

1. Uitslag 500 meter voor 500/1000m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|-------|------|--------|
| 1 | 106 Bart Seffinga | H40 | 16 | O | 39.21 | | |
| 2 | 62 Jurre Kranenburg | H40 | 16 | I | 40.02 | | |
| 3 | 63 Harry Pardijs | H45 | 14 | I | 42.73 | | |
| 4 | 59 Claudia Henckel | DSB | 13 | I | 42.92 | | |
| 5 | 88 Martijn van der Horst | H50 | 14 | O | 43.16 | | |
| 6 | 81 Anke Jannie Landman | D45 | 13 | O | 43.62 | | |
| 7 | 127 Han Kamminga | H55 | 15 | O | 43.82 | | |
| 8 | 110 Jasper Knulst | H50 | 11 | I | 43.91 | | |
| 9 | 105 Evelien van der Kist | DSB | 12 | I | 44.12 | | |
| 10 | 17 Piet Siemonsma | H70 | 11 | O | 44.36 | | |
| 11 | 70 Joanne Spliethof | DSB | 10 | O | 44.77 | | |
| 12 | 115 Erik Jeurig | H40 | 9 | I | 45.15 | | |
| 13 | 60 Jeanette ten Hag | D45 | 10 | I | 45.32 | | |
| 14 | 132 Gerdien Verweij | D55 | 7 | I | 45.50 | | |
| 15 | 117 Peter Vlaar | H60 | 8 | I | 46.10 | | |
| 16 | 114 Antoinet van Essen-Prins | DSB | 7 | O | 46.19 | | |
| 17 | 119 Arjen Esselink | H55 | 6 | I | 46.23 | PR | |
| 18 | 118 Harm Smit | H65 | 4 | O | 46.61 | | |
| 19 | 89 Monique Boerema | D60 | 8 | O | 46.85 | | |
| 20 | 57 Carolien Mulder | DSB | 5 | I | 46.88 | | |
| 21 | 45 Jolanda Voskamp-Vollebregt | D55 | 6 | O | 48.69 | | |
| 22 | 83 Erik Buitenhuis | H60 | 5 | O | 49.09 | | |
| 23 | 138 Jan Boelen | H75 | 4 | I | 50.51 | | |
| 24 | 113 Lettie Zwanenburg | D65 | 3 | I | 50.80 | | |
| 25 | 137 Suzette Scheltinga | D55 | 3 | O | 51.70 | | |
| 26 | 108 Bauke Meijer | H75 | 2 | I | 52.66 | | |
| 27 | 111 Pieter den Dunnen | H75 | 1 | I | 54.90 | | |
| 28 | 61 Ton van Helden | H75 | 2 | O | 56.65 | | |
| | 14 Marloes Westerhof | DSB | | | | WDR | |

1. Rituitslag 500 meter voor 500/1000m

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--------------------------|-----|-----|-------|--------------|------|
| 1 | wt | 111 | Pieter den Dunnen | | H75 | 42.50 | 54.90 | |
| | rd | | | | | | | |

Pieter den Dunnen

| | | |
|------|-------|---------|
| 100m | 15.00 | (15.00) |
| 500m | 54.90 | (39.90) |

m

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|-----------------------|-----|-----|-------|--------------|------|
| 2 | gl | 108 | Bauke Meijer | | H75 | 45.35 | 52.66 | |
| | bl | 61 | Ton van Helden | | H75 | 44.15 | 56.65 | |

Bauke Meijer

| | | |
|------|-------|---------|
| 100m | 13.81 | (13.81) |
| 500m | 52.66 | (38.85) |

Ton van Helden

| | | |
|------|-------|---------|
| 100m | 14.30 | (14.30) |
| 500m | 56.65 | (42.35) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|---------------------------|-----|-----|-------|--------------|------|
| 3 | wt | 113 | Lettie Zwanenburg | | D65 | 46.64 | 50.80 | |
| | rd | 137 | Suzette Scheltinga | | D55 | 48.82 | 51.70 | |

Lettie Zwanenburg

| | | |
|------|-------|---------|
| 100m | 13.97 | (13.97) |
| 500m | 50.80 | (36.83) |

Suzette Scheltinga

| | | |
|------|-------|---------|
| 100m | 13.50 | (13.50) |
| 500m | 51.70 | (38.20) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|-------------------|-----|-----|-------|--------------|------|
| 4 | gl | 138 | Jan Boelen | | H75 | 45.20 | 50.51 | |
| | bl | 118 | Harm Smit | | H65 | 43.02 | 46.61 | |

Jan Boelen

| | | |
|------|-------|---------|
| 100m | 13.42 | (13.42) |
| 500m | 50.51 | (37.09) |

Harm Smit

| | | |
|------|-------|---------|
| 100m | 12.92 | (12.92) |
| 500m | 46.61 | (33.69) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|------------------------|-----|-----|-------|--------------|------|
| 5 | wt | 57 | Carolien Mulder | | DSB | 44.65 | 46.88 | |
| | rd | 83 | Erik Buitenhuis | | H60 | 44.25 | 49.09 | |

Carolien Mulder

| | | |
|------|-------|---------|
| 100m | 12.72 | (12.72) |
| 500m | 46.88 | (34.16) |

Erik Buitenhuis

| | | |
|------|-------|---------|
| 100m | 12.98 | (12.98) |
| 500m | 49.09 | (36.11) |

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|--------------------------------------|-----|--------------------|-----------------------------------|------|
| 6 | gl | 119 Arjen Esselink | H55 | 46.23 | 46.23 | PR |
| | bl | 45 Jolanda Voskamp-Vollebregt | D55 | 44.25 | 48.69 | |
| | | <u>Arjen Esselink</u> | | | <u>Jolanda Voskamp-Vollebregt</u> | |
| | | 100m 12.52 (12.52) | | 100m 13.34 (13.34) | | |
| | | 500m 46.23 (33.71) | | 500m 48.69 (35.35) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 7 | wt | 132 Gerdien Verweij | D55 | 42.35 | 45.50 | |
| | rd | 114 Antoinet van Essen-Prins | DSB | 43.49 | 46.19 | |
| | | <u>Gerdien Verweij</u> | | | <u>Antoinet van Essen-Prins</u> | |
| | | 100m 12.52 (12.52) | | 100m 12.67 (12.67) | | |
| | | 500m 45.50 (32.98) | | 500m 46.19 (33.52) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 8 | gl | 117 Peter Vlaar | H60 | 42.74 | 46.10 | |
| | bl | 89 Monique Boerema | D60 | 43.58 | 46.85 | |
| | | <u>Peter Vlaar</u> | | | <u>Monique Boerema</u> | |
| | | 100m 12.39 (12.39) | | 100m 12.92 (12.92) | | |
| | | 500m 46.10 (33.71) | | 500m 46.85 (33.93) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 9 | wt | 115 Erik Jeuring | H40 | 41.78 | 45.15 | |
| | rd | | | | | |
| | | <u>Erik Jeuring</u> | | | | |
| | | 100m 12.11 (12.11) | | m | | |
| | | 500m 45.15 (33.04) | | | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 10 | gl | 60 Jeanette ten Hag | D45 | 43.43 | 45.32 | |
| | bl | 70 Joanne Spliethof | DSB | 44.43 | 44.77 | |
| | | <u>Jeanette ten Hag</u> | | | <u>Joanne Spliethof</u> | |
| | | 100m 12.30 (12.30) | | 100m 11.83 (11.83) | | |
| | | 500m 45.32 (33.02) | | 500m 44.77 (32.94) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|---------------|------------------------------|---------------|------|
| 11 | wt | 110 Jasper Knulst | H50 | 43.46 | 43.91 | |
| | rd | 17 Piet Siemonsma | H70 | 42.05 | 44.36 | |
| | | Jasper Knulst | | Piet Siemonsma | | |
| | | 100m | 11.82 (11.82) | 100m | 12.54 (12.54) | |
| | | 500m | 43.91 (32.09) | 500m | 44.36 (31.82) | |
| | | Naam | Cat | PR | Tijd | Info |
| 12 | gl | 105 Evelien van der Kist | DSB | 43.03 | 44.12 | |
| | bl | | | | | |
| | | Evelien van der Kist | | | | |
| | | 100m | 12.03 (12.03) | m | | |
| | | 500m | 44.12 (32.09) | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 13 | wt | 59 Claudia Henckel | DSB | 42.19 | 42.92 | |
| | rd | 81 Anke Jannie Landman | D45 | 41.26 | 43.62 | |
| | | Claudia Henckel | | Anke Jannie Landman | | |
| | | 100m | 11.66 (11.66) | 100m | 11.93 (11.93) | |
| | | 500m | 42.92 (31.26) | 500m | 43.62 (31.69) | |
| | | Naam | Cat | PR | Tijd | Info |
| 14 | gl | 63 Harry Pardijs | H45 | 37.19 | 42.73 | |
| | bl | 88 Martijn van der Horst | H50 | 39.70 | 43.16 | |
| | | Harry Pardijs | | Martijn van der Horst | | |
| | | 100m | 11.87 (11.87) | 100m | 11.93 (11.93) | |
| | | 500m | 42.73 (30.86) | 500m | 43.16 (31.23) | |
| | | Naam | Cat | PR | Tijd | Info |
| 15 | wt | 14 Marloes Westerhof | DSB | 41.87 | WDR | |
| | rd | 127 Han Kamminga | H55 | 39.19 | 43.82 | |
| | | Marloes Westerhof | | Han Kamminga | | |
| | | | | 100m | 11.95 (11.95) | |
| | | | | 500m | 43.82 (31.87) | |



Dutch Masters Cup 2023-2024 - II

Thialf - Heerenveen

16 december 2023



| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------------|----------------------|---------------|------|
| 16 | gl | 62 Jurre Kranenburg | H40 | 39.89 | 40.02 | |
| | bl | 106 Bart Seffinga | H40 | 37.10 | 39.21 | |
| | | Jurre Kranenburg | | Bart Seffinga | | |
| | | 100m | 11.07 (11.07) | 100m | 10.97 (10.97) | |
| | | 500m | 40.02 (28.95) | 500m | 39.21 (28.24) | |

2. Uitslag 500 meter voor 500/1500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|-------|------|--------|
| 1 | 44 Marius ten Herkel | HSB | 44 | O | 39.49 | | |
| 2 | 28 Jeroen Schoppink | H40 | 44 | I | 40.26 | | |
| 3 | 56 Mark Reiling | H40 | 43 | I | 40.68 | | |
| 4 | 72 Michiel Wienese | H45 | 42 | I | 41.21 | | |
| 5 | 43 Jeroen Oeben | H40 | 41 | O | 41.84 | | |
| 6 | 2 Roland ten Klooster | H60 | 39 | I | 42.07 | | |
| 7 | 140 Mark Ooijevaar | H40 | 42 | O | 42.39 | | |
| 8 | 27 Daan Spoelstra | H45 | 41 | I | 42.76 | | |
| 9 | 37 Hans van der Does | H55 | 38 | O | 42.96 | | |
| 10 | 66 Sybe van Hijum | HSB | 39 | O | 43.09 | | |
| 11 | 24 Chris van der Plaats | H60 | 40 | O | 43.28 | | |
| 12 | 30 Giel Hermans | H60 | 38 | I | 43.54 | | |
| 13 | 32 Roberto van Goor | H50 | 40 | I | 43.61 | | |
| 14 | 8 Doede Wind | H50 | 37 | O | 44.04 | | |
| 15 | 29 Beno Pol | H60 | 34 | O | 44.15 | | |
| 16 | 7 Stijn Verhagen | H45 | 37 | I | 44.22 | | |
| 17 | 97 Wim Verbraeken | H40 | 36 | I | 44.42 | | |
| 18 | 42 Mettie de Vegt | DSB | 33 | I | 44.87 | | |
| 19 | 99 Gerard Snel | H60 | 29 | O | 44.96 | | |
| 20 | 18 Klaas van den Berg | H60 | 31 | I | 45.13 | | |
| 21 | 52 Gerwin Boschloo | H50 | 36 | O | 45.24 | | |
| 22 | 136 Imke Hüser | DSB | 31 | O | 45.28 | | |
| 23 | 4 Mike Egberts | H40 | 35 | I | 45.39 | | |
| 24 | 139 Guido Gosselink | H50 | 34 | I | 45.44 | | |
| 25 | 101 Kaska Rogulska | D55 | 33 | O | 45.47 | | |
| 26 | 41 Martijn Jager | H50 | 32 | O | 45.70 | | |
| 27 | 34 Thomas Voswinkel | HSB | 25 | I | 45.74 | | |
| 28 | 73 Rennie Verloop | H65 | 35 | O | 45.88 | | |
| 29 | 65 Christiaan Abeelen | H50 | 28 | O | 46.04 | | |
| 30 | 84 Imme Kampen | D40 | 32 | I | 46.19 | | |
| 31 | 120 Henk Roelfsema | H55 | 29 | I | 46.40 | | |
| 32 | 19 Ferd Veelenturf | H65 | 30 | I | 46.76 | | |
| 33 | 135 Wendy van der Ham | D50 | 25 | O | 47.01 | | |
| 34 | 31 Kees Langeveld | H65 | 27 | I | 47.03 | | |
| 35 | 5 Janette de Groot-Bron | D45 | 28 | I | 47.22 | | |
| 36 | 93 Irma Woud | D50 | 27 | O | 47.34 | | |
| 37 | 46 Linda Davelaar - van Dijk | D40 | 23 | I | 47.70 | | |
| 38 | 22 Elma Endhoven | DSB | 26 | I | 48.59 | | |



