

## 1. Uitslag 500m Allround Big

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	124 Ole Bjørnsmoen Næss	HSA	NOR	12	O	40.07		
2	130 Martin Hänggi	H55	SUI	12	I	40.28		
3	103 Christiaan Smit	HSA	NED	10	O	42.07	PR	
4	139 Sybe van Hijum	HSB	NED	11	O	42.91		
5	3 Erol Aksoy	H50	NED	11	I	43.00		
6	17 Freek Smits	H45	NED	8	I	44.61		
7	11 Mircea Vranceanu	H65	GER	10	I	45.09		
8	64 John van der Vlugt	H65	NED	9	I	45.24		
9	69 Marc Nieuwenhuijse	H40	NED	8	O	45.53	PR	
10	54 Trygve Reitan	H50	NOR	7	I	45.79		
11	123 Seppe Lybaert	HSB	BEL	7	O	45.80		
12	84 Peter Weiss	H65	SWE	9	O	46.45		
13	88 Koen van Egmond	HSB	NED	5	I	47.12		
14	5 Marvin Zeisberg	HSB	GER	6	O	47.67	PR	
15	32 Esther Bouman	DSB	NED	6	I	48.15		
16	42 Ciska Stark	D60	NED	5	O	48.84		
17	58 Kees Voorhoeve	H65	NED	4	O	48.91		
18	7 Oktavian-Kornel Moga	H55	ROU	4	I	49.33		
19	16 Guylaine Larouche	D65	CAN	3	I	49.88	PR	
20	10 Johan Metting-van Rijn	H60	SUI	3	O	50.12		
21	53 Risto Nordman	H70	FIN	2	O	51.34		
22	28 Daniëlle Frijters	DSB	NED	2	I	51.87	PR	
23	1 Tialda Gerritsma	D55	NED	1	I	53.54		
24	12 Hans-Gerd Heyne	H55	GER	1	O	54.14		

## 1. Rituitslag 500m Allround Big

		Naam	Cat	Land	PR	Tijd	Info
1	wt	1 <b>Tialda Gerritsma</b>	D55	NED	49.94	<b>53.54</b>	
	rd	12 <b>Hans-Gerd Heyne</b>	H55	GER	48.05	<b>54.14</b>	
<b>Tialda Gerritsma</b>			<b>Hans-Gerd Heyne</b>				
		100m	14.98	(14.98)	100m	14.10	(14.10)
		500m	53.54	(38.56)	500m	54.14	(40.04)

		Naam	Cat	Land	PR	Tijd	Info
2	gl	28 <b>Daniëlle Frijters</b>	DSB	NED	52.09	<b>51.87</b>	PR
	bl	53 <b>Risto Nordman</b>	H70	FIN	51.26	<b>51.34</b>	
<b>Daniëlle Frijters</b>			<b>Risto Nordman</b>				
		100m	14.30	(14.30)	100m	13.86	(13.86)
		500m	51.87	(37.57)	500m	51.34	(37.48)

		Naam	Cat	Land	PR	Tijd	Info
3	wt	16 <b>Guylaine Larouche</b>	D65	CAN	50.02	<b>49.88</b>	PR
	rd	10 <b>Johan Metting-van Rijn</b>	H60	SUI	43.57	<b>50.12</b>	
<b>Guylaine Larouche</b>			<b>Johan Metting-van Rijn</b>				
		100m	13.60	(13.60)	100m	13.43	(13.43)
		500m	49.88	(36.28)	500m	50.12	(36.69)

		Naam	Cat	Land	PR	Tijd	Info
4	gl	7 <b>Oktavian-Kornel Moga</b>	H55	ROU	44.30	<b>49.33</b>	
	bl	58 <b>Kees Voorhoeve</b>	H65	NED	46.58	<b>48.91</b>	
<b>Oktavian-Kornel Moga</b>			<b>Kees Voorhoeve</b>				
		100m	13.26	(13.26)	100m	13.36	(13.36)
		500m	49.33	(36.07)	500m	48.91	(35.55)

		Naam	Cat	Land	PR	Tijd	Info
5	wt	88 <b>Koen van Egmond</b>	HSB	NED	45.56	<b>47.12</b>	
	rd	42 <b>Ciska Stark</b>	D60	NED	46.22	<b>48.84</b>	
<b>Koen van Egmond</b>			<b>Ciska Stark</b>				
		100m	12.75	(12.75)	100m	13.32	(13.32)
		500m	47.12	(34.37)	500m	48.84	(35.52)

		Naam	Cat	Land	PR	Tijd	Info
6	gl	32 <b>Esther Bouman</b>	DSB	NED	45.73	<b>48.15</b>	
	bl	5 <b>Marvin Zeisberg</b>	HSB	GER	48.08	<b>47.67</b>	PR
		<b>Esther Bouman</b>		<b>Marvin Zeisberg</b>			
		100m	13.37	(13.37)	100m	12.89	(12.89)
		500m	48.15	(34.78)	500m	47.67	(34.78)
		Naam	Cat	Land	PR	Tijd	Info
7	wt	54 <b>Trygve Reitan</b>	H50	NOR	45.24	<b>45.79</b>	
	rd	123 <b>Seppe Lybaert</b>	HSB	BEL	44.40	<b>45.80</b>	
		<b>Trygve Reitan</b>		<b>Seppe Lybaert</b>			
		100m	12.49	(12.49)	100m	12.45	(12.45)
		500m	45.79	(33.30)	500m	45.80	(33.35)
		Naam	Cat	Land	PR	Tijd	Info
8	gl	17 <b>Freek Smits</b>	H45	NED	42.50	<b>44.61</b>	
	bl	69 <b>Marc Nieuwenhuijse</b>	H40	NED	45.90	<b>45.53</b>	PR
		<b>Freek Smits</b>		<b>Marc Nieuwenhuijse</b>			
		100m	12.15	(12.15)	100m	13.11	(13.11)
		500m	44.61	(32.46)	500m	45.53	(32.42)
		Naam	Cat	Land	PR	Tijd	Info
9	wt	64 <b>John van der Vlugt</b>	H65	NED	42.37	<b>45.24</b>	
	rd	84 <b>Peter Weiss</b>	H65	SWE	45.72	<b>46.45</b>	
		<b>John van der Vlugt</b>		<b>Peter Weiss</b>			
		100m	12.68	(12.68)	100m	12.17	(12.17)
		500m	45.24	(32.56)	500m	46.45	(34.28)
		Naam	Cat	Land	PR	Tijd	Info
10	gl	11 <b>Mircea Vranceanu</b>	H65	GER	40.90	<b>45.09</b>	
	bl	103 <b>Christiaan Smit</b>	HSA	NED	42.24	<b>42.07</b>	PR
		<b>Mircea Vranceanu</b>		<b>Christiaan Smit</b>			
		100m	12.62	(12.62)	100m	11.60	(11.60)
		500m	45.09	(32.47)	500m	42.07	(30.47)

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		Naam	Cat	Land	PR	Tijd	Info
11	wt	3 <b>Erol Aksoy</b>	H50	NED	42.65	<b>43.00</b>	
	rd	139 <b>Sybe van Hijum</b>	HSB	NED	42.80	<b>42.91</b>	
		<b>Erol Aksoy</b>		<b>Sybe van Hijum</b>			
		100m	11.68	(11.68)	100m	12.03	(12.03)
		500m	43.00	(31.32)	500m	42.91	(30.88)
		Naam	Cat	Land	PR	Tijd	Info
12	gl	130 <b>Martin Hänggi</b>	H55	SUI	38.47	<b>40.28</b>	
	bl	124 <b>Ole Bjørnsmoen Næss</b>	HSA	NOR	38.30	<b>40.07</b>	
		<b>Martin Hänggi</b>		<b>Ole Bjørnsmoen Næss</b>			
		100m	11.27	(11.27)	100m	11.19	(11.19)
		500m	40.28	(29.01)	500m	40.07	(28.88)

## 2. Uitslag 500m Allround Normal

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	24 Timon Nieuwenstein	HSB	NED	22	I	40.31		
2	140 Andrus Kuusk	HSB	EST	22	O	41.26	PR	
3	13 Frank Erik Tindvik	H40	NOR	21	I	41.80		
4	21 Ville Männistö	H40	FIN	21	O	42.41		
5	90 Daan Spoelstra	H45	NED	20	I	43.01		
6	29 Gijs van Cappelle	HSB	NED	20	O	43.52		
7	40 Stijn Verhagen	H45	NED	19	O	43.54	PR	
8	48 Pekka Aho	H55	FIN	19	I	44.04		
9	34 Ed de Looze	H55	NED	18	I	44.69		
10	97 Doede Wind	H45	NED	18	O	44.72		
11	85 Imme Kampen	D40	NED	17	I	46.65		
12	36 Fietje van Bochove	DSB	NED	17	O	47.61		
13	18 Laura den Otter	D40	NED	15	I	47.79	PR	
14	8 Stephan Haeisen	H55	GER	16	O	48.71		
15	33 Kees Verdouw	H75	NED	16	I	49.67		
16	144 Frank Günther	H60	GER	15	O	49.77		
17	93 Eskil Andersson	H55	SWE	14	I	53.53		
18	76 Ad Kemp	H65	NED	14	O	54.26		
19	100 Kathleen Toth	D45	SUI	13	I	54.34		

## 2. Rituitslag 500m Allround Normal

		Naam	Cat	Land	PR	Tijd	Info
13	wt rd	100 <b>Kathleen Toth</b>	D45	SUI	54.26	<b>54.34</b>	
		<b>Kathleen Toth</b>					
		100m	14.47	(14.47)		m	
		500m	54.34	(39.87)			

		Naam	Cat	Land	PR	Tijd	Info
14	gl	93 <b>Eskil Andersson</b>	H55	SWE	52.90	<b>53.53</b>	
	bl	76 <b>Ad Kemp</b>	H65	NED	48.48	<b>54.26</b>	
		<b>Eskil Andersson</b>		<b>Ad Kemp</b>			
		100m	14.15	(14.15)	100m	14.37	(14.37)
		500m	53.53	(39.38)	500m	54.26	(39.89)

		Naam	Cat	Land	PR	Tijd	Info
15	wt	18 <b>Laura den Otter</b>	D40	NED	48.45	<b>47.79</b>	PR
	rd	144 <b>Frank Günther</b>	H60	GER	48.35	<b>49.77</b>	
		<b>Laura den Otter</b>		<b>Frank Günther</b>			
		100m	13.26	(13.26)	100m	13.18	(13.18)
		500m	47.79	(34.53)	500m	49.77	(36.59)

		Naam	Cat	Land	PR	Tijd	Info
16	gl	33 <b>Kees Verdouw</b>	H75	NED	41.71	<b>49.67</b>	
	bl	8 <b>Stephan Haueisen</b>	H55	GER	43.46	<b>48.71</b>	
		<b>Kees Verdouw</b>		<b>Stephan Haueisen</b>			
		100m	13.67	(13.67)	100m	13.59	(13.59)
		500m	49.67	(36.00)	500m	48.71	(35.12)

		Naam	Cat	Land	PR	Tijd	Info
17	wt	85 <b>Imme Kampen</b>	D40	NED	44.76	<b>46.65</b>	
	rd	36 <b>Fietje van Bochove</b>	DSB	NED	47.50	<b>47.61</b>	
		<b>Imme Kampen</b>		<b>Fietje van Bochove</b>			
		100m	12.62	(12.62)	100m	13.17	(13.17)
		500m	46.65	(34.03)	500m	47.61	(34.44)

		Naam	Cat	Land	PR	Tijd	Info
18	gl	34 <b>Ed de Looze</b>	H55	NED	42.04	<b>44.69</b>	
	bl	97 <b>Doede Wind</b>	H45	NED	44.23	<b>44.72</b>	
		<b>Ed de Looze</b>			<b>Doede Wind</b>		
		100m	12.58	(12.58)	100m	12.40	(12.40)
		500m	44.69	(32.11)	500m	44.72	(32.32)
		Naam	Cat	Land	PR	Tijd	Info
19	wt	48 <b>Pekka Aho</b>	H55	FIN	43.57	<b>44.04</b>	
	rd	40 <b>Stijn Verhagen</b>	H45	NED	43.81	<b>43.54</b>	PR
		<b>Pekka Aho</b>			<b>Stijn Verhagen</b>		
		100m	11.74	(11.74)	100m	12.17	(12.17)
		500m	44.04	(32.30)	500m	43.54	(31.37)
		Naam	Cat	Land	PR	Tijd	Info
20	gl	90 <b>Daan Spoelstra</b>	H45	NED	42.90	<b>43.01</b>	
	bl	29 <b>Gijs van Cappelle</b>	HSB	NED	41.27	<b>43.52</b>	
		<b>Daan Spoelstra</b>			<b>Gijs van Cappelle</b>		
		100m	11.68	(11.68)	100m	11.46	(11.46)
		500m	43.01	(31.33)	500m	43.52	(32.06)
		Naam	Cat	Land	PR	Tijd	Info
21	wt	13 <b>Frank Erik Tindvik</b>	H40	NOR	40.84	<b>41.80</b>	
	rd	21 <b>Ville Männistö</b>	H40	FIN	42.20	<b>42.41</b>	
		<b>Frank Erik Tindvik</b>			<b>Ville Männistö</b>		
		100m	11.80	(11.80)	100m	11.78	(11.78)
		500m	41.80	(30.00)	500m	42.41	(30.63)
		Naam	Cat	Land	PR	Tijd	Info
22	gl	24 <b>Timon Nieuwenstein</b>	HSB	NED	37.84	<b>40.31</b>	
	bl	140 <b>Andrus Kuusk</b>	HSB	EST	42.00	<b>41.26</b>	PR
		<b>Timon Nieuwenstein</b>			<b>Andrus Kuusk</b>		
		100m	11.24	(11.24)	100m	11.15	(11.15)
		500m	40.31	(29.07)	500m	41.26	(30.11)



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## 3. Uitslag 500m Allround Normal - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	114 Jasper van der Marel	HA1	NED	24	I	39.27		
2	107 Niels Meijer	HN1	NED	23	I	40.18		
3	106 Sylvian Hoogeveen	HA1	NED	24	O	40.19		
4	110 Emma van der Liet	DA2	NED	23	O	45.61		



## 3. Rituitslag 500m Allround Normal - O

		Naam	Cat	Land	PR	Tijd	Info
23	wt	107 <b>Niels Meijer</b>	HN1	NED	39.45	<b>40.18</b>	
	rd	110 <b>Emma van der Liet</b>	DA2	NED	44.99	<b>45.61</b>	
		<b>Niels Meijer</b>		<b>Emma van der Liet</b>			
		100m	11.06	(11.06)	100m	12.84	(12.84)
		500m	40.18	(29.12)	500m	45.61	(32.77)

		Naam	Cat	Land	PR	Tijd	Info
24	gl	114 <b>Jasper van der Marel</b>	HA1	NED	39.13	<b>39.27</b>	
	bl	106 <b>Sylvian Hooegeveen</b>	HA1	NED	39.25	<b>40.19</b>	
		<b>Jasper van der Marel</b>		<b>Sylvian Hooegeveen</b>			
		100m	11.11	(11.11)	100m	11.23	(11.23)
		500m	39.27	(28.16)	500m	40.19	(28.96)

## 4. Uitslag 500m Allround Small

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	83 Rene van Bernum	H55	GER	38	I	39.81		
2	82 Märt Kuus	H40	EST	38	O	41.19	PR	
3	75 Bastiaan Geurts	HSB	NED	37	O	41.67		
4	117 Sebastiaan Scargo	H40	NED	37	I	42.72		
5	149 Ahti Oks	H45	EST	34	O	42.85		
6	4 Martijn van der Horst	H50	NED	35	O	43.39		
7	20 Jasper Knulst	H45	NED	36	I	43.60		
8	26 Michel van der Sluijs	H50	NED	36	O	44.14		
9	50 Jyrki Hietanen	H60	FIN	33	O	45.03		
10	49 Lars Henriksson	H55	SWE	35	I	45.24		
11	38 Wendy van der Ham	D50	NED	32	O	45.90	PR	
12	59 Marco Roos	H60	NED	33	I	46.06		
13	86 Henriëtte Goede	D55	NED	31	O	46.80		
14	6 Hanspeter Ambass	H65	SUI	32	I	46.88		
15	31 Ab Nederlof	H65	NED	31	I	48.19		
16	94 Frank Steenkamp	H65	NED	30	O	48.67		
17	2 Anna Van der Stok	D45	NED	30	I	48.93		
18	102 Jaap van Kouterik	H70	NED	29	O	49.06		
19	81 Ralf Hartings	H65	SWE	29	I	49.26		
20	52 Outi Pinomäki	D55	FIN	28	O	49.78		
21	19 Heike Gaasbeek	D45	NED	28	I	49.80	PR	
22	9 Paavo Salonen	H70	FIN	27	I	50.05		
23	73 Ton van Helden	H75	NED	27	O	53.07		
24	78 Carolien van Rees	D65	NED	25	I	54.29		
25	15 Andrej Kwadrin	H40	GER	25	O	54.90		
	55 Mika Sirén	H50	FIN	34	I		DQ	

## 4. Rituitslag 500m Allround Small

		Naam	Cat	Land	PR	Tijd	Info
25	wt	78 <b>Carolien van Rees</b>	D65	NED	53.54	<b>54.29</b>	
	rd	15 <b>Andrej Kwadrin</b>	H40	GER	51.42	<b>54.90</b>	
		<b>Carolien van Rees</b>		<b>Andrej Kwadrin</b>			
		100m	14.55	(14.55)	100m	14.03	(14.03)
		500m	54.29	(39.74)	500m	54.90	(40.87)

		Naam	Cat	Land	PR	Tijd	Info
26	gl						
	bl						
		m		m			

		Naam	Cat	Land	PR	Tijd	Info
27	wt	9 <b>Paavo Salonen</b>	H70	FIN	44.38	<b>50.05</b>	
	rd	73 <b>Ton van Helden</b>	H75	NED	44.15	<b>53.07</b>	
		<b>Paavo Salonen</b>		<b>Ton van Helden</b>			
		100m	13.52	(13.52)	100m	14.04	(14.04)
		500m	50.05	(36.53)	500m	53.07	(39.03)

		Naam	Cat	Land	PR	Tijd	Info
28	gl	19 <b>Heike Gaasbeek</b>	D45	NED	50.08	<b>49.80</b>	PR
	bl	52 <b>Outi Pinomäki</b>	D55	FIN	48.42	<b>49.78</b>	
		<b>Heike Gaasbeek</b>		<b>Outi Pinomäki</b>			
		100m	13.63	(13.63)	100m	13.52	(13.52)
		500m	49.80	(36.17)	500m	49.78	(36.26)

		Naam	Cat	Land	PR	Tijd	Info
29	wt	81 <b>Ralf Hartings</b>	H65	SWE		<b>49.26</b>	
	rd	102 <b>Jaap van Kouterik</b>	H70	NED	42.40	<b>49.06</b>	
		<b>Ralf Hartings</b>		<b>Jaap van Kouterik</b>			
		100m	13.20	(13.20)	100m	13.79	(13.79)
		500m	49.26	(36.06)	500m	49.06	(35.27)

		Naam	Cat	Land	PR	Tijd	Info
30	gl	2 <b>Anna Van der Stok</b>	D45	NED	48.72	<b>48.93</b>	
	bl	94 <b>Frank Steenkamp</b>	H65	NED	44.97	<b>48.67</b>	
		<b>Anna Van der Stok</b>			<b>Frank Steenkamp</b>		
		100m	13.02	(13.02)	100m	13.66	(13.66)
		500m	48.93	(35.91)	500m	48.67	(35.01)
		Naam	Cat	Land	PR	Tijd	Info
31	wt	31 <b>Ab Nederlof</b>	H65	NED	43.00	<b>48.19</b>	
	rd	86 <b>Henriëtte Goede</b>	D55	NED	43.73	<b>46.80</b>	
		<b>Ab Nederlof</b>			<b>Henriëtte Goede</b>		
		100m	13.38	(13.38)	100m	12.83	(12.83)
		500m	48.19	(34.81)	500m	46.80	(33.97)
		Naam	Cat	Land	PR	Tijd	Info
32	gl	6 <b>Hanspeter Ambass</b>	H65	SUI	42.87	<b>46.88</b>	
	bl	38 <b>Wendy van der Ham</b>	D50	NED	46.10	<b>45.90</b>	PR
		<b>Hanspeter Ambass</b>			<b>Wendy van der Ham</b>		
		100m	12.38	(12.38)	100m	12.52	(12.52)
		500m	46.88	(34.50)	500m	45.90	(33.38)
		Naam	Cat	Land	PR	Tijd	Info
33	wt	59 <b>Marco Roos</b>	H60	NED	43.41	<b>46.06</b>	
	rd	50 <b>Jyrki Hietanen</b>	H60	FIN	40.76	<b>45.03</b>	
		<b>Marco Roos</b>			<b>Jyrki Hietanen</b>		
		100m	12.59	(12.59)	100m	11.92	(11.92)
		500m	46.06	(33.47)	500m	45.03	(33.11)
		Naam	Cat	Land	PR	Tijd	Info
34	gl	55 <b>Mika Sirén</b>	H50	FIN	40.28	<b>DQ</b>	
	bl	149 <b>Ahti Oks</b>	H45	EST		<b>42.85</b>	
		<b>Mika Sirén</b>			<b>Ahti Oks</b>		
		100m	11.71	(11.71)	100m	11.08	(11.08)
		500m	44.28	(32.57)	500m	42.85	(31.77)

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		Naam	Cat	Land	PR	Tijd	Info
35	wt	49 <b>Lars Henriksson</b>	H55	SWE	42.37	<b>45.24</b>	
	rd	4 <b>Martijn van der Horst</b>	H50	NED	39.70	<b>43.39</b>	
		<b>Lars Henriksson</b>		<b>Martijn van der Horst</b>			
		100m	12.48	(12.48)	100m	12.00	(12.00)
		500m	45.24	(32.76)	500m	43.39	(31.39)

		Naam	Cat	Land	PR	Tijd	Info
36	gl	20 <b>Jasper Knulst</b>	H45	NED	43.46	<b>43.60</b>	
	bl	26 <b>Michel van der Sluijs</b>	H50	NED	43.57	<b>44.14</b>	
		<b>Jasper Knulst</b>		<b>Michel van der Sluijs</b>			
		100m	11.82	(11.82)	100m	12.35	(12.35)
		500m	43.60	(31.78)	500m	44.14	(31.79)

		Naam	Cat	Land	PR	Tijd	Info
37	wt	117 <b>Sebastiaan Scargo</b>	H40	NED	42.36	<b>42.72</b>	
	rd	75 <b>Bastiaan Geurts</b>	HSB	NED	40.26	<b>41.67</b>	
		<b>Sebastiaan Scargo</b>		<b>Bastiaan Geurts</b>			
		100m	11.73	(11.73)	100m	11.42	(11.42)
		500m	42.72	(30.99)	500m	41.67	(30.25)

		Naam	Cat	Land	PR	Tijd	Info
38	gl	83 <b>Rene van Bernum</b>	H55	GER	37.91	<b>39.81</b>	
	bl	82 <b>Märt Kuus</b>	H40	EST	41.65	<b>41.19</b>	PR
		<b>Rene van Bernum</b>		<b>Märt Kuus</b>			
		100m	11.13	(11.13)	100m	10.91	(10.91)
		500m	39.81	(28.68)	500m	41.19	(30.28)



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## 5. Uitslag 500m Allround Small - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	104 Bryant Boogert	HA1	NED	40	I	<b>38.02</b>		
2	109 Nomdo de Heer	HN2	NED	40	O	<b>38.58</b>	HT FL	
3	108 Noëmi De boer	DB2	NED	39	I	<b>44.85</b>		
4	105 Bo Meijer	DA2	NED	39	O	<b>48.31</b>	HT FL	

## 5. Rituitslag 500m Allround Small - O

		Naam	Cat	Land	PR	Tijd	Info
39	wt	108 <b>Noëmi De boer</b>	DB2	NED	43.20	<b>44.85</b>	
	rd	105 <b>Bo Meijer</b>	DA2	NED	46.19	<b>48.31</b>	HT FL
		<b>Noëmi De boer</b>			<b>Bo Meijer</b>		
		100m	12.05	(12.05)	100m	12.65	(12.65)
		500m	44.85	(32.80)	500m	48.31	(35.66)

		Naam	Cat	Land	PR	Tijd	Info
40	gl	104 <b>Bryant Boogert</b>	HA1	NED	37.06	<b>38.02</b>	
	bl	109 <b>Nomdo de Heer</b>	HN2	NED	38.47	<b>38.58</b>	HT FL
		<b>Bryant Boogert</b>			<b>Nomdo de Heer</b>		
		100m	10.41	(10.41)	100m	10.61	(10.61)
		500m	38.02	(27.61)	500m	38.58	(27.97)

## 6. Uitslag 500m Sprint

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	14 <b>Filip-Mihail Woicik</b>	H40	ROU	53	O	<b>39.30</b>	PR	
2	47 <b>Bart Seffinga</b>	H40	NED	54	I	<b>39.40</b>		
3	126 <b>Michiel Wienese</b>	H40	NED	53	I	<b>40.97</b>		
4	79 <b>Christian Arlt</b>	H40	GER	52	O	<b>41.28</b>		
5	101 <b>Joshua Stänz</b>	HSA	SUI	54	O	<b>41.50</b>		
6	60 <b>Marloes Westerhof</b>	DSB	NED	51	O	<b>42.01</b>	PR	
7	57 <b>Jan van der Stouwe</b>	H55	NED	52	I	<b>42.43</b>		
8	77 <b>Robbert-Jan Neven</b>	H45	NED	50	I	<b>42.62</b>	PR	
9	43 <b>Erik Jeuring</b>	H40	NED	51	I	<b>42.63</b>	PR	
10	65 <b>Anke Jannie Landman</b>	D45	NED	50	O	<b>43.33</b>		
11	71 <b>Renske Winters</b>	D45	NED	49	O	<b>43.54</b>		
12	125 <b>Piet Siemonsma</b>	H65	NED	48	O	<b>44.19</b>		
13	45 <b>Hans Edens</b>	H45	NED	49	I	<b>44.77</b>		
14	80 <b>Waldemar Kramer</b>	H70	GER	48	I	<b>44.85</b>		
15	46 <b>Eelco van der Meer</b>	H45	NED	47	I	<b>45.20</b>		
16	62 <b>Anja Bollaart</b>	D55	NED	47	O	<b>46.10</b>		
17	70 <b>Ferd Veelenturf</b>	H65	NED	46	O	<b>46.50</b>		
18	61 <b>Kees Bollaart</b>	H60	NED	46	I	<b>48.23</b>		
19	66 <b>Karin Terhürne</b>	D55	NED	45	I	<b>49.64</b>		
20	23 <b>Pentti Kiiskinen</b>	H75	FIN	44	O	<b>49.78</b>		
21	39 <b>Johan Smit</b>	H65	NED	44	I	<b>50.23</b>		
22	145 <b>Astrid Janssen</b>	D60	NED	45	O	<b>50.90</b>		
23	91 <b>Seppo Saarinen</b>	H65	FIN	43	I	<b>52.02</b>		
24	30 <b>Ronald Zwart</b>	H55	NED	42	I	<b>53.05</b>		
25	95 <b>Bram de Vries</b>	H80	NED	43	O	<b>56.36</b>		
26	68 <b>Henriët van Ling</b>	D55	NED	42	O	<b>1:01.16</b>	PR	
27	131 <b>Hossein Heidari</b>	H45	IRI	41	I	<b>1:13.04</b>		



