



4th Masters International Thialf Record Races

Thialf - Heerenveen
13 en 14 maart 2024



1. Uitslag 500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	141 Mart Markus	HSB	10	O	39.77		
2	118 Jan Kleppe	HSA	9	O	39.81		
3	71 Ole Bjørnsmoen Næss	HSB	10	I	40.41		
4	63 Martin Hänggi	H55	9	I	41.48		
5	97 Azamat Ismailov	H45	8	I	41.92		
6	122 Mark Ooijevaar	H40	8	O	42.51		
7	79 Sybe van Hijum	HSB	7	O	43.12		
8	1 Erol Aksoy	H50	7	I	43.39		
9	68 Ricardo Brüttsch	H40	6	O	43.85		
10	139 Eva Riemersma - van Rheenen	D40	6	I	44.00		
11	98 Guido Gosselink	H50	5	I	44.66		
12	21 Marc Nieuwenhuijse	H40	4	I	44.69		
13	137 Nathan Leimeroth	HSA	5	O	45.03		
14	120 Kurt van de Nes	H55	4	O	45.69		
15	153 Thomas Rumpf	H60	3	O	47.14		
16	49 Marvin Zeisberg	HSB	3	I	47.53		
17	33 Ciska Stark	D60	2	O	49.32		
18	41 Octavian Moga	H55	1	I	50.65		
19	74 Hans-Gerd Heyne	H60	1	O	56.17		
	76 Scott Anderson	H60			WDR		

1. Rituitslag 500m Allround Big

		Naam		Cat		PR	Tijd	Info
1	wt	41	Octavian Moga		H55	44.30	50.65	
	rd	74	Hans-Gerd Heyne		H60	48.05	56.17	
		Octavian Moga			Hans-Gerd Heyne			
		100m	13.56	(13.56)	100m	14.52	(14.52)	
		500m	50.65	(37.09)	500m	56.17	(41.65)	

		Naam		Cat		PR	Tijd	Info
2	gl	76	Scott Anderson		H60	45.17	WDR	
	bl	33	Ciska Stark		D60	46.22	49.32	
		Scott Anderson			Ciska Stark			
		100m			100m	13.59	(13.59)	
		500m			500m	49.32	(35.73)	

		Naam		Cat		PR	Tijd	Info
3	wt	49	Marvin Zeisberg		HSB	47.16	47.53	
	rd	153	Thomas Rumpf		H60	44.81	47.14	
		Marvin Zeisberg			Thomas Rumpf			
		100m	12.81	(12.81)	100m	12.58	(12.58)	
		500m	47.53	(34.72)	500m	47.14	(34.56)	

		Naam		Cat		PR	Tijd	Info
4	gl	21	Marc Nieuwenhuijse		H40	44.53	44.69	
	bl	120	Kurt van de Nes		H55	45.68	45.69	
		Marc Nieuwenhuijse			Kurt van de Nes			
		100m	12.59	(12.59)	100m	13.19	(13.19)	
		500m	44.69	(32.10)	500m	45.69	(32.50)	

		Naam		Cat		PR	Tijd	Info
5	wt	98	Guido Gosselink		H50	44.32	44.66	
	rd	137	Nathan Leimeroth		HSA	44.49	45.03	
		Guido Gosselink			Nathan Leimeroth			
		100m	12.34	(12.34)	100m	11.92	(11.92)	
		500m	44.66	(32.32)	500m	45.03	(33.11)	

		Naam		Cat		PR	Tijd	Info
6	gl	139	Eva Riemersma - van Rheenen		D40	43.36	44.00	
	bl	68	Ricardo Brüttsch		H40	42.56	43.85	
		Eva Riemersma - van Rheenen			Ricardo Brüttsch			
		100m	12.37	(12.37)	100m	12.17	(12.17)	
		500m	44.00	(31.63)	500m	43.85	(31.68)	
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		Naam		Cat		PR	Tijd	Info
7	wt	1	Erol Aksoy		H50	42.61	43.39	
	rd	79	Sybe van Hijum		HSB	42.80	43.12	
		Erol Aksoy			Sybe van Hijum			
		100m	11.80	(11.80)	100m	12.03	(12.03)	
		500m	43.39	(31.59)	500m	43.12	(31.09)	
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		Naam		Cat		PR	Tijd	Info
8	gl	97	Azamat Ismailov		H45	41.64	41.92	
	bl	122	Mark Ooijevaar		H40	39.43	42.51	
		Azamat Ismailov			Mark Ooijevaar			
		100m	11.61	(11.61)	100m	11.97	(11.97)	
		500m	41.92	(30.31)	500m	42.51	(30.54)	
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		Naam		Cat		PR	Tijd	Info
9	wt	63	Martin Hänggi		H55	38.47	41.48	
	rd	118	Jan Kleppe		HSA	39.71	39.81	
		Martin Hänggi			Jan Kleppe			
		100m	11.42	(11.42)	100m	10.98	(10.98)	
		500m	41.48	(30.06)	500m	39.81	(28.83)	
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		Naam		Cat		PR	Tijd	Info
10	gl	71	Ole Bjørnsmoen Næss		HSB	38.30	40.41	
	bl	141	Mart Markus		HSB	38.54	39.77	
		Ole Bjørnsmoen Næss			Mart Markus			
		100m	11.39	(11.39)	100m	10.98	(10.98)	
		500m	40.41	(29.02)	500m	39.77	(28.79)	



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2. Uitslag 500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	64 Frank Erik Tindvik	H40	19	O	41.56		
2	51 Andrus Kuusk	HSB	20	O	41.95		
3	165 Tjard Kopka	H55	19	I	41.99		
4	10 Stijn Verhagen	H45	18	I	43.82		
5	73 Christian Eidsvåg	H40	17	O	44.71		
6	27 Kim Leliveld	DSB	16	O	45.45	PR	
7	62 Darja Ptitsõna	DSB	15	I	45.55		
8	77 Seppe Lybaert	HSB	15	O	46.75		
9	47 Sanzhar Khassanov	H40	14	O	47.59		
10	66 John Ivar Kristensen	H50	17	I	48.43		
11	32 Laura den Otter	D40	14	I	48.59		
12	155 Hendrik van de Beek	H60	13	O	49.50		
13	40 Johan Luttk	H60	13	I	49.51	PR	
14	78 Jip Spel	DSA	11	I	53.57		
15	65 Andrej Kwadrin	H40	11	O	54.62		
	59 Wim Verbraeken	H40	16	I	DNS		
	6 Daan Spoelstra	H45			WDR		
	89 Lennaart Lamers	HSB			WDR		

2. Rituitslag 500m Allround Normal

		Naam		Cat		PR	Tijd	Info
11	wt	78	Jip Spel		DSA	53.21	53.57	
	rd	65	Andrej Kwadrin		H40	51.42	54.62	
		Jip Spel			Andrej Kwadrin			
		100m	14.37	(14.37)	100m	13.86	(13.86)	
		500m	53.57	(39.20)	500m	54.62	(40.76)	

		Naam		Cat		PR	Tijd	Info
12	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
13	wt	40	Johan Luttik		H60	50.64	49.51	PR
	rd	155	Hendrik van de Beek		H60	42.49	49.50	
		Johan Luttik			Hendrik van de Beek			
		100m	13.71	(13.71)	100m	14.03	(14.03)	
		500m	49.51	(35.80)	500m	49.50	(35.47)	

		Naam		Cat		PR	Tijd	Info
14	gl	32	Laura den Otter		D40	47.79	48.59	
	bl	47	Sanzhar Khassanov		H40	44.70	47.59	
		Laura den Otter			Sanzhar Khassanov			
		100m	13.46	(13.46)	100m	12.71	(12.71)	
		500m	48.59	(35.13)	500m	47.59	(34.88)	

		Naam		Cat		PR	Tijd	Info
15	wt	62	Darja Ptitsõna		DSB	45.42	45.55	
	rd	77	Seppe Lybaert		HSB	44.40	46.75	
		Darja Ptitsõna			Seppe Lybaert			
		100m	11.89	(11.89)	100m	12.50	(12.50)	
		500m	45.55	(33.66)	500m	46.75	(34.25)	

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		Naam	Cat	PR	Tijd	Info
16	gl	59 Wim Verbraeken	H40	42.97		DNS
	bl	27 Kim Leliveld	DSB	45.66		45.45 PR
		<u>Wim Verbraeken</u>			<u>Kim Leliveld</u>	
				100m	12.44	(12.44)
				500m	45.45	(33.01)
		Naam	Cat	PR	Tijd	Info
17	wt	66 John Ivar Kristensen	H50	39.80		48.43
	rd	73 Christian Eidsvåg	H40	44.21		44.71
		<u>John Ivar Kristensen</u>			<u>Christian Eidsvåg</u>	
		100m	13.59	(13.59)	100m	11.96 (11.96)
		500m	48.43	(34.84)	500m	44.71 (32.75)
		Naam	Cat	PR	Tijd	Info
18	gl	10 Stijn Verhagen	H45	43.54		43.82
	bl	6 Daan Spoelstra	H45	42.67		WDR
		<u>Stijn Verhagen</u>			<u>Daan Spoelstra</u>	
		100m	11.97	(11.97)		
		500m	43.82	(31.85)		
		Naam	Cat	PR	Tijd	Info
19	wt	165 Tjard Kopka	H55	40.31		41.99
	rd	64 Frank Erik Tindvik	H40	40.84		41.56
		<u>Tjard Kopka</u>			<u>Frank Erik Tindvik</u>	
		100m	11.88	(11.88)	100m	11.69 (11.69)
		500m	41.99	(30.11)	500m	41.56 (29.87)
		Naam	Cat	PR	Tijd	Info
20	gl	89 Lennaart Lamers	HSB	38.49		WDR
	bl	51 Andrus Kuusk	HSB	41.49		41.95
		<u>Lennaart Lamers</u>			<u>Andrus Kuusk</u>	
				100m	11.17	(11.17)
				500m	41.95	(30.78)



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3. Uitslag 500m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	123 Niels van Reeuwijk	HA2	26	I	38.41		
2	125 Daniel Thuv Eriksen	HN4	25	O	38.47		
3	126 Viktor Smedstad Haukaas	HN2	25	I	38.84	PR	
4	128 Joren Sleeking	HN2	26	O	38.85		
5	150 Kai van Bennekom	HB1	24	I	39.47	PR	
6	127 Sondre Hvammen	HN1	24	O	39.75	PR	
7	129 Robin Sleeking	HN4	23	O	40.82		
8	101 Jonah Zwaan	HB1	22	O	41.88	PR	
9	143 Thijs van Tol	HN3	23	I	42.49	PR	
10	116 Ruben Molenaar	HB1	22	I	43.83		
11	144 Jitte Schuitemaker	DA2	21	O	44.74	PR	
12	105 Emma van der Liet	DN1	21	I	45.05		

3. Rituitslag 500m Allround Normal - O

		Naam		Cat		PR	Tijd	Info
21	wt	105	Emma van der Liet		DN1	43.80	45.05	
	rd	144	Jitte Schuitemaker		DA2	45.10	44.74	PR
			Emma van der Liet		Jitte Schuitemaker			
			100m	12.53	(12.53)	100m	12.46	(12.46)
			500m	45.05	(32.52)	500m	44.74	(32.28)

		Naam		Cat		PR	Tijd	Info
22	gl	116	Ruben Molenaar		HB1	43.61	43.83	
	bl	101	Jonah Zwaan		HB1	42.73	41.88	PR
			Ruben Molenaar		Jonah Zwaan			
			100m	11.93	(11.93)	100m	11.66	(11.66)
			500m	43.83	(31.90)	500m	41.88	(30.22)

		Naam		Cat		PR	Tijd	Info
23	wt	143	Thijs van Tol		HN3	42.67	42.49	PR
	rd	129	Robin Sleeking		HN4	40.09	40.82	
			Thijs van Tol		Robin Sleeking			
			100m	11.49	(11.49)	100m	10.99	(10.99)
			500m	42.49	(31.00)	500m	40.82	(29.83)

		Naam		Cat		PR	Tijd	Info
24	gl	150	Kai van Bennekom		HB1	39.93	39.47	PR
	bl	127	Sondre Hvammen		HN1	40.45	39.75	PR
			Kai van Bennekom		Sondre Hvammen			
			100m	10.89	(10.89)	100m	11.44	(11.44)
			500m	39.47	(28.58)	500m	39.75	(28.31)

		Naam		Cat		PR	Tijd	Info
25	wt	126	Viktor Smedstad Haukaas		HN2	38.97	38.84	PR
	rd	125	Daniel Thuv Eriksen		HN4	37.77	38.47	
			Viktor Smedstad Haukaas		Daniel Thuv Eriksen			
			100m	10.87	(10.87)	100m	10.66	(10.66)
			500m	38.84	(27.97)	500m	38.47	(27.81)



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		Naam		Cat		PR		Tijd	Info
26	gl	123	Niels van Reeuwijk		HA2		38.23	38.41	
	bl	128	Joren Sleeking		HN2		38.03	38.85	
		Niels van Reeuwijk			Joren Sleeking				
		100m	10.84	(10.84)	100m	10.50	(10.50)		
		500m	38.41	(27.57)	500m	38.85	(28.35)		

4. Uitslag 500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	114 Peter van der Vorst	H50	42	I	41.23		
2	99 Sebastiaan Scargo	H45	42	O	41.69	PR	
3	69 Ahti Oks	H50	41	I	41.94	PR	
4	91 Doede Wind	H50	40	I	43.91		
5	28 Jasper Knulst	H50	40	O	44.05		
6	135 Mika Sirén	H55	39	I	44.06		
7	170 Piet Siemonsma	H70	38	I	44.30		
8	84 Michel van der Sluijs	H50	39	O	44.99		
9	26 Peter Kuiper	H40	37	O	45.01	PR	
10	164 Imke Hüser	DSB	37	I	45.03		
11	133 Jyrki Hietanen	H60	36	O	45.59		
12	38 Thomas Voswinkel	HSB	36	I	45.78		
13	45 Mircea Vranceanu	H65	35	I	46.41		
14	161 Dmitry Zaitsev	H55	27	I	47.03		
15	18 Wendy van der Ham	D50	35	O	47.31		
16	39 Eelco Nap	H60	34	O	47.39	PR	
17	136 Risto Jokela	H65	33	O	48.16	PR	
18	17 Harm Sinnige	H60	34	I	49.41		
19	72 Guylaine Larouche	D65	31	O	50.44		
20	54 Johan van Metting-van Rijn	H65	33	I	50.55		
21	134 Outi Pinomäki	D55	31	I	50.84		
22	42 Ralf Hartings	H65	32	O	50.94		
23	93 Rob Wartenhorst	H55	38	O	51.10		
24	160 Twan den Braber	H70	32	I	51.33		
25	36 Johan Smit	H65	30	O	51.72		
26	142 Kevin van Cleef	H40	30	I	52.32		
27	22 Carolien van Rees	D65	29	I	54.52		
28	14 Henriët van Ling	D55	29	O	57.71	PR	
	85 Niels de Jager	H40	41	O	DNF		

4. Rituitslag 500m Allround Small

		Naam		Cat		PR		Tijd	Info
27	wt rd	161	Dmitry Zaitsev		H55			47.03	
		Dmitry Zaitsev							
		100m	12.77	(12.77)		m			
		500m	47.03	(34.26)					

		Naam		Cat		PR		Tijd	Info
28	gl bl								

		Naam		Cat		PR		Tijd	Info
29	wt rd	22	Carolien van Rees		D65	53.54		54.52	
		14	Henriët van Ling		D55	57.97		57.71	PR
		Carolien van Rees							
		100m	14.68	(14.68)		100m	15.81	(15.81)	
		500m	54.52	(39.84)		500m	57.71	(41.90)	
		Henriët van Ling							
		100m	15.81	(15.81)		100m	15.81	(15.81)	
		500m	57.71	(41.90)		500m	57.71	(41.90)	

		Naam		Cat		PR		Tijd	Info
30	gl bl	142	Kevin van Cleef		H40	50.47		52.32	
		36	Johan Smit		H65	47.45		51.72	
		Kevin van Cleef							
		100m	14.61	(14.61)		100m	13.86	(13.86)	
		500m	52.32	(37.71)		500m	51.72	(37.86)	
		Johan Smit							
		100m	13.86	(13.86)		100m	13.86	(13.86)	
		500m	51.72	(37.86)		500m	51.72	(37.86)	

		Naam		Cat		PR		Tijd	Info
31	wt rd	134	Outi Pinomäki		D55	48.42		50.84	
		72	Guyllaine Larouche		D65	49.88		50.44	
		Outi Pinomäki							
		100m	13.51	(13.51)		100m	13.78	(13.78)	
		500m	50.84	(37.33)		500m	50.44	(36.66)	
		Guyllaine Larouche							
		100m	13.78	(13.78)		100m	13.78	(13.78)	
		500m	50.44	(36.66)		500m	50.44	(36.66)	

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		Naam		Cat		PR	Tijd	Info
32	gl	160	Twan den Braber		H70	43.00	51.33	
	bl	42	Ralf Hartings		H65	47.58	50.94	
		Twan den Braber			Ralf Hartings			
		100m	13.89	(13.89)	100m	13.67	(13.67)	
		500m	51.33	(37.44)	500m	50.94	(37.27)	
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		Naam		Cat		PR	Tijd	Info
33	wt	54	Johan van Metting-van Rijn		H65	43.57	50.55	
	rd	136	Risto Jokela		H65	48.81	48.16	PR
		Johan van Metting-van Rijn			Risto Jokela			
		100m	13.60	(13.60)	100m	12.78	(12.78)	
		500m	50.55	(36.95)	500m	48.16	(35.38)	
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		Naam		Cat		PR	Tijd	Info
34	gl	17	Harm Sinnige		H60	46.83	49.41	
	bl	39	Eelco Nap		H60	48.03	47.39	PR
		Harm Sinnige			Eelco Nap			
		100m	13.25	(13.25)	100m	12.65	(12.65)	
		500m	49.41	(36.16)	500m	47.39	(34.74)	
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		Naam		Cat		PR	Tijd	Info
35	wt	45	Mircea Vranceanu		H65	40.90	46.41	
	rd	18	Wendy van der Ham		D50	45.90	47.31	
		Mircea Vranceanu			Wendy van der Ham			
		100m	12.87	(12.87)	100m	12.73	(12.73)	
		500m	46.41	(33.54)	500m	47.31	(34.58)	
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		Naam		Cat		PR	Tijd	Info
36	gl	38	Thomas Voswinkel		HSB	45.13	45.78	
	bl	133	Jyrki Hietanen		H60	40.76	45.59	
		Thomas Voswinkel			Jyrki Hietanen			
		100m	12.98	(12.98)	100m	11.87	(11.87)	
		500m	45.78	(32.80)	500m	45.59	(33.72)	

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		Naam	Cat	PR	Tijd	Info
37	wt	164 Imke Hüser	DSB	43.02	45.03	
	rd	26 Peter Kuiper	H40	45.14	45.01	PR
		Imke Hüser		Peter Kuiper		
		100m 12.53 (12.53)		100m 12.28 (12.28)		
		500m 45.03 (32.50)		500m 45.01 (32.73)		
		Naam	Cat	PR	Tijd	Info
38	gl	170 Piet Siemonsma	H70	42.05	44.30	
	bl	93 Rob Wartenhorst	H55	41.30	51.10	
		Piet Siemonsma		Rob Wartenhorst		
		100m 12.45 (12.45)		100m 12.60 (12.60)		
		500m 44.30 (31.85)		500m 51.10 (38.50)		
		Naam	Cat	PR	Tijd	Info
39	wt	135 Mika Sirén	H55	40.28	44.06	
	rd	84 Michel van der Sluijs	H50	43.57	44.99	
		Mika Sirén		Michel van der Sluijs		
		100m 11.99 (11.99)		100m 12.48 (12.48)		
		500m 44.06 (32.07)		500m 44.99 (32.51)		
		Naam	Cat	PR	Tijd	Info
40	gl	91 Doede Wind	H50	43.67	43.91	
	bl	28 Jasper Knulst	H50	43.36	44.05	
		Doede Wind		Jasper Knulst		
		100m 12.35 (12.35)		100m 11.87 (11.87)		
		500m 43.91 (31.56)		500m 44.05 (32.18)		
		Naam	Cat	PR	Tijd	Info
41	wt	69 Ahti Oks	H50	42.47	41.94	PR
	rd	85 Niels de Jager	H40	41.32	DNF	
		Ahti Oks		Niels de Jager		
		100m 11.05 (11.05)		100m 58.36 (58.36)		
		500m 41.94 (30.89)		500m 58.68 (.32)		



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		Naam		Cat		PR		Tijd	Info
42	gl	114	Peter van der Vorst		H50		40.22	41.23	
	bl	99	Sebastiaan Scargo		H45		42.00	41.69	PR
		Peter van der Vorst				Sebastiaan Scargo			
		100m	11.26	(11.26)		100m	11.50	(11.50)	
		500m	41.23	(29.97)		500m	41.69	(30.19)	



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5. Uitslag 500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	111 Thomas Selles	HN2	44	I	40.37		
2	117 Bodhi Smeele	HB2	44	O	45.51		
3	109 Zéfina de Bruin	DN3	43	O	45.94		
4	100 Bo Meijer	DN1	43	I	47.83		

5. Rituitslag 500m Allround Small - O

		Naam		Cat		PR		Tijd	Info
43	wt	100	Bo Meijer		DN1			46.05	47.83
	rd	109	Zéfina de Bruin		DN3			44.39	45.94
		Bo Meijer				Zéfina de Bruin			
		100m	12.62	(12.62)		100m	12.70	(12.70)	
		500m	47.83	(35.21)		500m	45.94	(33.24)	

		Naam		Cat		PR		Tijd	Info
44	gl	111	Thomas Selles		HN2			39.25	40.37
	bl	117	Bodhi Smeele		HB2			38.80	45.51
		Thomas Selles				Bodhi Smeele			
		100m	10.94	(10.94)		100m	12.81	(12.81)	
		500m	40.37	(29.43)		500m	45.51	(32.70)	

6. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Tim Broere	HSB	58	O	37.64		
2	60 Filip-Mihail Woicik	H40	57	O	38.99	PR	
3	80 Bart Seffinga	H40	58	I	39.21		
4	95 Mark Reiling	H40	57	I	40.45		
5	131 Christian Arlt	H40	56	I	40.62		
6	152 Justin Wenker	HSB	53	O	41.92	PR	
7	16 Jan van der Stouwe	H55	54	I	42.05		
8	30 Marloes Westerhof	DSB	55	I	42.60		
9	25 Christiaan Smit	HSA	56	O	42.67		
10	4 Gijs van Cappelle	HSB	54	O	42.68		
11	86 Martijn van der Horst	H50	52	I	42.82		
12	88 Claudia Henckel	DSB	52	O	43.01		
13	159 Roland ten Klooster	H60	55	O	43.03		
14	13 Bastiaan Geurts	HSB	53	I	43.51		
15	56 Waldemar Kramer	H70	51	O	44.16		
16	31 Eelco van der Meer	H45	51	I	45.43		
17	145 Gerdien Verweij	D55	50	O	45.67		
18	81 Monique Visser	DSB	50	I	46.48		
19	87 Carolien Mulder	DSB	49	O	46.74		
20	82 Erik Buitenhuis	H60	49	I	47.21		
21	83 Henriëtte Goede	D55	48	O	47.56		
22	90 Karin Terhürne	D55	48	I	49.71		
23	11 Jorien Oosterwijk	D55	47	I	50.18		
24	15 Susan Dijkshoorn	DSA	47	O	52.94		
25	57 Sirli Põldmaa	D45	46	I	53.82	PR	
26	75 Klas Berlič Fras	H50	46	O	57.69	PR	
27	58 Piret Saare	D55	45	I	59.68	PR	

6. Rituitslag 500m Sprint

		Naam		Cat		PR		Tijd	Info
45	wt	58	Piret Saare		D55			1:00.80	59.68 PR
	rd								
		<u>Piret Saare</u>							
			100m	15.91	(15.91)		m		
			500m	59.68	(43.77)				

		Naam		Cat		PR		Tijd	Info
46	gl	57	Sirli Põldmaa		D45			55.02	53.82 PR
	bl	75	Klas Berlič Fras		H50			1:00.28	57.69 PR
		<u>Sirli Põldmaa</u>							
			100m	14.52	(14.52)		100m	14.71	(14.71)
			500m	53.82	(39.30)		500m	57.69	(42.98)
		<u>Klas Berlič Fras</u>							

		Naam		Cat		PR		Tijd	Info
47	wt	11	Jorien Oosterwijk		D55			45.91	50.18
	rd	15	Susan Dijkshoorn		DSA			50.11	52.94
		<u>Jorien Oosterwijk</u>							
			100m	13.54	(13.54)		100m	13.91	(13.91)
			500m	50.18	(36.64)		500m	52.94	(39.03)
		<u>Susan Dijkshoorn</u>							

