



# Landelijke selectie NK Junioren A en B 3000m

De Uithof - Den Haag

2 december 2018

## 1. Rituitslag Dames Junioren B 3000 meter

		Naam	Cat	PR	Tijd Info
1	wt	36 <b>Daan Louwerse</b>	DB1	4:48.10	<b>DNF</b>
	rd	44 <b>Dewi Nicolai</b>	DB2	4:46.93	<b>4:49.24</b>
		<u>Daan Louwerse</u>		<u>Dewi Nicolai</u>	
		200m		22.11	(22,1)
		600m		57.44	(35,3)
		1000m		1:34.81	(37,4)
		1400m		2:12.94	(38,1)
		1800m		2:51.45	(38,5)
		2200m		3:30.73	(39,3)
		2600m		4:10.39	(39,6)
		3000m		4:49.24	(38,9)

		Naam	Cat	PR	Tijd Info
2	gl	55 <b>Noor Schoonheijm</b>	DB2	4:45.26	<b>5:06.13</b>
	bl	13 <b>Vera van Ditshuizen</b>	DB1	4:46.30	<b>4:44.95 PR</b>
		<u>Noor Schoonheijm</u>		<u>Vera van Ditshuizen</u>	
		200m		23.38	(23,3)
		600m		1:00.32	(37,0)
		1000m		1:38.69	(38,3)
		1400m		2:17.93	(39,3)
		1800m		2:58.52	(40,6)
		2200m		3:40.52	(42,0)
		2600m		4:23.36	(42,8)
		3000m		5:06.13	(42,8)

		Naam	Cat	PR	Tijd Info
3	wt	78 <b>Danielle van Zanten</b>	DB1	4:45.69	<b>4:50.51</b>
	rd	74 <b>Quinty Vos</b>	DB1	4:44.02	<b>4:53.38</b>
		<u>Danielle van Zanten</u>		<u>Quinty Vos</u>	
		200m		21.40	(21,4)
		600m		55.97	(34,5)
		1000m		1:32.47	(36,5)
		1400m		2:10.49	(38,0)
		1800m		2:49.10	(38,7)
		2200m		3:28.96	(39,8)
		2600m		4:09.96	(41,0)
		3000m		4:50.51	(40,6)

		Naam	Cat	PR	Tijd Info
4	gl	66 <b>Ruby van Tol</b>	DB2	4:44.91	<b>4:54.20</b>
	bl	11 <b>Nika van Dasselaar</b>	DB1	4:45.03	<b>4:51.43</b>
		<u>Ruby van Tol</u>		<u>Nika van Dasselaar</u>	
		200m		21.94	(21,9)
		200m		21.08	(21,0)

600m	55.92	(34,0)	600m	55.34	(34,3)
1000m	1:32.82	(36,9)	1000m	1:32.73	(37,4)
1400m	2:11.27	(38,4)	1400m	2:11.16	(38,4)
1800m	2:50.45	(39,2)	1800m	2:50.82	(39,7)
2200m	3:31.10	(40,7)	2200m	3:30.89	(40,0)
2600m	4:12.19	(41,0)	2600m	4:11.84	(41,0)
3000m	4:54.20	(42,1)	3000m	4:51.43	(39,6)

		Naam	Cat	PR	Tijd	Info	
5	wt	15 <b>Tjitske Eppinga</b>	DB1	4:43.98	<b>4:55.45</b>		
	rd	21 <b>Michelle van den Hoek</b>	DB2	4:39.66	<b>4:47.14</b>		
		<b>Tjitske Eppinga</b>				<b>Michelle van den Hoek</b>	
		200m	22.36	(22,3)	200m	21.83	(21,8)
		600m	57.88	(35,5)	600m	57.69	(35,8)
		1000m	1:35.11	(37,3)	1000m	1:35.19	(37,5)
		1400m	2:13.39	(38,2)	1400m	2:12.16	(37,0)
		1800m	2:53.17	(39,8)	1800m	2:49.77	(37,6)
		2200m	3:33.55	(40,4)	2200m	3:28.06	(38,3)
		2600m	4:14.79	(41,2)	2600m	4:07.40	(39,4)
		3000m	4:55.45	(40,7)	3000m	4:47.14	(39,7)

		Naam	Cat	PR	Tijd	Info	
6	gl	8 <b>Zefina de Bruin</b>	DB2	4:43.23	<b>4:52.18</b>		
	bl	77 <b>Sanne Westra</b>	DB1	4:42.61	<b>4:52.47</b>		
		<b>Zefina de Bruin</b>				<b>Sanne Westra</b>	
		200m	22.15	(22,1)	200m	21.95	(21,9)
		600m	57.41	(35,3)	600m	56.62	(34,7)
		1000m	1:34.02	(36,6)	1000m	1:33.44	(36,8)
		1400m	2:11.79	(37,7)	1400m	2:11.66	(38,2)
		1800m	2:50.61	(38,9)	1800m	2:50.92	(39,3)
		2200m	3:30.92	(40,3)	2200m	3:31.19	(40,2)
		2600m	4:11.19	(40,2)	2600m	4:12.41	(41,3)
		3000m	4:52.18	(41,0)	3000m	4:52.47	(40,0)

		Naam	Cat	PR	Tijd	Info	
7	wt	39 <b>Bianca van der Meer</b>	DB1	4:43.45	<b>4:55.28</b>		
	rd	62 <b>Sanne Teekens</b>	DB2	4:43.09	<b>4:54.59</b>		
		<b>Bianca van der Meer</b>				<b>Sanne Teekens</b>	
		200m	23.15	(23,1)	200m	22.99	(22,9)
		600m	1:00.42	(37,3)	600m	59.74	(36,8)
		1000m	1:38.39	(37,9)	1000m	1:37.89	(38,1)
		1400m	2:17.06	(38,7)	1400m	2:15.93	(38,1)
		1800m	2:56.75	(39,7)	1800m	2:55.52	(39,6)
		2200m	3:36.89	(40,1)	2200m	3:35.29	(39,7)
		2600m	4:16.80	(40,0)	2600m	4:15.45	(40,2)
		3000m	4:55.28	(38,4)	3000m	4:54.59	(39,1)

		Naam	Cat	PR	Tijd	Info
8	gl	76 <b>Ramona Westerhuis</b>	DB1	4:38.15	<b>4:42.41</b>	

c bl 54 **Eva Schipper** DB2 4:41.07 **4:51.31**

**Ramona Westerhuis**

200m	20.84	(20,8)
600m	55.48	(34,6)
1000m	1:31.67	(36,2)
1400m	2:08.77	(37,1)
1800m	2:46.20	(37,5)
2200m	3:24.25	(38,0)
2600m	4:03.26	(39,0)
3000m	4:42.41	(39,2)

**Eva Schipper**

200m	20.65	(20,6)
600m	54.43	(33,8)
1000m	1:31.75	(37,3)
1400m	2:10.13	(38,4)
1800m	2:50.15	(40,0)
2200m	3:30.91	(40,8)
2600m	4:11.94	(41,0)
3000m	4:51.31	(39,4)

		Naam	Cat	PR	Tijd Info
9	wt	52 <b>Laura Qualm</b>	DB1	4:40.42	<b>4:48.82</b>
	rd	49 <b>Nikita Praag</b>	DB1	4:38.17	<b>4:41.95</b>

**Laura Qualm**

200m	21.42	(21,4)
600m	55.89	(34,4)
1000m	1:32.38	(36,5)
1400m	2:10.79	(38,4)
1800m	2:49.42	(38,7)
2200m	3:29.02	(39,6)
2600m	4:09.04	(40,0)
3000m	4:48.82	(39,8)

**Nikita Praag**

200m	21.45	(21,4)
600m	54.83	(33,4)
1000m	1:30.87	(36,0)
1400m	2:07.91	(37,1)
1800m	2:45.85	(37,9)
2200m	3:24.66	(38,8)
2600m	4:03.79	(39,1)
3000m	4:41.95	(38,2)