Dutch Masters Cup 2023-2024 - II

Thialf - Heerenveen

16 december 2023



| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------------------|-----|------|------|-------|------|--------|
| 39 | 92 Yvonne Simis | D50 | 24 | I | 49.14 | | |
| 40 | 68 Erwin Henskes | H65 | 21 | O | 49.34 | | |
| 41 | 126 Ciska Stark | D60 | 21 | I | 49.67 | | |
| 42 | 49 Marianne de Neeling | D60 | 22 | I | 49.72 | | |
| 43 | 33 Anita Smit-Groot | D60 | 22 | O | 49.78 | | |
| 44 | 71 Hans ten Hag | H70 | 26 | O | 49.87 | | |
| 45 | 36 Wibe Veenbaas | H70 | 24 | O | 50.50 | | |
| 46 | 102 Astrid Janssen | D60 | 19 | I | 50.67 | | |
| 47 | 100 Jann van Benthem | H65 | 20 | I | 50.70 | | |
| 48 | 40 Mariska van Haaften- van den Bosch | D60 | 20 | O | 51.23 | | |
| 49 | 129 David Smith | H55 | 23 | O | 53.01 | | |
| 50 | 77 Kevin van Cleef | H40 | 18 | O | 53.70 | | |
| 51 | 78 Evelyn Mein-Klok | D50 | 17 | I | 53.71 | | |
| 52 | 94 Thomas Hoekstra | H70 | 19 | O | 53.79 | | |
| | 130 David Butteriss | H75 | 18 | I | DNS | | |

2. Rituitslag 500 meter voor 500/1500m

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|---|-------|----------------------------|-----|-------|--------------|------|-------------------------|--|--|--|--|--|--|------|-------|---------|---|--|--|--|------|-------|---------|--|--|--|--|
| 17 | wt | 78 Evelyn Mein-Klok | D50 | 53.08 | 53.71 | | | | | | | | | | | | | | | | | | | | | | |
| | rd | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Evelyn Mein-Klok</u></td> <td colspan="4"></td> </tr> <tr> <td>100m</td> <td>14.45</td> <td>(14.45)</td> <td colspan="4">m</td> </tr> <tr> <td>500m</td> <td>53.71</td> <td>(39.26)</td> <td colspan="4"></td> </tr> </table> | | | | | | | <u>Evelyn Mein-Klok</u> | | | | | | | 100m | 14.45 | (14.45) | m | | | | 500m | 53.71 | (39.26) | | | | |
| <u>Evelyn Mein-Klok</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 14.45 | (14.45) | m | | | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 53.71 | (39.26) | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|---|----|----------------------------|------------------------|-------|--------------|------|------------------------|--|--|------------------------|--|--|--|------|--|--|------|-------|---------|--|------|--|--|------|-------|---------|--|
| 18 | gl | 130 David Butteriss | H75 | 53.25 | DNS | | | | | | | | | | | | | | | | | | | | | | |
| | bl | 77 Kevin van Cleef | H40 | 50.47 | 53.70 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>David Butteriss</u></td> <td colspan="4"><u>Kevin van Cleef</u></td> </tr> <tr> <td>100m</td> <td></td> <td></td> <td>100m</td> <td>14.99</td> <td>(14.99)</td> <td></td> </tr> <tr> <td>500m</td> <td></td> <td></td> <td>500m</td> <td>53.70</td> <td>(38.71)</td> <td></td> </tr> </table> | | | | | | | <u>David Butteriss</u> | | | <u>Kevin van Cleef</u> | | | | 100m | | | 100m | 14.99 | (14.99) | | 500m | | | 500m | 53.70 | (38.71) | |
| <u>David Butteriss</u> | | | <u>Kevin van Cleef</u> | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | | | 100m | 14.99 | (14.99) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | | | 500m | 53.70 | (38.71) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|--|-------|---------------------------|------------------------|-------|--------------|------|-----------------------|--|--|------------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 19 | wt | 102 Astrid Janssen | D60 | 46.77 | 50.67 | | | | | | | | | | | | | | | | | | | | | | |
| | rd | 94 Thomas Hoekstra | H70 | 44.53 | 53.79 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Astrid Janssen</u></td> <td colspan="4"><u>Thomas Hoekstra</u></td> </tr> <tr> <td>100m</td> <td>13.55</td> <td>(13.55)</td> <td>100m</td> <td>13.79</td> <td>(13.79)</td> <td></td> </tr> <tr> <td>500m</td> <td>50.67</td> <td>(37.12)</td> <td>500m</td> <td>53.79</td> <td>(40.00)</td> <td></td> </tr> </table> | | | | | | | <u>Astrid Janssen</u> | | | <u>Thomas Hoekstra</u> | | | | 100m | 13.55 | (13.55) | 100m | 13.79 | (13.79) | | 500m | 50.67 | (37.12) | 500m | 53.79 | (40.00) | |
| <u>Astrid Janssen</u> | | | <u>Thomas Hoekstra</u> | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 13.55 | (13.55) | 100m | 13.79 | (13.79) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 50.67 | (37.12) | 500m | 53.79 | (40.00) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|--|-------|---|--|-------|--------------|------|-------------------------|--|--|--|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 20 | gl | 100 Jann van Benthem | H65 | 43.87 | 50.70 | | | | | | | | | | | | | | | | | | | | | | |
| | bl | 40 Mariska van Haften- van den Bosch | D60 | 47.75 | 51.23 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Jann van Benthem</u></td> <td colspan="4"><u>Mariska van Haften- van den Bosch</u></td> </tr> <tr> <td>100m</td> <td>13.75</td> <td>(13.75)</td> <td>100m</td> <td>13.88</td> <td>(13.88)</td> <td></td> </tr> <tr> <td>500m</td> <td>50.70</td> <td>(36.95)</td> <td>500m</td> <td>51.23</td> <td>(37.35)</td> <td></td> </tr> </table> | | | | | | | <u>Jann van Benthem</u> | | | <u>Mariska van Haften- van den Bosch</u> | | | | 100m | 13.75 | (13.75) | 100m | 13.88 | (13.88) | | 500m | 50.70 | (36.95) | 500m | 51.23 | (37.35) | |
| <u>Jann van Benthem</u> | | | <u>Mariska van Haften- van den Bosch</u> | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 13.75 | (13.75) | 100m | 13.88 | (13.88) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 50.70 | (36.95) | 500m | 51.23 | (37.35) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|---|-------|-------------------------|----------------------|-------|--------------|------|--------------------|--|--|----------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 21 | wt | 126 Ciska Stark | D60 | 46.22 | 49.67 | | | | | | | | | | | | | | | | | | | | | | |
| | rd | 68 Erwin Henskes | H65 | 45.20 | 49.34 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Ciska Stark</u></td> <td colspan="4"><u>Erwin Henskes</u></td> </tr> <tr> <td>100m</td> <td>13.57</td> <td>(13.57)</td> <td>100m</td> <td>13.81</td> <td>(13.81)</td> <td></td> </tr> <tr> <td>500m</td> <td>49.67</td> <td>(36.10)</td> <td>500m</td> <td>49.34</td> <td>(35.53)</td> <td></td> </tr> </table> | | | | | | | <u>Ciska Stark</u> | | | <u>Erwin Henskes</u> | | | | 100m | 13.57 | (13.57) | 100m | 13.81 | (13.81) | | 500m | 49.67 | (36.10) | 500m | 49.34 | (35.53) | |
| <u>Ciska Stark</u> | | | <u>Erwin Henskes</u> | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 13.57 | (13.57) | 100m | 13.81 | (13.81) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 49.67 | (36.10) | 500m | 49.34 | (35.53) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------------|-----|--------------------|--------------------------|------|
| 22 | gl | 49 Marianne de Neeling | D60 | 46.57 | 49.72 | |
| | bl | 33 Anita Smit-Groot | D60 | 46.86 | 49.78 | |
| | | <u>Marianne de Neeling</u> | | | <u>Anita Smit-Groot</u> | |
| | | 100m 13.67 (13.67) | | 100m 13.60 (13.60) | | |
| | | 500m 49.72 (36.05) | | 500m 49.78 (36.18) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 23 | wt | 46 Linda Davelaar - van Dijk | D40 | 43.31 | 47.70 | |
| | rd | 129 David Smith | H55 | 46.18 | 53.01 | |
| | | <u>Linda Davelaar - van Dijk</u> | | | <u>David Smith</u> | |
| | | 100m 12.75 (12.75) | | 100m 14.61 (14.61) | | |
| | | 500m 47.70 (34.95) | | 500m 53.01 (38.40) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 24 | gl | 92 Yvonne Simis | D50 | 44.73 | 49.14 | |
| | bl | 36 Wibe Veenbaas | H70 | 42.87 | 50.50 | |
| | | <u>Yvonne Simis</u> | | | <u>Wibe Veenbaas</u> | |
| | | 100m 12.97 (12.97) | | 100m 14.24 (14.24) | | |
| | | 500m 49.14 (36.17) | | 500m 50.50 (36.26) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 25 | wt | 34 Thomas Voswinkel | HSB | 45.13 | 45.74 | |
| | rd | 135 Wendy van der Ham | D50 | 45.90 | 47.01 | |
| | | <u>Thomas Voswinkel</u> | | | <u>Wendy van der Ham</u> | |
| | | 100m 12.67 (12.67) | | 100m 12.85 (12.85) | | |
| | | 500m 45.74 (33.07) | | 500m 47.01 (34.16) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 26 | gl | 22 Elma Endhoven | DSB | 47.01 | 48.59 | |
| | bl | 71 Hans ten Hag | H70 | 45.87 | 49.87 | |
| | | <u>Elma Endhoven</u> | | | <u>Hans ten Hag</u> | |
| | | 100m 13.04 (13.04) | | 100m 13.73 (13.73) | | |
| | | 500m 48.59 (35.55) | | 500m 49.87 (36.14) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|---------------|-------|---------------|---------------------------|
| 27 | wt | 31 Kees Langeveld | H65 | 45.16 | 47.03 | |
| | rd | 93 Irma Woud | D50 | 43.36 | 47.34 | |
| | | Kees Langeveld | | | | Irma Woud |
| | | 100m | 13.21 (13.21) | 100m | 12.55 (12.55) | |
| | | 500m | 47.03 (33.82) | 500m | 47.34 (34.79) | |
| | | Naam | Cat | PR | Tijd | Info |
| 28 | gl | 5 Janette de Groot-Bron | D45 | 44.96 | 47.22 | |
| | bl | 65 Christiaan Abeelen | H50 | 44.31 | 46.04 | |
| | | Janette de Groot-Bron | | | | Christiaan Abeelen |
| | | 100m | 12.87 (12.87) | 100m | 12.71 (12.71) | |
| | | 500m | 47.22 (34.35) | 500m | 46.04 (33.33) | |
| | | Naam | Cat | PR | Tijd | Info |
| 29 | wt | 120 Henk Roelfsema | H55 | 43.59 | 46.40 | |
| | rd | 99 Gerard Snel | H60 | 42.55 | 44.96 | |
| | | Henk Roelfsema | | | | Gerard Snel |
| | | 100m | 12.52 (12.52) | 100m | 12.29 (12.29) | |
| | | 500m | 46.40 (33.88) | 500m | 44.96 (32.67) | |
| | | Naam | Cat | PR | Tijd | Info |
| 30 | gl | 19 Ferd Veelenturf | H65 | 42.32 | 46.76 | |
| | bl | | | | | |
| | | Ferd Veelenturf | | | | |
| | | 100m | 12.74 (12.74) | m | | |
| | | 500m | 46.76 (34.02) | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 31 | wt | 18 Klaas van den Berg | H60 | 40.98 | 45.13 | |
| | rd | 136 Imke Hüser | DSB | 43.02 | 45.28 | |
| | | Klaas van den Berg | | | | Imke Hüser |
| | | 100m | 12.29 (12.29) | 100m | 12.43 (12.43) | |
| | | 500m | 45.13 (32.84) | 500m | 45.28 (32.85) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------------|-------|---------------|------------------------|
| 32 | gl | 84 Imme Kampen | D40 | 44.76 | 46.19 | |
| | bl | 41 Martijn Jager | H50 | 44.01 | 45.70 | |
| | | Imme Kampen | | | | Martijn Jager |
| | | 100m | 12.67 (12.67) | 100m | 12.63 (12.63) | |
| | | 500m | 46.19 (33.52) | 500m | 45.70 (33.07) | |
| | | Naam | Cat | PR | Tijd | Info |
| 33 | wt | 42 Mettie de Vegt | DSB | 44.72 | 44.87 | |
| | rd | 101 Kaska Rogulska | D55 | 42.33 | 45.47 | |
| | | Mettie de Vegt | | | | Kaska Rogulska |
| | | 100m | 12.64 (12.64) | 100m | 12.46 (12.46) | |
| | | 500m | 44.87 (32.23) | 500m | 45.47 (33.01) | |
| | | Naam | Cat | PR | Tijd | Info |
| 34 | gl | 139 Guido Gosselink | H50 | 45.44 | 45.44 | |
| | bl | 29 Beno Pol | H60 | 39.22 | 44.15 | |
| | | Guido Gosselink | | | | Beno Pol |
| | | 100m | 12.43 (12.43) | 100m | 11.74 (11.74) | |
| | | 500m | 45.44 (33.01) | 500m | 44.15 (32.41) | |
| | | Naam | Cat | PR | Tijd | Info |
| 35 | wt | 4 Mike Egberts | H40 | 42.60 | 45.39 | |
| | rd | 73 Rennie Verloop | H65 | 43.34 | 45.88 | |
| | | Mike Egberts | | | | Rennie Verloop |
| | | 100m | 12.74 (12.74) | 100m | 12.46 (12.46) | |
| | | 500m | 45.39 (32.65) | 500m | 45.88 (33.42) | |
| | | Naam | Cat | PR | Tijd | Info |
| 36 | gl | 97 Wim Verbraeken | H40 | 42.97 | 44.42 | |
| | bl | 52 Gerwin Boschloo | H50 | 43.16 | 45.24 | |
| | | Wim Verbraeken | | | | Gerwin Boschloo |
| | | 100m | 11.99 (11.99) | 100m | 12.27 (12.27) | |
| | | 500m | 44.42 (32.43) | 500m | 45.24 (32.97) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|---------------|-----------------------------|---------------|------|
| 37 | wt | 7 Stijn Verhagen | H45 | 43.54 | 44.22 | |
| | rd | 8 Doede Wind | H50 | 43.67 | 44.04 | |
| | | Stijn Verhagen | | Doede Wind | | |
| | | 100m | 12.13 (12.13) | 100m | 12.37 (12.37) | |
| | | 500m | 44.22 (32.09) | 500m | 44.04 (31.67) | |
| | | Naam | Cat | PR | Tijd | Info |
| 38 | gl | 30 Giel Hermans | H60 | 42.32 | 43.54 | |
| | bl | 37 Hans van der Does | H55 | 40.63 | 42.96 | |
| | | Giel Hermans | | Hans van der Does | | |
| | | 100m | 12.11 (12.11) | 100m | 12.02 (12.02) | |
| | | 500m | 43.54 (31.43) | 500m | 42.96 (30.94) | |
| | | Naam | Cat | PR | Tijd | Info |
| 39 | wt | 2 Roland ten Klooster | H60 | 41.14 | 42.07 | |
| | rd | 66 Sybe van Hijum | HSB | 42.80 | 43.09 | |
| | | Roland ten Klooster | | Sybe van Hijum | | |
| | | 100m | 11.53 (11.53) | 100m | 12.05 (12.05) | |
| | | 500m | 42.07 (30.54) | 500m | 43.09 (31.04) | |
| | | Naam | Cat | PR | Tijd | Info |
| 40 | gl | 32 Roberto van Goor | H50 | 42.27 | 43.61 | |
| | bl | 24 Chris van der Plaats | H60 | 40.90 | 43.28 | |
| | | Roberto van Goor | | Chris van der Plaats | | |
| | | 100m | 12.09 (12.09) | 100m | 11.97 (11.97) | |
| | | 500m | 43.61 (31.52) | 500m | 43.28 (31.31) | |
| | | Naam | Cat | PR | Tijd | Info |
| 41 | wt | 27 Daan Spoelstra | H45 | 42.67 | 42.76 | |
| | rd | 43 Jeroen Oeben | H40 | 41.76 | 41.84 | |
| | | Daan Spoelstra | | Jeroen Oeben | | |
| | | 100m | 11.66 (11.66) | 100m | 11.78 (11.78) | |
| | | 500m | 42.76 (31.10) | 500m | 41.84 (30.06) | |