		Naam		Cat		PR		Tijd	Info
48	gl	90	Karin Terhürne		D55			46.30	49.71
	bl	83	Henriëtte Goede		D55			43.73	47.56
		<u>Karin Terhürne</u>							
			100m	13.56	(13.56)		100m	13.04	(13.04)
			500m	49.71	(36.15)		500m	47.56	(34.52)
		<u>Henriëtte Goede</u>							

		Naam		Cat		PR		Tijd	Info
49	wt	82	Erik Buitenhuis		H60			44.25	47.21
	rd	87	Carolien Mulder		DSB			44.65	46.74
		<u>Erik Buitenhuis</u>							
			100m	12.62	(12.62)		100m	12.55	(12.55)
			500m	47.21	(34.59)		500m	46.74	(34.19)
		<u>Carolien Mulder</u>							

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		Naam	Cat	PR	Tijd	Info
50	gl	81 Monique Visser	DSB	46.39	46.48	
	bl	145 Gerdien Verweij	D55	42.35	45.67	
		Monique Visser		Gerdien Verweij		
		100m	12.66 (12.66)	100m	12.72 (12.72)	
		500m	46.48 (33.82)	500m	45.67 (32.95)	
		Naam	Cat	PR	Tijd	Info
51	wt	31 Eelco van der Meer	H45	41.82	45.43	
	rd	56 Waldemar Kramer	H70	41.52	44.16	
		Eelco van der Meer		Waldemar Kramer		
		100m	12.52 (12.52)	100m	11.96 (11.96)	
		500m	45.43 (32.91)	500m	44.16 (32.20)	
		Naam	Cat	PR	Tijd	Info
52	gl	86 Martijn van der Horst	H50	39.70	42.82	
	bl	88 Claudia Henckel	DSB	42.19	43.01	
		Martijn van der Horst		Claudia Henckel		
		100m	11.92 (11.92)	100m	11.65 (11.65)	
		500m	42.82 (30.90)	500m	43.01 (31.36)	
		Naam	Cat	PR	Tijd	Info
53	wt	13 Bastiaan Geurts	HSB	40.26	43.51	
	rd	152 Justin Wenker	HSB	42.22	41.92	PR
		Bastiaan Geurts		Justin Wenker		
		100m	11.79 (11.79)	100m	11.46 (11.46)	
		500m	43.51 (31.72)	500m	41.92 (30.46)	
		Naam	Cat	PR	Tijd	Info
54	gl	16 Jan van der Stouwe	H55	39.24	42.05	
	bl	4 Gijs van Cappelle	HSB	41.27	42.68	
		Jan van der Stouwe		Gijs van Cappelle		
		100m	11.55 (11.55)	100m	10.97 (10.97)	
		500m	42.05 (30.50)	500m	42.68 (31.71)	

4th Masters International Thialf Record Races

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		Naam	Cat	PR	Tijd	Info
55	wt	30 Marloes Westerhof	DSB	41.87	42.60	
	rd	159 Roland ten Klooster	H60	41.14	43.03	
		Marloes Westerhof		Roland ten Klooster		
		100m	11.60 (11.60)	100m	11.73 (11.73)	
		500m	42.60 (31.00)	500m	43.03 (31.30)	

		Naam	Cat	PR	Tijd	Info
56	gl	131 Christian Arlt	H40	39.73	40.62	
	bl	25 Christiaan Smit	HSA	41.90	42.67	
		Christian Arlt		Christiaan Smit		
		100m	11.55 (11.55)	100m	11.73 (11.73)	
		500m	40.62 (29.07)	500m	42.67 (30.94)	

		Naam	Cat	PR	Tijd	Info
57	wt	95 Mark Reiling	H40	39.26	40.45	
	rd	60 Filip-Mihail Woicik	H40	39.21	38.99	PR
		Mark Reiling		Filip-Mihail Woicik		
		100m	11.09 (11.09)	100m	10.55 (10.55)	
		500m	40.45 (29.36)	500m	38.99 (28.44)	

		Naam	Cat	PR	Tijd	Info
58	gl	80 Bart Seffinga	H40	37.10	39.21	
	bl	20 Tim Broere	HSB	37.42	37.64	
		Bart Seffinga		Tim Broere		
		100m	11.08 (11.08)	100m	10.08 (10.08)	
		500m	39.21 (28.13)	500m	37.64 (27.56)	



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7. Uitslag 500m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	167 Sindre Baas	HSA	62	O	37.06		
2	112 Roel Regts	HA1	62	I	37.92		
3	113 Danny Heijkoop	HN3	61	I	38.82		
4	107 Joeke van Mulligen	HN3	59	I	40.40	PR	
5	166 Vilde Baas	DN4	61	O	40.42		
6	104 Anne-Fleur van der Liet	DB2	59	O	46.49	PR	

7. Rituitslag 500m Sprint - O

		Naam		Cat		PR	Tijd	Info
59	wt	107	Joeke van Mulligen		HN3	40.73	40.40	PR
	rd	104	Anne-Fleur van der Liet		DB2	46.59	46.49	PR
		Joeke van Mulligen			Anne-Fleur van der Liet			
		100m	11.06	(11.06)	100m	12.61	(12.61)	
		500m	40.40	(29.34)	500m	46.49	(33.88)	

		Naam		Cat		PR	Tijd	Info
60	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
61	wt	113	Danny Heijkoop		HN3	38.23	38.82	
	rd	166	Vilde Baas		DN4	40.40	40.42	
		Danny Heijkoop			Vilde Baas			
		100m	10.65	(10.65)	100m	11.10	(11.10)	
		500m	38.82	(28.17)	500m	40.42	(29.32)	

		Naam		Cat		PR	Tijd	Info
62	gl	112	Roel Regts		HA1	37.41	37.92	
	bl	167	Sindre Baas		HSA	36.69	37.06	
		Roel Regts			Sindre Baas			
		100m	10.32	(10.32)	100m	10.35	(10.35)	
		500m	37.92	(27.60)	500m	37.06	(26.71)	

8. Uitslag 5000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	71 Ole Bjørnsmoen Næss	HSB	72	O	6:34.45		
2	63 Martin Hänggi	H55	72	I	6:57.05		
3	141 Mart Markus	HSB	69	I	7:04.16	PR	
4	122 Mark Ooijevaar	H40	71	O	7:09.01		
5	118 Jan Kleppe	HSA	63	O	7:11.57		
6	21 Marc Nieuwenhuijse	H40	70	I	7:19.32	PR	
7	79 Sybe van Hijum	HSB	70	O	7:20.44	PR	
8	120 Kurt van de Nes	H55	71	I	7:21.22	PR	
9	98 Guido Gosselink	H50	69	O	7:33.20	PR	
10	68 Ricardo Brüttsch	H40	68	I	7:46.29		
11	1 Erol Aksoy	H50	67	I	8:08.70		
12	139 Eva Riemersma - van Rheenen	D40	66	O	8:10.74		
13	97 Azamat Ismailov	H45	67	O	8:10.97	PR	
14	153 Thomas Rumpf	H60	66	I	8:30.40		
15	74 Hans-Gerd Heyne	H60	64	O	8:43.37		
16	41 Octavian Moga	H55	64	I	8:43.49		
17	49 Marvin Zeisberg	HSB	65	O	8:49.39		
18	33 Ciska Stark	D60	65	I	8:50.57		
19	137 Nathan Leimeroth	HSA	63	I	8:52.09		
	76 Scott Anderson	H60				WDR	

8. Rituitslag 5000m Allround Big

		Naam		Cat		PR	Tijd	Info
63	wt	137	Nathan Leimeroth		HSA		8:52.09	
	rd	118	Jan Kleppe		HSA		7:11.57	
				Nathan Leimeroth				
				Jan Kleppe				
		200m	22.83	(22.83)		200m	21.32	(21.32)
		600m	1:02.07	(39.24)		600m	55.95	(34.63)
		1000m	1:43.04	(40.97)		1000m	1:30.60	(34.65)
		1400m	2:25.35	(42.31)		1400m	2:05.01	(34.41)
		1800m	3:08.33	(42.98)		1800m	2:39.27	(34.26)
		2200m	3:50.31	(41.98)		2200m	3:13.54	(34.27)
		2600m	4:32.41	(42.10)		2600m	3:47.67	(34.13)
		3000m	5:15.65	(43.24)		3000m	4:21.28	(33.61)
		3400m	5:59.45	(43.80)		3400m	4:54.84	(33.56)
		3800m	6:42.68	(43.23)		3800m	5:28.65	(33.81)
		4200m	7:26.68	(44.00)		4200m	6:02.80	(34.15)
		4600m	8:08.77	(42.09)		4600m	6:37.29	(34.49)
		5000m	8:52.09	(43.32)		5000m	7:11.57	(34.28)

		Naam		Cat		PR	Tijd	Info
64	gl	41	Octavian Moga		H55	7:58.31	8:43.49	
	bl	74	Hans-Gerd Heyne		H60	8:15.76	8:43.37	
				Octavian Moga				
				Hans-Gerd Heyne				
		200m	24.40	(24.40)		200m	28.24	(28.24)
		600m	1:04.79	(40.39)		600m	1:11.69	(43.45)
		1000m	1:45.99	(41.20)		1000m	1:53.71	(42.02)
		1400m	2:27.04	(41.05)		1400m	2:35.93	(42.22)
		1800m	3:08.36	(41.32)		1800m	3:17.88	(41.95)
		2200m	3:49.91	(41.55)		2200m	3:58.48	(40.60)
		2600m	4:31.69	(41.78)		2600m	4:38.76	(40.28)
		3000m	5:13.56	(41.87)		3000m	5:19.07	(40.31)
		3400m	5:55.61	(42.05)		3400m	5:59.88	(40.81)
		3800m	6:37.84	(42.23)		3800m	6:41.16	(41.28)
		4200m	7:20.15	(42.31)		4200m	7:22.29	(41.13)
		4600m	8:02.59	(42.44)		4600m	8:03.39	(41.10)
		5000m	8:43.49	(40.90)		5000m	8:43.37	(39.98)

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		Naam			Cat	PR	Tijd	Info
65	wt	33	Ciska Stark		D60	8:46.99	8:50.57	
	rd	49	Marvin Zeisberg		HSB	8:40.36	8:49.39	
		Ciska Stark			Marvin Zeisberg			
		200m	24.53	(24.53)	200m	24.94	(24.94)	
		600m	1:03.67	(39.14)	600m	1:03.07	(38.13)	
		1000m	1:45.36	(41.69)	1000m	1:43.48	(40.41)	
		1400m	2:28.56	(43.20)	1400m	2:24.79	(41.31)	
		1800m	3:11.87	(43.31)	1800m	3:06.78	(41.99)	
		2200m	3:54.80	(42.93)	2200m	3:48.75	(41.97)	
		2600m	4:37.13	(42.33)	2600m	4:30.67	(41.92)	
		3000m	5:19.88	(42.75)	3000m	5:13.15	(42.48)	
		3400m	6:03.18	(43.30)	3400m	5:56.01	(42.86)	
		3800m	6:46.15	(42.97)	3800m	6:39.63	(43.62)	
		4200m	7:28.59	(42.44)	4200m	7:23.00	(43.37)	
		4600m	8:09.99	(41.40)	4600m	8:06.49	(43.49)	
		5000m	8:50.57	(40.58)	5000m	8:49.39	(42.90)	

		Naam			Cat	PR	Tijd	Info
66	gl	153	Thomas Rumpf		H60	8:13.24	8:30.40	
	bl	139	Eva Riemersma - van Rheenen		D40	8:01.67	8:10.74	
		Thomas Rumpf			Eva Riemersma - van Rheenen			
		200m	23.31	(23.31)	200m	22.28	(22.28)	
		600m	1:00.76	(37.45)	600m	56.89	(34.61)	
		1000m	1:40.26	(39.50)	1000m	1:33.39	(36.50)	
		1400m	2:20.20	(39.94)	1400m	2:10.79	(37.40)	
		1800m	3:00.46	(40.26)	1800m	2:49.05	(38.26)	
		2200m	3:41.13	(40.67)	2200m	3:27.37	(38.32)	
		2600m	4:21.80	(40.67)	2600m	4:06.97	(39.60)	
		3000m	5:02.52	(40.72)	3000m	4:47.03	(40.06)	
		3400m	5:43.62	(41.10)	3400m	5:27.71	(40.68)	
		3800m	6:25.24	(41.62)	3800m	6:08.64	(40.93)	
		4200m	7:06.92	(41.68)	4200m	6:49.55	(40.91)	
		4600m	7:48.74	(41.82)	4600m	7:30.59	(41.04)	
		5000m	8:30.40	(41.66)	5000m	8:10.74	(40.15)	

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		Naam	Cat	PR	Tijd	Info
67	wt	1 Erol Aksoy	H50	8:08.20	8:08.70	
	rd	97 Azamat Ismailov	H45	8:18.94	8:10.97	PR
		Erol Aksoy			Azamat Ismailov	
		200m	22.94 (22.94)	200m	22.55 (22.55)	
		600m	59.99 (37.05)	600m	59.28 (36.73)	
		1000m	1:38.79 (38.80)	1000m	1:37.52 (38.24)	
		1400m	2:17.91 (39.12)	1400m	2:16.49 (38.97)	
		1800m	2:57.30 (39.39)	1800m	2:56.00 (39.51)	
		2200m	3:36.46 (39.16)	2200m	3:35.13 (39.13)	
		2600m	4:15.30 (38.84)	2600m	4:14.14 (39.01)	
		3000m	4:54.51 (39.21)	3000m	4:53.06 (38.92)	
		3400m	5:34.45 (39.94)	3400m	5:32.47 (39.41)	
		3800m	6:13.94 (39.49)	3800m	6:12.65 (40.18)	
		4200m	6:53.23 (39.29)	4200m	6:53.71 (41.06)	
		4600m	7:31.51 (38.28)	4600m	7:33.03 (39.32)	
		5000m	8:08.70 (37.19)	5000m	8:10.97 (37.94)	

		Naam	Cat	PR	Tijd	Info
68	gl	68 Ricardo Brüttsch	H40	7:33.40	7:46.29	
	bl	76 Scott Anderson	H60	7:25.30	WDR	
		Ricardo Brüttsch			Scott Anderson	
		200m	22.06 (22.06)			
		600m	55.75 (33.69)			
		1000m	1:30.06 (34.31)			
		1400m	2:05.46 (35.40)			
		1800m	2:41.58 (36.12)			
		2200m	3:17.93 (36.35)			
		2600m	3:54.79 (36.86)			
		3000m	4:32.97 (38.18)			
		3400m	5:11.29 (38.32)			
		3800m	5:50.07 (38.78)			
		4200m	6:29.33 (39.26)			
		4600m	7:08.39 (39.06)			
		5000m	7:46.29 (37.90)			

4th Masters International Thialf Record Races

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		Naam	Cat	PR	Tijd	Info
69	wt	141 Mart Markus	HSB	7:12.14	7:04.16	PR
	rd	98 Guido Gosselink	H50	7:39.11	7:33.20	PR
		Mart Markus			Guido Gosselink	
		200m	20.84 (20.84)		200m	23.01 (23.01)
		600m	54.00 (33.16)		600m	58.36 (35.35)
		1000m	1:26.89 (32.89)		1000m	1:33.35 (34.99)
		1400m	1:59.61 (32.72)		1400m	2:08.44 (35.09)
		1800m	2:32.36 (32.75)		1800m	2:43.92 (35.48)
		2200m	3:05.26 (32.90)		2200m	3:19.61 (35.69)
		2600m	3:38.16 (32.90)		2600m	3:55.76 (36.15)
		3000m	4:11.35 (33.19)		3000m	4:31.90 (36.14)
		3400m	4:44.72 (33.37)		3400m	5:07.98 (36.08)
		3800m	5:19.07 (34.35)		3800m	5:44.32 (36.34)
		4200m	5:53.52 (34.45)		4200m	6:20.32 (36.00)
		4600m	6:28.47 (34.95)		4600m	6:56.71 (36.39)
		5000m	7:04.16 (35.69)		5000m	7:33.20 (36.49)

		Naam	Cat	PR	Tijd	Info
70	gl	21 Marc Nieuwenhuijse	H40	7:25.13	7:19.32	PR
	bl	79 Sybe van Hijum	HSB	7:24.22	7:20.44	PR
		Marc Nieuwenhuijse			Sybe van Hijum	
		200m	22.71 (22.71)		200m	22.65 (22.65)
		600m	56.78 (34.07)		600m	56.92 (34.27)
		1000m	1:30.95 (34.17)		1000m	1:31.90 (34.98)
		1400m	2:05.79 (34.84)		1400m	2:06.84 (34.94)
		1800m	2:40.81 (35.02)		1800m	2:41.65 (34.81)
		2200m	3:15.68 (34.87)		2200m	3:16.25 (34.60)
		2600m	3:50.37 (34.69)		2600m	3:50.98 (34.73)
		3000m	4:25.35 (34.98)		3000m	4:25.97 (34.99)
		3400m	4:48.53 (23.18)		3400m	5:00.44 (34.47)
		3800m	5:11.71 (23.18)		3800m	5:35.47 (35.03)
		4200m	5:34.89 (23.18)		4200m	6:10.50 (35.03)
		4600m	6:09.84 (34.95)		4600m	6:45.53 (35.03)
		5000m	7:19.32 (69.48)		5000m	7:20.44 (34.91)

		Naam	Cat	PR	Tijd	Info
71	wt	120 Kurt van de Nes	H55	7:24.70	7:21.22	PR
	rd	122 Mark Ooijevaar	H40	6:24.56	7:09.01	
		Kurt van de Nes				
		200m	22.95 (22.95)			
		600m	57.02 (34.07)			
		1000m	1:31.59 (34.57)			
		1400m	2:06.55 (34.96)			
		1800m	2:41.38 (34.83)			
		2200m	3:16.43 (35.05)			
		2600m	3:51.28 (34.85)			
		3000m	4:26.12 (34.84)			
		3400m	5:01.09 (34.97)			
		3800m	5:36.00 (34.91)			
		4200m	6:10.96 (34.96)			
		4600m	6:46.32 (35.36)			
		5000m	7:21.22 (34.90)			
		Mark Ooijevaar				
		200m	21.56 (21.56)			
		600m	54.54 (32.98)			
		1000m	1:27.71 (33.17)			
		1400m	2:00.92 (33.21)			
		1800m	2:34.25 (33.33)			
		2200m	3:07.67 (33.42)			
		2600m	3:41.72 (34.05)			
		3000m	4:16.19 (34.47)			
		3400m	4:50.99 (34.80)			
		3800m	5:25.38 (34.39)			
		4200m	5:59.85 (34.47)			
		4600m	6:34.13 (34.28)			
		5000m	7:09.01 (34.88)			

		Naam	Cat	PR	Tijd	Info
72	gl	63 Martin Hänggi	H55	6:35.30	6:57.05	
	bl	71 Ole Bjørnsmoen Næss	HSB	6:23.30	6:34.45	
		Martin Hänggi				
		200m	20.74 (20.74)			
		600m	54.03 (33.29)			
		1000m	1:26.76 (32.73)			
		1400m	1:59.51 (32.75)			
		1800m	2:32.40 (32.89)			
		2200m	3:05.34 (32.94)			
		2600m	3:38.49 (33.15)			
		3000m	4:11.47 (32.98)			
		3400m	4:43.70 (32.23)			
		3800m	5:16.51 (32.81)			
		4200m	5:49.43 (32.92)			
		4600m	6:22.86 (33.43)			
		5000m	6:57.05 (34.19)			
		Ole Bjørnsmoen Næss				
		200m	20.80 (20.80)			
		600m	51.94 (31.14)			
		1000m	1:22.76 (30.82)			
		1400m	1:53.32 (30.56)			
		1800m	2:23.91 (30.59)			
		2200m	2:54.42 (30.51)			
		2600m	3:25.16 (30.74)			
		3000m	3:56.14 (30.98)			
		3400m	4:27.43 (31.29)			
		3800m	4:58.87 (31.44)			
		4200m	5:30.67 (31.80)			
		4600m	6:02.42 (31.75)			
		5000m	6:34.45 (32.03)			

9. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Tim Broere	HSB	86	I	1:17.37		
2	80 Bart Seffinga	H40	86	O	1:17.72		
3	131 Christian Arlt	H40	85	O	1:19.32		
4	95 Mark Reiling	H40	84	O	1:20.55		
5	152 Justin Wenker	HSB	82	I	1:22.66	PR	
6	86 Martijn van der Horst	H50	83	O	1:24.47		
7	159 Roland ten Klooster	H60	84	I	1:24.70		
8	4 Gijs van Cappelle	HSB	81	I	1:25.06		
9	30 Marloes Westerhof	DSB	83	I	1:26.25		
10	88 Claudia Henckel	DSB	82	O	1:26.73		
11	13 Bastiaan Geurts	HSB	80	I	1:27.31		
12	16 Jan van der Stouwe	H55	81	O	1:27.36		
13	56 Waldemar Kramer	H70	79	I	1:28.11		
14	31 Eelco van der Meer	H45	79	O	1:30.45		
15	145 Gerdien Verweij	D55	78	O	1:31.44		
16	83 Henriëtte Goede	D55	77	I	1:34.45		
17	87 Carolien Mulder	DSB	77	O	1:35.49		
18	82 Erik Buitenhuis	H60	76	I	1:35.52		
19	81 Monique Visser	DSB	78	I	1:37.76		
20	90 Karin Terhürne	D55	76	O	1:39.72		
21	15 Susan Dijkshoorn	DSA	75	I	1:42.46		
22	11 Jorien Oosterwijk	D55	75	O	1:43.46		
23	57 Sirli Põldmaa	D45	74	I	1:50.90	PR	
24	58 Piret Saare	D55	74	O	2:00.57	PR	
25	75 Klas Berlič Fras	H50	73	I	2:03.08	PR	
	60 Filip-Mihail Woicik	H40	85	I		DQ	
	25 Christiaan Smit	HSA				WDR	

9. Rituitslag 1000m Sprint

		Naam	Cat	PR	Tijd	Info
73	wt rd	75 Klas Berlič Fras	H50	2:19.35	2:03.08	PR

Klas Berlič Fras

200m	27.85	(27.85)	m
600m	1:13.74	(45.89)	
1000m	2:03.08	(49.34)	

		Naam	Cat	PR	Tijd	Info
74	gl	57 Sirli Põldmaa	D45	1:55.28	1:50.90	PR
	bl	58 Piret Saare	D55	2:05.62	2:00.57	PR

Sirli Põldmaa

200m	26.02	(26.02)
600m	1:06.89	(40.87)
1000m	1:50.90	(44.01)

Piret Saare

200m	28.93	(28.93)
600m	1:13.17	(44.24)
1000m	2:00.57	(47.40)

		Naam	Cat	PR	Tijd	Info
75	wt	15 Susan Dijkshoorn	DSA	1:41.61	1:42.46	
	rd	11 Jorien Oosterwijk	D55	1:36.79	1:43.46	

Susan Dijkshoorn

200m	23.47	(23.47)
600m	1:01.55	(38.08)
1000m	1:42.46	(40.91)

Jorien Oosterwijk

200m	23.94	(23.94)
600m	1:02.54	(38.60)
1000m	1:43.46	(40.92)

		Naam	Cat	PR	Tijd	Info
76	gl	82 Erik Buitenhuis	H60	1:28.22	1:35.52	
	bl	90 Karin Terhürne	D55	1:31.99	1:39.72	

Erik Buitenhuis

200m	22.71	(22.71)
600m	58.45	(35.74)
1000m	1:35.52	(37.07)

Karin Terhürne

200m	24.11	(24.11)
600m	1:01.38	(37.27)
1000m	1:39.72	(38.34)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
77	wt	83 Henriëtte Goede	D55	1:27.37	1:34.45	
	rd	87 Carolien Mulder	DSB	1:32.22	1:35.49	
		Henriëtte Goede		Carolien Mulder		
		200m	22.27 (22.27)	200m	22.29 (22.29)	
		600m	57.31 (35.04)	600m	57.48 (35.19)	
		1000m	1:34.45 (37.14)	1000m	1:35.49 (38.01)	

		Naam	Cat	PR	Tijd	Info
78	gl	81 Monique Visser	DSB	1:33.93	1:37.76	
	bl	145 Gerdien Verweij	D55	1:23.76	1:31.44	
		Monique Visser		Gerdien Verweij		
		200m	22.33 (22.33)	200m	21.75 (21.75)	
		600m	58.15 (35.82)	600m	55.55 (33.80)	
		1000m	1:37.76 (39.61)	1000m	1:31.44 (35.89)	