## 6. Rituitslag 500m Sprint

		Naam	Cat	Land	PR	Tijd	Info																								
41	wt	131 <b>Hossein Heidari</b>	H45	IRI		<b>1:13.04</b>																									
	rd																														
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Hossein Heidari</u></td> <td colspan="4"><u>m</u></td> </tr> <tr> <td></td> <td>100m</td> <td>16.14</td> <td>(16.14)</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>500m</td> <td>1:13.04</td> <td>(56.90)</td> <td></td> <td></td> <td></td> <td></td> </tr> </table>								<u>Hossein Heidari</u>				<u>m</u>					100m	16.14	(16.14)						500m	1:13.04	(56.90)				
<u>Hossein Heidari</u>				<u>m</u>																											
	100m	16.14	(16.14)																												
	500m	1:13.04	(56.90)																												

		Naam	Cat	Land	PR	Tijd	Info																								
42	gl	30 <b>Ronald Zwart</b>	H55	NED	50.52	<b>53.05</b>																									
	bl	68 <b>Henriët van Ling</b>	D55	NED	1:01.17	<b>1:01.16</b>	PR																								
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Ronald Zwart</u></td> <td colspan="4"><u>Henriët van Ling</u></td> </tr> <tr> <td></td> <td>100m</td> <td>14.24</td> <td>(14.24)</td> <td>100m</td> <td>16.90</td> <td>(16.90)</td> <td></td> </tr> <tr> <td></td> <td>500m</td> <td>53.05</td> <td>(38.81)</td> <td>500m</td> <td>1:01.16</td> <td>(44.26)</td> <td></td> </tr> </table>								<u>Ronald Zwart</u>				<u>Henriët van Ling</u>					100m	14.24	(14.24)	100m	16.90	(16.90)			500m	53.05	(38.81)	500m	1:01.16	(44.26)	
<u>Ronald Zwart</u>				<u>Henriët van Ling</u>																											
	100m	14.24	(14.24)	100m	16.90	(16.90)																									
	500m	53.05	(38.81)	500m	1:01.16	(44.26)																									

		Naam	Cat	Land	PR	Tijd	Info																								
43	wt	91 <b>Seppo Saarinen</b>	H65	FIN		<b>52.02</b>																									
	rd	95 <b>Bram de Vries</b>	H80	NED	44.64	<b>56.36</b>																									
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Seppo Saarinen</u></td> <td colspan="4"><u>Bram de Vries</u></td> </tr> <tr> <td></td> <td>100m</td> <td>13.37</td> <td>(13.37)</td> <td>100m</td> <td>14.81</td> <td>(14.81)</td> <td></td> </tr> <tr> <td></td> <td>500m</td> <td>52.02</td> <td>(38.65)</td> <td>500m</td> <td>56.36</td> <td>(41.55)</td> <td></td> </tr> </table>								<u>Seppo Saarinen</u>				<u>Bram de Vries</u>					100m	13.37	(13.37)	100m	14.81	(14.81)			500m	52.02	(38.65)	500m	56.36	(41.55)	
<u>Seppo Saarinen</u>				<u>Bram de Vries</u>																											
	100m	13.37	(13.37)	100m	14.81	(14.81)																									
	500m	52.02	(38.65)	500m	56.36	(41.55)																									

		Naam	Cat	Land	PR	Tijd	Info																								
44	gl	39 <b>Johan Smit</b>	H65	NED	47.45	<b>50.23</b>																									
	bl	23 <b>Pentti Kiiskinen</b>	H75	FIN	38.90	<b>49.78</b>																									
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Johan Smit</u></td> <td colspan="4"><u>Pentti Kiiskinen</u></td> </tr> <tr> <td></td> <td>100m</td> <td>13.57</td> <td>(13.57)</td> <td>100m</td> <td>13.35</td> <td>(13.35)</td> <td></td> </tr> <tr> <td></td> <td>500m</td> <td>50.23</td> <td>(36.66)</td> <td>500m</td> <td>49.78</td> <td>(36.43)</td> <td></td> </tr> </table>								<u>Johan Smit</u>				<u>Pentti Kiiskinen</u>					100m	13.57	(13.57)	100m	13.35	(13.35)			500m	50.23	(36.66)	500m	49.78	(36.43)	
<u>Johan Smit</u>				<u>Pentti Kiiskinen</u>																											
	100m	13.57	(13.57)	100m	13.35	(13.35)																									
	500m	50.23	(36.66)	500m	49.78	(36.43)																									

		Naam	Cat	Land	PR	Tijd	Info																								
45	wt	66 <b>Karin Terhürne</b>	D55	NED	46.45	<b>49.64</b>																									
	rd	145 <b>Astrid Janssen</b>	D60	NED	46.77	<b>50.90</b>																									
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Karin Terhürne</u></td> <td colspan="4"><u>Astrid Janssen</u></td> </tr> <tr> <td></td> <td>100m</td> <td>13.46</td> <td>(13.46)</td> <td>100m</td> <td>13.81</td> <td>(13.81)</td> <td></td> </tr> <tr> <td></td> <td>500m</td> <td>49.64</td> <td>(36.18)</td> <td>500m</td> <td>50.90</td> <td>(37.09)</td> <td></td> </tr> </table>								<u>Karin Terhürne</u>				<u>Astrid Janssen</u>					100m	13.46	(13.46)	100m	13.81	(13.81)			500m	49.64	(36.18)	500m	50.90	(37.09)	
<u>Karin Terhürne</u>				<u>Astrid Janssen</u>																											
	100m	13.46	(13.46)	100m	13.81	(13.81)																									
	500m	49.64	(36.18)	500m	50.90	(37.09)																									

		Naam	Cat	Land	PR	Tijd	Info
46	gl	61 <b>Kees Bollaart</b>	H60	NED	45.39	<b>48.23</b>	
	bl	70 <b>Ferd Veelenturf</b>	H65	NED	42.32	<b>46.50</b>	
		<b>Kees Bollaart</b>			<b>Ferd Veelenturf</b>		
		100m	13.45	(13.45)	100m	13.02	(13.02)
		500m	48.23	(34.78)	500m	46.50	(33.48)
		Naam	Cat	Land	PR	Tijd	Info
47	wt	46 <b>Eelco van der Meer</b>	H45	NED	41.82	<b>45.20</b>	
	rd	62 <b>Anja Bollaart</b>	D55	NED	41.31	<b>46.10</b>	
		<b>Eelco van der Meer</b>			<b>Anja Bollaart</b>		
		100m	12.27	(12.27)	100m	12.69	(12.69)
		500m	45.20	(32.93)	500m	46.10	(33.41)
		Naam	Cat	Land	PR	Tijd	Info
48	gl	80 <b>Waldemar Kramer</b>	H70	GER	41.52	<b>44.85</b>	
	bl	125 <b>Piet Siemonsma</b>	H65	NED	42.05	<b>44.19</b>	
		<b>Waldemar Kramer</b>			<b>Piet Siemonsma</b>		
		100m	12.08	(12.08)	100m	12.39	(12.39)
		500m	44.85	(32.77)	500m	44.19	(31.80)
		Naam	Cat	Land	PR	Tijd	Info
49	wt	45 <b>Hans Edens</b>	H45	NED	43.81	<b>44.77</b>	
	rd	71 <b>Renske Winters</b>	D45	NED	42.36	<b>43.54</b>	
		<b>Hans Edens</b>			<b>Renske Winters</b>		
		100m	12.16	(12.16)	100m	11.93	(11.93)
		500m	44.77	(32.61)	500m	43.54	(31.61)
		Naam	Cat	Land	PR	Tijd	Info
50	gl	77 <b>Robbert-Jan Neven</b>	H45	NED	43.30	<b>42.62</b>	PR
	bl	65 <b>Anke Jannie Landman</b>	D45	NED	41.26	<b>43.33</b>	
		<b>Robbert-Jan Neven</b>			<b>Anke Jannie Landman</b>		
		100m	11.59	(11.59)	100m	11.94	(11.94)
		500m	42.62	(31.03)	500m	43.33	(31.39)

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		Naam	Cat	Land	PR	Tijd	Info
51	wt	43 Erik Jeuring	H40	NED	42.68	<b>42.63</b>	PR
	rd	60 Marloes Westerhof	DSB	NED	42.02	<b>42.01</b>	PR
		<u>Erik Jeuring</u>		<u>Marloes Westerhof</u>			
		100m	11.44	(11.44)	100m	11.58	(11.58)
		500m	42.63	(31.19)	500m	42.01	(30.43)

		Naam	Cat	Land	PR	Tijd	Info
52	gl	57 Jan van der Stouwe	H55	NED	39.24	<b>42.43</b>	
	bl	79 Christian Arlt	H40	GER	39.73	<b>41.28</b>	
		<u>Jan van der Stouwe</u>		<u>Christian Arlt</u>			
		100m	11.62	(11.62)	100m	11.64	(11.64)
		500m	42.43	(30.81)	500m	41.28	(29.64)

		Naam	Cat	Land	PR	Tijd	Info
53	wt	126 Michiel Wienese	H40	NED	39.40	<b>40.97</b>	
	rd	14 Filip-Mihail Woicik	H40	ROU	39.59	<b>39.30</b>	PR
		<u>Michiel Wienese</u>		<u>Filip-Mihail Woicik</u>			
		100m	11.25	(11.25)	100m	10.73	(10.73)
		500m	40.97	(29.72)	500m	39.30	(28.57)

		Naam	Cat	Land	PR	Tijd	Info
54	gl	47 Bart Seffinga	H40	NED	37.10	<b>39.40</b>	
	bl	101 Joshua Stänz	HSA	SUI	39.10	<b>41.50</b>	
		<u>Bart Seffinga</u>		<u>Joshua Stänz</u>			
		100m	11.03	(11.03)	100m	11.45	(11.45)
		500m	39.40	(28.37)	500m	41.50	(30.05)



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## 7. Uitslag 500m Sprint - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	116 Jasper Sinke	HN1	NED	56	I	37.59		
2	143 Sarp Visser	HB2	NED	55	I	40.23		
3	142 Rutger Verhoeff	HB2	NED	56	O	42.19		

## 7. Rituitslag 500m Sprint - O

		Naam	Cat	Land	PR	Tijd	Info
55	wt rd	143 <b>Sarp Visser</b>	HB2	NED	39.68	<b>40.23</b>	
		<b>Sarp Visser</b>					
		100m	11.24	(11.24)			m
		500m	40.23	(28.99)			
		<b>Jasper Sinke</b>					
		100m	10.24	(10.24)			
		500m	37.59	(27.35)			
		<b>Rutger Verhoeff</b>					
		100m	10.73	(10.73)			
		500m	42.19	(31.46)			



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## 8. Uitslag 5000m Allround Big

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	124 Ole Bjørnsmoen Næss	HSA	NOR	68	O	6:37.10		
2	130 Martin Hänggi	H55	SUI	68	I	6:44.03		
3	139 Sybe van Hijum	HSB	NED	67	I	7:24.22	PR	
4	69 Marc Nieuwenhuijse	H40	NED	67	O	7:27.19	PR	
5	64 John van der Vlugt	H65	NED	66	O	7:41.82		
6	123 Seppe Lybaert	HSB	BEL	66	I	7:46.06	PR	
7	103 Christiaan Smit	HSA	NED	65	I	8:11.51	PR	
8	3 Erol Aksoy	H50	NED	65	O	8:13.03		
9	54 Trygve Reitan	H50	NOR	60	O	8:17.42		
10	88 Koen van Egmond	HSB	NED	59	I	8:18.64	PR	
11	11 Mircea Vranceanu	H65	GER	64	I	8:26.11		
12	12 Hans-Gerd Heyne	H55	GER	63	O	8:26.92		
13	7 Oktavian-Kornel Moga	H55	ROU	61	O	8:31.30		
14	84 Peter Weiss	H65	SWE	63	I	8:31.65		
15	58 Kees Voorhoeve	H65	NED	58	O	8:34.77		
16	32 Esther Bouman	DSB	NED	64	O	8:41.27		
17	16 Guylaine Larouche	D65	CAN	59	O	8:47.36	PR	
18	42 Ciska Stark	D60	NED	60	I	8:55.12		
19	1 Tialda Gerritsma	D55	NED	58	I	8:55.42		
20	5 Marvin Zeisberg	HSB	GER	62	I	8:57.91		
21	10 Johan Metting-van Rijn	H60	SUI	61	I	9:04.33		
22	28 Daniëlle Frijters	DSB	NED	57	O	9:38.44	PR	
23	53 Risto Nordman	H70	FIN	57	I	9:59.56		
	17 Freek Smits	H45	NED	62	O	DQ		

## 8. Rituitslag 5000m Allround Big

		Naam	Cat	Land	PR	Tijd	Info
57	wt	53 <b>Risto Nordman</b>	H70	FIN		<b>9:59.56</b>	
	rd	28 <b>Daniëlle Frijters</b>	DSB	NED	10:06.68	<b>9:38.44</b>	PR
<b>Risto Nordman</b>			<b>Daniëlle Frijters</b>				
		200m	26.89	(26.89)	200m	26.47	(26.47)
		600m	1:10.70	(43.81)	600m	1:07.79	(41.32)
		1000m	1:57.35	(46.65)	1000m	1:50.90	(43.11)
		1400m	2:44.82	(47.47)	1400m	2:36.02	(45.12)
		1800m	3:32.59	(47.77)	1800m	3:21.74	(45.72)
		2200m	4:19.00	(46.41)	2200m	4:07.77	(46.03)
		2600m	5:07.60	(48.60)	2600m	4:53.28	(45.51)
		3000m	5:55.62	(48.02)	3000m	5:39.55	(46.27)
		3400m	6:44.63	(49.01)	3400m	6:26.34	(46.79)
		3800m	7:34.14	(49.51)	3800m	7:13.60	(47.26)
		4200m	8:22.19	(48.05)	4200m	8:02.18	(48.58)
		4600m	9:10.95	(48.76)	4600m	8:51.32	(49.14)
		5000m	9:59.56	(48.61)	5000m	9:38.44	(47.12)

		Naam	Cat	Land	PR	Tijd	Info
58	gl	1 <b>Tialda Gerritsma</b>	D55	NED	8:29.72	<b>8:55.42</b>	
	bl	58 <b>Kees Voorhoeve</b>	H65	NED	8:23.90	<b>8:34.77</b>	
<b>Tialda Gerritsma</b>			<b>Kees Voorhoeve</b>				
		200m	26.64	(26.64)	200m	25.40	(25.40)
		600m	1:07.81	(41.17)	600m	1:05.32	(39.92)
		1000m	1:49.59	(41.78)	1000m	1:44.79	(39.47)
		1400m	2:31.83	(42.24)	1400m	2:24.75	(39.96)
		1800m	3:13.91	(42.08)	1800m	3:04.93	(40.18)
		2200m	3:57.90	(43.99)	2200m	3:45.25	(40.32)
		2600m	4:38.16	(40.26)	2600m	4:26.38	(41.13)
		3000m	5:20.35	(42.19)	3000m	5:06.97	(40.59)
		3400m	6:03.55	(43.20)	3400m	5:47.93	(40.96)
		3800m	6:46.82	(43.27)	3800m	6:29.20	(41.27)
		4200m	7:29.95	(43.13)	4200m	7:10.52	(41.32)
		4600m	8:12.83	(42.88)	4600m	7:52.51	(41.99)
		5000m	8:55.42	(42.59)	5000m	8:34.77	(42.26)

		Naam	Cat	Land	PR	Tijd	Info
59	wt	88 <b>Koen van Egmond</b>	HSB	NED	8:42.89	<b>8:18.64</b>	PR
	rd	16 <b>Guyllaine Larouche</b>	D65	CAN	9:06.40	<b>8:47.36</b>	PR
<b>Koen van Egmond</b>			<b>Guyllaine Larouche</b>				
		200m	24.24	(24.24)	200m	24.98	(24.98)
		600m	1:03.45	(39.21)	600m	1:03.88	(38.90)
		1000m	1:42.83	(39.38)	1000m	1:44.48	(40.60)
		1400m	2:21.90	(39.07)	1400m	2:26.15	(41.67)
		1800m	3:00.52	(38.62)	1800m	3:08.20	(42.05)
		2200m	3:39.27	(38.75)	2200m	3:50.19	(41.99)
		2600m	4:17.99	(38.72)	2600m	4:32.67	(42.48)
		3000m	4:57.13	(39.14)	3000m	5:15.32	(42.65)
		3400m	5:36.38	(39.25)	3400m	5:57.84	(42.52)
		3800m	6:16.09	(39.71)	3800m	6:40.12	(42.28)
		4200m	6:56.89	(40.80)	4200m	7:22.44	(42.32)
		4600m	7:37.90	(41.01)	4600m	8:05.03	(42.59)
		5000m	8:18.64	(40.74)	5000m	8:47.36	(42.33)

		Naam	Cat	Land	PR	Tijd	Info
60	gl	42 <b>Ciska Stark</b>	D60	NED	8:46.99	<b>8:55.12</b>	
	bl	54 <b>Trygve Reitan</b>	H50	NOR	8:11.94	<b>8:17.42</b>	
<b>Ciska Stark</b>			<b>Trygve Reitan</b>				
		200m	24.63	(24.63)	200m	24.30	(24.30)
		600m	1:03.86	(39.23)	600m	1:01.76	(37.46)
		1000m	1:45.68	(41.82)	1000m	1:39.70	(37.94)
		1400m	2:28.06	(42.38)	1400m	2:18.19	(38.49)
		1800m	3:11.12	(43.06)	1800m	2:57.24	(39.05)
		2200m	3:53.65	(42.53)	2200m	3:36.69	(39.45)
		2600m	4:36.53	(42.88)	2600m	4:16.36	(39.67)
		3000m	5:19.80	(43.27)	3000m	4:56.04	(39.68)
		3400m	6:03.23	(43.43)	3400m	5:35.83	(39.79)
		3800m	6:46.97	(43.74)	3800m	6:16.07	(40.24)
		4200m	7:30.09	(43.12)	4200m	6:56.19	(40.12)
		4600m	8:13.06	(42.97)	4600m	7:36.72	(40.53)
		5000m	8:55.12	(42.06)	5000m	8:17.42	(40.70)



		Naam	Cat	Land	PR	Tijd	Info
61	wt	10 <b>Johan Metting-van Rijn</b>	H60	SUI	7:48.64	<b>9:04.33</b>	
	rd	7 <b>Oktavian-Kornel Moga</b>	H55	ROU	7:58.31	<b>8:31.30</b>	
		<b>Johan Metting-van Rijn</b>			<b>Oktavian-Kornel Moga</b>		
		200m	25.00	(25.00)	200m	24.07	(24.07)
		600m	1:06.51	(41.51)	600m	1:03.16	(39.09)
		1000m	1:50.36	(43.85)	1000m	1:43.71	(40.55)
		1400m	2:34.19	(43.83)	1400m	2:24.15	(40.44)
		1800m	3:17.73	(43.54)	1800m	3:04.40	(40.25)
		2200m	4:01.25	(43.52)	2200m	3:44.92	(40.52)
		2600m	4:44.73	(43.48)	2600m	4:25.81	(40.89)
		3000m	5:27.82	(43.09)	3000m	5:06.59	(40.78)
		3400m	6:11.26	(43.44)	3400m	5:47.22	(40.63)
		3800m	6:54.46	(43.20)	3800m	6:28.36	(41.14)
		4200m	7:38.20	(43.74)	4200m	7:09.62	(41.26)
		4600m	8:21.60	(43.40)	4600m	7:50.06	(40.44)
		5000m	9:04.33	(42.73)	5000m	8:31.30	(41.24)

		Naam	Cat	Land	PR	Tijd	Info
62	gl	5 <b>Marvin Zeisberg</b>	HSB	GER	8:46.52	<b>8:57.91</b>	
	bl	17 <b>Freek Smits</b>	H45	NED	8:42.22	<b>DQ</b>	
		<b>Marvin Zeisberg</b>			<b>Freek Smits</b>		
		200m	23.49	(23.49)			
		600m	1:02.45	(38.96)			
		1000m	1:43.11	(40.66)			
		1400m	2:24.48	(41.37)			
		1800m	3:06.80	(42.32)			
		2200m	3:49.52	(42.72)			
		2600m	4:32.79	(43.27)			
		3000m	5:17.29	(44.50)			
		3400m	6:02.10	(44.81)			
		3800m	6:47.20	(45.10)			
		4200m	7:31.74	(44.54)			
		4600m	8:15.22	(43.48)			
		5000m	8:57.91	(42.69)			

		Naam	Cat	Land	PR	Tijd	Info
63	wt	84 <b>Peter Weiss</b>	H65	SWE	8:30.25	<b>8:31.65</b>	
	rd	12 <b>Hans-Gerd Heyne</b>	H55	GER	8:15.76	<b>8:26.92</b>	
		<b>Peter Weiss</b>			<b>Hans-Gerd Heyne</b>		
		200m	23.57	(23.57)	200m	26.68	(26.68)
		600m	1:01.79	(38.22)	600m	1:08.24	(41.56)
		1000m	1:41.20	(39.41)	1000m	1:49.06	(40.82)
		1400m	2:21.89	(40.69)	1400m	2:29.69	(40.63)
		1800m	3:02.79	(40.90)	1800m	3:10.12	(40.43)
		2200m	3:44.13	(41.34)	2200m	3:49.92	(39.80)
		2600m	4:25.35	(41.22)	2600m	4:29.05	(39.13)
		3000m	5:06.81	(41.46)	3000m	5:08.30	(39.25)
		3400m	5:48.27	(41.46)	3400m	5:47.68	(39.38)
		3800m	6:29.91	(41.64)	3800m	6:27.53	(39.85)
		4200m	7:10.73	(40.82)	4200m	7:07.25	(39.72)
		4600m	7:52.00	(41.27)	4600m	7:47.29	(40.04)
		5000m	8:31.65	(39.65)	5000m	8:26.92	(39.63)

		Naam	Cat	Land	PR	Tijd	Info
64	gl	11 <b>Mircea Vranceanu</b>	H65	GER	7:41.39	<b>8:26.11</b>	
	bl	32 <b>Esther Bouman</b>	DSB	NED	8:23.52	<b>8:41.27</b>	
		<b>Mircea Vranceanu</b>			<b>Esther Bouman</b>		
		200m	23.17	(23.17)	200m	24.62	(24.62)
		600m	1:01.34	(38.17)	600m	1:03.46	(38.84)
		1000m	1:40.77	(39.43)	1000m	1:43.51	(40.05)
		1400m	2:20.33	(39.56)	1400m	2:23.82	(40.31)
		1800m	2:59.83	(39.50)	1800m	3:04.41	(40.59)
		2200m	3:39.35	(39.52)	2200m	3:45.47	(41.06)
		2600m	4:19.08	(39.73)	2600m	4:26.93	(41.46)
		3000m	4:58.88	(39.80)	3000m	5:08.88	(41.95)
		3400m	5:39.36	(40.48)	3400m	5:51.36	(42.48)
		3800m	6:20.26	(40.90)	3800m	6:34.25	(42.89)
		4200m	7:01.62	(41.36)	4200m	7:16.90	(42.65)
		4600m	7:43.55	(41.93)	4600m	7:59.27	(42.37)
		5000m	8:26.11	(42.56)	5000m	8:41.27	(42.00)

		Naam	Cat	Land	PR	Tijd	Info
65	wt	103 <b>Christiaan Smit</b>	HSA	NED	8:25.08	<b>8:11.51</b>	PR
	rd	3 <b>Erol Aksoy</b>	H50	NED	8:08.20	<b>8:13.03</b>	
<b>Christiaan Smit</b>			<b>Erol Aksoy</b>				
		200m	22.90	(22.90)	200m	22.99	(22.99)
		600m	1:01.18	(38.28)	600m	1:00.32	(37.33)
		1000m	1:40.05	(38.87)	1000m	1:39.05	(38.73)
		1400m	2:18.80	(38.75)	1400m	2:17.87	(38.82)
		1800m	2:57.55	(38.75)	1800m	2:57.32	(39.45)
		2200m	3:36.30	(38.75)	2200m	3:37.05	(39.73)
		2600m	4:15.20	(38.90)	2600m	4:16.68	(39.63)
		3000m	4:54.61	(39.41)	3000m	4:56.78	(40.10)
		3400m	5:33.98	(39.37)	3400m	5:37.42	(40.64)
		3800m	6:13.40	(39.42)	3800m	6:18.04	(40.62)
		4200m	6:52.95	(39.55)	4200m	6:57.18	(39.14)
		4600m	7:33.17	(40.22)	4600m	7:35.64	(38.46)
		5000m	8:11.51	(38.34)	5000m	8:13.03	(37.39)

		Naam	Cat	Land	PR	Tijd	Info
66	gl	123 <b>Seppe Lybaert</b>	HSB	BEL	7:51.74	<b>7:46.06</b>	PR
	bl	64 <b>John van der Vlugt</b>	H65	NED	7:04.28	<b>7:41.82</b>	
<b>Seppe Lybaert</b>			<b>John van der Vlugt</b>				
		200m	23.01	(23.01)	200m	23.53	(23.53)
		600m	59.36	(36.35)	600m	59.69	(36.16)
		1000m	1:35.27	(35.91)	1000m	1:36.47	(36.78)
		1400m	2:11.92	(36.65)	1400m	2:13.01	(36.54)
		1800m	2:48.67	(36.75)	1800m	2:49.59	(36.58)
		2200m	3:25.59	(36.92)	2200m	3:26.26	(36.67)
		2600m	4:02.52	(36.93)	2600m	4:02.97	(36.71)
		3000m	4:39.85	(37.33)	3000m	4:39.97	(37.00)
		3400m	5:16.77	(36.92)	3400m	5:17.00	(37.03)
		3800m	5:53.74	(36.97)	3800m	5:53.73	(36.73)
		4200m	6:31.18	(37.44)	4200m	6:30.53	(36.80)
		4600m	7:08.77	(37.59)	4600m	7:06.86	(36.33)
		5000m	7:46.06	(37.29)	5000m	7:41.82	(34.96)

		Naam	Cat	Land	PR	Tijd	Info
67	wt	139 <b>Sybe van Hijum</b>	HSB	NED	7:31.95	<b>7:24.22</b>	PR
	rd	69 <b>Marc Nieuwenhuijse</b>	H40	NED	7:37.88	<b>7:27.19</b>	PR
		<b>Sybe van Hijum</b>			<b>Marc Nieuwenhuijse</b>		
		200m	22.30	(22.30)	200m	23.86	(23.86)
		600m	57.35	(35.05)	600m	58.84	(34.98)
		1000m	1:32.68	(35.33)	1000m	1:33.53	(34.69)
		1400m	2:08.22	(35.54)	1400m	2:08.23	(34.70)
		1800m	2:43.39	(35.17)	1800m	2:43.37	(35.14)
		2200m	3:18.47	(35.08)	2200m	3:18.39	(35.02)
		2600m	3:53.29	(34.82)	2600m	3:53.00	(34.61)
		3000m	4:28.06	(34.77)	3000m	4:28.05	(35.05)
		3400m	5:02.94	(34.88)	3400m	5:03.50	(35.45)
		3800m	5:38.03	(35.09)	3800m	5:38.71	(35.21)
		4200m	6:12.93	(34.90)	4200m	6:14.27	(35.56)
		4600m	6:48.45	(35.52)	4600m	6:50.29	(36.02)
		5000m	7:24.22	(35.77)	5000m	7:27.19	(36.90)

		Naam	Cat	Land	PR	Tijd	Info
68	gl	130 <b>Martin Hänggi</b>	H55	SUI	6:35.30	<b>6:44.03</b>	
	bl	124 <b>Ole Bjørnsmoen Næss</b>	HSA	NOR	6:23.30	<b>6:37.10</b>	
		<b>Martin Hänggi</b>			<b>Ole Bjørnsmoen Næss</b>		
		200m	20.31	(20.31)	200m	20.63	(20.63)
		600m	52.32	(32.01)	600m	51.68	(31.05)
		1000m	1:23.93	(31.61)	1000m	1:22.90	(31.22)
		1400m	1:55.46	(31.53)	1400m	1:54.17	(31.27)
		1800m	2:27.18	(31.72)	1800m	2:25.30	(31.13)
		2200m	2:59.10	(31.92)	2200m	2:56.19	(30.89)
		2600m	3:30.82	(31.72)	2600m	3:27.11	(30.92)
		3000m	4:02.62	(31.80)	3000m	3:58.25	(31.14)
		3400m	4:34.86	(32.24)	3400m	4:29.52	(31.27)
		3800m	5:07.17	(32.31)	3800m	5:01.08	(31.56)
		4200m	5:39.61	(32.44)	4200m	5:32.74	(31.66)
		4600m	6:11.80	(32.19)	4600m	6:04.74	(32.00)
		5000m	6:44.03	(32.23)	5000m	6:37.10	(32.36)

