

2. Uitslag Dames junioren B 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	27 Pien Hersman	DB1	15	I	42.15	
2	59 Diede van Oorschot	DB1	14	I	43.41	
3	64 Yael Prenger	DB2	17	O	43.65	
4	58 Lataesha Narain	DB1	18	O	43.67	
5	95 Tyche Wamsteker	DB2	11	I	43.81	
6	5 Semmie Bakker	DB1	11	O	43.85	
	101 Danielle van Zanten	DB2	17	I	43.85	
8	30 Daphne Iskes	DB2	16	I	43.89	
9	39 Veerle van Koppen	DB1	13	O	43.94	
10	76 Marije van der Spek	DB2	16	O	44.13	
11	35 Akki Kivits	DB1	14	O	44.14	
12	4 Lotte Bakker	DB1	9	I	44.35	
13	85 Iris Tiben	DB2	12	O	44.43	
14	15 Esmée Brommer	DB1	12	I	44.64	
15	67 Sterre van de Rhee	DB1	18	I	44.67	
16	29 Hilde Houtzager	DB2	8	I	44.94	
17	44 Anouk van Leest	DB1	13	I	44.97	
18	63 Nikita Praag	DB2	15	O	45.11	
19	38 Emma Kole	DB1	8	O	45.30	
20	50 Daan Louwerse	DB2	10	I	45.56	
21	54 Isa Molenaar	DB1	10	O	45.67	
22	66 Laura Qualm	DB2	7	O	45.69	
23	13 Fleur Brink	DB1	9	O	45.84	
24	9 Maud Beusen	DB1	3	O	45.88	
25	25 Patou de Haas	DB2	6	I	46.15	
26	84 Lauren Teunissen	DB1	7	I	46.25	
27	104 Randi Dekker	DB1	5	I	46.81	
28	10 Femke de Boer	DB2	4	I	46.83	
29	40 Emma Koster	DB1	4	O	47.04	
30	41 Zus de Kruijk	DB1	6	O	47.71	
31	22 Emma Fransen	DB1	3	I	47.83	
32	78 Floor van der Stap	DB1	2	I	48.29	
33	87 Renske van der Veer	DB2	5	O	48.41	
34	93 Bodine Vollering	DB1	1	O	48.46	
35	33 Indy de Jong	DB1	1	I	48.67	
36	61 Fay Persoon	DB2	2	O	48.99	
37	17 Iris Daman	DB2	19	O	49.01	
38	3 Nienke van Assema	DB2	19	I	49.13	

2. Rituitslag Dames junioren B 500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	33 Indy de Jong	DB1	47.55	48.67	
	rd	93 Bodine Vollerling	DB1	47.12	48.46	
		<u>Indy de Jong</u>				<u>Bodine Vollerling</u>
		100m 13.03 (13,03)		100m 13.19 (13,19)		
		500m 48.67 (35,64)		500m 48.46 (35,27)		

		Naam	Cat	PR	Tijd	Info
2	gl	78 Floor van der Stap	DB1	46.47	48.29	
	bl	61 Fay Persoon	DB2	47.36	48.99	
		<u>Floor van der Stap</u>				<u>Fay Persoon</u>
		100m 13.00 (13,00)		100m 12.84 (12,84)		
		500m 48.29 (35,29)		500m 48.99 (36,15)		

		Naam	Cat	PR	Tijd	Info
3	wt	22 Emma Fransen	DB1	45.96	47.83	
	rd	9 Maud Beusen	DB1	45.74	45.88	
		<u>Emma Fransen</u>				<u>Maud Beusen</u>
		100m 12.71 (12,71)		100m 12.09 (12,09)		
		500m 47.83 (35,12)		500m 45.88 (33,79)		

		Naam	Cat	PR	Tijd	Info
4	gl	10 Femke de Boer	DB2	45.17	46.83	
	bl	40 Emma Koster	DB1	45.83	47.04	
		<u>Femke de Boer</u>				<u>Emma Koster</u>
		100m 12.57 (12,57)		100m 13.05 (13,05)		
		500m 46.83 (34,26)		500m 47.04 (33,99)		

		Naam	Cat	PR	Tijd	Info
5	wt	104 Randi Dekker	DB1	45.24	46.81	
	rd	87 Renske van der Veer	DB2	46.15	48.41	
		<u>Randi Dekker</u>				<u>Renske van der Veer</u>
		100m 12.46 (12,46)		100m 12.76 (12,76)		
		500m 46.81 (34,35)		500m 48.41 (35,65)		

		Naam	Cat	PR	Tijd	Info
6	gl	25 Patou de Haas	DB2	45.12	46.15	
	bl	41 Zus de Kruijk	DB1	46.95	47.71	
		<u>Patou de Haas</u>				<u>Zus de Kruijk</u>
		100m 12.50 (12,50)		100m 12.91 (12,91)		
		500m 46.15 (33,65)		500m 47.71 (34,80)		

		Naam	Cat	PR	Tijd	Info
7	wt	84 Lauren Teunissen	DB1	44.13	46.25	
	rd	66 Laura Qualm	DB2	43.89	45.69	
		<u>Lauren Teunissen</u>				<u>Laura Qualm</u>
		100m 12.40 (12,40)		100m 12.39 (12,39)		

500m 46.25 (33,85) 500m 45.69 (33,30)

		Naam	Cat	PR	Tijd	Info
8	gl	29 Hilde Houtzager	DB2	43.54	44.94	
	bl	38 Emma Kole	DB1	43.87	45.30	
		Hilde Houtzager		Emma Kole		
		100m 12.11 (12,11)		100m 12.47 (12,47)		
		500m 44.94 (32,83)		500m 45.30 (32,83)		
		Naam	Cat	PR	Tijd	Info
9	wt	4 Lotte Bakker	DB1	43.46	44.35	
	rd	13 Fleur Brink	DB1	45.04	45.84	
		Lotte Bakker		Fleur Brink		
		100m 11.91 (11,91)		100m 12.16 (12,16)		
		500m 44.35 (32,44)		500m 45.84 (33,68)		
		Naam	Cat	PR	Tijd	Info
10	gl	50 Daan Louwerse	DB2	43.73	45.56	
	bl	54 Isa Molenaar	DB1	44.45	45.67	
		Daan Louwerse		Isa Molenaar		
		100m 12.49 (12,49)		100m 12.56 (12,56)		
		500m 45.56 (33,07)		500m 45.67 (33,11)		
		Naam	Cat	PR	Tijd	Info
11	wt	95 Tyche Wamsteker	DB2	42.80	43.81	
	rd	5 Semie Bakker	DB1	42.86	43.85	
		Tyche Wamsteker		Semie Bakker		
		100m 11.94 (11,94)		100m 11.86 (11,86)		
		500m 43.81 (31,87)		500m 43.85 (31,99)		
		Naam	Cat	PR	Tijd	Info
12	gl	15 Esmée Brommer	DB1	43.22	44.64	
	bl	85 Iris Tiben	DB2	43.37	44.43	
		Esmée Brommer		Iris Tiben		
		100m 11.90 (11,90)		100m 11.93 (11,93)		
		500m 44.64 (32,74)		500m 44.43 (32,50)		
		Naam	Cat	PR	Tijd	Info
13	wt	44 Anouk van Leest	DB1	43.42	44.97	
	rd	39 Veerle van Koppen	DB1	43.15	43.94	
		Anouk van Leest		Veerle van Koppen		
		100m 12.11 (12,11)		100m 12.10 (12,10)		
		500m 44.97 (32,86)		500m 43.94 (31,84)		
		Naam	Cat	PR	Tijd	Info
14	gl	59 Diede van Oorschot	DB1	42.84	43.41	
	bl	35 Akki Kivits	DB1	43.26	44.14	
		Diede van Oorschot		Akki Kivits		
		100m 11.77 (11,77)		100m 12.17 (12,17)		
		500m 43.41 (31,64)		500m 44.14 (31,97)		

		Naam		Cat		PR	Tijd	Info
15	wt	27	Pien Hersman		DB1	40.71	42.15	
	rd	63	Nikita Praag		DB2	42.72	45.11	
		Pien Hersman			Nikita Praag			
		100m	11.26	(11,26)	100m	12.58	(12,58)	
		500m	42.15	(30,89)	500m	45.11	(32,53)	

		Naam		Cat		PR	Tijd	Info
16	gl	30	Daphne Iskes		DB2	42.40	43.89	
	bl	76	Marije van der Spek		DB2	42.52	44.13	
		Daphne Iskes			Marije van der Spek			
		100m	11.85	(11,85)	100m	12.21	(12,21)	
		500m	43.89	(32,04)	500m	44.13	(31,92)	

		Naam		Cat		PR	Tijd	Info
17	wt	101	Danielle van Zanten		DB2	42.73	43.85	
	rd	64	Yael Prenger		DB2	40.72	43.65	
		Danielle van Zanten			Yael Prenger			
		100m	12.24	(12,24)	100m	11.83	(11,83)	
		500m	43.85	(31,61)	500m	43.65	(31,82)	

		Naam		Cat		PR	Tijd	Info
18	gl	67	Sterre van de Rhee		DB1	42.27	44.67	
	bl	58	Lataesha Narain		DB1	41.20	43.67	
		Sterre van de Rhee			Lataesha Narain			
		100m	12.01	(12,01)	100m	11.41	(11,41)	
		500m	44.67	(32,66)	500m	43.67	(32,26)	

		Naam		Cat		PR	Tijd	Info
19	wt	3	Nienke van Assema		DB2	46.89	49.13	
	rd	17	Iris Daman		DB2	46.55	49.01	
		Nienke van Assema			Iris Daman			
		100m	49.13	(49,13)	100m	49.01	(49,01)	