		Naam	Cat	PR	Tijd	Info
79	wt	56 Waldemar Kramer	H70	1:22.65	1:28.11	
	rd	31 Eelco van der Meer	H45	1:21.93	1:30.45	
		Waldemar Kramer		Eelco van der Meer		
		200m	20.54 (20.54)	200m	21.27 (21.27)	
		600m	53.16 (32.62)	600m	54.39 (33.12)	
		1000m	1:28.11 (34.95)	1000m	1:30.45 (36.06)	

		Naam	Cat	PR	Tijd	Info
80	gl	13 Bastiaan Geurts	HSB	1:21.74	1:27.31	
	bl	25 Christiaan Smit	HSA	1:25.12	WDR	
		Bastiaan Geurts		Christiaan Smit		
		200m	20.11 (20.11)			
		600m	52.67 (32.56)			
		1000m	1:27.31 (34.64)			

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat		PR	Tijd	Info
81	wt	4 Gijs van Cappelle	HSB		1:22.70	1:25.06	
	rd	16 Jan van der Stouwe	H55		1:17.12	1:27.36	
		Gijs van Cappelle			Jan van der Stouwe		
		200m	19.13	(19.13)	200m	20.50	(20.50)
		600m	50.64	(31.51)	600m	52.62	(32.12)
		1000m	1:25.06	(34.42)	1000m	1:27.36	(34.74)

		Naam	Cat		PR	Tijd	Info
82	gl	152 Justin Wenker	HSB		1:23.78	1:22.66	PR
	bl	88 Claudia Henckel	DSB		1:24.86	1:26.73	
		Justin Wenker			Claudia Henckel		
		200m	19.60	(19.60)	200m	20.07	(20.07)
		600m	49.65	(30.05)	600m	51.86	(31.79)
		1000m	1:22.66	(33.01)	1000m	1:26.73	(34.87)

		Naam	Cat		PR	Tijd	Info
83	wt	30 Marloes Westerhof	DSB		1:25.30	1:26.25	
	rd	86 Martijn van der Horst	H50		1:22.85	1:24.47	
		Marloes Westerhof			Martijn van der Horst		
		200m	20.01	(20.01)	200m	20.55	(20.55)
		600m	51.81	(31.80)	600m	51.77	(31.22)
		1000m	1:26.25	(34.44)	1000m	1:24.47	(32.70)

		Naam	Cat		PR	Tijd	Info
84	gl	159 Roland ten Klooster	H60		1:20.59	1:24.70	
	bl	95 Mark Reiling	H40		1:17.66	1:20.55	
		Roland ten Klooster			Mark Reiling		
		200m	20.36	(20.36)	200m	19.61	(19.61)
		600m	51.65	(31.29)	600m	49.33	(29.72)
		1000m	1:24.70	(33.05)	1000m	1:20.55	(31.22)



4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam		Cat		PR		Tijd	Info
85	wt	60	Filip-Mihail Woicik		H40			1:18.59	DQ
	rd	131	Christian Arlt		H40			1:17.05	1:19.32
		Filip-Mihail Woicik				Christian Arlt			
		200m	59.42	(59.42)		200m	19.22	(19.22)	
		600m	1:31.42	(32.00)		600m	48.12	(28.90)	
		1000m	2:04.80	(33.38)		1000m	1:19.32	(31.20)	

		Naam		Cat		PR		Tijd	Info
86	gl	20	Tim Broere		HSB			1:15.94	1:17.37
	bl	80	Bart Seffinga		H40			1:12.16	1:17.72
		Tim Broere				Bart Seffinga			
		200m	17.50	(17.50)		200m	18.68	(18.68)	
		600m	46.04	(28.54)		600m	47.06	(28.38)	
		1000m	1:17.37	(31.33)		1000m	1:17.72	(30.66)	



4th Masters International Thialf Record Races

Thialf - Heerenveen
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10. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	167 Sindre Baas	HSA	90	I	1:12.74		
2	112 Roel Regts	HA1	90	O	1:15.31	PR	
3	113 Danny Heijkoop	HN3	89	I	1:17.56		
4	107 Joeke van Mulligen	HN3	89	O	1:20.53	PR	
5	166 Vilde Baas	DN4	87	O	1:22.21		
6	104 Anne-Fleur van der Liet	DB2	87	I	1:34.76		

10. Rituitslag 1000m Sprint - O

		Naam	Cat	PR	Tijd	Info
87	wt	104 Anne-Fleur van der Liet	DB2	1:34.21	1:34.76	
	rd	166 Vilde Baas	DN4	1:21.79	1:22.21	

Anne-Fleur van der Liet

200m	21.68	(21.68)
600m	56.24	(34.56)
1000m	1:34.76	(38.52)

Vilde Baas

200m	19.05	(19.05)
600m	48.67	(29.62)
1000m	1:22.21	(33.54)

		Naam	Cat	PR	Tijd	Info
88	gl					
	bl					

m

m

		Naam	Cat	PR	Tijd	Info
89	wt	113 Danny Heijkoop	HN3	1:15.48	1:17.56	
	rd	107 Joeke van Mulligen	HN3	1:20.95	1:20.53	PR

Danny Heijkoop

200m	18.06	(18.06)
600m	46.60	(28.54)
1000m	1:17.56	(30.96)

Joeke van Mulligen

200m	18.84	(18.84)
600m	48.28	(29.44)
1000m	1:20.53	(32.25)

		Naam	Cat	PR	Tijd	Info
90	gl	167 Sindre Baas	HSA	1:11.93	1:12.74	
	bl	112 Roel Regts	HA1	1:15.43	1:15.31	PR

Sindre Baas

200m	17.45	(17.45)
600m	43.98	(26.53)
1000m	1:12.74	(28.76)

Roel Regts

200m	17.76	(17.76)
600m	45.57	(27.81)
1000m	1:15.31	(29.74)

11. Uitslag 3000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	64 Frank Erik Tindvik	H40	100	O	4:13.82		
2	165 Tjard Kopka	H55	100	I	4:15.71		
3	51 Andrus Kuusk	HSB	99	I	4:19.29		
4	77 Seppe Lybaert	HSB	97	O	4:38.70		
5	10 Stijn Verhagen	H45	98	I	4:39.02		
6	66 John Ivar Kristensen	H50	96	I	4:45.85		
7	62 Darja Ptitsõna	DSB	94	I	4:49.01	PR	
8	27 Kim Leliveld	DSB	97	I	4:50.54		
9	73 Christian Eidsvåg	H40	95	I	4:54.12		
10	155 Hendrik van de Beek	H60	95	O	4:55.24		
11	40 Johan Luttk	H60	93	I	5:08.16	PR	
12	47 Sanzhar Khassanov	H40	93	O	5:09.37		
13	32 Laura den Otter	D40	94	O	5:10.07		
14	78 Jip Spel	DSA	91	I	5:42.87	HT PR	
15	65 Andrej Kwadrin	H40	91	O	5:59.20	HT	
	59 Wim Verbraeken	H40	96	O	DNS		
	6 Daan Spoelstra	H45			WDR		
	89 Lennaart Lamers	HSB			WDR		

11. Rituitslag 3000m Allround Normal

		Naam		Cat		PR		Tijd	Info
91	wt	78	Jip Spel		DSA	5:47.24		5:42.87	HT PR
	rd	65	Andrej Kwadrin		H40	5:41.32		5:59.20	HT
		Jip Spel			Andrej Kwadrin				
		200m	26.75	(26.75)	200m	26.15	(26.15)		
		600m	1:09.61	(42.86)	600m	1:08.69	(42.54)		
		1000m	1:53.75	(44.14)	1000m	1:51.76	(43.07)		
		1400m	2:38.28	(44.53)	1400m	2:35.00	(43.24)		
		1800m	3:23.47	(45.19)	1800m	3:19.27	(44.27)		
		2200m	4:09.03	(45.56)	2200m	4:24.01	(64.74)		
		2600m	4:55.65	(46.62)	2600m	5:12.54	(48.53)		
		3000m	5:42.87	(47.22)	3000m	5:59.20	(46.66)		

		Naam		Cat		PR		Tijd	Info
92	gl								
	bl								

		Naam		Cat		PR		Tijd	Info
93	wt	40	Johan Luttk		H60	5:18.90		5:08.16	PR
	rd	47	Sanzhar Khassanov		H40	4:43.14		5:09.37	
		Johan Luttk			Sanzhar Khassanov				
		200m	24.84	(24.84)	200m	25.40	(25.40)		
		600m	1:02.26	(37.42)	600m	1:04.91	(39.51)		
		1000m	1:40.62	(38.36)	1000m	1:45.47	(40.56)		
		1400m	2:20.15	(39.53)	1400m	2:27.14	(41.67)		
		1800m	3:01.57	(41.42)	1800m	3:08.79	(41.65)		
		2200m	3:43.89	(42.32)	2200m	3:50.26	(41.47)		
		2600m	4:26.49	(42.60)	2600m	4:29.78	(39.52)		
		3000m	5:08.16	(41.67)	3000m	5:09.37	(39.59)		

4th Masters International Thialf Record Races

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		Naam	Cat	PR	Tijd	Info
94	gl	62 Darja Ptitsõna	DSB	5:06.06	4:49.01	PR
	bl	32 Laura den Otter	D40	5:07.02	5:10.07	

Darja Ptitsõna

200m	21.91	(21.91)
600m	58.22	(36.31)
1000m	1:36.15	(37.93)
1400m	2:14.53	(38.38)
1800m	2:52.81	(38.28)
2200m	3:31.44	(38.63)
2600m	4:10.37	(38.93)
3000m	4:49.01	(38.64)

Laura den Otter

200m	24.59	(24.59)
600m	1:01.54	(36.95)
1000m	1:40.30	(38.76)
1400m	2:20.70	(40.40)
1800m	3:02.40	(41.70)
2200m	3:44.92	(42.52)
2600m	4:27.59	(42.67)
3000m	5:10.07	(42.48)

		Naam	Cat	PR	Tijd	Info
95	wt	73 Christian Eidsvåg	H40	4:52.79	4:54.12	
	rd	155 Hendrik van de Beek	H60	4:24.60	4:55.24	

Christian Eidsvåg

200m	22.61	(22.61)
600m	58.87	(36.26)
1000m	1:37.10	(38.23)
1400m	2:15.86	(38.76)
1800m	2:54.68	(38.82)
2200m	3:33.84	(39.16)
2600m	4:13.49	(39.65)
3000m	4:54.12	(40.63)

Hendrik van de Beek

200m	24.87	(24.87)
600m	1:01.59	(36.72)
1000m	1:39.22	(37.63)
1400m	2:17.68	(38.46)
1800m	2:56.51	(38.83)
2200m	3:36.19	(39.68)
2600m	4:15.41	(39.22)
3000m	4:55.24	(39.83)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd Info
96	gl	66 John Ivar Kristensen	H50	4:18.70	4:45.85
	bl	59 Wim Verbraeken	H40	4:45.20	DNS

John Ivar Kristensen

200m	23.72	(23.72)
600m	1:00.99	(37.27)
1000m	1:38.57	(37.58)
1400m	2:15.97	(37.40)
1800m	2:53.07	(37.10)
2200m	3:30.72	(37.65)
2600m	4:08.15	(37.43)
3000m	4:45.85	(37.70)

Wim Verbraeken

		Naam	Cat	PR	Tijd Info
97	wt	27 Kim Leliveld	DSB	4:48.15	4:50.54
	rd	77 Seppe Lybaert	HSB	4:32.79	4:38.70

Kim Leliveld

200m	22.77	(22.77)
600m	58.21	(35.44)
1000m	1:34.70	(36.49)
1400m	2:12.13	(37.43)
1800m	2:50.77	(38.64)
2200m	3:30.28	(39.51)
2600m	4:10.14	(39.86)
3000m	4:50.54	(40.40)

Seppe Lybaert

200m	23.03	(23.03)
600m	58.04	(35.01)
1000m	1:34.26	(36.22)
1400m	2:10.68	(36.42)
1800m	2:47.59	(36.91)
2200m	3:24.50	(36.91)
2600m	4:01.65	(37.15)
3000m	4:38.70	(37.05)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd Info
98	gl	10 Stijn Verhagen	H45	4:34.82	4:39.02
	bl	6 Daan Spoelstra	H45	4:21.92	WDR

Stijn Verhagen

200m	22.85	(22.85)
600m	58.31	(35.46)
1000m	1:34.33	(36.02)
1400m	2:10.57	(36.24)
1800m	2:47.34	(36.77)
2200m	3:24.39	(37.05)
2600m	4:01.70	(37.31)
3000m	4:39.02	(37.32)

Daan Spoelstra

		Naam	Cat	PR	Tijd Info
99	wt	51 Andrus Kuusk	HSB	4:19.13	4:19.29
	rd	89 Lennaart Lamers	HSB	4:12.10	WDR

Andrus Kuusk

200m	20.24	(20.24)
600m	52.99	(32.75)
1000m	1:26.81	(33.82)
1400m	2:00.53	(33.72)
1800m	2:34.67	(34.14)
2200m	3:09.01	(34.34)
2600m	3:44.03	(35.02)
3000m	4:19.29	(35.26)

Lennaart Lamers



4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024



		Naam		Cat		PR		Tijd	Info
100	gl	165	Tjard Kopka		H55		4:10.63	4:15.71	
	bl	64	Frank Erik Tindvik		H40		4:10.72	4:13.82	
		Tjard Kopka			Frank Erik Tindvik				
		200m	21.32	(21.32)			200m	20.92	(20.92)
		600m	53.55	(32.23)			600m	53.37	(32.45)
		1000m	1:26.38	(32.83)			1000m	1:26.16	(32.79)
		1400m	1:59.70	(33.32)			1400m	1:58.67	(32.51)
		1800m	2:33.38	(33.68)			1800m	2:31.32	(32.65)
		2200m	3:07.35	(33.97)			2200m	3:04.54	(33.22)
		2600m	3:41.80	(34.45)			2600m	3:38.52	(33.98)
		3000m	4:15.71	(33.91)			3000m	4:13.82	(35.30)



4th Masters International Thialf Record Races

Thialf - Heerenveen
13 en 14 maart 2024



12. Uitslag 3000m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	126 Viktor Smedstad Haukaas	HN2	105	O	3:59.52	PR	
2	123 Niels van Reeuwijk	HA2	106	I	4:01.59		
3	125 Daniel Thuv Eriksen	HN4	104	O	4:02.19		
4	127 Sondre Hvammen	HN1	105	I	4:03.73		
5	128 Joren Sleeking	HN2	106	O	4:06.97		
6	129 Robin Sleeking	HN4	104	I	4:22.19		
7	101 Jonah Zwaan	HB1	102	O	4:25.40	PR	
8	150 Kai van Bennekom	HB1	102	I	4:30.71	PR	
9	143 Thijs van Tol	HN3	101	I	4:35.03		
10	116 Ruben Molenaar	HB1	101	O	4:38.19	PR	
11	144 Jitte Schuitemaker	DA2	103	O	4:40.79		
12	105 Emma van der Liet	DN1	103	I	4:43.67		

12. Rituitslag 3000m Allround Normal - O

		Naam	Cat	PR	Tijd Info
101	wt	143 Thijs van Tol	HN3	4:34.46	4:35.03
	rd	116 Ruben Molenaar	HB1	4:44.89	4:38.19 PR

Thijs van Tol

200m	20.57	(20.57)
600m	54.22	(33.65)
1000m	1:29.17	(34.95)
1400m	2:04.80	(35.63)
1800m	2:41.17	(36.37)
2200m	3:18.34	(37.17)
2600m	3:56.35	(38.01)
3000m	4:35.03	(38.68)

Ruben Molenaar

200m	20.93	(20.93)
600m	56.04	(35.11)
1000m	1:32.65	(36.61)
1400m	2:09.81	(37.16)
1800m	2:46.77	(36.96)
2200m	3:24.37	(37.60)
2600m	4:01.59	(37.22)
3000m	4:38.19	(36.60)

		Naam	Cat	PR	Tijd Info
102	gl	150 Kai van Bennekom	HB1	4:40.77	4:30.71 PR
	bl	101 Jonah Zwaan	HB1	4:42.42	4:25.40 PR

Kai van Bennekom

200m	21.16	(21.16)
600m	54.89	(33.73)
1000m	1:29.21	(34.32)
1400m	2:04.05	(34.84)
1800m	2:38.72	(34.67)
2200m	3:14.91	(36.19)
2600m	3:52.10	(37.19)
3000m	4:30.71	(38.61)

Jonah Zwaan

200m	21.23	(21.23)
600m	53.80	(32.57)
1000m	1:27.04	(33.24)
1400m	2:01.93	(34.89)
1800m	2:37.81	(35.88)
2200m	3:13.80	(35.99)
2600m	3:49.87	(36.07)
3000m	4:25.40	(35.53)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam			Cat	PR	Tijd	Info
103	wt	105	Emma van der Liet		DN1	4:37.87	4:43.67	
	rd	144	Jitte Schuitemaker		DA2	4:40.07	4:40.79	
		Emma van der Liet			Jitte Schuitemaker			
		200m	23.37	(23.37)	200m	23.80	(23.80)	
		600m	59.46	(36.09)	600m	59.33	(35.53)	
		1000m	1:35.31	(35.85)	1000m	1:35.22	(35.89)	
		1400m	2:11.76	(36.45)	1400m	2:11.62	(36.40)	
		1800m	2:51.28	(39.52)	1800m	2:48.44	(36.82)	
		2200m	3:26.77	(35.49)	2200m	3:25.63	(37.19)	
		2600m	4:03.20	(36.43)	2600m	4:03.26	(37.63)	
		3000m	4:43.67	(40.47)	3000m	4:40.79	(37.53)	

		Naam			Cat	PR	Tijd	Info
104	gl	129	Robin Sleeking		HN4	4:21.17	4:22.19	
	bl	125	Daniel Thuv Eriksen		HN4	3:57.71	4:02.19	
		Robin Sleeking			Daniel Thuv Eriksen			
		200m	19.93	(19.93)	200m	19.54	(19.54)	
		600m	51.40	(31.47)	600m	49.91	(30.37)	
		1000m	1:24.05	(32.65)	1000m	1:21.15	(31.24)	
		1400m	1:57.58	(33.53)	1400m	1:52.74	(31.59)	
		1800m	2:33.98	(36.40)	1800m	2:24.71	(31.97)	
		2200m	3:10.37	(36.39)	2200m	2:56.92	(32.21)	
		2600m	3:46.77	(36.40)	2600m	3:29.36	(32.44)	
		3000m	4:22.19	(35.42)	3000m	4:02.19	(32.83)	

		Naam	Cat	PR	Tijd	Info
105	wt	127 Sondre Hvammen	HN1	4:03.41	4:03.73	
	rd	126 Viktor Smedstad Haukaas	HN2	4:01.59	3:59.52	PR
		Sondre Hvammen			Viktor Smedstad Haukaas	
		200m	20.21 (20.21)	200m	19.80 (19.80)	
		600m	51.67 (31.46)	600m	50.55 (30.75)	
		1000m	1:22.99 (31.32)	1000m	1:21.62 (31.07)	
		1400m	1:54.41 (31.42)	1400m	1:52.65 (31.03)	
		1800m	2:26.09 (31.68)	1800m	2:23.97 (31.32)	
		2200m	2:58.16 (32.07)	2200m	2:55.56 (31.59)	
		2600m	3:30.71 (32.55)	2600m	3:27.31 (31.75)	
		3000m	4:03.73 (33.02)	3000m	3:59.52 (32.21)	
		Naam	Cat	PR	Tijd	Info
106	gl	123 Niels van Reeuwijk	HA2	3:56.30	4:01.59	
	bl	128 Joren Sleeking	HN2	4:02.31	4:06.97	
		Niels van Reeuwijk			Joren Sleeking	
		200m	19.86 (19.86)	200m	19.69 (19.69)	
		600m	49.97 (30.11)	600m	50.36 (30.67)	
		1000m	1:20.45 (30.48)	1000m	1:22.01 (31.65)	
		1400m	1:51.71 (31.26)	1400m	1:54.14 (32.13)	
		1800m	2:23.06 (31.35)	1800m	2:26.64 (32.50)	
		2200m	2:55.09 (32.03)	2200m	2:59.68 (33.04)	
		2600m	3:27.85 (32.76)	2600m	3:33.04 (33.36)	
		3000m	4:01.59 (33.74)	3000m	4:06.97 (33.93)	

13. Uitslag 1500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	99 Sebastiaan Scargo	H45	122	I	2:05.77	PR	
2	69 Ahti Oks	H50	120	I	2:06.98	PR	
3	91 Doede Wind	H50	121	I	2:10.30		
4	114 Peter van der Vorst	H50	122	O	2:10.80		
5	93 Rob Wartenhorst	H55	119	O	2:11.10		
6	28 Jasper Knulst	H50	120	O	2:13.30		
7	135 Mika Sirén	H55	116	I	2:13.81		
8	164 Imke Hüser	DSB	118	O	2:14.21		
9	38 Thomas Voswinkel	HSB	118	I	2:14.70	PR	
10	45 Mircea Vranceanu	H65	116	O	2:18.48		
11	170 Piet Siemonsma	H70	117	O	2:19.52		
12	26 Peter Kuiper	H40	115	O	2:20.09	PR	
13	84 Michel van der Sluijs	H50	119	I	2:20.34		
14	39 Eelco Nap	H60	117	I	2:22.48		
15	133 Jyrki Hietanen	H60	113	O	2:24.01		
16	85 Niels de Jager	H40	121	O	2:24.95		
17	161 Dmitry Zaitsev	H55	107	I	2:25.37		
18	18 Wendy van der Ham	D50	114	O	2:27.05		
19	17 Harm Sinnige	H60	114	I	2:27.25		
20	54 Johan van Metting-van Rijn	H65	115	I	2:28.11		
21	136 Risto Jokela	H65	111	I	2:30.79	PR	
22	160 Twan den Braber	H70	113	I	2:32.78		
23	72 Guytaine Larouche	D65	123	O	2:33.01	RS	
24	134 Outi Pinomäki	D55	110	O	2:36.39		
25	142 Kevin van Cleef	H40	112	I	2:37.63		
26	36 Johan Smit	H65	110	I	2:46.46		
27	22 Carolien van Rees	D65	109	O	2:47.32		
28	14 Henriët van Ling	D55	109	I	2:50.14	PR	
	42 Ralf Hartings	H65	111	O		DQ	

13. Rituitslag 1500m Allround Small

		Naam	Cat	PR	Tijd	Info	
107	wt rd	161 Dmitry Zaitsev	H55		2:25.37		
		Dmitry Zaitsev					
		300m	31.16 (31.16)			m	
		700m	1:07.51 (36.35)				
		1100m	1:45.64 (38.13)				
		1500m	2:25.37 (39.73)				
		<hr/>					
		Naam	Cat	PR	Tijd	Info	
108	gl bl						
		<hr/>					
		m				m	
		<hr/>					
		Naam	Cat	PR	Tijd	Info	
109	wt rd	14 Henriët van Ling	D55	2:51.65	2:50.14	PR	
		22 Carolien van Rees	D65	2:43.07	2:47.32		
		Henriët van Ling			Carolien van Rees		
		300m	38.17 (38.17)	300m	36.36 (36.36)		
		700m	1:20.73 (42.56)	700m	1:19.35 (42.99)		
		1100m	2:04.89 (44.16)	1100m	2:03.43 (44.08)		
		1500m	2:50.14 (45.25)	1500m	2:47.32 (43.89)		
		<hr/>					
		Naam	Cat	PR	Tijd	Info	
110	gl bl	36 Johan Smit	H65	2:29.93	2:46.46		
		134 Outi Pinomäki	D55	2:32.48	2:36.39		
		Johan Smit			Outi Pinomäki		
		300m	33.97 (33.97)	300m	33.27 (33.27)		
		700m	1:14.51 (40.54)	700m	1:12.62 (39.35)		
		1100m	1:59.73 (45.22)	1100m	1:53.97 (41.35)		
		1500m	2:46.46 (46.73)	1500m	2:36.39 (42.42)		

