



# Rabo Holland Cup-Gruno Bokaal Zilveren Schaats

Kardinge - Groningen  
8 en 9 december 2018



## 1. Uitslag Dames 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	1 Aveline Hijckema	DN4	8	I	41.02	
2	22 Marit Steunenbergh	DN2	4	I	41.30 PR	
3	21 Muriël Meijer	DN1	8	O	41.32	
4	42 Esther Kiel	DN3	9	O	41.34	
5	51 Ariane Smit	DN3	7	O	41.81	
6	52 Sandra Dekker	DN1	7	I	41.83	
7	69 Roos Markus	DA1	4	O	41.85 PR	
8	72 Myrte Sandu	DN2	6	I	42.19	
9	43 Naomi van der Werf	DN1	5	O	42.28	
10	41 Femke Markus	DN3	1	I	42.47	
11	70 Isa Merkuur	DA2	6	O	42.62	
12	73 Renata Velthuisen	DSA	3	O	42.89	
13	75 Sanne van Duijnhoven	DA1	3	I	43.23 PR	
14	2 Sterre Jonkers	DN1	5	I	43.33	
15	23 Britt de Boer	DN1	2	I	43.42	
16	11 Tessa Oudman	DA2	9	I	43.54	
17	74 Robin van Leeuwen	DN3	2	O	44.29	



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## 1. Rituitslag Dames 500 meter

		Naam	Cat	PR	Tijd	Info	
1	wt	41 Femke Markus	DN3	41.01	42.47		
	rd						
		<u>Femke Markus</u>					
		100m	11.86 (11,8)		m		
		500m	42.47 (30,6)				
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		Naam	Cat	PR	Tijd	Info	
2	wt	23 Britt de Boer	DN1	42.42	43.42		
	rd	74 Robin van Leeuwen	DN3	42.54	44.29		
		<u>Britt de Boer</u>					
		100m	12.06 (12,0)		100m	12.17 (12,1)	
		500m	43.42 (31,4)		500m	44.29 (32,1)	
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		Naam	Cat	PR	Tijd	Info	
3	wt	75 Sanne van Duijnhoven	DA1	43.31	43.23	PR	
	rd	73 Renata Velthuisen	DSA	41.54	42.89		
		<u>Sanne van Duijnhoven</u>					
		100m	11.84 (11,8)		100m	11.84 (11,8)	
		500m	43.23 (31,4)		500m	42.89 (31,0)	
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		Naam	Cat	PR	Tijd	Info	
4	wt	22 Marit Steunenberg	DN2	41.41	41.30	PR	
	rd	69 Roos Markus	DA1	41.93	41.85	PR	
		<u>Marit Steunenberg</u>					
		100m	11.43 (11,4)		100m	11.63 (11,6)	
		500m	41.30 (29,9)		500m	41.85 (30,2)	
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		Naam	Cat	PR	Tijd	Info	
5	wt	2 Sterre Jonkers	DN1	41.95	43.33		
	rd	43 Naomi van der Werf	DN1	41.48	42.28		
		<u>Sterre Jonkers</u>					
		100m	11.96 (11,9)		100m	11.59 (11,5)	
		500m	43.33 (31,4)		500m	42.28 (30,7)	
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		Naam	Cat	PR	Tijd	Info	
6	wt	72 Myrte Sandu	DN2	41.54	42.19		
	rd	70 Isa Merkuur	DA2	42.53	42.62		
		<u>Myrte Sandu</u>					
		100m	11.54 (11,5)		100m	11.84 (11,8)	
		500m	42.19 (30,6)		500m	42.62 (30,8)	
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		Naam	Cat	PR	Tijd	Info	
7	wt	52 Sandra Dekker	DN1	41.27	41.83		
	rd	51 Ariane Smit	DN3	40.80	41.81		
		<u>Sandra Dekker</u>					
		100m	11.81 (11,8)		100m	11.50 (11,5)	





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## 2. Uitslag Heren 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	5 Thomas Geerdinck	HN4	16	O	36.72	
2	6 Tjerk de Boer	HN1	7	I	37.04	
3	47 Gerwin Colje	HSA	12	I	37.52	
4	78 Jort Boomhouwer	HN1	13	O	37.61	
5	56 Casper Martens	HSA	15	I	37.78	
6	55 Jorick Duijzer	HN2	7	O	37.93	
7	46 Victor Ramler	HN3	2	I	38.13	
8	85 Fausto Hubner	HN2	11	I	38.17	
9	45 Jeroen Janissen	HN2	10	O	38.27	
10	86 Sjoerd Kleinhuis	HSA	15	O	38.30	
11	82 Luc Heine	HN2	11	O	38.43	
12	84 Wesley Hollenberg	HA2	10	I	38.55	
13	90 Wiebe Stassen	HN3	8	O	38.61	
14	25 Vincent Oudshoorn	HN4	14	I	38.64	
15	81 Joeri Groot	HSA	9	O	38.73	
16	80 Homme Jan de Groot	HN1	5	O	38.80	
17	26 Lasse Hiddink	HA1	9	I	38.84	
18	87 Joes Klijnssoon	HN2	6	O	38.87	
19	77 Berend Bervoets	HN1	12	O	38.98	
20	57 Joris Brink	HN1	2	O	39.14	
21	15 Lex Dijkstra	HN4	14	O	39.15	
22	88 Jeffrey Kors	HN4	13	I	39.20	
23	92 Olav Zuidert	HSA	4	O	39.21	
24	89 André Los	HSA	8	I	39.26	
25	79 Nino van Dijk	HN2	5	I	39.32	
26	93 Sam Kramer	HN1	4	I	39.61	
27	91 Bart Valentijn	HN1	3	O	39.66	
28	7 Marwin Talsma	HN2	3	I	39.92	
29	37 Robert Braam	H40	16	I	40.70	
30	83 Rick van Hemert	HSB	1	I	40.91	
31	36 Mark Ooijevaar	HSB	6	I	41.73	



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## 2. Rituitslag Heren 500 meter

		Naam	Cat	PR	Tijd	Info	
1	wt	83 Rick van Hemert	HSB	38.18	40.91		
	rd						
		<u>Rick van Hemert</u>					
		100m	11.48 (11,4)		m		
		500m	40.91 (29,5)				
<hr/>							
2	wt	46 Victor Ramler	HN3	37.51	38.13		
	rd	57 Joris Brink	HN1	38.52	39.14		
		<u>Victor Ramler</u>				<u>Joris Brink</u>	
		100m	10.53 (10,5)		100m	10.86 (10,8)	
		500m	38.13 (27,6)		500m	39.14 (28,3)	
<hr/>							
3	wt	7 Marwin Talsma	HN2	39.04	39.92		
	rd	91 Bart Valentijn	HN1	39.43	39.66		
		<u>Marwin Talsma</u>				<u>Bart Valentijn</u>	
		100m	11.26 (11,2)		100m	10.83 (10,8)	
		500m	39.92 (28,7)		500m	39.66 (28,8)	
<hr/>							
4	wt	93 Sam Kramer	HN1	38.85	39.61		
	rd	92 Olav Zuidert	HSA	38.58	39.21		
		<u>Sam Kramer</u>				<u>Olav Zuidert</u>	
		100m	11.05 (11,0)		100m	10.97 (10,9)	
		500m	39.61 (28,6)		500m	39.21 (28,3)	
<hr/>							
5	wt	79 Nino van Dijk	HN2	38.43	39.32		
	rd	80 Homme Jan de Groot	HN1	38.51	38.80		
		<u>Nino van Dijk</u>				<u>Homme Jan de Groot</u>	
		100m	10.94 (10,9)		100m	10.86 (10,8)	
		500m	39.32 (28,4)		500m	38.80 (28,0)	
<hr/>							
6	wt	36 Mark Ooijevaar	HSB	39.43	41.73		
	rd	87 Joes Klijnsoon	HN2	37.89	38.87		
		<u>Mark Ooijevaar</u>				<u>Joes Klijnsoon</u>	
		100m	11.78 (11,7)		100m	10.90 (10,9)	
		500m	41.73 (30,0)		500m	38.87 (27,9)	
<hr/>							
7	wt	6 Tjerk de Boer	HN1	36.19	37.04		
	rd	55 Jorick Duijzer	HN2	37.74	37.93		
		<u>Tjerk de Boer</u>				<u>Jorick Duijzer</u>	
		100m	10.28 (10,2)		100m	10.55 (10,5)	



		Naam		Cat		PR	Tijd	Info
15	wt	56	<b>Casper Martens</b>		HSA	37.69	<b>37.78</b>	
	rd	86	<b>Sjoerd Kleinhuis</b>		HSA	37.73	<b>38.30</b>	
		<b>Casper Martens</b>			<b>Sjoerd Kleinhuis</b>			
		100m	10.33	(10,3)	100m	10.61	(10,6)	
		500m	37.78	(27,4)	500m	38.30	(27,7)	