		Naam	Cat	PR	Tijd Info
10	gl	40 <b>Leila Meijer</b>	DB2	4:40.88	<b>4:56.29</b>
	bl	34 <b>Kayleigh ter Laak</b>	DB2	4:38.46	<b>4:46.40</b>

**Leila Meijer**

200m	21.80	(21,8)
600m	57.77	(35,9)
1000m	1:34.80	(37,1)
1400m	2:13.63	(38,8)
1800m	2:53.86	(40,2)
2200m	3:34.35	(40,5)
2600m	4:14.87	(40,5)
3000m	4:56.29	(41,4)

**Kayleigh ter Laak**

200m	22.02	(22,0)
600m	57.23	(35,2)
1000m	1:34.56	(37,3)
1400m	2:12.11	(37,6)
1800m	2:50.32	(38,2)
2200m	3:28.57	(38,2)
2600m	4:07.40	(38,9)
3000m	4:46.40	(39,0)

		Naam	Cat	PR	Tijd Info
11	wt	16 <b>Evi Gelling</b>	DB1	4:34.50	<b>4:47.48</b>
	rd	70 <b>Evelien Vijn</b>	DB1	4:29.37	<b>4:32.43</b>

**Evi Gelling**

200m	21.53	(21,5)
600m	56.50	(35,0)
1000m	1:32.28	(35,7)
1400m	2:09.87	(37,6)
1800m	2:48.47	(38,6)
2200m	3:27.79	(39,3)
2600m	4:07.78	(40,0)
3000m	4:47.48	(39,7)

**Evelien Vijn**

200m	21.03	(21,0)
600m	54.90	(33,9)
1000m	1:29.59	(34,6)
1400m	2:04.85	(35,3)
1800m	2:41.07	(36,2)
2200m	3:17.95	(36,9)
2600m	3:55.20	(37,3)
3000m	4:32.43	(37,2)

		Naam	Cat		PR	Tijd	Info
12	gl	38 <b>Amy van der Meer</b>	DB2		4:31.77	<b>4:42.63</b>	
	bl	75 <b>Tyche Wamsteker</b>	DB1		4:35.32	<b>4:39.83</b>	
		<b>Amy van der Meer</b>			<b>Tyche Wamsteker</b>		
		200m	21.49	(21,4)	200m	22.35	(22,3)
		600m	56.39	(34,9)	600m	56.99	(34,6)
		1000m	1:32.15	(35,8)	1000m	1:33.04	(36,1)
		1400m	2:08.79	(36,6)	1400m	2:09.61	(36,6)
		1800m	2:46.47	(37,7)	1800m	2:46.86	(37,2)
		2200m	3:24.71	(38,3)	2200m	3:24.24	(37,4)
		2600m	4:03.45	(38,7)	2600m	4:01.88	(37,6)
		3000m	4:42.63	(39,2)	3000m	4:39.83	(38,0)

		Naam	Cat		PR	Tijd	Info
13	wt	56 <b>Iris Schultinga</b>	DB2		4:30.84	<b>4:44.31</b>	
	rd	17 <b>Vera Gemser</b>	DB2		4:32.12	<b>4:46.87</b>	
		<b>Iris Schultinga</b>			<b>Vera Gemser</b>		
		200m	21.50	(21,5)	200m	21.96	(21,9)
		600m	56.27	(34,7)	600m	57.59	(35,6)
		1000m	1:32.47	(36,2)	1000m	1:33.97	(36,4)
		1400m	2:09.32	(36,9)	1400m	2:10.72	(36,8)
		1800m	2:46.80	(37,5)	1800m	2:47.99	(37,2)
		2200m	3:25.43	(38,6)	2200m	3:27.06	(39,1)
		2600m	4:04.39	(38,9)	2600m	4:07.25	(40,2)
		3000m	4:44.31	(40,0)	3000m	4:46.87	(39,6)

		Naam	Cat		PR	Tijd	Info
14	gl	50 <b>Yael Prenger</b>	DB1		4:25.37	<b>4:33.69</b>	
	bl	30 <b>Bente Kerkhoff</b>	DB2		4:25.25	<b>4:30.48</b>	
		<b>Yael Prenger</b>			<b>Bente Kerkhoff</b>		
		200m	20.99	(20,9)	200m	21.67	(21,6)
		600m	54.43	(33,5)	600m	56.47	(34,8)
		1000m	1:29.75	(35,3)	1000m	1:32.44	(36,0)
		1400m	2:06.62	(36,9)	1400m	2:08.41	(36,0)
		1800m	2:43.32	(36,7)	1800m	2:44.05	(35,6)
		2200m	3:19.89	(36,5)	2200m	3:19.95	(35,9)
		2600m	3:56.01	(36,2)	2600m	3:55.39	(35,4)
		3000m	4:33.69	(37,6)	3000m	4:30.48	(35,1)

		Naam	Cat		PR	Tijd	Info
15	wt	3 <b>Leonie Bats</b>	DB2		4:25.94	<b>4:36.13</b>	
	rd	59 <b>Megan Sokolov</b>	DB2		4:18.31	<b>4:29.08</b>	
		<b>Leonie Bats</b>			<b>Megan Sokolov</b>		
		200m	21.37	(21,3)	200m	21.95	(21,9)
		600m	55.92	(34,6)	600m	56.30	(34,4)
		1000m	1:31.59	(35,6)	1000m	1:31.38	(35,0)
		1400m	2:07.93	(36,4)	1400m	2:06.59	(35,2)

1800m	2:44.75	(36,8)	1800m	2:42.17	(35,6)
2200m	3:21.95	(37,2)	2200m	3:17.82	(35,7)
2600m	3:59.03	(37,1)	2600m	3:53.33	(35,5)
3000m	4:36.13	(37,1)	3000m	4:29.08	(35,7)

		Naam	Cat	PR	Tijd Info
16	gl	23 <b>Eline Jansen</b>	DB2	4:18.86	<b>4:31.56</b>
	bl	10 <b>Merel Conijn</b>	DB2	4:23.30	<b>4:25.79</b>
		<b>Eline Jansen</b>			
		200m	21.54	(21,5)	
		600m	53.95	(32,4)	
		1000m	1:27.77	(33,8)	
		1400m	2:02.86	(35,1)	
		1800m	2:38.86	(36,0)	
		2200m	3:15.88	(37,0)	
		2600m	3:53.07	(37,2)	
		3000m	4:31.56	(38,5)	
		<b>Merel Conijn</b>			
		200m	20.41	(20,4)	
		600m	53.14	(32,7)	
		1000m	1:27.74	(34,6)	
		1400m	2:02.91	(35,2)	
		1800m	2:39.39	(36,4)	
		2200m	3:15.66	(36,3)	
		2600m	3:50.66	(35,0)	
		3000m	4:25.79	(35,1)	