		Naam	Cat	PR	Tijd	Info
111	wt	136 Risto Jokela	H65	2:39.77	2:30.79	PR
	rd	42 Ralf Hartings	H65	2:29.73	DQ	
		Risto Jokela				Ralf Hartings
		300m	31.45 (31.45)	300m	33.25 (33.25)	
		700m	1:08.79 (37.34)	700m	1:10.75 (37.50)	
		1100m	1:49.00 (40.21)	1100m	1:50.43 (39.68)	
		1500m	2:30.79 (41.79)	1500m	2:32.56 (42.13)	
		Naam	Cat	PR	Tijd	Info
112	gl	142 Kevin van Cleef	H40	2:30.34	2:37.63	
	bl					
		Kevin van Cleef				
		300m	34.96 (34.96)	m		
		700m	1:13.62 (38.66)			
		1100m	1:54.16 (40.54)			
		1500m	2:37.63 (43.47)			
		Naam	Cat	PR	Tijd	Info
113	wt	160 Twan den Braber	H70	2:05.66	2:32.78	
	rd	133 Jyrki Hietanen	H60	2:05.79	2:24.01	
		Twan den Braber				Jyrki Hietanen
		300m	34.19 (34.19)	300m	29.88 (29.88)	
		700m	1:12.21 (38.02)	700m	1:06.07 (36.19)	
		1100m	1:51.91 (39.70)	1100m	1:44.45 (38.38)	
		1500m	2:32.78 (40.87)	1500m	2:24.01 (39.56)	
		Naam	Cat	PR	Tijd	Info
114	gl	17 Harm Sinnige	H60	2:19.44	2:27.25	
	bl	18 Wendy van der Ham	D50	2:22.81	2:27.05	
		Harm Sinnige				Wendy van der Ham
		300m	32.29 (32.29)	300m	31.26 (31.26)	
		700m	1:08.84 (36.55)	700m	1:08.10 (36.84)	
		1100m	1:47.31 (38.47)	1100m	1:47.25 (39.15)	
		1500m	2:27.25 (39.94)	1500m	2:27.05 (39.80)	

		Naam	Cat	PR	Tijd	Info
115	wt	54 Johan van Metting-van Rijn	H65	2:09.58	2:28.11	
	rd	26 Peter Kuiper	H40	2:24.27	2:20.09	PR
		Johan van Metting-van Rijn				Peter Kuiper
		300m 32.69 (32.69)		300m 29.57 (29.57)		
		700m 1:10.05 (37.36)		700m 1:03.23 (33.66)		
		1100m 1:48.91 (38.86)		1100m 1:39.90 (36.67)		
		1500m 2:28.11 (39.20)		1500m 2:20.09 (40.19)		
		Naam	Cat	PR	Tijd	Info
116	gl	135 Mika Sirén	H55	2:01.64	2:13.81	
	bl	45 Mircea Vranceanu	H65	2:04.09	2:18.48	
		Mika Sirén				Mircea Vranceanu
		300m 28.45 (28.45)		300m 30.43 (30.43)		
		700m 1:02.10 (33.65)		700m 1:04.64 (34.21)		
		1100m 1:37.26 (35.16)		1100m 1:40.70 (36.06)		
		1500m 2:13.81 (36.55)		1500m 2:18.48 (37.78)		
		Naam	Cat	PR	Tijd	Info
117	wt	39 Eelco Nap	H60	2:19.41	2:22.48	
	rd	170 Piet Siemonsma	H70	2:05.11	2:19.52	
		Eelco Nap				Piet Siemonsma
		300m 30.67 (30.67)		300m 30.37 (30.37)		
		700m 1:06.07 (35.40)		700m 1:04.89 (34.52)		
		1100m 1:43.90 (37.83)		1100m 1:42.09 (37.20)		
		1500m 2:22.48 (38.58)		1500m 2:19.52 (37.43)		
		Naam	Cat	PR	Tijd	Info
118	gl	38 Thomas Voswinkel	HSB	2:15.62	2:14.70	PR
	bl	164 Imke Hüser	DSB	2:08.20	2:14.21	
		Thomas Voswinkel				Imke Hüser
		300m 29.69 (29.69)		300m 29.49 (29.49)		
		700m 1:03.04 (33.35)		700m 1:03.03 (33.54)		
		1100m 1:38.05 (35.01)		1100m 1:38.33 (35.30)		
		1500m 2:14.70 (36.65)		1500m 2:14.21 (35.88)		

		Naam	Cat	PR	Tijd	Info
119	wt	84 Michel van der Sluijs	H50	2:11.59	2:20.34	
	rd	93 Rob Wartenhorst	H55	2:00.93	2:11.10	
		Michel van der Sluijs			Rob Wartenhorst	
		300m 29.59 (29.59)			300m 29.39 (29.39)	
		700m 1:03.75 (34.16)			700m 1:02.00 (32.61)	
		1100m 1:41.09 (37.34)			1100m 1:36.21 (34.21)	
		1500m 2:20.34 (39.25)			1500m 2:11.10 (34.89)	
		Naam	Cat	PR	Tijd	Info
120	gl	69 Ahti Oks	H50	2:09.56	2:06.98	PR
	bl	28 Jasper Knulst	H50	2:11.23	2:13.30	
		Ahti Oks			Jasper Knulst	
		300m 27.42 (27.42)			300m 28.77 (28.77)	
		700m 59.33 (31.91)			700m 1:01.48 (32.71)	
		1100m 1:32.35 (33.02)			1100m 1:36.46 (34.98)	
		1500m 2:06.98 (34.63)			1500m 2:13.30 (36.84)	
		Naam	Cat	PR	Tijd	Info
121	wt	91 Doede Wind	H50	2:08.93	2:10.30	
	rd	85 Niels de Jager	H40	2:02.89	2:24.95	
		Doede Wind			Niels de Jager	
		300m 29.25 (29.25)			300m 28.13 (28.13)	
		700m 1:01.48 (32.23)			700m 1:00.73 (32.60)	
		1100m 1:35.27 (33.79)			1100m 1:37.73 (37.00)	
		1500m 2:10.30 (35.03)			1500m 2:24.95 (47.22)	
		Naam	Cat	PR	Tijd	Info
122	gl	99 Sebastiaan Scargo	H45	2:07.34	2:05.77	PR
	bl	114 Peter van der Vorst	H50	2:05.73	2:10.80	
		Sebastiaan Scargo			Peter van der Vorst	
		300m 27.65 (27.65)			300m 28.26 (28.26)	
		700m 58.97 (31.32)			700m 59.98 (31.72)	
		1100m 1:31.65 (32.68)			1100m 1:33.93 (33.95)	
		1500m 2:05.77 (34.12)			1500m 2:10.80 (36.87)	



4th Masters International Thialf Record Races

Thialf - Heerenveen
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14. Uitslag 1500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	117 Bodhi Smeele	HB2	124	I	1:56.12		
2	111 Thomas Selles	HN2	124	O	2:07.99		
3	109 Zéfina de Bruin	DN3	123	I	2:15.08		
	100 Bo Meijer	DN1			WDR		

14. Rituitslag 1500m Allround Small - O

		Naam	Cat	PR	Tijd	Info
123	wt	109 Zéfina de Bruin	DN3	2:12.90	2:15.08	
	rd	100 Bo Meijer	DN1	2:20.85	WDR	
		Zéfina de Bruin		Bo Meijer		
		300m	29.89 (29.89)			
		700m	1:03.51 (33.62)			
		1100m	1:38.67 (35.16)			
		1500m	2:15.08 (36.41)			

		Naam	Cat	PR	Tijd	Info
124	gl	117 Bodhi Smeele	HB2	1:56.09	1:56.12	
	bl	111 Thomas Selles	HN2	2:00.39	2:07.99	
		Bodhi Smeele		Thomas Selles		
		300m	26.51 (26.51)	300m	26.30 (26.30)	
		700m	55.14 (28.63)	700m	56.79 (30.49)	
		1100m	1:24.84 (29.70)	1100m	1:30.84 (34.05)	
		1500m	1:56.12 (31.28)	1500m	2:07.99 (37.15)	



4th Masters International Thialf Record Races

Thialf - Heerenveen
13 en 14 maart 2024



15. Uitslag 3000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
157	Elma Endhoven	DSB	125	I		DQ	
92	Johan Jonker	H70	125	O		DQ	
168	Nicole de Koning	D50	126	O		DQ	
29	Arjan Elferink	H45				WDR	

15. Rituitslag 3000m Single Distance

		Naam	Cat	PR	Tijd	Info
125	wt	157 Elma Endhoven	DSB	5:07.07		DQ
	rd	92 Johan Jonker	H70	4:41.21		DQ
		Elma Endhoven				
		200m	24.03 (24.03)			
		600m	1:03.71 (39.68)			
		1000m	1:44.34 (40.63)			
		1400m	2:26.27 (41.93)			
		1800m	3:09.45 (43.18)			
		2200m	3:53.34 (43.89)			
		2600m	4:38.56 (45.22)			
		3000m	5:24.26 (45.70)			
		Johan Jonker				
		200m	30.46 (30.46)			
		600m	1:17.04 (46.58)			
		1000m	2:03.46 (46.42)			
		1400m	2:52.24 (48.78)			
		1800m	3:38.18 (45.94)			
		2200m	4:24.80 (46.62)			
		2600m	5:12.08 (47.28)			
		3000m	5:59.91 (47.83)			

		Naam	Cat	PR	Tijd	Info
126	gl	29 Arjan Elferink	H45	4:01.38		WDR
	bl	168 Nicole de Koning	D50	5:26.94		DQ
		Arjan Elferink				
		200m	25.52 (25.52)			
		600m	1:05.23 (39.71)			
		1000m	1:47.06 (41.83)			
		1400m	2:30.81 (43.75)			
		1800m	3:15.50 (44.69)			
		2200m	4:00.69 (45.19)			
		2600m	4:45.81 (45.12)			
		3000m	5:30.94 (45.13)			
		Nicole de Koning				
		200m	25.52 (25.52)			
		600m	1:05.23 (39.71)			
		1000m	1:47.06 (41.83)			
		1400m	2:30.81 (43.75)			
		1800m	3:15.50 (44.69)			
		2200m	4:00.69 (45.19)			
		2600m	4:45.81 (45.12)			
		3000m	5:30.94 (45.13)			



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16. Uitslag 3000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	103 Tijn van Harten	HC2	130	O	4:14.56	PR	
2	169 Naomi van der Werf	DSA	130	I	4:16.55		
3	106 Valentijn van der Liet	HC2	129	I	4:41.64		
4	108 Lara Dingjan	DA2	127	I	4:54.02		
	102 Mette ten Cate	DB1	129	O	DNS		

16. Rituitslag 3000m Single Distance - O

	Naam	Cat	PR	Tijd	Info
127	wt rd	108 Lara Dingjan	DA2	4:49.57	4:54.02

Lara Dingjan

200m	22.35	(22.35)	m
600m	58.33	(35.98)	
1000m	1:35.27	(36.94)	
1400m	2:13.10	(37.83)	
1800m	2:51.56	(38.46)	
2200m	3:31.09	(39.53)	
2600m	4:12.06	(40.97)	
3000m	4:54.02	(41.96)	

	Naam	Cat	PR	Tijd	Info
128	gl bl				
				m	m

	Naam	Cat	PR	Tijd	Info
129	wt rd	106 Valentijn van der Liet	HC2	4:40.54	4:41.64
		102 Mette ten Cate	DB1	4:22.42	DNS
	Valentijn van der Liet		Mette ten Cate		
	200m	23.19	(23.19)		
	600m	57.78	(34.59)		
	1000m	1:33.73	(35.95)		
	1400m	2:11.32	(37.59)		
	1800m	2:48.29	(36.97)		
	2200m	3:25.65	(37.36)		
	2600m	4:03.76	(38.11)		
	3000m	4:41.64	(37.88)		



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		Naam	Cat	PR	Tijd Info
130	gl	169 Naomi van der Werf	DSA	4:12.59	4:16.55
	bl	103 Tijn van Harten	HC2	4:15.34	4:14.56 PR

Naomi van der Werf

200m	20.22	(20.22)
600m	51.71	(31.49)
1000m	1:23.92	(32.21)
1400m	1:56.90	(32.98)
1800m	2:30.50	(33.60)
2200m	3:04.94	(34.44)
2600m	3:40.22	(35.28)
3000m	4:16.55	(36.33)

Tijn van Harten

200m	20.10	(20.10)
600m	51.79	(31.69)
1000m	1:24.77	(32.98)
1400m	1:58.19	(33.42)
1800m	2:31.87	(33.68)
2200m	3:05.99	(34.12)
2600m	3:40.35	(34.36)
3000m	4:14.56	(34.21)



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17. Uitslag 5000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	19 Ab Nederlof	H70	131	I	8:00.03		
2	148 Esther Bouman	DSB	132	O	8:40.33		
3	34 Mariska van Haften- van den Bosch	D60	132	I	9:13.89	PR	

17. Rituitslag 5000m Single Distance

		Naam	Cat	PR	Tijd	Info
131	wt rd	19 Ab Nederlof	H70		8:00.03	
Ab Nederlof						
		200m	23.37 (23.37)			m
		600m	59.65 (36.28)			
		1000m	1:36.75 (37.10)			
		1400m	2:14.53 (37.78)			
		1800m	2:52.49 (37.96)			
		2200m	3:30.63 (38.14)			
		2600m	4:08.58 (37.95)			
		3000m	4:46.57 (37.99)			
		3400m	5:25.50 (38.93)			
		3800m	6:04.05 (38.55)			
		4200m	6:42.63 (38.58)			
		4600m	7:21.46 (38.83)			
		5000m	8:00.03 (38.57)			

		Naam	Cat	PR	Tijd	Info
132	gl	34 Mariska van Haaften- van den Bosch	D60	9:16.12	9:13.89	PR
	bl	148 Esther Bouman	DSB	8:23.52	8:40.33	
Mariska van Haaften- van den Bosch						
		200m	24.45 (24.45)			
		600m	1:04.77 (40.32)			
		1000m	1:47.52 (42.75)			
		1400m	2:31.14 (43.62)			
		1800m	3:15.15 (44.01)			
		2200m	3:59.28 (44.13)			
		2600m	4:43.50 (44.22)			
		3000m	5:27.64 (44.14)			
		3400m	6:12.45 (44.81)			
		3800m	6:57.62 (45.17)			
		4200m	7:42.53 (44.91)			
		4600m	8:27.87 (45.34)			
		5000m	9:13.89 (46.02)			
Esther Bouman						
		200m	24.44 (24.44)			
		600m	1:02.71 (38.27)			
		1000m	1:43.08 (40.37)			
		1400m	2:24.35 (41.27)			
		1800m	3:05.51 (41.16)			
		2200m	3:46.85 (41.34)			
		2600m	4:28.07 (41.22)			
		3000m	5:09.97 (41.90)			
		3400m	5:52.39 (42.42)			
		3800m	6:34.29 (41.90)			
		4200m	7:16.39 (42.10)			
		4600m	7:58.49 (42.10)			
		5000m	8:40.33 (41.84)			



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18. Uitslag 5000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	147 Dyon Talsma	HN3	134	O	6:57.90		
2	110 Paddy Smit	HN2	133	O	7:23.64		
3	151 Lenthe Jansen	DB2	134	I	8:07.12	PR	
4	140 Leanne Molenaar	DN2	133	I	9:09.26		

18. Rituitslag 5000m Single Distance - O

		Naam	Cat	PR	Tijd	Info
133	wt	140 Leanne Molenaar	DN2	8:54.25	9:09.26	
	rd	110 Paddy Smit	HN2		7:23.64	
		Leanne Molenaar				Paddy Smit
		200m	23.59 (23.59)	200m	19.85 (19.85)	
		600m	1:02.04 (38.45)	600m	53.90 (34.05)	
		1000m	1:42.68 (40.64)	1000m	1:28.70 (34.80)	
		1400m	2:25.09 (42.41)	1400m	2:03.87 (35.17)	
		1800m	3:08.62 (43.53)	1800m	2:39.24 (35.37)	
		2200m	3:50.47 (41.85)	2200m	3:14.63 (35.39)	
		2600m	4:36.21 (45.74)	2600m	3:49.91 (35.28)	
		3000m	5:21.38 (45.17)	3000m	4:25.42 (35.51)	
		3400m	6:08.40 (47.02)	3400m	5:00.74 (35.32)	
		3800m	6:55.73 (47.33)	3800m	5:35.85 (35.11)	
		4200m	7:42.21 (46.48)	4200m	6:11.42 (35.57)	
		4600m	8:26.54 (44.33)	4600m	6:47.62 (36.20)	
		5000m	9:09.26 (42.72)	5000m	7:23.64 (36.02)	

		Naam	Cat	PR	Tijd	Info
134	gl	151 Lenthe Jansen	DB2	8:31.46	8:07.12	PR
	bl	147 Dyon Talsma	HN3	6:53.51	6:57.90	
		Lenthe Jansen				Dyon Talsma
		200m	21.96 (21.96)	200m	19.71 (19.71)	
		600m	58.41 (36.45)	600m	52.14 (32.43)	
		1000m	1:36.26 (37.85)	1000m	1:25.36 (33.22)	
		1400m	2:15.16 (38.90)	1400m	1:58.24 (32.88)	
		1800m	2:53.69 (38.53)	1800m	2:30.70 (32.46)	
		2200m	3:34.23 (40.54)	2200m	3:03.29 (32.59)	
		2600m	4:10.83 (36.60)	2600m	3:35.99 (32.70)	
		3000m	4:49.93 (39.10)	3000m	4:08.72 (32.73)	
		3400m	5:29.63 (39.70)	3400m	4:41.04 (32.32)	
		3800m	6:08.71 (39.08)	3800m	5:13.93 (32.89)	
		4200m	6:48.83 (40.12)	4200m	5:47.72 (33.79)	
		4600m	7:28.68 (39.85)	4600m	6:22.32 (34.60)	
		5000m	8:07.12 (38.44)	5000m	6:57.90 (35.58)	



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19. Uitslag 10000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	149 Robert Wierds	H50	136	I	14:26.43		
2	5 Pieter-Jorn Gemser	H40	136	O	14:30.70	PR	
3	158 Jurre Kranenburg	H40	135	I	15:28.46		
4	48 Patrik Gelin	H50	135	O	16:15.52	PR	

19. Rituitslag 10000m Single Distance

	Naam	Cat	PR	Tijd	Info
135	wt 158 Jurre Kranenburg	H40		15:28.46	
	rd 48 Patrik Gelin	H50	16:25.76	16:15.52	PR
	Jurre Kranenburg		Patrik Gelin		
	400m	39.73 (39.73)	400m	43.78 (43.78)	
	800m	1:16.72 (36.99)	800m	1:21.36 (37.58)	
	1200m	1:53.48 (36.76)	1200m	1:59.36 (38.00)	
	1600m	2:30.50 (37.02)	1600m	2:38.11 (38.75)	
	2000m	3:07.39 (36.89)	2000m	3:16.47 (38.36)	
	2400m	3:44.40 (37.01)	2400m	3:54.51 (38.04)	
	2800m	4:20.99 (36.59)	2800m	4:32.85 (38.34)	
	3200m	4:57.06 (36.07)	3200m	5:11.53 (38.68)	
	3600m	5:32.71 (35.65)	3600m	5:50.33 (38.80)	
	4000m	6:08.45 (35.74)	4000m	6:29.14 (38.81)	
	4400m	6:44.18 (35.73)	4400m	7:08.32 (39.18)	
	4800m	7:20.12 (35.94)	4800m	7:47.53 (39.21)	
	5200m	7:56.59 (36.47)	5200m	8:26.40 (38.87)	
	5600m	8:33.38 (36.79)	5600m	9:05.68 (39.28)	
	6000m	9:09.76 (36.38)	6000m	9:45.29 (39.61)	
	6400m	9:46.15 (36.39)	6400m	10:24.56 (39.27)	
	6800m	10:22.38 (36.23)	6800m	11:03.77 (39.21)	
	7200m	10:59.72 (37.34)	7200m	11:43.09 (39.32)	
	7600m	11:38.32 (38.60)	7600m	12:22.61 (39.52)	
	8000m	12:16.55 (38.23)	8000m	13:01.95 (39.34)	
	8400m	12:55.14 (38.59)	8400m	13:40.52 (38.57)	
	8800m	13:33.77 (38.63)	8800m	14:18.95 (38.43)	
	9200m	14:12.05 (38.28)	9200m	14:57.79 (38.84)	
	9600m	14:50.10 (38.05)	9600m	15:36.72 (38.93)	
	10000m	15:28.46 (38.36)	10000m	16:15.52 (38.80)	

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		Naam	Cat	PR	Tijd	Info
136	gl	149 Robert Wierds	H50	14:17.87	14:26.43	
	bl	5 Pieter-Jorn Gemser	H40		14:30.70	PR
		Robert Wierds			Pieter-Jorn Gemser	
		400m	40.17 (40.17)	400m	39.52 (39.52)	
		800m	1:14.25 (34.08)	800m	1:13.87 (34.35)	
		1200m	1:48.74 (34.49)	1200m	1:47.68 (33.81)	
		1600m	2:22.47 (33.73)	1600m	2:21.21 (33.53)	
		2000m	2:56.24 (33.77)	2000m	2:54.72 (33.51)	
		2400m	3:29.91 (33.67)	2400m	3:28.90 (34.18)	
		2800m	4:03.80 (33.89)	2800m	4:02.72 (33.82)	
		3200m	4:37.52 (33.72)	3200m	4:36.72 (34.00)	
		3600m	5:11.99 (34.47)	3600m	5:10.71 (33.99)	
		4000m	5:45.80 (33.81)	4000m	5:45.02 (34.31)	
		4400m	6:20.38 (34.58)	4400m	6:19.42 (34.40)	
		4800m	6:54.40 (34.02)	4800m	6:53.89 (34.47)	
		5200m	7:29.56 (35.16)	5200m	7:28.31 (34.42)	
		5600m	8:03.66 (34.10)	5600m	8:03.08 (34.77)	
		6000m	8:39.04 (35.38)	6000m	8:37.75 (34.67)	
		6400m	9:13.34 (34.30)	6400m	9:12.58 (34.83)	
		6800m	9:48.77 (35.43)	6800m	9:47.49 (34.91)	
		7200m	10:23.32 (34.55)	7200m	10:22.59 (35.10)	
		7600m	10:58.85 (35.53)	7600m	10:57.86 (35.27)	
		8000m	11:33.74 (34.89)	8000m	11:33.60 (35.74)	
		8400m	12:08.83 (35.09)	8400m	12:08.90 (35.30)	
		8800m	12:43.37 (34.54)	8800m	12:43.98 (35.08)	
		9200m	13:18.72 (35.35)	9200m	13:19.72 (35.74)	
		9600m	13:54.08 (35.36)	9600m	14:00.98 (41.26)	
		10000m	14:26.43 (32.35)	10000m	14:30.70 (29.72)	

21. Uitslag 1500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	64 Frank Erik Tindvik	H40	8	I	2:00.38		
2	51 Andrus Kuusk	HSB	7	I	2:03.51		
3	165 Tjard Kopka	H55	8	O	2:07.36		
4	10 Stijn Verhagen	H45	7	O	2:09.62		
5	66 John Ivar Kristensen	H50	4	I	2:14.83		
6	27 Kim Leliveld	DSB	5	O	2:15.67	PR	
7	62 Darja Ptitsõna	DSB	6	O	2:15.97		
8	73 Christian Eidsvåg	H40	5	I	2:16.19	PR	
9	77 Seppe Lybaert	HSB	6	I	2:16.86		
10	47 Sanzhar Khassanov	H40	3	I	2:24.42		
11	155 Hendrik van de Beek	H60	4	O	2:25.36		
12	40 Johan Luttk	H60	2	I	2:25.88		
13	32 Laura den Otter	D40	3	O	2:26.56		
14	78 Jip Spel	DSA	2	O	2:44.46		
15	65 Andrej Kwadrin	H40	1	I	2:46.85		

21. Rituitslag 1500m Allround Normal

		Naam		Cat		PR	Tijd	Info
1	wt rd	65 Andrej Kwadrin		H40		2:34.58	2:46.85	

Andrej Kwadrin

300m	35.12	(35.12)
700m	1:18.16	(43.04)
1100m	2:02.05	(43.89)
1500m	2:46.85	(44.80)

m

		Naam		Cat		PR	Tijd	Info
2	gl	40 Johan Luttk		H60		2:22.40	2:25.88	
	bl	78 Jip Spel		DSA		2:39.54	2:44.46	

Johan Luttk

300m	32.65	(32.65)
700m	1:08.78	(36.13)
1100m	1:46.55	(37.77)
1500m	2:25.88	(39.33)

Jip Spel

300m	36.65	(36.65)
700m	1:18.45	(41.80)
1100m	2:00.69	(42.24)
1500m	2:44.46	(43.77)

		Naam		Cat		PR	Tijd	Info
3	wt	47 Sanzhar Khassanov		H40		2:14.11	2:24.42	
	rd	32 Laura den Otter		D40		2:25.55	2:26.56	

Sanzhar Khassanov

300m	31.09	(31.09)
700m	1:07.00	(35.91)
1100m	1:45.43	(38.43)
1500m	2:24.42	(38.99)

Laura den Otter

300m	32.25	(32.25)
700m	1:08.86	(36.61)
1100m	1:47.57	(38.71)
1500m	2:26.56	(38.99)

		Naam		Cat		PR	Tijd	Info
4	gl	66 John Ivar Kristensen		H50		2:00.34	2:14.83	
	bl	155 Hendrik van de Beek		H60		2:04.06	2:25.36	

