info
85	wt	105	<b>Donna Pronk</b>		DB2	5:15.20		<b>5:13.45</b>	PR
	rd	118	<b>Bo Meijer</b>		DA1	5:14.84		<b>5:31.23</b>	
		<b>Donna Pronk</b>			<b>Bo Meijer</b>				
		200m	23.37	(23.37)	200m	23.86	(23.86)		
		600m	1:01.83	(38.46)	600m	1:03.35	(39.49)		
		1000m	1:41.75	(39.92)	1000m	1:45.43	(42.08)		
		1400m	2:22.98	(41.23)	1400m	2:29.25	(43.82)		
		1800m	3:05.10	(42.12)	1800m	3:14.87	(45.62)		
		2200m	3:47.79	(42.69)	2200m	4:00.65	(45.78)		
		2600m	4:30.85	(43.06)	2600m	4:46.89	(46.24)		
		3000m	5:13.45	(42.60)	3000m	5:31.23	(44.34)		

		Naam		Cat		PR		Tijd	Info
86	gl								
	bl								

		Naam		Cat		PR		Tijd	Info
87	wt	125	<b>Lauren Teunissen</b>		DA1	5:02.39		<b>5:02.40</b>	
	rd	82	<b>Isa Molenaar</b>		DA1	4:38.72		<b>4:45.61</b>	
		<b>Lauren Teunissen</b>			<b>Isa Molenaar</b>				
		200m	22.50	(22.50)	200m	22.62	(22.62)		
		600m	59.94	(37.44)	600m	58.58	(35.96)		
		1000m	1:39.20	(39.26)	1000m	1:35.44	(36.86)		
		1400m	2:19.00	(39.80)	1400m	2:12.41	(36.97)		
		1800m	2:58.87	(39.87)	1800m	2:50.23	(37.82)		
		2200m	3:39.49	(40.62)	2200m	3:28.57	(38.34)		
		2600m	4:20.78	(41.29)	2600m	4:07.03	(38.46)		
		3000m	5:02.40	(41.62)	3000m	4:45.61	(38.58)		



## 2nd Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam	Cat	PR	Tijd	Info
88	gl	96 <b>Matthé Pronk</b>	HA1	3:58.96	<b>4:00.39</b>	
	bl	77 <b>Nomdo de Heer</b>	HN1	4:23.72	<b>4:20.25</b>	PR

### Matthé Pronk

200m	19.92	(19.92)
600m	50.66	(30.74)
1000m	1:21.53	(30.87)
1400m	1:52.73	(31.20)
1800m	2:24.29	(31.56)
2200m	2:56.00	(31.71)
2600m	3:28.01	(32.01)
3000m	4:00.39	(32.38)

### Nomdo de Heer

200m	20.61	(20.61)
600m	54.35	(33.74)
1000m	1:28.19	(33.84)
1400m	2:02.02	(33.83)
1800m	2:35.88	(33.86)
2200m	3:09.96	(34.08)
2600m	3:44.63	(34.67)
3000m	4:20.25	(35.62)



## 2nd Masters International Thialf Record Races

Thialf - Heerenveen

16 en 17 maart 2022



### 35. Uitslag 10000 meter Out of comp

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Erol Aksoy	H50	89	I	17:40.33		

## 35. Rituitslag 10000 meter Out of comp

	Naam	Cat	PR	Tijd	Info
89	wt rd 15 Erol Aksoy	H50	16:56.68	<b>17:40.33</b>	
	<b>Erol Aksoy</b>				
	400m	46.13 (46.13)			m
	800m	1:27.45 (41.32)			
	1200m	2:08.20 (40.75)			
	1600m	2:48.83 (40.63)			
	2000m	3:29.97 (41.14)			
	2400m	4:11.28 (41.31)			
	2800m	4:52.53 (41.25)			
	3200m	5:33.78 (41.25)			
	3600m	6:15.46 (41.68)			
	4000m	6:57.58 (42.12)			
	4400m	7:39.97 (42.39)			
	4800m	8:22.10 (42.13)			
	5200m	9:04.62 (42.52)			
	5600m	9:46.79 (42.17)			
	6000m	10:30.10 (43.31)			
	6400m	11:13.38 (43.28)			
	6800m	11:56.11 (42.73)			
	7200m	12:39.69 (43.58)			
	7600m	13:23.28 (43.59)			
	8000m	14:07.12 (43.84)			
	8400m	14:50.91 (43.79)			
	8800m	15:34.85 (43.94)			
	9200m	16:17.86 (43.01)			
	9600m	17:00.22 (42.36)			
	10000m	17:40.33 (40.11)			