3. Uitslag Heren junioren B 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	81 Pim Stuij	HB2	37	O	37.96 HT	
2	91 Stan van Vliet	HB2	36	O	38.28 HT	
3	94 Kayo Vos	HB2	38	I	38.34 HT	
4	68 Jelle Rieff	HB2	37	I	38.69 HT	
5	97 Stein de Wit	HB1	36	I	38.82 HT	
6	20 Tom Egbertsen	HB1	35	I	39.03 HT	
7	62 Ivo de la Porte	HB2	38	O	39.05 HT	
8	83 Sjors Tettero	HB2	31	I	39.15 HT	
9	19 Sijmen Egberts	HB1	35	O	39.22 HT	
10	28 Matthieu Hollaar	HB2	31	O	39.42 HT	
11	43 Timo Lamme	HB1	34	O	39.47 HT	
12	102 Stijn Beekelaar	HB1	32	I	39.54 HT	
13	8 Max Bergsma	HB1	27	O	39.55 HT	
14	26 Jelmer Hendriks	HB2	30	O	39.70 HT	
15	56 Okke Mouwen	HB1	27	I	39.75 HT	
16	45 Sem de Leeuw	HB2	34	I	39.81 HT	
17	53 Meinte Mellema	HB1	33	O	39.82 HT	
18	71 Peye de Ruiter	HB2	28	I	39.92 HT	
19	92 Jesse Vollaard	HB2	25	I	40.05 HT	
	51 Nick Luijten	HB1	33	I	40.05 HT	
21	49 Giancarlo Lopez	HB1	29	I	40.08 HT	
22	69 Thom Rooijackers	HB1	32	O	40.19 HT	
23	23 Geert Frijters	HB1	29	O	40.21 HT	
24	36 Jelle Koeleman	HB1	26	O	40.22 HT	
25	88 Danny Verdel	HB2	30	I	40.32 HT	
26	37 Ruben Kok	HB2	24	I	40.62	
27	73 Bram Schouten	HB2	28	O	40.65 HT	
28	82 Ofke Teekens (Jr)	HB1	24	O	41.02 HT	
29	21 Bas Feenstra	HB1	22	O	41.19	
30	65 Matthe Pronk	HB1	21	I	41.42	
31	16 Stijn van de Bunt	HB1	26	I	41.43 HT	
32	14 Jeremy Brinkers	HB2	21	O	41.62	
33	42 Mikel Kuijpers	HB1	23	O	41.94 HT	
34	96 AbeJan Weenink	HB2	22	I	41.95	
35	80 Jordi Storm	HB1	20	I	42.24	
36	86 Thomas van der Vaart	HB2	19	O	42.55	
37	11 Jelle Boonstra	HB1	25	O	42.61 HT	
38	89 Dennis Vergeer	HB2	19	I	42.98	
39	48 Ties Lemmers	HB2	20	O	44.14	
	12 Sander Brandse	HB1	23	I	DNF	

3. Rituitslag Heren junioren B 500 meter

		Naam	Cat	PR	Tijd	Info
19	wt	89 Dennis Vergeer	HB2	41.99	42.98	
	rd	86 Thomas van der Vaart	HB2	41.19	42.55	
		<u>Dennis Vergeer</u>				<u>Thomas van der Vaart</u>
		100m 11.74 (11,74)				100m 11.62 (11,62)
		500m 42.98 (31,24)				500m 42.55 (30,93)

		Naam	Cat	PR	Tijd	Info
20	gl	80 Jordi Storm	HB1	41.47	42.24	
	bl	48 Ties Lemmers	HB2	42.22	44.14	
		<u>Jordi Storm</u>				<u>Ties Lemmers</u>
		100m 11.68 (11,68)				100m 11.99 (11,99)
		500m 42.24 (30,56)				500m 44.14 (32,15)

		Naam	Cat	PR	Tijd	Info
21	wt	65 Matthe Pronk	HB1	40.42	41.42	
	rd	14 Jeremy Brinkers	HB2	40.98	41.62	
		<u>Matthe Pronk</u>				<u>Jeremy Brinkers</u>
		100m 11.57 (11,57)				100m 11.36 (11,36)
		500m 41.42 (29,85)				500m 41.62 (30,26)

		Naam	Cat	PR	Tijd	Info
22	gl	96 AbeJan Weenink	HB2	41.04	41.95	
	bl	21 Bas Feenstra	HB1	40.57	41.19	
		<u>AbeJan Weenink</u>				<u>Bas Feenstra</u>
		100m 11.42 (11,42)				100m 11.32 (11,32)
		500m 41.95 (30,53)				500m 41.19 (29,87)

		Naam	Cat	PR	Tijd	Info
23	wt	12 Sander Brandse	HB1	40.25	DNF	
	rd	42 Mikel Kuijpers	HB1	39.98	41.94	HT
		<u>Sander Brandse</u>				<u>Mikel Kuijpers</u>
		100m 11.65 (11,65)				100m 41.94 (41,94)

		Naam	Cat	PR	Tijd	Info
24	gl	37 Ruben Kok	HB2	39.96	40.62	
	bl	82 Ofke Teekens (Jr)	HB1	40.06	41.02	HT
		<u>Ruben Kok</u>				<u>Ofke Teekens (Jr)</u>
		500m 40.62 (40,62)				100m 41.02 (41,02)

		Naam	Cat	PR	Tijd	Info
25	wt	92 Jesse Vollaard	HB2	39.83	40.05	HT
	rd	11 Jelle Boonstra	HB1	40.11	42.61	HT
		<u>Jesse Vollaard</u>				<u>Jelle Boonstra</u>
		100m 40.05 (40,05)				100m 42.61 (42,61)

		Naam	Cat	PR	Tijd	Info
26	gl	16 Stijn van de Bunt	HB1	40.40	41.43	HT
	bl	36 Jelle Koeleman	HB1	40.04	40.22	HT
		<u>Stijn van de Bunt</u>				
		100m	41.43	(41,43)		
		<u>Jelle Koeleman</u>				
		100m	40.22	(40,22)		

		Naam	Cat	PR	Tijd	Info
27	wt	56 Okke Mouwen	HB1	39.41	39.75	HT
	rd	8 Max Bergsma	HB1	39.31	39.55	HT
		<u>Okke Mouwen</u>				
		100m	39.75	(39,75)		
		<u>Max Bergsma</u>				
		100m	39.55	(39,55)		

		Naam	Cat	PR	Tijd	Info
28	gl	71 Peye de Ruiter	HB2	39.81	39.92	HT
	bl	73 Bram Schouten	HB2	39.67	40.65	HT
		<u>Peye de Ruiter</u>				
		100m	39.92	(39,92)		
		<u>Bram Schouten</u>				
		100m	40.65	(40,65)		

		Naam	Cat	PR	Tijd	Info
29	wt	49 Giancarlo Lopez	HB1	39.34	40.08	HT
	rd	23 Geert Frijters	HB1	39.71	40.21	HT
		<u>Giancarlo Lopez</u>				
		100m	40.08	(40,08)		
		<u>Geert Frijters</u>				
		100m	40.21	(40,21)		

		Naam	Cat	PR	Tijd	Info
30	gl	88 Danny Verdel	HB2	39.18	40.32	HT
	bl	26 Jelmer Hendriks	HB2	39.40	39.70	HT
		<u>Danny Verdel</u>				
		100m	40.32	(40,32)		
		<u>Jelmer Hendriks</u>				
		100m	39.70	(39,70)		

		Naam	Cat	PR	Tijd	Info
31	wt	83 Sjors Tettero	HB2	38.21	39.15	HT
	rd	28 Matthieu Hollaar	HB2	38.47	39.42	HT
		<u>Sjors Tettero</u>				
		100m	39.15	(39,15)		
		<u>Matthieu Hollaar</u>				
		100m	39.42	(39,42)		

		Naam	Cat	PR	Tijd	Info
32	gl	102 Stijn Beekelaar	HB1	38.41	39.54	HT
	bl	69 Thom Rooijackers	HB1	39.24	40.19	HT
		<u>Stijn Beekelaar</u>				
		100m	39.54	(39,54)		
		<u>Thom Rooijackers</u>				
		100m	40.19	(40,19)		

		Naam	Cat	PR	Tijd	Info
33	wt	51 Nick Luijten	HB1	39.27	40.05	HT
	rd	53 Meinte Mellema	HB1	39.21	39.82	HT
		<u>Nick Luijten</u>				
		100m	40.05	(40,05)		
		<u>Meinte Mellema</u>				
		100m	39.82	(39,82)		

		Naam	Cat	PR	Tijd	Info
34	gl	45 Sem de Leeuw	HB2	38.93	39.81	HT
	bl	43 Timo Lamme	HB1	38.73	39.47	HT

Sem de Leeuw
100m 39.81 (39,81)

Timo Lamme
100m 39.47 (39,47)

		Naam	Cat	PR	Tijd Info
35	wt	20 Tom Egbertsen	HB1	37.62	39.03 HT
	rd	19 Sijmen Egberts	HB1	38.12	39.22 HT
		<u>Tom Egbertsen</u>		<u>Sijmen Egberts</u>	
		100m 39.03 (39,03)		100m 39.22 (39,22)	

		Naam	Cat	PR	Tijd Info
36	gl	97 Stein de Wit	HB1	37.94	38.82 HT
	bl	91 Stan van Vliet	HB2	37.53	38.28 HT
		<u>Stein de Wit</u>		<u>Stan van Vliet</u>	
		100m 38.82 (38,82)		100m 38.28 (38,28)	

		Naam	Cat	PR	Tijd Info
37	wt	68 Jelle Rieff	HB2	37.82	38.69 HT
	rd	81 Pim Stuij	HB2	37.16	37.96 HT
		<u>Jelle Rieff</u>		<u>Pim Stuij</u>	
		100m 38.69 (38,69)		100m 37.96 (37,96)	