# Landelijke selectie NK Junioren A en B 3000m

De Uithof - Den Haag

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## 2. Uitslag Heren Junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	53 Remo Slotegraaf	HB2	30	I	4:02.13		
2	56 Jesse Speijers	HB2	31	O	4:05.86		
3	66 Kai in 't Veld	HB2	28	O	4:06.02		
4	73 Stan van Vliet	HB1	30	O	4:08.46		
5	37 Olav Kooij	HB2	31	I	4:08.62		
6	61 Martijn Takens	HB2	32	I	4:09.26		
7	64 Wietse Tukkie	HB2	32	O	4:09.67		
8	76 Gert Wierda	HB1	24	O	4:09.93		
9	16 Chris Fredriks	HB1	28	I	4:10.50		
10	62 Dyon Talsma	HB2	21	I	4:10.75		
11	57 Stan Springer	HB2	27	I	4:12.41		
12	14 Colin Duivenvoorden	HB1	27	O	4:12.46		
13	28 David Holmes	HB2	29	O	4:14.76		
14	15 Daan van der Elst	HB2	25	O	4:15.09		
15	46 Jarno Pluijgers	HB2	21	O	4:15.54		
16	32 Niels d' Huy	HB2	24	I	4:16.13		
	58 Daan Spruit	HB2	29	I	4:16.13		
18	51 Lars van Schagen	HB2	18	I	4:16.16		
19	47 Ivo de la Porte	HB1	22	O	4:17.08		
20	78 Lars Woelders	HB2	26	I	4:17.26		
21	29 Roy Hoogendoorn	HB2	25	I	4:17.75		
22	67 Jens Verbeek	HB1	18	O	4:18.02		
23	41 Mervin Maatman	HB2	22	I	4:18.17		
24	50 Rick de Ruijgt	HB2	26	O	4:20.64		
25	74 Kayo Vos	HB1	20	I	4:20.92		
26	23 Quinten Heerma	HB2	17	I	4:21.46		
27	42 Klaas Meekma	HB1	23	I	4:21.80		
28	60 Niek Stolfhof	HB2	19	I	4:22.00		
29	49 Jelle Rieff	HB1	20	O	4:22.94		
30	26 Matthieu Hollaar	HB1	19	O	4:23.78		
31	45 Olivier Paping	HB2	23	O	4:29.04		
32	22 Jan Dirk Harting	HB2	17	O	4:35.31		

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## 2. Rituitslag Heren Junioren B 3000 meter

		Naam	Cat		PR	Tijd	Info
17	wt	23 <b>Quinten Heerma</b>	HB2		4:15.97	<b>4:21.46</b>	
	rd	22 <b>Jan Dirk Harting</b>	HB2		4:13.90	<b>4:35.31</b>	
		<u>Quinten Heerma</u>	<u>Jan Dirk Harting</u>				
		200m	20.74	(20,7)	200m	20.39	(20,3)
		600m	54.19	(33,4)	600m	53.47	(33,1)
		1000m	1:28.44	(34,3)	1000m	1:29.12	(35,7)
		1400m	2:02.74	(34,3)	1400m	2:05.48	(36,3)
		1800m	2:37.19	(34,4)	1800m	2:42.86	(37,4)
		2200m	3:11.21	(34,1)	2200m	3:20.56	(37,7)
		2600m	3:45.92	(34,7)	2600m	3:58.43	(37,9)
		3000m	4:21.46	(35,5)	3000m	4:35.31	(36,9)

		Naam	Cat		PR	Tijd	Info
18	gl	51 <b>Lars van Schagen</b>	HB2		4:11.87	<b>4:16.16</b>	
	bl	67 <b>Jens Verbeek</b>	HB1		4:12.24	<b>4:18.02</b>	
		<u>Lars van Schagen</u>	<u>Jens Verbeek</u>				
		200m	20.02	(20,0)	200m	19.83	(19,8)
		600m	52.20	(32,2)	600m	52.02	(32,2)
		1000m	1:24.78	(32,5)	1000m	1:25.16	(33,1)
		1400m	1:57.85	(33,1)	1400m	1:58.37	(33,2)
		1800m	2:31.63	(33,8)	1800m	2:32.25	(33,9)
		2200m	3:06.00	(34,4)	2200m	3:06.73	(34,5)
		2600m	3:40.90	(34,9)	2600m	3:41.81	(35,1)
		3000m	4:16.16	(35,2)	3000m	4:18.02	(36,2)

		Naam	Cat		PR	Tijd	Info
19	wt	60 <b>Niek Stolhof</b>	HB2		4:11.76	<b>4:22.00</b>	
	rd	26 <b>Matthieu Hollaar</b>	HB1		4:13.66	<b>4:23.78</b>	
		<u>Niek Stolhof</u>	<u>Matthieu Hollaar</u>				
		200m	19.34	(19,3)	200m	19.64	(19,6)
		600m	51.09	(31,7)	600m	51.47	(31,8)
		1000m	1:24.31	(33,3)	1000m	1:24.81	(33,4)
		1400m	1:58.35	(34,0)	1400m	1:58.56	(33,7)
		1800m	2:33.06	(34,7)	1800m	2:33.06	(34,5)
		2200m	3:08.88	(35,8)	2200m	3:08.65	(35,6)
		2600m	3:45.45	(36,6)	2600m	3:45.92	(37,3)
		3000m	4:22.00	(36,6)	3000m	4:23.78	(37,8)

		Naam	Cat		PR	Tijd	Info
20	gl	74 <b>Kayo Vos</b>	HB1		4:11.95	<b>4:20.92</b>	
	bl	49 <b>Jelle Rieff</b>	HB1		4:12.56	<b>4:22.94</b>	
		<u>Kayo Vos</u>	<u>Jelle Rieff</u>				
		200m	18.87	(18,8)	200m	19.12	(19,1)



600m	49.84	(31,0)	600m	50.28	(31,1)
1000m	1:22.32	(32,5)	1000m	1:23.65	(33,4)
1400m	1:56.02	(33,7)	1400m	1:58.59	(34,9)
1800m	2:30.30	(34,3)	1800m	2:33.82	(35,3)
2200m	3:06.17	(35,8)	2200m	3:09.66	(35,8)
2600m	3:43.32	(37,2)	2600m	3:46.57	(36,9)
3000m	4:20.92	(37,6)	3000m	4:22.94	(36,4)

		Naam	Cat	PR	Tijd Info
21	wt	62 <b>Dyon Talsma</b>	HB2	4:09.62	<b>4:10.75</b>
	rd	46 <b>Jarno Pluijgers</b>	HB2	4:03.92	<b>4:15.54</b>
		<b>Dyon Talsma</b>		<b>Jarno Pluijgers</b>	
		200m	20.30 (20,3)	200m	20.60 (20,6)
		600m	52.30 (32,0)	600m	52.93 (32,3)
		1000m	1:24.47 (32,1)	1000m	1:25.54 (32,6)
		1400m	1:57.43 (33,0)	1400m	1:58.60 (33,1)
		1800m	2:30.78 (33,3)	1800m	2:31.94 (33,3)
		2200m	3:04.28 (33,5)	2200m	3:05.55 (33,6)
		2600m	3:37.34 (33,1)	2600m	3:39.99 (34,4)
		3000m	4:10.75 (33,4)	3000m	4:15.54 (35,6)

		Naam	Cat	PR	Tijd Info
22	gl	41 <b>Mervin Maatman</b>	HB2	4:11.00	<b>4:18.17</b>
	bl	47 <b>Ivo de la Porte</b>	HB1	4:10.84	<b>4:17.08</b>
		<b>Mervin Maatman</b>		<b>Ivo de la Porte</b>	
		200m	19.21 (19,2)	200m	19.57 (19,5)
		600m	51.16 (31,9)	600m	51.19 (31,6)
		1000m	1:24.00 (32,9)	1000m	1:24.61 (33,5)
		1400m	1:57.90 (33,9)	1400m	1:58.07 (33,4)
		1800m	2:31.86 (33,9)	1800m	2:32.51 (34,5)
		2200m	3:06.99 (35,1)	2200m	3:07.09 (34,5)
		2600m	3:42.32 (35,4)	2600m	3:42.06 (35,0)
		3000m	4:18.17 (35,8)	3000m	4:17.08 (35,0)

		Naam	Cat	PR	Tijd Info
23	wt	42 <b>Klaas Meekma</b>	HB1	4:10.64	<b>4:21.80</b>
	rd	45 <b>Olivier Paping</b>	HB2	4:11.24	<b>4:29.04</b>
		<b>Klaas Meekma</b>		<b>Olivier Paping</b>	
		200m	19.85 (19,8)	200m	21.03 (21,0)
		600m	51.34 (31,5)	600m	53.03 (32,0)
		1000m	1:24.29 (32,9)	1000m	1:26.51 (33,5)
		1400m	1:58.18 (33,9)	1400m	2:01.32 (34,8)
		1800m	2:32.81 (34,7)	1800m	2:37.33 (36,0)
		2200m	3:08.32 (35,5)	2200m	3:13.92 (36,6)
		2600m	3:44.57 (36,2)	2600m	3:51.21 (37,3)
		3000m	4:21.80 (37,3)	3000m	4:29.04 (37,8)