## 9. Uitslag 1000m Sprint

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	47 Bart Seffinga	H40	NED	82	I	1:17.48		
2	14 Filip-Mihail Woicik	H40	ROU	81	O	1:19.51	PR	
3	79 Christian Arlt	H40	GER	81	I	1:19.68		
4	126 Michiel Wienese	H40	NED	80	O	1:20.33		
5	101 Joshua Stänz	HSA	SUI	82	O	1:22.97		
6	60 Marloes Westerhof	DSB	NED	78	I	1:25.38		
7	65 Anke Jannie Landman	D45	NED	79	I	1:25.75		
8	43 Erik Jeuring	H40	NED	78	O	1:25.82		
9	77 Robbert-Jan Neven	H45	NED	77	O	1:26.16	PR	
10	71 Renske Winters	D45	NED	79	O	1:26.27		
11	125 Piet Siemonsma	H65	NED	77	I	1:28.45		
12	80 Waldemar Kramer	H70	GER	76	I	1:29.09		
13	45 Hans Edens	H45	NED	76	O	1:29.42		
14	57 Jan van der Stouwe	H55	NED	80	I	1:30.20		
15	46 Eelco van der Meer	H45	NED	75	O	1:31.66		
16	62 Anja Bollaart	D55	NED	75	I	1:33.26		
17	70 Ferd Veelenturf	H65	NED	74	I	1:33.99		
18	66 Karin Terhürne	D55	NED	74	O	1:38.22		
19	61 Kees Bollaart	H60	NED	73	I	1:38.73		
20	23 Pentti Kiiskinen	H75	FIN	71	O	1:42.74		
21	145 Astrid Janssen	D60	NED	72	I	1:43.19		
22	39 Johan Smit	H65	NED	73	O	1:44.23		
23	30 Ronald Zwart	H55	NED	72	O	1:46.21		
24	95 Bram de Vries	H80	NED	70	I	1:58.32		
25	68 Henriët van Ling	D55	NED	71	I	2:02.67		
	131 Hossein Heidari	H45	IRI	69	I		DQ	
	91 Seppo Saarinen	H65	FIN	70	O		DQ	

## 9. Rituitslag 1000m Sprint

		Naam	Cat	Land	PR	Tijd	Info
69	wt rd	131 <b>Hossein Heidari</b>	H45	IRI			<b>DQ</b>
		<u>Hossein Heidari</u>					
			m				

		Naam	Cat	Land	PR	Tijd	Info
70	gl	95 <b>Bram de Vries</b>	H80	NED	1:29.98		<b>1:58.32</b>
	bl	91 <b>Seppo Saarinen</b>	H65	FIN			<b>DQ</b>
		<u>Bram de Vries</u>					
		200m	27.09	(27.09)			
		600m	1:11.23	(44.14)			
		1000m	1:58.32	(47.09)			
			<u>Seppo Saarinen</u>				

		Naam	Cat	Land	PR	Tijd	Info
71	wt	68 <b>Henriët van Ling</b>	D55	NED	1:59.18		<b>2:02.67</b>
	rd	23 <b>Pentti Kiiskinen</b>	H75	FIN	1:19.20		<b>1:42.74</b>
		<u>Henriët van Ling</u>					
		200m	29.63	(29.63)	200m	24.04	(24.04)
		600m	1:15.86	(46.23)	600m	1:02.75	(38.71)
		1000m	2:02.67	(46.81)	1000m	1:42.74	(39.99)
			<u>Pentti Kiiskinen</u>				

		Naam	Cat	Land	PR	Tijd	Info
72	gl	145 <b>Astrid Janssen</b>	D60	NED	1:31.53		<b>1:43.19</b>
	bl	30 <b>Ronald Zwart</b>	H55	NED	1:43.05		<b>1:46.21</b>
		<u>Astrid Janssen</u>					
		200m	23.80	(23.80)	200m	25.56	(25.56)
		600m	1:02.33	(38.53)	600m	1:04.62	(39.06)
		1000m	1:43.19	(40.86)	1000m	1:46.21	(41.59)
			<u>Ronald Zwart</u>				

		Naam	Cat	Land	PR	Tijd	Info
73	wt	61 <b>Kees Bollaart</b>	H60	NED	1:26.89	<b>1:38.73</b>	
	rd	39 <b>Johan Smit</b>	H65	NED	1:36.51	<b>1:44.23</b>	
		<b>Kees Bollaart</b>			<b>Johan Smit</b>		
		200m	23.29	(23.29)	200m	24.43	(24.43)
		600m	59.78	(36.49)	600m	1:02.90	(38.47)
		1000m	1:38.73	(38.95)	1000m	1:44.23	(41.33)

		Naam	Cat	Land	PR	Tijd	Info
74	gl	70 <b>Ferd Veelenturf</b>	H65	NED	1:23.83	<b>1:33.99</b>	
	bl	66 <b>Karin Terhürne</b>	D55	NED	1:31.99	<b>1:38.22</b>	
		<b>Ferd Veelenturf</b>			<b>Karin Terhürne</b>		
		200m	22.17	(22.17)	200m	23.66	(23.66)
		600m	57.36	(35.19)	600m	1:00.08	(36.42)
		1000m	1:33.99	(36.63)	1000m	1:38.22	(38.14)

		Naam	Cat	Land	PR	Tijd	Info
75	wt	62 <b>Anja Bollaart</b>	D55	NED	1:21.38	<b>1:33.26</b>	
	rd	46 <b>Eelco van der Meer</b>	H45	NED	1:21.93	<b>1:31.66</b>	
		<b>Anja Bollaart</b>			<b>Eelco van der Meer</b>		
		200m	21.86	(21.86)	200m	21.42	(21.42)
		600m	56.02	(34.16)	600m	55.01	(33.59)
		1000m	1:33.26	(37.24)	1000m	1:31.66	(36.65)

		Naam	Cat	Land	PR	Tijd	Info
76	gl	80 <b>Waldemar Kramer</b>	H70	GER	1:22.65	<b>1:29.09</b>	
	bl	45 <b>Hans Edens</b>	H45	NED	1:29.17	<b>1:29.42</b>	
		<b>Waldemar Kramer</b>			<b>Hans Edens</b>		
		200m	20.94	(20.94)	200m	21.31	(21.31)
		600m	53.89	(32.95)	600m	55.02	(33.71)
		1000m	1:29.09	(35.20)	1000m	1:29.42	(34.40)

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		Naam	Cat	Land	PR	Tijd	Info
77	wt	125 <b>Piet Siemonsma</b>	H65	NED	1:23.23	<b>1:28.45</b>	
	rd	77 <b>Robbert-Jan Neven</b>	H45	NED	1:28.18	<b>1:26.16</b>	PR
<b>Piet Siemonsma</b>			<b>Robbert-Jan Neven</b>				
		200m	21.43	(21.43)	200m	20.52	(20.52)
		600m	53.89	(32.46)	600m	52.78	(32.26)
		1000m	1:28.45	(34.56)	1000m	1:26.16	(33.38)

		Naam	Cat	Land	PR	Tijd	Info
78	gl	60 <b>Marloes Westerhof</b>	DSB	NED	1:25.30	<b>1:25.38</b>	
	bl	43 <b>Erik Jeuring</b>	H40	NED	1:25.30	<b>1:25.82</b>	
<b>Marloes Westerhof</b>			<b>Erik Jeuring</b>				
		200m	19.97	(19.97)	200m	20.26	(20.26)
		600m	51.50	(31.53)	600m	51.79	(31.53)
		1000m	1:25.38	(33.88)	1000m	1:25.82	(34.03)

		Naam	Cat	Land	PR	Tijd	Info
79	wt	65 <b>Anke Jannie Landman</b>	D45	NED	1:20.78	<b>1:25.75</b>	
	rd	71 <b>Renske Winters</b>	D45	NED	1:23.17	<b>1:26.27</b>	
<b>Anke Jannie Landman</b>			<b>Renske Winters</b>				
		200m	19.99	(19.99)	200m	20.61	(20.61)
		600m	51.99	(32.00)	600m	52.42	(31.81)
		1000m	1:25.75	(33.76)	1000m	1:26.27	(33.85)

		Naam	Cat	Land	PR	Tijd	Info
80	gl	57 <b>Jan van der Stouwe</b>	H55	NED	1:17.12	<b>1:30.20</b>	
	bl	126 <b>Michiel Wienese</b>	H40	NED	1:16.32	<b>1:20.33</b>	
<b>Jan van der Stouwe</b>			<b>Michiel Wienese</b>				
		200m	20.17	(20.17)	200m	19.25	(19.25)
		600m	52.83	(32.66)	600m	48.74	(29.49)
		1000m	1:30.20	(37.37)	1000m	1:20.33	(31.59)





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		Naam	Cat	Land	PR	Tijd	Info
81	wt	79 <b>Christian Arlt</b>	H40	GER	1:17.05	<b>1:19.68</b>	
	rd	14 <b>Filip-Mihail Woicik</b>	H40	ROU	1:20.54	<b>1:19.51</b>	PR
		<b>Christian Arlt</b>		<b>Filip-Mihail Woicik</b>			
		200m 19.51 (19.51)		200m 18.69 (18.69)			
		600m 48.96 (29.45)		600m 48.02 (29.33)			
		1000m 1:19.68 (30.72)		1000m 1:19.51 (31.49)			
		Naam	Cat	Land	PR	Tijd	Info
82	gl	47 <b>Bart Seffinga</b>	H40	NED	1:12.16	<b>1:17.48</b>	
	bl	101 <b>Joshua Stänz</b>	HSA	SUI	1:18.57	<b>1:22.97</b>	
		<b>Bart Seffinga</b>		<b>Joshua Stänz</b>			
		200m 18.68 (18.68)		200m 19.67 (19.67)			
		600m 47.02 (28.34)		600m 50.07 (30.40)			
		1000m 1:17.48 (30.46)		1000m 1:22.97 (32.90)			



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## 10. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	116 Jasper Sinke	HN1	NED	84	O	1:15.84		
2	143 Sarp Visser	HB2	NED	83	I	1:20.46		
	142 Rutger Verhoeff	HB2	NED	84	I	DNF		

## 10. Rituitslag 1000m Sprint - O

		Naam	Cat	Land	PR	Tijd	Info
83	wt rd	143 <b>Sarp Visser</b>	HB2	NED	1:18.53	<b>1:20.46</b>	

### Sarp Visser

200m	18.63	(18.63)	m
600m	47.96	(29.33)	
1000m	1:20.46	(32.50)	

		Naam	Cat	Land	PR	Tijd	Info
84	gl	142 <b>Rutger Verhoeff</b>	HB2	NED	1:17.74	<b>DNF</b>	
	bl	116 <b>Jasper Sinke</b>	HN1	NED	1:13.83	<b>1:15.84</b>	

### Rutger Verhoeff

200m	18.46	(18.46)
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### Jasper Sinke

200m	17.39	(17.39)
600m	45.21	(27.82)
1000m	1:15.84	(30.63)

## 11. Uitslag 3000m Allround Normal

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	13 Frank Erik Tindvik	H40	NOR	94	I	4:13.01		
2	24 Timon Nieuwenstein	HSB	NED	93	O	4:15.83		
3	21 Ville Männistö	H40	FIN	93	I	4:19.29	PR	
4	140 Andrus Kuusk	HSB	EST	92	I	4:20.39		
5	90 Daan Spoelstra	H45	NED	94	O	4:25.13		
6	40 Stijn Verhagen	H45	NED	92	O	4:34.86	PR	
7	34 Ed de Looze	H55	NED	90	I	4:40.10		
8	29 Gijs van Cappelle	HSB	NED	91	O	4:47.78		
9	85 Imme Kampen	D40	NED	89	O	4:49.97		
10	8 Stephan Haueisen	H55	GER	90	O	4:56.16		
11	36 Fietje van Bochove	DSB	NED	89	I	5:04.74	PR	
12	48 Pekka Aho	H55	FIN	86	O	5:04.80	PR	
13	18 Laura den Otter	D40	NED	88	O	5:07.02	PR	
14	93 Eskil Andersson	H55	SWE	87	I	5:09.01	PR	
15	33 Kees Verdouw	H75	NED	87	O	5:13.19		
16	144 Frank Günther	H60	GER	88	I	5:23.48		
17	76 Ad Kemp	H65	NED	86	I	5:34.75		
18	100 Kathleen Toth	D45	SUI	85	I	5:58.82	PR	
	97 Doede Wind	H45	NED	91	I		DQ	

## 11. Rituitslag 3000m Allround Normal

	Naam	Cat	Land	PR	Tijd	Info
85	wt rd	100	<b>Kathleen Toth</b>	D45	SUI	6:04.73 <b>5:58.82</b> PR

### Kathleen Toth

200m	27.56	(27.56)	m
600m	1:10.81	(43.25)	
1000m	1:56.95	(46.14)	
1400m	2:44.68	(47.73)	
1800m	3:33.09	(48.41)	
2200m	4:21.65	(48.56)	
2600m	5:10.33	(48.68)	
3000m	5:58.82	(48.49)	

	Naam	Cat	Land	PR	Tijd	Info
86	gl	76	<b>Ad Kemp</b>	H65	NED	5:31.02 <b>5:34.75</b>
	bl	48	<b>Pekka Aho</b>	H55	FIN	5:05.73 <b>5:04.80</b> PR

### Ad Kemp

200m	27.56	(27.56)
600m	1:11.30	(43.74)
1000m	1:54.95	(43.65)
1400m	2:39.07	(44.12)
1800m	3:22.84	(43.77)
2200m	4:07.15	(44.31)
2600m	4:51.01	(43.86)
3000m	5:34.75	(43.74)

### Pekka Aho

200m	22.96	(22.96)
600m	1:01.92	(38.96)
1000m	1:42.29	(40.37)
1400m	2:23.73	(41.44)
1800m	3:04.49	(40.76)
2200m	3:44.98	(40.49)
2600m	4:25.31	(40.33)
3000m	5:04.80	(39.49)

		Naam	Cat	Land	PR	Tijd	Info
87	wt	93 <b>Eskil Andersson</b>	H55	SWE	5:19.88	<b>5:09.01</b>	PR
	rd	33 <b>Kees Verdouw</b>	H75	NED	4:22.55	<b>5:13.19</b>	
		<b>Eskil Andersson</b>			<b>Kees Verdouw</b>		
		200m	25.92	(25.92)	200m	25.29	(25.29)
		600m	1:04.90	(38.98)	600m	1:04.46	(39.17)
		1000m	1:44.37	(39.47)	1000m	1:43.94	(39.48)
		1400m	2:24.88	(40.51)	1400m	2:23.95	(40.01)
		1800m	3:05.86	(40.98)	1800m	3:04.49	(40.54)
		2200m	3:46.98	(41.12)	2200m	3:46.27	(41.78)
		2600m	4:27.64	(40.66)	2600m	4:28.98	(42.71)
		3000m	5:09.01	(41.37)	3000m	5:13.19	(44.21)

		Naam	Cat	Land	PR	Tijd	Info
88	gl	144 <b>Frank Günther</b>	H60	GER	5:17.28	<b>5:23.48</b>	
	bl	18 <b>Laura den Otter</b>	D40	NED	5:21.35	<b>5:07.02</b>	PR
		<b>Frank Günther</b>			<b>Laura den Otter</b>		
		200m	24.63	(24.63)	200m	24.63	(24.63)
		600m	1:03.35	(38.72)	600m	1:02.20	(37.57)
		1000m	1:44.41	(41.06)	1000m	1:41.11	(38.91)
		1400m	2:27.31	(42.90)	1400m	2:21.38	(40.27)
		1800m	3:10.48	(43.17)	1800m	3:02.62	(41.24)
		2200m	3:54.93	(44.45)	2200m	3:44.09	(41.47)
		2600m	4:38.77	(43.84)	2600m	4:25.75	(41.66)
		3000m	5:23.48	(44.71)	3000m	5:07.02	(41.27)

		Naam	Cat	Land	PR	Tijd	Info
89	wt	36 <b>Fietje van Bochove</b>	DSB	NED	5:05.32	<b>5:04.74</b>	PR
	rd	85 <b>Imme Kampen</b>	D40	NED	4:39.57	<b>4:49.97</b>	
		<b>Fietje van Bochove</b>			<b>Imme Kampen</b>		
		200m	23.51	(23.51)	200m	22.96	(22.96)
		600m	59.82	(36.31)	600m	58.12	(35.16)
		1000m	1:37.98	(38.16)	1000m	1:34.74	(36.62)
		1400m	2:17.73	(39.75)	1400m	2:12.52	(37.78)
		1800m	2:59.18	(41.45)	1800m	2:50.63	(38.11)
		2200m	3:41.01	(41.83)	2200m	3:29.59	(38.96)
		2600m	4:22.59	(41.58)	2600m	4:09.18	(39.59)
		3000m	5:04.74	(42.15)	3000m	4:49.97	(40.79)

		Naam	Cat	Land	PR	Tijd	Info
90	gl	34 <b>Ed de Looze</b>	H55	NED	4:17.42	<b>4:40.10</b>	
	bl	8 <b>Stephan Haueisen</b>	H55	GER	4:20.59	<b>4:56.16</b>	
		<b>Ed de Looze</b>			<b>Stephan Haueisen</b>		
		200m	24.17	(24.17)	200m	24.10	(24.10)
		600m	1:00.91	(36.74)	600m	1:01.01	(36.91)
		1000m	1:37.17	(36.26)	1000m	1:39.65	(38.64)
		1400m	2:13.90	(36.73)	1400m	2:18.47	(38.82)
		1800m	2:50.96	(37.06)	1800m	2:56.98	(38.51)
		2200m	3:27.71	(36.75)	2200m	3:36.65	(39.67)
		2600m	4:03.97	(36.26)	2600m	4:16.30	(39.65)
		3000m	4:40.10	(36.13)	3000m	4:56.16	(39.86)

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		Naam	Cat	Land	PR	Tijd	Info
91	wt	97 <b>Doede Wind</b>	H45	NED	4:38.79		<b>DQ</b>
	rd	29 <b>Gijs van Cappelle</b>	HSB	NED	4:41.45		<b>4:47.78</b>
<b>Doede Wind</b>			<b>Gijs van Cappelle</b>				
				200m	22.27	(22.27)	
				600m	57.92	(35.65)	
				1000m	1:34.39	(36.47)	
				1400m	2:11.94	(37.55)	
				1800m	2:49.79	(37.85)	
				2200m	3:28.41	(38.62)	
				2600m	4:07.43	(39.02)	
				3000m	4:47.78	(40.35)	

		Naam	Cat	Land	PR	Tijd	Info
92	gl	140 <b>Andrus Kuusk</b>	HSB	EST			<b>4:20.39</b>
	bl	40 <b>Stijn Verhagen</b>	H45	NED	4:37.06		<b>4:34.86</b> PR
<b>Andrus Kuusk</b>			<b>Stijn Verhagen</b>				
		200m	20.32	(20.32)	200m	22.92	(22.92)
		600m	53.10	(32.78)	600m	58.08	(35.16)
		1000m	1:28.11	(35.01)	1000m	1:33.23	(35.15)
		1400m	2:02.87	(34.76)	1400m	2:08.50	(35.27)
		1800m	2:37.03	(34.16)	1800m	2:43.85	(35.35)
		2200m	3:11.43	(34.40)	2200m	3:19.56	(35.71)
		2600m	3:46.17	(34.74)	2600m	3:56.63	(37.07)
		3000m	4:20.39	(34.22)	3000m	4:34.86	(38.23)



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		Naam	Cat	Land	PR	Tijd	Info
93	wt	21 <b>Ville Männistö</b>	H40	FIN	4:25.14	<b>4:19.29</b>	PR
	rd	24 <b>Timon Nieuwenstein</b>	HSB	NED	3:55.93	<b>4:15.83</b>	
		<b>Ville Männistö</b>			<b>Timon Nieuwenstein</b>		
		200m	21.48	(21.48)	200m	21.05	(21.05)
		600m	54.85	(33.37)	600m	53.63	(32.58)
		1000m	1:28.08	(33.23)	1000m	1:26.27	(32.64)
		1400m	2:01.49	(33.41)	1400m	1:59.44	(33.17)
		1800m	2:34.99	(33.50)	1800m	2:32.93	(33.49)
		2200m	3:08.86	(33.87)	2200m	3:06.99	(34.06)
		2600m	3:43.49	(34.63)	2600m	3:41.27	(34.28)
		3000m	4:19.29	(35.80)	3000m	4:15.83	(34.56)

		Naam	Cat	Land	PR	Tijd	Info
94	gl	13 <b>Frank Erik Tindvik</b>	H40	NOR	4:10.72	<b>4:13.01</b>	
	bl	90 <b>Daan Spoelstra</b>	H45	NED	4:21.92	<b>4:25.13</b>	
		<b>Frank Erik Tindvik</b>			<b>Daan Spoelstra</b>		
		200m	20.87	(20.87)	200m	21.37	(21.37)
		600m	54.21	(33.34)	600m	54.40	(33.03)
		1000m	1:26.99	(32.78)	1000m	1:28.20	(33.80)
		1400m	1:59.89	(32.90)	1400m	2:02.82	(34.62)
		1800m	2:32.48	(32.59)	1800m	2:37.79	(34.97)
		2200m	3:05.13	(32.65)	2200m	3:13.19	(35.40)
		2600m	3:38.56	(33.43)	2600m	3:49.08	(35.89)
		3000m	4:13.01	(34.45)	3000m	4:25.13	(36.05)



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## 12. Uitslag 3000m Allround Normal - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	114 Jasper van der Marel	HA1	NED	96	I	3:56.81	PR	
2	106 Sylvian Hoogeveen	HA1	NED	95	I	4:18.08	PR	
3	107 Niels Meijer	HN1	NED	96	O	4:25.78		
4	110 Emma van der Liet	DA2	NED	95	O	4:51.02		

## 12. Rituitslag 3000m Allround Normal - O

		Naam	Cat	Land	PR	Tijd	Info
95	wt	106 <b>Sylvian Hoogeveen</b>	HA1	NED	4:18.20	<b>4:18.08</b>	PR
	rd	110 <b>Emma van der Liet</b>	DA2	NED	4:46.45	<b>4:51.02</b>	

### Sylvian Hoogeveen

200m	20.57	(20.57)
600m	54.07	(33.50)
1000m	1:27.82	(33.75)
1400m	2:02.09	(34.27)
1800m	2:36.18	(34.09)
2200m	3:10.34	(34.16)
2600m	3:44.66	(34.32)
3000m	4:18.08	(33.42)

### Emma van der Liet

200m	22.96	(22.96)
600m	58.14	(35.18)
1000m	1:34.33	(36.19)
1400m	2:11.98	(37.65)
1800m	2:51.03	(39.05)
2200m	3:30.60	(39.57)
2600m	4:10.45	(39.85)
3000m	4:51.02	(40.57)

		Naam	Cat	Land	PR	Tijd	Info
96	gl	114 <b>Jasper van der Marel</b>	HA1	NED	4:02.62	<b>3:56.81</b>	PR
	bl	107 <b>Niels Meijer</b>	HN1	NED	4:02.79	<b>4:25.78</b>	

### Jasper van der Marel

200m	19.94	(19.94)
600m	49.73	(29.79)
1000m	1:19.37	(29.64)
1400m	1:50.12	(30.75)
1800m	2:21.31	(31.19)
2200m	2:52.85	(31.54)
2600m	3:24.75	(31.90)
3000m	3:56.81	(32.06)

### Niels Meijer

200m	21.71	(21.71)
600m	57.30	(35.59)
1000m	1:32.71	(35.41)
1400m	2:08.06	(35.35)
1800m	2:43.15	(35.09)
2200m	3:17.53	(34.38)
2600m	3:52.16	(34.63)
3000m	4:25.78	(33.62)

## 13. Uitslag 1500m Allround Small

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	83 Rene van Bernum	H55	GER	110	I	1:59.04		
2	117 Sebastiaan Scargo	H40	NED	109	I	2:08.08	PR	
3	149 Ahti Oks	H45	EST	105	I	2:09.62		
4	75 Bastiaan Geurts	HSB	NED	109	O	2:10.25		
5	82 Märt Kuus	H40	EST	110	O	2:10.47		
6	4 Martijn van der Horst	H50	NED	108	I	2:12.13		
7	20 Jasper Knulst	H45	NED	108	O	2:13.30		
8	26 Michel van der Sluijs	H50	NED	106	I	2:13.97		
9	55 Mika Sirén	H50	FIN	107	O	2:17.49		
10	59 Marco Roos	H60	NED	107	I	2:18.98		
11	49 Lars Henriksson	H55	SWE	106	O	2:20.12		
12	86 Henriëtte Goede	D55	NED	103	O	2:22.59		
13	38 Wendy van der Ham	D50	NED	103	I	2:22.81	PR	
14	50 Jyrki Hietanen	H60	FIN	102	O	2:23.29		
15	94 Frank Steenkamp	H65	NED	105	O	2:23.97		
16	31 Ab Nederlof	H65	NED	104	I	2:24.48		
17	6 Hanspeter Ambass	H65	SUI	102	I	2:29.31		
18	102 Jaap van Kouterik	H70	NED	104	O	2:30.77		
19	81 Ralf Hartings	H65	SWE	101	O	2:32.34		
20	9 Paavo Salonen	H70	FIN	99	I	2:33.14		
21	2 Anna Van der Stok	D45	NED	101	I	2:33.40	PR	
22	52 Outi Pinomäki	D55	FIN	99	O	2:35.70		
23	73 Ton van Helden	H75	NED	100	O	2:39.25		
24	19 Heike Gaasbeek	D45	NED	100	I	2:40.23		
25	15 Andrej Kwadrin	H40	GER	97	O	2:44.89		
26	78 Carolien van Rees	D65	NED	97	I	2:46.34		

## 13. Rituitslag 1500m Allround Small

		Naam	Cat	Land	PR	Tijd	Info
97	wt	78 <b>Carolien van Rees</b>	D65	NED	2:43.07	<b>2:46.34</b>	
	rd	15 <b>Andrej Kwadrin</b>	H40	GER	2:34.58	<b>2:44.89</b>	

### Carolien van Rees

300m	35.13	(35.13)
700m	1:17.41	(42.28)
1100m	2:01.51	(44.10)
1500m	2:46.34	(44.83)

### Andrej Kwadrin

300m	35.23	(35.23)
700m	1:16.93	(41.70)
1100m	2:00.10	(43.17)
1500m	2:44.89	(44.79)

		Naam	Cat	Land	PR	Tijd	Info
98	gl						
	bl						

		Naam	Cat	Land	PR	Tijd	Info
99	wt	9 <b>Paavo Salonen</b>	H70	FIN	2:19.56	<b>2:33.14</b>	
	rd	52 <b>Outi Pinomäki</b>	D55	FIN	2:32.48	<b>2:35.70</b>	

### Paavo Salonen

300m	33.82	(33.82)
700m	1:11.90	(38.08)
1100m	1:51.65	(39.75)
1500m	2:33.14	(41.49)

### Outi Pinomäki

300m	33.28	(33.28)
700m	1:12.09	(38.81)
1100m	1:52.60	(40.51)
1500m	2:35.70	(43.10)

		Naam	Cat	Land	PR	Tijd	Info
100	gl	19 <b>Heike Gaasbeek</b>	D45	NED	2:39.24	<b>2:40.23</b>	
	bl	73 <b>Ton van Helden</b>	H75	NED	2:15.37	<b>2:39.25</b>	

### Heike Gaasbeek

300m	33.73	(33.73)
700m	1:13.73	(40.00)
1100m	1:56.34	(42.61)
1500m	2:40.23	(43.89)