		Naam		Cat		PR	Tijd	Info
16	wt	37	<b>Robert Braam</b>		H40	37.32	<b>40.70</b>	
	rd	5	<b>Thomas Geerdinck</b>		HN4	36.13	<b>36.72</b>	
		<b>Robert Braam</b>			<b>Thomas Geerdinck</b>			
		100m	11.23	(11,2)	100m	10.21	(10,2)	
		500m	40.70	(29,5)	500m	36.72	(26,5)	



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## 3. Uitslag Dames 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	42 Esther Kiel	DN3	8	I	4:15.36	
2	1 Aveline Hijlkema	DN4	9	I	4:21.26	
3	41 Femke Markus	DN3	5	I	4:22.03	
4	69 Roos Markus	DA1	5	O	4:26.09 PR	
5	2 Sterre Jonkers	DN1	6	I	4:26.66	
6	21 Muriël Meijer	DN1	8	O	4:28.23	
7	52 Sandra Dekker	DN1	10	O	4:29.61	
8	22 Marit Steunenberg	DN2	7	I	4:31.44	
9	43 Naomi van der Werf	DN1	4	O	4:31.75	
10	51 Ariane Smit	DN3	9	O	4:31.78	
11	70 Isa Merkuur	DA2	6	O	4:33.68	
12	74 Robin van Leeuwen	DN3	7	O	4:40.85	
13	23 Britt de Boer	DN1	3	I	4:42.92	
14	72 Myrte Sandu	DN2	3	O	4:43.70	
15	73 Renata Velthuisen	DSA	1	I	4:50.78	
16	75 Sanne van Duijnhoven	DA1	4	I	4:58.27	
17	11 Tessa Oudman	DA2	10	I	5:00.88	





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## 3. Rituitslag Dames 3000 meter

		Naam	Cat	PR	Tijd Info
1	wt rd	73 <b>Renata Velthuijsen</b>	DSA	4:42.87	<b>4:50.78</b>
		<b>Renata Velthuijsen</b>			
		200m 21.43 (21,4)			m
		600m 56.59 (35,1)			
		1000m 1:33.38 (36,8)			
		1400m 2:11.04 (37,7)			
		1800m 2:50.11 (39,1)			
		2200m 3:29.91 (39,8)			
		2600m 4:10.46 (40,5)			
		3000m 4:50.78 (40,3)			
		Naam	Cat	PR	Tijd Info
2	gl bl				
		m			m
		Naam	Cat	PR	Tijd Info
3	wt rd	23 <b>Britt de Boer</b>	DN1	4:36.33	<b>4:42.92</b>
		72 <b>Myrte Sandu</b>	DN2	4:36.44	<b>4:43.70</b>
		<b>Britt de Boer</b>			
		200m 21.79 (21,7)			
		600m 56.89 (35,1)			
		1000m 1:32.47 (35,6)			
		1400m 2:09.34 (36,9)			
		1800m 2:47.61 (38,3)			
		2200m 3:26.31 (38,7)			
		2600m 4:05.42 (39,1)			
		3000m 4:42.92 (37,5)			
		<b>Myrte Sandu</b>			
		200m 21.91 (21,9)			
		600m 56.19 (34,2)			
		1000m 1:31.92 (35,8)			
		1400m 2:08.04 (36,1)			
		1800m 2:45.43 (37,4)			
		2200m 3:24.52 (39,1)			
		2600m 4:04.94 (40,4)			
		3000m 4:43.70 (38,8)			
		Naam	Cat	PR	Tijd Info
4	gl bl	75 <b>Sanne van Duijnhoven</b>	DA1	4:57.81	<b>4:58.27</b>
		43 <b>Naomi van der Werf</b>	DN1	4:31.08	<b>4:31.75</b>
		<b>Sanne van Duijnhoven</b>			
		200m 21.83 (21,8)			
		600m 57.09 (35,2)			
		1000m 1:35.54 (38,5)			
		1400m 2:15.59 (40,0)			
		1800m 2:56.04 (40,5)			
		2200m 3:36.70 (40,7)			
		2600m 4:17.54 (40,8)			
		3000m 4:58.27 (40,7)			
		<b>Naomi van der Werf</b>			
		200m 21.36 (21,3)			
		600m 54.75 (33,4)			
		1000m 1:28.81 (34,1)			
		1400m 2:03.76 (34,9)			
		1800m 2:39.64 (35,9)			
		2200m 3:16.08 (36,4)			
		2600m 3:53.42 (37,4)			
		3000m 4:31.75 (38,3)			
		Naam	Cat	PR	Tijd Info
5	wt rd	41 <b>Femke Markus</b>	DN3	4:11.60	<b>4:22.03</b>
		69 <b>Roos Markus</b>	DA1	4:30.14	<b>4:26.09</b> PR

Femke Markus			Roos Markus		
200m	21.03	(21,0)	200m	21.44	(21,4)
600m	54.16	(33,1)	600m	54.65	(33,2)
1000m	1:28.05	(33,9)	1000m	1:28.84	(34,2)
1400m	2:01.69	(33,6)	1400m	2:03.02	(34,2)
1800m	2:35.73	(34,1)	1800m	2:37.89	(34,8)
2200m	3:10.64	(34,9)	2200m	3:13.20	(35,4)
2600m	3:46.03	(35,4)	2600m	3:49.37	(36,1)
3000m	4:22.03	(36,0)	3000m	4:26.09	(36,7)

	Naam	Cat	PR	Tijd Info
6	gl 2 <b>Sterre Jonkers</b>	DN1	4:07.69	<b>4:26.66</b>
	bl 70 <b>Isa Merkuur</b>	DA2	4:30.23	<b>4:33.68</b>

Sterre Jonkers			Isa Merkuur		
200m	21.64	(21,6)	200m	22.21	(22,2)
600m	54.93	(33,3)	600m	56.41	(34,2)
1000m	1:28.70	(33,8)	1000m	1:31.27	(34,8)
1400m	2:03.06	(34,3)	1400m	2:06.52	(35,3)
1800m	2:37.89	(34,8)	1800m	2:42.19	(35,6)
2200m	3:13.41	(35,6)	2200m	3:18.58	(36,4)
2600m	3:49.75	(36,3)	2600m	3:56.04	(37,5)
3000m	4:26.66	(36,9)	3000m	4:33.68	(37,6)

	Naam	Cat	PR	Tijd Info
7	wt 22 <b>Marit Steunenberg</b>	DN2	4:25.47	<b>4:31.44</b>
	rd 74 <b>Robin van Leeuwen</b>	DN3	4:25.85	<b>4:40.85</b>

Marit Steunenberg			Robin van Leeuwen		
200m	21.19	(21,1)	200m	22.27	(22,2)
600m	55.38	(34,2)	600m	57.13	(34,9)
1000m	1:30.19	(34,8)	1000m	1:32.24	(35,1)
1400m	2:05.22	(35,1)	1400m	2:07.80	(35,6)
1800m	2:40.63	(35,4)	1800m	2:43.90	(36,1)
2200m	3:16.60	(36,0)	2200m	3:21.38	(37,4)
2600m	3:53.86	(37,2)	2600m	4:00.44	(39,1)
3000m	4:31.44	(37,6)	3000m	4:40.85	(40,4)

	Naam	Cat	PR	Tijd Info
8	gl 42 <b>Esther Kiel</b>	DN3	4:12.07	<b>4:15.36</b>
	bl 21 <b>Muriël Meijer</b>	DN1	4:23.43	<b>4:28.23</b>

Esther Kiel			Muriël Meijer		
200m	20.23	(20,2)	200m	20.96	(20,9)
600m	52.51	(32,3)	600m	53.98	(33,0)
1000m	1:25.65	(33,1)	1000m	1:28.28	(34,3)
1400m	1:58.76	(33,1)	1400m	2:02.94	(34,7)
1800m	2:32.33	(33,6)	1800m	2:38.38	(35,4)
2200m	3:06.21	(33,9)	2200m	3:14.28	(35,9)
2600m	3:40.66	(34,4)	2600m	3:51.10	(36,9)
3000m	4:15.36	(34,7)	3000m	4:28.23	(37,1)

	Naam	Cat	PR	Tijd Info
9	wt 1 <b>Aveline Hijlkema</b>	DN4	4:14.94	<b>4:21.26</b>
	rd 51 <b>Ariane Smit</b>	DN3	4:28.96	<b>4:31.78</b>