		Naam	Cat	PR	Tijd Info
24	gl	32 <b>Niels d' Huy</b>	HB2	4:08.92	<b>4:16.13</b>

bl 76 **Gert Wierda** HB1 4:09.15 **4:09.93**

Niels d' Huy			Gert Wierda		
200m	20.07	(20,0)	200m	19.51	(19,5)
600m	51.08	(31,0)	600m	49.99	(30,4)
1000m	1:22.80	(31,8)	1000m	1:22.28	(32,3)
1400m	1:56.35	(33,5)	1400m	1:55.11	(32,9)
1800m	2:30.20	(33,9)	1800m	2:29.08	(33,9)
2200m	3:05.27	(35,0)	2200m	3:03.10	(34,1)
2600m	3:40.50	(35,3)	2600m	3:36.68	(33,5)
3000m	4:16.13	(35,6)	3000m	4:09.93	(33,3)

	Naam	Cat	PR	Tijd Info
25 wt	29 <b>Roy Hoogendoorn</b>	HB2	4:09.80	<b>4:17.75</b>
rd	15 <b>Daan van der Elst</b>	HB2	4:08.80	<b>4:15.09</b>

Roy Hoogendoorn			Daan van der Elst		
200m	20.30	(20,3)	200m	20.26	(20,2)
600m	52.78	(32,4)	600m	52.13	(31,9)
1000m	1:25.66	(32,9)	1000m	1:25.07	(32,9)
1400m	1:59.10	(33,5)	1400m	1:57.67	(32,6)
1800m	2:32.99	(33,8)	1800m	2:30.86	(33,2)
2200m	3:07.52	(34,6)	2200m	3:04.97	(34,1)
2600m	3:42.32	(34,8)	2600m	3:39.80	(34,9)
3000m	4:17.75	(35,4)	3000m	4:15.09	(35,2)

	Naam	Cat	PR	Tijd Info
26 gl	78 <b>Lars Woelders</b>	HB2	4:09.03	<b>4:17.26</b>
bl	50 <b>Rick de Ruijgt</b>	HB2	4:09.60	<b>4:20.64</b>

Lars Woelders			Rick de Ruijgt		
200m	19.92	(19,9)	200m	21.48	(21,4)
600m	51.95	(32,0)	600m	54.25	(32,8)
1000m	1:25.20	(33,3)	1000m	1:28.04	(33,8)
1400m	1:58.91	(33,7)	1400m	2:01.52	(33,5)
1800m	2:32.87	(33,9)	1800m	2:35.09	(33,5)
2200m	3:07.44	(34,6)	2200m	3:09.42	(34,4)
2600m	3:42.34	(34,9)	2600m	3:44.82	(35,4)
3000m	4:17.26	(34,9)	3000m	4:20.64	(35,8)

	Naam	Cat	PR	Tijd Info
27 wt	57 <b>Stan Springer</b>	HB2	4:04.15	<b>4:12.41</b>
rd	14 <b>Colin Duivenvoorden</b>	HB1	4:05.64	<b>4:12.46</b>

Stan Springer			Colin Duivenvoorden		
200m	19.68	(19,6)	200m	19.81	(19,8)
600m	51.34	(31,7)	600m	50.67	(30,8)
1000m	1:23.55	(32,2)	1000m	1:22.74	(32,1)
1400m	1:56.36	(32,8)	1400m	1:55.63	(32,9)
1800m	2:29.56	(33,2)	1800m	2:29.38	(33,7)
2200m	3:03.11	(33,6)	2200m	3:03.14	(33,8)
2600m	3:37.43	(34,3)	2600m	3:38.13	(35,0)
3000m	4:12.41	(35,0)	3000m	4:12.46	(34,3)

		Naam	Cat	PR	Tijd	Info
28	gl	16 <b>Chris Fredriks</b>	HB1	4:03.22	<b>4:10.50</b>	
	bl	66 <b>Kai in 't Veld</b>	HB2	3:57.74	<b>4:06.02</b>	
		<b>Chris Fredriks</b>				<b>Kai in 't Veld</b>
		200m	19.73 (19,7)	200m	19.90 (19,9)	
		600m	51.07 (31,3)	600m	50.52 (30,6)	
		1000m	1:22.64 (31,6)	1000m	1:21.67 (31,1)	
		1400m	1:55.48 (32,8)	1400m	1:53.40 (31,8)	
		1800m	2:28.23 (32,8)	1800m	2:25.72 (32,3)	
		2200m	3:01.55 (33,3)	2200m	2:58.39 (32,6)	
		2600m	3:36.05 (34,5)	2600m	3:31.78 (33,4)	
		3000m	4:10.50 (34,5)	3000m	4:06.02 (34,3)	

		Naam	Cat	PR	Tijd	Info
29	wt	58 <b>Daan Spruit</b>	HB2	4:02.60	<b>4:16.13</b>	
	rd	28 <b>David Holmes</b>	HB2	4:06.57	<b>4:14.76</b>	
		<b>Daan Spruit</b>				<b>David Holmes</b>
		200m	19.60 (19,6)	200m	20.54 (20,5)	
		600m	52.58 (32,9)	600m	54.08 (33,5)	
		1000m	1:25.95 (33,4)	1000m	1:28.23 (34,2)	
		1400m	1:59.86 (33,9)	1400m	2:01.69 (33,4)	
		1800m	2:33.66 (33,8)	1800m	2:35.34 (33,7)	
		2200m	3:07.64 (34,0)	2200m	3:09.10 (33,8)	
		2600m	3:41.71 (34,1)	2600m	3:42.59 (33,4)	
		3000m	4:16.13 (34,4)	3000m	4:14.76 (32,2)	

		Naam	Cat	PR	Tijd	Info
30	gl	53 <b>Remo Slotegraaf</b>	HB2	3:56.90	<b>4:02.13</b>	
	bl	73 <b>Stan van Vliet</b>	HB1	4:01.02	<b>4:08.46</b>	
		<b>Remo Slotegraaf</b>				<b>Stan van Vliet</b>
		200m	19.36 (19,3)	200m	19.66 (19,6)	
		600m	50.13 (30,8)	600m	50.03 (30,4)	
		1000m	1:21.89 (31,7)	1000m	1:22.55 (32,5)	
		1400m	1:53.81 (32,0)	1400m	1:55.16 (32,6)	
		1800m	2:25.62 (31,8)	1800m	2:28.14 (33,0)	
		2200m	2:57.56 (31,9)	2200m	3:01.38 (33,2)	
		2600m	3:29.57 (32,0)	2600m	3:34.93 (33,6)	
		3000m	4:02.13 (32,6)	3000m	4:08.46 (33,5)	

		Naam	Cat	PR	Tijd	Info
31	wt	37 <b>Olav Kooij</b>	HB2	4:00.31	<b>4:08.62</b>	
	rd	56 <b>Jesse Speijers</b>	HB2	4:01.33	<b>4:05.86</b>	
		<b>Olav Kooij</b>				<b>Jesse Speijers</b>
		200m	19.52 (19,5)	200m	19.40 (19,4)	
		600m	51.66 (32,1)	600m	49.99 (30,5)	
		1000m	1:24.06 (32,4)	1000m	1:21.75 (31,8)	
		1400m	1:56.46 (32,4)	1400m	1:54.04 (32,3)	

1800m	2:28.86	(32,4)	1800m	2:26.81	(32,8)
2200m	3:01.47	(32,6)	2200m	2:59.62	(32,8)
2600m	3:34.35	(32,9)	2600m	3:32.75	(33,1)
3000m	4:08.62	(34,3)	3000m	4:05.86	(33,1)