		Naam	Cat	PR	Tijd Info
38	gl	94 Kayo Vos	HB2	37.45	38.34 HT
	bl	62 Ivo de la Porte	HB2	38.01	39.05 HT
		<u>Kayo Vos</u>		<u>Ivo de la Porte</u>	
		100m 38.34 (38,34)		100m 39.05 (39,05)	

5. Uitslag Dames junioren B 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	64 Yael Prenger	DB2	53	O	2:12.49	
2	59 Diede van Oorschot	DB1	54	O	2:13.13	
3	95 Tyche Wamsteker	DB2	53	I	2:13.50	
4	63 Nikita Praag	DB2	56	O	2:14.67	
5	39 Veerle van Koppen	DB1	55	O	2:15.06	
6	101 Danielle van Zanten	DB2	55	I	2:15.45	
7	5 Semmie Bakker	DB1	50	O	2:17.66	
8	44 Anouk van Leest	DB1	52	I	2:17.68	
9	27 Pien Hersman	DB1	50	I	2:17.71	
10	35 Akki Kivits	DB1	48	O	2:17.86	
11	54 Isa Molenaar	DB1	49	O	2:18.36	
12	76 Marije van der Spek	DB2	45	I	2:18.48	
13	58 Lataesha Narain	DB1	52	O	2:19.45	
14	50 Daan Louwerse	DB2	48	I	2:19.57	
15	38 Emma Kole	DB1	51	I	2:19.74	
16	66 Laura Qualm	DB2	40	I	2:19.76	
17	9 Maud Beusen	DB1	46	I	2:20.18	
18	30 Daphne Iskes	DB2	54	I	2:20.58	
19	85 Iris Tiben	DB2	49	I	2:20.67	
20	4 Lotte Bakker	DB1	44	O	2:21.20	
21	67 Sterre van de Rhee	DB1	56	I	2:22.52	
22	40 Emma Koster	DB1	46	O	2:22.86	
23	29 Hilde Houtzager	DB2	47	I	2:23.00	
24	15 Esmée Brommer	DB1	51	O	2:23.70	
25	10 Femke de Boer	DB2	47	O	2:24.80	
26	25 Patou de Haas	DB2	44	I	2:25.04	
27	22 Emma Fransen	DB1	41	O	2:25.39	
28	13 Fleur Brink	DB1	42	O	2:25.73	
29	78 Floor van der Stap	DB1	42	I	2:26.04	
30	33 Indy de Jong	DB1	43	I	2:27.87	
31	41 Zus de Kruijk	DB1	40	O	2:28.48	
32	84 Lauren Teunissen	DB1	45	O	2:28.99	
33	93 Bodine Vollering	DB1	43	O	2:29.04	
34	104 Randi Dekker	DB1	39	I	2:30.31	
35	87 Renske van der Veer	DB2	41	I	2:32.85	
36	61 Fay Persoon	DB2	39	O	2:35.93	
37	17 Iris Daman	DB2	57	O	2:36.16	
38	3 Nienke van Assema	DB2	57	I	2:38.46	

5. Rituitslag Dames junioren B 1500 meter

		Naam	Cat	PR	Tijd Info
39	wt	104 Randi Dekker	DB1	2:25.62	2:30.31
	rd	61 Fay Persoon	DB2	2:32.90	2:35.93
		Randi Dekker		Fay Persoon	
		300m 30.43 (30,43)		300m 32.02 (32,02)	
		700m 1:06.77 (36,34)		700m 1:11.37 (39,35)	
		1100m 1:47.42 (40,65)		1100m 1:52.93 (41,56)	
		1500m 2:30.31 (42,89)		1500m 2:35.93 (43,00)	
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		Naam	Cat	PR	Tijd Info
40	gl	66 Laura Qualm	DB2	2:13.58	2:19.76
	bl	41 Zus de Kruijk	DB1	2:28.43	2:28.48
		Laura Qualm		Zus de Kruijk	
		300m 29.53 (29,53)		300m 30.69 (30,69)	
		700m 1:03.75 (34,22)		700m 1:06.85 (36,16)	
		1100m 1:41.05 (37,30)		1100m 1:46.59 (39,74)	
		1500m 2:19.76 (38,71)		1500m 2:28.48 (41,89)	
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		Naam	Cat	PR	Tijd Info
41	wt	87 Renske van der Veer	DB2	2:25.10	2:32.85
	rd	22 Emma Fransen	DB1	2:20.39	2:25.39
		Renske van der Veer		Emma Fransen	
		300m 32.92 (32,92)		300m 31.23 (31,23)	
		700m 1:11.67 (38,75)		700m 1:08.23 (37,00)	
		1100m 1:51.75 (40,08)		1100m 1:46.44 (38,21)	
		1500m 2:32.85 (41,10)		1500m 2:25.39 (38,95)	
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		Naam	Cat	PR	Tijd Info
42	gl	78 Floor van der Stap	DB1	2:24.08	2:26.04
	bl	13 Fleur Brink	DB1	2:22.29	2:25.73
		Floor van der Stap		Fleur Brink	
		300m 31.32 (31,32)		300m 30.77 (30,77)	
		700m 1:08.14 (36,82)		700m 1:08.15 (37,38)	
		1100m 1:46.98 (38,84)		1100m 1:47.58 (39,43)	
		1500m 2:26.04 (39,06)		1500m 2:25.73 (38,15)	
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		Naam	Cat	PR	Tijd Info
43	wt	33 Indy de Jong	DB1	2:25.65	2:27.87
	rd	93 Bodine Vollering	DB1	2:24.68	2:29.04
		Indy de Jong		Bodine Vollering	
		300m 31.87 (31,87)		300m 32.07 (32,07)	
		700m 1:08.93 (37,06)		700m 1:09.44 (37,37)	
		1100m 1:48.36 (39,43)		1100m 1:48.66 (39,22)	
		1500m 2:27.87 (39,51)		1500m 2:29.04 (40,38)	
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		Naam	Cat	PR	Tijd Info
44	gl	25 Patou de Haas	DB2	2:21.56	2:25.04
	bl	4 Lotte Bakker	DB1	2:15.99	2:21.20

Patou de Haas			Lotte Bakker		
300m	30.24	(30,24)	300m	29.35	(29,35)
700m	1:06.02	(35,78)	700m	1:03.82	(34,47)
1100m	1:44.76	(38,74)	1100m	1:41.58	(37,76)
1500m	2:25.04	(40,28)	1500m	2:21.20	(39,62)

	Naam	Cat	PR	Tijd Info
45	wt 76 Marije van der Spek	DB2	2:14.65	2:18.48
	rd 84 Lauren Teunissen	DB1	2:18.03	2:28.99

Marije van der Spek			Lauren Teunissen		
300m	29.13	(29,13)	300m	30.24	(30,24)
700m	1:03.43	(34,30)	700m	1:07.43	(37,19)
1100m	1:40.29	(36,86)	1100m	1:46.95	(39,52)
1500m	2:18.48	(38,19)	1500m	2:28.99	(42,04)

	Naam	Cat	PR	Tijd Info
46	gl 9 Maud Beusen	DB1	2:20.17	2:20.18
	bl 40 Emma Koster	DB1	2:19.60	2:22.86

Maud Beusen			Emma Koster		
300m	29.63	(29,63)	300m	30.64	(30,64)
700m	1:04.68	(35,05)	700m	1:06.07	(35,43)
1100m	1:41.96	(37,28)	1100m	1:44.13	(38,06)
1500m	2:20.18	(38,22)	1500m	2:22.86	(38,73)

	Naam	Cat	PR	Tijd Info
47	wt 29 Hilde Houtzager	DB2	2:18.53	2:23.00
	rd 10 Femke de Boer	DB2	2:16.72	2:24.80

Hilde Houtzager			Femke de Boer		
300m	29.06	(29,06)	300m	30.90	(30,90)
700m	1:04.11	(35,05)	700m	1:07.04	(36,14)
1100m	1:42.46	(38,35)	1100m	1:45.03	(37,99)
1500m	2:23.00	(40,54)	1500m	2:24.80	(39,77)

	Naam	Cat	PR	Tijd Info
48	gl 50 Daan Louwerse	DB2	2:11.23	2:19.57
	bl 35 Akki Kivits	DB1	2:15.04	2:17.86

Daan Louwerse			Akki Kivits		
300m	29.78	(29,78)	300m	29.22	(29,22)
700m	1:04.66	(34,88)	700m	1:02.79	(33,57)
1100m	1:41.59	(36,93)	1100m	1:39.05	(36,26)
1500m	2:19.57	(37,98)	1500m	2:17.86	(38,81)

	Naam	Cat	PR	Tijd Info
49	wt 85 Iris Tiben	DB2	2:13.69	2:20.67
	rd 54 Isa Molenaar	DB1	2:13.66	2:18.36

Iris Tiben			Isa Molenaar		
300m	29.11	(29,11)	300m	29.77	(29,77)
700m	1:04.18	(35,07)	700m	1:03.90	(34,13)
1100m	1:41.72	(37,54)	1100m	1:40.32	(36,42)
1500m	2:20.67	(38,95)	1500m	2:18.36	(38,04)

	Naam	Cat	PR	Tijd Info
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50	gl	27 Pien Hersman	DB1	2:13.61	2:17.71
	bl	5 Semmie Bakker	DB1	2:13.80	2:17.66

Pien Hersman			Semmie Bakker		
300m	27.26	(27,26)	300m	28.58	(28,58)
700m	59.94	(32,68)	700m	1:02.88	(34,30)
1100m	1:36.35	(36,41)	1100m	1:39.83	(36,95)
1500m	2:17.71	(41,36)	1500m	2:17.66	(37,83)

		Naam	Cat	PR	Tijd Info
51	wt	38 Emma Kole	DB1	2:13.66	2:19.74
	rd	15 Esmée Brommer	DB1	2:14.49	2:23.70