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| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|--------------------|--------------------------|------|
| 42 | gl | 72 Michiel Wienese | H45 | 39.40 | 41.21 | |
| | bl | 140 Mark Ooijevaar | H40 | 39.43 | 42.39 | |
| | | Michiel Wienese | | | Mark Ooijevaar | |
| | | 100m 11.34 (11.34) | | 100m 11.92 (11.92) | | |
| | | 500m 41.21 (29.87) | | 500m 42.39 (30.47) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 43 | wt | 56 Mark Reiling | H40 | 39.26 | 40.68 | |
| | rd | | | | | |
| | | Mark Reiling | | | | |
| | | 100m 11.11 (11.11) | | m | | |
| | | 500m 40.68 (29.57) | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 44 | gl | 28 Jeroen Schoppink | H40 | 37.66 | 40.26 | |
| | bl | 44 Marius ten Herkel | HSB | 39.42 | 39.49 | |
| | | Jeroen Schoppink | | | Marius ten Herkel | |
| | | 100m 11.13 (11.13) | | 100m 11.03 (11.03) | | |
| | | 500m 40.26 (29.13) | | 500m 39.49 (28.46) | | |

3. Uitslag 500 meter voor 500/3000m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------------|-----|------|------|-------|------|--------|
| 1 | 6 Lennaart Lamers | HSB | 57 | O | 39.20 | | |
| 2 | 16 Geert Fekken | H45 | 57 | I | 42.44 | PR | |
| 3 | 15 Erol Aksoy | H50 | 58 | O | 43.26 | | |
| 4 | 26 Mark Veenstra | HSB | 55 | I | 43.76 | | |
| 5 | 9 Anton Mink | H60 | 56 | I | 43.88 | | |
| 6 | 55 Eva Riemersma - van Rheenen | D40 | 54 | I | 44.08 | | |
| 7 | 79 Jan Mein | H65 | 53 | O | 44.50 | | |
| 8 | 85 Michel van der Sluijs | H50 | 55 | O | 44.90 | | |
| 9 | 25 Bart Brinksma | H60 | 53 | I | 45.15 | | |
| 10 | 10 Gert-Jan Braas | H60 | 51 | I | 45.30 | | |
| 11 | 107 Suzanne Mulder | D40 | 49 | I | 45.62 | | |
| 12 | 48 Richard van den Broek | H55 | 52 | I | 45.81 | PR | |
| 13 | 23 Herman Vermeer | H60 | 54 | O | 46.02 | | |
| 14 | 20 Chantal Herms | D45 | 49 | O | 46.96 | | |
| 15 | 51 Rudie Assink | H55 | 51 | O | 46.99 | | |
| 16 | 74 Ab Nederlof | H70 | 50 | I | 47.33 | | |
| 17 | 91 Kees Bollaart | H60 | 50 | O | 47.45 | | |
| 18 | 98 Adriaan Provoost | H60 | 47 | I | 48.68 | | |
| 19 | 47 Marlies de Jong | D55 | 47 | O | 48.94 | | |
| 20 | 13 Ton van Klooster | H65 | 56 | O | 49.55 | | |
| 21 | 80 Kees Verdouw | H75 | 48 | I | 50.18 | | |
| 22 | 53 Barbara Heerschop | D65 | 48 | O | 51.70 | | |
| 23 | 64 Jan Heeres | H65 | 45 | I | 52.17 | | |
| 24 | 96 Carolien van Rees | D65 | 46 | I | 54.87 | | |
| 25 | 35 Thea Kroontje | D75 | 46 | O | 56.99 | | |
| 26 | 130 David Butteriss | H75 | 45 | O | 58.46 | | |

3. Rituitslag 500 meter voor 500/3000m

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------|------------------------|---------|------------------------|-------|--------------|------|
| 45 | wt | 64 | Jan Heeres | | H65 | 45.83 | 52.17 | |
| | rd | 130 | David Butteriss | | H75 | 53.25 | 58.46 | |
| | | <u>Jan Heeres</u> | | | <u>David Butteriss</u> | | | |
| | | 100m | 13.79 | (13.79) | 100m | 15.46 | (15.46) | |
| | | 500m | 52.17 | (38.38) | 500m | 58.46 | (43.00) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|
| 46 | gl | 96 | Carolien van Rees | | D65 | 53.54 | 54.87 | |
| | bl | 35 | Thea Kroontje | | D75 | 47.51 | 56.99 | |
| | | <u>Carolien van Rees</u> | | | <u>Thea Kroontje</u> | | | |
| | | 100m | 14.48 | (14.48) | 100m | 15.55 | (15.55) | |
| | | 500m | 54.87 | (40.39) | 500m | 56.99 | (41.44) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|------------------------|-------|--------------|------|
| 47 | wt | 98 | Adriaan Provoost | | H60 | 43.19 | 48.68 | |
| | rd | 47 | Marlies de Jong | | D55 | 46.84 | 48.94 | |
| | | <u>Adriaan Provoost</u> | | | <u>Marlies de Jong</u> | | | |
| | | 100m | 13.35 | (13.35) | 100m | 13.23 | (13.23) | |
| | | 500m | 48.68 | (35.33) | 500m | 48.94 | (35.71) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 48 | gl | 80 | Kees Verdouw | | H75 | 41.71 | 50.18 | |
| | bl | 53 | Barbara Heerschop | | D65 | 45.50 | 51.70 | |
| | | <u>Kees Verdouw</u> | | | <u>Barbara Heerschop</u> | | | |
| | | 100m | 13.52 | (13.52) | 100m | 13.91 | (13.91) | |
| | | 500m | 50.18 | (36.66) | 500m | 51.70 | (37.79) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|-------|--------------|------|
| 49 | wt | 107 | Suzanne Mulder | | D40 | 43.77 | 45.62 | |
| | rd | 20 | Chantal Herms | | D45 | 46.13 | 46.96 | |
| | | <u>Suzanne Mulder</u> | | | <u>Chantal Herms</u> | | | |
| | | 100m | 12.49 | (12.49) | 100m | 12.56 | (12.56) | |
| | | 500m | 45.62 | (33.13) | 500m | 46.96 | (34.40) | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------------------------|-------|-----------------------|-------|--------------|---------|
| 50 | gl | 74 Ab Nederlof | H70 | | 43.00 | 47.33 | |
| | bl | 91 Kees Bollaart | H60 | | 43.55 | 47.45 | |
| | | Ab Nederlof | | Kees Bollaart | | | |
| | | 100m | 13.07 | (13.07) | 100m | 12.97 | (12.97) |
| | | 500m | 47.33 | (34.26) | 500m | 47.45 | (34.48) |
| | | Naam | Cat | | PR | Tijd | Info |
| 51 | wt | 10 Gert-Jan Braas | H60 | | 43.08 | 45.30 | |
| | rd | 51 Rudie Assink | H55 | | 43.69 | 46.99 | |
| | | Gert-Jan Braas | | Rudie Assink | | | |
| | | 100m | 12.51 | (12.51) | 100m | 12.81 | (12.81) |
| | | 500m | 45.30 | (32.79) | 500m | 46.99 | (34.18) |
| | | Naam | Cat | | PR | Tijd | Info |
| 52 | gl | 48 Richard van den Broek | H55 | | 46.30 | 45.81 | PR |
| | bl | | | | | | |
| | | Richard van den Broek | | | | | |
| | | 100m | 12.56 | (12.56) | m | | |
| | | 500m | 45.81 | (33.25) | | | |
| | | Naam | Cat | | PR | Tijd | Info |
| 53 | wt | 25 Bart Brinksma | H60 | | 42.30 | 45.15 | |
| | rd | 79 Jan Mein | H65 | | 40.90 | 44.50 | |
| | | Bart Brinksma | | Jan Mein | | | |
| | | 100m | 12.33 | (12.33) | 100m | 12.08 | (12.08) |
| | | 500m | 45.15 | (32.82) | 500m | 44.50 | (32.42) |
| | | Naam | Cat | | PR | Tijd | Info |
| 54 | gl | 55 Eva Riemersma - van Rheenen | D40 | | 43.36 | 44.08 | |
| | bl | 23 Herman Vermeer | H60 | | 41.29 | 46.02 | |
| | | Eva Riemersma - van Rheenen | | Herman Vermeer | | | |
| | | 100m | 12.42 | (12.42) | 100m | 12.38 | (12.38) |
| | | 500m | 44.08 | (31.66) | 500m | 46.02 | (33.64) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|-----|------------------------------|--------------|------|
| 55 | wt | 26 Mark Veenstra | HSB | 43.11 | 43.76 | |
| | rd | 85 Michel van der Sluijs | H50 | 43.57 | 44.90 | |
| | | Mark Veenstra | | Michel van der Sluijs | | |
| | | 100m 11.87 (11.87) | | 100m 12.42 (12.42) | | |
| | | 500m 43.76 (31.89) | | 500m 44.90 (32.48) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-------------------------|--------------|------|
| 56 | gl | 9 Anton Mink | H60 | 43.22 | 43.88 | |
| | bl | 13 Ton van Klooster | H65 | 44.20 | 49.55 | |
| | | Anton Mink | | Ton van Klooster | | |
| | | 100m 12.16 (12.16) | | 100m 13.79 (13.79) | | |
| | | 500m 43.88 (31.72) | | 500m 49.55 (35.76) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|------------------------|--------------|------|
| 57 | wt | 16 Geert Fekken | H45 | 42.66 | 42.44 | PR |
| | rd | 6 Lennaart Lamers | HSB | 38.49 | 39.20 | |
| | | Geert Fekken | | Lennaart Lamers | | |
| | | 100m 11.81 (11.81) | | 100m 10.86 (10.86) | | |
| | | 500m 42.44 (30.63) | | 500m 39.20 (28.34) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------|-----|--------------------|--------------|------|
| 58 | gl | 15 Erol Aksoy | H50 | 42.61 | 43.26 | |
| | bl | | | | | |
| | | | | Erol Aksoy | | |
| | | m | | 100m 11.88 (11.88) | | |
| | | | | 500m 43.26 (31.38) | | |