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		Naam	Cat	PR	Tijd	Info
32	gl	61 <b>Martijn Takens</b>	HB2	4:02.34	<b>4:09.26</b>	
	bl	64 <b>Wietse Tukkie</b>	HB2	4:01.64	<b>4:09.67</b>	
		<b>Martijn Takens</b>				
		200m	19.23	(19,2)		
		600m	50.33	(31,1)		
		1000m	1:22.90	(32,6)		
		1400m	1:56.05	(33,1)		
		1800m	2:28.72	(32,7)		
		2200m	3:02.03	(33,3)		
		2600m	3:35.49	(33,4)		
		3000m	4:09.26	(33,8)		
		<b>Wietse Tukkie</b>				
		200m	19.37	(19,3)		
		600m	50.89	(31,5)		
		1000m	1:22.96	(32,1)		
		1400m	1:55.13	(32,2)		
		1800m	2:28.48	(33,3)		
		2200m	3:01.98	(33,5)		
		2600m	3:35.97	(34,0)		
		3000m	4:09.67	(33,7)		

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# Landelijke selectie NK Junioren A en B 3000m

De Uithof - Den Haag

2 december 2018

## 3. Rituitslag Dames Junioren A 3000 meter

		Naam	Cat		PR	Tijd	Info
33	wt	80 <b>Kim Zuiver</b>	DA2		4:48.93	<b>4:52.95</b>	
	rd	31 <b>Quinty van Klink</b>	DA1		4:49.80	<b>4:56.89</b>	
		<u>Kim Zuiver</u>			<u>Quinty van Klink</u>		
		200m	23.04	(23,0)	200m	23.01	(23,0)
		600m	59.38	(36,3)	600m	59.71	(36,7)
		1000m	1:35.75	(36,4)	1000m	1:37.97	(38,2)
		1400m	2:13.47	(37,7)	1400m	2:16.88	(38,9)
		1800m	2:52.18	(38,7)	1800m	2:56.54	(39,7)
		2200m	3:31.97	(39,8)	2200m	3:36.33	(39,8)
		2600m	4:11.98	(40,0)	2600m	4:16.30	(40,0)
		3000m	4:52.95	(41,0)	3000m	4:56.89	(40,5)

		Naam	Cat		PR	Tijd	Info
34	gl	67 <b>Olin Verhoog</b>	DA1		4:46.26	<b>4:50.23</b>	
	bl	47 <b>Wieke olde Hanter</b>	DA2		4:42.05	<b>4:59.76</b>	
		<u>Olin Verhoog</u>			<u>Wieke olde Hanter</u>		
		200m	21.59	(21,5)	200m	23.06	(23,0)
		600m	56.47	(34,9)	600m	58.11	(35,1)
		1000m	1:33.30	(36,9)	1000m	1:34.58	(36,4)
		1400m	2:11.80	(38,5)	1400m	2:12.67	(38,1)
		1800m	2:50.99	(39,1)	1800m	2:52.29	(39,6)
		2200m	3:30.85	(39,9)	2200m	3:33.34	(41,1)
		2600m	4:10.67	(39,8)	2600m	4:15.78	(42,4)
		3000m	4:50.23	(39,6)	3000m	4:59.76	(44,0)

		Naam	Cat		PR	Tijd	Info
35	wt	33 <b>Evelieke Kool</b>	DA1		4:40.50	<b>4:47.99</b>	
	rd	53 <b>Verne Ros</b>	DA2		4:45.32	<b>4:56.33</b>	
		<u>Evelieke Kool</u>			<u>Verne Ros</u>		
		200m	22.04	(22,0)	200m	22.85	(22,8)
		600m	56.97	(34,9)	600m	59.67	(36,8)
		1000m	1:33.51	(36,6)	1000m	1:37.55	(37,9)
		1400m	2:10.89	(37,3)	1400m	2:15.93	(38,4)
		1800m	2:48.77	(37,9)	1800m	2:55.03	(39,1)
		2200m	3:27.66	(38,9)	2200m	3:34.69	(39,6)
		2600m	4:07.55	(39,9)	2600m	4:15.41	(40,8)
		3000m	4:47.99	(40,4)	3000m	4:56.33	(40,9)

		Naam	Cat		PR	Tijd	Info
36	gl	46 <b>Eva Olde Hampsink</b>	DA2		4:44.47	<b>4:49.62</b>	
	bl	26 <b>Romy de Jong</b>	DA1		4:45.82	<b>4:54.31</b>	
		<u>Eva Olde Hampsink</u>			<u>Romy de Jong</u>		
		200m	22.27	(22,2)	200m	22.54	(22,5)

600m	57.49	(35,2)	600m	57.54	(35,0)
1000m	1:33.81	(36,4)	1000m	1:33.50	(36,0)
1400m	2:11.45	(37,6)	1400m	2:10.25	(36,7)
1800m	2:49.90	(38,5)	1800m	2:48.41	(38,2)
2200m	3:29.13	(39,2)	2200m	3:28.77	(40,3)
2600m	4:09.07	(39,9)	2600m	4:10.81	(42,1)
3000m	4:49.62	(40,6)	3000m	4:54.31	(43,5)

		Naam	Cat	PR	Tijd Info		
37	wt	25 <b>Madelief de Jong</b>	DA2	4:35.12	<b>4:56.78</b>		
	rd	79 <b>Sosha Zuiderduin</b>	DA1	4:37.32	<b>4:45.75</b>		
<b>Madelief de Jong</b>			<b>Sosha Zuiderduin</b>				
		200m	22.47	(22,4)	200m	22.00	(22,0)
		600m	58.80	(36,4)	600m	56.59	(34,5)
		1000m	1:36.93	(38,1)	1000m	1:33.27	(36,7)
		1400m	2:16.43	(39,5)	1400m	2:10.98	(37,7)
		1800m	2:55.78	(39,3)	1800m	2:49.33	(38,4)
		2200m	3:35.67	(39,9)	2200m	3:27.85	(38,5)
		2600m	4:16.19	(40,5)	2600m	4:07.13	(39,3)
		3000m	4:56.78	(40,6)	3000m	4:45.75	(38,6)

		Naam	Cat	PR	Tijd Info		
38	gl	9 <b>Heleen Compier</b>	DA1	4:39.03	<b>4:55.34</b>		
	bl	19 <b>Inge de Heer</b>	DA1	4:35.47	<b>4:56.27</b>		
<b>Heleen Compier</b>			<b>Inge de Heer</b>				
		200m	23.28	(23,2)	200m	22.12	(22,1)
		600m	59.35	(36,1)	600m	57.82	(35,7)
		1000m	1:36.31	(37,0)	1000m	1:36.05	(38,2)
		1400m	2:14.71	(38,4)	1400m	2:14.65	(38,6)
		1800m	2:53.98	(39,2)	1800m	2:54.07	(39,4)
		2200m	3:33.91	(40,0)	2200m	3:34.24	(40,2)
		2600m	4:14.59	(40,6)	2600m	4:15.44	(41,2)
		3000m	4:55.34	(40,8)	3000m	4:56.27	(40,8)

		Naam	Cat	PR	Tijd Info		
39	wt	22 <b>Tessa Huttenhuis</b>	DA1	4:36.97	<b>4:45.43</b>		
	rd	20 <b>Dieke Hendriks</b>	DA2	4:36.83	<b>4:58.17</b>		
<b>Tessa Huttenhuis</b>			<b>Dieke Hendriks</b>				
		200m	21.41	(21,4)	200m	22.02	(22,0)
		600m	55.90	(34,5)	600m	56.87	(34,8)
		1000m	1:32.80	(36,9)	1000m	1:34.46	(37,6)
		1400m	2:10.74	(37,9)	1400m	2:13.02	(38,6)
		1800m	2:49.17	(38,4)	1800m	2:52.97	(39,9)
		2200m	3:27.78	(38,6)	2200m	3:34.31	(41,4)
		2600m	4:06.68	(38,9)	2600m	4:16.97	(42,6)
		3000m	4:45.43	(38,8)	3000m	4:58.17	(41,2)