Emma Kole			Esmée Brommer		
300m	29.79	(29,79)	300m	30.87	(30,87)
700m	1:04.33	(34,54)	700m	1:06.61	(35,74)
1100m	1:41.14	(36,81)	1100m	1:44.97	(38,36)
1500m	2:19.74	(38,60)	1500m	2:23.70	(38,73)

		Naam	Cat	PR	Tijd Info
52	gl	44 Anouk van Leest	DB1	2:13.63	2:17.68
	bl	58 Lataesha Narain	DB1	2:12.45	2:19.45

Anouk van Leest			Lataesha Narain		
300m	28.79	(28,79)	300m	28.60	(28,60)
700m	1:02.96	(34,17)	700m	1:03.19	(34,59)
1100m	1:39.56	(36,60)	1100m	1:41.16	(37,97)
1500m	2:17.68	(38,12)	1500m	2:19.45	(38,29)

		Naam	Cat	PR	Tijd Info
53	wt	95 Tyche Wamsteker	DB2	2:07.17	2:13.50
	rd	64 Yael Prenger	DB2	2:04.56	2:12.49

Tyche Wamsteker			Yael Prenger		
300m	28.58	(28,58)	300m	28.68	(28,68)
700m	1:01.70	(33,12)	700m	1:00.94	(32,26)
1100m	1:36.80	(35,10)	1100m	1:35.78	(34,84)
1500m	2:13.50	(36,70)	1500m	2:12.49	(36,71)

		Naam	Cat	PR	Tijd Info
54	gl	30 Daphne Iskes	DB2	2:11.32	2:20.58
	bl	59 Diede van Oorschot	DB1	2:10.65	2:13.13

Daphne Iskes			Diede van Oorschot		
300m	28.45	(28,45)	300m	28.74	(28,74)
700m	1:02.47	(34,02)	700m	1:01.44	(32,70)
1100m	1:39.89	(37,42)	1100m	1:36.36	(34,92)
1500m	2:20.58	(40,69)	1500m	2:13.13	(36,77)

		Naam	Cat	PR	Tijd Info
55	wt	101 Danielle van Zanten	DB2	2:10.44	2:15.45
	rd	39 Veerle van Koppen	DB1	2:11.71	2:15.06

Danielle van Zanten			Veerle van Koppen		
300m	28.43	(28,43)	300m	28.66	(28,66)
700m	1:02.01	(33,58)	700m	1:01.96	(33,30)
1100m	1:37.78	(35,77)	1100m	1:38.01	(36,05)
1500m	2:15.45	(37,67)	1500m	2:15.06	(37,05)

		Naam	Cat	PR	Tijd	Info
56	gl	67 Sterre van de Rhee	DB1	2:12.14	2:22.52	
	bl	63 Nikita Praag	DB2	2:08.52	2:14.67	
		<u>Sterre van de Rhee</u>		<u>Nikita Praag</u>		
		300m 29.93 (29,93)		300m 29.72 (29,72)		
		700m 1:05.97 (36,04)		700m 1:03.38 (33,66)		
		1100m 1:43.93 (37,96)		1100m 1:38.53 (35,15)		
		1500m 2:22.52 (38,59)		1500m 2:14.67 (36,14)		
		Naam	Cat	PR	Tijd	Info
57	wt	3 Nienke van Assema	DB2	2:33.08	2:38.46	
	rd	17 Iris Daman	DB2	2:27.17	2:36.16	
		<u>Nienke van Assema</u>		<u>Iris Daman</u>		
		300m 2:38.46 (158,46)		300m 2:36.16 (156,16)		

6. Uitslag Heren junioren B 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	91 Stan van Vliet	HB2	76	I	1:56.40	
2	94 Kayo Vos	HB2	75	O	1:57.48	
3	19 Sijmen Egberts	HB1	73	O	1:58.71	
4	62 Ivo de la Porte	HB2	76	O	1:59.11	
5	68 Jelle Rieff	HB2	70	I	2:00.00	
6	20 Tom Egbertsen	HB1	73	I	2:00.05	
7	28 Matthieu Hollaar	HB2	65	I	2:00.09 PR	
8	56 Okke Mouwen	HB1	71	I	2:00.60	
9	81 Pim Stuij	HB2	74	O	2:00.63	
10	16 Stijn van de Bunt	HB1	72	O	2:01.41	
11	102 Stijn Beekelaar	HB1	75	I	2:02.10	
12	8 Max Bergsma	HB1	69	O	2:02.43	
13	83 Sjors Tettero	HB2	74	I	2:02.75	
14	45 Sem de Leeuw	HB2	72	I	2:03.52	
15	36 Jelle Koeleman	HB1	67	I	2:03.56	
16	92 Jesse Vollaard	HB2	62	I	2:03.83 PR	
17	97 Stein de Wit	HB1	71	O	2:03.88	
18	53 Meinte Mellema	HB1	62	O	2:04.04	
19	37 Ruben Kok	HB2	67	O	2:04.16	
20	43 Timo Lamme	HB1	68	O	2:04.29	
21	82 Ofke Teekens (Jr)	HB1	68	I	2:04.75	
22	80 Jordi Storm	HB1	61	I	2:05.02	
23	65 Matthe Pronk	HB1	61	O	2:05.52	
24	23 Geert Frijters	HB1	64	O	2:05.63	
25	88 Danny Verdel	HB2	70	O	2:06.07	
26	69 Thom Rooijackers	HB1	63	O	2:06.50	
27	73 Bram Schouten	HB2	64	I	2:06.67	
28	48 Ties Lemmers	HB2	63	I	2:07.61	
29	26 Jelmer Hendriks	HB2	65	O	2:07.63	
30	11 Jelle Boonstra	HB1	58	O	2:07.71	
31	14 Jeremy Brinkers	HB2	60	I	2:08.19	
32	86 Thomas van der Vaart	HB2	57	O	2:09.29	
33	96 AbeJan Weenink	HB2	66	O	2:09.68	
34	21 Bas Feenstra	HB1	57	I	2:11.44	
35	71 Peye de Ruiter	HB2	59	O	2:12.23	
36	89 Dennis Vergeer	HB2	59	I	2:12.34	
37	42 Mikel Kuijpers	HB1	60	O	2:17.08	
38	49 Giancarlo Lopez	HB1	58	I	2:17.16	
	51 Nick Luijten	HB1	69	I	DNF	
	12 Sander Brandse	HB1	66	I	DNS	

6. Rituitslag Heren junioren B 1500 meter

		Naam	Cat	PR	Tijd	Info
57	wt	21 Bas Feenstra	HB1	2:05.36	2:11.44	
	rd	86 Thomas van der Vaart	HB2	2:06.01	2:09.29	
		Bas Feenstra		Thomas van der Vaart		
		300m 27.03 (27,03)		300m 27.79 (27,79)		
		700m 59.39 (32,36)		700m 1:00.13 (32,34)		
		1100m 1:34.43 (35,04)		1100m 1:34.37 (34,24)		
		1500m 2:11.44 (37,01)		1500m 2:09.29 (34,92)		

		Naam	Cat	PR	Tijd	Info
58	gl	49 Giancarlo Lopez	HB1	2:06.55	2:17.16	
	bl	11 Jelle Boonstra	HB1	2:04.88	2:07.71	
		Giancarlo Lopez		Jelle Boonstra		
		300m 26.70 (26,70)		300m 27.71 (27,71)		
		700m 59.54 (32,84)		700m 1:00.63 (32,92)		
		1100m 1:36.68 (37,14)		1100m 1:34.12 (33,49)		
		1500m 2:17.16 (40,48)		1500m 2:07.71 (33,59)		

		Naam	Cat	PR	Tijd	Info
59	wt	89 Dennis Vergeer	HB2	2:07.09	2:12.34	
	rd	71 Peye de Ruiter	HB2	2:09.54	2:12.23	
		Dennis Vergeer		Peye de Ruiter		
		300m 29.16 (29,16)		300m 26.42 (26,42)		
		700m 1:03.39 (34,23)		700m 58.94 (32,52)		
		1100m 1:37.92 (34,53)		1100m 1:34.67 (35,73)		
		1500m 2:12.34 (34,42)		1500m 2:12.23 (37,56)		

		Naam	Cat	PR	Tijd	Info
60	gl	14 Jeremy Brinkers	HB2	2:06.89	2:08.19	
	bl	42 Mikel Kuijpers	HB1	2:06.13	2:17.08	
		Jeremy Brinkers		Mikel Kuijpers		
		300m 27.43 (27,43)		300m 27.73 (27,73)		
		700m 59.10 (31,67)		700m 1:00.66 (32,93)		
		1100m 1:32.94 (33,84)		1100m 1:37.62 (36,96)		
		1500m 2:08.19 (35,25)		1500m 2:17.08 (39,46)		

		Naam	Cat	PR	Tijd	Info
61	wt	80 Jordi Storm	HB1	2:04.06	2:05.02	
	rd	65 Matthe Pronk	HB1	2:03.16	2:05.52	
		Jordi Storm		Matthe Pronk		
		300m 27.51 (27,51)		300m 27.12 (27,12)		
		700m 59.01 (31,50)		700m 58.55 (31,43)		
		1100m 1:31.27 (32,26)		1100m 1:31.83 (33,28)		
		1500m 2:05.02 (33,75)		1500m 2:05.52 (33,69)		

		Naam	Cat	PR	Tijd	Info
62	gl	92 Jesse Vollaard	HB2	2:05.06	2:03.83	PR
	bl	53 Meinte Mellema	HB1	2:03.78	2:04.04	

Jesse Vollaard			Meinte Mellema		
300m	26.48	(26,48)	300m	26.39	(26,39)
700m	57.57	(31,09)	700m	57.05	(30,66)
1100m	1:30.09	(32,52)	1100m	1:29.85	(32,80)
1500m	2:03.83	(33,74)	1500m	2:04.04	(34,19)