### Ton van Helden

300m	35.03	(35.03)
700m	1:16.05	(41.02)
1100m	1:57.38	(41.33)
1500m	2:39.25	(41.87)

		Naam	Cat	Land	PR	Tijd	Info
101	wt	2 <b>Anna Van der Stok</b>	D45	NED	2:36.01	<b>2:33.40</b>	PR
	rd	81 <b>Ralf Hartings</b>	H65	SWE		<b>2:32.34</b>	
		<b>Anna Van der Stok</b>			<b>Ralf Hartings</b>		
		300m	32.47	(32.47)	300m	33.78	(33.78)
		700m	1:10.35	(37.88)	700m	1:12.27	(38.49)
		1100m	1:50.87	(40.52)	1100m	1:51.89	(39.62)
		1500m	2:33.40	(42.53)	1500m	2:32.34	(40.45)
		Naam	Cat	Land	PR	Tijd	Info
102	gl	6 <b>Hanspeter Ambass</b>	H65	SUI	2:16.01	<b>2:29.31</b>	
	bl	50 <b>Jyrki Hietanen</b>	H60	FIN	2:05.79	<b>2:23.29</b>	
		<b>Hanspeter Ambass</b>			<b>Jyrki Hietanen</b>		
		300m	31.38	(31.38)	300m	29.62	(29.62)
		700m	1:08.55	(37.17)	700m	1:05.98	(36.36)
		1100m	1:48.17	(39.62)	1100m	1:44.38	(38.40)
		1500m	2:29.31	(41.14)	1500m	2:23.29	(38.91)
		Naam	Cat	Land	PR	Tijd	Info
103	wt	38 <b>Wendy van der Ham</b>	D50	NED	2:24.22	<b>2:22.81</b>	PR
	rd	86 <b>Henriëtte Goede</b>	D55	NED	2:10.43	<b>2:22.59</b>	
		<b>Wendy van der Ham</b>			<b>Henriëtte Goede</b>		
		300m	30.43	(30.43)	300m	30.56	(30.56)
		700m	1:05.89	(35.46)	700m	1:05.52	(34.96)
		1100m	1:43.46	(37.57)	1100m	1:43.43	(37.91)
		1500m	2:22.81	(39.35)	1500m	2:22.59	(39.16)
		Naam	Cat	Land	PR	Tijd	Info
104	gl	31 <b>Ab Nederlof</b>	H65	NED	2:22.40	<b>2:24.48</b>	
	bl	102 <b>Jaap van Kouterik</b>	H70	NED	2:08.00	<b>2:30.77</b>	
		<b>Ab Nederlof</b>			<b>Jaap van Kouterik</b>		
		300m	31.86	(31.86)	300m	33.62	(33.62)
		700m	1:08.01	(36.15)	700m	1:10.96	(37.34)
		1100m	1:45.83	(37.82)	1100m	1:50.01	(39.05)
		1500m	2:24.48	(38.65)	1500m	2:30.77	(40.76)

		Naam	Cat	Land	PR	Tijd	Info
105	wt	149 <b>Ahti Oks</b>	H45	EST		<b>2:09.62</b>	
	rd	94 <b>Frank Steenkamp</b>	H65	NED	2:13.20	<b>2:23.97</b>	
		<b>Ahti Oks</b>			<b>Frank Steenkamp</b>		
		300m	28.05	(28.05)	300m	32.57	(32.57)
		700m	1:01.60	(33.55)	700m	1:09.21	(36.64)
		1100m	1:35.57	(33.97)	1100m	1:46.37	(37.16)
		1500m	2:09.62	(34.05)	1500m	2:23.97	(37.60)
		Naam	Cat	Land	PR	Tijd	Info
106	gl	26 <b>Michel van der Sluijs</b>	H50	NED	2:11.59	<b>2:13.97</b>	
	bl	49 <b>Lars Henriksson</b>	H55	SWE	2:11.67	<b>2:20.12</b>	
		<b>Michel van der Sluijs</b>			<b>Lars Henriksson</b>		
		300m	29.08	(29.08)	300m	30.27	(30.27)
		700m	1:02.13	(33.05)	700m	1:04.96	(34.69)
		1100m	1:37.20	(35.07)	1100m	1:41.82	(36.86)
		1500m	2:13.97	(36.77)	1500m	2:20.12	(38.30)
		Naam	Cat	Land	PR	Tijd	Info
107	wt	59 <b>Marco Roos</b>	H60	NED	2:09.92	<b>2:18.98</b>	
	rd	55 <b>Mika Sirén</b>	H50	FIN	2:01.64	<b>2:17.49</b>	
		<b>Marco Roos</b>			<b>Mika Sirén</b>		
		300m	30.16	(30.16)	300m	28.71	(28.71)
		700m	1:05.12	(34.96)	700m	1:02.58	(33.87)
		1100m	1:41.71	(36.59)	1100m	1:38.67	(36.09)
		1500m	2:18.98	(37.27)	1500m	2:17.49	(38.82)
		Naam	Cat	Land	PR	Tijd	Info
108	gl	4 <b>Martijn van der Horst</b>	H50	NED	2:10.14	<b>2:12.13</b>	
	bl	20 <b>Jasper Knulst</b>	H45	NED	2:11.23	<b>2:13.30</b>	
		<b>Martijn van der Horst</b>			<b>Jasper Knulst</b>		
		300m	28.64	(28.64)	300m	28.53	(28.53)
		700m	1:01.43	(32.79)	700m	1:01.08	(32.55)
		1100m	1:35.93	(34.50)	1100m	1:35.92	(34.84)
		1500m	2:12.13	(36.20)	1500m	2:13.30	(37.38)

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		Naam	Cat	Land	PR	Tijd	Info
109	wt	117 <b>Sebastiaan Scargo</b>	H40	NED	2:08.31	<b>2:08.08</b>	PR
	rd	75 <b>Bastiaan Geurts</b>	HSB	NED	2:01.94	<b>2:10.25</b>	
		<b>Sebastiaan Scargo</b>			<b>Bastiaan Geurts</b>		
		300m	28.07	(28.07)	300m	28.13	(28.13)
		700m	59.82	(31.75)	700m	1:00.47	(32.34)
		1100m	1:33.32	(33.50)	1100m	1:34.59	(34.12)
		1500m	2:08.08	(34.76)	1500m	2:10.25	(35.66)
		Naam	Cat	Land	PR	Tijd	Info
110	gl	83 <b>Rene van Bernum</b>	H55	GER	1:56.92	<b>1:59.04</b>	
	bl	82 <b>Märt Kuus</b>	H40	EST	2:08.47	<b>2:10.47</b>	
		<b>Rene van Bernum</b>			<b>Märt Kuus</b>		
		300m	26.61	(26.61)	300m	27.60	(27.60)
		700m	56.01	(29.40)	700m	1:00.19	(32.59)
		1100m	1:26.52	(30.51)	1100m	1:34.63	(34.44)
		1500m	1:59.04	(32.52)	1500m	2:10.47	(35.84)





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## 14. Uitslag 1500m Allround Small - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	104 Bryant Boogert	HA1	NED	112	I	1:56.23		
2	109 Nomdo de Heer	HN2	NED	112	O	1:57.04	PR	
3	105 Bo Meijer	DA2	NED	111	I	2:21.51		
	108 Noëmi De boer	DB2	NED				WDR	

## 14. Rituitslag 1500m Allround Small - O

		Naam	Cat	Land	PR	Tijd	Info
111	wt	105 <b>Bo Meijer</b>	DA2	NED	2:21.16	<b>2:21.51</b>	
	rd	108 <b>Noëmi De boer</b>	DB2	NED	2:14.16	<b>WDR</b>	
		<b>Bo Meijer</b>		<b>Noëmi De boer</b>			
		300m	30.96	(30.96)			
		700m	1:06.28	(35.32)			
		1100m	1:43.71	(37.43)			
		1500m	2:21.51	(37.80)			

		Naam	Cat	Land	PR	Tijd	Info
112	gl	104 <b>Bryant Boogert</b>	HA1	NED	1:55.67	<b>1:56.23</b>	
	bl	109 <b>Nomdo de Heer</b>	HN2	NED	1:57.98	<b>1:57.04</b>	PR
		<b>Bryant Boogert</b>		<b>Nomdo de Heer</b>			
		300m	24.08	(24.08)	300m	25.61	(25.61)
		700m	51.87	(27.79)	700m	54.74	(29.13)
		1100m	1:22.88	(31.01)	1100m	1:25.07	(30.33)
		1500m	1:56.23	(33.35)	1500m	1:57.04	(31.97)



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## 15. Uitslag 3000m Single Distance

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	98 <b>Bart de Kwaasteniet</b>	H40	NED	114	O	<b>4:39.89</b>	PR	
2	136 <b>Azamat Ismailov</b>	H45	NED	114	I	<b>4:42.81</b>	PR	
3	135 <b>Chantal Herms</b>	D45	NED	113	O	<b>5:03.85</b>		
4	129 <b>Johan Jonker</b>	H65	NED	113	I	<b>5:49.08</b>		

## 15. Rituitslag 3000m Single Distance

		Naam	Cat	Land	PR	Tijd	Info
113	wt	129 <b>Johan Jonker</b>	H65	NED	4:41.21	<b>5:49.08</b>	
	rd	135 <b>Chantal Herms</b>	D45	NED	5:03.37	<b>5:03.85</b>	
<b>Johan Jonker</b>			<b>Chantal Herms</b>				
		200m	29.60	(29.60)	200m	23.11	(23.11)
		600m	1:14.17	(44.57)	600m	1:00.19	(37.08)
		1000m	1:58.72	(44.55)	1000m	1:38.72	(38.53)
		1400m	2:43.45	(44.73)	1400m	2:20.09	(41.37)
		1800m	3:28.91	(45.46)	1800m	3:01.05	(40.96)
		2200m	4:14.40	(45.49)	2200m	3:41.60	(40.55)
		2600m	5:01.42	(47.02)	2600m	4:22.27	(40.67)
		3000m	5:49.08	(47.66)	3000m	5:03.85	(41.58)

		Naam	Cat	Land	PR	Tijd	Info
114	gl	136 <b>Azamat Ismailov</b>	H45	NED	4:46.37	<b>4:42.81</b>	PR
	bl	98 <b>Bart de Kwaasteniet</b>	H40	NED	4:48.02	<b>4:39.89</b>	PR
<b>Azamat Ismailov</b>			<b>Bart de Kwaasteniet</b>				
		200m	22.01	(22.01)	200m	24.25	(24.25)
		600m	56.46	(34.45)	600m	59.42	(35.17)
		1000m	1:32.30	(35.84)	1000m	1:35.00	(35.58)
		1400m	2:09.34	(37.04)	1400m	2:11.13	(36.13)
		1800m	2:47.22	(37.88)	1800m	2:48.74	(37.61)
		2200m	3:25.58	(38.36)	2200m	3:25.79	(37.05)
		2600m	4:04.09	(38.51)	2600m	4:02.86	(37.07)
		3000m	4:42.81	(38.72)	3000m	4:39.89	(37.03)



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## 16. Uitslag 3000m Single Distance - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	127 <b>Olaf Vunderink</b>	HB2	NED	116	I	<b>4:05.79</b>	PR	
2	138 <b>Danny Heijkoop</b>	HN2	NED	116	O	<b>4:18.03</b>	PR	
3	111 <b>Jerry Coenen</b>	HB1	NED	115	O	<b>4:39.92</b>	PR	
4	122 <b>Zéfina de Bruin</b>	DN2	NED	115	I	<b>4:42.40</b>	PR	

## 16. Rituitslag 3000m Single Distance - O

		Naam	Cat	Land	PR	Tijd	Info
115	wt	122 <b>Zéфина de Bruin</b>	DN2	NED	4:43.23	<b>4:42.40</b>	PR
	rd	111 <b>Jerry Coenen</b>	HB1	NED	5:09.44	<b>4:39.92</b>	PR

### Zéфина de Bruin

200m	22.37	(22.37)
600m	57.28	(34.91)
1000m	1:33.03	(35.75)
1400m	2:10.24	(37.21)
1800m	2:48.19	(37.95)
2200m	3:26.17	(37.98)
2600m	4:04.25	(38.08)
3000m	4:42.40	(38.15)

### Jerry Coenen

200m	20.44	(20.44)
600m	55.46	(35.02)
1000m	1:31.82	(36.36)
1400m	2:09.27	(37.45)
1800m	2:46.88	(37.61)
2200m	3:24.77	(37.89)
2600m	4:02.95	(38.18)
3000m	4:39.92	(36.97)

		Naam	Cat	Land	PR	Tijd	Info
116	gl	127 <b>Olaf Vunderink</b>	HB2	NED	4:09.14	<b>4:05.79</b>	PR
	bl	138 <b>Danny Heijkoop</b>	HN2	NED	4:18.97	<b>4:18.03</b>	PR

### Olaf Vunderink

200m	19.65	(19.65)
600m	50.13	(30.48)
1000m	1:21.05	(30.92)
1400m	1:52.74	(31.69)
1800m	2:24.87	(32.13)
2200m	2:57.77	(32.90)
2600m	3:31.42	(33.65)
3000m	4:05.79	(34.37)

### Danny Heijkoop

200m	20.57	(20.57)
600m	53.09	(32.52)
1000m	1:25.73	(32.64)
1400m	1:58.93	(33.20)
1800m	2:32.70	(33.77)
2200m	3:07.20	(34.50)
2600m	3:42.37	(35.17)
3000m	4:18.03	(35.66)



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## 17. Uitslag 5000m Single Distance

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	35 Lennaart Lamers	HSB	NED	118	O	7:32.53	PR	
2	99 Richard van den Broek	H50	NED	118	I	8:13.88		
3	87 Marlies de Jong	D55	NED	117	I	9:01.23		
4	56 Mariska van Haften- van den Bosch	D60	NED	117	O	9:16.12		

## 17. Rituitslag 5000m Single Distance

		Naam	Cat	Land	PR	Tijd	Info
117	wt	87 <b>Marlies de Jong</b>	D55	NED	9:00.89	<b>9:01.23</b>	
	rd	56 <b>Mariska van Haften- van den Bosch</b>	D60	NED		<b>9:16.12</b>	
		<b>Marlies de Jong</b>			<b>Mariska van Haften- van den Bosch</b>		
		200m	24.69	(24.69)	200m	25.12	(25.12)
		600m	1:04.21	(39.52)	600m	1:05.16	(40.04)
		1000m	1:44.39	(40.18)	1000m	1:46.02	(40.86)
		1400m	2:26.70	(42.31)	1400m	2:28.51	(42.49)
		1800m	3:09.34	(42.64)	1800m	3:11.71	(43.20)
		2200m	3:52.84	(43.50)	2200m	3:55.84	(44.13)
		2600m	4:36.39	(43.55)	2600m	4:40.31	(44.47)
		3000m	5:19.64	(43.25)	3000m	5:24.95	(44.64)
		3400m	6:03.92	(44.28)	3400m	6:09.79	(44.84)
		3800m	6:48.07	(44.15)	3800m	6:55.82	(46.03)
		4200m	7:32.65	(44.58)	4200m	7:42.21	(46.39)
		4600m	8:17.28	(44.63)	4600m	8:29.04	(46.83)
		5000m	9:01.23	(43.95)	5000m	9:16.12	(47.08)

		Naam	Cat	Land	PR	Tijd	Info
118	gl	99 <b>Richard van den Broek</b>	H50	NED		<b>8:13.88</b>	
	bl	35 <b>Lennaart Lamers</b>	HSB	NED	7:38.90	<b>7:32.53</b>	PR
		<b>Richard van den Broek</b>			<b>Lennaart Lamers</b>		
		200m	22.24	(22.24)	200m	20.63	(20.63)
		600m	58.56	(36.32)	600m	55.64	(35.01)
		1000m	1:36.17	(37.61)	1000m	1:31.39	(35.75)
		1400m	2:14.18	(38.01)	1400m	2:06.46	(35.07)
		1800m	2:52.91	(38.73)	1800m	2:41.66	(35.20)
		2200m	3:32.24	(39.33)	2200m	3:17.21	(35.55)
		2600m	4:11.31	(39.07)	2600m	3:53.38	(36.17)
		3000m	4:51.11	(39.80)	3000m	4:29.74	(36.36)
		3400m	5:31.70	(40.59)	3400m	5:06.16	(36.42)
		3800m	6:12.41	(40.71)	3800m	5:42.57	(36.41)
		4200m	6:53.24	(40.83)	4200m	6:19.37	(36.80)
		4600m	7:34.16	(40.92)	4600m	6:56.26	(36.89)
		5000m	8:13.88	(39.72)	5000m	7:32.53	(36.27)





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## 18. Uitslag 5000m Single Distance - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	120 Thomas de Lange	HN1	NED	120	O	6:46.24	PR	
2	141 Joep Stubbe	HA1	NED	120	I	7:23.19		
3	113 Jitte Schuitemaker	DA1	NED	119	I	8:18.43	PR	

## 18. Rituitslag 5000m Single Distance - O

	Naam	Cat	Land	PR	Tijd Info		
119	wt rd	113	<b>Jitte Schuitemaker</b>	DA1	NED	8:20.39	<b>8:18.43</b> PR

### Jitte Schuitemaker

Distance	Time	Record	Record Holder
200m	23.22	(23.22)	m
600m	1:01.00	(37.78)	
1000m	1:40.01	(39.01)	
1400m	2:19.51	(39.50)	
1800m	2:58.86	(39.35)	
2200m	3:38.54	(39.68)	
2600m	4:18.68	(40.14)	
3000m	4:58.62	(39.94)	
3400m	5:38.30	(39.68)	
3800m	6:18.17	(39.87)	
4200m	6:58.19	(40.02)	
4600m	7:38.62	(40.43)	
5000m	8:18.43	(39.81)	

	Naam	Cat	Land	PR	Tijd Info		
120	gl	141	<b>Joep Stubbe</b>	HA1	NED		<b>7:23.19</b>
	bl	120	<b>Thomas de Lange</b>	HN1	NED	6:50.31	<b>6:46.24</b> PR

### Joep Stubbe

Distance	Time	Record
200m	19.75	(19.75)
600m	51.32	(31.57)
1000m	1:23.99	(32.67)
1400m	1:57.26	(33.27)
1800m	2:31.35	(34.09)
2200m	3:05.47	(34.12)
2600m	3:40.37	(34.90)
3000m	4:16.00	(35.63)
3400m	4:52.06	(36.06)
3800m	5:29.20	(37.14)
4200m	6:07.14	(37.94)
4600m	6:45.20	(38.06)
5000m	7:23.19	(37.99)

### Thomas de Lange

Distance	Time	Record
200m	19.30	(19.30)
600m	49.86	(30.56)
1000m	1:21.11	(31.25)
1400m	1:52.51	(31.40)
1800m	2:24.06	(31.55)
2200m	2:55.46	(31.40)
2600m	3:27.74	(32.28)
3000m	3:59.89	(32.15)
3400m	4:32.31	(32.42)
3800m	5:05.07	(32.76)
4200m	5:37.85	(32.78)
4600m	6:11.51	(33.66)
5000m	6:46.24	(34.73)



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## 19. Uitslag 10000m Single Distance

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	74 Robert Wierds	H45	NED	124	O	14:17.87	PR	
2	107 Niels Meijer	HN1	NED	121	O	14:49.58	PR	
3	72 Joost van Leenders	H50	NED	123	I	15:48.31		
4	27 Martin Heerma	H50	NED	123	O	15:51.03	PR	
5	92 Patrik Gelin	H50	SWE	122	I	16:25.76	PR	
6	115 Kees Langeveld	H65	NED	124	I	17:12.88		
7	128 Wim Zwanenburg	H65	NED	122	O	18:26.34		
8	137 Heine Deelstra	H60	NED	121	I	18:46.63		

## 19. Rituitslag 10000m Single Distance

	Naam	Cat	Land	PR	Tijd	Info
121	wt 137 Heine Deelstra	H60	NED	18:17.67	<b>18:46.63</b>	
	rd 107 Niels Meijer	HN1	NED	15:03.35	<b>14:49.58</b>	PR
	<b>Heine Deelstra</b>			<b>Niels Meijer</b>		
	400m	51.41	(51.41)	400m	40.42	(40.42)
	800m	1:38.12	(46.71)	800m	1:16.68	(36.26)
	1200m	2:23.31	(45.19)	1200m	1:52.38	(35.70)
	1600m	3:07.94	(44.63)	1600m	2:27.49	(35.11)
	2000m	3:53.24	(45.30)	2000m	3:02.59	(35.10)
	2400m	4:39.10	(45.86)	2400m	3:38.03	(35.44)
	2800m	5:24.36	(45.26)	2800m	4:13.80	(35.77)
	3200m	6:09.60	(45.24)	3200m	4:49.35	(35.55)
	3600m	6:54.40	(44.80)	3600m	5:24.55	(35.20)
	4000m	7:38.71	(44.31)	4000m	6:00.04	(35.49)
	4400m	8:23.43	(44.72)	4400m	6:35.92	(35.88)
	4800m	9:07.86	(44.43)	4800m	7:11.54	(35.62)
	5200m	9:51.96	(44.10)	5200m	7:47.09	(35.55)
	5600m	10:36.11	(44.15)	5600m	8:22.72	(35.63)
	6000m	11:20.83	(44.72)	6000m	8:58.12	(35.40)
	6400m	12:04.91	(44.08)	6400m	9:33.41	(35.29)
	6800m	12:49.29	(44.38)	6800m	10:08.80	(35.39)
	7200m	13:33.24	(43.95)	7200m	10:44.30	(35.50)
	7600m	14:17.23	(43.99)	7600m	11:19.85	(35.55)
	8000m	15:01.21	(43.98)	8000m	11:54.87	(35.02)
	8400m	15:45.82	(44.61)	8400m	12:30.30	(35.43)
	8800m	16:31.42	(45.60)	8800m	13:05.90	(35.60)
	9200m	17:16.93	(45.51)	9200m	13:41.08	(35.18)
	9600m	18:02.08	(45.15)	9600m	14:15.68	(34.60)
	10000m	18:46.63	(44.55)	10000m	14:49.58	(33.90)

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		Naam	Cat	Land	PR	Tijd	Info
122	gl	92 Patrik Gelin	H50	SWE	17:19.25	<b>16:25.76</b>	PR
	bl	128 Wim Zwanenburg	H65	NED	17:31.16	<b>18:26.34</b>	

## Patrik Gelin

400m	44.96	(44.96)
800m	1:23.64	(38.68)
1200m	2:02.49	(38.85)
1600m	2:42.14	(39.65)
2000m	3:21.35	(39.21)
2400m	4:00.11	(38.76)
2800m	4:39.26	(39.15)
3200m	5:18.64	(39.38)
3600m	5:58.17	(39.53)
4000m	6:37.57	(39.40)
4400m	7:16.41	(38.84)
4800m	7:55.81	(39.40)
5200m	8:35.69	(39.88)
5600m	9:15.14	(39.45)
6000m	9:54.13	(38.99)
6400m	10:33.42	(39.29)
6800m	11:12.48	(39.06)
7200m	11:51.70	(39.22)
7600m	12:30.46	(38.76)
8000m	13:09.55	(39.09)
8400m	13:48.77	(39.22)
8800m	14:28.31	(39.54)
9200m	15:07.67	(39.36)
9600m	15:46.85	(39.18)
10000m	16:25.76	(38.91)

## Wim Zwanenburg

400m	46.70	(46.70)
800m	1:28.16	(41.46)
1200m	2:10.96	(42.80)
1600m	2:54.12	(43.16)
2000m	3:37.17	(43.05)
2400m	4:20.41	(43.24)
2800m	5:04.19	(43.78)
3200m	5:47.45	(43.26)
3600m	6:31.46	(44.01)
4000m	7:15.65	(44.19)
4400m	7:59.52	(43.87)
4800m	8:43.40	(43.88)
5200m	9:27.52	(44.12)
5600m	10:12.07	(44.55)
6000m	10:56.51	(44.44)
6400m	11:40.19	(43.68)
6800m	12:24.12	(43.93)
7200m	13:08.60	(44.48)
7600m	13:53.91	(45.31)
8000m	14:38.80	(44.89)
8400m	15:23.78	(44.98)
8800m	16:08.75	(44.97)
9200m	16:54.40	(45.65)
9600m	17:40.42	(46.02)
10000m	18:26.34	(45.92)

# 3rd Masters International Thialf Record Races

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		Naam	Cat	Land	PR	Tijd	Info
123	wt	72 <b>Joost van Leenders</b>	H50	NED		<b>15:48.31</b>	
	rd	27 <b>Martin Heerma</b>	H50	NED	15:57.70	<b>15:51.03</b>	PR
<b>Joost van Leenders</b>				<b>Martin Heerma</b>			
		400m	41.41	(41.41)	400m	42.42	(42.42)
		800m	1:18.33	(36.92)	800m	1:19.71	(37.29)
		1200m	1:55.97	(37.64)	1200m	1:57.34	(37.63)
		1600m	2:33.96	(37.99)	1600m	2:34.95	(37.61)
		2000m	3:12.89	(38.93)	2000m	3:13.18	(38.23)
		2400m	3:50.51	(37.62)	2400m	3:50.99	(37.81)
		2800m	4:28.64	(38.13)	2800m	4:28.46	(37.47)
		3200m	5:05.46	(36.82)	3200m	5:05.86	(37.40)
		3600m	5:43.82	(38.36)	3600m	5:43.84	(37.98)
		4000m	6:21.47	(37.65)	4000m	6:21.90	(38.06)
		4400m	6:59.34	(37.87)	4400m	6:59.87	(37.97)
		4800m	7:37.17	(37.83)	4800m	7:38.00	(38.13)
		5200m	8:16.26	(39.09)	5200m	8:16.08	(38.08)
		5600m	8:54.28	(38.02)	5600m	8:54.45	(38.37)
		6000m	9:32.75	(38.47)	6000m	9:32.75	(38.30)
		6400m	10:09.83	(37.08)	6400m	10:10.60	(37.85)
		6800m	10:47.77	(37.94)	6800m	10:48.24	(37.64)
		7200m	11:24.87	(37.10)	7200m	11:26.26	(38.02)
		7600m	12:03.03	(38.16)	7600m	12:04.04	(37.78)
		8000m	12:40.80	(37.77)	8000m	12:42.16	(38.12)
		8400m	13:18.87	(38.07)	8400m	13:20.21	(38.05)
		8800m	13:56.83	(37.96)	8800m	13:58.54	(38.33)
		9200m	14:34.53	(37.70)	9200m	14:36.19	(37.65)
		9600m	15:12.10	(37.57)	9600m	15:13.63	(37.44)
		10000m	15:48.31	(36.21)	10000m	15:51.03	(37.40)

# 3rd Masters International Thialf Record Races

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		Naam	Cat	Land	PR	Tijd	Info
124	gl	115 <b>Kees Langeveld</b>	H65	NED	16:04.82	<b>17:12.88</b>	
	bl	74 <b>Robert Wierts</b>	H45	NED	14:30.77	<b>14:17.87</b>	PR
		<b>Kees Langeveld</b>			<b>Robert Wierts</b>		
		400m	43.80	(43.80)	400m	37.92	(37.92)
		800m	1:22.58	(38.78)	800m	1:10.74	(32.82)
		1200m	2:02.46	(39.88)	1200m	1:44.44	(33.70)
		1600m	2:43.25	(40.79)	1600m	2:18.67	(34.23)
		2000m	3:24.25	(41.00)	2000m	2:52.70	(34.03)
		2400m	4:04.85	(40.60)	2400m	3:26.39	(33.69)
		2800m	4:45.14	(40.29)	2800m	4:00.30	(33.91)
		3200m	5:25.17	(40.03)	3200m	4:34.60	(34.30)
		3600m	6:05.61	(40.44)	3600m	5:08.95	(34.35)
		4000m	6:46.62	(41.01)	4000m	5:43.33	(34.38)
		4400m	7:28.00	(41.38)	4400m	6:17.64	(34.31)
		4800m	8:09.70	(41.70)	4800m	6:51.89	(34.25)
		5200m	8:51.51	(41.81)	5200m	7:26.16	(34.27)
		5600m	9:33.26	(41.75)	5600m	8:00.80	(34.64)
		6000m	10:14.79	(41.53)	6000m	8:35.34	(34.54)
		6400m	10:56.41	(41.62)	6400m	9:09.83	(34.49)
		6800m	11:37.86	(41.45)	6800m	9:43.89	(34.06)
		7200m	12:19.93	(42.07)	7200m	10:18.26	(34.37)
		7600m	13:01.28	(41.35)	7600m	10:52.61	(34.35)
		8000m	13:42.99	(41.71)	8000m	11:26.99	(34.38)
		8400m	14:24.92	(41.93)	8400m	12:01.52	(34.53)
		8800m	15:07.38	(42.46)	8800m	12:35.79	(34.27)
		9200m	15:49.67	(42.29)	9200m	13:09.91	(34.12)
		9600m	16:31.60	(41.93)	9600m	13:44.21	(34.30)
		10000m	17:12.88	(41.28)	10000m	14:17.87	(33.66)