		Naam	Cat	PR	Tijd Info
10	gl	72 <b>Ella van Vloten</b>	DA2	4:34.80	<b>4:45.85</b>

bl 37 Roos Markus DA1 4:30.14 4:35.22

**Ella van Vloten**

200m	22.36	(22,3)
600m	57.70	(35,4)
1000m	1:34.02	(36,3)
1400m	2:11.23	(37,2)
1800m	2:49.16	(37,9)
2200m	3:27.54	(38,4)
2600m	4:06.78	(39,2)
3000m	4:45.85	(39,1)

**Roos Markus**

200m	21.82	(21,8)
600m	55.98	(34,1)
1000m	1:30.88	(34,9)
1400m	2:06.31	(35,5)
1800m	2:42.53	(36,2)
2200m	3:19.34	(36,8)
2600m	3:57.02	(37,7)
3000m	4:35.22	(38,2)

	Naam	Cat	PR	Tijd Info
41	wt 58 Tessa Snoek	DA2	4:24.79	4:34.08
	rd 57 Amber Siegers	DA2	4:31.47	4:38.77

**Tessa Snoek**

200m	21.01	(21,0)
600m	55.00	(34,0)
1000m	1:30.42	(35,4)
1400m	2:06.44	(36,0)
1800m	2:42.93	(36,5)
2200m	3:19.88	(36,9)
2600m	3:57.07	(37,2)
3000m	4:34.08	(37,0)

**Amber Siegers**

200m	22.88	(22,8)
600m	58.00	(35,2)
1000m	1:33.66	(35,6)
1400m	2:09.39	(35,7)
1800m	2:45.83	(36,5)
2200m	3:22.61	(36,8)
2600m	4:00.45	(37,8)
3000m	4:38.77	(38,3)

	Naam	Cat	PR	Tijd Info
42	gl 1 Ruth Balvert	DA1	4:36.28	4:56.05
	bl 4 Janet Beers	DA2	4:28.03	4:38.33

**Ruth Balvert**

200m	21.43	(21,4)
600m	57.36	(35,9)
1000m	1:34.45	(37,1)
1400m	2:12.75	(38,3)
1800m	2:51.97	(39,2)
2200m	3:32.46	(40,5)
2600m	4:14.03	(41,6)
3000m	4:56.05	(42,0)

**Janet Beers**

200m	21.92	(21,9)
600m	56.84	(34,9)
1000m	1:33.16	(36,3)
1400m	2:09.44	(36,3)
1800m	2:45.86	(36,4)
2200m	3:22.95	(37,1)
2600m	4:00.66	(37,7)
3000m	4:38.33	(37,7)

	Naam	Cat	PR	Tijd Info
43	wt rd 65 Eva van Til	DA2	4:24.89	4:34.97

**Eva van Til**

m		
200m	21.30	(21,3)
600m	54.15	(32,8)
1000m	1:29.27	(35,1)
1400m	2:05.50	(36,3)
1800m	2:42.20	(36,7)
2200m	3:19.13	(36,9)
2600m	3:56.63	(37,5)
3000m	4:34.97	(38,3)



		Naam	Cat	PR	Tijd	Info
44	gl	28 <b>Emma Kant</b>	DA1	4:32.29	<b>4:51.59</b>	
	bl	27 <b>Luna Jonkers</b>	DA2	4:21.09	<b>4:41.70</b>	
		<b>Emma Kant</b>				<b>Luna Jonkers</b>
		200m	20.97 (20,9)	200m	22.68 (22,6)	
		600m	54.47 (33,5)	600m	57.72 (35,1)	
		1000m	1:29.23 (34,8)	1000m	1:33.74 (36,0)	
		1400m	2:06.24 (37,0)	1400m	2:09.91 (36,2)	
		1800m	2:45.05 (38,8)	1800m	2:46.89 (36,9)	
		2200m	3:25.90 (40,9)	2200m	3:24.40 (37,6)	
		2600m	4:08.15 (42,2)	2600m	4:02.75 (38,3)	
		3000m	4:51.59 (43,4)	3000m	4:41.70 (39,0)	

		Naam	Cat	PR	Tijd	Info
45	wt	51 <b>Brit Qualm</b>	DA1	4:33.02	<b>4:46.92</b>	FL
	rd	61 <b>Kim Talsma</b>	DA1	4:16.02	<b>4:38.75</b>	
		<b>Brit Qualm</b>				<b>Kim Talsma</b>
		200m	21.08 (21,0)	200m	21.28 (21,2)	
		600m	55.78 (34,7)	600m	55.45 (34,2)	
		1000m	1:31.56 (35,8)	1000m	1:31.52 (36,1)	
		1400m	2:08.40 (36,9)	1400m	2:08.32 (36,8)	
		1800m	2:45.46 (37,0)	1800m	2:45.53 (37,2)	
		2200m	3:23.11 (37,7)	2200m	3:23.16 (37,6)	
		2600m	4:01.23 (38,1)	2600m	4:01.25 (38,1)	
		3000m	4:46.92 (45,7)	3000m	4:38.75 (37,5)	

		Naam	Cat	PR	Tijd	Info
46	gl	64 <b>Lidia Tempert</b>	DA1	4:30.58	<b>4:39.90</b>	
	bl	14 <b>Marieke Driesprong</b>	DA2	4:23.63	<b>4:37.09</b>	
		<b>Lidia Tempert</b>				<b>Marieke Driesprong</b>
		200m	21.51 (21,5)	200m	21.82 (21,8)	
		600m	56.39 (34,8)	600m	55.97 (34,1)	
		1000m	1:32.38 (36,0)	1000m	1:31.31 (35,4)	
		1400m	2:09.13 (36,8)	1400m	2:07.27 (35,9)	
		1800m	2:46.23 (37,1)	1800m	2:43.72 (36,5)	
		2200m	3:23.78 (37,5)	2200m	3:20.93 (37,2)	
		2600m	4:01.63 (37,9)	2600m	3:58.84 (37,9)	
		3000m	4:39.90 (38,3)	3000m	4:37.09 (38,2)	

		Naam	Cat	PR	Tijd	Info
47	wt	45 <b>Hilde Noppert</b>	DA1	4:26.62	<b>4:39.46</b>	
	rd	73 <b>Eline van Voorden</b>	DA1	4:24.45	<b>4:31.38</b>	
		<b>Hilde Noppert</b>				<b>Eline van Voorden</b>
		200m	20.94 (20,9)	200m	20.54 (20,5)	
		600m	54.65 (33,7)	600m	53.03 (32,5)	
		1000m	1:30.09 (35,4)	1000m	1:27.26 (34,2)	
		1400m	2:06.53 (36,5)	1400m	2:02.50 (35,3)	

1800m	2:43.94	(37,4)	1800m	2:38.75	(36,2)
2200m	3:22.37	(38,4)	2200m	3:15.64	(36,9)
2600m	4:01.05	(38,7)	2600m	3:53.31	(37,7)
3000m	4:39.46	(38,4)	3000m	4:31.38	(38,0)

		Naam	Cat	PR	Tijd	Info
48	gl	69 Maaïke Verweij	DA1	4:27.85	<b>4:37.14</b>	
	bl	41 Isa Merkuur	DA2	4:30.23	<b>4:46.62</b>	
		<b>Maaïke Verweij</b>				
		200m	22.63	(22,6)		
		600m	57.41	(34,8)		
		1000m	1:32.75	(35,3)		
		1400m	2:08.71	(36,0)		
		1800m	2:44.98	(36,2)		
		2200m	3:21.84	(36,9)		
		2600m	3:59.47	(37,6)		
		3000m	4:37.14	(37,7)		
		<b>Isa Merkuur</b>				
		200m	21.81	(21,8)		
		600m	56.27	(34,4)		
		1000m	1:32.67	(36,4)		
		1400m	2:09.53	(36,9)		
		1800m	2:47.07	(37,5)		
		2200m	3:25.90	(38,9)		
		2600m	4:06.84	(40,9)		
		3000m	4:46.62	(39,8)		