Aveline Hijlkema			Ariane Smit		
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## 4. Uitslag Heren 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	7 Marwin Talsma	HN2	11	O	6:30.56	
2	5 Thomas Geerdinck	HN4	10	I	6:39.36	
3	6 Tjerk de Boer	HN1	3	O	6:42.76	
4	46 Victor Ramler	HN3	13	I	6:47.25	
5	89 André Los	HSA	12	O	6:49.73	
6	55 Jorick Duijzer	HN2	12	I	6:50.76	
7	90 Wiebe Stassen	HN3	16	I	6:53.54 PR	
8	45 Jeroen Janissen	HN2	1	I	6:54.48	
9	78 Jort Boomhouwer	HN1	8	O	6:54.72 PR	
10	79 Nino van Dijk	HN2	5	O	6:54.76	
11	84 Wesley Hollenberg	HA2	14	O	6:55.87	
12	81 Joeri Groot	HSA	4	I	6:57.02 PR	
13	47 Gerwin Colje	HSA	9	I	6:57.56	
14	87 Joes Klijnsoon	HN2	10	O	6:57.79	
15	26 Lasse Hiddink	HA1	11	I	6:58.10 PR	
16	36 Mark Ooijevaar	HSB	15	I	6:59.22	
17	80 Homme Jan de Groot	HN1	9	O	7:02.18	
18	77 Berend Bervoets	HN1	16	O	7:02.90	
19	86 Sjoerd Kleinhuis	HSA	14	I	7:03.16	
20	82 Luc Heine	HN2	13	O	7:03.76	
21	93 Sam Kramer	HN1	2	I	7:04.37 PR	
22	56 Casper Martens	HSA	4	O	7:07.50	
23	88 Jeffrey Kors	HN4	3	I	7:09.07	
24	83 Rick van Hemert	HSB	6	O	7:09.52	
25	25 Vincent Oudshoorn	HN4	7	I	7:11.76	
26	91 Bart Valentijn	HN1	6	I	7:12.79	
27	85 Fausto Hubner	HN2	7	O	7:13.29	
28	57 Joris Brink	HN1	8	I	7:17.11	
29	92 Olav Zuidert	HSA	2	O	7:22.32	
30	37 Robert Braam	H40	5	I	7:23.76 PR	
	15 Lex Dijkstra	HN4	15	O	DNS	



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## 4. Rituitslag Heren 5000 meter

	Naam	Cat	PR	Tijd Info	
1	wt rd	45 <b>Jeroen Janissen</b>	HN2	6:38.91	<b>6:54.48</b>
		<b>Jeroen Janissen</b>			
		200m	20.48 (20,4)		m
		600m	52.51 (32,1)		
		1000m	1:24.79 (32,2)		
		1400m	1:56.93 (32,2)		
		1800m	2:29.22 (32,3)		
		2200m	3:01.70 (32,5)		
		2600m	3:34.57 (32,8)		
		3000m	4:07.07 (32,5)		
		3400m	4:39.77 (32,7)		
		3800m	5:12.94 (33,2)		
		4200m	5:46.56 (33,6)		
		4600m	6:20.54 (34,0)		
		5000m	6:54.48 (33,9)		

	Naam	Cat	PR	Tijd Info	
2	gl	93 <b>Sam Kramer</b>	HN1	7:20.11	<b>7:04.37</b> PR
	bl	92 <b>Olav Zuidert</b>	HSA	7:01.17	<b>7:22.32</b>
		<b>Sam Kramer</b>			
		200m	19.90 (19,9)		
		600m	51.75 (31,8)		
		1000m	1:24.00 (32,3)		
		1400m	1:56.62 (32,6)		
		1800m	2:29.47 (32,8)		
		2200m	3:02.58 (33,1)		
		2600m	3:36.22 (33,7)		
		3000m	4:10.01 (33,8)		
		3400m	4:44.22 (34,2)		
		3800m	5:18.76 (34,5)		
		4200m	5:53.67 (34,9)		
		4600m	6:28.75 (35,1)		
		5000m	7:04.37 (35,6)		
		<b>Olav Zuidert</b>			
		200m	20.69 (20,6)		
		600m	54.22 (33,6)		
		1000m	1:28.29 (34,0)		
		1400m	2:02.12 (33,9)		
		1800m	2:36.05 (33,9)		
		2200m	3:10.87 (34,8)		
		2600m	3:46.01 (35,2)		
		3000m	4:21.67 (35,6)		
		3400m	4:57.04 (35,4)		
		3800m	5:32.51 (35,5)		
		4200m	6:08.39 (35,8)		
		4600m	6:45.14 (36,8)		
		5000m	7:22.32 (37,2)		

	Naam	Cat	PR	Tijd Info	
3	wt	88 <b>Jeffrey Kors</b>	HN4	6:47.53	<b>7:09.07</b>
	rd	6 <b>Tjerk de Boer</b>	HN1	6:34.52	<b>6:42.76</b>
		<b>Jeffrey Kors</b>			
		200m	19.78 (19,7)		
		600m	52.96 (33,2)		
		1000m	1:26.52 (33,6)		
		1400m	2:00.24 (33,7)		
		1800m	2:33.80 (33,6)		
		2200m	3:07.36 (33,5)		
		2600m	3:41.01 (33,7)		
		3000m	4:14.96 (33,9)		
		3400m	4:49.07 (34,1)		
		<b>Tjerk de Boer</b>			
		200m	18.87 (18,8)		
		600m	50.28 (31,4)		
		1000m	1:22.61 (32,4)		
		1400m	1:54.27 (31,6)		
		1800m	2:25.82 (31,6)		
		2200m	2:57.14 (31,3)		
		2600m	3:28.46 (31,3)		
		3000m	3:59.74 (31,3)		
		3400m	4:30.93 (31,2)		

3800m	5:23.37	(34,3)	3800m	5:02.13	(31,2)
4200m	5:58.16	(34,8)	4200m	5:34.69	(32,5)
4600m	6:33.40	(35,3)	4600m	6:08.44	(33,8)
5000m	7:09.07	(35,6)	5000m	6:42.76	(34,3)

		Naam	Cat	PR	Tijd Info
4	gl	81 Joeri Groot	HSA	6:58.79	6:57.02 PR
	bl	56 Casper Martens	HSA	7:04.90	7:07.50

Joeri Groot

200m	20.12	(20,1)
600m	52.20	(32,1)
1000m	1:25.14	(32,9)
1400m	1:58.43	(33,3)
1800m	2:31.95	(33,5)
2200m	3:05.56	(33,6)
2600m	3:39.17	(33,6)
3000m	4:12.79	(33,6)
3400m	4:45.89	(33,1)
3800m	5:18.53	(32,7)
4200m	5:51.70	(33,2)
4600m	6:24.04	(32,3)
5000m	6:57.02	(33,0)

Casper Martens

200m	19.46	(19,4)
600m	51.15	(31,7)
1000m	1:23.66	(32,5)
1400m	1:56.84	(33,2)
1800m	2:30.27	(33,4)
2200m	3:03.91	(33,7)
2600m	3:37.71	(33,8)
3000m	4:11.87	(34,1)
3400m	4:46.47	(34,6)
3800m	5:21.49	(35,0)
4200m	5:56.79	(35,3)
4600m	6:32.12	(35,4)
5000m	7:07.50	(35,4)

		Naam	Cat	PR	Tijd Info
5	wt	37 Robert Braam	H40	7:23.97	7:23.76 PR
	rd	79 Nino van Dijk	HN2	6:49.40	6:54.76

Robert Braam

200m	20.26	(20,2)
600m	52.66	(32,4)
1000m	1:25.73	(33,1)
1400m	1:59.80	(34,1)
1800m	2:34.06	(34,2)
2200m	3:09.06	(35,0)
2600m	3:44.30	(35,3)
3000m	4:19.89	(35,5)
3400m	4:55.63	(35,8)
3800m	5:32.14	(36,5)
4200m	6:09.16	(37,0)
4600m	6:46.34	(37,2)
5000m	7:23.76	(37,4)

Nino van Dijk

200m	19.74	(19,7)
600m	50.82	(31,1)
1000m	1:22.61	(31,8)
1400m	1:54.82	(32,2)
1800m	2:27.35	(32,5)
2200m	3:00.02	(32,7)
2600m	3:32.87	(32,8)
3000m	4:06.11	(33,3)
3400m	4:39.61	(33,5)
3800m	5:13.03	(33,4)
4200m	5:46.75	(33,7)
4600m	6:20.90	(34,2)
5000m	6:54.76	(33,8)

		Naam	Cat	PR	Tijd Info
6	gl	91 Bart Valentijn	HN1	7:00.31	7:12.79
	bl	83 Rick van Hemert	HSB	6:46.22	7:09.52