## 21. Uitslag 1500m Allround Normal

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	24 Timon Nieuwenstein	HSB	NED	10	I	1:59.67		
2	13 Frank Erik Tindvik	H40	NOR	10	O	2:00.00		
3	21 Ville Männistö	H40	FIN	9	O	2:01.92	PR	
4	140 Andrus Kuusk	HSB	EST	9	I	2:03.79	PR	
5	90 Daan Spoelstra	H45	NED	8	I	2:04.25		
6	40 Stijn Verhagen	H45	NED	8	O	2:08.44	PR	
7	97 Doede Wind	H45	NED	1	I	2:12.40		
8	29 Gijs van Cappelle	HSB	NED	7	O	2:12.74		
9	34 Ed de Looze	H55	NED	7	I	2:14.81		
10	85 Imme Kampen	D40	NED	6	O	2:17.34		
11	48 Pekka Aho	H55	FIN	6	I	2:20.51	PR	
12	36 Fietje van Bochove	DSB	NED	5	O	2:23.93	PR	
13	18 Laura den Otter	D40	NED	4	I	2:25.55	PR	
14	33 Kees Verdouw	H75	NED	4	O	2:25.61		
15	8 Stephan Haueisen	H55	GER	5	I	2:30.85		
16	93 Eskil Andersson	H55	SWE	3	O	2:30.95	PR	
17	144 Frank Günther	H60	GER	3	I	2:31.14		
18	76 Ad Kemp	H65	NED	2	I	2:45.85		
19	100 Kathleen Toth	D45	SUI	2	O	2:46.96	PR	



## 21. Rituitslag 1500m Allround Normal

		Naam	Cat	Land	PR	Tijd	Info
1	wt rd	97 <b>Doede Wind</b>	H45	NED	2:11.15	<b>2:12.40</b>	

### Doede Wind

300m	29.45	(29.45)	m
700m	1:01.96	(32.51)	
1100m	1:36.58	(34.62)	
1500m	2:12.40	(35.82)	

		Naam	Cat	Land	PR	Tijd	Info
2	gl	76 <b>Ad Kemp</b>	H65	NED	2:23.60	<b>2:45.85</b>	
	bl	100 <b>Kathleen Toth</b>	D45	SUI	2:49.69	<b>2:46.96</b>	PR

### Ad Kemp

300m	36.93	(36.93)
700m	1:20.15	(43.22)
1100m	2:02.49	(42.34)
1500m	2:45.85	(43.36)

### Kathleen Toth

300m	36.11	(36.11)
700m	1:17.73	(41.62)
1100m	2:01.10	(43.37)
1500m	2:46.96	(45.86)

		Naam	Cat	Land	PR	Tijd	Info
3	wt	144 <b>Frank Günther</b>	H60	GER	2:30.56	<b>2:31.14</b>	
	rd	93 <b>Eskil Andersson</b>	H55	SWE	2:37.99	<b>2:30.95</b>	PR

### Frank Günther

300m	31.60	(31.60)
700m	1:09.54	(37.94)
1100m	1:49.72	(40.18)
1500m	2:31.14	(41.42)

### Eskil Andersson

300m	34.08	(34.08)
700m	1:12.24	(38.16)
1100m	1:51.38	(39.14)
1500m	2:30.95	(39.57)

		Naam	Cat	Land	PR	Tijd	Info
4	gl	18 <b>Laura den Otter</b>	D40	NED	2:29.46	<b>2:25.55</b>	PR
	bl	33 <b>Kees Verdouw</b>	H75	NED	2:04.95	<b>2:25.61</b>	

### Laura den Otter

300m	32.50	(32.50)
700m	1:08.91	(36.41)
1100m	1:47.23	(38.32)
1500m	2:25.55	(38.32)

### Kees Verdouw

300m	32.57	(32.57)
700m	1:08.59	(36.02)
1100m	1:46.55	(37.96)
1500m	2:25.61	(39.06)

		Naam	Cat	Land	PR	Tijd	Info
5	wt	8 <b>Stephan Haueisen</b>	H55	GER	2:05.06	<b>2:30.85</b>	
	rd	36 <b>Fietje van Bochove</b>	DSB	NED	2:24.53	<b>2:23.93</b>	PR
		<b>Stephan Haueisen</b>			<b>Fietje van Bochove</b>		
		300m	33.56	(33.56)	300m	31.55	(31.55)
		700m	1:11.99	(38.43)	700m	1:07.24	(35.69)
		1100m	1:51.40	(39.41)	1100m	1:45.47	(38.23)
		1500m	2:30.85	(39.45)	1500m	2:23.93	(38.46)
		Naam	Cat	Land	PR	Tijd	Info
6	gl	48 <b>Pekka Aho</b>	H55	FIN	2:20.55	<b>2:20.51</b>	PR
	bl	85 <b>Imme Kampen</b>	D40	NED	2:13.55	<b>2:17.34</b>	
		<b>Pekka Aho</b>			<b>Imme Kampen</b>		
		300m	29.15	(29.15)	300m	29.96	(29.96)
		700m	1:04.28	(35.13)	700m	1:03.95	(33.99)
		1100m	1:41.47	(37.19)	1100m	1:39.71	(35.76)
		1500m	2:20.51	(39.04)	1500m	2:17.34	(37.63)
		Naam	Cat	Land	PR	Tijd	Info
7	wt	34 <b>Ed de Looze</b>	H55	NED	2:03.01	<b>2:14.81</b>	
	rd	29 <b>Gijs van Cappelle</b>	HSB	NED	2:06.78	<b>2:12.74</b>	
		<b>Ed de Looze</b>			<b>Gijs van Cappelle</b>		
		300m	31.08	(31.08)	300m	28.66	(28.66)
		700m	1:05.16	(34.08)	700m	1:01.77	(33.11)
		1100m	1:39.96	(34.80)	1100m	1:36.32	(34.55)
		1500m	2:14.81	(34.85)	1500m	2:12.74	(36.42)
		Naam	Cat	Land	PR	Tijd	Info
8	gl	90 <b>Daan Spoelstra</b>	H45	NED	2:03.63	<b>2:04.25</b>	
	bl	40 <b>Stijn Verhagen</b>	H45	NED	2:09.19	<b>2:08.44</b>	PR
		<b>Daan Spoelstra</b>			<b>Stijn Verhagen</b>		
		300m	27.78	(27.78)	300m	28.78	(28.78)
		700m	58.74	(30.96)	700m	1:00.70	(31.92)
		1100m	1:30.91	(32.17)	1100m	1:34.02	(33.32)
		1500m	2:04.25	(33.34)	1500m	2:08.44	(34.42)

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		Naam	Cat	Land	PR	Tijd	Info
9	wt	140 <b>Andrus Kuusk</b>	HSB	EST	2:07.77	<b>2:03.79</b>	PR
	rd	21 <b>Ville Männistö</b>	H40	FIN	2:03.15	<b>2:01.92</b>	PR
		<b>Andrus Kuusk</b>			<b>Ville Männistö</b>		
		300m	27.43	(27.43)	300m	27.27	(27.27)
		700m	58.80	(31.37)	700m	57.65	(30.38)
		1100m	1:30.84	(32.04)	1100m	1:29.18	(31.53)
		1500m	2:03.79	(32.95)	1500m	2:01.92	(32.74)
		Naam	Cat	Land	PR	Tijd	Info
10	gl	24 <b>Timon Nieuwenstein</b>	HSB	NED	1:51.19	<b>1:59.67</b>	
	bl	13 <b>Frank Erik Tindvik</b>	H40	NOR	1:59.58	<b>2:00.00</b>	
		<b>Timon Nieuwenstein</b>			<b>Frank Erik Tindvik</b>		
		300m	26.48	(26.48)	300m	27.20	(27.20)
		700m	56.12	(29.64)	700m	56.83	(29.63)
		1100m	1:27.06	(30.94)	1100m	1:27.63	(30.80)
		1500m	1:59.67	(32.61)	1500m	2:00.00	(32.37)



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## 22. Uitslag 1500m Allround Normal - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	114 Jasper van der Marel	HA1	NED	12	I	1:55.58	PR	
2	107 Niels Meijer	HN1	NED	11	I	2:00.08		
3	106 Sylvian Hoogeveen	HA1	NED	12	O	2:02.26	PR	
4	110 Emma van der Liet	DA2	NED	11	O	2:16.35	PR	

## 22. Rituitslag 1500m Allround Normal - O

		Naam	Cat	Land	PR	Tijd	Info
11	wt	107 <b>Niels Meijer</b>	HN1	NED	1:56.66	<b>2:00.08</b>	
	rd	110 <b>Emma van der Liet</b>	DA2	NED	2:17.20	<b>2:16.35</b>	PR

### Niels Meijer

300m	26.94	(26.94)
700m	56.85	(29.91)
1100m	1:27.87	(31.02)
1500m	2:00.08	(32.21)

### Emma van der Liet

300m	29.51	(29.51)
700m	1:02.79	(33.28)
1100m	1:38.72	(35.93)
1500m	2:16.35	(37.63)

		Naam	Cat	Land	PR	Tijd	Info
12	gl	114 <b>Jasper van der Marel</b>	HA1	NED	1:56.37	<b>1:55.58</b>	PR
	bl	106 <b>Sylvian Hoogeveen</b>	HA1	NED	2:02.43	<b>2:02.26</b>	PR

### Jasper van der Marel

300m	26.26	(26.26)
700m	54.65	(28.39)
1100m	1:24.46	(29.81)
1500m	1:55.58	(31.12)

### Sylvian Hoogeveen

300m	26.33	(26.33)
700m	56.23	(29.90)
1100m	1:28.49	(32.26)
1500m	2:02.26	(33.77)

## 23. Uitslag 1500m Allround Big

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	124 Ole Bjørnsmoen Næss	HSA	NOR	24	I	1:54.02		
2	130 Martin Hänggi	H55	SUI	24	O	1:56.70		
3	139 Sybe van Hijum	HSB	NED	23	I	2:05.49	PR	
4	103 Christiaan Smit	HSA	NED	22	I	2:09.78	PR	
5	69 Marc Nieuwenhuijse	H40	NED	23	O	2:11.76	PR	
6	3 Erol Aksoy	H50	NED	21	I	2:11.94		
7	123 Seppe Lybaert	HSB	BEL	21	O	2:13.06		
8	64 John van der Vlugt	H65	NED	22	O	2:13.55		
9	11 Mircea Vranceanu	H65	GER	20	O	2:16.43		
10	54 Trygve Reitan	H50	NOR	20	I	2:16.58	PR	
11	17 Freek Smits	H45	NED	13	O	2:18.67		
12	84 Peter Weiss	H65	SWE	19	O	2:18.82		
13	88 Koen van Egmond	HSB	NED	19	I	2:20.68		
14	32 Esther Bouman	DSB	NED	18	I	2:22.64		
15	58 Kees Voorhoeve	H65	NED	18	O	2:22.98		
16	5 Marvin Zeisberg	HSB	GER	17	O	2:23.76	PR	
17	7 Oktavian-Kornel Moga	H55	ROU	17	I	2:26.00		
18	42 Ciska Stark	D60	NED	16	I	2:29.04		
19	16 Guylaine Larouche	D65	CAN	16	O	2:29.37		
20	10 Johan Metting-van Rijn	H60	SUI	15	I	2:30.85		
21	1 Tialda Gerritsma	D55	NED	14	I	2:33.06		
22	12 Hans-Gerd Heyne	H55	GER	15	O	2:33.63		
23	28 Daniëlle Frijters	DSB	NED	14	O	2:36.50	PR	
24	53 Risto Nordman	H70	FIN	13	I	2:40.49	PR	

## 23. Rituitslag 1500m Allround Big

		Naam	Cat	Land	PR	Tijd	Info
13	wt	53 <b>Risto Nordman</b>	H70	FIN	2:49.05	<b>2:40.49</b>	PR
	rd	17 <b>Freek Smits</b>	H45	NED	2:13.39	<b>2:18.67</b>	
<b>Risto Nordman</b>			<b>Freek Smits</b>				
		300m	34.41	(34.41)	300m	29.37	(29.37)
		700m	1:14.71	(40.30)	700m	1:04.31	(34.94)
		1100m	1:56.99	(42.28)	1100m	1:40.99	(36.68)
		1500m	2:40.49	(43.50)	1500m	2:18.67	(37.68)
		Naam	Cat	Land	PR	Tijd	Info
14	gl	1 <b>Tialda Gerritsma</b>	D55	NED	2:25.51	<b>2:33.06</b>	
	bl	28 <b>Daniëlle Frijters</b>	DSB	NED	2:37.36	<b>2:36.50</b>	PR
<b>Tialda Gerritsma</b>			<b>Daniëlle Frijters</b>				
		300m	34.87	(34.87)	300m	34.55	(34.55)
		700m	1:13.04	(38.17)	700m	1:13.16	(38.61)
		1100m	1:52.62	(39.58)	1100m	1:53.97	(40.81)
		1500m	2:33.06	(40.44)	1500m	2:36.50	(42.53)
		Naam	Cat	Land	PR	Tijd	Info
15	wt	10 <b>Johan Metting-van Rijn</b>	H60	SUI	2:09.58	<b>2:30.85</b>	
	rd	12 <b>Hans-Gerd Heyne</b>	H55	GER	2:32.99	<b>2:33.63</b>	
<b>Johan Metting-van Rijn</b>			<b>Hans-Gerd Heyne</b>				
		300m	33.31	(33.31)	300m	34.70	(34.70)
		700m	1:11.77	(38.46)	700m	1:14.46	(39.76)
		1100m	1:51.16	(39.39)	1100m	1:54.50	(40.04)
		1500m	2:30.85	(39.69)	1500m	2:33.63	(39.13)
		Naam	Cat	Land	PR	Tijd	Info
16	gl	42 <b>Ciska Stark</b>	D60	NED	2:23.28	<b>2:29.04</b>	
	bl	16 <b>Guylaine Larouche</b>	D65	CAN	2:27.18	<b>2:29.37</b>	
<b>Ciska Stark</b>			<b>Guylaine Larouche</b>				
		300m	32.11	(32.11)	300m	32.54	(32.54)
		700m	1:08.80	(36.69)	700m	1:09.83	(37.29)
		1100m	1:47.93	(39.13)	1100m	1:49.44	(39.61)
		1500m	2:29.04	(41.11)	1500m	2:29.37	(39.93)

		Naam	Cat	Land	PR	Tijd	Info
17	wt	7 <b>Oktavian-Kornel Moga</b>	H55	ROU	2:13.84	<b>2:26.00</b>	
	rd	5 <b>Marvin Zeisberg</b>	HSB	GER	2:23.82	<b>2:23.76</b>	PR
		<b>Oktavian-Kornel Moga</b>			<b>Marvin Zeisberg</b>		
		300m	32.31	(32.31)	300m	30.84	(30.84)
		700m	1:08.63	(36.32)	700m	1:06.33	(35.49)
		1100m	1:46.70	(38.07)	1100m	1:43.87	(37.54)
		1500m	2:26.00	(39.30)	1500m	2:23.76	(39.89)
		Naam	Cat	Land	PR	Tijd	Info
18	gl	32 <b>Esther Bouman</b>	DSB	NED	2:16.32	<b>2:22.64</b>	
	bl	58 <b>Kees Voorhoeve</b>	H65	NED	2:19.73	<b>2:22.98</b>	
		<b>Esther Bouman</b>			<b>Kees Voorhoeve</b>		
		300m	31.56	(31.56)	300m	31.87	(31.87)
		700m	1:06.91	(35.35)	700m	1:07.68	(35.81)
		1100m	1:43.70	(36.79)	1100m	1:44.68	(37.00)
		1500m	2:22.64	(38.94)	1500m	2:22.98	(38.30)
		Naam	Cat	Land	PR	Tijd	Info
19	wt	88 <b>Koen van Egmond</b>	HSB	NED	2:20.27	<b>2:20.68</b>	
	rd	84 <b>Peter Weiss</b>	H65	SWE	2:18.41	<b>2:18.82</b>	
		<b>Koen van Egmond</b>			<b>Peter Weiss</b>		
		300m	31.32	(31.32)	300m	30.19	(30.19)
		700m	1:06.70	(35.38)	700m	1:05.40	(35.21)
		1100m	1:43.20	(36.50)	1100m	1:41.91	(36.51)
		1500m	2:20.68	(37.48)	1500m	2:18.82	(36.91)
		Naam	Cat	Land	PR	Tijd	Info
20	gl	54 <b>Trygve Reitan</b>	H50	NOR	2:19.18	<b>2:16.58</b>	PR
	bl	11 <b>Mircea Vranceanu</b>	H65	GER	2:04.09	<b>2:16.43</b>	
		<b>Trygve Reitan</b>			<b>Mircea Vranceanu</b>		
		300m	30.39	(30.39)	300m	30.16	(30.16)
		700m	1:04.42	(34.03)	700m	1:03.80	(33.64)
		1100m	1:39.92	(35.50)	1100m	1:39.46	(35.66)
		1500m	2:16.58	(36.66)	1500m	2:16.43	(36.97)



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		Naam	Cat	Land	PR	Tijd	Info
21	wt	3 <b>Erol Aksoy</b>	H50	NED	2:10.87	<b>2:11.94</b>	
	rd	123 <b>Seppe Lybaert</b>	HSB	BEL	2:11.07	<b>2:13.06</b>	
		<b>Erol Aksoy</b>			<b>Seppe Lybaert</b>		
		300m 28.38 (28.38)			300m 29.51 (29.51)		
		700m 1:00.49 (32.11)			700m 1:02.66 (33.15)		
		1100m 1:35.20 (34.71)			1100m 1:37.07 (34.41)		
		1500m 2:11.94 (36.74)			1500m 2:13.06 (35.99)		
		Naam	Cat	Land	PR	Tijd	Info
22	gl	103 <b>Christiaan Smit</b>	HSA	NED	2:10.46	<b>2:09.78</b>	PR
	bl	64 <b>John van der Vlugt</b>	H65	NED	2:00.94	<b>2:13.55</b>	
		<b>Christiaan Smit</b>			<b>John van der Vlugt</b>		
		300m 27.94 (27.94)			300m 29.82 (29.82)		
		700m 59.36 (31.42)			700m 1:03.48 (33.66)		
		1100m 1:33.31 (33.95)			1100m 1:38.55 (35.07)		
		1500m 2:09.78 (36.47)			1500m 2:13.55 (35.00)		
		Naam	Cat	Land	PR	Tijd	Info
23	wt	139 <b>Sybe van Hijum</b>	HSB	NED	2:05.59	<b>2:05.49</b>	PR
	rd	69 <b>Marc Nieuwenhuijse</b>	H40	NED	2:12.52	<b>2:11.76</b>	PR
		<b>Sybe van Hijum</b>			<b>Marc Nieuwenhuijse</b>		
		300m 28.24 (28.24)			300m 30.32 (30.32)		
		700m 59.28 (31.04)			700m 1:03.28 (32.96)		
		1100m 1:31.75 (32.47)			1100m 1:36.92 (33.64)		
		1500m 2:05.49 (33.74)			1500m 2:11.76 (34.84)		
		Naam	Cat	Land	PR	Tijd	Info
24	gl	124 <b>Ole Bjørnsmoen Næss</b>	HSA	NOR	1:49.76	<b>1:54.02</b>	
	bl	130 <b>Martin Hänggi</b>	H55	SUI	1:52.16	<b>1:56.70</b>	
		<b>Ole Bjørnsmoen Næss</b>			<b>Martin Hänggi</b>		
		300m 26.30 (26.30)			300m 26.31 (26.31)		
		700m 54.79 (28.49)			700m 55.48 (29.17)		
		1100m 1:23.95 (29.16)			1100m 1:25.86 (30.38)		
		1500m 1:54.02 (30.07)			1500m 1:56.70 (30.84)		

## 24. Uitslag 500m Sprint

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	14 Filip-Mihail Woicik	H40	ROU	38	I	39.31		
2	47 Bart Seffinga	H40	NED	38	O	39.38		
3	101 Joshua Stänz	HSA	SUI	36	I	40.93		
4	79 Christian Arlt	H40	GER	37	I	40.94		
5	126 Michiel Wienese	H40	NED	37	O	41.11		
6	60 Marloes Westerhof	DSB	NED	35	I	42.27		
7	43 Erik Jeurig	H40	NED	36	O	42.30	PR	
8	77 Robbert-Jan Neven	H45	NED	35	O	42.78		
9	57 Jan van der Stouwe	H55	NED	34	O	42.81		
10	65 Anke Jannie Landman	D45	NED	34	I	43.60		
11	71 Renske Winters	D45	NED	33	I	43.77		
12	45 Hans Edens	H45	NED	32	O	43.81	PR	
13	125 Piet Siemonsma	H65	NED	32	I	44.10		
14	80 Waldemar Kramer	H70	GER	33	O	44.54		
15	46 Eelco van der Meer	H45	NED	31	O	45.15		
16	62 Anja Bollaart	D55	NED	31	I	46.61		
17	70 Ferd Veelenturf	H65	NED	30	I	46.74		
18	61 Kees Bollaart	H60	NED	30	O	48.18		
19	66 Karin Terhürne	D55	NED	29	O	49.83		
20	23 Pentti Kiiskinen	H75	FIN	29	I	49.97		
21	39 Johan Smit	H65	NED	28	O	50.29		
22	145 Astrid Janssen	D60	NED	28	I	50.84		
23	91 Seppo Saarinen	H65	FIN	27	O	53.34		
24	68 Henriët van Ling	D55	NED	27	I	1:01.18		
25	131 Hossein Heidari	H45	IRI	25	O	1:10.27	PR	

## 24. Rituitslag 500m Sprint

	Naam	Cat	Land	PR	Tijd	Info
25	wt					
	rd	131 <b>Hossein Heidari</b>	H45	IRI	1:13.04	<b>1:10.27</b> PR
	<b>Hossein Heidari</b>					
	m		100m	15.47	(15.47)	
			500m	1:10.27	(54.80)	

	Naam	Cat	Land	PR	Tijd	Info
26	gl					
	bl					
	m		m			

	Naam	Cat	Land	PR	Tijd	Info
27	wt	68 <b>Henriët van Ling</b>	D55	NED	1:01.16	<b>1:01.18</b>
	rd	91 <b>Seppo Saarinen</b>	H65	FIN	52.02	<b>53.34</b>
	<b>Henriët van Ling</b>			<b>Seppo Saarinen</b>		
		100m	16.51	(16.51)	100m	13.50 (13.50)
		500m	1:01.18	(44.67)	500m	53.34 (39.84)

	Naam	Cat	Land	PR	Tijd	Info
28	gl	145 <b>Astrid Janssen</b>	D60	NED	46.77	<b>50.84</b>
	bl	39 <b>Johan Smit</b>	H65	NED	47.45	<b>50.29</b>
	<b>Astrid Janssen</b>			<b>Johan Smit</b>		
		100m	13.70	(13.70)	100m	13.52 (13.52)
		500m	50.84	(37.14)	500m	50.29 (36.77)

	Naam	Cat	Land	PR	Tijd	Info
29	wt	23 <b>Pentti Kiiskinen</b>	H75	FIN	38.90	<b>49.97</b>
	rd	66 <b>Karin Terhürne</b>	D55	NED	46.45	<b>49.83</b>
	<b>Pentti Kiiskinen</b>			<b>Karin Terhürne</b>		
		100m	13.38	(13.38)	100m	13.49 (13.49)
		500m	49.97	(36.59)	500m	49.83 (36.34)

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		Naam	Cat	Land	PR	Tijd	Info
30	gl	70 <b>Ferd Veelenturf</b>	H65	NED	42.32	<b>46.74</b>	
	bl	61 <b>Kees Bollaart</b>	H60	NED	45.39	<b>48.18</b>	
		<b>Ferd Veelenturf</b>			<b>Kees Bollaart</b>		
		100m 12.83 (12.83)			100m 13.23 (13.23)		
		500m 46.74 (33.91)			500m 48.18 (34.95)		
		Naam	Cat	Land	PR	Tijd	Info
31	wt	62 <b>Anja Bollaart</b>	D55	NED	41.31	<b>46.61</b>	
	rd	46 <b>Eelco van der Meer</b>	H45	NED	41.82	<b>45.15</b>	
		<b>Anja Bollaart</b>			<b>Eelco van der Meer</b>		
		100m 12.70 (12.70)			100m 12.25 (12.25)		
		500m 46.61 (33.91)			500m 45.15 (32.90)		
		Naam	Cat	Land	PR	Tijd	Info
32	gl	125 <b>Piet Siemonsma</b>	H65	NED	42.05	<b>44.10</b>	
	bl	45 <b>Hans Edens</b>	H45	NED	43.81	<b>43.81</b>	PR
		<b>Piet Siemonsma</b>			<b>Hans Edens</b>		
		100m 12.42 (12.42)			100m 12.11 (12.11)		
		500m 44.10 (31.68)			500m 43.81 (31.70)		
		Naam	Cat	Land	PR	Tijd	Info
33	wt	71 <b>Renske Winters</b>	D45	NED	42.36	<b>43.77</b>	
	rd	80 <b>Waldemar Kramer</b>	H70	GER	41.52	<b>44.54</b>	
		<b>Renske Winters</b>			<b>Waldemar Kramer</b>		
		100m 12.11 (12.11)			100m 12.19 (12.19)		
		500m 43.77 (31.66)			500m 44.54 (32.35)		
		Naam	Cat	Land	PR	Tijd	Info
34	gl	65 <b>Anke Jannie Landman</b>	D45	NED	41.26	<b>43.60</b>	
	bl	57 <b>Jan van der Stouwe</b>	H55	NED	39.24	<b>42.81</b>	
		<b>Anke Jannie Landman</b>			<b>Jan van der Stouwe</b>		
		100m 11.98 (11.98)			100m 11.62 (11.62)		
		500m 43.60 (31.62)			500m 42.81 (31.19)		

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		Naam	Cat	Land	PR	Tijd	Info
35	wt	60 <b>Marloes Westerhof</b>	DSB	NED	41.98	<b>42.27</b>	
	rd	77 <b>Robbert-Jan Neven</b>	H45	NED	42.62	<b>42.78</b>	
		<b>Marloes Westerhof</b>		<b>Robbert-Jan Neven</b>			
		100m	11.66	(11.66)	100m	11.62	(11.62)
		500m	42.27	(30.61)	500m	42.78	(31.16)

		Naam	Cat	Land	PR	Tijd	Info
36	gl	101 <b>Joshua Stänz</b>	HSA	SUI	39.10	<b>40.93</b>	
	bl	43 <b>Erik Jeuring</b>	H40	NED	42.63	<b>42.30</b>	PR
		<b>Joshua Stänz</b>		<b>Erik Jeuring</b>			
		100m	11.20	(11.20)	100m	11.35	(11.35)
		500m	40.93	(29.73)	500m	42.30	(30.95)