# Landelijke selectie NK Junioren A en B 3000m

De Uithof - Den Haag

2 december 2018

## 4. Uitslag Heren Junioren A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	77 Teun de Wit	HA2	62	I	4:03.33	
2	33 Ivar Immerzeel	HA1	64	O	4:05.18	
3	72 Harm Visser	HA1	63	I	4:05.21	
4	55 Beau Snellink	HA1	59	O	4:05.39	
5	17 Daan Gelling	HA1	62	O	4:06.28	
6	7 Bram Cohen	HA2	60	I	4:08.26	
7	71 Max Visscher	HA2	64	I	4:08.46	
8	52 Bart Segers	HA1	55	I	4:09.12	
9	5 Ids Bouma	HA1	61	O	4:09.52	
10	24 Tom den Heijer	HA2	59	I	4:09.90	
11	12 Mike Dogterom	HA2	58	I	4:11.36	
12	13 Caspar Douma	HA2	57	I	4:12.04	
13	38 Remco Langemaire	HA1	61	I	4:12.87	
14	70 Watse Vermaning	HA2	54	O	4:13.60 HT	
15	9 Jornt Dijk	HA1	54	I	4:14.27 HT	
16	25 Lasse Hiddink	HA1	56	I	4:14.81 HT	
17	44 Lars Mengerink	HA1	58	O	4:14.90	
18	27 Wesley Hollenberg	HA2	63	O	4:15.03	
19	30 Cas Hoorneman	HA1	55	O	4:15.51 HT	
20	69 Pim Verhagen	HA2	53	O	4:15.56	
21	63 Jans Tigelaar	HA1	50	O	4:15.64	
22	18 Gerben Gerbrandij	HA2	51	I	4:16.64	
23	6 Jitse Breeuwsma	HA1	53	I	4:17.15 HT	
24	21 Max de Graaf	HA1	50	I	4:20.09	
25	35 Jesper de Jong	HA1	52	O	4:20.56	
26	48 Ruben van Randeraat	HA1	52	I	4:21.23	
27	34 Matthijs Janssen	HA1	56	O	4:21.43 HT	
28	3 Melvin van Beuzekom	HA2	51	O	4:24.16	
29	2 Lars van Bommel	HA2	49	I	4:32.97	
	20 Willem van der Goes	HA1	57	O	DQ	
	75 Hugo van der Wel	HA1	60	O	DNS	

# Landelijke selectie NK Junioren A en B 3000m

De Uithof - Den Haag

2 december 2018

## 4. Rituitslag Heren Junioren A 3000 meter

		Naam	Cat		PR	Tijd	Info
49	wt	2 <b>Lars van Bommel</b>	HA2		4:14.52	<b>4:32.97</b>	
	rd						
		<b>Lars van Bommel</b>					
		200m	19.59	(19,5)			m
		600m	51.43	(31,9)			
		1000m	1:26.02	(34,6)			
		1400m	2:01.72	(35,7)			
		1800m	2:38.44	(36,7)			
		2200m	3:16.08	(37,6)			
		2600m	3:54.58	(38,5)			
		3000m	4:32.97	(38,4)			

		Naam	Cat		PR	Tijd	Info
50	gl	21 <b>Max de Graaf</b>	HA1		4:11.48	<b>4:20.09</b>	
	bl	63 <b>Jans Tigelaar</b>	HA1		4:12.27	<b>4:15.64</b>	
		<b>Max de Graaf</b>			<b>Jans Tigelaar</b>		
		200m	19.58	(19,5)	200m	20.20	(20,2)
		600m	51.55	(32,0)	600m	51.72	(31,5)
		1000m	1:24.19	(32,6)	1000m	1:24.10	(32,4)
		1400m	1:57.39	(33,2)	1400m	1:57.00	(32,9)
		1800m	2:31.30	(34,0)	1800m	2:30.68	(33,6)
		2200m	3:06.10	(34,8)	2200m	3:04.75	(34,1)
		2600m	3:42.40	(36,3)	2600m	3:39.61	(34,9)
		3000m	4:20.09	(37,6)	3000m	4:15.64	(36,0)

		Naam	Cat		PR	Tijd	Info
51	wt	18 <b>Gerben Gerbrandij</b>	HA2		4:06.40	<b>4:16.64</b>	
	rd	3 <b>Melvin van Beuzekom</b>	HA2		4:09.57	<b>4:24.16</b>	
		<b>Gerben Gerbrandij</b>			<b>Melvin van Beuzekom</b>		
		200m	20.11	(20,1)	200m	20.89	(20,8)
		600m	51.75	(31,6)	600m	52.86	(32,0)
		1000m	1:24.00	(32,3)	1000m	1:25.77	(32,9)
		1400m	1:57.03	(33,0)	1400m	1:59.29	(33,5)
		1800m	2:31.19	(34,1)	1800m	2:33.49	(34,2)
		2200m	3:05.96	(34,8)	2200m	3:09.23	(35,8)
		2600m	3:41.11	(35,2)	2600m	3:45.97	(36,7)
		3000m	4:16.64	(35,5)	3000m	4:24.16	(38,2)

		Naam	Cat		PR	Tijd	Info
52	gl	48 <b>Ruben van Randeraat</b>	HA1		4:13.37	<b>4:21.23</b>	
	bl	35 <b>Jesper de Jong</b>	HA1		4:06.93	<b>4:20.56</b>	
		<b>Ruben van Randeraat</b>			<b>Jesper de Jong</b>		
		200m	19.87	(19,8)	200m	19.86	(19,8)

600m	51.68	(31,8)	600m	51.09	(31,2)
1000m	1:24.33	(32,7)	1000m	1:23.76	(32,7)
1400m	1:58.16	(33,8)	1400m	1:56.94	(33,2)
1800m	2:32.70	(34,6)	1800m	2:31.61	(34,7)
2200m	3:08.33	(35,6)	2200m	3:07.17	(35,5)
2600m	3:44.41	(36,1)	2600m	3:43.82	(36,7)
3000m	4:21.23	(36,8)	3000m	4:20.56	(36,7)

		Naam	Cat	PR	Tijd	Info
53	wt	6 <b>Jitse Breeuwsma</b>	HA1	4:07.19	<b>4:17.15</b>	HT
	rd	69 <b>Pim Verhagen</b>	HA2	4:08.74	<b>4:15.56</b>	
		<u>Jitse Breeuwsma</u>		<u>Pim Verhagen</u>		
		200m 4:17.15 (257,1)		200m 51.49 (51,4)		
				600m 1:24.64 (33,2)		
				1000m 1:57.97 (33,3)		
				1400m 2:20.78 (22,8)		
				1800m 2:43.59 (22,8)		
				2200m 3:06.41 (22,9)		
				2600m 3:58.46 (52,0)		
				3000m 4:15.56 (17,1)		

		Naam	Cat	PR	Tijd	Info
54	gl	9 <b>Jornt Dijk</b>	HA1	4:08.46	<b>4:14.27</b>	HT
	bl	70 <b>Watse Vermaning</b>	HA2	4:08.64	<b>4:13.60</b>	HT
		<u>Jornt Dijk</u>		<u>Watse Vermaning</u>		
		200m 4:14.27 (254,2)		200m 4:13.60 (253,6)		

		Naam	Cat	PR	Tijd	Info
55	wt	52 <b>Bart Segers</b>	HA1	4:03.84	<b>4:09.12</b>	
	rd	30 <b>Cas Hoorneman</b>	HA1	4:09.83	<b>4:15.51</b>	HT
		<u>Bart Segers</u>		<u>Cas Hoorneman</u>		
		200m 4:09.12 (249,1)		200m 4:15.51 (255,5)		