	Naam	Cat	PR	Tijd Info
63	wt 48 Ties Lemmers	HB2	2:05.07	2:07.61
	rd 69 Thom Rooijackers	HB1	2:04.33	2:06.50
Ties Lemmers			Thom Rooijackers	
	300m	28.17 (28,17)	300m	26.09 (26,09)
	700m	59.73 (31,56)	700m	56.88 (30,79)
	1100m	1:32.98 (33,25)	1100m	1:30.62 (33,74)
	1500m	2:07.61 (34,63)	1500m	2:06.50 (35,88)

	Naam	Cat	PR	Tijd Info
64	gl 73 Bram Schouten	HB2	2:03.20	2:06.67
	bl 23 Geert Frijters	HB1	2:03.54	2:05.63
Bram Schouten			Geert Frijters	
	300m	26.83 (26,83)	300m	26.83 (26,83)
	700m	58.12 (31,29)	700m	57.67 (30,84)
	1100m	1:31.40 (33,28)	1100m	1:30.80 (33,13)
	1500m	2:06.67 (35,27)	1500m	2:05.63 (34,83)

	Naam	Cat	PR	Tijd Info
65	wt 28 Matthieu Hollaar	HB2	2:01.88	2:00.09 PR
	rd 26 Jelmer Hendriks	HB2	2:02.14	2:07.63
Matthieu Hollaar			Jelmer Hendriks	
	300m	26.61 (26,61)	300m	26.93 (26,93)
	700m	56.48 (29,87)	700m	57.50 (30,57)
	1100m	1:27.45 (30,97)	1100m	1:30.99 (33,49)
	1500m	2:00.09 (32,64)	1500m	2:07.63 (36,64)

	Naam	Cat	PR	Tijd Info
66	gl 12 Sander Brandse	HB1	2:03.13	DNS
	bl 96 AbeJan Weenink	HB2	2:02.72	2:09.68
Sander Brandse			AbeJan Weenink	
	300m	27.64 (27,64)		
	700m	59.84 (32,20)		
	1100m	1:33.74 (33,90)		
	1500m	2:09.68 (35,94)		

	Naam	Cat	PR	Tijd Info
67	wt 36 Jelle Koeleman	HB1	2:02.90	2:03.56
	rd 37 Ruben Kok	HB2	2:01.87	2:04.16
Jelle Koeleman			Ruben Kok	
	300m	26.10 (26,10)	300m	26.40 (26,40)
	700m	56.92 (30,82)	700m	57.04 (30,64)
	1100m	1:29.70 (32,78)	1100m	1:30.10 (33,06)
	1500m	2:03.56 (33,86)	1500m	2:04.16 (34,06)

	Naam	Cat	PR	Tijd Info
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68	gl	82 Ofke Teekens (Jr)	HB1	2:02.46	2:04.75
	bl	43 Timo Lamme	HB1	2:02.16	2:04.29

Ofke Teekens (Jr)			Timo Lamme		
300m	26.37	(26,37)	300m	26.24	(26,24)
700m	57.19	(30,82)	700m	56.93	(30,69)
1100m	1:30.16	(32,97)	1100m	1:30.03	(33,10)
1500m	2:04.75	(34,59)	1500m	2:04.29	(34,26)

	Naam	Cat	PR	Tijd Info	
69	wt	51 Nick Luijten	HB1	2:00.05	DNF
	rd	8 Max Bergsma	HB1	2:00.61	2:02.43

Nick Luijten			Max Bergsma		
300m			300m	26.41	(26,41)
700m			700m	57.55	(31,14)
1100m			1100m	1:29.49	(31,94)
1500m			1500m	2:02.43	(32,94)

	Naam	Cat	PR	Tijd Info	
70	gl	68 Jelle Rieff	HB2	1:57.59	2:00.00
	bl	88 Danny Verdel	HB2	2:00.57	2:06.07

Jelle Rieff			Danny Verdel		
300m	25.92	(25,92)	300m	26.78	(26,78)
700m	55.74	(29,82)	700m	57.83	(31,05)
1100m	1:26.98	(31,24)	1100m	1:31.11	(33,28)
1500m	2:00.00	(33,02)	1500m	2:06.07	(34,96)

	Naam	Cat	PR	Tijd Info	
71	wt	56 Okke Mouwen	HB1	2:00.40	2:00.60
	rd	97 Stein de Wit	HB1	2:01.64	2:03.88

Okke Mouwen			Stein de Wit		
300m	25.95	(25,95)	300m	26.20	(26,20)
700m	55.61	(29,66)	700m	56.78	(30,58)
1100m	1:27.15	(31,54)	1100m	1:29.27	(32,49)
1500m	2:00.60	(33,45)	1500m	2:03.88	(34,61)

	Naam	Cat	PR	Tijd Info	
72	gl	45 Sem de Leeuw	HB2	1:59.09	2:03.52
	bl	16 Stijn van de Bunt	HB1	1:59.91	2:01.41

Sem de Leeuw			Stijn van de Bunt		
300m	25.93	(25,93)	300m	27.00	(27,00)
700m	56.11	(30,18)	700m	56.72	(29,72)
1100m	1:28.49	(32,38)	1100m	1:28.34	(31,62)
1500m	2:03.52	(35,03)	1500m	2:01.41	(33,07)

	Naam	Cat	PR	Tijd Info	
73	wt	20 Tom Egbertsen	HB1	1:57.32	2:00.05
	rd	19 Sijmen Egberts	HB1	1:55.92	1:58.71

Tom Egbertsen			Sijmen Egberts		
300m	25.98	(25,98)	300m	26.08	(26,08)
700m	56.00	(30,02)	700m	55.95	(29,87)
1100m	1:27.38	(31,38)	1100m	1:26.82	(30,87)
1500m	2:00.05	(32,67)	1500m	1:58.71	(31,89)

		Naam			Cat			PR	Tijd	Info	
74	gl	83	Sjors Tettero		HB2			1:56.98	2:02.75		
	bl	81	Pim Stuij		HB2			1:57.56	2:00.63		
		<u>Sjors Tettero</u>			<u>Pim Stuij</u>						
		300m	25.52	(25,52)	300m	25.31	(25,31)				
		700m	55.43	(29,91)	700m	54.43	(29,12)				
		1100m	1:27.68	(32,25)	1100m	1:26.38	(31,95)				
		1500m	2:02.75	(35,07)	1500m	2:00.63	(34,25)				

		Naam			Cat			PR	Tijd	Info	
75	wt	102	Stijn Beekelaar		HB1			1:57.17	2:02.10		
	rd	94	Kayo Vos		HB2			1:53.90	1:57.48		
		<u>Stijn Beekelaar</u>			<u>Kayo Vos</u>						
		300m	25.70	(25,70)	300m	25.19	(25,19)				
		700m	55.11	(29,41)	700m	53.93	(28,74)				
		1100m	1:27.29	(32,18)	1100m	1:24.80	(30,87)				
		1500m	2:02.10	(34,81)	1500m	1:57.48	(32,68)				

		Naam			Cat			PR	Tijd	Info	
76	gl	91	Stan van Vliet		HB2			1:52.36	1:56.40		
	bl	62	Ivo de la Porte		HB2			1:55.32	1:59.11		
		<u>Stan van Vliet</u>			<u>Ivo de la Porte</u>						
		300m	25.60	(25,60)	300m	25.58	(25,58)				
		700m	54.48	(28,88)	700m	54.73	(29,15)				
		1100m	1:24.47	(29,99)	1100m	1:25.85	(31,12)				
		1500m	1:56.40	(31,93)	1500m	1:59.11	(33,26)				

7. Uitslag Dames junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	64 Yael Prenger	DB2	96	O	4:35.58	
2	101 Danielle van Zanten	DB2	94	O	4:39.34	
3	95 Tyche Wamsteker	DB2	95	O	4:39.84	
4	39 Veerle van Koppen	DB1	94	I	4:41.31	
5	59 Diede van Oorschot	DB1	96	I	4:42.88	
6	63 Nikita Praag	DB2	93	O	4:45.08	
7	66 Laura Qualm	DB2	87	O	4:46.49	
8	50 Daan Louwerse	DB2	88	O	4:53.59	
9	5 Semmie Bakker	DB1	93	I	4:53.83	
10	9 Maud Beusen	DB1	86	O	4:54.02	
11	44 Anouk van Leest	DB1	90	I	4:54.19	
12	67 Sterre van de Rhee	DB1	87	I	4:54.84	
13	85 Iris Tiben	DB2	90	O	4:54.87	
14	58 Lataesha Narain	DB1	92	O	4:56.09	
15	27 Pien Hersman	DB1	95	I	4:57.63	
16	76 Marije van der Spek	DB2	91	I	4:57.98	
17	15 Esmée Brommer	DB1	86	I	4:58.76	
18	54 Isa Molenaar	DB1	89	O	4:59.96	
19	10 Femke de Boer	DB2	83	I	5:01.71	
20	35 Akki Kivits	DB1	92	I	5:02.10 PR	
21	22 Emma Fransen	DB1	82	I	5:02.79	
22	38 Emma Kole	DB1	88	I	5:04.42	
23	30 Daphne Iskes	DB2	91	O	5:05.71	
24	4 Lotte Bakker	DB1	89	I	5:07.32	
25	29 Hilde Houtzager	DB2	85	I	5:08.04	
26	78 Floor van der Stap	DB1	81	I	5:08.67 PR	
27	13 Fleur Brink	DB1	85	O	5:09.57 PR	
28	93 Bodine Vollering	DB1	80	O	5:09.72 PR	
29	104 Randi Dekker	DB1	82	O	5:11.12	
30	33 Indy de Jong	DB1	80	I	5:11.31 PR	
31	41 Zus de Kruijk	DB1	81	O	5:13.65	
32	25 Patou de Haas	DB2	84	I	5:15.78	
33	17 Iris Daman	DB2	77	I	5:23.53	
34	61 Fay Persoon	DB2	79	O	5:31.24	
35	3 Nienke van Assema	DB2	77	O	5:43.00	
	87 Renske van der Veer	DB2	79	I	DQ	
	40 Emma Koster	DB1	84	O	DQ	
	84 Lauren Teunissen	DB1			WDR	