Bart Valentijn

200m	19.32	(19,3)
600m	50.58	(31,2)
1000m	1:22.50	(32,0)
1400m	1:55.01	(32,5)
1800m	2:28.31	(33,3)
2200m	3:02.29	(33,9)
2600m	3:36.99	(34,7)
3000m	4:12.07	(35,1)
3400m	4:47.57	(35,5)

Rick van Hemert

200m	20.42	(20,4)
600m	52.09	(31,6)
1000m	1:24.67	(32,6)
1400m	1:57.87	(33,2)
1800m	2:31.53	(33,7)
2200m	3:05.33	(33,8)
2600m	3:39.44	(34,1)
3000m	4:13.59	(34,1)
3400m	4:48.21	(34,7)

3800m	5:23.61	(36,1)	3800m	5:22.82	(34,6)
4200m	5:59.92	(36,3)	4200m	5:57.99	(35,1)
4600m	6:36.18	(36,2)	4600m	6:33.61	(35,7)
5000m	7:12.79	(36,6)	5000m	7:09.52	(35,9)

		Naam	Cat	PR	Tijd Info
7	wt	25 <b>Vincent Oudshoorn</b>	HN4	7:07.50	<b>7:11.76</b>
	rd	85 <b>Fausto Hubner</b>	HN2	7:02.58	<b>7:13.29</b>

**Vincent Oudshoorn**

200m	19.85	(19,8)
600m	52.45	(32,6)
1000m	1:25.39	(32,9)
1400m	1:58.84	(33,5)
1800m	2:32.50	(33,7)
2200m	3:06.46	(33,9)
2600m	3:40.64	(34,2)
3000m	4:15.11	(34,5)
3400m	4:49.88	(34,7)
3800m	5:24.87	(35,0)
4200m	6:00.20	(35,4)
4600m	6:35.88	(35,6)
5000m	7:11.76	(35,9)

**Fausto Hubner**

200m	20.51	(20,5)
600m	52.01	(31,5)
1000m	1:23.60	(31,6)
1400m	1:55.45	(31,8)
1800m	2:28.22	(32,8)
2200m	3:01.78	(33,5)
2600m	3:36.11	(34,4)
3000m	4:11.14	(35,0)
3400m	4:46.87	(35,7)
3800m	5:22.96	(36,1)
4200m	6:00.07	(37,1)
4600m	6:36.94	(36,9)
5000m	7:13.29	(36,3)

		Naam	Cat	PR	Tijd Info
8	gl	57 <b>Joris Brink</b>	HN1	6:55.61	<b>7:17.11</b>
	bl	78 <b>Jort Boomhouwer</b>	HN1	6:59.18	<b>6:54.72 PR</b>

**Joris Brink**

200m	19.99	(19,9)
600m	52.22	(32,3)
1000m	1:24.73	(32,5)
1400m	1:57.73	(33,0)
1800m	2:31.11	(33,4)
2200m	3:05.09	(33,9)
2600m	3:39.49	(34,4)
3000m	4:14.82	(35,4)
3400m	4:50.86	(36,0)
3800m	5:27.22	(36,4)
4200m	6:04.16	(36,9)
4600m	6:40.84	(36,7)
5000m	7:17.11	(36,3)

**Jort Boomhouwer**

200m	20.12	(20,1)
600m	52.05	(31,9)
1000m	1:24.89	(32,8)
1400m	1:57.17	(32,3)
1800m	2:30.09	(32,9)
2200m	3:02.87	(32,8)
2600m	3:35.79	(32,9)
3000m	4:08.50	(32,8)
3400m	4:41.28	(32,7)
3800m	5:14.14	(32,9)
4200m	5:47.42	(33,3)
4600m	6:20.76	(33,3)
5000m	6:54.72	(34,0)

		Naam	Cat	PR	Tijd Info
9	wt	47 <b>Gerwin Colje</b>	HSA	6:43.23	<b>6:57.56</b>
	rd	80 <b>Homme Jan de Groot</b>	HN1	6:55.26	<b>7:02.18</b>

**Gerwin Colje**

200m	19.77	(19,7)
600m	51.91	(32,2)
1000m	1:23.96	(32,0)
1400m	1:56.21	(32,3)
1800m	2:28.88	(32,6)
2200m	3:01.80	(33,0)
2600m	3:35.16	(33,3)
3000m	4:08.66	(33,5)
3400m	4:42.55	(33,9)

**Homme Jan de Groot**

200m	21.05	(21,0)
600m	54.47	(33,4)
1000m	1:27.71	(33,3)
1400m	2:00.52	(32,8)
1800m	2:33.58	(33,0)
2200m	3:06.95	(33,4)
2600m	3:40.07	(33,1)
3000m	4:13.48	(33,4)
3400m	4:47.29	(33,8)





3800m	5:11.19	(33,1)	3800m	5:09.37	(32,9)
4200m	5:44.52	(33,4)	4200m	5:42.64	(33,3)
4600m	6:17.78	(33,2)	4600m	6:16.07	(33,4)
5000m	6:50.76	(33,0)	5000m	6:49.73	(33,7)

		Naam	Cat	PR	Tijd Info
13	wt	46 <b>Victor Ramler</b>	HN3	6:38.97	<b>6:47.25</b>
	rd	82 <b>Luc Heine</b>	HN2	6:54.75	<b>7:03.76</b>
		<b>Victor Ramler</b>		<b>Luc Heine</b>	
		200m	19.87 (19,8)	200m	20.13 (20,1)
		600m	51.39 (31,5)	600m	52.66 (32,5)
		1000m	1:23.13 (31,8)	1000m	1:25.59 (32,9)
		1400m	1:54.80 (31,7)	1400m	1:58.33 (32,8)
		1800m	2:26.81 (32,0)	1800m	2:31.17 (32,8)
		2200m	2:58.85 (32,0)	2200m	3:03.99 (32,8)
		2600m	3:31.20 (32,4)	2600m	3:37.06 (33,1)
		3000m	4:03.88 (32,6)	3000m	4:10.03 (33,0)
		3400m	4:36.74 (32,9)	3400m	4:43.44 (33,4)
		3800m	5:09.69 (32,9)	3800m	5:17.27 (33,8)
		4200m	5:42.59 (32,9)	4200m	5:51.83 (34,6)
		4600m	6:15.22 (32,7)	4600m	6:27.18 (35,3)
		5000m	6:47.25 (32,0)	5000m	7:03.76 (36,6)

		Naam	Cat	PR	Tijd Info
14	gl	86 <b>Sjoerd Kleinhuis</b>	HSA	6:55.49	<b>7:03.16</b>
	bl	84 <b>Wesley Hollenberg</b>	HA2	6:52.74	<b>6:55.87</b>
		<b>Sjoerd Kleinhuis</b>		<b>Wesley Hollenberg</b>	
		200m	19.52 (19,5)	200m	20.57 (20,5)
		600m	51.82 (32,3)	600m	52.77 (32,2)
		1000m	1:24.44 (32,6)	1000m	1:25.43 (32,7)
		1400m	1:56.99 (32,5)	1400m	1:58.16 (32,7)
		1800m	2:29.46 (32,5)	1800m	2:30.57 (32,4)
		2200m	3:01.86 (32,4)	2200m	3:03.31 (32,8)
		2600m	3:34.62 (32,8)	2600m	3:35.73 (32,4)
		3000m	4:07.58 (32,9)	3000m	4:08.76 (33,0)
		3400m	4:40.73 (33,2)	3400m	4:41.67 (32,9)
		3800m	5:14.29 (33,5)	3800m	5:14.61 (33,0)
		4200m	5:48.37 (34,1)	4200m	5:47.66 (33,0)
		4600m	6:24.62 (36,3)	4600m	6:21.54 (33,9)
		5000m	7:03.16 (38,5)	5000m	6:55.87 (34,3)

		Naam	Cat	PR	Tijd Info
15	wt	36 <b>Mark Ooijevaar</b>	HSB	6:24.56	<b>6:59.22</b>
	rd	15 <b>Lex Dijkstra</b>	HN4	6:25.90	<b>DNS</b>
		<b>Mark Ooijevaar</b>		<b>Lex Dijkstra</b>	
		200m	20.41 (20,4)		
		600m	52.42 (32,0)		
		1000m	1:24.99 (32,5)		
		1400m	1:57.90 (33,0)		
		1800m	2:30.65 (32,7)		
		2200m	3:03.68 (33,0)		
		2600m	3:37.03 (33,4)		
		3000m	4:10.64 (33,6)		
		3400m	4:44.17 (33,5)		

3800m	5:17.84	(33,7)
4200m	5:51.43	(33,6)
4600m	6:25.22	(33,8)
5000m	6:59.22	(34,0)