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4. Uitslag 500 meter voor 500/5000m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 112 André Los | HSB | 61 | O | 40.14 | | |
| 2 | 133 Arjan Elferink | H45 | 62 | O | 40.90 | | |
| 3 | 69 Christiaan Smit | HSB | 61 | I | 42.17 | | |
| 4 | 11 Robert Wierts | H50 | 60 | O | 42.36 | | |
| 5 | 121 Eric van den Berg | H45 | 62 | I | 42.38 | | |
| 6 | 122 Joost van Leenders | H55 | 60 | I | 43.86 | | |
| 7 | 124 Tineke Schukken | D40 | 59 | I | 49.36 | | |

4. Rituitslag 500 meter voor 500/5000m

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|--|----------|----------------------------|-----|-------|--------------|------|------------------------|--|--|--|--|--|--|------|-------|---------|---|--|--|--|------|-------|---------|--|--|--|--|
| 59 | wt rd | 124 Tineke Schukken | D40 | 48.74 | 49.36 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width: 100%;"> <tr> <td colspan="3">Tineke Schukken</td> <td colspan="4"></td> </tr> <tr> <td>100m</td> <td>13.28</td> <td>(13.28)</td> <td>m</td> <td colspan="3"></td> </tr> <tr> <td>500m</td> <td>49.36</td> <td>(36.08)</td> <td colspan="4"></td> </tr> </table> | | | | | | | Tineke Schukken | | | | | | | 100m | 13.28 | (13.28) | m | | | | 500m | 49.36 | (36.08) | | | | |
| Tineke Schukken | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 13.28 | (13.28) | m | | | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 49.36 | (36.08) | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|--|-------|-------------------------------|----------------------|-------|--------------|------|---------------------------|--|--|----------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 60 | gl | 122 Joost van Leenders | H55 | 43.61 | 43.86 | | | | | | | | | | | | | | | | | | | | | | |
| | bl | 11 Robert Wierts | H50 | 42.15 | 42.36 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width: 100%;"> <tr> <td colspan="3">Joost van Leenders</td> <td colspan="4">Robert Wierts</td> </tr> <tr> <td>100m</td> <td>12.09</td> <td>(12.09)</td> <td>100m</td> <td>11.77</td> <td>(11.77)</td> <td></td> </tr> <tr> <td>500m</td> <td>43.86</td> <td>(31.77)</td> <td>500m</td> <td>42.36</td> <td>(30.59)</td> <td></td> </tr> </table> | | | | | | | Joost van Leenders | | | Robert Wierts | | | | 100m | 12.09 | (12.09) | 100m | 11.77 | (11.77) | | 500m | 43.86 | (31.77) | 500m | 42.36 | (30.59) | |
| Joost van Leenders | | | Robert Wierts | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 12.09 | (12.09) | 100m | 11.77 | (11.77) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 43.86 | (31.77) | 500m | 42.36 | (30.59) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|---|-------|---------------------------|------------------|-------|--------------|------|------------------------|--|--|------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 61 | wt | 69 Christiaan Smit | HSB | 41.90 | 42.17 | | | | | | | | | | | | | | | | | | | | | | |
| | rd | 112 André Los | HSB | 38.48 | 40.14 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width: 100%;"> <tr> <td colspan="3">Christiaan Smit</td> <td colspan="4">André Los</td> </tr> <tr> <td>100m</td> <td>11.53</td> <td>(11.53)</td> <td>100m</td> <td>11.23</td> <td>(11.23)</td> <td></td> </tr> <tr> <td>500m</td> <td>42.17</td> <td>(30.64)</td> <td>500m</td> <td>40.14</td> <td>(28.91)</td> <td></td> </tr> </table> | | | | | | | Christiaan Smit | | | André Los | | | | 100m | 11.53 | (11.53) | 100m | 11.23 | (11.23) | | 500m | 42.17 | (30.64) | 500m | 40.14 | (28.91) | |
| Christiaan Smit | | | André Los | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 11.53 | (11.53) | 100m | 11.23 | (11.23) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 42.17 | (30.64) | 500m | 40.14 | (28.91) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|--|-------|------------------------------|-----------------------|-------|--------------|------|--------------------------|--|--|-----------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 62 | gl | 121 Eric van den Berg | H45 | 40.20 | 42.38 | | | | | | | | | | | | | | | | | | | | | | |
| | bl | 133 Arjan Elferink | H45 | 38.33 | 40.90 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width: 100%;"> <tr> <td colspan="3">Eric van den Berg</td> <td colspan="4">Arjan Elferink</td> </tr> <tr> <td>100m</td> <td>11.61</td> <td>(11.61)</td> <td>100m</td> <td>11.76</td> <td>(11.76)</td> <td></td> </tr> <tr> <td>500m</td> <td>42.38</td> <td>(30.77)</td> <td>500m</td> <td>40.90</td> <td>(29.14)</td> <td></td> </tr> </table> | | | | | | | Eric van den Berg | | | Arjan Elferink | | | | 100m | 11.61 | (11.61) | 100m | 11.76 | (11.76) | | 500m | 42.38 | (30.77) | 500m | 40.90 | (29.14) | |
| Eric van den Berg | | | Arjan Elferink | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 11.61 | (11.61) | 100m | 11.76 | (11.76) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 42.38 | (30.77) | 500m | 40.90 | (29.14) | | | | | | | | | | | | | | | | | | | | | | |

5. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|---------|------|--------|
| 1 | 106 Bart Seffinga | H40 | 78 | O | 1:17.94 | | |
| 2 | 62 Jurre Kranenburg | H40 | 78 | I | 1:18.31 | PR | |
| 3 | 88 Martijn van der Horst | H50 | 75 | O | 1:25.04 | | |
| 4 | 59 Claudia Henckel | DSB | 74 | O | 1:26.24 | | |
| 5 | 81 Anke Jannie Landman | D45 | 77 | O | 1:26.50 | | |
| 6 | 127 Han Kamminga | H55 | 77 | I | 1:27.48 | | |
| 7 | 63 Harry Pardijs | H45 | 72 | O | 1:27.92 | | |
| 8 | 110 Jasper Knulst | H50 | 75 | I | 1:28.15 | | |
| 9 | 105 Evelien van der Kist | DSB | 74 | I | 1:29.33 | | |
| 10 | 17 Piet Siemonsma | H70 | 76 | O | 1:29.44 | | |
| 11 | 115 Erik Jeurig | H40 | 73 | I | 1:30.19 | | |
| 12 | 118 Harm Smit | H65 | 67 | O | 1:30.61 | | |
| 13 | 132 Gerdien Verweij | D55 | 68 | O | 1:31.37 | | |
| 14 | 70 Joanne Spliethof | DSB | 70 | O | 1:31.99 | | |
| 15 | 60 Jeanette ten Hag | D45 | 72 | I | 1:32.74 | | |
| 16 | 117 Peter Vlaar | H60 | 73 | O | 1:32.80 | | |
| 17 | 114 Antoinet van Essen-Prins | DSB | 69 | I | 1:33.87 | | |
| 18 | 89 Monique Boerema | D60 | 70 | I | 1:34.23 | | |
| 19 | 45 Jolanda Voskamp-Vollebregt | D55 | 65 | I | 1:36.33 | | |
| 20 | 57 Carolien Mulder | DSB | 68 | I | 1:36.41 | | |
| 21 | 83 Erik Buitenhuis | H60 | 66 | O | 1:38.00 | | |
| 22 | 113 Lettie Zwanenburg | D65 | 65 | O | 1:39.72 | | |
| 23 | 138 Jan Boelen | H75 | 66 | I | 1:44.92 | | |
| 24 | 111 Pieter den Dunnen | H75 | 63 | O | 1:47.06 | | |
| 25 | 108 Bauke Meijer | H75 | 64 | I | 1:48.14 | | |
| 26 | 137 Suzette Scheltinga | D55 | 63 | I | 1:49.70 | | |
| 27 | 61 Ton van Helden | H75 | 64 | O | 1:50.54 | | |
| | 119 Arjen Esselink | H55 | 67 | I | | DNF | |
| | 14 Marloes Westerhof | DSB | | | | WDR | |

5. Rituitslag 1000 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-----|---------|----------------|------|
| 63 | wt | 137 Suzette Scheltinga | D55 | 1:39.78 | 1:49.70 | |
| | rd | 111 Pieter den Dunnen | H75 | 1:25.69 | 1:47.06 | |

Suzette Scheltinga

| | | |
|-------|---------|---------|
| 200m | 24.42 | (24.42) |
| 600m | 1:05.49 | (41.07) |
| 1000m | 1:49.70 | (44.21) |

Pieter den Dunnen

| | | |
|-------|---------|---------|
| 200m | 27.04 | (27.04) |
| 600m | 1:07.02 | (39.98) |
| 1000m | 1:47.06 | (40.04) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 64 | gl | 108 Bauke Meijer | H75 | 1:33.29 | 1:48.14 | |
| | bl | 61 Ton van Helden | H75 | 1:31.44 | 1:50.54 | |

Bauke Meijer

| | | |
|-------|---------|---------|
| 200m | 24.74 | (24.74) |
| 600m | 1:06.20 | (41.46) |
| 1000m | 1:48.14 | (41.94) |

Ton van Helden

| | | |
|-------|---------|---------|
| 200m | 26.20 | (26.20) |
| 600m | 1:07.88 | (41.68) |
| 1000m | 1:50.54 | (42.66) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------------|-----|---------|----------------|------|
| 65 | wt | 45 Jolanda Voskamp-Vollebregt | D55 | 1:26.06 | 1:36.33 | |
| | rd | 113 Lettie Zwanenburg | D65 | 1:31.37 | 1:39.72 | |

Jolanda Voskamp-Vollebregt

| | | |
|-------|---------|---------|
| 200m | 23.09 | (23.09) |
| 600m | 58.78 | (35.69) |
| 1000m | 1:36.33 | (37.55) |

Lettie Zwanenburg

| | | |
|-------|---------|---------|
| 200m | 24.49 | (24.49) |
| 600m | 1:01.14 | (36.65) |
| 1000m | 1:39.72 | (38.58) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 66 | gl | 138 Jan Boelen | H75 | 1:28.78 | 1:44.92 | |
| | bl | 83 Erik Buitenhuis | H60 | 1:28.22 | 1:38.00 | |

Jan Boelen

| | | |
|-------|---------|---------|
| 200m | 24.17 | (24.17) |
| 600m | 1:03.62 | (39.45) |
| 1000m | 1:44.92 | (41.30) |