John Ivar Kristensen

300m	30.67	(30.67)
700m	1:04.06	(33.39)
1100m	1:38.57	(34.51)
1500m	2:14.83	(36.26)

Hendrik van de Beek

300m	32.79	(32.79)
700m	1:09.37	(36.58)
1100m	1:46.95	(37.58)
1500m	2:25.36	(38.41)

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		Naam	Cat	PR	Tijd	Info
5	wt	73 Christian Eidsvåg	H40	2:16.96	2:16.19	PR
	rd	27 Kim Leliveld	DSB	2:18.41	2:15.67	PR
		<u>Christian Eidsvåg</u>			<u>Kim Leliveld</u>	
		300m 29.12 (29.12)			300m 29.72 (29.72)	
		700m 1:02.53 (33.41)			700m 1:03.59 (33.87)	
		1100m 1:38.13 (35.60)			1100m 1:38.72 (35.13)	
		1500m 2:16.19 (38.06)			1500m 2:15.67 (36.95)	
		Naam	Cat	PR	Tijd	Info
6	gl	77 Seppe Lybaert	HSB	2:11.07	2:16.86	
	bl	62 Darja Ptitsõna	DSB		2:15.97	
		<u>Seppe Lybaert</u>			<u>Darja Ptitsõna</u>	
		300m 30.03 (30.03)			300m 29.16 (29.16)	
		700m 1:05.21 (35.18)			700m 1:03.23 (34.07)	
		1100m 1:40.41 (35.20)			1100m 1:39.04 (35.81)	
		1500m 2:16.86 (36.45)			1500m 2:15.97 (36.93)	
		Naam	Cat	PR	Tijd	Info
7	wt	51 Andrus Kuusk	HSB	2:01.89	2:03.51	
	rd	10 Stijn Verhagen	H45	2:08.05	2:09.62	
		<u>Andrus Kuusk</u>			<u>Stijn Verhagen</u>	
		300m 27.48 (27.48)			300m 28.40 (28.40)	
		700m 58.40 (30.92)			700m 1:00.31 (31.91)	
		1100m 1:30.33 (31.93)			1100m 1:33.83 (33.52)	
		1500m 2:03.51 (33.18)			1500m 2:09.62 (35.79)	
		Naam	Cat	PR	Tijd	Info
8	gl	64 Frank Erik Tindvik	H40	1:59.58	2:00.38	
	bl	165 Tjard Kopka	H55	1:58.22	2:07.36	
		<u>Frank Erik Tindvik</u>			<u>Tjard Kopka</u>	
		300m 27.39 (27.39)			300m 27.64 (27.64)	
		700m 56.81 (29.42)			700m 57.54 (29.90)	
		1100m 1:27.77 (30.96)			1100m 1:30.55 (33.01)	
		1500m 2:00.38 (32.61)			1500m 2:07.36 (36.81)	



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22. Uitslag 1500m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	125 Daniel Thuv Eriksen	HN4	13	I	1:55.03		
2	128 Joren Sleeking	HN2	13	O	1:55.38		
3	126 Viktor Smedstad Haukaas	HN2	14	O	1:55.79	PR	
4	127 Sondre Hvammen	HN1	12	I	1:56.46	PR	
5	150 Kai van Bennekom	HB1	11	I	2:03.44	PR	
6	101 Jonah Zwaan	HB1	11	O	2:04.11	PR	
7	129 Robin Sleeking	HN4	12	O	2:05.74		
8	143 Thijs van Tol	HN3	10	I	2:09.12	PR	
9	116 Ruben Molenaar	HB1	10	O	2:13.50	PR	
10	144 Jitte Schuitemaker	DA2	9	I	2:13.94	PR	
11	105 Emma van der Liet	DN1	9	O	2:14.44		
	123 Niels van Reeuwijk	HA2				WDR	

22. Rituitslag 1500m Allround Normal - O

		Naam	Cat	PR	Tijd	Info
9	wt	144 Jitte Schuitemaker	DA2	2:16.37	2:13.94	PR
	rd	105 Emma van der Liet	DN1	2:10.43	2:14.44	

Jitte Schuitemaker

300m	29.78	(29.78)
700m	1:02.67	(32.89)
1100m	1:37.79	(35.12)
1500m	2:13.94	(36.15)

Emma van der Liet

300m	29.58	(29.58)
700m	1:02.36	(32.78)
1100m	1:37.55	(35.19)
1500m	2:14.44	(36.89)

		Naam	Cat	PR	Tijd	Info
10	gl	143 Thijs van Tol	HN3	2:10.08	2:09.12	PR
	bl	116 Ruben Molenaar	HB1	2:22.42	2:13.50	PR

Thijs van Tol

300m	27.56	(27.56)
700m	59.75	(32.19)
1100m	1:33.74	(33.99)
1500m	2:09.12	(35.38)

Ruben Molenaar

300m	28.78	(28.78)
700m	1:02.71	(33.93)
1100m	1:38.45	(35.74)
1500m	2:13.50	(35.05)

		Naam	Cat	PR	Tijd	Info
11	wt	150 Kai van Bennekom	HB1	2:09.18	2:03.44	PR
	rd	101 Jonah Zwaan	HB1	2:07.93	2:04.11	PR

Kai van Bennekom

300m	26.68	(26.68)
700m	56.95	(30.27)
1100m	1:28.90	(31.95)
1500m	2:03.44	(34.54)

Jonah Zwaan

300m	27.49	(27.49)
700m	58.39	(30.90)
1100m	1:30.91	(32.52)
1500m	2:04.11	(33.20)

		Naam	Cat	PR	Tijd	Info
12	gl	127 Sondre Hvammen	HN1	1:58.51	1:56.46	PR
	bl	129 Robin Sleeking	HN4	2:03.27	2:05.74	

Sondre Hvammen

300m	26.65	(26.65)
700m	55.66	(29.01)
1100m	1:25.61	(29.95)
1500m	1:56.46	(30.85)

Robin Sleeking

300m	26.55	(26.55)
700m	57.62	(31.07)
1100m	1:30.57	(32.95)
1500m	2:05.74	(35.17)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam			Cat	PR	Tijd	Info
13	wt	125	Daniel Thuv Eriksen		HN4	1:53.75	1:55.03	
	rd	128	Joren Sleeking		HN2	1:55.29	1:55.38	
		Daniel Thuv Eriksen			Joren Sleeking			
		300m	25.34	(25.34)	300m	25.30	(25.30)	
		700m	53.72	(28.38)	700m	53.99	(28.69)	
		1100m	1:23.46	(29.74)	1100m	1:24.02	(30.03)	
		1500m	1:55.03	(31.57)	1500m	1:55.38	(31.36)	
		Naam			Cat	PR	Tijd	Info
14	gl	123	Niels van Reeuwijk		HA2	1:52.00	WDR	
	bl	126	Viktor Smedstad Haukaas		HN2	1:56.31	1:55.79	PR
		Niels van Reeuwijk			Viktor Smedstad Haukaas			
		300m			300m	25.46	(25.46)	
		700m			700m	54.14	(28.68)	
		1100m			1100m	1:24.12	(29.98)	
		1500m			1500m	1:55.79	(31.67)	

23. Uitslag 1500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	71 Ole Bjørnsmoen Næss	HSB	24	I	1:54.87		
2	118 Jan Kleppe	HSA	23	I	1:58.46	PR	
3	141 Mart Markus	HSB	24	O	1:58.76		
4	63 Martin Hänggi	H55	23	O	1:59.50		
5	122 Mark Ooijevaar	H40	22	I	2:00.84		
6	79 Sybe van Hijum	HSB	22	O	2:06.19		
7	21 Marc Nieuwenhuijse	H40	21	I	2:08.58		
8	68 Ricardo Brüttsch	H40	20	O	2:09.05		
9	120 Kurt van de Nes	H55	21	O	2:09.74	PR	
10	98 Guido Gosselink	H50	20	I	2:10.22		
11	1 Erol Aksoy	H50	19	I	2:12.82		
12	139 Eva Riemersma - van Rheenen	D40	19	O	2:13.18		
13	49 Marvin Zeisberg	HSB	17	I	2:21.34	PR	
14	137 Nathan Leimeroth	HSA	18	O	2:22.32		
15	153 Thomas Rumpf	H60	18	I	2:27.97		
16	33 Ciska Stark	D60	17	O	2:29.43		
17	41 Octavian Moga	H55	15	I	2:30.14		
18	74 Hans-Gerd Heyne	H60	15	O	2:44.08		

23. Rituitslag 1500m Allround Big

		Naam	Cat	PR	Tijd	Info
15	wt	41 Octavian Moga	H55	2:13.84	2:30.14	
	rd	74 Hans-Gerd Heyne	H60	2:32.99	2:44.08	
Octavian Moga			Hans-Gerd Heyne			
		300m	32.59 (32.59)	300m	36.64 (36.64)	
		700m	1:10.59 (38.00)	700m	1:19.20 (42.56)	
		1100m	1:49.98 (39.39)	1100m	2:01.83 (42.63)	
		1500m	2:30.14 (40.16)	1500m	2:44.08 (42.25)	

		Naam	Cat	PR	Tijd	Info
16	gl					
	bl					
		m				
		m				

		Naam	Cat	PR	Tijd	Info
17	wt	49 Marvin Zeisberg	HSB	2:21.92	2:21.34	PR
	rd	33 Ciska Stark	D60	2:23.28	2:29.43	
Marvin Zeisberg			Ciska Stark			
		300m	30.75 (30.75)	300m	32.74 (32.74)	
		700m	1:06.18 (35.43)	700m	1:09.67 (36.93)	
		1100m	1:43.39 (37.21)	1100m	1:48.90 (39.23)	
		1500m	2:21.34 (37.95)	1500m	2:29.43 (40.53)	

		Naam	Cat	PR	Tijd	Info
18	gl	153 Thomas Rumpf	H60	2:18.53	2:27.97	
	bl	137 Nathan Leimeroth	HSA	2:22.22	2:22.32	
Thomas Rumpf			Nathan Leimeroth			
		300m	30.62 (30.62)	300m	28.88 (28.88)	
		700m	1:06.93 (36.31)	700m	1:04.86 (35.98)	
		1100m	1:46.97 (40.04)	1100m	1:43.22 (38.36)	
		1500m	2:27.97 (41.00)	1500m	2:22.32 (39.10)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat		PR	Tijd	Info
19	wt	1 Erol Aksoy	H50		2:09.76	2:12.82	
	rd	139 Eva Riemersma - van Rheenen	D40		2:11.27	2:13.18	
		Erol Aksoy			Eva Riemersma - van Rheenen		
		300m	28.33	(28.33)	300m	29.47	(29.47)
		700m	1:00.56	(32.23)	700m	1:02.13	(32.66)
		1100m	1:35.59	(35.03)	1100m	1:37.01	(34.88)
		1500m	2:12.82	(37.23)	1500m	2:13.18	(36.17)
		Naam	Cat		PR	Tijd	Info
20	gl	98 Guido Gosselink	H50		2:09.22	2:10.22	
	bl	68 Ricardo Brüttsch	H40		2:06.10	2:09.05	
		Guido Gosselink			Ricardo Brüttsch		
		300m	29.60	(29.60)	300m	28.83	(28.83)
		700m	1:02.18	(32.58)	700m	1:01.16	(32.33)
		1100m	1:35.72	(33.54)	1100m	1:34.68	(33.52)
		1500m	2:10.22	(34.50)	1500m	2:09.05	(34.37)
		Naam	Cat		PR	Tijd	Info
21	wt	21 Marc Nieuwenhuijse	H40		2:07.85	2:08.58	
	rd	120 Kurt van de Nes	H55		2:09.89	2:09.74	PR
		Marc Nieuwenhuijse			Kurt van de Nes		
		300m	29.76	(29.76)	300m	30.47	(30.47)
		700m	1:01.86	(32.10)	700m	1:02.92	(32.45)
		1100m	1:34.75	(32.89)	1100m	1:36.15	(33.23)
		1500m	2:08.58	(33.83)	1500m	2:09.74	(33.59)
		Naam	Cat		PR	Tijd	Info
22	gl	122 Mark Ooijevaar	H40		1:50.34	2:00.84	
	bl	79 Sybe van Hijum	HSB		2:05.49	2:06.19	
		Mark Ooijevaar			Sybe van Hijum		
		300m	28.14	(28.14)	300m	28.30	(28.30)
		700m	58.17	(30.03)	700m	59.54	(31.24)
		1100m	1:29.05	(30.88)	1100m	1:32.36	(32.82)
		1500m	2:00.84	(31.79)	1500m	2:06.19	(33.83)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam			Cat	PR	Tijd	Info
23	wt	118	Jan Kleppe		HSA	2:02.06	1:58.46	PR
	rd	63	Martin Hänggi		H55	1:52.16	1:59.50	
		Jan Kleppe			Martin Hänggi			
		300m	26.45	(26.45)	300m	26.73	(26.73)	
		700m	55.90	(29.45)	700m	56.81	(30.08)	
		1100m	1:26.59	(30.69)	1100m	1:27.74	(30.93)	
		1500m	1:58.46	(31.87)	1500m	1:59.50	(31.76)	
		Naam			Cat	PR	Tijd	Info
24	gl	71	Ole Bjørnsmoen Næss		HSB	1:49.76	1:54.87	
	bl	141	Mart Markus		HSB	1:55.83	1:58.76	
		Ole Bjørnsmoen Næss			Mart Markus			
		300m	27.02	(27.02)	300m	26.52	(26.52)	
		700m	55.81	(28.79)	700m	55.81	(29.29)	
		1100m	1:24.92	(29.11)	1100m	1:26.52	(30.71)	
		1500m	1:54.87	(29.95)	1500m	1:58.76	(32.24)	

24. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Tim Broere	HSB	38	I	37.04	PR	
2	60 Filip-Mihail Woicik	H40	28	I	38.68	PR	
3	80 Bart Seffinga	H40	38	O	39.41		
4	131 Christian Arlt	H40	37	O	40.61		
5	95 Mark Reiling	H40	36	O	40.71		
6	152 Justin Wenker	HSB	37	I	41.92	PR	
7	4 Gijs van Cappelle	HSB	36	I	42.15		
8	30 Marloes Westerhof	DSB	35	O	42.49		
9	16 Jan van der Stouwe	H55	34	O	42.69		
10	88 Claudia Henckel	DSB	35	I	43.19		
11	13 Bastiaan Geurts	HSB	33	O	43.32		
12	56 Waldemar Kramer	H70	34	I	43.74		
13	31 Eelco van der Meer	H45	32	O	45.00		
14	145 Gerdien Verweij	D55	33	I	46.04		
15	87 Carolien Mulder	DSB	32	I	46.43		
16	81 Monique Visser	DSB	30	O	46.53		
17	83 Henriëtte Goede	D55	31	I	47.71		
18	82 Erik Buitenhuis	H60	31	O	48.05		
19	11 Jorien Oosterwijk	D55	28	O	49.92		
20	90 Karin Terhürne	D55	29	O	50.02		
21	15 Susan Dijkshoorn	DSA	30	I	51.52		
22	57 Sirli Põldmaa	D45	27	I	53.44	PR	
23	75 Klas Berlič Fras	H50	29	I	57.29	PR	
24	58 Piret Saare	D55	25	I	58.64	PR	

24. Rituitslag 500m Sprint

		Naam		Cat		PR		Tijd	Info
25	wt rd	58	Piret Saare		D55		59.68	58.64	PR
		Piret Saare							
		100m	15.23	(15.23)		m			
		500m	58.64	(43.41)					

		Naam		Cat		PR		Tijd	Info
26	gl bl								
			m		m				

		Naam		Cat		PR		Tijd	Info
27	wt rd	57	Sirli Põldmaa		D45		53.82	53.44	PR
		Sirli Põldmaa							
		100m	14.57	(14.57)		m			
		500m	53.44	(38.87)					

		Naam		Cat		PR		Tijd	Info
28	gl	60	Filip-Mihail Woicik		H40		38.99	38.68	PR
	bl	11	Jorien Oosterwijk		D55		45.91	49.92	
		Filip-Mihail Woicik							
		100m	10.56	(10.56)		100m	13.37	(13.37)	
		500m	38.68	(28.12)		500m	49.92	(36.55)	
		Jorien Oosterwijk							

		Naam		Cat		PR		Tijd	Info
29	wt	75	Klas Berlič Fras		H50		57.69	57.29	PR
	rd	90	Karin Terhürne		D55		46.30	50.02	
		Klas Berlič Fras							
		100m	14.95	(14.95)		100m	13.85	(13.85)	
		500m	57.29	(42.34)		500m	50.02	(36.17)	
		Karin Terhürne							

		Naam	Cat	PR	Tijd	Info
30	gl	15 Susan Dijkshoorn	DSA	50.11	51.52	
	bl	81 Monique Visser	DSB	46.39	46.53	
		Susan Dijkshoorn		Monique Visser		
		100m	14.12 (14.12)	100m	12.68 (12.68)	
		500m	51.52 (37.40)	500m	46.53 (33.85)	
		Naam	Cat	PR	Tijd	Info
31	wt	83 Henriëtte Goede	D55	43.73	47.71	
	rd	82 Erik Buitenhuis	H60	44.25	48.05	
		Henriëtte Goede		Erik Buitenhuis		
		100m	13.25 (13.25)	100m	12.75 (12.75)	
		500m	47.71 (34.46)	500m	48.05 (35.30)	
		Naam	Cat	PR	Tijd	Info
32	gl	87 Carolien Mulder	DSB	44.65	46.43	
	bl	31 Eelco van der Meer	H45	41.82	45.00	
		Carolien Mulder		Eelco van der Meer		
		100m	12.63 (12.63)	100m	12.45 (12.45)	
		500m	46.43 (33.80)	500m	45.00 (32.55)	
		Naam	Cat	PR	Tijd	Info
33	wt	145 Gerdien Verweij	D55	42.35	46.04	
	rd	13 Bastiaan Geurts	HSB	40.26	43.32	
		Gerdien Verweij		Bastiaan Geurts		
		100m	12.83 (12.83)	100m	11.78 (11.78)	
		500m	46.04 (33.21)	500m	43.32 (31.54)	
		Naam	Cat	PR	Tijd	Info
34	gl	56 Waldemar Kramer	H70	41.52	43.74	
	bl	16 Jan van der Stouwe	H55	39.24	42.69	
		Waldemar Kramer		Jan van der Stouwe		
		100m	12.08 (12.08)	100m	11.67 (11.67)	
		500m	43.74 (31.66)	500m	42.69 (31.02)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam			Cat	PR	Tijd	Info
35	wt	88	Claudia Henckel		DSB	42.19	43.19	
	rd	30	Marloes Westerhof		DSB	41.87	42.49	
		Claudia Henckel			Marloes Westerhof			
		100m	11.70	(11.70)	100m	11.61	(11.61)	
		500m	43.19	(31.49)	500m	42.49	(30.88)	

		Naam			Cat	PR	Tijd	Info
36	gl	4	Gijs van Cappelle		HSB	41.27	42.15	
	bl	95	Mark Reiling		H40	39.26	40.71	
		Gijs van Cappelle			Mark Reiling			
		100m	10.91	(10.91)	100m	11.09	(11.09)	
		500m	42.15	(31.24)	500m	40.71	(29.62)	

		Naam			Cat	PR	Tijd	Info
37	wt	152	Justin Wenker		HSB	41.92	41.92	PR
	rd	131	Christian Arlt		H40	39.73	40.61	
		Justin Wenker			Christian Arlt			
		100m	11.58	(11.58)	100m	11.56	(11.56)	
		500m	41.92	(30.34)	500m	40.61	(29.05)	

		Naam			Cat	PR	Tijd	Info
38	gl	20	Tim Broere		HSB	37.42	37.04	PR
	bl	80	Bart Seffinga		H40	37.10	39.41	
		Tim Broere			Bart Seffinga			
		100m	10.01	(10.01)	100m	11.09	(11.09)	
		500m	37.04	(27.03)	500m	39.41	(28.32)	



4th Masters International Thialf Record Races

Thialf - Heerenveen
13 en 14 maart 2024



25. Uitslag 500m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	112 Roel Regts	HA1	42	O	38.16		
2	113 Danny Heijkoop	HN3	41	O	39.29		
3	166 Vilde Baas	DN4	41	I	40.33	PR	
4	107 Joeke van Mulligen	HN3	39	O	40.78		
5	104 Anne-Fleur van der Liet	DB2	39	I	46.33	PR	
	167 Sindre Baas	HSA	42	I	DQ		

25. Rituitslag 500m Sprint - O

		Naam		Cat		PR	Tijd	Info	
39	wt	104	Anne-Fleur van der Liet		DB2	46.49	46.33	PR	
	rd	107	Joeke van Mulligen		HN3	40.40	40.78		
		Anne-Fleur van der Liet			Joeke van Mulligen				
		100m	12.63	(12.63)	100m	11.20	(11.20)		
		500m	46.33	(33.70)	500m	40.78	(29.58)		

		Naam		Cat		PR	Tijd	Info	
40	gl								
	bl								
		m			m				

		Naam		Cat		PR	Tijd	Info	
41	wt	166	Vilde Baas		DN4	40.40	40.33	PR	
	rd	113	Danny Heijkoop		HN3	38.23	39.29		
		Vilde Baas			Danny Heijkoop				
		100m	11.09	(11.09)	100m	10.68	(10.68)		
		500m	40.33	(29.24)	500m	39.29	(28.61)		

		Naam		Cat		PR	Tijd	Info	
42	gl	167	Sindre Baas		HSA	36.69	DQ		
	bl	112	Roel Regts		HA1	37.41	38.16		
		Sindre Baas			Roel Regts				
		100m			100m	10.39	(10.39)		
		500m			500m	38.16	(27.77)		

26. Uitslag 5000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	165 Tjard Kopka	H55	50	O	7:14.58		
2	64 Frank Erik Tindvik	H40	50	I	7:18.73		
3	51 Andrus Kuusk	HSB	49	I	7:23.89	PR	
4	77 Seppe Lybaert	HSB	48	I	8:02.83		
5	10 Stijn Verhagen	H45	49	O	8:04.38	PR	
6	62 Darja Ptitsõna	DSB	48	O	8:06.98		
7	66 John Ivar Kristensen	H50	46	I	8:17.14		
8	27 Kim Leliveld	DSB	47	O	8:21.47	PR	
9	73 Christian Eidsvåg	H40	47	I	8:29.66		
10	155 Hendrik van de Beek	H60	46	O	8:39.76		
11	32 Laura den Otter	D40	45	O	8:48.78		
12	40 Johan Luttk	H60	44	I	8:54.56	PR	
13	47 Sanzhar Khassanov	H40	45	I	9:10.16		
14	78 Jip Spel	DSA	44	O	9:39.33	PR	
15	65 Andrej Kwadrin	H40	43	I	9:55.55	PR	

26. Rituitslag 5000m Allround Normal

	Naam	Cat	PR	Tijd Info
43	wt rd 65 Andrej Kwadrin	H40	9:58.83	9:55.55 PR

Andrej Kwadrin

Distance	Time	Record	Category
200m	26.97	(26.97)	m
600m	1:11.13	(44.16)	
1000m	1:56.55	(45.42)	
1400m	2:42.98	(46.43)	
1800m	3:29.84	(46.86)	
2200m	4:16.65	(46.81)	
2600m	5:03.70	(47.05)	
3000m	5:50.59	(46.89)	
3400m	6:38.67	(48.08)	
3800m	7:27.17	(48.50)	
4200m	8:16.80	(49.63)	
4600m	9:06.26	(49.46)	
5000m	9:55.55	(49.29)	

	Naam	Cat	PR	Tijd Info
44	gl 40 Johan Luttk	H60	9:17.94	8:54.56 PR
	bl 78 Jip Spel	DSA	9:43.46	9:39.33 PR

Johan Luttk

Distance	Time	Record
200m	26.34	(26.34)
600m	1:06.60	(40.26)
1000m	1:48.48	(41.88)
1400m	2:31.50	(43.02)
1800m	3:13.72	(42.22)
2200m	3:56.41	(42.69)
2600m	4:39.45	(43.04)
3000m	5:22.55	(43.10)
3400m	6:05.11	(42.56)
3800m	6:47.49	(42.38)
4200m	7:30.20	(42.71)
4600m	8:12.80	(42.60)
5000m	8:54.56	(41.76)