	Naam	Cat	PR	Tijd Info
16	gl 90 <b>Wiebe Stassen</b>	HN3	6:56.42	<b>6:53.54</b> PR
	bl 77 <b>Berend Bervoets</b>	HN1	6:50.83	<b>7:02.90</b>

**Wiebe Stassen**

200m	19.79	(19,7)
600m	51.08	(31,3)
1000m	1:22.66	(31,6)
1400m	1:54.73	(32,1)
1800m	2:27.28	(32,5)
2200m	2:59.60	(32,4)
2600m	3:32.51	(32,9)
3000m	4:05.65	(33,1)
3400m	4:39.02	(33,4)
3800m	5:12.64	(33,6)
4200m	5:46.28	(33,6)
4600m	6:19.98	(33,7)
5000m	6:53.54	(33,6)

**Berend Bervoets**

200m	20.10	(20,1)
600m	51.84	(31,7)
1000m	1:23.75	(31,9)
1400m	1:56.44	(32,7)
1800m	2:29.58	(33,1)
2200m	3:02.71	(33,2)
2600m	3:36.16	(33,4)
3000m	4:09.57	(33,4)
3400m	4:43.31	(33,8)
3800m	5:17.52	(34,2)
4200m	5:52.38	(34,8)
4600m	6:27.62	(35,3)
5000m	7:02.90	(35,3)



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## 5. Uitslag Dames 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	42 Esther Kiel	DN3	8	I	2:02.65	
2	1 Aveline Hijlkema	DN4	8	O	2:03.74	
3	22 Marit Steunenberg	DN2	6	O	2:04.78	
4	41 Femke Markus	DN3	7	O	2:04.95	
5	21 Muriël Meijer	DN1	7	I	2:05.18	
6	52 Sandra Dekker	DN1	5	I	2:06.43	
7	69 Roos Markus	DA1	6	I	2:07.01	
8	43 Naomi van der Werf	DN1	4	I	2:09.02	
9	2 Sterre Jonkers	DN1	4	O	2:09.06	
10	51 Ariane Smit	DN3	5	O	2:09.47	
11	72 Myrte Sandu	DN2	3	O	2:10.78	
12	70 Isa Merkuur	DA2	3	I	2:11.60 PR	
13	73 Renata Velthuisen	DSA	1	I	2:12.86	
14	23 Britt de Boer	DN1	2	I	2:13.01	
15	74 Robin van Leeuwen	DN3	2	O	2:13.91	
16	75 Sanne van Duijnhoven	DA1	1	O	2:17.57	



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## 5. Rituitslag Dames 1500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	73 <b>Renata Velthuijsen</b>	DSA	2:08.94	<b>2:12.86</b>	
	rd	75 <b>Sanne van Duijnhoven</b>	DA1	2:14.78	<b>2:17.57</b>	
		<b>Renata Velthuijsen</b>		<b>Sanne van Duijnhoven</b>		
		300m 28.25 (28,2)		300m 28.86 (28,8)		
		700m 1:01.29 (33,0)		700m 1:02.56 (33,7)		
		1100m 1:36.29 (35,0)		1100m 1:38.53 (36,0)		
		1500m 2:12.86 (36,6)		1500m 2:17.57 (39,0)		
<hr/>						
2	gl	23 <b>Britt de Boer</b>	DN1	2:09.10	<b>2:13.01</b>	
	bl	74 <b>Robin van Leeuwen</b>	DN3	2:05.74	<b>2:13.91</b>	
		<b>Britt de Boer</b>		<b>Robin van Leeuwen</b>		
		300m 28.72 (28,7)		300m 29.32 (29,3)		
		700m 1:01.90 (33,2)		700m 1:02.78 (33,4)		
		1100m 1:37.02 (35,1)		1100m 1:37.50 (34,8)		
		1500m 2:13.01 (36,0)		1500m 2:13.91 (36,4)		
<hr/>						
3	wt	70 <b>Isa Merkuur</b>	DA2	2:13.16	<b>2:11.60</b>	PR
	rd	72 <b>Myrte Sandu</b>	DN2	2:08.87	<b>2:10.78</b>	
		<b>Isa Merkuur</b>		<b>Myrte Sandu</b>		
		300m 28.67 (28,6)		300m 27.84 (27,8)		
		700m 1:01.48 (32,8)		700m 59.77 (31,9)		
		1100m 1:35.97 (34,5)		1100m 1:34.49 (34,7)		
		1500m 2:11.60 (35,7)		1500m 2:10.78 (36,3)		
<hr/>						
4	gl	43 <b>Naomi van der Werf</b>	DN1	2:05.64	<b>2:09.02</b>	
	bl	2 <b>Sterre Jonkers</b>	DN1	2:03.95	<b>2:09.06</b>	
		<b>Naomi van der Werf</b>		<b>Sterre Jonkers</b>		
		300m 27.78 (27,7)		300m 28.81 (28,8)		
		700m 59.73 (32,0)		700m 1:00.71 (31,9)		
		1100m 1:33.42 (33,7)		1100m 1:34.95 (34,2)		
		1500m 2:09.02 (35,6)		1500m 2:09.06 (34,1)		
<hr/>						
5	wt	52 <b>Sandra Dekker</b>	DN1	2:04.52	<b>2:06.43</b>	
	rd	51 <b>Ariane Smit</b>	DN3	2:06.32	<b>2:09.47</b>	
		<b>Sandra Dekker</b>		<b>Ariane Smit</b>		
		300m 27.70 (27,7)		300m 27.30 (27,3)		
		700m 58.51 (30,8)		700m 58.99 (31,6)		
		1100m 1:31.13 (32,6)		1100m 1:33.45 (34,5)		
		1500m 2:06.43 (35,3)		1500m 2:09.47 (36,0)		
<hr/>						
6	gl	69 <b>Roos Markus</b>	DA1	2:06.46	<b>2:07.01</b>	
	bl	22 <b>Marit Steunenberg</b>	DN2	2:02.54	<b>2:04.78</b>	





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## 6. Uitslag Heren 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	5 Thomas Geerdinck	HN4	16	I	1:51.20	
2	6 Tjerk de Boer	HN1	16	O	1:51.31	
3	78 Jort Boomhouwer	HN1	14	O	1:52.80	
4	45 Jeroen Janissen	HN2	13	O	1:53.43	
5	55 Jorick Duijzer	HN2	14	I	1:53.71	
6	85 Fausto Hubner	HN2	6	I	1:53.73 PR	
7	47 Gerwin Colje	HSA	13	I	1:53.76	
8	77 Berend Bervoets	HN1	7	O	1:53.91	
9	90 Wiebe Stassen	HN3	12	I	1:54.02	
10	46 Victor Ramler	HN3	15	I	1:54.04	
11	86 Sjoerd Kleinhuis	HSA	10	O	1:54.07	
12	7 Marwin Talsma	HN2	15	O	1:54.61	
13	56 Casper Martens	HSA	10	I	1:55.04	
14	25 Vincent Oudshoorn	HN4	6	O	1:55.33	
15	87 Joes Klijnsoon	HN2	9	I	1:55.41	
16	26 Lasse Hiddink	HA1	9	O	1:55.44 PR	
17	84 Wesley Hollenberg	HA2	12	O	1:56.05	
18	89 André Los	HSA	11	I	1:56.27	
19	79 Nino van Dijk	HN2	8	I	1:56.86	
20	80 Homme Jan de Groot	HN1	7	I	1:57.02	
21	82 Luc Heine	HN2	8	O	1:57.18	
22	93 Sam Kramer	HN1	5	I	1:57.22	
23	88 Jeffrey Kors	HN4	5	O	1:57.77	
24	57 Joris Brink	HN1	4	I	1:58.61	
25	91 Bart Valentijn	HN1	4	O	1:59.11	
26	92 Olav Zuidert	HSA	3	I	1:59.42	
27	81 Joeri Groot	HSA	11	O	1:59.69	
28	83 Rick van Hemert	HSB	1	I	1:59.97	
29	36 Mark Ooijevaar	HSB	3	O	2:00.06	
30	37 Robert Braam	H40	1	O	2:04.39	



700m	53.43	(28,1)	700m	53.60	(28,4)
1100m	1:22.64	(29,2)	1100m	1:23.41	(29,8)
1500m	1:53.73	(31,1)	1500m	1:55.33	(31,9)

		Naam	Cat	PR	Tijd Info
7	wt	80 <b>Homme Jan de Groot</b>	HN1	1:54.05	<b>1:57.02</b>
	rd	77 <b>Berend Bervoets</b>	HN1	1:53.40	<b>1:53.91</b>
		<b>Homme Jan de Groot</b>		<b>Berend Bervoets</b>	
		300m 25.61 (25,6)		300m 25.39 (25,3)	
		700m 54.40 (28,8)		700m 53.71 (28,4)	
		1100m 1:24.89 (30,4)		1100m 1:23.07 (29,3)	
		1500m 1:57.02 (32,2)		1500m 1:53.91 (30,9)	