Erik Buitenhuis

| | | |
|-------|---------|---------|
| 200m | 23.12 | (23.12) |
| 600m | 59.55 | (36.43) |
| 1000m | 1:38.00 | (38.45) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------|------------------|-----------------|----------------|
| 67 | wt | 119 Arjen Esselink | H55 | 1:32.93 | | DNF |
| | rd | 118 Harm Smit | H65 | 1:25.73 | | 1:30.61 |
| | | Arjen Esselink | | Harm Smit | | |
| | | 200m | 22.07 (22.07) | 200m | 22.57 (22.57) | |
| | | | | 600m | 56.20 (33.63) | |
| | | | | 1000m | 1:30.61 (34.41) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----------------|------------------------|-----------------|----------------|
| 68 | gl | 57 Carolien Mulder | DSB | 1:32.22 | | 1:36.41 |
| | bl | 132 Gerdien Verweij | D55 | 1:23.76 | | 1:31.37 |
| | | Carolien Mulder | | Gerdien Verweij | | |
| | | 200m | 22.37 (22.37) | 200m | 22.01 (22.01) | |
| | | 600m | 57.98 (35.61) | 600m | 55.33 (33.32) | |
| | | 1000m | 1:36.41 (38.43) | 1000m | 1:31.37 (36.04) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------------|-----------------|---------|------|----------------|
| 69 | wt | 114 Antoinet van Essen-Prins | DSB | 1:29.14 | | 1:33.87 |
| | rd | | | | | |
| | | Antoinet van Essen-Prins | | | | |
| | | 200m | 21.78 (21.78) | m | | |
| | | 600m | 56.79 (35.01) | | | |
| | | 1000m | 1:33.87 (37.08) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----------------|-------------------------|-----------------|----------------|
| 70 | gl | 89 Monique Boerema | D60 | 1:25.09 | | 1:34.23 |
| | bl | 70 Joanne Spliethof | DSB | 1:31.02 | | 1:31.99 |
| | | Monique Boerema | | Joanne Spliethof | | |
| | | 200m | 22.11 (22.11) | 200m | 21.24 (21.24) | |
| | | 600m | 56.60 (34.49) | 600m | 55.89 (34.65) | |
| | | 1000m | 1:34.23 (37.63) | 1000m | 1:31.99 (36.10) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|---------------------------------|---------|---------|--|---------|---|----------------|------|
| 71 | wt rd | | | | | | | | |
| | | | m | | | | m | | |
| | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 72 | gl | 60 Jeanette ten Hag | | D45 | | 1:29.03 | | 1:32.74 | |
| | bl | 63 Harry Pardijs | | H45 | | 1:14.14 | | 1:27.92 | |
| | | Jeanette ten Hag | | | | | | | |
| | | 200m | 21.09 | (21.09) | | | | | |
| | | 600m | 55.03 | (33.94) | | | | | |
| | | 1000m | 1:32.74 | (37.71) | | | | | |
| | | Harry Pardijs | | | | | | | |
| | | 200m | 20.63 | (20.63) | | | | | |
| | | 600m | 53.10 | (32.47) | | | | | |
| | | 1000m | 1:27.92 | (34.82) | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 73 | wt | 115 Erik Jeuring | | H40 | | 1:25.30 | | 1:30.19 | |
| | rd | 117 Peter Vlaar | | H60 | | 1:27.06 | | 1:32.80 | |
| | | Erik Jeuring | | | | | | | |
| | | 200m | 20.89 | (20.89) | | | | | |
| | | 600m | 54.23 | (33.34) | | | | | |
| | | 1000m | 1:30.19 | (35.96) | | | | | |
| | | Peter Vlaar | | | | | | | |
| | | 200m | 21.97 | (21.97) | | | | | |
| | | 600m | 56.71 | (34.74) | | | | | |
| | | 1000m | 1:32.80 | (36.09) | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 74 | gl | 105 Evelien van der Kist | | DSB | | 1:24.66 | | 1:29.33 | |
| | bl | 59 Claudia Henckel | | DSB | | 1:24.86 | | 1:26.24 | |
| | | Evelien van der Kist | | | | | | | |
| | | 200m | 20.68 | (20.68) | | | | | |
| | | 600m | 53.58 | (32.90) | | | | | |
| | | 1000m | 1:29.33 | (35.75) | | | | | |
| | | Claudia Henckel | | | | | | | |
| | | 200m | 20.06 | (20.06) | | | | | |
| | | 600m | 51.89 | (31.83) | | | | | |
| | | 1000m | 1:26.24 | (34.35) | | | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|-----------------|------------------------------|-----------------|------|
| 75 | wt | 110 Jasper Knulst | H50 | 1:26.15 | 1:28.15 | |
| | rd | 88 Martijn van der Horst | H50 | 1:22.85 | 1:25.04 | |
| | | Jasper Knulst | | Martijn van der Horst | | |
| | | 200m | 20.62 (20.62) | 200m | 20.51 (20.51) | |
| | | 600m | 52.84 (32.22) | 600m | 51.86 (31.35) | |
| | | 1000m | 1:28.15 (35.31) | 1000m | 1:25.04 (33.18) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----------------|-----------------------|-----------------|------|
| 76 | gl | 14 Marloes Westerhof | DSB | 1:25.30 | WDR | |
| | bl | 17 Piet Siemonsma | H70 | 1:23.23 | 1:29.44 | |
| | | Marloes Westerhof | | Piet Siemonsma | | |
| | | 200m | 21.79 (21.79) | 200m | 21.79 (21.79) | |
| | | 600m | 54.50 (32.71) | 600m | 54.50 (32.71) | |
| | | 1000m | 1:29.44 (34.94) | 1000m | 1:29.44 (34.94) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-----------------|----------------------------|-----------------|------|
| 77 | wt | 127 Han Kamminga | H55 | 1:19.39 | 1:27.48 | |
| | rd | 81 Anke Jannie Landman | D45 | 1:20.78 | 1:26.50 | |
| | | Han Kamminga | | Anke Jannie Landman | | |
| | | 200m | 20.01 (20.01) | 200m | 20.13 (20.13) | |
| | | 600m | 52.14 (32.13) | 600m | 52.08 (31.95) | |
| | | 1000m | 1:27.48 (35.34) | 1000m | 1:26.50 (34.42) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----------------|----------------------|-----------------|------|
| 78 | gl | 62 Jurre Kranenburg | H40 | 1:19.74 | 1:18.31 | PR |
| | bl | 106 Bart Seffinga | H40 | 1:12.16 | 1:17.94 | |
| | | Jurre Kranenburg | | Bart Seffinga | | |
| | | 200m | 18.78 (18.78) | 200m | 18.68 (18.68) | |
| | | 600m | 47.75 (28.97) | 600m | 47.21 (28.53) | |
| | | 1000m | 1:18.31 (30.56) | 1000m | 1:17.94 (30.73) | |

6. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 44 Marius ten Herkel | HSB | 104 | O | 2:00.80 | PR | |
| 2 | 140 Mark Ooijevaar | H40 | 105 | O | 2:01.03 | | |
| 3 | 28 Jeroen Schoppink | H40 | 105 | I | 2:01.36 | | |
| 4 | 72 Michiel Wienese | H45 | 106 | I | 2:02.14 | | |
| 5 | 43 Jeroen Oeben | H40 | 103 | O | 2:03.67 | | |
| 6 | 27 Daan Spoelstra | H45 | 104 | I | 2:04.98 | | |
| 7 | 56 Mark Reiling | H40 | 103 | I | 2:05.74 | | |
| 8 | 66 Sybe van Hijum | HSB | 100 | O | 2:05.99 | | |
| 9 | 37 Hans van der Does | H55 | 100 | I | 2:06.18 | | |
| 10 | 2 Roland ten Klooster | H60 | 95 | I | 2:09.29 | | |
| 11 | 7 Stijn Verhagen | H45 | 101 | O | 2:09.57 | | |
| 12 | 139 Guido Gosselink | H50 | 99 | I | 2:10.29 | PR | |
| 13 | 8 Doede Wind | H50 | 102 | I | 2:10.40 | | |
| 14 | 30 Giel Hermans | H60 | 99 | O | 2:10.47 | | |
| 15 | 24 Chris van der Plaats | H60 | 102 | O | 2:10.56 | | |
| 16 | 32 Roberto van Goor | H50 | 101 | I | 2:11.55 | | |
| 17 | 99 Gerard Snel | H60 | 90 | O | 2:12.13 | | |
| 18 | 97 Wim Verbraeken | H40 | 92 | I | 2:13.41 | | |
| 19 | 42 Mettie de Vegt | DSB | 97 | I | 2:13.63 | | |
| 20 | 18 Klaas van den Berg | H60 | 94 | I | 2:14.71 | | |
| 21 | 34 Thomas Voswinkel | HSB | 96 | I | 2:15.62 | PR | |
| 22 | 52 Gerwin Boschloo | H50 | 97 | O | 2:15.72 | | |
| 23 | 65 Christiaan Abeelen | H50 | 93 | O | 2:16.70 | | |
| 24 | 4 Mike Egberts | H40 | 98 | I | 2:17.00 | | |
| 25 | 31 Kees Langeveld | H65 | 93 | I | 2:17.06 | | |
| 26 | 41 Martijn Jager | H50 | 94 | O | 2:17.55 | | |
| 27 | 136 Imke Hüser | DSB | 92 | O | 2:17.65 | | |
| 28 | 73 Rennie Verloop | H65 | 96 | O | 2:18.18 | | |
| 29 | 29 Beno Pol | H60 | 98 | O | 2:18.65 | | |
| 30 | 84 Imme Kampen | D40 | 91 | O | 2:20.81 | | |
| 31 | 120 Henk Roelfsema | H55 | 87 | O | 2:20.95 | | |
| 32 | 101 Kaska Rogulska | D55 | 89 | I | 2:21.53 | | |
| 33 | 5 Janette de Groot-Bron | D45 | 89 | O | 2:23.54 | | |
| 34 | 19 Ferd Veelenturf | H65 | 84 | O | 2:24.62 | | |
| 35 | 46 Linda Davelaar - van Dijk | D40 | 86 | I | 2:25.53 | | |
| 36 | 93 Irma Woud | D50 | 90 | I | 2:26.71 | | |
| 37 | 100 Jann van Benthem | H65 | 83 | I | 2:27.77 | | |
| 38 | 135 Wendy van der Ham | D50 | 91 | I | 2:27.80 | | |



Dutch Masters Cup 2023-2024 - II

Thialf - Heerenveen

16 december 2023



| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------------------|-----|------|------|---------|------|--------|
| 39 | 22 Elma Endhoven | DSB | 87 | I | 2:28.08 | | |
| 40 | 68 Erwin Henskes | H65 | 86 | O | 2:28.22 | | |
| 41 | 92 Yvonne Simis | D50 | 83 | O | 2:28.56 | | |
| 42 | 126 Ciska Stark | D60 | 88 | I | 2:29.49 | | |
| 43 | 49 Marianne de Neeling | D60 | 85 | O | 2:32.46 | | |
| 44 | 36 Wibe Veenbaas | H70 | 88 | O | 2:32.60 | | |
| 45 | 77 Kevin van Cleef | H40 | 84 | I | 2:33.72 | | |
| 46 | 40 Mariska van Haaften- van den Bosch | D60 | 79 | I | 2:33.85 | | |
| 47 | 33 Anita Smit-Groot | D60 | 85 | I | 2:34.84 | | |
| 48 | 102 Astrid Janssen | D60 | 81 | O | 2:36.26 | | |
| 49 | 129 David Smith | H55 | 82 | I | 2:38.29 | | |
| 50 | 78 Evelyn Mein-Klok | D50 | 80 | O | 2:41.15 | | |
| 51 | 94 Thomas Hoekstra | H70 | 82 | O | 2:41.37 | | |
| 52 | 130 David Butteriss | H75 | 80 | I | 2:59.38 | | |
| | 71 Hans ten Hag | H70 | | | | WDR | |

6. Rituitslag 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----------|---|-----|---------|----------------|------|
| 79 | wt rd | 40 Mariska van Haften- van den Bosch | D60 | 2:27.14 | 2:33.85 | |

Mariska van Haften- van den Bosch

| | | | |
|-------|---------|---------|---|
| 300m | 33.54 | (33.54) | m |
| 700m | 1:11.15 | (37.61) | |
| 1100m | 1:51.42 | (40.27) | |
| 1500m | 2:33.85 | (42.43) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 80 | gl | 130 David Butteriss | H75 | 2:41.63 | 2:59.38 | |
| | bl | 78 Evelyn Mein-Klok | D50 | 2:38.94 | 2:41.15 | |

David Butteriss

| | | |
|-------|---------|---------|
| 300m | 38.88 | (38.88) |
| 700m | 1:23.32 | (44.44) |
| 1100m | 2:10.81 | (47.49) |
| 1500m | 2:59.38 | (48.57) |

Evelyn Mein-Klok

| | | |
|-------|---------|---------|
| 300m | 35.20 | (35.20) |
| 700m | 1:15.13 | (39.93) |
| 1100m | 1:56.95 | (41.82) |
| 1500m | 2:41.15 | (44.20) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 81 | wt | 71 Hans ten Hag | H70 | 2:23.13 | WDR | |
| | rd | 102 Astrid Janssen | D60 | 2:24.28 | 2:36.26 | |

Hans ten Hag

Astrid Janssen

| | | |
|-------|---------|---------|
| 300m | 33.70 | (33.70) |
| 700m | 1:12.80 | (39.10) |
| 1100m | 1:54.20 | (41.40) |
| 1500m | 2:36.26 | (42.06) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 82 | gl | 129 David Smith | H55 | 2:24.95 | 2:38.29 | |
| | bl | 94 Thomas Hoekstra | H70 | 2:10.04 | 2:41.37 | |

David Smith

| | | |
|-------|---------|---------|
| 300m | 35.99 | (35.99) |
| 700m | 1:15.77 | (39.78) |
| 1100m | 1:56.33 | (40.56) |
| 1500m | 2:38.29 | (41.96) |