7. Rituitslag Dames junioren B 3000 meter

		Naam	Cat	PR	Tijd Info
77	wt	17 Iris Daman	DB2	4:58.30	5:23.53
	rd	3 Nienke van Assema	DB2	5:36.73	5:43.00
		<u>Iris Daman</u>		<u>Nienke van Assema</u>	
		200m 24.98 (24,98)		200m 24.93 (24,93)	
		600m 1:04.88 (39,90)		600m 1:05.07 (40,14)	
		1000m 1:45.93 (41,05)		1000m 1:47.91 (42,84)	
		1400m 2:27.86 (41,93)		1400m 2:33.08 (45,17)	
		1800m 3:10.16 (42,30)		1800m 3:19.56 (46,48)	
		2200m 3:53.66 (43,50)		2200m 4:07.72 (48,16)	
		2600m 4:38.83 (45,17)		2600m 4:56.42 (48,70)	
		3000m 5:23.53 (44,70)		3000m 5:43.00 (46,58)	

		Naam	Cat	PR	Tijd Info
78	gl				
	bl				
		m		m	

		Naam	Cat	PR	Tijd Info
79	wt	87 Renske van der Veer	DB2	5:23.64	DQ
	rd	61 Fay Persoon	DB2	5:17.26	5:31.24
		<u>Renske van der Veer</u>		<u>Fay Persoon</u>	
				200m 23.83 (23,83)	
				600m 1:05.52 (41,69)	
				1000m 1:49.16 (43,64)	
				1400m 2:33.68 (44,52)	
				1800m 3:18.55 (44,87)	
				2200m 4:03.85 (45,30)	
				2600m 4:47.97 (44,12)	
				3000m 5:31.24 (43,27)	

		Naam	Cat	PR	Tijd Info
80	gl	33 Indy de Jong	DB1	5:16.92	5:11.31 PR
	bl	93 Bodine Vollering	DB1	5:13.68	5:09.72 PR
		<u>Indy de Jong</u>		<u>Bodine Vollering</u>	
		200m 23.74 (23,74)		200m 23.97 (23,97)	
		600m 1:01.56 (37,82)		600m 1:01.21 (37,24)	
		1000m 1:41.16 (39,60)		1000m 1:40.36 (39,15)	
		1400m 2:22.11 (40,95)		1400m 2:20.78 (40,42)	
		1800m 3:03.86 (41,75)		1800m 3:02.28 (41,50)	
		2200m 3:46.19 (42,33)		2200m 3:44.54 (42,26)	
		2600m 4:29.62 (43,43)		2600m 4:27.25 (42,71)	
		3000m 5:11.31 (41,69)		3000m 5:09.72 (42,47)	

		Naam	Cat	PR	Tijd Info
81	wt	78 Floor van der Stap	DB1	5:11.10	5:08.67 PR
	rd	41 Zus de Kruijk	DB1	5:03.36	5:13.65

Floor van der Stap			Zus de Kruijk		
200m	23.50	(23,50)	200m	24.17	(24,17)
600m	1:03.00	(39,50)	600m	1:02.06	(37,89)
1000m	1:42.99	(39,99)	1000m	1:41.82	(39,76)
1400m	2:23.32	(40,33)	1400m	2:22.24	(40,42)
1800m	3:04.18	(40,86)	1800m	3:04.24	(42,00)
2200m	3:45.87	(41,69)	2200m	3:47.01	(42,77)
2600m	4:27.30	(41,43)	2600m	4:30.71	(43,70)
3000m	5:08.67	(41,37)	3000m	5:13.65	(42,94)

	Naam	Cat	PR	Tijd Info
82	gl 22 Emma Fransen	DB1	4:55.55	5:02.79
	bl 104 Randi Dekker	DB1	5:09.96	5:11.12

Emma Fransen			Randi Dekker		
200m	22.64	(22,64)	200m	22.95	(22,95)
600m	1:00.37	(37,73)	600m	59.50	(36,55)
1000m	1:40.27	(39,90)	1000m	1:39.09	(39,59)
1400m	2:20.47	(40,20)	1400m	2:19.86	(40,77)
1800m	3:00.38	(39,91)	1800m	3:01.65	(41,79)
2200m	3:40.86	(40,48)	2200m	3:43.74	(42,09)
2600m	4:21.68	(40,82)	2600m	4:27.40	(43,66)
3000m	5:02.79	(41,11)	3000m	5:11.12	(43,72)

	Naam	Cat	PR	Tijd Info
83	wt 10 Femke de Boer	DB2	4:54.74	5:01.71
	rd 84 Lauren Teunissen	DB1	5:02.39	WDR

Femke de Boer			Lauren Teunissen		
200m	23.11	(23,11)			
600m	59.59	(36,48)			
1000m	1:37.52	(37,93)			
1400m	2:16.74	(39,22)			
1800m	2:56.52	(39,78)			
2200m	3:37.38	(40,86)			
2600m	4:19.03	(41,65)			
3000m	5:01.71	(42,68)			

	Naam	Cat	PR	Tijd Info
84	gl 25 Patou de Haas	DB2	5:14.47	5:15.78
	bl 40 Emma Koster	DB1	4:55.83	DQ

Patou de Haas			Emma Koster		
200m	22.83	(22,83)	200m	22.52	(22,52)
600m	1:00.05	(37,22)			
1000m	1:40.30	(40,25)			
1400m	2:21.18	(40,88)			
1800m	3:03.35	(42,17)			
2200m	3:46.41	(43,06)			
2600m	4:30.54	(44,13)			
3000m	5:15.78	(45,24)			

	Naam	Cat	PR	Tijd Info
85	wt 29 Hilde Houtzager	DB2	5:05.04	5:08.04
	rd 13 Fleur Brink	DB1	5:22.78	5:09.57 PR

Hilde Houtzager			Fleur Brink		
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200m	21.85	(21,85)	200m	22.09	(22,09)
600m	59.53	(37,68)	600m	1:00.44	(38,35)
1000m	1:38.20	(38,67)	1000m	1:41.17	(40,73)
1400m	2:19.12	(40,92)	1400m	2:23.29	(42,12)
1800m	3:00.87	(41,75)	1800m	3:05.62	(42,33)
2200m	3:43.64	(42,77)	2200m	3:47.75	(42,13)
2600m	4:26.66	(43,02)	2600m	4:29.21	(41,46)
3000m	5:08.04	(41,38)	3000m	5:09.57	(40,36)

		Naam	Cat	PR	Tijd Info		
86	gl	15 Esmée Brommer	DB1	4:47.06	4:58.76		
	bl	9 Maud Beusen	DB1	4:52.96	4:54.02		
Esmée Brommer			Maud Beusen				
		200m	23.04	(23,04)	200m	23.23	(23,23)
		600m	1:00.88	(37,84)	600m	59.62	(36,39)
		1000m	1:39.46	(38,58)	1000m	1:37.61	(37,99)
		1400m	2:18.83	(39,37)	1400m	2:16.68	(39,07)
		1800m	2:58.63	(39,80)	1800m	2:55.77	(39,09)
		2200m	3:38.44	(39,81)	2200m	3:35.12	(39,35)
		2600m	4:18.80	(40,36)	2600m	4:14.59	(39,47)
		3000m	4:58.76	(39,96)	3000m	4:54.02	(39,43)

		Naam	Cat	PR	Tijd Info		
87	wt	67 Sterre van de Rhee	DB1	4:44.92	4:54.84		
	rd	66 Laura Qualm	DB2	4:40.42	4:46.49		
Sterre van de Rhee			Laura Qualm				
		200m	22.30	(22,30)	200m	22.21	(22,21)
		600m	58.62	(36,32)	600m	57.06	(34,85)
		1000m	1:36.84	(38,22)	1000m	1:33.43	(36,37)
		1400m	2:16.21	(39,37)	1400m	2:10.92	(37,49)
		1800m	2:55.93	(39,72)	1800m	2:48.92	(38,00)
		2200m	3:35.50	(39,57)	2200m	3:27.71	(38,79)
		2600m	4:15.63	(40,13)	2600m	4:07.00	(39,29)
		3000m	4:54.84	(39,21)	3000m	4:46.49	(39,49)

		Naam	Cat	PR	Tijd Info		
88	gl	38 Emma Kole	DB1	4:56.36	5:04.42		
	bl	50 Daan Louwerse	DB2	4:36.10	4:53.59		
Emma Kole			Daan Louwerse				
		200m	22.99	(22,99)	200m	22.60	(22,60)
		600m	59.80	(36,81)	600m	59.39	(36,79)
		1000m	1:38.61	(38,81)	1000m	1:37.52	(38,13)
		1400m	2:19.20	(40,59)	1400m	2:16.04	(38,52)
		1800m	2:59.78	(40,58)	1800m	2:54.77	(38,73)
		2200m	3:41.29	(41,51)	2200m	3:33.86	(39,09)
		2600m	4:22.87	(41,58)	2600m	4:13.40	(39,54)
		3000m	5:04.42	(41,55)	3000m	4:53.59	(40,19)

		Naam	Cat	PR	Tijd Info		
89	wt	4 Lotte Bakker	DB1	4:58.96	5:07.32		
	rd	54 Isa Molenaar	DB1	4:52.49	4:59.96		
Lotte Bakker			Isa Molenaar				
		200m	22.57	(22,57)	200m	22.27	(22,27)

600m	59.31	(36,74)	600m	57.30	(35,03)
1000m	1:38.48	(39,17)	1000m	1:35.33	(38,03)
1400m	2:19.09	(40,61)	1400m	2:14.89	(39,56)
1800m	3:00.00	(40,91)	1800m	2:55.06	(40,17)
2200m	3:41.89	(41,89)	2200m	3:36.38	(41,32)
2600m	4:25.11	(43,22)	2600m	4:18.30	(41,92)
3000m	5:07.32	(42,21)	3000m	4:59.96	(41,66)