		Naam	Cat	PR	Tijd Info
8	gl	79 <b>Nino van Dijk</b>	HN2	1:54.44	<b>1:56.86</b>
	bl	82 <b>Luc Heine</b>	HN2	1:53.30	<b>1:57.18</b>
		<b>Nino van Dijk</b>		<b>Luc Heine</b>	
		300m 25.72 (25,7)		300m 25.15 (25,1)	
		700m 54.53 (28,8)		700m 53.47 (28,3)	
		1100m 1:25.05 (30,5)		1100m 1:24.19 (30,7)	
		1500m 1:56.86 (31,8)		1500m 1:57.18 (33,0)	

		Naam	Cat	PR	Tijd Info
9	wt	87 <b>Joes Klijnsoorn</b>	HN2	1:52.53	<b>1:55.41</b>
	rd	26 <b>Lasse Hiddink</b>	HA1	1:55.61	<b>1:55.44 PR</b>
		<b>Joes Klijnsoorn</b>		<b>Lasse Hiddink</b>	
		300m 25.21 (25,2)		300m 25.77 (25,7)	
		700m 53.77 (28,5)		700m 54.60 (28,9)	
		1100m 1:23.69 (29,9)		1100m 1:24.77 (30,1)	
		1500m 1:55.41 (31,8)		1500m 1:55.44 (30,7)	

		Naam	Cat	PR	Tijd Info
10	gl	56 <b>Casper Martens</b>	HSA	1:54.63	<b>1:55.04</b>
	bl	86 <b>Sjoerd Kleinhuis</b>	HSA	1:52.83	<b>1:54.07</b>
		<b>Casper Martens</b>		<b>Sjoerd Kleinhuis</b>	
		300m 24.76 (24,7)		300m 24.62 (24,6)	
		700m 53.33 (28,6)		700m 52.75 (28,1)	
		1100m 1:23.47 (30,1)		1100m 1:22.57 (29,8)	
		1500m 1:55.04 (31,6)		1500m 1:54.07 (31,5)	

		Naam	Cat	PR	Tijd Info
11	wt	89 <b>André Los</b>	HSA	1:55.92	<b>1:56.27</b>
	rd	81 <b>Joeri Groot</b>	HSA	1:54.66	<b>1:59.69</b>
		<b>André Los</b>		<b>Joeri Groot</b>	
		300m 26.31 (26,3)		300m 25.43 (25,4)	
		700m 55.00 (28,7)		700m 54.61 (29,2)	
		1100m 1:24.85 (29,8)		1100m 1:26.17 (31,5)	
		1500m 1:56.27 (31,4)		1500m 1:59.69 (33,5)	

		Naam	Cat	PR	Tijd Info
12	gl	90 <b>Wiebe Stassen</b>	HN3	1:52.87	<b>1:54.02</b>
	bl	84 <b>Wesley Hollenberg</b>	HA2	1:53.79	<b>1:56.05</b>







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 SPORTCENTRUM  
KARDINGE

## 7. Uitslag Dames 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	42 Esther Kiel	DN3	6	I	7:35.31	
2	41 Femke Markus	DN3	4	I	7:38.65	
3	1 Aveline Hijlkema	DN4	6	O	7:39.15	
4	2 Sterre Jonkers	DN1	3	I	7:45.89	
5	69 Roos Markus	DA1	4	O	7:47.62 PR	
6	52 Sandra Dekker	DN1	3	O	7:51.38 PR	
7	21 Muriël Meijer	DN1	5	I	7:59.56	
8	51 Ariane Smit	DN3	2	O	8:02.28 PR	
9	70 Isa Merkuur	DA2	1	I	8:05.56	
10	22 Marit Steunenberg	DN2	5	O	8:05.82	
11	43 Naomi van der Werf	DN1	2	I	8:10.92	
12	72 Myrte Sandu	DN2	1	O	8:26.38	



# Rabo Holland Cup-Grundo Bokaal Zilveren Schaats

Kardinge - Groningen  
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## 7. Rituitslag Dames 5000 meter

		Naam	Cat	PR	Tijd Info
1	wt	70 <b>Isa Merkuur</b>	DA2		<b>8:05.56</b>
	rd	72 <b>Myrte Sandu</b>	DN2		<b>8:26.38</b>
		<u>Isa Merkuur</u>		<u>Myrte Sandu</u>	
		200m 24.02 (24,0)		200m 23.58 (23,5)	
		600m 1:01.85 (37,8)		600m 1:00.80 (37,3)	
		1000m 1:39.81 (38,0)		1000m 1:40.12 (39,3)	
		1400m 2:18.64 (38,8)		1400m 2:19.93 (39,8)	
		1800m 2:57.04 (38,4)		1800m 3:00.11 (40,2)	
		2200m 3:35.88 (38,8)		2200m 3:40.93 (40,8)	
		2600m 4:14.67 (38,8)		2600m 4:21.78 (40,8)	
		3000m 4:53.43 (38,8)		3000m 5:02.78 (41,0)	
		3400m 5:31.92 (38,5)		3400m 5:43.81 (41,1)	
		3800m 6:10.32 (38,4)		3800m 6:25.33 (41,5)	
		4200m 6:48.78 (38,4)		4200m 7:06.87 (41,5)	
		4600m 7:27.64 (38,9)		4600m 7:47.48 (40,6)	
		5000m 8:05.56 (37,9)		5000m 8:26.38 (38,9)	

		Naam	Cat	PR	Tijd Info
2	gl	43 <b>Naomi van der Werf</b>	DN1		<b>8:10.92</b>
	bl	51 <b>Ariane Smit</b>	DN3	8:15.44	<b>8:02.28 PR</b>
		<u>Naomi van der Werf</u>		<u>Ariane Smit</u>	
		200m 22.71 (22,7)		200m 22.46 (22,4)	
		600m 58.88 (36,1)		600m 59.03 (36,6)	
		1000m 1:36.63 (37,8)		1000m 1:37.30 (38,3)	
		1400m 2:16.25 (39,6)		1400m 2:15.86 (38,5)	
		1800m 2:54.48 (38,2)		1800m 2:54.46 (38,6)	
		2200m 3:33.49 (39,0)		2200m 3:33.13 (38,7)	
		2600m 4:11.92 (38,5)		2600m 4:11.78 (38,6)	
		3000m 4:50.68 (38,7)		3000m 4:50.11 (38,4)	
		3400m 5:30.02 (39,4)		3400m 5:28.79 (38,6)	
		3800m 6:09.41 (39,4)		3800m 6:07.58 (38,8)	
		4200m 6:50.53 (41,1)		4200m 6:46.04 (38,5)	
		4600m 7:31.20 (40,7)		4600m 7:24.64 (38,6)	
		5000m 8:10.92 (39,7)		5000m 8:02.28 (37,6)	

		Naam	Cat	PR	Tijd Info
3	wt	2 <b>Sterre Jonkers</b>	DN1	7:12.81	<b>7:45.89</b>
	rd	52 <b>Sandra Dekker</b>	DN1	7:55.85	<b>7:51.38 PR</b>
		<u>Sterre Jonkers</u>		<u>Sandra Dekker</u>	
		200m 22.00 (22,0)		200m 22.31 (22,3)	
		600m 57.27 (35,2)		600m 58.73 (36,4)	
		1000m 1:33.04 (35,8)		1000m 1:35.04 (36,3)	
		1400m 2:08.71 (35,7)		1400m 2:11.43 (36,4)	
		1800m 2:44.50 (35,8)		1800m 2:48.07 (36,6)	
		2200m 3:21.06 (36,5)		2200m 3:24.82 (36,8)	
		2600m 3:58.02 (37,0)		2600m 4:01.65 (36,8)	
		3000m 4:35.46 (37,4)		3000m 4:38.91 (37,3)	
		3400m 5:13.33 (37,9)		3400m 5:16.53 (37,6)	

3800m	5:51.50	(38,2)	3800m	5:54.29	(37,7)
4200m	6:29.52	(38,0)	4200m	6:32.39	(38,1)
4600m	7:07.54	(38,0)	4600m	7:11.40	(39,1)
5000m	7:45.89	(38,3)	5000m	7:51.38	(39,9)

		Naam	Cat	PR	Tijd Info
4	gl	41 Femke Markus	DN3	7:10.97	<b>7:38.65</b>
	bl	69 Roos Markus	DA1	8:04.73	<b>7:47.62</b> PR