Thomas Hoekstra

| | | |
|-------|---------|---------|
| 300m | 34.53 | (34.53) |
| 700m | 1:14.53 | (40.00) |
| 1100m | 1:57.04 | (42.51) |
| 1500m | 2:41.37 | (44.33) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------------|-----------------|----------------------------|-----------------|------|
| 83 | wt | 100 Jann van Benthem | H65 | 2:08.98 | 2:27.77 | |
| | rd | 92 Yvonne Simis | D50 | 2:16.24 | 2:28.56 | |
| | | Jann van Benthem | | Yvonne Simis | | |
| | | 300m | 32.62 (32.62) | 300m | 32.32 (32.32) | |
| | | 700m | 1:09.40 (36.78) | 700m | 1:10.06 (37.74) | |
| | | 1100m | 1:47.81 (38.41) | 1100m | 1:48.88 (38.82) | |
| | | 1500m | 2:27.77 (39.96) | 1500m | 2:28.56 (39.68) | |
| | | Naam | Cat | PR | Tijd | Info |
| 84 | gl | 77 Kevin van Cleef | H40 | 2:30.34 | 2:33.72 | |
| | bl | 19 Ferd Veelenturf | H65 | 2:08.15 | 2:24.62 | |
| | | Kevin van Cleef | | Ferd Veelenturf | | |
| | | 300m | 34.88 (34.88) | 300m | 31.49 (31.49) | |
| | | 700m | 1:13.14 (38.26) | 700m | 1:07.59 (36.10) | |
| | | 1100m | 1:52.79 (39.65) | 1100m | 1:45.65 (38.06) | |
| | | 1500m | 2:33.72 (40.93) | 1500m | 2:24.62 (38.97) | |
| | | Naam | Cat | PR | Tijd | Info |
| 85 | wt | 33 Anita Smit-Groot | D60 | 2:24.50 | 2:34.84 | |
| | rd | 49 Marianne de Neeling | D60 | 2:20.52 | 2:32.46 | |
| | | Anita Smit-Groot | | Marianne de Neeling | | |
| | | 300m | 33.25 (33.25) | 300m | 33.28 (33.28) | |
| | | 700m | 1:11.78 (38.53) | 700m | 1:10.92 (37.64) | |
| | | 1100m | 1:51.76 (39.98) | 1100m | 1:51.11 (40.19) | |
| | | 1500m | 2:34.84 (43.08) | 1500m | 2:32.46 (41.35) | |
| | | Naam | Cat | PR | Tijd | Info |
| 86 | gl | 46 Linda Davelaar - van Dijk | D40 | 2:12.82 | 2:25.53 | |
| | bl | 68 Erwin Henskes | H65 | 2:17.61 | 2:28.22 | |
| | | Linda Davelaar - van Dijk | | Erwin Henskes | | |
| | | 300m | 30.83 (30.83) | 300m | 33.59 (33.59) | |
| | | 700m | 1:06.49 (35.66) | 700m | 1:11.14 (37.55) | |
| | | 1100m | 1:44.61 (38.12) | 1100m | 1:49.63 (38.49) | |
| | | 1500m | 2:25.53 (40.92) | 1500m | 2:28.22 (38.59) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|-----|------------------------------|----------------|------|
| 87 | wt | 22 Elma Endhoven | DSB | 2:24.23 | 2:28.08 | |
| | rd | 120 Henk Roelfsema | H55 | 2:13.95 | 2:20.95 | |
| | | Elma Endhoven | | Henk Roelfsema | | |
| | | 300m 32.00 (32.00) | | 300m 30.75 (30.75) | | |
| | | 700m 1:08.52 (36.52) | | 700m 1:06.11 (35.36) | | |
| | | 1100m 1:47.39 (38.87) | | 1100m 1:42.92 (36.81) | | |
| | | 1500m 2:28.08 (40.69) | | 1500m 2:20.95 (38.03) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 88 | gl | 126 Ciska Stark | D60 | 2:23.28 | 2:29.49 | |
| | bl | 36 Wibe Veenbaas | H70 | 2:07.55 | 2:32.60 | |
| | | Ciska Stark | | Wibe Veenbaas | | |
| | | 300m 31.99 (31.99) | | 300m 34.32 (34.32) | | |
| | | 700m 1:09.19 (37.20) | | 700m 1:12.31 (37.99) | | |
| | | 1100m 1:48.93 (39.74) | | 1100m 1:51.83 (39.52) | | |
| | | 1500m 2:29.49 (40.56) | | 1500m 2:32.60 (40.77) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 89 | wt | 101 Kaska Rogulska | D55 | 2:09.40 | 2:21.53 | |
| | rd | 5 Janette de Groot-Bron | D45 | 2:16.46 | 2:23.54 | |
| | | Kaska Rogulska | | Janette de Groot-Bron | | |
| | | 300m 30.58 (30.58) | | 300m 31.33 (31.33) | | |
| | | 700m 1:06.41 (35.83) | | 700m 1:07.27 (35.94) | | |
| | | 1100m 1:43.52 (37.11) | | 1100m 1:45.21 (37.94) | | |
| | | 1500m 2:21.53 (38.01) | | 1500m 2:23.54 (38.33) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 90 | gl | 93 Irma Woud | D50 | 2:12.53 | 2:26.71 | |
| | bl | 99 Gerard Snel | H60 | 2:06.56 | 2:12.13 | |
| | | Irma Woud | | Gerard Snel | | |
| | | 300m 30.99 (30.99) | | 300m 29.19 (29.19) | | |
| | | 700m 1:08.19 (37.20) | | 700m 1:02.64 (33.45) | | |
| | | 1100m 1:46.83 (38.64) | | 1100m 1:36.86 (34.22) | | |
| | | 1500m 2:26.71 (39.88) | | 1500m 2:12.13 (35.27) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----------------|---------------------------|-----------------|------|
| 91 | wt | 135 Wendy van der Ham | D50 | 2:22.81 | 2:27.80 | |
| | rd | 84 Imme Kampen | D40 | 2:13.55 | 2:20.81 | |
| | | Wendy van der Ham | | Imme Kampen | | |
| | | 300m | 31.37 (31.37) | 300m | 30.33 (30.33) | |
| | | 700m | 1:08.01 (36.64) | 700m | 1:05.34 (35.01) | |
| | | 1100m | 1:47.21 (39.20) | 1100m | 1:42.25 (36.91) | |
| | | 1500m | 2:27.80 (40.59) | 1500m | 2:20.81 (38.56) | |
| | | Naam | Cat | PR | Tijd | Info |
| 92 | gl | 97 Wim Verbraeken | H40 | 2:11.48 | 2:13.41 | |
| | bl | 136 Imke Hüser | DSB | 2:08.20 | 2:17.65 | |
| | | Wim Verbraeken | | Imke Hüser | | |
| | | 300m | 28.78 (28.78) | 300m | 29.82 (29.82) | |
| | | 700m | 1:01.65 (32.87) | 700m | 1:04.12 (34.30) | |
| | | 1100m | 1:36.58 (34.93) | 1100m | 1:40.44 (36.32) | |
| | | 1500m | 2:13.41 (36.83) | 1500m | 2:17.65 (37.21) | |
| | | Naam | Cat | PR | Tijd | Info |
| 93 | wt | 31 Kees Langeveld | H65 | 2:08.83 | 2:17.06 | |
| | rd | 65 Christiaan Abeelen | H50 | 2:12.77 | 2:16.70 | |
| | | Kees Langeveld | | Christiaan Abeelen | | |
| | | 300m | 31.47 (31.47) | 300m | 29.98 (29.98) | |
| | | 700m | 1:05.94 (34.47) | 700m | 1:04.59 (34.61) | |
| | | 1100m | 1:41.19 (35.25) | 1100m | 1:40.25 (35.66) | |
| | | 1500m | 2:17.06 (35.87) | 1500m | 2:16.70 (36.45) | |
| | | Naam | Cat | PR | Tijd | Info |
| 94 | gl | 18 Klaas van den Berg | H60 | 2:02.62 | 2:14.71 | |
| | bl | 41 Martijn Jager | H50 | 2:13.19 | 2:17.55 | |
| | | Klaas van den Berg | | Martijn Jager | | |
| | | 300m | 29.71 (29.71) | 300m | 30.40 (30.40) | |
| | | 700m | 1:04.10 (34.39) | 700m | 1:04.52 (34.12) | |
| | | 1100m | 1:39.15 (35.05) | 1100m | 1:40.34 (35.82) | |
| | | 1500m | 2:14.71 (35.56) | 1500m | 2:17.55 (37.21) | |

| | | Naam | Cat | PR | Tijd | Info |
|-------|----------|------------------------------|-----------------|------------------------|-----------------|------|
| 95 | wt rd | 2 Roland ten Klooster | H60 | 2:04.66 | 2:09.29 | |
| | | Roland ten Klooster | | | | |
| | | 300m | 27.67 (27.67) | | m | |
| | | 700m | 59.64 (31.97) | | | |
| | | 1100m | 1:33.47 (33.83) | | | |
| | | 1500m | 2:09.29 (35.82) | | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 96 | gl | 34 Thomas Voswinkel | HSB | 2:16.72 | 2:15.62 | PR |
| | bl | 73 Rennie Verloop | H65 | 2:10.56 | 2:18.18 | |
| | | Thomas Voswinkel | | Rennie Verloop | | |
| | | 300m | 30.43 (30.43) | 300m | 30.62 (30.62) | |
| | | 700m | 1:04.43 (34.00) | 700m | 1:04.80 (34.18) | |
| | | 1100m | 1:39.56 (35.13) | 1100m | 1:40.82 (36.02) | |
| | | 1500m | 2:15.62 (36.06) | 1500m | 2:18.18 (37.36) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 97 | wt | 42 Mettie de Vegt | DSB | 2:12.73 | 2:13.63 | |
| | rd | 52 Gerwin Boschloo | H50 | 2:10.91 | 2:15.72 | |
| | | Mettie de Vegt | | Gerwin Boschloo | | |
| | | 300m | 29.81 (29.81) | 300m | 30.10 (30.10) | |
| | | 700m | 1:03.13 (33.32) | 700m | 1:04.16 (34.06) | |
| | | 1100m | 1:37.67 (34.54) | 1100m | 1:39.83 (35.67) | |
| | | 1500m | 2:13.63 (35.96) | 1500m | 2:15.72 (35.89) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 98 | gl | 4 Mike Egberts | H40 | 2:10.55 | 2:17.00 | |
| | bl | 29 Beno Pol | H60 | 1:58.92 | 2:18.65 | |
| | | Mike Egberts | | Beno Pol | | |
| | | 300m | 29.61 (29.61) | 300m | 29.31 (29.31) | |
| | | 700m | 1:03.16 (33.55) | 700m | 1:04.55 (35.24) | |
| | | 1100m | 1:39.04 (35.88) | 1100m | 1:41.58 (37.03) | |
| | | 1500m | 2:17.00 (37.96) | 1500m | 2:18.65 (37.07) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------------|-----|-----------------------|-----------------------------|------|
| 99 | wt | 139 Guido Gosselink | H50 | 2:12.30 | 2:10.29 | PR |
| | rd | 30 Giel Hermans | H60 | 2:08.76 | 2:10.47 | |
| | | Guido Gosselink | | | Giel Hermans | |
| | | 300m 29.66 (29.66) | | 300m 28.50 (28.50) | | |
| | | 700m 1:02.20 (32.54) | | 700m 1:01.05 (32.55) | | |
| | | 1100m 1:35.73 (33.53) | | 1100m 1:35.43 (34.38) | | |
| | | 1500m 2:10.29 (34.56) | | 1500m 2:10.47 (35.04) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 100 | gl | 37 Hans van der Does | H55 | 1:58.43 | 2:06.18 | |
| | bl | 66 Sybe van Hijum | HSB | 2:05.49 | 2:05.99 | |
| | | Hans van der Does | | | Sybe van Hijum | |
| | | 300m 28.45 (28.45) | | 300m 28.71 (28.71) | | |
| | | 700m 59.65 (31.20) | | 700m 1:00.22 (31.51) | | |
| | | 1100m 1:32.09 (32.44) | | 1100m 1:32.76 (32.54) | | |
| | | 1500m 2:06.18 (34.09) | | 1500m 2:05.99 (33.23) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 101 | wt | 32 Roberto van Goor | H50 | 2:04.41 | 2:11.55 | |
| | rd | 7 Stijn Verhagen | H45 | 2:08.44 | 2:09.57 | |
| | | Roberto van Goor | | | Stijn Verhagen | |
| | | 300m 28.87 (28.87) | | 300m 28.96 (28.96) | | |
| | | 700m 1:01.78 (32.91) | | 700m 1:01.33 (32.37) | | |
| | | 1100m 1:36.29 (34.51) | | 1100m 1:34.58 (33.25) | | |
| | | 1500m 2:11.55 (35.26) | | 1500m 2:09.57 (34.99) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 102 | gl | 8 Doede Wind | H50 | 2:08.93 | 2:10.40 | |
| | bl | 24 Chris van der Plaats | H60 | 2:08.50 | 2:10.56 | |
| | | Doede Wind | | | Chris van der Plaats | |
| | | 300m 28.99 (28.99) | | 300m 28.40 (28.40) | | |
| | | 700m 1:00.88 (31.89) | | 700m 1:00.59 (32.19) | | |
| | | 1100m 1:34.93 (34.05) | | 1100m 1:34.74 (34.15) | | |
| | | 1500m 2:10.40 (35.47) | | 1500m 2:10.56 (35.82) | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-----------------------------|-----|-----------------------|--------------------------|------|
| 103 | wt | 56 Mark Reiling | H40 | 1:59.45 | 2:05.74 | |
| | rd | 43 Jeroen Oeben | H40 | 1:59.56 | 2:03.67 | |
| | | Mark Reiling | | | Jeroen Oeben | |
| | | 300m 27.23 (27.23) | | 300m 28.02 (28.02) | | |
| | | 700m 58.45 (31.22) | | 700m 58.30 (30.28) | | |
| | | 1100m 1:30.73 (32.28) | | 1100m 1:30.06 (31.76) | | |
| | | 1500m 2:05.74 (35.01) | | 1500m 2:03.67 (33.61) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 104 | gl | 27 Daan Spoelstra | H45 | 2:03.63 | 2:04.98 | |
| | bl | 44 Marius ten Herkel | HSB | 2:02.05 | 2:00.80 | PR |
| | | Daan Spoelstra | | | Marius ten Herkel | |
| | | 300m 27.98 (27.98) | | 300m 26.14 (26.14) | | |
| | | 700m 58.88 (30.90) | | 700m 55.13 (28.99) | | |
| | | 1100m 1:31.23 (32.35) | | 1100m 1:26.57 (31.44) | | |
| | | 1500m 2:04.98 (33.75) | | 1500m 2:00.80 (34.23) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 105 | wt | 28 Jeroen Schoppink | H40 | 1:52.70 | 2:01.36 | |
| | rd | 140 Mark Ooijevaar | H40 | 1:50.34 | 2:01.03 | |
| | | Jeroen Schoppink | | | Mark Ooijevaar | |
| | | 300m 26.86 (26.86) | | 300m 27.96 (27.96) | | |
| | | 700m 56.86 (30.00) | | 700m 58.07 (30.11) | | |
| | | 1100m 1:28.11 (31.25) | | 1100m 1:29.11 (31.04) | | |
| | | 1500m 2:01.36 (33.25) | | 1500m 2:01.03 (31.92) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 106 | gl | 72 Michiel Wienese | H45 | 1:57.24 | 2:02.14 | |
| | bl | | | | | |
| | | Michiel Wienese | | | | |
| | | 300m 27.07 (27.07) | | m | | |
| | | 700m 57.18 (30.11) | | | | |
| | | 1100m 1:28.73 (31.55) | | | | |
| | | 1500m 2:02.14 (33.41) | | | | |

7. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------------|-----|------|------|---------|------|--------|
| 1 | 6 Lennaart Lamers | HSB | 119 | I | 4:20.60 | | |
| 2 | 16 Geert Fekken | H45 | 119 | O | 4:35.11 | | |
| 3 | 26 Mark Veenstra | HSB | 117 | I | 4:35.38 | | |
| 4 | 23 Herman Vermeer | H60 | 116 | O | 4:41.91 | | |
| 5 | 25 Bart Brinksma | H60 | 120 | O | 4:42.76 | | |
| 6 | 55 Eva Riemersma - van Rheenen | D40 | 113 | I | 4:45.56 | | |
| 7 | 107 Suzanne Mulder | D40 | 112 | O | 4:46.73 | | |
| 8 | 10 Gert-Jan Braas | H60 | 116 | I | 4:46.99 | | |
| 9 | 48 Richard van den Broek | H55 | 120 | I | 4:48.29 | | |
| 10 | 15 Erol Aksoy | H50 | 115 | O | 4:49.72 | | |
| 11 | 98 Adriaan Provoost | H60 | 114 | O | 4:52.41 | | |
| 12 | 9 Anton Mink | H60 | 114 | I | 4:53.01 | | |
| 13 | 85 Michel van der Sluijs | H50 | 113 | O | 4:54.91 | | |
| 14 | 79 Jan Mein | H65 | 117 | O | 4:58.36 | | |
| 15 | 51 Rudie Assink | H55 | 112 | I | 4:59.71 | | |
| 16 | 20 Chantal Herms | D45 | 110 | O | 5:00.90 | PR | |
| 17 | 13 Ton van Klooster | H65 | 115 | I | 5:01.66 | | |
| 18 | 91 Kees Bollaart | H60 | 109 | O | 5:12.05 | | |
| 19 | 80 Kees Verdouw | H75 | 110 | I | 5:13.16 | | |
| 20 | 64 Jan Heeres | H65 | 111 | I | 5:16.52 | | |
| 21 | 47 Marlies de Jong | D55 | 109 | I | 5:19.92 | | |
| 22 | 53 Barbara Heerschop | D65 | 108 | O | 5:42.06 | | |
| 23 | 96 Carolien van Rees | D65 | 107 | I | 5:50.49 | | |
| 24 | 35 Thea Kroontje | D75 | 108 | I | 5:51.83 | | |
| | 74 Ab Nederlof | H70 | 111 | O | DNF | | |

7. Rituitslag 3000 meter

| | | Naam | Cat | PR | Tijd Info |
|-----|----------|-----------------------------|-----|---------|----------------|
| 107 | wt rd | 96 Carolien van Rees | D65 | 5:34.29 | 5:50.49 |

Carolien van Rees

| Distance | Time | PR | Info |
|----------|---------|---------|------|
| 200m | 27.66 | (27.66) | m |
| 600m | 1:11.72 | (44.06) | |
| 1000m | 1:57.35 | (45.63) | |
| 1400m | 2:44.13 | (46.78) | |
| 1800m | 3:30.86 | (46.73) | |
| 2200m | 4:17.85 | (46.99) | |
| 2600m | 5:04.59 | (46.74) | |
| 3000m | 5:50.49 | (45.90) | |

| | | Naam | Cat | PR | Tijd Info |
|-----|----|-----------------------------|-----|---------|----------------|
| 108 | gl | 35 Thea Kroontje | D75 | 4:48.14 | 5:51.83 |
| | bl | 53 Barbara Heerschop | D65 | 5:01.56 | 5:42.06 |

Thea Kroontje

| Distance | Time | PR | Info |
|----------|---------|---------|------|
| 200m | 29.28 | (29.28) | |
| 600m | 1:14.72 | (45.44) | |
| 1000m | 2:00.03 | (45.31) | |
| 1400m | 2:46.38 | (46.35) | |
| 1800m | 3:32.59 | (46.21) | |
| 2200m | 4:18.76 | (46.17) | |
| 2600m | 5:05.14 | (46.38) | |
| 3000m | 5:51.83 | (46.69) | |

Barbara Heerschop

| Distance | Time | PR | Info |
|----------|---------|---------|------|
| 200m | 27.27 | (27.27) | |
| 600m | 1:11.91 | (44.64) | |
| 1000m | 1:57.34 | (45.43) | |
| 1400m | 2:42.55 | (45.21) | |
| 1800m | 3:27.67 | (45.12) | |
| 2200m | 4:12.61 | (44.94) | |
| 2600m | 4:57.65 | (45.04) | |
| 3000m | 5:42.06 | (44.41) | |

Dutch Masters Cup 2023-2024 - II

Thialf - Heerenveen

16 december 2023

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|----------------------|---------|----------------|------|
| 109 | wt | 47 | Marlies de Jong | | D55 | 5:00.69 | 5:19.92 | |
| | rd | 91 | Kees Bollaart | | H60 | 4:46.28 | 5:12.05 | |
| | | Marlies de Jong | | | Kees Bollaart | | | |
| | | 200m | 24.65 | (24.65) | 200m | 24.55 | (24.55) | |
| | | 600m | 1:02.88 | (38.23) | 600m | 1:02.35 | (37.80) | |
| | | 1000m | 1:42.90 | (40.02) | 1000m | 1:42.98 | (40.63) | |
| | | 1400m | 2:24.79 | (41.89) | 1400m | 2:24.60 | (41.62) | |
| | | 1800m | 3:08.03 | (43.24) | 1800m | 3:06.49 | (41.89) | |
| | | 2200m | 3:51.87 | (43.84) | 2200m | 3:48.55 | (42.06) | |
| | | 2600m | 4:36.17 | (44.30) | 2600m | 4:30.54 | (41.99) | |
| | | 3000m | 5:19.92 | (43.75) | 3000m | 5:12.05 | (41.51) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|----------------------|---------|----------------------|---------|----------------|------|
| 110 | gl | 80 | Kees Verdouw | | H75 | 4:22.55 | 5:13.16 | |
| | bl | 20 | Chantal Herms | | D45 | 5:03.25 | 5:00.90 | PR |
| | | Kees Verdouw | | | Chantal Herms | | | |
| | | 200m | 25.00 | (25.00) | 200m | 23.64 | (23.64) | |
| | | 600m | 1:03.29 | (38.29) | 600m | 1:00.89 | (37.25) | |
| | | 1000m | 1:43.48 | (40.19) | 1000m | 1:39.35 | (38.46) | |
| | | 1400m | 2:25.07 | (41.59) | 1400m | 2:19.07 | (39.72) | |
| | | 1800m | 3:06.34 | (41.27) | 1800m | 2:59.13 | (40.06) | |
| | | 2200m | 3:48.32 | (41.98) | 2200m | 3:39.68 | (40.55) | |
| | | 2600m | 4:30.66 | (42.34) | 2600m | 4:20.34 | (40.66) | |
| | | 3000m | 5:13.16 | (42.50) | 3000m | 5:00.90 | (40.56) | |

Dutch Masters Cup 2023-2024 - II

Thialf - Heerenveen

16 december 2023

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 111 | wt | 64 | Jan Heeres | | H65 | 4:44.90 | 5:16.52 | |
| | rd | 74 | Ab Nederlof | | H70 | 5:00.68 | DNF | |
| | | Jan Heeres | | | Ab Nederlof | | | |
| | | 200m | 25.52 | (25.52) | 200m | 24.02 | (24.02) | |
| | | 600m | 1:06.35 | (40.83) | 600m | 1:00.02 | (36.00) | |
| | | 1000m | 1:48.77 | (42.42) | 1000m | 1:36.25 | (36.23) | |
| | | 1400m | 2:32.28 | (43.51) | 1400m | 2:13.70 | (37.45) | |
| | | 1800m | 3:15.92 | (43.64) | 1800m | 2:51.83 | (38.13) | |
| | | 2200m | 3:57.68 | (41.76) | 2200m | 3:31.68 | (39.85) | |
| | | 2600m | 4:37.96 | (40.28) | | | | |
| | | 3000m | 5:16.52 | (38.56) | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 112 | gl | 51 | Rudie Assink | | H55 | 4:57.62 | 4:59.71 | |
| | bl | 107 | Suzanne Mulder | | D40 | 4:36.73 | 4:46.73 | |
| | | Rudie Assink | | | Suzanne Mulder | | | |
| | | 200m | 23.11 | (23.11) | 200m | 22.57 | (22.57) | |
| | | 600m | 59.57 | (36.46) | 600m | 57.56 | (34.99) | |
| | | 1000m | 1:38.41 | (38.84) | 1000m | 1:34.16 | (36.60) | |
| | | 1400m | 2:18.18 | (39.77) | 1400m | 2:10.96 | (36.80) | |
| | | 1800m | 2:58.13 | (39.95) | 1800m | 2:48.40 | (37.44) | |
| | | 2200m | 3:38.13 | (40.00) | 2200m | 3:26.97 | (38.57) | |
| | | 2600m | 4:18.92 | (40.79) | 2600m | 4:06.34 | (39.37) | |
| | | 3000m | 4:59.71 | (40.79) | 3000m | 4:46.73 | (40.39) | |