		Naam	Cat	Land	PR	Tijd	Info
37	wt	79 <b>Christian Arlt</b>	H40	GER	39.73	<b>40.94</b>	
	rd	126 <b>Michiel Wienese</b>	H40	NED	39.40	<b>41.11</b>	
		<b>Christian Arlt</b>		<b>Michiel Wienese</b>			
		100m	11.54	(11.54)	100m	11.27	(11.27)
		500m	40.94	(29.40)	500m	41.11	(29.84)

		Naam	Cat	Land	PR	Tijd	Info
38	gl	14 <b>Filip-Mihail Woicik</b>	H40	ROU	39.30	<b>39.31</b>	
	bl	47 <b>Bart Seffinga</b>	H40	NED	37.10	<b>39.38</b>	
		<b>Filip-Mihail Woicik</b>		<b>Bart Seffinga</b>			
		100m	10.67	(10.67)	100m	11.03	(11.03)
		500m	39.31	(28.64)	500m	39.38	(28.35)



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## 25. Uitslag 500m Sprint - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	116 Jasper Sinke	HN1	NED	40	O	37.82		
2	142 Rutger Verhoeff	HB2	NED	40	I	39.24		
	143 Sarp Visser	HB2	NED			WDR		

## 25. Rituitslag 500m Sprint - O

	Naam	Cat	Land	PR	Tijd Info
39	wt rd 143 <b>Sarp Visser</b>	HB2	NED	39.68	<b>WDR</b>
	m		<b>Sarp Visser</b>		

	Naam	Cat	Land	PR	Tijd Info
40	gl 142 <b>Rutger Verhoeff</b>	HB2	NED	38.76	<b>39.24</b>
	bl 116 <b>Jasper Sinke</b>	HN1	NED	37.33	<b>37.82</b>
	<b>Rutger Verhoeff</b>		<b>Jasper Sinke</b>		
	100m	10.76 (10.76)	100m	10.40 (10.40)	
	500m	39.24 (28.48)	500m	37.82 (27.42)	

## 26. Uitslag 5000m Allround Normal

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	13 Frank Erik Tindvik	H40	NOR	50	O	7:19.12		
2	140 Andrus Kuusk	HSB	EST	49	I	7:27.64		
3	21 Ville Männistö	H40	FIN	49	O	7:36.96	PR	
4	24 Timon Nieuwenstein	HSB	NED	50	I	7:42.74		
5	90 Daan Spoelstra	H45	NED	48	I	7:47.86	PR	
6	34 Ed de Looze	H55	NED	47	I	8:02.04		
7	40 Stijn Verhagen	H45	NED	48	O	8:04.48	PR	
8	85 Imme Kampen	D40	NED	46	O	8:16.73		
9	29 Gijs van Cappelle	HSB	NED	47	O	8:17.21		
10	97 Doede Wind	H45	NED	41	I	8:18.83	PR	
11	18 Laura den Otter	D40	NED	44	I	8:44.94		
12	8 Stephan Haueisen	H55	GER	45	I	8:45.15		
13	33 Kees Verdouw	H75	NED	44	O	8:48.27		
14	93 Eskil Andersson	H55	SWE	43	O	8:49.62	PR	
15	48 Pekka Aho	H55	FIN	46	I	8:53.53		
16	36 Fietje van Bochove	DSB	NED	45	O	9:00.63		
17	144 Frank Günther	H60	GER	43	I	9:09.09		
18	100 Kathleen Toth	D45	SUI	42	O	10:14.45	PR	
	76 Ad Kemp	H65	NED	42	I	DQ		



## 26. Rituitslag 5000m Allround Normal

		Naam	Cat	Land	PR	Tijd Info
41	wt rd	97 <b>Doede Wind</b>	H45	NED	8:23.73	<b>8:18.83</b> PR

### Doede Wind

Distance	Time	Record	Unit
200m	23.63	(23.63)	m
600m	1:01.91	(38.28)	
1000m	1:40.72	(38.81)	
1400m	2:20.10	(39.38)	
1800m	2:59.87	(39.77)	
2200m	3:39.35	(39.48)	
2600m	4:19.22	(39.87)	
3000m	4:59.17	(39.95)	
3400m	5:39.55	(40.38)	
3800m	6:19.64	(40.09)	
4200m	6:59.70	(40.06)	
4600m	7:39.85	(40.15)	
5000m	8:18.83	(38.98)	

		Naam	Cat	Land	PR	Tijd Info
42	gl	76 <b>Ad Kemp</b>	H65	NED	9:23.99	<b>DQ</b>
	bl	100 <b>Kathleen Toth</b>	D45	SUI	10:15.99	<b>10:14.45</b> PR

### Ad Kemp

Distance	Time	Record
200m	29.06	(29.06)
600m	1:14.75	(45.69)
1000m	2:00.46	(45.71)
1400m	2:45.86	(45.40)
1800m	3:31.30	(45.44)
2200m	4:16.12	(44.82)
2600m	5:00.12	(44.00)
3000m	5:44.42	(44.30)
3400m	6:29.29	(44.87)
3800m	7:15.07	(45.78)
4200m	8:00.45	(45.38)
4600m	8:43.95	(43.50)
5000m	9:27.45	(43.50)

### Kathleen Toth

Distance	Time	Record
200m	26.74	(26.74)
600m	1:10.93	(44.19)
1000m	1:59.37	(48.44)
1400m	2:47.85	(48.48)
1800m	3:35.04	(47.19)
2200m	4:24.09	(49.05)
2600m	5:14.36	(50.27)
3000m	6:04.66	(50.30)
3400m	6:54.76	(50.10)
3800m	7:45.46	(50.70)
4200m	8:35.79	(50.33)
4600m	9:25.61	(49.82)
5000m	10:14.45	(48.84)

# 3rd Masters International Thialf Record Races

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		Naam	Cat	Land	PR	Tijd	Info
43	wt	144 <b>Frank Günther</b>	H60	GER	9:03.74	<b>9:09.09</b>	
	rd	93 <b>Eskil Andersson</b>	H55	SWE	9:15.66	<b>8:49.62</b>	PR
		<b>Frank Günther</b>			<b>Eskil Andersson</b>		
		200m	24.75	(24.75)	200m	25.74	(25.74)
		600m	1:05.80	(41.05)	600m	1:05.13	(39.39)
		1000m	1:47.62	(41.82)	1000m	1:45.32	(40.19)
		1400m	2:30.61	(42.99)	1400m	2:26.51	(41.19)
		1800m	3:13.88	(43.27)	1800m	3:08.00	(41.49)
		2200m	3:57.62	(43.74)	2200m	3:49.78	(41.78)
		2600m	4:41.87	(44.25)	2600m	4:31.69	(41.91)
		3000m	5:26.65	(44.78)	3000m	5:14.26	(42.57)
		3400m	6:11.74	(45.09)	3400m	5:56.96	(42.70)
		3800m	6:57.02	(45.28)	3800m	6:39.87	(42.91)
		4200m	7:41.28	(44.26)	4200m	7:22.72	(42.85)
		4600m	8:25.52	(44.24)	4600m	8:06.24	(43.52)
		5000m	9:09.09	(43.57)	5000m	8:49.62	(43.38)

		Naam	Cat	Land	PR	Tijd	Info
44	gl	18 <b>Laura den Otter</b>	D40	NED		<b>8:44.94</b>	
	bl	33 <b>Kees Verdouw</b>	H75	NED	7:35.62	<b>8:48.27</b>	
		<b>Laura den Otter</b>			<b>Kees Verdouw</b>		
		200m	24.88	(24.88)	200m	25.11	(25.11)
		600m	1:03.78	(38.90)	600m	1:04.53	(39.42)
		1000m	1:43.77	(39.99)	1000m	1:45.37	(40.84)
		1400m	2:25.62	(41.85)	1400m	2:26.51	(41.14)
		1800m	3:07.83	(42.21)	1800m	3:08.71	(42.20)
		2200m	3:50.72	(42.89)	2200m	3:50.91	(42.20)
		2600m	4:33.50	(42.78)	2600m	4:33.36	(42.45)
		3000m	5:16.48	(42.98)	3000m	5:15.76	(42.40)
		3400m	5:59.86	(43.38)	3400m	5:58.45	(42.69)
		3800m	6:41.89	(42.03)	3800m	6:40.99	(42.54)
		4200m	7:24.16	(42.27)	4200m	7:23.93	(42.94)
		4600m	8:05.65	(41.49)	4600m	8:05.98	(42.05)
		5000m	8:44.94	(39.29)	5000m	8:48.27	(42.29)

		Naam	Cat	Land	PR	Tijd	Info
45	wt	8 <b>Stephan Hau Eisen</b>	H55	GER	7:27.39	<b>8:45.15</b>	
	rd	36 <b>Fietje van Bochove</b>	DSB	NED		<b>9:00.63</b>	
		<b>Stephan Hau Eisen</b>			<b>Fietje van Bochove</b>		
		200m	24.62	(24.62)	200m	25.13	(25.13)
		600m	1:04.76	(40.14)	600m	1:04.38	(39.25)
		1000m	1:44.78	(40.02)	1000m	1:45.27	(40.89)
		1400m	2:25.76	(40.98)	1400m	2:26.70	(41.43)
		1800m	3:06.28	(40.52)	1800m	3:07.91	(41.21)
		2200m	3:47.78	(41.50)	2200m	3:50.91	(43.00)
		2600m	4:29.34	(41.56)	2600m	4:34.54	(43.63)
		3000m	5:11.68	(42.34)	3000m	5:18.36	(43.82)
		3400m	5:53.54	(41.86)	3400m	6:02.88	(44.52)
		3800m	6:35.29	(41.75)	3800m	6:47.76	(44.88)
		4200m	7:18.52	(43.23)	4200m	7:32.93	(45.17)
		4600m	8:02.01	(43.49)	4600m	8:17.46	(44.53)
		5000m	8:45.15	(43.14)	5000m	9:00.63	(43.17)

		Naam	Cat	Land	PR	Tijd	Info
46	gl	48 <b>Pekka Aho</b>	H55	FIN		<b>8:53.53</b>	
	bl	85 <b>Imme Kampen</b>	D40	NED	7:55.54	<b>8:16.73</b>	
		<b>Pekka Aho</b>			<b>Imme Kampen</b>		
		200m	23.04	(23.04)	200m	22.95	(22.95)
		600m	1:01.23	(38.19)	600m	58.70	(35.75)
		1000m	1:43.84	(42.61)	1000m	1:36.31	(37.61)
		1400m	2:27.44	(43.60)	1400m	2:14.64	(38.33)
		1800m	3:09.80	(42.36)	1800m	2:53.27	(38.63)
		2200m	3:52.04	(42.24)	2200m	3:32.38	(39.11)
		2600m	4:34.84	(42.80)	2600m	4:11.24	(38.86)
		3000m	5:17.69	(42.85)	3000m	4:51.11	(39.87)
		3400m	6:00.76	(43.07)	3400m	5:31.49	(40.38)
		3800m	6:44.00	(43.24)	3800m	6:12.49	(41.00)
		4200m	7:27.48	(43.48)	4200m	6:54.01	(41.52)
		4600m	8:11.17	(43.69)	4600m	7:35.46	(41.45)
		5000m	8:53.53	(42.36)	5000m	8:16.73	(41.27)

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		Naam	Cat	Land	PR	Tijd	Info
47	wt	34 <b>Ed de Looze</b>	H55	NED	7:42.48	<b>8:02.04</b>	
	rd	29 <b>Gijs van Cappelle</b>	HSB	NED		<b>8:17.21</b>	
		<b>Ed de Looze</b>			<b>Gijs van Cappelle</b>		
		200m	24.57	(24.57)	200m	22.59	(22.59)
		600m	1:02.55	(37.98)	600m	1:00.16	(37.57)
		1000m	1:40.23	(37.68)	1000m	1:39.90	(39.74)
		1400m	2:18.79	(38.56)	1400m	2:19.31	(39.41)
		1800m	2:57.36	(38.57)	1800m	2:58.36	(39.05)
		2200m	3:35.62	(38.26)	2200m	3:37.39	(39.03)
		2600m	4:13.66	(38.04)	2600m	4:16.54	(39.15)
		3000m	4:51.56	(37.90)	3000m	4:56.22	(39.68)
		3400m	5:29.14	(37.58)	3400m	5:36.23	(40.01)
		3800m	6:06.51	(37.37)	3800m	6:16.06	(39.83)
		4200m	6:44.92	(38.41)	4200m	6:56.45	(40.39)
		4600m	7:23.83	(38.91)	4600m	7:36.74	(40.29)
		5000m	8:02.04	(38.21)	5000m	8:17.21	(40.47)

		Naam	Cat	Land	PR	Tijd	Info
48	gl	90 <b>Daan Spoelstra</b>	H45	NED	7:48.60	<b>7:47.86</b>	PR
	bl	40 <b>Stijn Verhagen</b>	H45	NED	8:10.81	<b>8:04.48</b>	PR
		<b>Daan Spoelstra</b>			<b>Stijn Verhagen</b>		
		200m	21.55	(21.55)	200m	22.88	(22.88)
		600m	56.67	(35.12)	600m	59.20	(36.32)
		1000m	1:33.32	(36.65)	1000m	1:37.22	(38.02)
		1400m	2:10.26	(36.94)	1400m	2:15.35	(38.13)
		1800m	2:47.39	(37.13)	1800m	2:53.19	(37.84)
		2200m	3:24.84	(37.45)	2200m	3:31.56	(38.37)
		2600m	4:02.51	(37.67)	2600m	4:10.33	(38.77)
		3000m	4:40.26	(37.75)	3000m	4:48.93	(38.60)
		3400m	5:17.91	(37.65)	3400m	5:27.70	(38.77)
		3800m	5:55.64	(37.73)	3800m	6:06.47	(38.77)
		4200m	6:33.43	(37.79)	4200m	6:45.76	(39.29)
		4600m	7:11.02	(37.59)	4600m	7:25.06	(39.30)
		5000m	7:47.86	(36.84)	5000m	8:04.48	(39.42)

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		Naam	Cat	Land	PR	Tijd	Info
49	wt	140 <b>Andrus Kuusk</b>	HSB	EST		<b>7:27.64</b>	
	rd	21 <b>Ville Männistö</b>	H40	FIN	7:43.69	<b>7:36.96</b>	PR
		<b>Andrus Kuusk</b>			<b>Ville Männistö</b>		
		200m	20.96	(20.96)	200m	22.07	(22.07)
		600m	56.56	(35.60)	600m	56.77	(34.70)
		1000m	1:31.67	(35.11)	1000m	1:32.78	(36.01)
		1400m	2:06.61	(34.94)	1400m	2:08.71	(35.93)
		1800m	2:41.60	(34.99)	1800m	2:44.28	(35.57)
		2200m	3:16.52	(34.92)	2200m	3:20.08	(35.80)
		2600m	3:51.79	(35.27)	2600m	3:55.70	(35.62)
		3000m	4:27.09	(35.30)	3000m	4:32.02	(36.32)
		3400m	5:02.38	(35.29)	3400m	5:08.30	(36.28)
		3800m	5:38.13	(35.75)	3800m	5:44.91	(36.61)
		4200m	6:14.27	(36.14)	4200m	6:22.16	(37.25)
		4600m	6:50.94	(36.67)	4600m	6:59.70	(37.54)
		5000m	7:27.64	(36.70)	5000m	7:36.96	(37.26)

		Naam	Cat	Land	PR	Tijd	Info
50	gl	24 <b>Timon Nieuwenstein</b>	HSB	NED	6:49.50	<b>7:42.74</b>	
	bl	13 <b>Frank Erik Tindvik</b>	H40	NOR	7:12.43	<b>7:19.12</b>	
		<b>Timon Nieuwenstein</b>			<b>Frank Erik Tindvik</b>		
		200m	21.60	(21.60)	200m	21.66	(21.66)
		600m	57.98	(36.38)	600m	56.38	(34.72)
		1000m	1:34.52	(36.54)	1000m	1:31.42	(35.04)
		1400m	2:10.59	(36.07)	1400m	2:06.38	(34.96)
		1800m	2:46.86	(36.27)	1800m	2:40.56	(34.18)
		2200m	3:23.20	(36.34)	2200m	3:14.60	(34.04)
		2600m	3:59.71	(36.51)	2600m	3:48.65	(34.05)
		3000m	4:36.41	(36.70)	3000m	4:22.92	(34.27)
		3400m	5:13.57	(37.16)	3400m	4:57.31	(34.39)
		3800m	5:50.68	(37.11)	3800m	5:32.43	(35.12)
		4200m	6:28.15	(37.47)	4200m	6:07.80	(35.37)
		4600m	7:05.83	(37.68)	4600m	6:43.34	(35.54)
		5000m	7:42.74	(36.91)	5000m	7:19.12	(35.78)



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## 27. Uitslag 5000m Allround Normal - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	114 Jasper van der Marel	HA1	NED	52	I	6:51.71	PR	
2	107 Niels Meijer	HN1	NED	51	I	7:04.27	PR	
3	106 Sylvian Hoogeveen	HA1	NED	52	O	7:30.50	PR	
4	110 Emma van der Liet	DA2	NED	51	O	8:18.59	PR	

## 27. Rituitslag 5000m Allround Normal - O

		Naam	Cat	Land	PR	Tijd	Info
51	wt	107 <b>Niels Meijer</b>	HN1	NED	7:10.04	<b>7:04.27</b>	PR
	rd	110 <b>Emma van der Liet</b>	DA2	NED	8:31.64	<b>8:18.59</b>	PR
<b>Niels Meijer</b>			<b>Emma van der Liet</b>				
		200m	20.83	(20.83)	200m	23.45	(23.45)
		600m	54.06	(33.23)	600m	59.46	(36.01)
		1000m	1:27.68	(33.62)	1000m	1:37.44	(37.98)
		1400m	2:01.16	(33.48)	1400m	2:16.30	(38.86)
		1800m	2:34.42	(33.26)	1800m	2:55.87	(39.57)
		2200m	3:07.63	(33.21)	2200m	3:35.96	(40.09)
		2600m	3:40.82	(33.19)	2600m	4:16.24	(40.28)
		3000m	4:13.88	(33.06)	3000m	4:56.15	(39.91)
		3400m	4:47.72	(33.84)	3400m	5:36.50	(40.35)
		3800m	5:22.06	(34.34)	3800m	6:17.19	(40.69)
		4200m	5:56.69	(34.63)	4200m	6:58.43	(41.24)
		4600m	6:30.50	(33.81)	4600m	7:39.21	(40.78)
		5000m	7:04.27	(33.77)	5000m	8:18.59	(39.38)

		Naam	Cat	Land	PR	Tijd	Info
52	gl	114 <b>Jasper van der Marel</b>	HA1	NED	7:11.28	<b>6:51.71</b>	PR
	bl	106 <b>Sylvian Hoogeveen</b>	HA1	NED	8:01.86	<b>7:30.50</b>	PR
<b>Jasper van der Marel</b>			<b>Sylvian Hoogeveen</b>				
		200m	20.45	(20.45)	200m	21.68	(21.68)
		600m	52.80	(32.35)	600m	57.03	(35.35)
		1000m	1:24.77	(31.97)	1000m	1:32.48	(35.45)
		1400m	1:57.04	(32.27)	1400m	2:08.27	(35.79)
		1800m	2:29.54	(32.50)	1800m	2:44.26	(35.99)
		2200m	3:01.90	(32.36)	2200m	3:20.03	(35.77)
		2600m	3:34.48	(32.58)	2600m	3:55.74	(35.71)
		3000m	4:07.26	(32.78)	3000m	4:30.94	(35.20)
		3400m	4:40.30	(33.04)	3400m	5:07.09	(36.15)
		3800m	5:13.13	(32.83)	3800m	5:43.41	(36.32)
		4200m	5:46.08	(32.95)	4200m	6:19.66	(36.25)
		4600m	6:18.89	(32.81)	4600m	6:55.05	(35.39)
		5000m	6:51.71	(32.82)	5000m	7:30.50	(35.45)

## 28. Uitslag 1000m Allround Small

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	83 Rene van Bernum	H55	GER	66	I	1:18.44		
2	75 Bastiaan Geurts	HSB	NED	65	I	1:23.51		
3	82 Märt Kuus	H40	EST	66	O	1:23.52		
4	117 Sebastiaan Scargo	H40	NED	65	O	1:24.51	PR	
5	149 Ahti Oks	H45	EST	67	I	1:25.22	RS	
6	26 Michel van der Sluijs	H50	NED	63	O	1:27.36		
7	20 Jasper Knulst	H45	NED	63	I	1:28.29		
8	55 Mika Sirén	H50	FIN	53	O	1:29.13		
9	59 Marco Roos	H60	NED	62	O	1:31.36		
10	50 Jyrki Hietanen	H60	FIN	61	I	1:31.66		
11	38 Wendy van der Ham	D50	NED	61	O	1:34.04	PR	
12	86 Henriëtte Goede	D55	NED	60	I	1:34.32		
13	31 Ab Nederlof	H65	NED	60	O	1:35.76		
14	102 Jaap van Kouterik	H70	NED	58	I	1:36.26		
15	6 Hanspeter Ambass	H65	SUI	59	I	1:36.86		
16	94 Frank Steenkamp	H65	NED	59	O	1:37.14		
17	81 Ralf Hartings	H65	SWE	58	O	1:37.21		
18	9 Paavo Salonen	H70	FIN	57	O	1:39.00		
19	52 Outi Pinomäki	D55	FIN	56	I	1:39.92		
20	2 Anna Van der Stok	D45	NED	57	I	1:41.15	PR	
21	19 Heike Gaasbeek	D45	NED	56	O	1:43.26	PR	
22	73 Ton van Helden	H75	NED	55	I	1:46.05		
23	78 Carolien van Rees	D65	NED	55	O	1:48.65		
24	15 Andrej Kwadrin	H40	GER	53	I	1:49.72		
	4 Martijn van der Horst	H50	NED	64	O	DNF		
	49 Lars Henriksson	H55	SWE	62	I	DNS		



## 28. Rituitslag 1000m Allround Small

		Naam	Cat	Land	PR	Tijd	Info
53	wt	15 <b>Andrej Kwadrin</b>	H40	GER	1:41.13	<b>1:49.72</b>	
	rd	55 <b>Mika Sirén</b>	H50	FIN	1:20.25	<b>1:29.13</b>	

### Andrej Kwadrin

200m	24.71	(24.71)
600m	1:06.88	(42.17)
1000m	1:49.72	(42.84)

### Mika Sirén

200m	20.48	(20.48)
600m	53.49	(33.01)
1000m	1:29.13	(35.64)

		Naam	Cat	Land	PR	Tijd	Info
54	gl						
	bl						

m

m

		Naam	Cat	Land	PR	Tijd	Info
55	wt	73 <b>Ton van Helden</b>	H75	NED	1:31.44	<b>1:46.05</b>	
	rd	78 <b>Carolien van Rees</b>	D65	NED	1:47.46	<b>1:48.65</b>	

### Ton van Helden

200m	24.71	(24.71)
600m	1:04.58	(39.87)
1000m	1:46.05	(41.47)

### Carolien van Rees

200m	25.90	(25.90)
600m	1:06.29	(40.39)
1000m	1:48.65	(42.36)

		Naam	Cat	Land	PR	Tijd	Info
56	gl	52 <b>Outi Pinomäki</b>	D55	FIN	1:38.55	<b>1:39.92</b>	
	bl	19 <b>Heike Gaasbeek</b>	D45	NED	1:46.78	<b>1:43.26</b> PR	

### Outi Pinomäki

200m	23.54	(23.54)
600m	1:00.50	(36.96)
1000m	1:39.92	(39.42)

### Heike Gaasbeek

200m	24.37	(24.37)
600m	1:01.83	(37.46)
1000m	1:43.26	(41.43)

		Naam	Cat	Land	PR	Tijd	Info
57	wt	2 <b>Anna Van der Stok</b>	D45	NED	1:43.19	<b>1:41.15</b>	PR
	rd	9 <b>Paavo Salonen</b>	H70	FIN	1:30.84	<b>1:39.00</b>	
		<b>Anna Van der Stok</b>			<b>Paavo Salonen</b>		
		200m	22.56	(22.56)	200m	23.60	(23.60)
		600m	1:00.52	(37.96)	600m	1:00.05	(36.45)
		1000m	1:41.15	(40.63)	1000m	1:39.00	(38.95)

		Naam	Cat	Land	PR	Tijd	Info
58	gl	102 <b>Jaap van Kouterik</b>	H70	NED	1:32.93	<b>1:36.26</b>	
	bl	81 <b>Ralf Hartings</b>	H65	SWE		<b>1:37.21</b>	
		<b>Jaap van Kouterik</b>			<b>Ralf Hartings</b>		
		200m	23.40	(23.40)	200m	23.11	(23.11)
		600m	58.65	(35.25)	600m	59.12	(36.01)
		1000m	1:36.26	(37.61)	1000m	1:37.21	(38.09)

		Naam	Cat	Land	PR	Tijd	Info
59	wt	6 <b>Hanspeter Ambass</b>	H65	SUI	1:26.70	<b>1:36.86</b>	
	rd	94 <b>Frank Steenkamp</b>	H65	NED	1:28.89	<b>1:37.14</b>	
		<b>Hanspeter Ambass</b>			<b>Frank Steenkamp</b>		
		200m	22.28	(22.28)	200m	23.80	(23.80)
		600m	58.18	(35.90)	600m	59.89	(36.09)
		1000m	1:36.86	(38.68)	1000m	1:37.14	(37.25)

		Naam	Cat	Land	PR	Tijd	Info
60	gl	86 <b>Henriëtte Goede</b>	D55	NED	1:27.37	<b>1:34.32</b>	
	bl	31 <b>Ab Nederlof</b>	H65	NED	1:35.67	<b>1:35.76</b>	
		<b>Henriëtte Goede</b>			<b>Ab Nederlof</b>		
		200m	22.37	(22.37)	200m	23.09	(23.09)
		600m	57.29	(34.92)	600m	58.36	(35.27)
		1000m	1:34.32	(37.03)	1000m	1:35.76	(37.40)

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		Naam	Cat	Land	PR	Tijd	Info
61	wt	50 <b>Jyrki Hietanen</b>	H60	FIN	1:24.12	<b>1:31.66</b>	
	rd	38 <b>Wendy van der Ham</b>	D50	NED	1:34.33	<b>1:34.04</b>	PR
		<b>Jyrki Hietanen</b>			<b>Wendy van der Ham</b>		
		200m	20.60	(20.60)	200m	21.97	(21.97)
		600m	54.64	(34.04)	600m	56.47	(34.50)
		1000m	1:31.66	(37.02)	1000m	1:34.04	(37.57)
		Naam	Cat	Land	PR	Tijd	Info
62	gl	49 <b>Lars Henriksson</b>	H55	SWE	1:23.91	<b>DNS</b>	
	bl	59 <b>Marco Roos</b>	H60	NED	1:24.10	<b>1:31.36</b>	
		<b>Lars Henriksson</b>			<b>Marco Roos</b>		
					200m	22.47	(22.47)
					600m	56.25	(33.78)
					1000m	1:31.36	(35.11)
		Naam	Cat	Land	PR	Tijd	Info
63	wt	20 <b>Jasper Knulst</b>	H45	NED	1:26.15	<b>1:28.29</b>	
	rd	26 <b>Michel van der Sluijs</b>	H50	NED	1:26.72	<b>1:27.36</b>	
		<b>Jasper Knulst</b>			<b>Michel van der Sluijs</b>		
		200m	20.36	(20.36)	200m	21.56	(21.56)
		600m	52.55	(32.19)	600m	53.63	(32.07)
		1000m	1:28.29	(35.74)	1000m	1:27.36	(33.73)
		Naam	Cat	Land	PR	Tijd	Info
64	gl	4 <b>Martijn van der Horst</b>	H50	NED	1:23.17	<b>DNF</b>	
	bl						
		<b>Martijn van der Horst</b>					
		m					