Jip Spel

Distance	Time	Record
200m	27.27	(27.27)
600m	1:12.16	(44.89)
1000m	1:57.45	(45.29)
1400m	2:43.48	(46.03)
1800m	3:29.34	(45.86)
2200m	4:15.44	(46.10)
2600m	5:01.63	(46.19)
3000m	5:47.46	(45.83)
3400m	6:33.66	(46.20)
3800m	7:20.23	(46.57)
4200m	8:06.72	(46.49)
4600m	8:53.11	(46.39)
5000m	9:39.33	(46.22)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat		PR	Tijd	Info
45	wt	47 Sanzhar Khassanov	H40		8:06.98	9:10.16	
	rd	32 Laura den Otter	D40		8:44.94	8:48.78	
		Sanzhar Khassanov			Laura den Otter		
		200m	25.71	(25.71)	200m	26.05	(26.05)
		600m	1:08.42	(42.71)	600m	1:06.12	(40.07)
		1000m	1:51.66	(43.24)	1000m	1:46.86	(40.74)
		1400m	2:34.53	(42.87)	1400m	2:27.72	(40.86)
		1800m	3:17.93	(43.40)	1800m	3:08.37	(40.65)
		2200m	4:00.71	(42.78)	2200m	3:50.91	(42.54)
		2600m	4:43.66	(42.95)	2600m	4:34.06	(43.15)
		3000m	5:26.73	(43.07)	3000m	5:16.95	(42.89)
		3400m	6:10.32	(43.59)	3400m	5:59.53	(42.58)
		3800m	6:54.05	(43.73)	3800m	6:42.32	(42.79)
		4200m	7:38.71	(44.66)	4200m	7:24.86	(42.54)
		4600m	8:24.77	(46.06)	4600m	8:07.48	(42.62)
		5000m	9:10.16	(45.39)	5000m	8:48.78	(41.30)

		Naam	Cat		PR	Tijd	Info
46	gl	66 John Ivar Kristensen	H50		7:32.13	8:17.14	
	bl	155 Hendrik van de Beek	H60		7:38.77	8:39.76	
		John Ivar Kristensen			Hendrik van de Beek		
		200m	24.65	(24.65)	200m	25.29	(25.29)
		600m	1:02.26	(37.61)	600m	1:03.51	(38.22)
		1000m	1:40.21	(37.95)	1000m	1:43.21	(39.70)
		1400m	2:18.64	(38.43)	1400m	2:24.08	(40.87)
		1800m	2:57.08	(38.44)	1800m	3:05.66	(41.58)
		2200m	3:36.01	(38.93)	2200m	3:47.39	(41.73)
		2600m	4:15.07	(39.06)	2600m	4:28.98	(41.59)
		3000m	4:54.39	(39.32)	3000m	5:10.56	(41.58)
		3400m	5:33.93	(39.54)	3400m	5:51.96	(41.40)
		3800m	6:14.12	(40.19)	3800m	6:33.87	(41.91)
		4200m	6:54.66	(40.54)	4200m	7:16.14	(42.27)
		4600m	7:35.62	(40.96)	4600m	7:58.00	(41.86)
		5000m	8:17.14	(41.52)	5000m	8:39.76	(41.76)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
47	wt	73 Christian Eidsvåg	H40	8:23.44	8:29.66	
	rd	27 Kim Leliveld	DSB	8:21.56	8:21.47	PR
		Christian Eidsvåg				
		200m	23.55 (23.55)	200m	23.28 (23.28)	
		600m	1:02.05 (38.50)	600m	1:01.35 (38.07)	
		1000m	1:41.40 (39.35)	1000m	1:39.84 (38.49)	
		1400m	2:21.42 (40.02)	1400m	2:18.63 (38.79)	
		1800m	3:02.24 (40.82)	1800m	2:57.70 (39.07)	
		2200m	3:43.50 (41.26)	2200m	3:37.44 (39.74)	
		2600m	4:25.18 (41.68)	2600m	4:17.70 (40.26)	
		3000m	5:06.81 (41.63)	3000m	4:58.40 (40.70)	
		3400m	5:48.06 (41.25)	3400m	5:38.61 (40.21)	
		3800m	6:29.18 (41.12)	3800m	6:18.93 (40.32)	
		4200m	7:09.93 (40.75)	4200m	6:59.96 (41.03)	
		4600m	7:49.18 (39.25)	4600m	7:41.07 (41.11)	
		5000m	8:29.66 (40.48)	5000m	8:21.47 (40.40)	

		Naam	Cat	PR	Tijd	Info
48	gl	77 Seppe Lybaert	HSB	7:46.06	8:02.83	
	bl	62 Darja Ptitsõna	DSB		8:06.98	
		Seppe Lybaert				
		200m	24.28 (24.28)	200m	22.45 (22.45)	
		600m	1:01.19 (36.91)	600m	59.34 (36.89)	
		1000m	1:38.81 (37.62)	1000m	1:37.05 (37.71)	
		1400m	2:16.50 (37.69)	1400m	2:15.34 (38.29)	
		1800m	2:54.19 (37.69)	1800m	2:53.81 (38.47)	
		2200m	3:32.44 (38.25)	2200m	3:32.38 (38.57)	
		2600m	4:10.35 (37.91)	2600m	4:10.98 (38.60)	
		3000m	4:49.12 (38.77)	3000m	4:49.82 (38.84)	
		3400m	5:27.62 (38.50)	3400m	5:28.56 (38.74)	
		3800m	6:06.05 (38.43)	3800m	6:07.96 (39.40)	
		4200m	6:45.06 (39.01)	4200m	6:47.92 (39.96)	
		4600m	7:24.12 (39.06)	4600m	7:27.92 (40.00)	
		5000m	8:02.83 (38.71)	5000m	8:06.98 (39.06)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat		PR	Tijd	Info
49	wt	51 Andrus Kuusk	HSB		7:27.73	7:23.89	PR
	rd	10 Stijn Verhagen	H45		8:04.48	8:04.38	PR
		Andrus Kuusk			Stijn Verhagen		
		200m	21.05	(21.05)	200m	23.28	(23.28)
		600m	56.36	(35.31)	600m	1:00.76	(37.48)
		1000m	1:32.24	(35.88)	1000m	1:39.90	(39.14)
		1400m	2:07.21	(34.97)	1400m	2:18.54	(38.64)
		1800m	2:41.77	(34.56)	1800m	2:57.30	(38.76)
		2200m	3:16.84	(35.07)	2200m	3:35.61	(38.31)
		2600m	3:52.18	(35.34)	2600m	4:13.32	(37.71)
		3000m	4:27.08	(34.90)	3000m	4:52.04	(38.72)
		3400m	5:02.12	(35.04)	3400m	5:31.03	(38.99)
		3800m	5:37.21	(35.09)	3800m	6:09.91	(38.88)
		4200m	6:12.23	(35.02)	4200m	6:48.70	(38.79)
		4600m	6:47.99	(35.76)	4600m	7:26.86	(38.16)
		5000m	7:23.89	(35.90)	5000m	8:04.38	(37.52)

		Naam	Cat		PR	Tijd	Info
50	gl	64 Frank Erik Tindvik	H40		7:12.43	7:18.73	
	bl	165 Tjard Kopka	H55		7:06.05	7:14.58	
		Frank Erik Tindvik			Tjard Kopka		
		200m	21.04	(21.04)	200m	21.61	(21.61)
		600m	54.97	(33.93)	600m	54.40	(32.79)
		1000m	1:29.20	(34.23)	1000m	1:28.68	(34.28)
		1400m	2:03.78	(34.58)	1400m	2:03.34	(34.66)
		1800m	2:38.38	(34.60)	1800m	2:38.09	(34.75)
		2200m	3:13.84	(35.46)	2200m	3:12.60	(34.51)
		2600m	3:48.73	(34.89)	2600m	3:47.71	(35.11)
		3000m	4:23.98	(35.25)	3000m	4:22.62	(34.91)
		3400m	4:58.57	(34.59)	3400m	4:57.22	(34.60)
		3800m	5:33.36	(34.79)	3800m	5:31.76	(34.54)
		4200m	6:08.16	(34.80)	4200m	6:06.22	(34.46)
		4600m	6:42.86	(34.70)	4600m	6:40.77	(34.55)
		5000m	7:18.73	(35.87)	5000m	7:14.58	(33.81)



4th Masters International Thialf Record Races

Thialf - Heerenveen
13 en 14 maart 2024



27. Uitslag 5000m Allround Normal - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	126 Viktor Smedstad Haukaas	HN2	56	O	6:54.86	PR	
2	127 Sondre Hvammen	HN1	54	I	7:03.84	PR	
3	125 Daniel Thuv Eriksen	HN4	55	I	7:10.80		
4	128 Joren Sleeking	HN2	55	O	7:14.77		
5	129 Robin Sleeking	HN4	54	O	7:39.42		
6	116 Ruben Molenaar	HB1	52	O	7:56.12	PR	
7	143 Thijs van Tol	HN3	52	I	7:57.91	PR	
8	101 Jonah Zwaan	HB1	53	O	7:59.48	PR	
9	144 Jitte Schuitemaker	DA2	51	I	8:05.68	PR	
10	150 Kai van Bennekom	HB1	53	I	8:07.63		
11	105 Emma van der Liet	DN1	51	O	8:13.40	PR	
	123 Niels van Reeuwijk	HA2				WDR	

27. Rituitslag 5000m Allround Normal - O

		Naam	Cat	PR	Tijd	Info
51	wt	144 Jitte Schuitemaker	DA2	8:18.43	8:05.68	PR
	rd	105 Emma van der Liet	DN1	8:18.59	8:13.40	PR
		Jitte Schuitemaker		Emma van der Liet		
		200m	23.47 (23.47)	200m	23.30 (23.30)	
		600m	1:00.18 (36.71)	600m	1:00.27 (36.97)	
		1000m	1:37.78 (37.60)	1000m	1:38.17 (37.90)	
		1400m	2:16.31 (38.53)	1400m	2:16.50 (38.33)	
		1800m	2:54.55 (38.24)	1800m	2:54.93 (38.43)	
		2200m	3:33.69 (39.14)	2200m	3:33.82 (38.89)	
		2600m	4:12.58 (38.89)	2600m	4:12.87 (39.05)	
		3000m	4:51.68 (39.10)	3000m	4:52.38 (39.51)	
		3400m	5:30.51 (38.83)	3400m	5:32.53 (40.15)	
		3800m	6:09.56 (39.05)	3800m	6:12.87 (40.34)	
		4200m	6:49.00 (39.44)	4200m	6:53.39 (40.52)	
		4600m	7:28.04 (39.04)	4600m	7:33.97 (40.58)	
		5000m	8:05.68 (37.64)	5000m	8:13.40 (39.43)	

		Naam	Cat	PR	Tijd	Info
52	gl	143 Thijs van Tol	HN3	8:16.98	7:57.91	PR
	bl	116 Ruben Molenaar	HB1	8:39.45	7:56.12	PR
		Thijs van Tol		Ruben Molenaar		
		200m	22.11 (22.11)	200m	22.53 (22.53)	
		600m	58.67 (36.56)	600m	59.27 (36.74)	
		1000m	1:35.47 (36.80)	1000m	1:36.75 (37.48)	
		1400m	2:12.87 (37.40)	1400m	2:15.27 (38.52)	
		1800m	2:50.54 (37.67)	1800m	2:53.01 (37.74)	
		2200m	3:28.72 (38.18)	2200m	3:31.22 (38.21)	
		2600m	4:07.07 (38.35)	2600m	4:09.37 (38.15)	
		3000m	4:45.53 (38.46)	3000m	4:48.05 (38.68)	
		3400m	5:24.09 (38.56)	3400m	5:26.47 (38.42)	
		3800m	6:02.91 (38.82)	3800m	6:05.07 (38.60)	
		4200m	6:41.94 (39.03)	4200m	6:43.37 (38.30)	
		4600m	7:20.07 (38.13)	4600m	7:20.52 (37.15)	
		5000m	7:57.91 (37.84)	5000m	7:56.12 (35.60)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam			Cat	PR	Tijd	Info
53	wt	150 Kai van Bennekom			HB1		8:07.63	
	rd	101 Jonah Zwaan			HB1	8:38.70	7:59.48	PR
		<u>Kai van Bennekom</u>			<u>Jonah Zwaan</u>			
		200m	22.74	(22.74)	200m	22.15	(22.15)	
		600m	58.49	(35.75)	600m	57.02	(34.87)	
		1000m	1:35.65	(37.16)	1000m	1:32.71	(35.69)	
		1400m	2:13.32	(37.67)	1400m	2:09.63	(36.92)	
		1800m	2:51.09	(37.77)	1800m	2:47.13	(37.50)	
		2200m	3:29.18	(38.09)	2200m	3:25.71	(38.58)	
		2600m	4:08.02	(38.84)	2600m	4:05.51	(39.80)	
		3000m	4:47.13	(39.11)	3000m	4:45.21	(39.70)	
		3400m	5:26.57	(39.44)	3400m	5:25.37	(40.16)	
		3800m	6:06.06	(39.49)	3800m	6:04.59	(39.22)	
		4200m	6:46.57	(40.51)	4200m	6:44.52	(39.93)	
		4600m	7:27.71	(41.14)	4600m	7:23.21	(38.69)	
		5000m	8:07.63	(39.92)	5000m	7:59.48	(36.27)	

		Naam			Cat	PR	Tijd	Info
54	gl	127 Sondre Hvammen			HN1	7:06.56	7:03.84	PR
	bl	129 Robin Sleeking			HN4	7:34.26	7:39.42	
		<u>Sondre Hvammen</u>			<u>Robin Sleeking</u>			
		200m	20.78	(20.78)	200m	21.17	(21.17)	
		600m	53.82	(33.04)	600m	55.13	(33.96)	
		1000m	1:26.81	(32.99)	1000m	1:29.20	(34.07)	
		1400m	1:59.70	(32.89)	1400m	2:03.30	(34.10)	
		1800m	2:32.43	(32.73)	1800m	2:37.48	(34.18)	
		2200m	3:05.53	(33.10)	2200m	3:12.13	(34.65)	
		2600m	3:39.06	(33.53)	2600m	3:47.90	(35.77)	
		3000m	4:12.53	(33.47)	3000m	4:23.95	(36.05)	
		3400m	4:46.11	(33.58)	3400m	5:01.19	(37.24)	
		3800m	5:20.15	(34.04)	3800m	5:40.10	(38.91)	
		4200m	5:54.50	(34.35)	4200m	6:19.45	(39.35)	
		4600m	6:29.03	(34.53)	4600m	6:59.30	(39.85)	
		5000m	7:03.84	(34.81)	5000m	7:39.42	(40.12)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam	Cat	PR	Tijd	Info
55	wt	125 Daniel Thuv Eriksen	HN4	6:55.77	7:10.80	
	rd	128 Joren Sleeking	HN2	7:01.27	7:14.77	
		Daniel Thuv Eriksen				Joren Sleeking
		200m 20.38 (20.38)		200m 20.63 (20.63)		
		600m 52.72 (32.34)		600m 54.52 (33.89)		
		1000m 1:26.00 (33.28)		1000m 1:29.25 (34.73)		
		1400m 1:59.90 (33.90)		1400m 2:03.94 (34.69)		
		1800m 2:34.27 (34.37)		1800m 2:38.97 (35.03)		
		2200m 3:08.85 (34.58)		2200m 3:13.72 (34.75)		
		2600m 3:43.97 (35.12)		2600m 3:48.62 (34.90)		
		3000m 4:18.86 (34.89)		3000m 4:23.53 (34.91)		
		3400m 4:54.02 (35.16)		3400m 4:58.37 (34.84)		
		3800m 5:28.75 (34.73)		3800m 5:32.98 (34.61)		
		4200m 6:03.65 (34.90)		4200m 6:07.10 (34.12)		
		4600m 6:37.84 (34.19)		4600m 6:40.93 (33.83)		
		5000m 7:10.80 (32.96)		5000m 7:14.77 (33.84)		

		Naam	Cat	PR	Tijd	Info
56	gl	123 Niels van Reeuwijk	HA2	6:51.20	WDR	
	bl	126 Viktor Smedstad Haukaas	HN2	6:58.27	6:54.86	PR
		Niels van Reeuwijk				Viktor Smedstad Haukaas
				200m 20.56 (20.56)		
				600m 52.59 (32.03)		
				1000m 1:25.35 (32.76)		
				1400m 1:58.42 (33.07)		
				1800m 2:31.56 (33.14)		
				2200m 3:04.72 (33.16)		
				2600m 3:37.77 (33.05)		
				3000m 4:10.78 (33.01)		
				3400m 4:43.77 (32.99)		
				3800m 5:16.10 (32.33)		
				4200m 5:48.21 (32.11)		
				4600m 6:21.18 (32.97)		
				5000m 6:54.86 (33.68)		

28. Uitslag 1000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	99 Sebastiaan Scargo	H45	72	I	1:21.60	PR	
2	114 Peter van der Vorst	H50	71	I	1:22.55		
3	69 Ahti Oks	H50	72	O	1:24.30		
4	93 Rob Wartenhorst	H55	66	O	1:24.54		
5	91 Doede Wind	H50	71	O	1:25.60		
6	135 Mika Sirén	H55	70	O	1:26.50		
7	28 Jasper Knulst	H50	70	I	1:27.52		
8	164 Imke Hüser	DSB	69	I	1:27.87		
9	170 Piet Siemonsma	H70	68	I	1:28.01		
10	84 Michel van der Sluijs	H50	67	I	1:28.75		
11	26 Peter Kuiper	H40	68	O	1:28.81	PR	
12	38 Thomas Voswinkel	HSB	69	O	1:29.03	PR	
13	45 Mircea Vranceanu	H65	67	O	1:30.15		
14	133 Jyrki Hietanen	H60	66	I	1:30.89		
15	161 Dmitry Zaitsev	H55	65	O	1:33.11		
16	18 Wendy van der Ham	D50	64	I	1:34.18		
17	17 Harm Sinnige	H60	63	I	1:36.95		
18	136 Risto Jokela	H65	64	O	1:37.29	PR	
19	54 Johan van Metting-van Rijn	H65	63	O	1:38.86		
20	42 Ralf Hartings	H65	59	O	1:39.85		
21	72 Guylaine Larouche	D65	62	I	1:40.16		
22	160 Twan den Braber	H70	62	O	1:40.69		
23	134 Outi Pinomäki	D55	61	I	1:40.75		
24	142 Kevin van Cleef	H40	61	O	1:42.93		
25	36 Johan Smit	H65	60	I	1:45.90		
26	22 Carolien van Rees	D65	60	O	1:47.93		
27	39 Eelco Nap	H60	65	I	1:51.75	FL	
28	14 Henriët van Ling	D55	59	I	1:53.63	PR	
	85 Niels de Jager	H40				WDR	

28. Rituitslag 1000m Allround Small

		Naam	Cat	PR	Tijd Info
57	wt rd	85 Niels de Jager	H40	1:22.43	WDR
		<u>Niels de Jager</u>			
				m	

		Naam	Cat	PR	Tijd Info
58	gl bl				
				m	
				m	

		Naam	Cat	PR	Tijd Info
59	wt	14 Henriët van Ling	D55	1:56.38	1:53.63 PR
	rd	42 Ralf Hartings	H65	1:37.21	1:39.85
		<u>Henriët van Ling</u>		<u>Ralf Hartings</u>	
		200m	27.65 (27.65)	200m	23.94 (23.94)
		600m	1:10.21 (42.56)	600m	1:01.55 (37.61)
		1000m	1:53.63 (43.42)	1000m	1:39.85 (38.30)

		Naam	Cat	PR	Tijd Info
60	gl	36 Johan Smit	H65	1:36.51	1:45.90
	bl	22 Carolien van Rees	D65	1:47.46	1:47.93
		<u>Johan Smit</u>		<u>Carolien van Rees</u>	
		200m	24.81 (24.81)	200m	25.96 (25.96)
		600m	1:04.17 (39.36)	600m	1:06.14 (40.18)
		1000m	1:45.90 (41.73)	1000m	1:47.93 (41.79)

4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam	Cat	PR	Tijd	Info
61	wt	134 Outi Pinomäki	D55	1:38.55	1:40.75	
	rd	142 Kevin van Cleef	H40	1:39.62	1:42.93	
		Outi Pinomäki		Kevin van Cleef		
		200m 23.65 (23.65)		200m 25.35 (25.35)		
		600m 1:00.80 (37.15)		600m 1:03.38 (38.03)		
		1000m 1:40.75 (39.95)		1000m 1:42.93 (39.55)		

		Naam	Cat	PR	Tijd	Info
62	gl	72 Guyline Larouche	D65	1:38.28	1:40.16	
	bl	160 Twan den Braber	H70	1:24.53	1:40.69	
		Guyline Larouche		Twan den Braber		
		200m 23.72 (23.72)		200m 24.81 (24.81)		
		600m 1:01.34 (37.62)		600m 1:02.17 (37.36)		
		1000m 1:40.16 (38.82)		1000m 1:40.69 (38.52)		

		Naam	Cat	PR	Tijd	Info
63	wt	17 Harm Sinnige	H60	1:33.37	1:36.95	
	rd	54 Johan van Metting-van Rijn	H65	1:26.16	1:38.86	
		Harm Sinnige		Johan van Metting-van Rijn		
		200m 23.29 (23.29)		200m 24.21 (24.21)		
		600m 59.35 (36.06)		600m 1:01.57 (37.36)		
		1000m 1:36.95 (37.60)		1000m 1:38.86 (37.29)		

		Naam	Cat	PR	Tijd	Info
64	gl	18 Wendy van der Ham	D50	1:34.04	1:34.18	
	bl	136 Risto Jokela	H65	1:40.72	1:37.29	PR
		Wendy van der Ham		Risto Jokela		
		200m 21.72 (21.72)		200m 22.37 (22.37)		
		600m 56.51 (34.79)		600m 57.57 (35.20)		
		1000m 1:34.18 (37.67)		1000m 1:37.29 (39.72)		

4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam	Cat		PR	Tijd	Info
65	wt	39 Eelco Nap	H60		1:41.66	1:51.75	FL
	rd	161 Dmitry Zaitsev	H55			1:33.11	
		Eelco Nap			Dmitry Zaitsev		
		200m	22.30	(22.30)	200m	22.00	(22.00)
		600m	57.29	(34.99)	600m	56.50	(34.50)
		1000m	1:51.75	(54.46)	1000m	1:33.11	(36.61)

		Naam	Cat		PR	Tijd	Info
66	gl	133 Jyrki Hietanen	H60		1:24.12	1:30.89	
	bl	93 Rob Wartenhorst	H55		1:22.37	1:24.54	
		Jyrki Hietanen			Rob Wartenhorst		
		200m	20.59	(20.59)	200m	20.59	(20.59)
		600m	54.54	(33.95)	600m	51.68	(31.09)
		1000m	1:30.89	(36.35)	1000m	1:24.54	(32.86)

		Naam	Cat		PR	Tijd	Info
67	wt	84 Michel van der Sluijs	H50		1:26.72	1:28.75	
	rd	45 Mircea Vranceanu	H65		1:20.73	1:30.15	
		Michel van der Sluijs			Mircea Vranceanu		
		200m	21.64	(21.64)	200m	21.99	(21.99)
		600m	54.30	(32.66)	600m	55.11	(33.12)
		1000m	1:28.75	(34.45)	1000m	1:30.15	(35.04)

		Naam	Cat		PR	Tijd	Info
68	gl	170 Piet Siemonsma	H70		1:23.23	1:28.01	
	bl	26 Peter Kuiper	H40		1:30.71	1:28.81	PR
		Piet Siemonsma			Peter Kuiper		
		200m	21.19	(21.19)	200m	21.24	(21.24)
		600m	53.71	(32.52)	600m	53.63	(32.39)
		1000m	1:28.01	(34.30)	1000m	1:28.81	(35.18)

4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam			Cat	PR	Tijd	Info
69	wt	164	Imke Hüser		DSB	1:23.97	1:27.87	
	rd	38	Thomas Voswinkel		HSB	1:30.20	1:29.03	PR
		Imke Hüser			Thomas Voswinkel			
		200m	21.20	(21.20)	200m	22.22	(22.22)	
		600m	53.58	(32.38)	600m	54.89	(32.67)	
		1000m	1:27.87	(34.29)	1000m	1:29.03	(34.14)	

		Naam			Cat	PR	Tijd	Info
70	gl	28	Jasper Knulst		H50	1:26.15	1:27.52	
	bl	135	Mika Sirén		H55	1:20.25	1:26.50	
		Jasper Knulst			Mika Sirén			
		200m	20.19	(20.19)	200m	20.35	(20.35)	
		600m	52.45	(32.26)	600m	52.13	(31.78)	
		1000m	1:27.52	(35.07)	1000m	1:26.50	(34.37)	

		Naam			Cat	PR	Tijd	Info
71	wt	114	Peter van der Vorst		H50	1:20.97	1:22.55	
	rd	91	Doede Wind		H50	1:24.95	1:25.60	
		Peter van der Vorst			Doede Wind			
		200m	19.64	(19.64)	200m	21.18	(21.18)	
		600m	50.01	(30.37)	600m	52.75	(31.57)	
		1000m	1:22.55	(32.54)	1000m	1:25.60	(32.85)	