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| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------------------|-----------------|---------|------------------------------|------|
| 113 | wt | 55 Eva Riemersma - van Rheenen | D40 | 4:42.79 | 4:45.56 | |
| | rd | 85 Michel van der Sluijs | H50 | 4:49.77 | 4:54.91 | |
| | | Eva Riemersma - van Rheenen | | | Michel van der Sluijs | |
| | | 200m | 21.80 (21.80) | 200m | 23.40 (23.40) | |
| | | 600m | 56.05 (34.25) | 600m | 58.02 (34.62) | |
| | | 1000m | 1:32.51 (36.46) | 1000m | 1:34.71 (36.69) | |
| | | 1400m | 2:10.28 (37.77) | 1400m | 2:13.18 (38.47) | |
| | | 1800m | 2:48.26 (37.98) | 1800m | 2:52.75 (39.57) | |
| | | 2200m | 3:26.88 (38.62) | 2200m | 3:32.97 (40.22) | |
| | | 2600m | 4:05.96 (39.08) | 2600m | 4:13.74 (40.77) | |
| | | 3000m | 4:45.56 (39.60) | 3000m | 4:54.91 (41.17) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------|-----------------|---------|-------------------------|------|
| 114 | gl | 9 Anton Mink | H60 | 4:46.93 | 4:53.01 | |
| | bl | 98 Adriaan Provoost | H60 | 4:21.97 | 4:52.41 | |
| | | Anton Mink | | | Adriaan Provoost | |
| | | 200m | 23.95 (23.95) | 200m | 24.39 (24.39) | |
| | | 600m | 1:01.70 (37.75) | 600m | 1:01.83 (37.44) | |
| | | 1000m | 1:39.82 (38.12) | 1000m | 1:39.91 (38.08) | |
| | | 1400m | 2:17.99 (38.17) | 1400m | 2:17.96 (38.05) | |
| | | 1800m | 2:56.71 (38.72) | 1800m | 2:56.19 (38.23) | |
| | | 2200m | 3:35.69 (38.98) | 2200m | 3:34.56 (38.37) | |
| | | 2600m | 4:14.67 (38.98) | 2600m | 4:13.32 (38.76) | |
| | | 3000m | 4:53.01 (38.34) | 3000m | 4:52.41 (39.09) | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|-------------------|---------|----------------|------|
| 115 | wt | 13 | Ton van Klooster | | H65 | 4:27.62 | 5:01.66 | |
| | rd | 15 | Erol Aksoy | | H50 | 4:40.23 | 4:49.72 | |
| | | Ton van Klooster | | | Erol Aksoy | | | |
| | | 200m | 24.60 | (24.60) | 200m | 22.60 | (22.60) | |
| | | 600m | 1:02.67 | (38.07) | 600m | 57.89 | (35.29) | |
| | | 1000m | 1:42.41 | (39.74) | 1000m | 1:35.47 | (37.58) | |
| | | 1400m | 2:21.88 | (39.47) | 1400m | 2:13.58 | (38.11) | |
| | | 1800m | 3:00.93 | (39.05) | 1800m | 2:52.63 | (39.05) | |
| | | 2200m | 3:40.53 | (39.60) | 2200m | 3:31.68 | (39.05) | |
| | | 2600m | 4:21.07 | (40.54) | 2600m | 4:10.70 | (39.02) | |
| | | 3000m | 5:01.66 | (40.59) | 3000m | 4:49.72 | (39.02) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 116 | gl | 10 | Gert-Jan Braas | | H60 | 4:43.26 | 4:46.99 | |
| | bl | 23 | Herman Vermeer | | H60 | 4:07.35 | 4:41.91 | |
| | | Gert-Jan Braas | | | Herman Vermeer | | | |
| | | 200m | 22.64 | (22.64) | 200m | 23.34 | (23.34) | |
| | | 600m | 57.28 | (34.64) | 600m | 59.38 | (36.04) | |
| | | 1000m | 1:33.49 | (36.21) | 1000m | 1:35.96 | (36.58) | |
| | | 1400m | 2:10.94 | (37.45) | 1400m | 2:12.42 | (36.46) | |
| | | 1800m | 2:49.04 | (38.10) | 1800m | 2:49.89 | (37.47) | |
| | | 2200m | 3:27.82 | (38.78) | 2200m | 3:26.98 | (37.09) | |
| | | 2600m | 4:07.02 | (39.20) | 2600m | 4:04.06 | (37.08) | |
| | | 3000m | 4:46.99 | (39.97) | 3000m | 4:41.91 | (37.85) | |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-------------------------|---------|---------|-----------------|----------------|---------|
| 117 | wt | 26 Mark Veenstra | HSB | | 4:30.79 | 4:35.38 | |
| | rd | 79 Jan Mein | H65 | | 4:27.70 | 4:58.36 | |
| | | Mark Veenstra | | | Jan Mein | | |
| | | 200m | 21.10 | (21.10) | 200m | 22.66 | (22.66) |
| | | 600m | 54.77 | (33.67) | 600m | 58.45 | (35.79) |
| | | 1000m | 1:30.30 | (35.53) | 1000m | 1:36.68 | (38.23) |
| | | 1400m | 2:06.35 | (36.05) | 1400m | 2:15.33 | (38.65) |
| | | 1800m | 2:42.17 | (35.82) | 1800m | 2:54.24 | (38.91) |
| | | 2200m | 3:18.32 | (36.15) | 2200m | 3:34.36 | (40.12) |
| | | 2600m | 3:55.86 | (37.54) | 2600m | 4:15.90 | (41.54) |
| | | 3000m | 4:35.38 | (39.52) | 3000m | 4:58.36 | (42.46) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|------|-----|--|----|------|------|
| 118 | gl | | | | | | |
| | bl | | | | | | |
| | | m | | | m | | |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|--------------------------|---------|---------|---------------------|----------------|---------|
| 119 | wt | 6 Lennaart Lamers | HSB | | 4:12.10 | 4:20.60 | |
| | rd | 16 Geert Fekken | H45 | | 4:33.21 | 4:35.11 | |
| | | Lennaart Lamers | | | Geert Fekken | | |
| | | 200m | 20.33 | (20.33) | 200m | 21.52 | (21.52) |
| | | 600m | 54.47 | (34.14) | 600m | 56.80 | (35.28) |
| | | 1000m | 1:28.82 | (34.35) | 1000m | 1:33.42 | (36.62) |
| | | 1400m | 2:02.88 | (34.06) | 1400m | 2:09.64 | (36.22) |
| | | 1800m | 2:37.33 | (34.45) | 1800m | 2:45.57 | (35.93) |
| | | 2200m | 3:11.89 | (34.56) | 2200m | 3:21.68 | (36.11) |
| | | 2600m | 3:46.16 | (34.27) | 2600m | 3:58.17 | (36.49) |
| | | 3000m | 4:20.60 | (34.44) | 3000m | 4:35.11 | (36.94) |



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| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------------|-----|-----------------------|----------------|------|
| 120 | gl | 48 Richard van den Broek | H55 | 4:45.32 | 4:48.29 | |
| | bl | 25 Bart Brinksma | H60 | 4:27.31 | 4:42.76 | |
| | | Richard van den Broek | | Bart Brinksma | | |
| | | 200m 22.50 (22.50) | | 200m 23.07 (23.07) | | |
| | | 600m 57.12 (34.62) | | 600m 58.45 (35.38) | | |
| | | 1000m 1:33.25 (36.13) | | 1000m 1:35.10 (36.65) | | |
| | | 1400m 2:11.27 (38.02) | | 1400m 2:12.33 (37.23) | | |
| | | 1800m 2:49.36 (38.09) | | 1800m 2:50.54 (38.21) | | |
| | | 2200m 3:28.74 (39.38) | | 2200m 3:28.10 (37.56) | | |
| | | 2600m 4:08.28 (39.54) | | 2600m 4:05.90 (37.80) | | |
| | | 3000m 4:48.29 (40.01) | | 3000m 4:42.76 (36.86) | | |



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8. Uitslag 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 133 Arjan Elferink | H45 | 123 | O | 7:01.42 | PR | |
| 2 | 11 Robert Wierds | H50 | 123 | I | 7:05.72 | PR | |
| 3 | 112 André Los | HSB | 124 | I | 7:15.75 | | |
| 4 | 121 Eric van den Berg | H45 | 122 | I | 7:40.66 | PR | |
| 5 | 122 Joost van Leenders | H55 | 124 | O | 7:41.01 | | |
| 6 | 124 Tineke Schukken | D40 | 121 | I | 8:21.97 | | |
| 7 | 69 Christiaan Smit | HSB | 122 | O | 8:34.19 | | |

8. Rituitslag 5000 meter

| | | Naam | Cat | PR | Tijd | Info |
|------------------------|----------|----------------------------|-----------------|----|----------------|------|
| 121 | wt rd | 124 Tineke Schukken | D40 | | 8:21.97 | |
| Tineke Schukken | | | | | | |
| | | 200m | 24.12 (24.12) | | | m |
| | | 600m | 1:01.78 (37.66) | | | |
| | | 1000m | 1:41.03 (39.25) | | | |
| | | 1400m | 2:21.47 (40.44) | | | |
| | | 1800m | 3:01.50 (40.03) | | | |
| | | 2200m | 3:41.76 (40.26) | | | |
| | | 2600m | 4:21.56 (39.80) | | | |
| | | 3000m | 5:01.26 (39.70) | | | |
| | | 3400m | 5:41.33 (40.07) | | | |
| | | 3800m | 6:21.29 (39.96) | | | |
| | | 4200m | 7:01.43 (40.14) | | | |
| | | 4600m | 7:41.74 (40.31) | | | |
| | | 5000m | 8:21.97 (40.23) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|--------------------------|----|------------------------------|-----------------|---------|----------------|------|
| 122 | gl | 121 Eric van den Berg | H45 | 7:44.39 | 7:40.66 | PR |
| | bl | 69 Christiaan Smit | HSB | 8:11.51 | 8:34.19 | |
| Eric van den Berg | | | | | | |
| | | 200m | 21.55 (21.55) | | | |
| | | 600m | 56.61 (35.06) | | | |
| | | 1000m | 1:32.88 (36.27) | | | |
| | | 1400m | 2:09.90 (37.02) | | | |
| | | 1800m | 2:46.88 (36.98) | | | |
| | | 2200m | 3:23.47 (36.59) | | | |
| | | 2600m | 4:00.23 (36.76) | | | |
| | | 3000m | 4:36.95 (36.72) | | | |
| | | 3400m | 5:13.13 (36.18) | | | |
| | | 3800m | 5:49.59 (36.46) | | | |
| | | 4200m | 6:27.10 (37.51) | | | |
| | | 4600m | 7:04.42 (37.32) | | | |
| | | 5000m | 7:40.66 (36.24) | | | |
| Christiaan Smit | | | | | | |
| | | 200m | 24.36 (24.36) | | | |
| | | 600m | 1:04.56 (40.20) | | | |
| | | 1000m | 1:45.02 (40.46) | | | |
| | | 1400m | 2:25.96 (40.94) | | | |
| | | 1800m | 3:06.77 (40.81) | | | |
| | | 2200m | 3:47.48 (40.71) | | | |
| | | 2600m | 4:28.31 (40.83) | | | |
| | | 3000m | 5:09.28 (40.97) | | | |
| | | 3400m | 5:50.11 (40.83) | | | |
| | | 3800m | 6:30.85 (40.74) | | | |
| | | 4200m | 7:11.69 (40.84) | | | |
| | | 4600m | 7:53.03 (41.34) | | | |
| | | 5000m | 8:34.19 (41.16) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-----------------|---------|-----------------|------|
| 123 | wt | 11 Robert Wierds | H50 | 7:16.02 | 7:05.72 | PR |
| | rd | 133 Arjan Elferink | H45 | 7:02.25 | 7:01.42 | PR |
| | | Robert Wierds | | | | |
| | | 200m | 21.16 (21.16) | 200m | 21.06 (21.06) | |
| | | 600m | 54.58 (33.42) | 600m | 53.80 (32.74) | |
| | | 1000m | 1:27.39 (32.81) | 1000m | 1:26.51 (32.71) | |
| | | 1400m | 2:00.88 (33.49) | 1400m | 1:59.21 (32.70) | |
| | | 1800m | 2:33.91 (33.03) | 1800m | 2:31.91 (32.70) | |
| | | 2200m | 3:07.18 (33.27) | 2200m | 3:04.70 (32.79) | |
| | | 2600m | 3:40.49 (33.31) | 2600m | 3:37.67 (32.97) | |
| | | 3000m | 4:14.71 (34.22) | 3000m | 4:10.83 (33.16) | |
| | | 3400m | 4:48.94 (34.23) | 3400m | 4:44.27 (33.44) | |
| | | 3800m | 5:23.34 (34.40) | 3800m | 5:18.33 (34.06) | |
| | | 4200m | 5:57.47 (34.13) | 4200m | 5:52.40 (34.07) | |
| | | 4600m | 6:31.84 (34.37) | 4600m | 6:26.76 (34.36) | |
| | | 5000m | 7:05.72 (33.88) | 5000m | 7:01.42 (34.66) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------------|-----------------|---------|-----------------|------|
| 124 | gl | 112 André Los | HSB | 6:44.75 | 7:15.75 | |
| | bl | 122 Joost van Leenders | H55 | 7:40.80 | 7:41.01 | |
| | | André Los | | | | |
| | | 200m | 21.28 (21.28) | 200m | 22.51 (22.51) | |
| | | 600m | 54.21 (32.93) | 600m | 57.89 (35.38) | |
| | | 1000m | 1:27.62 (33.41) | 1000m | 1:34.34 (36.45) | |
| | | 1400m | 2:01.58 (33.96) | 1400m | 2:11.02 (36.68) | |
| | | 1800m | 2:35.54 (33.96) | 1800m | 2:48.04 (37.02) | |
| | | 2200m | 3:09.59 (34.05) | 2200m | 3:24.92 (36.88) | |
| | | 2600m | 3:44.05 (34.46) | 2600m | 4:01.08 (36.16) | |
| | | 3000m | 4:18.74 (34.69) | 3000m | 4:37.73 (36.65) | |
| | | 3400m | 4:54.06 (35.32) | 3400m | 5:14.60 (36.87) | |
| | | 3800m | 5:29.04 (34.98) | 3800m | 5:51.51 (36.91) | |
| | | 4200m | 6:04.39 (35.35) | 4200m | 6:28.62 (37.11) | |
| | | 4600m | 6:40.32 (35.93) | 4600m | 7:05.40 (36.78) | |
| | | 5000m | 7:15.75 (35.43) | 5000m | 7:41.01 (35.61) | |