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		Naam	Cat	Land	PR	Tijd	Info
65	wt	75 <b>Bastiaan Geurts</b>	HSB	NED	1:21.74	<b>1:23.51</b>	
	rd	117 <b>Sebastiaan Scargo</b>	H40	NED	1:26.53	<b>1:24.51</b>	PR
		<b>Bastiaan Geurts</b>			<b>Sebastiaan Scargo</b>		
		200m	19.49	(19.49)	200m	20.45	(20.45)
		600m	50.57	(31.08)	600m	51.79	(31.34)
		1000m	1:23.51	(32.94)	1000m	1:24.51	(32.72)

		Naam	Cat	Land	PR	Tijd	Info
66	gl	83 <b>Rene van Bernum</b>	H55	GER	1:16.06	<b>1:18.44</b>	
	bl	82 <b>Märt Kuus</b>	H40	EST	1:23.35	<b>1:23.52</b>	
		<b>Rene van Bernum</b>			<b>Märt Kuus</b>		
		200m	19.02	(19.02)	200m	19.11	(19.11)
		600m	47.90	(28.88)	600m	49.81	(30.70)
		1000m	1:18.44	(30.54)	1000m	1:23.52	(33.71)

		Naam	Cat	Land	PR	Tijd	Info
67	wt	149 <b>Ahti Oks</b>	H45	EST		<b>1:25.22</b>	RS
	rd						
		<b>Ahti Oks</b>					
		200m	19.77	(19.77)	m		
		600m	51.85	(32.08)			
		1000m	1:25.22	(33.37)			



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## 29. Uitslag 1000m Allround Small - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	109 <b>Nomdo de Heer</b>	HN2	NED	67	I	<b>1:16.49</b>	PR	
2	105 <b>Bo Meijer</b>	DA2	NED	67	O	<b>1:32.41</b>	PR	



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## 29. Rituitslag 1000m Allround Small - O

		Naam	Cat	Land	PR	Tijd	Info
67	wt	109 <b>Nomdo de Heer</b>	HN2	NED	1:17.32	<b>1:16.49</b>	PR
	rd	105 <b>Bo Meijer</b>	DA2	NED	1:33.22	<b>1:32.41</b>	PR
		<b>Nomdo de Heer</b>					
		200m	18.42	(18.42)	200m	22.33	(22.33)
		600m	46.68	(28.26)	600m	56.42	(34.09)
		1000m	1:16.49	(29.81)	1000m	1:32.41	(35.99)
		<b>Bo Meijer</b>					
		200m	22.33	(22.33)	200m	22.33	(22.33)
		600m	56.42	(34.09)	600m	56.42	(34.09)
		1000m	1:32.41	(35.99)	1000m	1:32.41	(35.99)

## 30. Uitslag 1000m Sprint

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	47 Bart Seffinga	H40	NED	81	O	1:17.45		
2	79 Christian Arlt	H40	GER	80	O	1:19.76		
3	14 Filip-Mihail Woicik	H40	ROU	81	I	1:19.85		
4	126 Michiel Wienese	H40	NED	80	I	1:20.60		
5	77 Robbert-Jan Neven	H45	NED	77	I	1:24.62	PR	
6	43 Erik Jeuring	H40	NED	78	I	1:25.75		
7	71 Renske Winters	D45	NED	76	I	1:26.56		
8	65 Anke Jannie Landman	D45	NED	78	O	1:26.69		
9	57 Jan van der Stouwe	H55	NED	77	O	1:26.97		
10	125 Piet Siemonsma	H65	NED	76	O	1:27.59		
11	60 Marloes Westerhof	DSB	NED	79	O	1:28.12		
12	45 Hans Edens	H45	NED	75	I	1:29.04	PR	
13	80 Waldemar Kramer	H70	GER	75	O	1:29.61		
14	46 Eelco van der Meer	H45	NED	74	I	1:31.73		
15	62 Anja Bollaart	D55	NED	74	O	1:33.13		
16	61 Kees Bollaart	H60	NED	72	O	1:37.43		
17	66 Karin Terhürne	D55	NED	73	I	1:38.02		
18	23 Pentti Kiiskinen	H75	FIN	72	I	1:38.72		
19	145 Astrid Janssen	D60	NED	71	O	1:41.20		
20	39 Johan Smit	H65	NED	71	I	1:41.71		
21	91 Seppo Saarinen	H65	FIN	68	O	1:52.06		
22	68 Henriët van Ling	D55	NED	70	O	2:00.75		
	131 Hossein Heidari	H45	IRI	70	I		DNF	
	70 Ferd Veelenturf	H65	NED	73	O		DQ	
	101 Joshua Stänz	HSA	SUI				WDR	

## 30. Rituitslag 1000m Sprint

		Naam	Cat	Land	PR	Tijd	Info
68	wt	91 <b>Seppo Saarinen</b>	H65	FIN			<b>1:52.06</b>
	rd						
		<u>Seppo Saarinen</u>					
		m		200m	24.96	(24.96)	
				600m	1:08.06	(43.10)	
				1000m	1:52.06	(44.00)	
		Naam	Cat	Land	PR	Tijd	Info
69	gl						
	bl						
		<u></u>					
		m		m			
		Naam	Cat	Land	PR	Tijd	Info
70	wt	131 <b>Hossein Heidari</b>	H45	IRI			<b>DNF</b>
	rd	68 <b>Henriët van Ling</b>	D55	NED	1:59.18		<b>2:00.75</b>
		<u>Hossein Heidari</u>		<u>Henriët van Ling</u>			
		200m	27.87	(27.87)	200m	29.45	(29.45)
					600m	1:14.59	(45.14)
					1000m	2:00.75	(46.16)
		Naam	Cat	Land	PR	Tijd	Info
71	gl	39 <b>Johan Smit</b>	H65	NED	1:36.51		<b>1:41.71</b>
	bl	145 <b>Astrid Janssen</b>	D60	NED	1:31.53		<b>1:41.20</b>
		<u>Johan Smit</u>		<u>Astrid Janssen</u>			
		200m	23.83	(23.83)	200m	23.86	(23.86)
		600m	1:01.68	(37.85)	600m	1:01.27	(37.41)
		1000m	1:41.71	(40.03)	1000m	1:41.20	(39.93)



		Naam	Cat	Land	PR	Tijd	Info
72	wt	23 <b>Pentti Kiiskinen</b>	H75	FIN	1:19.20	<b>1:38.72</b>	
	rd	61 <b>Kees Bollaart</b>	H60	NED	1:26.89	<b>1:37.43</b>	
		<b>Pentti Kiiskinen</b>			<b>Kees Bollaart</b>		
		200m	22.79	(22.79)	200m	23.45	(23.45)
		600m	1:00.00	(37.21)	600m	58.96	(35.51)
		1000m	1:38.72	(38.72)	1000m	1:37.43	(38.47)

		Naam	Cat	Land	PR	Tijd	Info
73	gl	66 <b>Karin Terhürne</b>	D55	NED	1:31.99	<b>1:38.02</b>	
	bl	70 <b>Ferd Veelenturf</b>	H65	NED	1:23.83	<b>DQ</b>	
		<b>Karin Terhürne</b>			<b>Ferd Veelenturf</b>		
		200m	23.42	(23.42)	200m	22.25	(22.25)
		600m	59.22	(35.80)	600m	57.05	(34.80)
		1000m	1:38.02	(38.80)	1000m	1:34.41	(37.36)

		Naam	Cat	Land	PR	Tijd	Info
74	wt	46 <b>Eelco van der Meer</b>	H45	NED	1:21.93	<b>1:31.73</b>	
	rd	62 <b>Anja Bollaart</b>	D55	NED	1:21.38	<b>1:33.13</b>	
		<b>Eelco van der Meer</b>			<b>Anja Bollaart</b>		
		200m	20.99	(20.99)	200m	21.97	(21.97)
		600m	54.68	(33.69)	600m	55.98	(34.01)
		1000m	1:31.73	(37.05)	1000m	1:33.13	(37.15)

		Naam	Cat	Land	PR	Tijd	Info
75	gl	45 <b>Hans Edens</b>	H45	NED	1:29.17	<b>1:29.04</b>	PR
	bl	80 <b>Waldemar Kramer</b>	H70	GER	1:22.65	<b>1:29.61</b>	
		<b>Hans Edens</b>			<b>Waldemar Kramer</b>		
		200m	20.70	(20.70)	200m	21.24	(21.24)
		600m	54.39	(33.69)	600m	55.05	(33.81)
		1000m	1:29.04	(34.65)	1000m	1:29.61	(34.56)

		Naam	Cat	Land	PR	Tijd	Info
76	wt	71 <b>Renske Winters</b>	D45	NED	1:23.17	<b>1:26.56</b>	
	rd	125 <b>Piet Siemonsma</b>	H65	NED	1:23.23	<b>1:27.59</b>	
<b>Renske Winters</b>			<b>Piet Siemonsma</b>				
		200m	20.54	(20.54)	200m	21.36	(21.36)
		600m	52.68	(32.14)	600m	53.43	(32.07)
		1000m	1:26.56	(33.88)	1000m	1:27.59	(34.16)

		Naam	Cat	Land	PR	Tijd	Info
77	gl	77 <b>Robbert-Jan Neven</b>	H45	NED	1:26.16	<b>1:24.62</b>	PR
	bl	57 <b>Jan van der Stouwe</b>	H55	NED	1:17.12	<b>1:26.97</b>	
<b>Robbert-Jan Neven</b>			<b>Jan van der Stouwe</b>				
		200m	19.95	(19.95)	200m	20.18	(20.18)
		600m	51.18	(31.23)	600m	52.01	(31.83)
		1000m	1:24.62	(33.44)	1000m	1:26.97	(34.96)

		Naam	Cat	Land	PR	Tijd	Info
78	wt	43 <b>Erik Jeuring</b>	H40	NED	1:25.30	<b>1:25.75</b>	
	rd	65 <b>Anke Jannie Landman</b>	D45	NED	1:20.78	<b>1:26.69</b>	
<b>Erik Jeuring</b>			<b>Anke Jannie Landman</b>				
		200m	19.86	(19.86)	200m	20.25	(20.25)
		600m	51.30	(31.44)	600m	52.39	(32.14)
		1000m	1:25.75	(34.45)	1000m	1:26.69	(34.30)

		Naam	Cat	Land	PR	Tijd	Info
79	gl	101 <b>Joshua Stänz</b>	HSA	SUI	1:18.57	<b>WDR</b>	
	bl	60 <b>Marloes Westerhof</b>	DSB	NED	1:25.30	<b>1:28.12</b>	
<b>Joshua Stänz</b>			<b>Marloes Westerhof</b>				
					200m	20.38	(20.38)
					600m	52.72	(32.34)
					1000m	1:28.12	(35.40)

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		Naam	Cat	Land	PR	Tijd	Info
80	wt	126 <b>Michiel Wienese</b>	H40	NED	1:16.32	<b>1:20.60</b>	
	rd	79 <b>Christian Arlt</b>	H40	GER	1:17.05	<b>1:19.76</b>	
		<b>Michiel Wienese</b>			<b>Christian Arlt</b>		
		200m	19.29	(19.29)	200m	19.61	(19.61)
		600m	49.10	(29.81)	600m	48.96	(29.35)
		1000m	1:20.60	(31.50)	1000m	1:19.76	(30.80)
		Naam	Cat	Land	PR	Tijd	Info
81	gl	14 <b>Filip-Mihail Woicik</b>	H40	ROU	1:19.51	<b>1:19.85</b>	
	bl	47 <b>Bart Seffinga</b>	H40	NED	1:12.16	<b>1:17.45</b>	
		<b>Filip-Mihail Woicik</b>			<b>Bart Seffinga</b>		
		200m	18.49	(18.49)	200m	18.62	(18.62)
		600m	47.98	(29.49)	600m	46.84	(28.22)
		1000m	1:19.85	(31.87)	1000m	1:17.45	(30.61)



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## 31. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	116 Jasper Sinke	HN1	NED	83	I	1:14.41		
2	142 Rutger Verhoeff	HB2	NED	83	O	1:18.42		
	143 Sarp Visser	HB2	NED			WDR		

## 31. Rituitslag 1000m Sprint - O

	Naam	Cat	Land	PR	Tijd Info
82	wt rd 143 <b>Sarp Visser</b>	HB2	NED	1:18.53	<b>WDR</b>
	m		<b>Sarp Visser</b>		

	Naam	Cat	Land	PR	Tijd Info
83	gl 116 <b>Jasper Sinke</b>	HN1	NED	1:13.88	<b>1:14.41</b>
	bl 142 <b>Rutger Verhoeff</b>	HB2	NED	1:17.74	<b>1:18.42</b>
	<b>Jasper Sinke</b>		<b>Rutger Verhoeff</b>		
	200m	17.39 (17.39)	200m	18.60 (18.60)	
	600m	44.56 (27.17)	600m	47.36 (28.76)	
	1000m	1:14.41 (29.85)	1000m	1:18.42 (31.06)	

## 32. Uitslag 10000m Allround Big

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	124 Ole Bjørnsmoen Næss	HSA	NOR	95	I	13:40.47		
2	130 Martin Hänggi	H55	SUI	95	O	13:51.84		
3	139 Sybe van Hijum	HSB	NED	94	I	15:25.20	PR	
4	69 Marc Nieuwenhuijse	H40	NED	94	O	15:25.99	PR	
5	64 John van der Vlugt	H65	NED	93	O	15:48.35		
6	123 Seppe Lybaert	HSB	BEL	92	O	16:17.92	PR	
7	3 Erol Aksoy	H50	NED	92	I	16:59.45		
8	54 Trygve Reitan	H50	NOR	91	I	17:01.21		
9	11 Mircea Vranceanu	H65	GER	91	O	17:17.76		
10	103 Christiaan Smit	HSA	NED	93	I	17:25.07	PR	
11	88 Koen van Egmond	HSB	NED	90	I	17:25.20	PR	
12	12 Hans-Gerd Heyne	H55	GER	86	O	17:27.84		
13	7 Oktavian-Kornel Moga	H55	ROU	88	I	17:31.15		
14	17 Freek Smits	H45	NED	84	O	17:32.57	PR	
15	84 Peter Weiss	H65	SWE	90	O	17:40.17	PR	
16	58 Kees Voorhoeve	H65	NED	89	O	17:55.02		
17	32 Esther Bouman	DSB	NED	89	I	18:04.42		
18	42 Ciska Stark	D60	NED	87	I	18:19.47		
19	16 Guylaine Larouche	D65	CAN	87	O	18:21.04	PR	
20	1 Tialda Gerritsma	D55	NED	85	I	18:32.46		
21	5 Marvin Zeisberg	HSB	GER	88	O	18:42.83	PR	
22	10 Johan Metting-van Rijn	H60	SUI	86	I	19:21.13		
23	28 Daniëlle Frijters	DSB	NED	85	O	19:39.74	PR	
24	53 Risto Nordman	H70	FIN	84	I	21:09.44		

## 32. Rituitslag 10000m Allround Big

		Naam	Cat	Land	PR	Tijd	Info
84	wt	53 <b>Risto Nordman</b>	H70	FIN		<b>21:09.44</b>	
	rd	17 <b>Freek Smits</b>	H45	NED	18:01.46	<b>17:32.57</b>	PR
		<b>Risto Nordman</b>		<b>Freek Smits</b>			
		400m 52.04 (52.04)		400m 43.55 (43.55)			
		800m 1:40.52 (48.48)		800m 1:25.53 (41.98)			
		1200m 2:29.51 (48.99)		1200m 2:07.87 (42.34)			
		1600m 3:18.67 (49.16)		1600m 2:49.33 (41.46)			
		2000m 4:07.81 (49.14)		2000m 3:30.85 (41.52)			
		2400m 4:57.04 (49.23)		2400m 4:12.66 (41.81)			
		2800m 5:45.89 (48.85)		2800m 4:54.64 (41.98)			
		3200m 6:35.94 (50.05)		3200m 5:36.22 (41.58)			
		3600m 7:27.07 (51.13)		3600m 6:17.65 (41.43)			
		4000m 8:18.52 (51.45)		4000m 6:59.67 (42.02)			
		4400m 9:09.98 (51.46)		4400m 7:42.39 (42.72)			
		4800m 10:00.90 (50.92)		4800m 8:24.57 (42.18)			
		5200m 10:51.51 (50.61)		5200m 9:06.94 (42.37)			
		5600m 11:42.73 (51.22)		5600m 9:49.43 (42.49)			
		6000m 12:34.59 (51.86)		6000m 10:31.65 (42.22)			
		6400m 13:26.14 (51.55)		6400m 11:13.70 (42.05)			
		6800m 14:17.74 (51.60)		6800m 11:56.06 (42.36)			
		7200m 15:10.03 (52.29)		7200m 12:38.62 (42.56)			
		7600m 16:02.21 (52.18)		7600m 13:21.31 (42.69)			
		8000m 16:54.10 (51.89)		8000m 14:03.61 (42.30)			
		8400m 17:44.91 (50.81)		8400m 14:45.75 (42.14)			
		8800m 18:36.24 (51.33)		8800m 15:27.83 (42.08)			
		9200m 19:27.28 (51.04)		9200m 16:10.03 (42.20)			
		9600m 20:18.92 (51.64)		9600m 16:51.85 (41.82)			
		10000m 21:09.44 (50.52)		10000m 17:32.57 (40.72)			

# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	Land	PR	Tijd	Info
85	gl	1 <b>Tialda Gerritsma</b>	D55	NED	17:29.34	<b>18:32.46</b>	
	bl	28 <b>Daniëlle Frijters</b>	DSB	NED	21:30.66	<b>19:39.74</b>	PR

## Tialda Gerritsma

400m	48.61	(48.61)
800m	1:30.92	(42.31)
1200m	2:14.69	(43.77)
1600m	2:58.75	(44.06)
2000m	3:42.87	(44.12)
2400m	4:27.04	(44.17)
2800m	5:11.31	(44.27)
3200m	5:55.39	(44.08)
3600m	6:38.97	(43.58)
4000m	7:22.69	(43.72)
4400m	8:07.07	(44.38)
4800m	8:52.01	(44.94)
5200m	9:37.36	(45.35)
5600m	10:22.64	(45.28)
6000m	11:08.19	(45.55)
6400m	11:53.19	(45.00)
6800m	12:37.59	(44.40)
7200m	13:21.45	(43.86)
7600m	14:06.15	(44.70)
8000m	14:51.11	(44.96)
8400m	15:35.59	(44.48)
8800m	16:20.19	(44.60)
9200m	17:04.81	(44.62)
9600m	17:48.90	(44.09)
10000m	18:32.46	(43.56)

## Daniëlle Frijters

400m	48.91	(48.91)
800m	1:32.74	(43.83)
1200m	2:18.05	(45.31)
1600m	3:04.91	(46.86)
2000m	3:52.05	(47.14)
2400m	4:39.52	(47.47)
2800m	5:26.38	(46.86)
3200m	6:13.72	(47.34)
3600m	7:00.73	(47.01)
4000m	7:49.02	(48.29)
4400m	8:36.71	(47.69)
4800m	9:24.48	(47.77)
5200m	10:11.28	(46.80)
5600m	10:59.17	(47.89)
6000m	11:46.99	(47.82)
6400m	12:34.79	(47.80)
6800m	13:22.18	(47.39)
7200m	14:09.31	(47.13)
7600m	14:56.42	(47.11)
8000m	15:43.87	(47.45)
8400m	16:30.74	(46.87)
8800m	17:17.73	(46.99)
9200m	18:05.93	(48.20)
9600m	18:53.88	(47.95)
10000m	19:39.74	(45.86)



# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	Land	PR	Tijd	Info
86	wt	10 Johan Metting-van Rijn	H60	SUI	16:11.40	<b>19:21.13</b>	
	rd	12 Hans-Gerd Heyne	H55	GER	17:07.79	<b>17:27.84</b>	

## Johan Metting-van Rijn

400m	50.47	(50.47)
800m	1:36.40	(45.93)
1200m	2:22.49	(46.09)
1600m	3:08.44	(45.95)
2000m	3:54.32	(45.88)
2400m	4:40.29	(45.97)
2800m	5:26.00	(45.71)
3200m	6:12.24	(46.24)
3600m	6:58.62	(46.38)
4000m	7:44.38	(45.76)
4400m	8:29.56	(45.18)
4800m	9:14.65	(45.09)
5200m	10:00.56	(45.91)
5600m	10:46.03	(45.47)
6000m	11:32.33	(46.30)
6400m	12:18.48	(46.15)
6800m	13:05.27	(46.79)
7200m	13:52.32	(47.05)
7600m	14:39.32	(47.00)
8000m	15:26.45	(47.13)
8400m	16:13.62	(47.17)
8800m	17:00.88	(47.26)
9200m	17:48.33	(47.45)
9600m	18:34.86	(46.53)
10000m	19:21.13	(46.27)

## Hans-Gerd Heyne

400m	49.77	(49.77)
800m	1:32.05	(42.28)
1200m	2:14.69	(42.64)
1600m	2:57.18	(42.49)
2000m	3:39.29	(42.11)
2400m	4:21.28	(41.99)
2800m	5:02.55	(41.27)
3200m	5:43.57	(41.02)
3600m	6:24.35	(40.78)
4000m	7:05.34	(40.99)
4400m	7:46.01	(40.67)
4800m	8:26.74	(40.73)
5200m	9:07.39	(40.65)
5600m	9:48.34	(40.95)
6000m	10:29.16	(40.82)
6400m	11:10.25	(41.09)
6800m	11:51.84	(41.59)
7200m	12:33.34	(41.50)
7600m	13:15.07	(41.73)
8000m	13:56.90	(41.83)
8400m	14:38.97	(42.07)
8800m	15:21.52	(42.55)
9200m	16:03.84	(42.32)
9600m	16:45.81	(41.97)
10000m	17:27.84	(42.03)



# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023



		Naam	Cat	Land	PR	Tijd	Info	
87	gl	42 <b>Ciska Stark</b>	D60	NED	17:57.44	<b>18:19.47</b>		
	bl	16 <b>Guylaine Larouche</b>	D65	CAN	18:32.00	<b>18:21.04</b>	PR	
		<b>Ciska Stark</b>					<b>Guylaine Larouche</b>	
		400m	45.45	(45.45)	400m	45.45	(45.45)	
		800m	1:27.06	(41.61)	800m	1:26.71	(41.26)	
		1200m	2:10.43	(43.37)	1200m	2:08.71	(42.00)	
		1600m	2:54.89	(44.46)	1600m	2:52.14	(43.43)	
		2000m	3:38.65	(43.76)	2000m	3:35.55	(43.41)	
		2400m	4:22.40	(43.75)	2400m	4:19.30	(43.75)	
		2800m	5:06.78	(44.38)	2800m	5:03.28	(43.98)	
		3200m	5:50.65	(43.87)	3200m	5:47.17	(43.89)	
		3600m	6:33.87	(43.22)	3600m	6:31.16	(43.99)	
		4000m	7:18.83	(44.96)	4000m	7:15.50	(44.34)	
		4400m	8:03.36	(44.53)	4400m	8:00.04	(44.54)	
		4800m	8:46.64	(43.28)	4800m	8:44.68	(44.64)	
		5200m	9:30.24	(43.60)	5200m	9:29.45	(44.77)	
		5600m	10:14.49	(44.25)	5600m	10:14.23	(44.78)	
		6000m	10:58.95	(44.46)	6000m	10:58.46	(44.23)	
		6400m	11:43.26	(44.31)	6400m	11:42.71	(44.25)	
		6800m	12:27.61	(44.35)	6800m	12:26.75	(44.04)	
		7200m	13:12.43	(44.82)	7200m	13:11.44	(44.69)	
		7600m	13:56.97	(44.54)	7600m	13:56.17	(44.73)	
		8000m	14:42.27	(45.30)	8000m	14:40.77	(44.60)	
		8400m	15:26.65	(44.38)	8400m	15:25.21	(44.44)	
		8800m	16:10.98	(44.33)	8800m	16:09.51	(44.30)	
		9200m	16:55.00	(44.02)	9200m	16:53.72	(44.21)	
		9600m	17:38.19	(43.19)	9600m	17:38.19	(44.47)	
		10000m	18:19.47	(41.28)	10000m	18:21.04	(42.85)	

# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	Land	PR	Tijd	Info
88	wt	7 Oktavian-Kornel Moga	H55	ROU	16:41.86	<b>17:31.15</b>	
	rd	5 Marvin Zeisberg	HSB	GER	18:53.88	<b>18:42.83</b>	PR
		<u>Oktavian-Kornel Moga</u>			<u>Marvin Zeisberg</u>		
		400m	45.00	(45.00)	400m	45.52	(45.52)
		800m	1:26.43	(41.43)	800m	1:27.98	(42.46)
		1200m	2:08.35	(41.92)	1200m	2:12.19	(44.21)
		1600m	2:50.22	(41.87)	1600m	2:56.53	(44.34)
		2000m	3:31.68	(41.46)	2000m	3:40.90	(44.37)
		2400m	4:13.35	(41.67)	2400m	4:25.81	(44.91)
		2800m	4:55.37	(42.02)	2800m	5:10.83	(45.02)
		3200m	5:37.42	(42.05)	3200m	5:56.32	(45.49)
		3600m	6:19.61	(42.19)	3600m	6:41.64	(45.32)
		4000m	7:01.50	(41.89)	4000m	7:27.02	(45.38)
		4400m	7:43.20	(41.70)	4400m	8:12.70	(45.68)
		4800m	8:24.91	(41.71)	4800m	8:57.82	(45.12)
		5200m	9:06.70	(41.79)	5200m	9:42.74	(44.92)
		5600m	9:48.18	(41.48)	5600m	10:28.62	(45.88)
		6000m	10:29.92	(41.74)	6000m	11:13.88	(45.26)
		6400m	11:11.34	(41.42)	6400m	11:58.70	(44.82)
		6800m	11:53.48	(42.14)	6800m	12:43.56	(44.86)
		7200m	12:35.45	(41.97)	7200m	13:28.95	(45.39)
		7600m	13:17.05	(41.60)	7600m	14:14.50	(45.55)
		8000m	13:58.68	(41.63)	8000m	15:00.05	(45.55)
		8400m	14:40.24	(41.56)	8400m	15:45.83	(45.78)
		8800m	15:22.78	(42.54)	8800m	16:31.39	(45.56)
		9200m	16:05.47	(42.69)	9200m	17:16.74	(45.35)
		9600m	16:48.57	(43.10)	9600m	18:00.66	(43.92)
		10000m	17:31.15	(42.58)	10000m	18:42.83	(42.17)



# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023



		Naam	Cat	Land	PR	Tijd	Info
89	gl	32 <b>Esther Bouman</b>	DSB	NED		<b>18:04.42</b>	
	bl	58 <b>Kees Voorhoeve</b>	H65	NED	17:40.29	<b>17:55.02</b>	

## Esther Bouman

400m	45.78	(45.78)
800m	1:27.74	(41.96)
1200m	2:11.35	(43.61)
1600m	2:54.45	(43.10)
2000m	3:37.48	(43.03)
2400m	4:20.51	(43.03)
2800m	5:04.21	(43.70)
3200m	5:47.32	(43.11)
3600m	6:30.46	(43.14)
4000m	7:13.92	(43.46)
4400m	7:57.42	(43.50)
4800m	8:40.41	(42.99)
5200m	9:23.70	(43.29)
5600m	10:07.05	(43.35)
6000m	10:50.71	(43.66)
6400m	11:34.11	(43.40)
6800m	12:18.07	(43.96)
7200m	13:01.96	(43.89)
7600m	13:45.69	(43.73)
8000m	14:29.26	(43.57)
8400m	15:12.88	(43.62)
8800m	15:56.63	(43.75)
9200m	16:39.98	(43.35)
9600m	17:22.53	(42.55)
10000m	18:04.42	(41.89)