		Naam			Cat	PR	Tijd	Info
72	gl	99	Sebastiaan Scargo		H45	1:24.51	1:21.60	PR
	bl	69	Ahti Oks		H50	1:23.28	1:24.30	
		Sebastiaan Scargo			Ahti Oks			
		200m	19.74	(19.74)	200m	19.97	(19.97)	
		600m	49.85	(30.11)	600m	51.63	(31.66)	
		1000m	1:21.60	(31.75)	1000m	1:24.30	(32.67)	



4th Masters International Thialf Record Races

Thialf - Heerenveen
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29. Uitslag 1000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	111 Thomas Selles	HN2	74	I	1:21.70		
2	109 Zéfina de Bruin	DN3	73	I	1:28.48	PR	
	117 Bodhi Smeele	HB2	74	O	DNS		
	100 Bo Meijer	DN1	73	O	1:35.25	OC	

29. Rituitslag 1000m Allround Small - O

		Naam	Cat	PR	Tijd	Info
73	wt	109 Zéfina de Bruin	DN3	1:28.54	1:28.48	PR
	rd	100 Bo Meijer	DN1	1:30.31	1:35.25	OC

Zéfina de Bruin

200m	21.46	(21.46)
600m	54.34	(32.88)
1000m	1:28.48	(34.14)

Bo Meijer

200m	21.65	(21.65)
600m	57.29	(35.64)
1000m	1:35.25	(37.96)

		Naam	Cat	PR	Tijd	Info
74	gl	111 Thomas Selles	HN2	1:18.72	1:21.70	
	bl	117 Bodhi Smeele	HB2	1:16.98	DNS	

Thomas Selles

200m	19.05	(19.05)
600m	49.11	(30.06)
1000m	1:21.70	(32.59)

Bodhi Smeele

30. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Tim Broere	HSB	88	O	1:15.92	PR	
2	80 Bart Seffinga	H40	88	I	1:16.57		
3	60 Filip-Mihail Woicik	H40	75	I	1:18.33		
4	131 Christian Arlt	H40	87	I	1:18.88		
5	95 Mark Reiling	H40	86	I	1:20.12		
6	152 Justin Wenker	HSB	87	O	1:22.82		
7	16 Jan van der Stouwe	H55	85	I	1:25.32		
8	4 Gijs van Cappelle	HSB	86	O	1:25.36		
9	88 Claudia Henckel	DSB	84	I	1:25.78		
10	30 Marloes Westerhof	DSB	85	O	1:26.05		
11	13 Bastiaan Geurts	HSB	84	O	1:26.81		
12	56 Waldemar Kramer	H70	83	O	1:28.81		
13	31 Eelco van der Meer	H45	83	I	1:29.30		
14	145 Gerdien Verweij	D55	82	I	1:31.04		
15	87 Carolien Mulder	DSB	81	I	1:35.42		
16	83 Henriëtte Goede	D55	82	O	1:35.90		
17	81 Monique Visser	DSB	80	O	1:36.09		
18	82 Erik Buitenhuis	H60	81	O	1:36.32		
19	90 Karin Terhürne	D55	80	I	1:40.27		
20	15 Susan Dijkshoorn	DSA	79	O	1:41.65		
21	11 Jorien Oosterwijk	D55	79	I	1:41.80		
22	57 Sirli Põldmaa	D45	78	O	1:47.90	PR	
23	75 Klas Berlič Fras	H50	77	I	1:55.09	PR	
24	58 Piret Saare	D55	78	I	1:56.89	PR	

30. Rituitslag 1000m Sprint

	Naam	Cat	PR	Tijd	Info
75	wt rd	60 Filip-Mihail Woicik	H40	1:18.59	1:18.33

Filip-Mihail Woicik

200m	18.16	(18.16)	m
600m	47.34	(29.18)	
1000m	1:18.33	(30.99)	

	Naam	Cat	PR	Tijd	Info
76	gl bl				

	Naam	Cat	PR	Tijd	Info
77	wt rd	75 Klas Berlič Fras	H50	2:03.08	1:55.09 PR

Klas Berlič Fras

200m	26.22	(26.22)	m
600m	1:09.19	(42.97)	
1000m	1:55.09	(45.90)	

	Naam	Cat	PR	Tijd	Info
78	gl	58 Piret Saare	D55	2:00.57	1:56.89 PR
	bl	57 Sirli Põldmaa	D45	1:50.90	1:47.90 PR

Piret Saare

200m	26.56	(26.56)	
600m	1:09.61	(43.05)	
1000m	1:56.89	(47.28)	

Sirli Põldmaa

200m	25.42	(25.42)	
600m	1:04.95	(39.53)	
1000m	1:47.90	(42.95)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam	Cat	PR	Tijd	Info
79	wt	11 Jorien Oosterwijk	D55	1:36.79	1:41.80	
	rd	15 Susan Dijkshoorn	DSA	1:41.61	1:41.65	
		Jorien Oosterwijk		Susan Dijkshoorn		
		200m	23.38 (23.38)	200m	23.64 (23.64)	
		600m	1:00.97 (37.59)	600m	1:01.27 (37.63)	
		1000m	1:41.80 (40.83)	1000m	1:41.65 (40.38)	

		Naam	Cat	PR	Tijd	Info
80	gl	90 Karin Terhürne	D55	1:31.99	1:40.27	
	bl	81 Monique Visser	DSB	1:33.93	1:36.09	
		Karin Terhürne		Monique Visser		
		200m	24.29 (24.29)	200m	22.13 (22.13)	
		600m	1:01.53 (37.24)	600m	57.01 (34.88)	
		1000m	1:40.27 (38.74)	1000m	1:36.09 (39.08)	

		Naam	Cat	PR	Tijd	Info
81	wt	87 Carolien Mulder	DSB	1:32.22	1:35.42	
	rd	82 Erik Buitenhuis	H60	1:28.22	1:36.32	
		Carolien Mulder		Erik Buitenhuis		
		200m	21.86 (21.86)	200m	23.07 (23.07)	
		600m	57.13 (35.27)	600m	58.84 (35.77)	
		1000m	1:35.42 (38.29)	1000m	1:36.32 (37.48)	

		Naam	Cat	PR	Tijd	Info
82	gl	145 Gerdien Verweij	D55	1:23.76	1:31.04	
	bl	83 Henriëtte Goede	D55	1:27.37	1:35.90	
		Gerdien Verweij		Henriëtte Goede		
		200m	21.64 (21.64)	200m	22.79 (22.79)	
		600m	55.08 (33.44)	600m	57.73 (34.94)	
		1000m	1:31.04 (35.96)	1000m	1:35.90 (38.17)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam			Cat			PR	Tijd	Info
83	wt	31	Eelco van der Meer		H45			1:21.93	1:29.30	
	rd	56	Waldemar Kramer		H70			1:22.65	1:28.81	
		Eelco van der Meer			Waldemar Kramer					
		200m	21.35	(21.35)	200m	20.87	(20.87)			
		600m	53.93	(32.58)	600m	53.52	(32.65)			
		1000m	1:29.30	(35.37)	1000m	1:28.81	(35.29)			

		Naam			Cat			PR	Tijd	Info
84	gl	88	Claudia Henckel		DSB			1:24.86	1:25.78	
	bl	13	Bastiaan Geurts		HSB			1:21.74	1:26.81	
		Claudia Henckel			Bastiaan Geurts					
		200m	19.87	(19.87)	200m	20.37	(20.37)			
		600m	51.35	(31.48)	600m	52.66	(32.29)			
		1000m	1:25.78	(34.43)	1000m	1:26.81	(34.15)			

		Naam			Cat			PR	Tijd	Info
85	wt	16	Jan van der Stouwe		H55			1:17.12	1:25.32	
	rd	30	Marloes Westerhof		DSB			1:25.30	1:26.05	
		Jan van der Stouwe			Marloes Westerhof					
		200m	19.96	(19.96)	200m	20.05	(20.05)			
		600m	51.45	(31.49)	600m	51.81	(31.76)			
		1000m	1:25.32	(33.87)	1000m	1:26.05	(34.24)			

		Naam			Cat			PR	Tijd	Info
86	gl	95	Mark Reiling		H40			1:17.66	1:20.12	
	bl	4	Gijs van Cappelle		HSB			1:22.70	1:25.36	
		Mark Reiling			Gijs van Cappelle					
		200m	18.98	(18.98)	200m	19.40	(19.40)			
		600m	48.63	(29.65)	600m	50.98	(31.58)			
		1000m	1:20.12	(31.49)	1000m	1:25.36	(34.38)			



4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam		Cat		PR		Tijd	Info
87	wt	131	Christian Arlt		H40		1:17.05	1:18.88	
	rd	152	Justin Wenker		HSB		1:22.66	1:22.82	
		Christian Arlt				Justin Wenker			
		200m	19.43	(19.43)		200m	19.57	(19.57)	
		600m	48.37	(28.94)		600m	49.66	(30.09)	
		1000m	1:18.88	(30.51)		1000m	1:22.82	(33.16)	

		Naam		Cat		PR		Tijd	Info
88	gl	80	Bart Seffinga		H40		1:12.16	1:16.57	
	bl	20	Tim Broere		HSB		1:15.94	1:15.92	PR
		Bart Seffinga				Tim Broere			
		200m	18.53	(18.53)		200m	17.51	(17.51)	
		600m	46.48	(27.95)		600m	45.34	(27.83)	
		1000m	1:16.57	(30.09)		1000m	1:15.92	(30.58)	



4th Masters International Thialf Record Races

Thialf - Heerenveen
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31. Uitslag 1000m Sprint - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	167 Sindre Baas	HSA	92	O	1:12.53		
2	112 Roel Regts	HA1	92	I	1:16.03		
3	113 Danny Heijkoop	HN3	91	O	1:18.41		
4	107 Joeke van Mulligen	HN3	91	I	1:21.69		
5	166 Vilde Baas	DN4	89	I	1:21.73	PR	
6	104 Anne-Fleur van der Liet	DB2	89	O	1:35.01		

31. Rituitslag 1000m Sprint - O

		Naam		Cat		PR	Tijd	Info
89	wt	166	Vilde Baas		DN4	1:21.79	1:21.73	PR
	rd	104	Anne-Fleur van der Liet		DB2	1:34.21	1:35.01	

Vilde Baas

200m	18.98	(18.98)
600m	48.75	(29.77)
1000m	1:21.73	(32.98)

Anne-Fleur van der Liet

200m	22.06	(22.06)
600m	56.37	(34.31)
1000m	1:35.01	(38.64)

		Naam		Cat		PR	Tijd	Info
90	gl							
	bl							

m

m

		Naam		Cat		PR	Tijd	Info
91	wt	107	Joeke van Mulligen		HN3	1:20.53	1:21.69	
	rd	113	Danny Heijkoop		HN3	1:15.48	1:18.41	

Joeke van Mulligen

200m	18.98	(18.98)
600m	48.78	(29.80)
1000m	1:21.69	(32.91)

Danny Heijkoop

200m	17.90	(17.90)
600m	46.69	(28.79)
1000m	1:18.41	(31.72)

		Naam		Cat		PR	Tijd	Info
92	gl	112	Roel Regts		HA1	1:15.31	1:16.03	
	bl	167	Sindre Baas		HSA	1:11.93	1:12.53	

Roel Regts

200m	17.84	(17.84)
600m	46.00	(28.16)
1000m	1:16.03	(30.03)

Sindre Baas

200m	17.25	(17.25)
600m	43.81	(26.56)
1000m	1:12.53	(28.72)

32. Uitslag 10000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	71 Ole Bjørnsmoen Næss	HSB	102	I	13:28.58		
2	63 Martin Hänggi	H55	101	O	14:19.66		
3	122 Mark Ooijevaar	H40	100	I	14:35.26		
4	120 Kurt van de Nes	H55	99	O	14:58.83	PR	
5	21 Marc Nieuwenhuijse	H40	99	I	15:02.40	PR	
6	141 Mart Markus	HSB	102	O	15:03.39	PR	
7	118 Jan Kleppe	HSA	101	I	15:08.04		
8	79 Sybe van Hijum	HSB	100	O	15:22.58	PR	
9	68 Ricardo Brüttsch	H40	98	O	16:00.51	PR	
10	98 Guido Gosselink	H50	98	I	16:02.71	PR	
11	1 Erol Aksoy	H50	97	I	17:03.96		
12	139 Eva Riemersma - van Rheenen	D40	97	O	17:21.14		
13	153 Thomas Rumpf	H60	96	I	17:55.69		
14	74 Hans-Gerd Heyne	H60	93	O	18:00.58		
15	137 Nathan Leimeroth	HSA	96	O	18:14.47		
16	49 Marvin Zeisberg	HSB	95	I	18:16.73	PR	
17	33 Ciska Stark	D60	95	O	18:18.75		
18	41 Octavian Moga	H55	93	I	18:33.18		

32. Rituitslag 10000m Allround Big

		Naam	Cat	PR	Tijd	Info
93	wt	41 Octavian Moga	H55	16:53.20	18:33.18	
	rd	74 Hans-Gerd Heyne	H60	17:07.79	18:00.58	

Octavian Moga

400m	46.03	(46.03)
800m	1:28.86	(42.83)
1200m	2:11.79	(42.93)
1600m	2:55.15	(43.36)
2000m	3:38.66	(43.51)
2400m	4:22.40	(43.74)
2800m	5:06.60	(44.20)
3200m	5:50.50	(43.90)
3600m	6:35.06	(44.56)
4000m	7:19.38	(44.32)
4400m	8:03.87	(44.49)
4800m	8:47.58	(43.71)
5200m	9:31.31	(43.73)
5600m	10:15.28	(43.97)
6000m	10:59.80	(44.52)
6400m	11:44.54	(44.74)
6800m	12:29.35	(44.81)
7200m	13:14.15	(44.80)
7600m	13:59.36	(45.21)
8000m	14:44.69	(45.33)
8400m	15:30.04	(45.35)
8800m	16:15.70	(45.66)
9200m	17:01.37	(45.67)
9600m	17:46.74	(45.37)
10000m	18:33.18	(46.44)

Hans-Gerd Heyne

400m	51.65	(51.65)
800m	1:36.87	(45.22)
1200m	2:21.24	(44.37)
1600m	3:04.31	(43.07)
2000m	3:46.66	(42.35)
2400m	4:29.69	(43.03)
2800m	5:12.49	(42.80)
3200m	5:54.93	(42.44)
3600m	6:37.32	(42.39)
4000m	7:20.19	(42.87)
4400m	8:02.46	(42.27)
4800m	8:44.62	(42.16)
5200m	9:26.74	(42.12)
5600m	10:09.04	(42.30)
6000m	10:52.00	(42.96)
6400m	11:34.71	(42.71)
6800m	12:17.73	(43.02)
7200m	13:00.72	(42.99)
7600m	13:43.16	(42.44)
8000m	14:25.99	(42.83)
8400m	15:09.37	(43.38)
8800m	15:52.37	(43.00)
9200m	16:35.24	(42.87)
9600m	17:19.04	(43.80)
10000m	18:00.58	(41.54)

		Naam	Cat	PR	Tijd	Info
94	gl					
	bl					

m

m

4th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam	Cat		PR	Tijd	Info
95	wt	49 Marvin Zeisberg	HSB		18:42.83	18:16.73	PR
	rd	33 Ciska Stark	D60		17:57.44	18:18.75	
		Marvin Zeisberg			Ciska Stark		
		400m	45.67	(45.67)	400m	46.02	(46.02)
		800m	1:26.64	(40.97)	800m	1:27.97	(41.95)
		1200m	2:10.39	(43.75)	1200m	2:11.90	(43.93)
		1600m	2:54.55	(44.16)	1600m	2:56.44	(44.54)
		2000m	3:39.19	(44.64)	2000m	3:40.65	(44.21)
		2400m	4:23.22	(44.03)	2400m	4:25.02	(44.37)
		2800m	5:07.41	(44.19)	2800m	5:09.79	(44.77)
		3200m	5:51.40	(43.99)	3200m	5:53.72	(43.93)
		3600m	6:35.92	(44.52)	3600m	6:38.03	(44.31)
		4000m	7:20.09	(44.17)	4000m	7:22.00	(43.97)
		4400m	8:04.10	(44.01)	4400m	8:06.48	(44.48)
		4800m	8:48.44	(44.34)	4800m	8:50.23	(43.75)
		5200m	9:32.90	(44.46)	5200m	9:34.86	(44.63)
		5600m	10:17.53	(44.63)	5600m	10:19.01	(44.15)
		6000m	11:02.55	(45.02)	6000m	11:03.61	(44.60)
		6400m	11:46.42	(43.87)	6400m	11:48.17	(44.56)
		6800m	12:30.94	(44.52)	6800m	12:32.54	(44.37)
		7200m	13:15.24	(44.30)	7200m	13:17.46	(44.92)
		7600m	13:58.84	(43.60)	7600m	14:00.78	(43.32)
		8000m	14:41.99	(43.15)	8000m	14:44.47	(43.69)
		8400m	15:24.76	(42.77)	8400m	15:28.60	(44.13)
		8800m	16:07.91	(43.15)	8800m	16:11.92	(43.32)
		9200m	16:51.31	(43.40)	9200m	16:54.86	(42.94)
		9600m	17:34.98	(43.67)	9600m	17:37.31	(42.45)
		10000m	18:16.73	(41.75)	10000m	18:18.75	(41.44)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
96	gl	153 Thomas Rumpf	H60	17:26.29	17:55.69	
	bl	137 Nathan Leimeroth	HSA		18:14.47	
		Thomas Rumpf			Nathan Leimeroth	
		400m	43.66 (43.66)	400m	43.07 (43.07)	
		800m	1:24.74 (41.08)	800m	1:24.12 (41.05)	
		1200m	2:07.15 (42.41)	1200m	2:05.61 (41.49)	
		1600m	2:49.76 (42.61)	1600m	2:48.43 (42.82)	
		2000m	3:32.39 (42.63)	2000m	3:31.52 (43.09)	
		2400m	4:14.23 (41.84)	2400m	4:14.97 (43.45)	
		2800m	4:56.82 (42.59)	2800m	4:57.82 (42.85)	
		3200m	5:38.69 (41.87)	3200m	5:40.64 (42.82)	
		3600m	6:21.63 (42.94)	3600m	6:24.55 (43.91)	
		4000m	7:04.62 (42.99)	4000m	7:08.37 (43.82)	
		4400m	7:47.51 (42.89)	4400m	7:51.90 (43.53)	
		4800m	8:30.95 (43.44)	4800m	8:36.36 (44.46)	
		5200m	9:14.84 (43.89)	5200m	9:20.68 (44.32)	
		5600m	9:57.58 (42.74)	5600m	10:04.88 (44.20)	
		6000m	10:40.67 (43.09)	6000m	10:48.75 (43.87)	
		6400m	11:24.46 (43.79)	6400m	11:33.02 (44.27)	
		6800m	12:07.70 (43.24)	6800m	12:17.68 (44.66)	
		7200m	12:50.32 (42.62)	7200m	13:02.37 (44.69)	
		7600m	13:34.07 (43.75)	7600m	13:46.88 (44.51)	
		8000m	14:18.36 (44.29)	8000m	14:31.50 (44.62)	
		8400m	15:02.58 (44.22)	8400m	15:16.36 (44.86)	
		8800m	15:46.41 (43.83)	8800m	16:01.71 (45.35)	
		9200m	16:30.02 (43.61)	9200m	16:47.22 (45.51)	
		9600m	17:13.32 (43.30)	9600m	17:32.02 (44.80)	
		10000m	17:55.69 (42.37)	10000m	18:14.47 (42.45)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
97	wt	1 Erol Aksoy	H50	16:56.68	17:03.96	
	rd	139 Eva Riemersma - van Rheenen	D40	16:37.05	17:21.14	
		Erol Aksoy		Eva Riemersma - van Rheenen		
		400m	43.50 (43.50)	400m	42.63 (42.63)	
		800m	1:23.02 (39.52)	800m	1:21.63 (39.00)	
		1200m	2:03.28 (40.26)	1200m	2:00.74 (39.11)	
		1600m	2:43.93 (40.65)	1600m	2:40.25 (39.51)	
		2000m	3:24.94 (41.01)	2000m	3:19.86 (39.61)	
		2400m	4:05.50 (40.56)	2400m	4:00.31 (40.45)	
		2800m	4:46.54 (41.04)	2800m	4:40.83 (40.52)	
		3200m	5:27.83 (41.29)	3200m	5:21.80 (40.97)	
		3600m	6:09.08 (41.25)	3600m	6:03.42 (41.62)	
		4000m	6:49.59 (40.51)	4000m	6:45.70 (42.28)	
		4400m	7:30.17 (40.58)	4400m	7:28.14 (42.44)	
		4800m	8:11.34 (41.17)	4800m	8:08.84 (40.70)	
		5200m	8:52.15 (40.81)	5200m	8:50.31 (41.47)	
		5600m	9:32.81 (40.66)	5600m	9:32.41 (42.10)	
		6000m	10:13.76 (40.95)	6000m	10:14.07 (41.66)	
		6400m	10:55.09 (41.33)	6400m	10:55.85 (41.78)	
		6800m	11:36.36 (41.27)	6800m	11:37.62 (41.77)	
		7200m	12:17.54 (41.18)	7200m	12:19.69 (42.07)	
		7600m	12:58.66 (41.12)	7600m	13:01.85 (42.16)	
		8000m	13:40.42 (41.76)	8000m	13:45.13 (43.28)	
		8400m	14:21.78 (41.36)	8400m	14:28.39 (43.26)	
		8800m	15:03.12 (41.34)	8800m	15:12.33 (43.94)	
		9200m	15:44.49 (41.37)	9200m	15:55.15 (42.82)	
		9600m	16:24.94 (40.45)	9600m	16:38.29 (43.14)	
		10000m	17:03.96 (39.02)	10000m	17:21.14 (42.85)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
98	gl	98 Guido Gosselink	H50	16:26.27	16:02.71	PR
	bl	68 Ricardo Brüttsch	H40	16:29.27	16:00.51	PR
		Guido Gosselink				
		400m	41.20 (41.20)			
		800m	1:18.77 (37.57)			
		1200m	1:57.20 (38.43)			
		1600m	2:34.78 (37.58)			
		2000m	3:11.96 (37.18)			
		2400m	3:49.79 (37.83)			
		2800m	4:27.93 (38.14)			
		3200m	5:05.70 (37.77)			
		3600m	5:43.44 (37.74)			
		4000m	6:21.92 (38.48)			
		4400m	7:00.39 (38.47)			
		4800m	7:38.92 (38.53)			
		5200m	8:18.00 (39.08)			
		5600m	8:56.64 (38.64)			
		6000m	9:35.70 (39.06)			
		6400m	10:15.02 (39.32)			
		6800m	10:53.85 (38.83)			
		7200m	11:32.49 (38.64)			
		7600m	12:11.31 (38.82)			
		8000m	12:49.80 (38.49)			
		8400m	13:28.69 (38.89)			
		8800m	14:07.20 (38.51)			
		9200m	14:46.15 (38.95)			
		9600m	15:24.48 (38.33)			
		10000m	16:02.71 (38.23)			
		Ricardo Brüttsch				
		400m	42.68 (42.68)			
		800m	1:21.73 (39.05)			
		1200m	2:00.82 (39.09)			
		1600m	2:38.94 (38.12)			
		2000m	3:16.94 (38.00)			
		2400m	3:54.69 (37.75)			
		2800m	4:32.51 (37.82)			
		3200m	5:10.70 (38.19)			
		3600m	5:48.41 (37.71)			
		4000m	6:26.20 (37.79)			
		4400m	7:03.72 (37.52)			
		4800m	7:42.01 (38.29)			
		5200m	8:20.08 (38.07)			
		5600m	8:58.61 (38.53)			
		6000m	9:37.09 (38.48)			
		6400m	10:15.64 (38.55)			
		6800m	10:53.98 (38.34)			
		7200m	11:32.63 (38.65)			
		7600m	12:10.93 (38.30)			
		8000m	12:49.71 (38.78)			
		8400m	13:28.25 (38.54)			
		8800m	14:07.11 (38.86)			
		9200m	14:45.38 (38.27)			
		9600m	15:23.48 (38.10)			
		10000m	16:00.51 (37.03)			

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
99	wt	21 Marc Nieuwenhuijse	H40	15:25.99	15:02.40	PR
	rd	120 Kurt van de Nes	H55	15:43.03	14:58.83	PR