		Naam	Cat	PR	Tijd Info
90	gl	44 Anouk van Leest	DB1	4:52.17	4:54.19
	bl	85 Iris Tiben	DB2	4:47.03	4:54.87
		Anouk van Leest		Iris Tiben	
		200m 22.10 (22,10)		200m 21.92 (21,92)	
		600m 58.02 (35,92)		600m 57.21 (35,29)	
		1000m 1:34.83 (36,81)		1000m 1:35.23 (38,02)	
		1400m 2:13.97 (39,14)		1400m 2:14.38 (39,15)	
		1800m 2:53.08 (39,11)		1800m 2:54.15 (39,77)	
		2200m 3:33.40 (40,32)		2200m 3:34.98 (40,83)	
		2600m 4:13.89 (40,49)		2600m 4:15.37 (40,39)	
		3000m 4:54.19 (40,30)		3000m 4:54.87 (39,50)	

		Naam	Cat	PR	Tijd Info
91	wt	76 Marije van der Spek	DB2	4:49.15	4:57.98
	rd	30 Daphne Iskes	DB2	4:43.92	5:05.71
		Marije van der Spek		Daphne Iskes	
		200m 22.02 (22,02)		200m 21.91 (21,91)	
		600m 57.47 (35,45)		600m 57.55 (35,64)	
		1000m 1:35.07 (37,60)		1000m 1:35.56 (38,01)	
		1400m 2:15.02 (39,95)		1400m 2:15.13 (39,57)	
		1800m 2:54.86 (39,84)		1800m 2:56.28 (41,15)	
		2200m 3:35.67 (40,81)		2200m 3:38.48 (42,20)	
		2600m 4:17.65 (41,98)		2600m 4:21.63 (43,15)	
		3000m 4:57.98 (40,33)		3000m 5:05.71 (44,08)	

		Naam	Cat	PR	Tijd Info
92	gl	35 Akki Kivits	DB1	5:08.76	5:02.10 PR
	bl	58 Lataesha Narain	DB1	4:53.61	4:56.09
		Akki Kivits		Lataesha Narain	
		200m 22.05 (22,05)		200m 21.69 (21,69)	
		600m 58.56 (36,51)		600m 58.48 (36,79)	
		1000m 1:36.54 (37,98)		1000m 1:37.18 (38,70)	
		1400m 2:15.88 (39,34)		1400m 2:16.58 (39,40)	
		1800m 2:55.58 (39,70)		1800m 2:56.27 (39,69)	
		2200m 3:36.56 (40,98)		2200m 3:36.31 (40,04)	
		2600m 4:18.23 (41,67)		2600m 4:17.09 (40,78)	
		3000m 5:02.10 (43,87)		3000m 4:56.09 (39,00)	

		Naam	Cat	PR	Tijd Info
93	wt	5 Semie Bakker	DB1	4:51.73	4:53.83
	rd	63 Nikita Praag	DB2	4:38.17	4:45.08
		Semie Bakker		Nikita Praag	
		200m 22.09 (22,09)		200m 22.07 (22,07)	
		600m 58.08 (35,99)		600m 56.50 (34,43)	

1000m	1:36.31	(38,23)	1000m	1:32.68	(36,18)
1400m	2:15.23	(38,92)	1400m	2:10.23	(37,55)
1800m	2:54.38	(39,15)	1800m	2:48.18	(37,95)
2200m	3:34.35	(39,97)	2200m	3:26.78	(38,60)
2600m	4:14.30	(39,95)	2600m	4:06.01	(39,23)
3000m	4:53.83	(39,53)	3000m	4:45.08	(39,07)

		Naam		Cat		PR	Tijd	Info
94	gl	39	Veerle van Koppen		DB1	4:40.72	4:41.31	
	bl	101	Danielle van Zanten		DB2	4:32.87	4:39.34	
			Veerle van Koppen					
			200m	20.74	(20,74)			
			600m	54.75	(34,01)			
			1000m	1:30.08	(35,33)			
			1400m	2:06.72	(36,64)			
			1800m	2:44.18	(37,46)			
			2200m	3:22.79	(38,61)			
			2600m	4:01.95	(39,16)			
			3000m	4:41.31	(39,36)			
			Danielle van Zanten					
			200m	20.77	(20,77)			
			600m	54.59	(33,82)			
			1000m	1:30.80	(36,21)			
			1400m	2:07.73	(36,93)			
			1800m	2:45.21	(37,48)			
			2200m	3:23.41	(38,20)			
			2600m	4:01.80	(38,39)			
			3000m	4:39.34	(37,54)			

		Naam		Cat		PR	Tijd	Info
95	wt	27	Pien Hersman		DB1	4:48.97	4:57.63	
	rd	95	Tyche Wamsteker		DB2	4:30.42	4:39.84	
			Pien Hersman					
			200m	21.38	(21,38)			
			600m	56.86	(35,48)			
			1000m	1:35.20	(38,34)			
			1400m	2:15.13	(39,93)			
			1800m	2:54.48	(39,35)			
			2200m	3:34.73	(40,25)			
			2600m	4:15.86	(41,13)			
			3000m	4:57.63	(41,77)			
			Tyche Wamsteker					
			200m	21.40	(21,40)			
			600m	55.35	(33,95)			
			1000m	1:31.30	(35,95)			
			1400m	2:07.93	(36,63)			
			1800m	2:45.13	(37,20)			
			2200m	3:22.89	(37,76)			
			2600m	4:01.13	(38,24)			
			3000m	4:39.84	(38,71)			

		Naam		Cat		PR	Tijd	Info
96	gl	59	Diede van Oorschot		DB1	4:33.62	4:42.88	
	bl	64	Yael Prenger		DB2	4:25.37	4:35.58	
			Diede van Oorschot					
			200m	21.20	(21,20)			
			600m	55.28	(34,08)			
			1000m	1:31.37	(36,09)			
			1400m	2:09.23	(37,86)			
			1800m	2:46.59	(37,36)			
			2200m	3:24.70	(38,11)			
			2600m	4:03.42	(38,72)			
			3000m	4:42.88	(39,46)			
			Yael Prenger					
			200m	21.13	(21,13)			
			600m	55.06	(33,93)			
			1000m	1:31.55	(36,49)			
			1400m	2:07.85	(36,30)			
			1800m	2:44.60	(36,75)			
			2200m	3:21.74	(37,14)			
			2600m	3:58.63	(36,89)			
			3000m	4:35.58	(36,95)			

8. Uitslag Heren junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	91 Stan van Vliet	HB2	116	I	4:04.73	
2	62 Ivo de la Porte	HB2	114	I	4:10.26	
3	56 Okke Mouwen	HB1	112	I	4:10.36 PR	
4	19 Sijmen Egberts	HB1	114	O	4:10.75	
5	94 Kayo Vos	HB2	116	O	4:12.45	
6	8 Max Bergsma	HB1	110	I	4:14.34	
7	68 Jelle Rieff	HB2	115	O	4:14.82	
8	28 Matthieu Hollaar	HB2	113	O	4:15.06	
9	36 Jelle Koeleman	HB1	108	O	4:15.96	
10	92 Jesse Vollaard	HB2	108	I	4:16.23	
11	16 Stijn van de Bunt	HB1	107	I	4:16.73	
12	20 Tom Egbertsen	HB1	113	I	4:16.82	
13	82 Ofke Teekens (Jr)	HB1	104	I	4:22.43	
14	81 Pim Stuij	HB2	115	I	4:22.63	
15	37 Ruben Kok	HB2	107	O	4:22.92	
16	83 Sjors Tettero	HB2	112	O	4:22.95	
17	11 Jelle Boonstra	HB1	100	I	4:23.03	
18	102 Stijn Beekelaar	HB1	111	O	4:24.13	
19	65 Matthe Pronk	HB1	103	I	4:25.43	
20	45 Sem de Leeuw	HB2	109	I	4:25.57	
21	51 Nick Luijten	HB1	97	I	4:25.68	
22	88 Danny Verdel	HB2	105	I	4:27.30	
23	53 Meinte Mellema	HB1	109	O	4:28.27	
24	69 Thom Rooijackers	HB1	105	O	4:28.83 PR	
25	23 Geert Frijters	HB1	106	I	4:29.06	
26	86 Thomas van der Vaart	HB2	100	O	4:29.14 PR	
27	80 Jordi Storm	HB1	103	O	4:29.19	
28	43 Timo Lamme	HB1	110	O	4:30.09	
29	48 Ties Lemmers	HB2	99	O	4:31.47	
30	97 Stein de Wit	HB1	111	I	4:32.40	
31	96 AbeJan Weenink	HB2	101	O	4:36.66	
32	14 Jeremy Brinkers	HB2	102	O	4:36.77	
33	26 Jelmer Hendriks	HB2	106	O	4:39.32	
34	89 Dennis Vergeer	HB2	98	I	4:42.39	
35	21 Bas Feenstra	HB1	101	I	4:43.52	
36	71 Peye de Ruiter	HB2	102	I	4:48.48	
37	42 Mikel Kuijpers	HB1	98	O	4:50.09	
	49 Giancarlo Lopez	HB1	99	I	DQ	
	73 Bram Schouten	HB2	104	O	DQ	
	12 Sander Brandse	HB1			WDR	