		Naam	Cat	PR	Tijd	Info
56	gl	25 <b>Lasse Hiddink</b>	HA1	4:05.64	<b>4:14.81</b>	HT
	bl	34 <b>Matthijs Janssen</b>	HA1	4:04.76	<b>4:21.43</b>	HT
		<u>Lasse Hiddink</u>		<u>Matthijs Janssen</u>		
		200m 4:14.81 (254,8)		200m 4:21.43 (261,4)		

		Naam	Cat	PR	Tijd	Info
57	wt	13 <b>Caspar Douma</b>	HA2	4:08.38	<b>4:12.04</b>	
	rd	20 <b>Willem van der Goes</b>	HA1	4:05.40	<b>DQ</b>	
		<u>Caspar Douma</u>		<u>Willem van der Goes</u>		
		200m 20.48 (20,4)				
		600m 51.93 (31,5)				
		1000m 1:24.19 (32,2)				
		1400m 1:57.38 (33,2)				
		1800m 2:30.28 (32,9)				

2200m	3:03.75	(33,5)
2600m	3:37.62	(33,9)
3000m	4:12.04	(34,4)

		Naam	Cat	PR	Tijd Info
58	gl	12 <b>Mike Dogterom</b>	HA2	4:00.93	<b>4:11.36</b>
	bl	44 <b>Lars Mengerink</b>	HA1	4:07.23	<b>4:14.90</b>
		<b>Mike Dogterom</b>		<b>Lars Mengerink</b>	
		200m 20.08 (20,0)		200m 20.28 (20,2)	
		600m 52.47 (32,4)		600m 52.27 (32,0)	
		1000m 1:24.74 (32,3)		1000m 1:25.29 (33,0)	
		1400m 1:57.32 (32,6)		1400m 1:58.30 (33,1)	
		1800m 2:29.98 (32,6)		1800m 2:31.54 (33,2)	
		2200m 3:02.94 (33,0)		2200m 3:05.37 (33,8)	
		2600m 3:36.59 (33,6)		2600m 3:39.75 (34,4)	
		3000m 4:11.36 (34,8)		3000m 4:14.90 (35,2)	

		Naam	Cat	PR	Tijd Info
59	wt	24 <b>Tom den Heijer</b>	HA2	4:01.46	<b>4:09.90</b>
	rd	55 <b>Beau Snellink</b>	HA1	3:59.84	<b>4:05.39</b>
		<b>Tom den Heijer</b>		<b>Beau Snellink</b>	
		200m 19.86 (19,8)		200m 20.57 (20,5)	
		600m 51.20 (31,4)		600m 51.51 (31,0)	
		1000m 1:22.83 (31,6)		1000m 1:22.66 (31,1)	
		1400m 1:55.18 (32,3)		1400m 1:54.27 (31,6)	
		1800m 2:28.16 (33,0)		1800m 2:26.12 (31,9)	
		2200m 3:01.29 (33,1)		2200m 2:58.70 (32,6)	
		2600m 3:35.30 (34,1)		2600m 3:31.74 (33,0)	
		3000m 4:09.90 (34,6)		3000m 4:05.39 (33,6)	

		Naam	Cat	PR	Tijd Info
60	gl	7 <b>Bram Cohen</b>	HA2	3:55.24	<b>4:08.26</b>
	bl	75 <b>Hugo van der Wel</b>	HA1	4:01.78	<b>DNS</b>
		<b>Bram Cohen</b>		<b>Hugo van der Wel</b>	
		200m 19.88 (19,8)			
		600m 51.33 (31,5)			
		1000m 1:23.44 (32,1)			
		1400m 1:55.50 (32,1)			
		1800m 2:28.08 (32,5)			
		2200m 3:01.06 (33,0)			
		2600m 3:34.57 (33,5)			
		3000m 4:08.26 (33,7)			

		Naam	Cat	PR	Tijd Info
61	wt	38 <b>Remco Langemaire</b>	HA1	4:01.55	<b>4:12.87</b>
	rd	5 <b>Ids Bouma</b>	HA1	4:04.76	<b>4:09.52</b>
		<b>Remco Langemaire</b>		<b>Ids Bouma</b>	
		200m 19.88 (19,8)		200m 20.59 (20,5)	

600m	51.33	(31,5)	600m	51.95	(31,4)
1000m	1:23.04	(31,7)	1000m	1:24.00	(32,1)
1400m	1:55.65	(32,6)	1400m	1:56.13	(32,1)
1800m	2:28.61	(33,0)	1800m	2:28.83	(32,7)
2200m	3:02.57	(33,9)	2200m	3:01.77	(32,9)
2600m	3:37.04	(34,5)	2600m	3:35.34	(33,6)
3000m	4:12.87	(35,8)	3000m	4:09.52	(34,2)

		Naam		Cat		PR	Tijd	Info
62	gl	77	<b>Teun de Wit</b>		HA2	3:52.26	<b>4:03.33</b>	
	bl	17	<b>Daan Gelling</b>		HA1	3:56.74	<b>4:06.28</b>	
		<b>Teun de Wit</b>			<b>Daan Gelling</b>			
		200m	19.51	(19,5)	200m	19.65	(19,6)	
		600m	50.70	(31,2)	600m	50.54	(30,9)	
		1000m	1:21.53	(30,8)	1000m	1:21.93	(31,4)	
		1400m	1:53.27	(31,7)	1400m	1:53.60	(31,7)	
		1800m	2:24.72	(31,5)	1800m	2:25.89	(32,2)	
		2200m	2:57.15	(32,4)	2200m	2:58.67	(32,8)	
		2600m	3:30.03	(32,9)	2600m	3:32.15	(33,5)	
		3000m	4:03.33	(33,3)	3000m	4:06.28	(34,1)	

		Naam		Cat		PR	Tijd	Info
63	wt	72	<b>Harm Visser</b>		HA1	3:56.12	<b>4:05.21</b>	
	rd	27	<b>Wesley Hollenberg</b>		HA2	3:58.39	<b>4:15.03</b>	
		<b>Harm Visser</b>			<b>Wesley Hollenberg</b>			
		200m	18.93	(18,9)	200m	20.63	(20,6)	
		600m	49.59	(30,6)	600m	52.87	(32,2)	
		1000m	1:21.20	(31,7)	1000m	1:25.69	(32,8)	
		1400m	1:53.08	(31,8)	1400m	1:58.79	(33,1)	
		1800m	2:25.37	(32,3)	1800m	2:32.03	(33,3)	
		2200m	2:58.15	(32,8)	2200m	3:05.73	(33,7)	
		2600m	3:31.42	(33,3)	2600m	3:40.30	(34,6)	
		3000m	4:05.21	(33,8)	3000m	4:15.03	(34,7)	

		Naam		Cat		PR	Tijd	Info
64	gl	71	<b>Max Visscher</b>		HA2	3:52.87	<b>4:08.46</b>	
	bl	33	<b>Ivar Immerzeel</b>		HA1	3:59.51	<b>4:05.18</b>	
		<b>Max Visscher</b>			<b>Ivar Immerzeel</b>			
		200m	20.08	(20,0)	200m	20.31	(20,3)	
		600m	51.38	(31,3)	600m	52.29	(31,9)	
		1000m	1:23.15	(31,8)	1000m	1:24.18	(31,9)	
		1400m	1:55.87	(32,7)	1400m	1:56.03	(31,9)	
		1800m	2:28.07	(32,2)	1800m	2:27.90	(31,9)	
		2200m	3:00.86	(32,8)	2200m	2:59.76	(31,8)	
		2600m	3:34.06	(33,2)	2600m	3:32.36	(32,6)	
		3000m	4:08.46	(34,4)	3000m	4:05.18	(32,8)	