## Kees Voorhoeve

400m	47.29	(47.29)
800m	1:28.62	(41.33)
1200m	2:10.34	(41.72)
1600m	2:52.57	(42.23)
2000m	3:34.92	(42.35)
2400m	4:17.33	(42.41)
2800m	4:59.59	(42.26)
3200m	5:41.87	(42.28)
3600m	6:24.22	(42.35)
4000m	7:06.43	(42.21)
4400m	7:48.43	(42.00)
4800m	8:31.40	(42.97)
5200m	9:13.69	(42.29)
5600m	9:56.21	(42.52)
6000m	10:38.80	(42.59)
6400m	11:22.04	(43.24)
6800m	12:05.09	(43.05)
7200m	12:47.97	(42.88)
7600m	13:31.09	(43.12)
8000m	14:14.95	(43.86)
8400m	14:57.45	(42.50)
8800m	15:41.59	(44.14)
9200m	16:25.20	(43.61)
9600m	17:09.88	(44.68)
10000m	17:55.02	(45.14)



# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023



		Naam	Cat	Land	PR	Tijd	Info
90	wt	88 <b>Koen van Egmond</b>	HSB	NED	18:16.25	<b>17:25.20</b>	PR
	rd	84 <b>Peter Weiss</b>	H65	SWE	17:55.97	<b>17:40.17</b>	PR
		<b>Koen van Egmond</b>			<b>Peter Weiss</b>		
		400m	47.32	(47.32)	400m	45.24	(45.24)
		800m	1:29.92	(42.60)	800m	1:25.78	(40.54)
		1200m	2:12.99	(43.07)	1200m	2:06.80	(41.02)
		1600m	2:54.99	(42.00)	1600m	2:48.15	(41.35)
		2000m	3:37.35	(42.36)	2000m	3:29.59	(41.44)
		2400m	4:18.84	(41.49)	2400m	4:11.17	(41.58)
		2800m	5:00.37	(41.53)	2800m	4:53.32	(42.15)
		3200m	5:41.79	(41.42)	3200m	5:35.67	(42.35)
		3600m	6:23.51	(41.72)	3600m	6:18.44	(42.77)
		4000m	7:05.51	(42.00)	4000m	7:01.49	(43.05)
		4400m	7:47.43	(41.92)	4400m	7:44.39	(42.90)
		4800m	8:29.47	(42.04)	4800m	8:26.92	(42.53)
		5200m	9:11.44	(41.97)	5200m	9:09.78	(42.86)
		5600m	9:53.67	(42.23)	5600m	9:53.06	(43.28)
		6000m	10:35.98	(42.31)	6000m	10:36.00	(42.94)
		6400m	11:16.97	(40.99)	6400m	11:18.73	(42.73)
		6800m	11:58.48	(41.51)	6800m	12:01.58	(42.85)
		7200m	12:39.97	(41.49)	7200m	12:44.48	(42.90)
		7600m	13:20.97	(41.00)	7600m	13:27.33	(42.85)
		8000m	14:02.82	(41.85)	8000m	14:09.98	(42.65)
		8400m	14:43.35	(40.53)	8400m	14:52.46	(42.48)
		8800m	15:22.64	(39.29)	8800m	15:34.95	(42.49)
		9200m	16:03.00	(40.36)	9200m	16:17.24	(42.29)
		9600m	16:44.18	(41.18)	9600m	16:59.62	(42.38)
		10000m	17:25.20	(41.02)	10000m	17:40.17	(40.55)

# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	Land	PR	Tijd	Info
91	gl	54 Trygve Reitan	H50	NOR	16:17.09	<b>17:01.21</b>	
	bl	11 Mircea Vranceanu	H65	GER	15:53.65	<b>17:17.76</b>	

## Trygve Reitan

400m	44.44	(44.44)
800m	1:24.20	(39.76)
1200m	2:05.16	(40.96)
1600m	2:46.30	(41.14)
2000m	3:27.56	(41.26)
2400m	4:08.26	(40.70)
2800m	4:49.38	(41.12)
3200m	5:29.76	(40.38)
3600m	6:10.27	(40.51)
4000m	6:50.77	(40.50)
4400m	7:31.46	(40.69)
4800m	8:12.04	(40.58)
5200m	8:52.56	(40.52)
5600m	9:32.76	(40.20)
6000m	10:13.01	(40.25)
6400m	10:54.14	(41.13)
6800m	11:35.52	(41.38)
7200m	12:16.91	(41.39)
7600m	12:58.12	(41.21)
8000m	13:39.60	(41.48)
8400m	14:20.43	(40.83)
8800m	15:01.09	(40.66)
9200m	15:41.16	(40.07)
9600m	16:22.16	(41.00)
10000m	17:01.21	(39.05)

## Mircea Vranceanu

400m	45.20	(45.20)
800m	1:25.65	(40.45)
1200m	2:05.97	(40.32)
1600m	2:47.85	(41.88)
2000m	3:28.78	(40.93)
2400m	4:09.68	(40.90)
2800m	4:50.76	(41.08)
3200m	5:31.39	(40.63)
3600m	6:12.61	(41.22)
4000m	6:53.68	(41.07)
4400m	7:35.50	(41.82)
4800m	8:17.25	(41.75)
5200m	8:59.16	(41.91)
5600m	9:40.92	(41.76)
6000m	10:22.41	(41.49)
6400m	11:04.23	(41.82)
6800m	11:46.12	(41.89)
7200m	12:27.89	(41.77)
7600m	13:09.51	(41.62)
8000m	13:51.37	(41.86)
8400m	14:33.15	(41.78)
8800m	15:14.87	(41.72)
9200m	15:56.38	(41.51)
9600m	16:37.73	(41.35)
10000m	17:17.76	(40.03)

# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	Land	PR	Tijd	Info
92	wt	3 Erol Aksoy	H50	NED	16:56.68	<b>16:59.45</b>	
	rd	123 Seppe Lybaert	HSB	BEL	16:35.14	<b>16:17.92</b>	PR

## Erol Aksoy

400m	45.37	(45.37)
800m	1:26.19	(40.82)
1200m	2:06.62	(40.43)
1600m	2:47.08	(40.46)
2000m	3:27.65	(40.57)
2400m	4:08.52	(40.87)
2800m	4:49.60	(41.08)
3200m	5:30.31	(40.71)
3600m	6:11.01	(40.70)
4000m	6:51.98	(40.97)
4400m	7:32.66	(40.68)
4800m	8:13.10	(40.44)
5200m	8:53.59	(40.49)
5600m	9:34.29	(40.70)
6000m	10:14.74	(40.45)
6400m	10:55.33	(40.59)
6800m	11:36.26	(40.93)
7200m	12:17.87	(41.61)
7600m	12:59.33	(41.46)
8000m	13:40.80	(41.47)
8400m	14:21.89	(41.09)
8800m	15:02.36	(40.47)
9200m	15:42.37	(40.01)
9600m	16:21.66	(39.29)
10000m	16:59.45	(37.79)

## Seppe Lybaert

400m	43.85	(43.85)
800m	1:22.53	(38.68)
1200m	2:00.73	(38.20)
1600m	2:38.95	(38.22)
2000m	3:17.05	(38.10)
2400m	3:54.72	(37.67)
2800m	4:33.22	(38.50)
3200m	5:12.22	(39.00)
3600m	5:51.09	(38.87)
4000m	6:30.49	(39.40)
4400m	7:10.01	(39.52)
4800m	7:49.03	(39.02)
5200m	8:28.02	(38.99)
5600m	9:07.18	(39.16)
6000m	9:46.24	(39.06)
6400m	10:25.53	(39.29)
6800m	11:04.87	(39.34)
7200m	11:44.08	(39.21)
7600m	12:23.42	(39.34)
8000m	13:02.91	(39.49)
8400m	13:42.29	(39.38)
8800m	14:22.01	(39.72)
9200m	15:00.82	(38.81)
9600m	15:39.34	(38.52)
10000m	16:17.92	(38.58)

		Naam	Cat	Land	PR	Tijd	Info
93	gl	103 <b>Christiaan Smit</b>	HSA	NED	17:35.38	<b>17:25.07</b>	PR
	bl	64 <b>John van der Vlugt</b>	H65	NED	14:57.56	<b>15:48.35</b>	
		<b>Christiaan Smit</b>			<b>John van der Vlugt</b>		
		400m	46.14	(46.14)	400m	42.23	(42.23)
		800m	1:27.79	(41.65)	800m	1:20.34	(38.11)
		1200m	2:09.13	(41.34)	1200m	1:58.78	(38.44)
		1600m	2:50.76	(41.63)	1600m	2:36.86	(38.08)
		2000m	3:32.03	(41.27)	2000m	3:14.76	(37.90)
		2400m	4:12.67	(40.64)	2400m	3:52.40	(37.64)
		2800m	4:53.20	(40.53)	2800m	4:30.24	(37.84)
		3200m	5:34.22	(41.02)	3200m	5:08.37	(38.13)
		3600m	6:15.40	(41.18)	3600m	5:46.33	(37.96)
		4000m	6:56.88	(41.48)	4000m	6:24.46	(38.13)
		4400m	7:38.33	(41.45)	4400m	7:02.32	(37.86)
		4800m	8:20.14	(41.81)	4800m	7:39.84	(37.52)
		5200m	9:01.71	(41.57)	5200m	8:17.68	(37.84)
		5600m	9:43.30	(41.59)	5600m	8:55.77	(38.09)
		6000m	10:25.21	(41.91)	6000m	9:33.80	(38.03)
		6400m	11:06.77	(41.56)	6400m	10:11.58	(37.78)
		6800m	11:48.70	(41.93)	6800m	10:49.27	(37.69)
		7200m	12:30.56	(41.86)	7200m	11:27.05	(37.78)
		7600m	13:13.40	(42.84)	7600m	12:04.62	(37.57)
		8000m	13:56.07	(42.67)	8000m	12:42.02	(37.40)
		8400m	14:38.73	(42.66)	8400m	13:19.24	(37.22)
		8800m	15:21.23	(42.50)	8800m	13:57.28	(38.04)
		9200m	16:02.98	(41.75)	9200m	14:34.61	(37.33)
		9600m	16:44.16	(41.18)	9600m	15:11.88	(37.27)
		10000m	17:25.07	(40.91)	10000m	15:48.35	(36.47)



# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	Land	PR	Tijd	Info
94	wt	139 <b>Sybe van Hijum</b>	HSB	NED	15:32.97	<b>15:25.20</b>	PR
	rd	69 <b>Marc Nieuwenhuijse</b>	H40	NED	15:38.39	<b>15:25.99</b>	PR

## Sybe van Hijum

400m	41.95	(41.95)
800m	1:19.42	(37.47)
1200m	1:56.59	(37.17)
1600m	2:33.36	(36.77)
2000m	3:10.04	(36.68)
2400m	3:46.47	(36.43)
2800m	4:23.44	(36.97)
3200m	5:00.55	(37.11)
3600m	5:37.72	(37.17)
4000m	6:14.26	(36.54)
4400m	6:51.21	(36.95)
4800m	7:27.75	(36.54)
5200m	8:04.34	(36.59)
5600m	8:40.61	(36.27)
6000m	9:17.04	(36.43)
6400m	9:53.79	(36.75)
6800m	10:30.59	(36.80)
7200m	11:07.50	(36.91)
7600m	11:44.64	(37.14)
8000m	12:21.33	(36.69)
8400m	12:58.09	(36.76)
8800m	13:34.72	(36.63)
9200m	14:11.52	(36.80)
9600m	14:48.49	(36.97)
10000m	15:25.20	(36.71)

## Marc Nieuwenhuijse

400m	43.62	(43.62)
800m	1:21.08	(37.46)
1200m	1:57.95	(36.87)
1600m	2:35.13	(37.18)
2000m	3:11.37	(36.24)
2400m	3:47.91	(36.54)
2800m	4:24.39	(36.48)
3200m	5:01.34	(36.95)
3600m	5:38.15	(36.81)
4000m	6:15.07	(36.92)
4400m	6:51.95	(36.88)
4800m	7:28.81	(36.86)
5200m	8:05.23	(36.42)
5600m	8:42.05	(36.82)
6000m	9:19.02	(36.97)
6400m	9:56.01	(36.99)
6800m	10:32.83	(36.82)
7200m	11:09.72	(36.89)
7600m	11:46.53	(36.81)
8000m	12:23.14	(36.61)
8400m	12:59.45	(36.31)
8800m	13:36.21	(36.76)
9200m	14:12.79	(36.58)
9600m	14:49.65	(36.86)
10000m	15:25.99	(36.34)

# 3rd Masters International Thialf Record Races

Thialf - Heerenveen

15 en 16 maart 2023

		Naam	Cat	Land	PR	Tijd	Info
95	gl	124 <b>Ole Bjørnsmoen Næss</b>	HSA	NOR	13:09.34	<b>13:40.47</b>	
	bl	130 <b>Martin Hänggi</b>	H55	SUI	13:28.86	<b>13:51.84</b>	

## Ole Bjørnsmoen Næss

400m	37.17	(37.17)
800m	1:09.47	(32.30)
1200m	1:42.25	(32.78)
1600m	2:14.57	(32.32)
2000m	2:46.93	(32.36)
2400m	3:19.42	(32.49)
2800m	3:52.03	(32.61)
3200m	4:24.69	(32.66)
3600m	4:57.13	(32.44)
4000m	5:29.65	(32.52)
4400m	6:02.06	(32.41)
4800m	6:34.42	(32.36)
5200m	7:06.68	(32.26)
5600m	7:39.52	(32.84)
6000m	8:12.16	(32.64)
6400m	8:44.79	(32.63)
6800m	9:17.54	(32.75)
7200m	9:50.18	(32.64)
7600m	10:22.87	(32.69)
8000m	10:55.76	(32.89)
8400m	11:28.73	(32.97)
8800m	12:01.58	(32.85)
9200m	12:34.20	(32.62)
9600m	13:07.29	(33.09)
10000m	13:40.47	(33.18)

## Martin Hänggi

400m	37.16	(37.16)
800m	1:09.83	(32.67)
1200m	1:41.88	(32.05)
1600m	2:14.63	(32.75)
2000m	2:47.28	(32.65)
2400m	3:20.27	(32.99)
2800m	3:53.36	(33.09)
3200m	4:26.43	(33.07)
3600m	4:59.74	(33.31)
4000m	5:32.92	(33.18)
4400m	6:06.04	(33.12)
4800m	6:39.16	(33.12)
5200m	7:12.15	(32.99)
5600m	7:45.15	(33.00)
6000m	8:17.81	(32.66)
6400m	8:51.20	(33.39)
6800m	9:24.64	(33.44)
7200m	9:58.43	(33.79)
7600m	10:32.05	(33.62)
8000m	11:05.70	(33.65)
8400m	11:39.02	(33.32)
8800m	12:12.51	(33.49)
9200m	12:45.81	(33.30)
9600m	13:18.96	(33.15)
10000m	13:51.84	(32.88)

## 33. Uitslag 3000m Allround Small

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	83 Rene van Bernum	H55	GER	109	I	4:18.09		
2	117 Sebastiaan Scargo	H40	NED	108	O	4:34.97	PR	
3	149 Ahti Oks	H45	EST	107	I	4:36.98		
4	75 Bastiaan Geurts	HSB	NED	108	I	4:44.59		
5	26 Michel van der Sluijs	H50	NED	106	O	4:49.77	PR	
6	20 Jasper Knulst	H45	NED	106	I	4:50.01		
7	59 Marco Roos	H60	NED	105	O	4:53.95		
8	82 Märt Kuus	H40	EST	109	O	4:55.72		
9	31 Ab Nederlof	H65	NED	103	O	5:02.56		
10	86 Henriëtte Goede	D55	NED	103	I	5:07.23		
11	50 Jyrki Hietanen	H60	FIN	104	I	5:09.86		
12	38 Wendy van der Ham	D50	NED	104	O	5:19.09	PR	
13	9 Paavo Salonen	H70	FIN	100	O	5:22.00		
14	102 Jaap van Kouterik	H70	NED	101	I	5:23.07		
15	81 Ralf Hartings	H65	SWE	101	O	5:28.97	HT	
16	52 Outi Pinomäki	D55	FIN	99	I	5:33.59	PR	
17	2 Anna Van der Stok	D45	NED	100	I	5:34.72	PR	
18	6 Hanspeter Ambass	H65	SUI	102	I	5:35.78		
19	73 Ton van Helden	H75	NED	98	I	5:46.48		
20	78 Carolien van Rees	D65	NED	98	O	5:50.43		
21	15 Andrej Kwadrin	H40	GER	96	I	5:51.76	PR	
22	19 Heike Gaasbeek	D45	NED	99	O	6:02.43		
	55 Mika Sirén	H50	FIN	96	O	DNF		
	94 Frank Steenkamp	H65	NED			WDR		
	49 Lars Henriksson	H55	SWE			WDR		
	4 Martijn van der Horst	H50	NED			WDR		



		Naam	Cat	Land	PR	Tijd	Info
99	gl	52 <b>Outi Pinomäki</b>	D55	FIN	5:40.66	<b>5:33.59</b>	PR
	bl	19 <b>Heike Gaasbeek</b>	D45	NED		<b>6:02.43</b>	
		<b>Outi Pinomäki</b>			<b>Heike Gaasbeek</b>		
		200m	25.42	(25.42)	200m	26.48	(26.48)
		600m	1:07.18	(41.76)	600m	1:10.54	(44.06)
		1000m	1:50.87	(43.69)	1000m	1:56.74	(46.20)
		1400m	2:35.03	(44.16)	1400m	2:44.37	(47.63)
		1800m	3:19.27	(44.24)	1800m	3:33.28	(48.91)
		2200m	4:03.92	(44.65)	2200m	4:23.06	(49.78)
		2600m	4:49.31	(45.39)	2600m	5:13.16	(50.10)
		3000m	5:33.59	(44.28)	3000m	6:02.43	(49.27)
		Naam	Cat	Land	PR	Tijd	Info
100	wt	2 <b>Anna Van der Stok</b>	D45	NED	5:45.73	<b>5:34.72</b>	PR
	rd	9 <b>Paavo Salonen</b>	H70	FIN	4:35.06	<b>5:22.00</b>	
		<b>Anna Van der Stok</b>			<b>Paavo Salonen</b>		
		200m	25.37	(25.37)	200m	26.39	(26.39)
		600m	1:06.54	(41.17)	600m	1:06.08	(39.69)
		1000m	1:48.68	(42.14)	1000m	1:47.12	(41.04)
		1400m	2:32.15	(43.47)	1400m	2:29.32	(42.20)
		1800m	3:16.77	(44.62)	1800m	3:11.71	(42.39)
		2200m	4:02.39	(45.62)	2200m	3:54.85	(43.14)
		2600m	4:48.22	(45.83)	2600m	4:38.23	(43.38)
		3000m	5:34.72	(46.50)	3000m	5:22.00	(43.77)

		Naam	Cat	Land	PR	Tijd	Info
101	gl	102 <b>Jaap van Kouterik</b>	H70	NED	5:21.08	<b>5:23.07</b>	
	bl	81 <b>Ralf Hartings</b>	H65	SWE		<b>5:28.97</b>	HT
		<b>Jaap van Kouterik</b>			<b>Ralf Hartings</b>		
		200m	25.45	(25.45)	200m	25.47	(25.47)
		600m	1:06.35	(40.90)	600m	1:06.31	(40.84)
		1000m	1:48.41	(42.06)	1000m	1:49.25	(42.94)
		1400m	2:31.34	(42.93)	1400m	2:32.35	(43.10)
		1800m	3:14.12	(42.78)	1800m	3:16.50	(44.15)
		2200m	3:57.54	(43.42)	2200m	4:00.29	(43.79)
		2600m	4:40.28	(42.74)	2600m	4:44.37	(44.08)
		3000m	5:23.07	(42.79)	3000m	5:28.97	(44.60)

		Naam	Cat	Land	PR	Tijd	Info
102	wt	6 <b>Hanspeter Ambass</b>	H65	SUI	4:53.00	<b>5:35.78</b>	
	rd	94 <b>Frank Steenkamp</b>	H65	NED	4:36.38	<b>WDR</b>	
		<b>Hanspeter Ambass</b>			<b>Frank Steenkamp</b>		
		200m	25.34	(25.34)			
		600m	1:10.04	(44.70)			
		1000m	1:54.20	(44.16)			
		1400m	2:38.78	(44.58)			
		1800m	3:23.05	(44.27)			
		2200m	4:07.09	(44.04)			
		2600m	4:51.37	(44.28)			
		3000m	5:35.78	(44.41)			

		Naam	Cat	Land	PR	Tijd	Info
103	gl	86 <b>Henriëtte Goede</b>	D55	NED	4:46.59	<b>5:07.23</b>	
	bl	31 <b>Ab Nederlof</b>	H65	NED	5:00.68	<b>5:02.56</b>	
		<b>Henriëtte Goede</b>			<b>Ab Nederlof</b>		
		200m	24.26	(24.26)	200m	25.03	(25.03)
		600m	1:03.05	(38.79)	600m	1:03.15	(38.12)
		1000m	1:42.66	(39.61)	1000m	1:41.34	(38.19)
		1400m	2:23.44	(40.78)	1400m	2:21.15	(39.81)
		1800m	3:04.44	(41.00)	1800m	3:01.67	(40.52)
		2200m	3:44.68	(40.24)	2200m	3:42.01	(40.34)
		2600m	4:25.83	(41.15)	2600m	4:22.32	(40.31)
		3000m	5:07.23	(41.40)	3000m	5:02.56	(40.24)

		Naam	Cat	Land	PR	Tijd	Info
104	wt	50 <b>Jyrki Hietanen</b>	H60	FIN	4:46.91	<b>5:09.86</b>	
	rd	38 <b>Wendy van der Ham</b>	D50	NED	5:21.16	<b>5:19.09</b>	PR
		<b>Jyrki Hietanen</b>			<b>Wendy van der Ham</b>		
		200m	22.94	(22.94)	200m	23.14	(23.14)
		600m	1:02.59	(39.65)	600m	1:02.56	(39.42)
		1000m	1:43.45	(40.86)	1000m	1:45.35	(42.79)
		1400m	2:25.29	(41.84)	1400m	2:29.24	(43.89)
		1800m	3:06.77	(41.48)	1800m	3:12.44	(43.20)
		2200m	3:47.37	(40.60)	2200m	3:55.21	(42.77)
		2600m	4:28.77	(41.40)	2600m	4:37.45	(42.24)
		3000m	5:09.86	(41.09)	3000m	5:19.09	(41.64)

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		Naam	Cat	Land	PR	Tijd Info
105	gl	49 <b>Lars Henriksson</b>	H55	SWE	4:41.01	<b>WDR</b>
	bl	59 <b>Marco Roos</b>	H60	NED	4:34.57	<b>4:53.95</b>
		<b>Lars Henriksson</b>		<b>Marco Roos</b>		
		200m	23.77	(23.77)		
		600m	1:00.98	(37.21)		
		1000m	1:39.24	(38.26)		
		1400m	2:18.46	(39.22)		
		1800m	2:57.35	(38.89)		
		2200m	3:35.88	(38.53)		
		2600m	4:14.88	(39.00)		
		3000m	4:53.95	(39.07)		

		Naam	Cat	Land	PR	Tijd Info
106	wt	20 <b>Jasper Knulst</b>	H45	NED	4:44.00	<b>4:50.01</b>
	rd	26 <b>Michel van der Sluijs</b>	H50	NED	4:56.67	<b>4:49.77 PR</b>
		<b>Jasper Knulst</b>		<b>Michel van der Sluijs</b>		
		200m	21.90	(21.90)	200m	22.70 (22.70)
		600m	58.42	(36.52)	600m	58.04 (35.34)
		1000m	1:35.33	(36.91)	1000m	1:34.65 (36.61)
		1400m	2:13.20	(37.87)	1400m	2:12.64 (37.99)
		1800m	2:51.53	(38.33)	1800m	2:51.58 (38.94)
		2200m	3:30.54	(39.01)	2200m	3:30.70 (39.12)
		2600m	4:10.43	(39.89)	2600m	4:10.36 (39.66)
		3000m	4:50.01	(39.58)	3000m	4:49.77 (39.41)



		Naam	Cat	Land	PR	Tijd	Info
107	gl	149 <b>Ahti Oks</b>	H45	EST		<b>4:36.98</b>	
	bl	4 <b>Martijn van der Horst</b>	H50	NED	4:26.39	<b>WDR</b>	
		<b>Ahti Oks</b>	<b>Martijn van der Horst</b>				
		200m	21.18	(21.18)			
		600m	56.69	(35.51)			
		1000m	1:33.33	(36.64)			
		1400m	2:09.81	(36.48)			
		1800m	2:46.60	(36.79)			
		2200m	3:23.61	(37.01)			
		2600m	4:01.00	(37.39)			
		3000m	4:36.98	(35.98)			
		Naam	Cat	Land	PR	Tijd	Info
108	wt	75 <b>Bastiaan Geurts</b>	HSB	NED	4:18.70	<b>4:44.59</b>	
	rd	117 <b>Sebastiaan Scargo</b>	H40	NED	4:35.59	<b>4:34.97</b>	PR
		<b>Bastiaan Geurts</b>	<b>Sebastiaan Scargo</b>				
		200m	21.16	(21.16)	200m	21.70	(21.70)
		600m	56.87	(35.71)	600m	56.09	(34.39)
		1000m	1:33.96	(37.09)	1000m	1:31.76	(35.67)
		1400m	2:12.28	(38.32)	1400m	2:07.62	(35.86)
		1800m	2:50.40	(38.12)	1800m	2:43.60	(35.98)
		2200m	3:28.61	(38.21)	2200m	3:20.00	(36.40)
		2600m	4:06.82	(38.21)	2600m	3:56.82	(36.82)
		3000m	4:44.59	(37.77)	3000m	4:34.97	(38.15)



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		Naam		Cat	Land	PR	Tijd	Info
109	gl	83	<b>Rene van Bernum</b>	H55	GER	4:10.45	<b>4:18.09</b>	
	bl	82	<b>Märt Kuus</b>	H40	EST	4:54.51	<b>4:55.72</b>	
		<b>Rene van Bernum</b>			<b>Märt Kuus</b>			
		200m	21.29	(21.29)	200m	22.34	(22.34)	
		600m	54.86	(33.57)	600m	59.82	(37.48)	
		1000m	1:28.65	(33.79)	1000m	1:38.00	(38.18)	
		1400m	2:02.64	(33.99)	1400m	2:15.88	(37.88)	
		1800m	2:36.08	(33.44)	1800m	2:54.77	(38.89)	
		2200m	3:09.78	(33.70)	2200m	3:34.69	(39.92)	
		2600m	3:43.59	(33.81)	2600m	4:15.37	(40.68)	
		3000m	4:18.09	(34.50)	3000m	4:55.72	(40.35)	



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## 34. Uitslag 3000m Allround Small - O

Pos	Naam	Cat	Land	Paar	Baan	Tijd	Info	Punten
1	109 <b>Nomdo de Heer</b>	HN2	NED	110	I	<b>4:18.13</b>	PR	
2	105 <b>Bo Meijer</b>	DA2	NED	110	O	<b>4:54.04</b>	PR	

## 34. Rituitslag 3000m Allround Small - O

		Naam	Cat	Land	PR	Tijd	Info
110	wt	109 <b>Nomdo de Heer</b>	HN2	NED	4:20.25	<b>4:18.13</b>	PR
	rd	105 <b>Bo Meijer</b>	DA2	NED	4:57.58	<b>4:54.04</b>	PR
		<b>Nomdo de Heer</b>			<b>Bo Meijer</b>		
		200m	20.08	(20.08)	200m	22.87	(22.87)
		600m	53.23	(33.15)	600m	58.52	(35.65)
		1000m	1:27.29	(34.06)	1000m	1:36.18	(37.66)
		1400m	2:01.32	(34.03)	1400m	2:14.78	(38.60)
		1800m	2:35.23	(33.91)	1800m	2:54.44	(39.66)
		2200m	3:09.45	(34.22)	2200m	3:34.38	(39.94)
		2600m	3:43.77	(34.32)	2600m	4:14.64	(40.26)
		3000m	4:18.13	(34.36)	3000m	4:54.04	(39.40)