Femke Markus

200m	22.05	(22,0)
600m	56.95	(34,9)
1000m	1:32.75	(35,8)
1400m	2:08.17	(35,4)
1800m	2:43.57	(35,4)
2200m	3:19.46	(35,9)
2600m	3:55.58	(36,1)
3000m	4:32.05	(36,5)
3400m	5:08.74	(36,7)
3800m	5:46.11	(37,4)
4200m	6:23.85	(37,7)
4600m	7:01.08	(37,2)
5000m	7:38.65	(37,6)

Roos Markus

200m	22.48	(22,4)
600m	57.64	(35,2)
1000m	1:34.63	(37,0)
1400m	2:10.94	(36,3)
1800m	2:47.60	(36,7)
2200m	3:24.42	(36,8)
2600m	4:01.36	(36,9)
3000m	4:38.52	(37,2)
3400m	5:15.88	(37,3)
3800m	5:53.27	(37,4)
4200m	6:31.23	(38,0)
4600m	7:09.23	(38,0)
5000m	7:47.62	(38,4)

		Naam	Cat	PR	Tijd Info
5	wt	21 Muriël Meijer	DN1	7:36.94	<b>7:59.56</b>
	rd	22 Marit Steunenberg	DN2		<b>8:05.82</b>

Muriël Meijer

200m	22.25	(22,2)
600m	59.03	(36,8)
1000m	1:35.99	(36,9)
1400m	2:12.74	(36,8)
1800m	2:49.60	(36,9)
2200m	3:26.80	(37,2)
2600m	4:04.25	(37,4)
3000m	4:42.17	(37,9)
3400m	5:20.71	(38,6)
3800m	5:59.95	(39,2)
4200m	6:39.77	(39,8)
4600m	7:19.78	(40,0)
5000m	7:59.56	(39,8)

Marit Steunenberg

200m	23.06	(23,0)
600m	59.66	(36,6)
1000m	1:37.09	(37,4)
1400m	2:14.56	(37,5)
1800m	2:52.18	(37,6)
2200m	3:29.79	(37,6)
2600m	4:07.61	(37,9)
3000m	4:45.90	(38,3)
3400m	5:25.18	(39,2)
3800m	6:05.08	(39,9)
4200m	6:45.51	(40,5)
4600m	7:25.38	(39,8)
5000m	8:05.82	(40,5)

		Naam	Cat	PR	Tijd Info
6	gl	42 Esther Kiel	DN3	7:19.11	<b>7:35.31</b>
	bl	1 Aveline Hijlkema	DN4	7:19.53	<b>7:39.15</b>

Esther Kiel

200m	21.76	(21,7)
600m	57.67	(35,9)
1000m	1:34.12	(36,5)
1400m	2:10.32	(36,2)
1800m	2:46.30	(36,0)
2200m	3:22.57	(36,2)
2600m	3:58.88	(36,3)
3000m	4:35.26	(36,4)
3400m	5:11.24	(36,0)

Aveline Hijlkema

200m	22.12	(22,1)
600m	57.91	(35,8)
1000m	1:34.11	(36,2)
1400m	2:10.09	(35,9)
1800m	2:46.46	(36,4)
2200m	3:22.70	(36,3)
2600m	3:59.08	(36,3)
3000m	4:35.52	(36,5)
3400m	5:12.06	(36,5)

3800m	5:47.22	(36,0)	3800m	5:48.75	(36,7)
4200m	6:23.35	(36,1)	4200m	6:25.54	(36,8)
4600m	6:59.29	(35,9)	4600m	7:02.39	(36,8)
5000m	7:35.31	(36,1)	5000m	7:39.15	(36,8)

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## 8. Uitslag Heren 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	7 Marwin Talsma	HN2	6	I	13:43.26	
2	5 Thomas Geerdinck	HN4	6	O	13:51.50	
3	46 Victor Ramler	HN3	5	O	14:17.38	
4	89 André Los	HSA	1	I	14:23.33	
5	47 Gerwin Colje	HSA	3	I	14:29.83	
6	90 Wiebe Stassen	HN3	1	O	14:33.22	
7	78 Jort Boomhouwer	HN1	4	O	14:36.79 PR	
8	6 Tjerk de Boer	HN1	5	I	14:39.64	
9	55 Jorick Duijzer	HN2	4	I	14:52.36 PR	
10	84 Wesley Hollenberg	HA2	2	O	14:55.93	
11	86 Sjoerd Kleinhuis	HSA	3	O	15:10.49	
	45 Jeroen Janissen	HN2	2	I	DQ	



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## 8. Rituitslag Heren 10000 meter

		Naam	Cat	PR	Tijd Info
1	wt	89 <b>André Los</b>	HSA	13:57.77	<b>14:23.33</b>
	rd	90 <b>Wiebe Stassen</b>	HN3		<b>14:33.22</b>
		<u>André Los</u>		<u>Wiebe Stassen</u>	
		400m 38.05 (38,0)		400m 38.52 (38,5)	
		800m 1:11.59 (33,5)		800m 1:12.65 (34,1)	
		1200m 1:46.16 (34,6)		1200m 1:46.65 (34,0)	
		1600m 2:19.95 (33,8)		1600m 2:21.26 (34,6)	
		2000m 2:54.00 (34,1)		2000m 2:55.71 (34,5)	
		2400m 3:28.30 (34,3)		2400m 3:30.35 (34,6)	
		2800m 4:02.99 (34,6)		2800m 4:04.92 (34,6)	
		3200m 4:37.59 (34,6)		3200m 4:39.76 (34,8)	
		3600m 5:11.97 (34,4)		3600m 5:14.60 (34,9)	
		4000m 5:46.48 (34,5)		4000m 5:49.70 (35,1)	
		4400m 6:20.66 (34,2)		4400m 6:24.66 (34,9)	
		4800m 6:54.94 (34,3)		4800m 6:59.68 (35,0)	
		5200m 7:29.79 (34,8)		5200m 7:35.17 (35,5)	
		5600m 8:04.30 (34,6)		5600m 8:10.78 (35,6)	
		6000m 8:39.13 (34,8)		6000m 8:46.64 (35,9)	
		6400m 9:13.74 (34,6)		6400m 9:21.84 (35,2)	
		6800m 9:48.22 (34,5)		6800m 9:56.99 (35,1)	
		7200m 10:22.77 (34,5)		7200m 10:32.35 (35,4)	
		7600m 10:57.35 (34,6)		7600m 11:07.91 (35,6)	
		8000m 11:31.66 (34,3)		8000m 11:42.93 (35,0)	
		8400m 12:05.44 (33,8)		8400m 12:17.77 (34,8)	
		8800m 12:39.62 (34,2)		8800m 12:52.56 (34,8)	
		9200m 13:14.30 (34,7)		9200m 13:27.11 (34,6)	
		9600m 13:48.71 (34,4)		9600m 14:00.73 (33,6)	
		10000m 14:23.33 (34,6)		10000m 14:33.22 (32,5)	

		Naam	Cat	PR	Tijd Info
2	gl	45 <b>Jeroen Janissen</b>	HN2	14:35.11	<b>DQ</b>
	bl	84 <b>Wesley Hollenberg</b>	HA2	14:31.81	<b>14:55.93</b>
		<u>Jeroen Janissen</u>		<u>Wesley Hollenberg</u>	
				400m 38.71 (38,7)	
				800m 1:13.94 (35,2)	
				1200m 1:49.12 (35,2)	
				1600m 2:24.45 (35,3)	
				2000m 2:59.96 (35,5)	
				2400m 3:35.56 (35,6)	
				2800m 4:11.33 (35,8)	
				3200m 4:47.49 (36,1)	
				3600m 5:23.96 (36,5)	
				4000m 6:00.57 (36,6)	
				4400m 6:36.91 (36,4)	
				4800m 7:13.48 (36,5)	
				5200m 7:50.10 (36,7)	
				5600m 8:26.75 (36,6)	
				6000m 9:02.96 (36,2)	
				6400m 9:38.61 (35,7)	

6800m	10:14.35	(35,7)
7200m	10:49.81	(35,5)
7600m	11:24.73	(34,9)
8000m	11:59.44	(34,7)
8400m	12:34.34	(34,9)
8800m	13:09.31	(35,0)
9200m	13:44.56	(35,2)
9600m	14:19.87	(35,3)
10000m	14:55.93	(36,1)

	Naam	Cat	PR	Tijd Info
3	wt 47 <b>Gerwin Colje</b>	HSA	14:09.86	<b>14:29.83</b>
	rd 86 <b>Sjoerd Kleinhuis</b>	HSA	15:08.22	<b>15:10.49</b>