Marc Nieuwenhuijse

400m	42.57	(42.57)
800m	1:18.12	(35.55)
1200m	1:53.48	(35.36)
1600m	2:29.15	(35.67)
2000m	3:04.86	(35.71)
2400m	3:40.73	(35.87)
2800m	4:17.00	(36.27)
3200m	4:53.14	(36.14)
3600m	5:29.55	(36.41)
4000m	6:05.95	(36.40)
4400m	6:42.56	(36.61)
4800m	7:19.09	(36.53)
5200m	7:54.75	(35.66)
5600m	8:30.44	(35.69)
6000m	9:05.90	(35.46)
6400m	9:41.70	(35.80)
6800m	10:17.56	(35.86)
7200m	10:53.39	(35.83)
7600m	11:29.05	(35.66)
8000m	12:04.61	(35.56)
8400m	12:40.03	(35.42)
8800m	13:15.80	(35.77)
9200m	13:51.54	(35.74)
9600m	14:27.06	(35.52)
10000m	15:02.40	(35.34)

Kurt van de Nes

400m	41.46	(41.46)
800m	1:16.83	(35.37)
1200m	1:51.80	(34.97)
1600m	2:27.59	(35.79)
2000m	3:03.33	(35.74)
2400m	3:38.99	(35.66)
2800m	4:15.11	(36.12)
3200m	4:50.81	(35.70)
3600m	5:26.65	(35.84)
4000m	6:02.60	(35.95)
4400m	6:38.29	(35.69)
4800m	7:14.14	(35.85)
5200m	7:50.12	(35.98)
5600m	8:26.06	(35.94)
6000m	9:01.95	(35.89)
6400m	9:37.77	(35.82)
6800m	10:13.40	(35.63)
7200m	10:49.13	(35.73)
7600m	11:24.69	(35.56)
8000m	12:00.44	(35.75)
8400m	12:36.31	(35.87)
8800m	13:12.23	(35.92)
9200m	13:47.99	(35.76)
9600m	14:23.64	(35.65)
10000m	14:58.83	(35.19)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
100	gl	122 Mark Ooijevaar	H40	13:12.60	14:35.26	
	bl	79 Sybe van Hijum	HSB	15:25.20	15:22.58	PR
		Mark Ooijevaar			Sybe van Hijum	
		400m	38.68 (38.68)	400m	39.69 (39.69)	
		800m	1:12.15 (33.47)	800m	1:15.24 (35.55)	
		1200m	1:46.42 (34.27)	1200m	1:51.52 (36.28)	
		1600m	2:20.83 (34.41)	1600m	2:28.03 (36.51)	
		2000m	2:55.45 (34.62)	2000m	3:04.66 (36.63)	
		2400m	3:29.92 (34.47)	2400m	3:41.41 (36.75)	
		2800m	4:04.55 (34.63)	2800m	4:18.11 (36.70)	
		3200m	4:39.37 (34.82)	3200m	4:55.02 (36.91)	
		3600m	5:14.18 (34.81)	3600m	5:31.87 (36.85)	
		4000m	5:48.99 (34.81)	4000m	6:09.10 (37.23)	
		4400m	6:23.73 (34.74)	4400m	6:46.38 (37.28)	
		4800m	6:58.36 (34.63)	4800m	7:23.68 (37.30)	
		5200m	7:33.54 (35.18)	5200m	8:01.23 (37.55)	
		5600m	8:08.90 (35.36)	5600m	8:38.83 (37.60)	
		6000m	8:44.23 (35.33)	6000m	9:16.34 (37.51)	
		6400m	9:19.27 (35.04)	6400m	9:53.96 (37.62)	
		6800m	9:54.13 (34.86)	6800m	10:30.17 (36.21)	
		7200m	10:29.28 (35.15)	7200m	11:06.34 (36.17)	
		7600m	11:04.34 (35.06)	7600m	11:42.87 (36.53)	
		8000m	11:39.00 (34.66)	8000m	12:19.80 (36.93)	
		8400m	12:14.09 (35.09)	8400m	12:56.22 (36.42)	
		8800m	12:49.76 (35.67)	8800m	13:32.60 (36.38)	
		9200m	13:25.22 (35.46)	9200m	14:08.80 (36.20)	
		9600m	14:00.46 (35.24)	9600m	14:45.38 (36.58)	
		10000m	14:35.26 (34.80)	10000m	15:22.58 (37.20)	



4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024



		Naam		Cat		PR	Tijd	Info
101	wt	118	Jan Kleppe		HSA			15:08.04
	rd	63	Martin Hänggi		H55	13:28.86	14:19.66	
		Jan Kleppe			Martin Hänggi			
		400m	39.68	(39.68)	400m	38.84	(38.84)	
		800m	1:15.40	(35.72)	800m	1:14.45	(35.61)	
		1200m	1:50.99	(35.59)	1200m	1:48.77	(34.32)	
		1600m	2:25.99	(35.00)	1600m	2:22.45	(33.68)	
		2000m	3:01.70	(35.71)	2000m	2:55.83	(33.38)	
		2400m	3:36.56	(34.86)	2400m	3:29.55	(33.72)	
		2800m	4:11.60	(35.04)	2800m	4:03.87	(34.32)	
		3200m	4:47.20	(35.60)	3200m	4:38.50	(34.63)	
		3600m	5:23.06	(35.86)	3600m	5:11.64	(33.14)	
		4000m	5:59.15	(36.09)	4000m	5:44.54	(32.90)	
		4400m	6:35.61	(36.46)	4400m	6:18.06	(33.52)	
		4800m	7:12.44	(36.83)	4800m	6:51.98	(33.92)	
		5200m	7:49.25	(36.81)	5200m	7:26.60	(34.62)	
		5600m	8:25.83	(36.58)	5600m	8:01.36	(34.76)	
		6000m	9:02.80	(36.97)	6000m	8:36.39	(35.03)	
		6400m	9:39.84	(37.04)	6400m	9:11.69	(35.30)	
		6800m	10:16.69	(36.85)	6800m	9:46.90	(35.21)	
		7200m	10:53.73	(37.04)	7200m	10:22.34	(35.44)	
		7600m	11:30.88	(37.15)	7600m	10:57.30	(34.96)	
		8000m	12:07.10	(36.22)	8000m	11:32.17	(34.87)	
		8400m	12:42.63	(35.53)	8400m	12:06.48	(34.31)	
		8800m	13:18.43	(35.80)	8800m	12:40.54	(34.06)	
		9200m	13:54.70	(36.27)	9200m	13:13.25	(32.71)	
		9600m	14:31.39	(36.69)	9600m	13:46.18	(32.93)	
		10000m	15:08.04	(36.65)	10000m	14:19.66	(33.48)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
102	gl	71 Ole Bjørnsmoen Næss	HSB	13:09.34	13:28.58	
	bl	141 Mart Markus	HSB	15:14.28	15:03.39	PR

Ole Bjørnsmoen Næss

400m	37.34	(37.34)
800m	1:09.91	(32.57)
1200m	1:42.23	(32.32)
1600m	2:14.01	(31.78)
2000m	2:45.97	(31.96)
2400m	3:18.39	(32.42)
2800m	3:50.91	(32.52)
3200m	4:23.03	(32.12)
3600m	4:54.99	(31.96)
4000m	5:26.96	(31.97)
4400m	5:58.84	(31.88)
4800m	6:31.06	(32.22)
5200m	7:03.34	(32.28)
5600m	7:35.54	(32.20)
6000m	8:07.98	(32.44)
6400m	8:40.22	(32.24)
6800m	9:12.35	(32.13)
7200m	9:44.45	(32.10)
7600m	10:16.56	(32.11)
8000m	10:48.48	(31.92)
8400m	11:20.31	(31.83)
8800m	11:52.06	(31.75)
9200m	12:23.91	(31.85)
9600m	12:56.07	(32.16)
10000m	13:28.58	(32.51)

Mart Markus

400m	39.54	(39.54)
800m	1:14.76	(35.22)
1200m	1:50.18	(35.42)
1600m	2:25.59	(35.41)
2000m	3:00.82	(35.23)
2400m	3:36.10	(35.28)
2800m	4:11.54	(35.44)
3200m	4:47.27	(35.73)
3600m	5:23.26	(35.99)
4000m	5:59.44	(36.18)
4400m	6:34.93	(35.49)
4800m	7:10.76	(35.83)
5200m	7:46.52	(35.76)
5600m	8:22.38	(35.86)
6000m	8:58.05	(35.67)
6400m	9:34.09	(36.04)
6800m	10:10.30	(36.21)
7200m	10:47.00	(36.70)
7600m	11:23.45	(36.45)
8000m	12:00.13	(36.68)
8400m	12:36.66	(36.53)
8800m	13:13.52	(36.86)
9200m	13:50.35	(36.83)
9600m	14:27.16	(36.81)
10000m	15:03.39	(36.23)

33. Uitslag 3000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	93 Rob Wartenhorst	H55	112	O	4:30.57		
2	99 Sebastiaan Scargo	H45	118	I	4:32.69	PR	
3	69 Ahti Oks	H50	118	O	4:34.42	PR	
4	114 Peter van der Vorst	H50	117	I	4:40.26		
5	164 Imke Hüser	DSB	115	I	4:43.29		
6	91 Doede Wind	H50	117	O	4:44.42		
7	135 Mika Sirén	H55	116	O	4:46.37		
8	28 Jasper Knulst	H50	116	I	4:47.47		
9	38 Thomas Voswinkel	HSB	115	O	4:52.65	PR	
10	39 Eelco Nap	H60	111	I	4:55.25	PR	
11	170 Piet Siemonsma	H70	114	I	4:59.13		
12	84 Michel van der Sluijs	H50	113	I	5:01.16		
13	45 Mircea Vranceanu	H65	113	O	5:01.20		
14	26 Peter Kuiper	H40	114	O	5:06.80		
15	54 Johan van Metting-van Rijn	H65	109	O	5:11.76		
16	17 Harm Sinnige	H60	109	I	5:14.14		
17	133 Jyrki Hietanen	H60	112	I	5:14.26		
18	18 Wendy van der Ham	D50	110	I	5:20.29		
19	72 Guylaine Larouche	D65	108	I	5:20.33		
20	136 Risto Jokela	H65	110	O	5:22.11		
21	142 Kevin van Cleef	H40	107	O	5:25.44		
22	160 Twan den Braber	H70	108	O	5:31.27		
23	134 Outi Pinomäki	D55	107	I	5:32.13	PR	
24	42 Ralf Hartings	H65	105	O	5:35.05		
25	22 Carolien van Rees	D65	106	O	5:44.84		
26	14 Henriët van Ling	D55	105	I	5:51.23		
27	36 Johan Smit	H65	106	I	6:08.14		
	85 Niels de Jager	H40				WDR	
	161 Dmitry Zaitsev	H55				WDR	

33. Rituitslag 3000m Allround Small

		Naam	Cat	PR	Tijd Info
103	wt rd	85 Niels de Jager	H40	4:31.16	WDR
		<hr/> Niels de Jager		<hr/> m	

		Naam	Cat	PR	Tijd Info
104	gl bl				
		<hr/> m		<hr/> m	

		Naam	Cat	PR	Tijd Info
105	wt	14 Henriët van Ling	D55		5:51.23
	rd	42 Ralf Hartings	H65	5:27.38	5:35.05
		<hr/> Henriët van Ling		<hr/> Ralf Hartings	
		200m	28.20 (28.20)	200m	25.98 (25.98)
		600m	1:13.07 (44.87)	600m	1:07.40 (41.42)
		1000m	1:58.69 (45.62)	1000m	1:49.82 (42.42)
		1400m	2:44.63 (45.94)	1400m	2:33.60 (43.78)
		1800m	3:30.83 (46.20)	1800m	3:17.94 (44.34)
		2200m	4:17.20 (46.37)	2200m	4:02.87 (44.93)
		2600m	5:04.16 (46.96)	2600m	4:48.12 (45.25)
		3000m	5:51.23 (47.07)	3000m	5:35.05 (46.93)

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
106	gl	36 Johan Smit	H65	5:28.42	6:08.14	
	bl	22 Carolien van Rees	D65	5:34.29	5:44.84	
		Johan Smit			Carolien van Rees	
		200m	27.01 (27.01)	200m	27.15 (27.15)	
		600m	1:12.01 (45.00)	600m	1:10.18 (43.03)	
		1000m	2:00.04 (48.03)	1000m	1:56.56 (46.38)	
		1400m	2:49.67 (49.63)	1400m	2:42.54 (45.98)	
		1800m	3:39.95 (50.28)	1800m	3:27.96 (45.42)	
		2200m	4:29.43 (49.48)	2200m	4:13.37 (45.41)	
		2600m	5:18.71 (49.28)	2600m	4:59.72 (46.35)	
		3000m	6:08.14 (49.43)	3000m	5:44.84 (45.12)	

		Naam	Cat	PR	Tijd	Info
107	wt	134 Outi Pinomäki	D55	5:33.59	5:32.13	PR
	rd	142 Kevin van Cleef	H40	5:09.09	5:25.44	
		Outi Pinomäki			Kevin van Cleef	
		200m	25.77 (25.77)	200m	26.90 (26.90)	
		600m	1:07.22 (41.45)	600m	1:08.14 (41.24)	
		1000m	1:49.77 (42.55)	1000m	1:49.22 (41.08)	
		1400m	2:33.09 (43.32)	1400m	2:30.50 (41.28)	
		1800m	3:17.53 (44.44)	1800m	3:13.12 (42.62)	
		2200m	4:02.22 (44.69)	2200m	3:56.60 (43.48)	
		2600m	4:47.10 (44.88)	2600m	4:40.58 (43.98)	
		3000m	5:32.13 (45.03)	3000m	5:25.44 (44.86)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam			Cat	PR	Tijd	Info
108	gl	72	Guyline Larouche		D65	5:12.04	5:20.33	
	bl	160	Twan den Braber		H70	4:21.38	5:31.27	
		Guyline Larouche			Twan den Braber			
		200m	25.44	(25.44)	200m	27.00	(27.00)	
		600m	1:05.18	(39.74)	600m	1:10.24	(43.24)	
		1000m	1:46.27	(41.09)	1000m	1:54.73	(44.49)	
		1400m	2:28.51	(42.24)	1400m	2:40.07	(45.34)	
		1800m	3:11.22	(42.71)	1800m	3:25.47	(45.40)	
		2200m	3:53.85	(42.63)	2200m	4:07.92	(42.45)	
		2600m	4:37.19	(43.34)	2600m	4:49.80	(41.88)	
		3000m	5:20.33	(43.14)	3000m	5:31.27	(41.47)	

		Naam			Cat	PR	Tijd	Info
109	wt	17	Harm Sinnige		H60	4:50.48	5:14.14	
	rd	54	Johan van Metting-van Rijn		H65	4:30.85	5:11.76	
		Harm Sinnige			Johan van Metting-van Rijn			
		200m	24.73	(24.73)	200m	25.36	(25.36)	
		600m	1:04.99	(40.26)	600m	1:05.24	(39.88)	
		1000m	1:45.75	(40.76)	1000m	1:45.63	(40.39)	
		1400m	2:26.97	(41.22)	1400m	2:26.53	(40.90)	
		1800m	3:08.63	(41.66)	1800m	3:07.81	(41.28)	
		2200m	3:50.60	(41.97)	2200m	3:49.08	(41.27)	
		2600m	4:32.45	(41.85)	2600m	4:30.65	(41.57)	
		3000m	5:14.14	(41.69)	3000m	5:11.76	(41.11)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam	Cat	PR	Tijd	Info
110	gl	18 Wendy van der Ham	D50	5:19.09	5:20.29	
	bl	136 Risto Jokela	H65		5:22.11	
		Wendy van der Ham			Risto Jokela	
		200m	23.44 (23.44)	200m	23.69 (23.69)	
		600m	1:03.36 (39.92)	600m	1:02.51 (38.82)	
		1000m	1:45.75 (42.39)	1000m	1:43.92 (41.41)	
		1400m	2:29.47 (43.72)	1400m	2:25.90 (41.98)	
		1800m	3:12.55 (43.08)	1800m	3:08.67 (42.77)	
		2200m	3:54.93 (42.38)	2200m	3:52.15 (43.48)	
		2600m	4:37.82 (42.89)	2600m	4:37.08 (44.93)	
		3000m	5:20.29 (42.47)	3000m	5:22.11 (45.03)	

		Naam	Cat	PR	Tijd	Info
111	wt	39 Eelco Nap	H60	5:00.66	4:55.25	PR
	rd	161 Dmitry Zaitsev	H55		WDR	
		Eelco Nap			Dmitry Zaitsev	
		200m	23.72 (23.72)			
		600m	1:00.53 (36.81)			
		1000m	1:39.47 (38.94)			
		1400m	2:19.21 (39.74)			
		1800m	2:58.64 (39.43)			
		2200m	3:37.75 (39.11)			
		2600m	4:16.89 (39.14)			
		3000m	4:55.25 (38.36)			

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam			Cat	PR	Tijd	Info
112	gl	133	Jyrki Hietanen		H60	4:46.91	5:14.26	
	bl	93	Rob Wartenhorst		H55	4:17.28	4:30.57	
		Jyrki Hietanen			Rob Wartenhorst			
		200m	23.05	(23.05)	200m	22.09	(22.09)	
		600m	1:01.32	(38.27)	600m	56.87	(34.78)	
		1000m	1:42.37	(41.05)	1000m	1:32.98	(36.11)	
		1400m	2:24.02	(41.65)	1400m	2:08.91	(35.93)	
		1800m	3:06.04	(42.02)	1800m	2:44.47	(35.56)	
		2200m	3:48.08	(42.04)	2200m	3:19.48	(35.01)	
		2600m	4:31.35	(43.27)	2600m	3:54.77	(35.29)	
		3000m	5:14.26	(42.91)	3000m	4:30.57	(35.80)	

		Naam			Cat	PR	Tijd	Info
113	wt	84	Michel van der Sluijs		H50	4:49.77	5:01.16	
	rd	45	Mircea Vranceanu		H65	4:23.84	5:01.20	
		Michel van der Sluijs			Mircea Vranceanu			
		200m	23.02	(23.02)	200m	23.85	(23.85)	
		600m	59.49	(36.47)	600m	1:01.67	(37.82)	
		1000m	1:37.69	(38.20)	1000m	1:40.67	(39.00)	
		1400m	2:17.25	(39.56)	1400m	2:20.37	(39.70)	
		1800m	2:57.78	(40.53)	1800m	3:00.22	(39.85)	
		2200m	3:39.45	(41.67)	2200m	3:40.38	(40.16)	
		2600m	4:20.72	(41.27)	2600m	4:21.19	(40.81)	
		3000m	5:01.16	(40.44)	3000m	5:01.20	(40.01)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam			Cat	PR	Tijd	Info
114	gl	170 Piet Siemonsma			H70	4:26.35	4:59.13	
	bl	26 Peter Kuiper			H40		5:06.80	
		Piet Siemonsma			Peter Kuiper			
		200m	23.43	(23.43)	200m	23.39	(23.39)	
		600m	1:01.64	(38.21)	600m	1:01.97	(38.58)	
		1000m	1:41.40	(39.76)	1000m	1:41.40	(39.43)	
		1400m	2:21.33	(39.93)	1400m	2:20.90	(39.50)	
		1800m	3:00.53	(39.20)	1800m	3:01.56	(40.66)	
		2200m	3:40.66	(40.13)	2200m	3:42.31	(40.75)	
		2600m	4:20.37	(39.71)	2600m	4:23.53	(41.22)	
		3000m	4:59.13	(38.76)	3000m	5:06.80	(43.27)	

		Naam			Cat	PR	Tijd	Info
115	wt	164 Imke Hüser			DSB	4:36.02	4:43.29	
	rd	38 Thomas Voswinkel			HSB	4:56.99	4:52.65	PR
		Imke Hüser			Thomas Voswinkel			
		200m	22.01	(22.01)	200m	23.83	(23.83)	
		600m	57.49	(35.48)	600m	1:00.15	(36.32)	
		1000m	1:34.49	(37.00)	1000m	1:37.01	(36.86)	
		1400m	2:12.08	(37.59)	1400m	2:14.49	(37.48)	
		1800m	2:49.68	(37.60)	1800m	2:53.19	(38.70)	
		2200m	3:27.47	(37.79)	2200m	3:32.37	(39.18)	
		2600m	4:05.58	(38.11)	2600m	4:12.38	(40.01)	
		3000m	4:43.29	(37.71)	3000m	4:52.65	(40.27)	

4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024

		Naam			Cat	PR	Tijd	Info
116	gl	28	Jasper Knulst		H50	4:44.00	4:47.47	
	bl	135	Mika Sirén		H55	4:24.77	4:46.37	
		Jasper Knulst			Mika Sirén			
		200m	21.80	(21.80)	200m	21.89	(21.89)	
		600m	57.60	(35.80)	600m	57.66	(35.77)	
		1000m	1:33.74	(36.14)	1000m	1:35.42	(37.76)	
		1400m	2:11.03	(37.29)	1400m	2:13.02	(37.60)	
		1800m	2:49.28	(38.25)	1800m	2:50.90	(37.88)	
		2200m	3:28.54	(39.26)	2200m	3:29.29	(38.39)	
		2600m	4:07.84	(39.30)	2600m	4:07.66	(38.37)	
		3000m	4:47.47	(39.63)	3000m	4:46.37	(38.71)	

		Naam			Cat	PR	Tijd	Info
117	wt	114	Peter van der Vorst		H50	4:26.29	4:40.26	
	rd	91	Doede Wind		H50	4:35.99	4:44.42	
		Peter van der Vorst			Doede Wind			
		200m	23.17	(23.17)	200m	23.06	(23.06)	
		600m	1:00.08	(36.91)	600m	59.92	(36.86)	
		1000m	1:36.43	(36.35)	1000m	1:36.90	(36.98)	
		1400m	2:13.59	(37.16)	1400m	2:13.66	(36.76)	
		1800m	2:50.03	(36.44)	1800m	2:50.83	(37.17)	
		2200m	3:27.37	(37.34)	2200m	3:28.18	(37.35)	
		2600m	4:04.10	(36.73)	2600m	4:06.62	(38.44)	
		3000m	4:40.26	(36.16)	3000m	4:44.42	(37.80)	



4th Masters International Thialf Record Races

Thialf - Heerenveen

13 en 14 maart 2024



		Naam		Cat		PR		Tijd	Info
118	gl	99	Sebastiaan Scargo		H45			4:34.97	4:32.69 PR
	bl	69	Ahti Oks		H50			4:36.98	4:34.42 PR
		Sebastiaan Scargo						Ahti Oks	
		200m	21.53	(21.53)			200m	21.51	(21.51)
		600m	55.84	(34.31)			600m	55.61	(34.10)
		1000m	1:30.80	(34.96)			1000m	1:31.68	(36.07)
		1400m	2:06.11	(35.31)			1400m	2:08.49	(36.81)
		1800m	2:41.82	(35.71)			1800m	2:45.66	(37.17)
		2200m	3:17.96	(36.14)			2200m	3:22.66	(37.00)
		2600m	3:54.54	(36.58)			2600m	3:58.76	(36.10)
		3000m	4:32.69	(38.15)			3000m	4:34.42	(35.66)



4th Masters International Thialf Record Races

Thialf - Heerenveen
13 en 14 maart 2024



34. Uitslag 3000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	109 Zéfina de Bruin	DN3	119	I	4:50.16		
	111 Thomas Selles	HN2			WDR		
	117 Bodhi Smeele	HB2	120	O	4:08.77	OC	
	100 Bo Meijer	DN1	119	O	5:14.14	OC	

34. Rituitslag 3000m Allround Small - O

		Naam		Cat		PR		Tijd	Info
119	wt	109	Zéfina de Bruin		DN3	4:42.40		4:50.16	
	rd	100	Bo Meijer		DN1	4:54.04		5:14.14	OC
			Zéfina de Bruin				Bo Meijer		
			200m	22.96	(22.96)	200m	22.55	(22.55)	
			600m	58.55	(35.59)	600m	59.60	(37.05)	
			1000m	1:35.70	(37.15)	1000m	1:39.16	(39.56)	
			1400m	2:13.83	(38.13)	1400m	2:20.73	(41.57)	
			1800m	2:52.61	(38.78)	1800m	3:03.74	(43.01)	
			2200m	3:31.93	(39.32)	2200m	3:46.61	(42.87)	
			2600m	4:11.10	(39.17)	2600m	4:30.79	(44.18)	
			3000m	4:50.16	(39.06)	3000m	5:14.14	(43.35)	

		Naam		Cat		PR		Tijd	Info
120	gl	111	Thomas Selles		HN2	4:45.62		WDR	
	bl	117	Bodhi Smeele		HB2	4:06.24		4:08.77	OC
			Thomas Selles				Bodhi Smeele		
				200m	21.27	(21.27)			
				600m	53.20	(31.93)			
				1000m	1:25.72	(32.52)			
				1400m	1:58.44	(32.72)			
				1800m	2:31.27	(32.83)			
				2200m	3:03.97	(32.70)			
				2600m	3:36.57	(32.60)			
				3000m	4:08.77	(32.20)			