**Gerwin Colje**

400m	37.32	(37,3)
800m	1:10.65	(33,3)
1200m	1:44.72	(34,1)
1600m	2:19.20	(34,5)
2000m	2:53.99	(34,7)
2400m	3:28.71	(34,8)
2800m	4:03.29	(34,5)
3200m	4:38.23	(35,0)
3600m	5:13.25	(35,0)
4000m	5:48.28	(35,0)
4400m	6:23.36	(35,1)
4800m	6:58.34	(35,0)
5200m	7:33.13	(34,8)
5600m	8:08.01	(34,9)
6000m	8:42.57	(34,5)
6400m	9:17.30	(34,8)
6800m	9:51.97	(34,6)
7200m	10:26.72	(34,8)
7600m	11:01.34	(34,6)
8000m	11:36.07	(34,7)
8400m	12:11.10	(35,1)
8800m	12:46.03	(34,9)
9200m	13:21.16	(35,1)
9600m	13:55.78	(34,6)
10000m	14:29.83	(34,1)

**Sjoerd Kleinhuis**

400m	37.12	(37,1)
800m	1:11.73	(34,6)
1200m	1:46.39	(34,6)
1600m	2:20.62	(34,3)
2000m	2:55.14	(34,5)
2400m	3:30.11	(35,0)
2800m	4:05.22	(35,1)
3200m	4:40.25	(35,0)
3600m	5:15.41	(35,2)
4000m	5:51.22	(35,8)
4400m	6:26.95	(35,7)
4800m	7:02.61	(35,7)
5200m	7:38.18	(35,5)
5600m	8:13.79	(35,6)
6000m	8:49.65	(35,9)
6400m	9:25.59	(35,9)
6800m	10:01.38	(35,8)
7200m	10:37.47	(36,1)
7600m	11:14.15	(36,7)
8000m	11:51.42	(37,3)
8400m	12:29.14	(37,7)
8800m	13:07.44	(38,3)
9200m	13:47.24	(39,8)
9600m	14:28.65	(41,4)
10000m	15:10.49	(41,8)

	Naam	Cat	PR	Tijd Info
4	gl 55 <b>Jorick Duijzer</b>	HN2	15:36.81	<b>14:52.36</b> PR
	bl 78 <b>Jort Boomhouwer</b>	HN1	15:18.47	<b>14:36.79</b> PR

**Jorick Duijzer**

400m	38.49	(38,4)
800m	1:12.86	(34,4)
1200m	1:47.86	(35,0)
1600m	2:22.60	(34,8)
2000m	2:57.39	(34,7)
2400m	3:32.59	(35,2)
2800m	4:08.16	(35,6)
3200m	4:43.63	(35,5)
3600m	5:19.01	(35,4)
4000m	5:54.57	(35,5)

**Jort Boomhouwer**

400m	37.91	(37,9)
800m	1:12.39	(34,4)
1200m	1:46.69	(34,3)
1600m	2:21.71	(35,1)
2000m	2:56.30	(34,6)
2400m	3:31.47	(35,1)
2800m	4:06.57	(35,1)
3200m	4:42.31	(35,8)
3600m	5:17.63	(35,3)
4000m	5:53.02	(35,4)



4400m	6:30.56	(36,0)	4400m	6:28.61	(35,6)
4800m	7:06.57	(36,0)	4800m	7:04.51	(35,9)
5200m	7:42.73	(36,2)	5200m	7:40.35	(35,8)
5600m	8:18.73	(36,0)	5600m	8:15.64	(35,3)
6000m	8:54.65	(35,9)	6000m	8:50.90	(35,3)
6400m	9:30.62	(36,0)	6400m	9:26.07	(35,1)
6800m	10:06.62	(36,0)	6800m	10:01.01	(35,0)
7200m	10:42.25	(35,6)	7200m	10:35.72	(34,7)
7600m	11:18.04	(35,8)	7600m	11:10.05	(34,3)
8000m	11:53.88	(35,8)	8000m	11:44.22	(34,2)
8400m	12:29.77	(35,9)	8400m	12:18.66	(34,4)
8800m	13:05.51	(35,8)	8800m	12:53.08	(34,4)
9200m	13:41.32	(35,8)	9200m	13:27.30	(34,3)
9600m	14:16.99	(35,6)	9600m	14:01.75	(34,4)
10000m	14:52.36	(35,4)	10000m	14:36.79	(35,0)

	Naam	Cat	PR	Tijd Info
5	wt 6 <b>Tjerk de Boer</b>	HN1		<b>14:39.64</b>
	rd 46 <b>Victor Ramler</b>	HN3		<b>14:17.38</b>

**Tjerk de Boer**

400m	38.77	(38,7)
800m	1:13.10	(34,4)
1200m	1:47.87	(34,7)
1600m	2:22.18	(34,3)
2000m	2:56.78	(34,6)
2400m	3:31.19	(34,4)
2800m	4:05.80	(34,7)
3200m	4:40.24	(34,4)
3600m	5:15.19	(34,9)
4000m	5:49.61	(34,5)
4400m	6:23.19	(33,5)
4800m	6:57.16	(34,0)
5200m	7:31.51	(34,4)
5600m	8:06.11	(34,6)
6000m	8:41.17	(35,0)
6400m	9:16.10	(35,0)
6800m	9:51.39	(35,2)
7200m	10:27.02	(35,7)
7600m	11:03.08	(36,0)
8000m	11:39.22	(36,2)
8400m	12:15.47	(36,2)
8800m	12:51.91	(36,5)
9200m	13:28.24	(36,3)
9600m	14:04.34	(36,1)
10000m	14:39.64	(35,3)

**Victor Ramler**

400m	38.26	(38,2)
800m	1:12.39	(34,1)
1200m	1:46.66	(34,3)
1600m	2:20.97	(34,3)
2000m	2:55.49	(34,5)
2400m	3:29.94	(34,5)
2800m	4:04.42	(34,5)
3200m	4:38.88	(34,4)
3600m	5:13.30	(34,5)
4000m	5:47.67	(34,3)
4400m	6:22.19	(34,5)
4800m	6:56.76	(34,6)
5200m	7:31.06	(34,3)
5600m	8:05.59	(34,5)
6000m	8:39.85	(34,3)
6400m	9:14.40	(34,6)
6800m	9:49.04	(34,6)
7200m	10:23.14	(34,1)
7600m	10:57.46	(34,3)
8000m	11:31.63	(34,2)
8400m	12:05.87	(34,2)
8800m	12:39.55	(33,7)
9200m	13:12.73	(33,2)
9600m	13:45.51	(32,8)
10000m	14:17.38	(31,8)

	Naam	Cat	PR	Tijd Info
6	gl 7 <b>Marwin Talsma</b>	HN2	13:12.78	<b>13:43.26</b>
	bl 5 <b>Thomas Geerdinck</b>	HN4	13:32.72	<b>13:51.50</b>

**Marwin Talsma**

400m	36.89	(36,8)
800m	1:08.91	(32,1)
1200m	1:41.17	(32,2)
1600m	2:13.53	(32,4)

**Thomas Geerdinck**

400m	37.22	(37,2)
800m	1:09.92	(32,7)
1200m	1:43.08	(33,1)
1600m	2:16.42	(33,4)

2000m	2:45.76	(32,2)	2000m	2:49.61	(33,2)
2400m	3:17.85	(32,1)	2400m	3:22.37	(32,7)
2800m	3:50.26	(32,4)	2800m	3:55.35	(33,0)
3200m	4:22.63	(32,4)	3200m	4:28.36	(33,0)
3600m	4:54.94	(32,3)	3600m	5:01.52	(33,2)
4000m	5:26.93	(32,0)	4000m	5:34.77	(33,2)
4400m	5:59.58	(32,6)	4400m	6:08.02	(33,3)
4800m	6:32.36	(32,8)	4800m	6:41.08	(33,0)
5200m	7:05.14	(32,8)	5200m	7:14.23	(33,2)
5600m	7:37.96	(32,8)	5600m	7:47.52	(33,3)
6000m	8:11.15	(33,2)	6000m	8:20.79	(33,2)
6400m	8:44.76	(33,6)	6400m	8:54.13	(33,4)
6800m	9:18.52	(33,8)	6800m	9:26.23	(32,1)
7200m	9:51.77	(33,2)	7200m	9:58.49	(32,2)
7600m	10:25.14	(33,4)	7600m	10:31.39	(32,9)
8000m	10:59.05	(33,9)	8000m	11:04.31	(33,0)
8400m	11:32.60	(33,6)	8400m	11:37.20	(32,9)
8800m	12:05.74	(33,1)	8800m	12:10.43	(33,2)
9200m	12:38.47	(32,7)	9200m	12:43.64	(33,2)
9600m	13:11.16	(32,7)	9600m	13:17.37	(33,7)
10000m	13:43.26	(32,1)	10000m	13:51.50	(34,2)

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