8. Rituitslag Heren junioren B 3000 meter

		Naam	Cat	PR	Tijd Info
97	wt	51 Nick Luijten	HB1	4:22.22	4:25.68
	rd	12 Sander Brandse	HB1	4:28.34	WDR
		<u>Nick Luijten</u>		<u>Sander Brandse</u>	
		200m 20.15 (20,15)		200m 21.80 (21,80)	
		600m 52.92 (32,77)		600m 57.63 (35,83)	
		1000m 1:26.71 (33,79)		1000m 1:35.45 (37,82)	
		1400m 2:01.65 (34,94)		1400m 2:13.74 (38,29)	
		1800m 2:36.63 (34,98)		1800m 2:52.57 (38,83)	
		2200m 3:12.04 (35,41)		2200m 3:31.12 (38,55)	
		2600m 3:48.12 (36,08)		2600m 4:10.34 (39,22)	
		3000m 4:25.68 (37,56)		3000m 4:50.09 (39,75)	

		Naam	Cat	PR	Tijd Info
98	gl	89 Dennis Vergeer	HB2	4:34.45	4:42.39
	bl	42 Mikel Kuijpers	HB1	4:40.18	4:50.09
		<u>Dennis Vergeer</u>		<u>Mikel Kuijpers</u>	
		200m 21.35 (21,35)		200m 21.80 (21,80)	
		600m 55.86 (34,51)		600m 57.63 (35,83)	
		1000m 1:31.38 (35,52)		1000m 1:35.45 (37,82)	
		1400m 2:07.93 (36,55)		1400m 2:13.74 (38,29)	
		1800m 2:45.88 (37,95)		1800m 2:52.57 (38,83)	
		2200m 3:24.63 (38,75)		2200m 3:31.12 (38,55)	
		2600m 4:03.71 (39,08)		2600m 4:10.34 (39,22)	
		3000m 4:42.39 (38,68)		3000m 4:50.09 (39,75)	

		Naam	Cat	PR	Tijd Info
99	wt	49 Giancarlo Lopez	HB1	4:45.36	DQ
	rd	48 Ties Lemmers	HB2	4:27.96	4:31.47
		<u>Giancarlo Lopez</u>		<u>Ties Lemmers</u>	
		200m 20.42 (20,42)		200m 21.80 (21,80)	
		600m 54.84 (34,42)		600m 55.17 (33,37)	
		1000m 1:30.11 (35,27)		1000m 1:28.99 (33,82)	
		1400m 2:07.19 (37,08)		1400m 2:02.86 (33,87)	
		1800m 2:47.61 (40,42)		1800m 2:37.73 (34,87)	
		2200m 3:30.82 (43,21)		2200m 3:13.70 (35,97)	
		2600m 4:14.04 (43,22)		2600m 3:51.09 (37,39)	
		3000m 4:57.58 (43,54)		3000m 4:31.47 (40,38)	

		Naam	Cat	PR	Tijd Info
100	gl	11 Jelle Boonstra	HB1	4:12.82	4:23.03
	bl	86 Thomas van der Vaart	HB2	4:30.23	4:29.14 PR
		<u>Jelle Boonstra</u>		<u>Thomas van der Vaart</u>	
		200m 20.11 (20,11)		200m 20.71 (20,71)	
		600m 53.32 (33,21)		600m 52.94 (32,23)	
		1000m 1:26.95 (33,63)		1000m 1:27.12 (34,18)	
		1400m 2:01.29 (34,34)		1400m 2:02.11 (34,99)	
		1800m 2:35.76 (34,47)		1800m 2:37.68 (35,57)	
		2200m 3:11.03 (35,27)		2200m 3:12.97 (35,29)	

2600m	3:46.75	(35,72)	2600m	3:51.64	(38,67)
3000m	4:23.03	(36,28)	3000m	4:29.14	(37,50)

		Naam	Cat	PR	Tijd Info
101	wt	21 Bas Feenstra	HB1	4:32.37	4:43.52
	rd	96 AbeJan Weenink	HB2	4:24.08	4:36.66
		Bas Feenstra		AbeJan Weenink	
		200m	20.44 (20,44)	200m	22.28 (22,28)
		600m	54.51 (34,07)	600m	57.51 (35,23)
		1000m	1:30.31 (35,80)	1000m	1:33.17 (35,66)
		1400m	2:07.32 (37,01)	1400m	2:09.04 (35,87)
		1800m	2:45.39 (38,07)	1800m	2:45.76 (36,72)
		2200m	3:24.24 (38,85)	2200m	3:22.82 (37,06)
		2600m	4:03.84 (39,60)	2600m	3:59.92 (37,10)
		3000m	4:43.52 (39,68)	3000m	4:36.66 (36,74)

		Naam	Cat	PR	Tijd Info
102	gl	71 Peye de Ruiter	HB2	4:48.40	4:48.48
	bl	14 Jeremy Brinkers	HB2	4:14.79	4:36.77
		Peye de Ruiter		Jeremy Brinkers	
		200m	19.76 (19,76)	200m	20.41 (20,41)
		600m	53.41 (33,65)	600m	53.28 (32,87)
		1000m	1:28.60 (35,19)	1000m	1:27.03 (33,75)
		1400m	2:05.63 (37,03)	1400m	2:02.24 (35,21)
		1800m	2:44.35 (38,72)	1800m	2:39.33 (37,09)
		2200m	3:25.20 (40,85)	2200m	3:17.79 (38,46)
		2600m	4:06.57 (41,37)	2600m	3:57.14 (39,35)
		3000m	4:48.48 (41,91)	3000m	4:36.77 (39,63)

		Naam	Cat	PR	Tijd Info
103	wt	65 Matthe Pronk	HB1	4:16.20	4:25.43
	rd	80 Jordi Storm	HB1	4:16.43	4:29.19
		Matthe Pronk		Jordi Storm	
		200m	20.70 (20,70)	200m	21.81 (21,81)
		600m	54.35 (33,65)	600m	55.85 (34,04)
		1000m	1:29.02 (34,67)	1000m	1:30.21 (34,36)
		1400m	2:04.01 (34,99)	1400m	2:05.11 (34,90)
		1800m	2:39.24 (35,23)	1800m	2:40.69 (35,58)
		2200m	3:14.61 (35,37)	2200m	3:16.26 (35,57)
		2600m	3:49.74 (35,13)	2600m	3:52.20 (35,94)
		3000m	4:25.43 (35,69)	3000m	4:29.19 (36,99)

		Naam	Cat	PR	Tijd Info
104	gl	82 Ofke Teekens (Jr)	HB1	4:14.62	4:22.43
	bl	73 Bram Schouten	HB2	4:36.63	DQ
		Ofke Teekens (Jr)		Bram Schouten	
		200m	19.99 (19,99)	200m	20.59 (20,59)
		600m	52.79 (32,80)	600m	53.96 (33,37)
		1000m	1:26.69 (33,90)	1000m	1:28.49 (34,53)
		1400m	2:00.85 (34,16)	1400m	2:03.40 (34,91)
		1800m	2:35.44 (34,59)	1800m	2:38.76 (35,36)
		2200m	3:10.70 (35,26)	2200m	3:14.66 (35,90)
		2600m	3:46.52 (35,82)	2600m	3:51.37 (36,71)

3000m 4:22.43 (35,91) 3000m 4:28.75 (37,38)

		Naam	Cat	PR	Tijd Info
105	wt	88 Danny Verdel	HB2	4:15.74	4:27.30
	rd	69 Thom Rooijackers	HB1	4:38.40	4:28.83 PR
		Danny Verdel		Thom Rooijackers	
		200m 19.93 (19,93)		200m 19.77 (19,77)	
		600m 52.04 (32,11)		600m 51.93 (32,16)	
		1000m 1:25.14 (33,10)		1000m 1:25.56 (33,63)	
		1400m 1:59.82 (34,68)		1400m 2:00.20 (34,64)	
		1800m 2:35.54 (35,72)		1800m 2:35.94 (35,74)	
		2200m 3:12.24 (36,70)		2200m 3:12.81 (36,87)	
		2600m 3:49.84 (37,60)		2600m 3:50.57 (37,76)	
		3000m 4:27.30 (37,46)		3000m 4:28.83 (38,26)	

		Naam	Cat	PR	Tijd Info
106	gl	23 Geert Frijters	HB1	4:22.90	4:29.06
	bl	26 Jelmer Hendriks	HB2	4:24.47	4:39.32
		Geert Frijters		Jelmer Hendriks	
		200m 20.82 (20,82)		200m 21.07 (21,07)	
		600m 54.91 (34,09)		600m 53.99 (32,92)	
		1000m 1:28.61 (33,70)		1000m 1:28.13 (34,14)	
		1400m 2:03.16 (34,55)		1400m 2:03.18 (35,05)	
		1800m 2:38.51 (35,35)		1800m 2:39.89 (36,71)	
		2200m 3:14.91 (36,40)		2200m 3:18.71 (38,82)	
		2600m 3:51.80 (36,89)		2600m 3:58.32 (39,61)	
		3000m 4:29.06 (37,26)		3000m 4:39.32 (41,00)	

		Naam	Cat	PR	Tijd Info
107	wt	16 Stijn van de Bunt	HB1	4:07.98	4:16.73
	rd	37 Ruben Kok	HB2	4:15.92	4:22.92
		Stijn van de Bunt		Ruben Kok	
		200m 20.34 (20,34)		200m 20.52 (20,52)	
		600m 52.74 (32,40)		600m 52.68 (32,16)	
		1000m 1:25.30 (32,56)		1000m 1:26.23 (33,55)	
		1400m 1:58.45 (33,15)		1400m 2:00.28 (34,05)	
		1800m 2:31.94 (33,49)		1800m 2:35.02 (34,74)	
		2200m 3:06.17 (34,23)		2200m 3:10.60 (35,58)	
		2600m 3:41.05 (34,88)		2600m 3:46.94 (36,34)	
		3000m 4:16.73 (35,68)		3000m 4:22.92 (35,98)	

		Naam	Cat	PR	Tijd Info
108	gl	92 Jesse Vollaard	HB2	4:11.53	4:16.23
	bl	36 Jelle Koeleman	HB1	4:11.83	4:15.96
		Jesse Vollaard		Jelle Koeleman	
		200m 19.84 (19,84)		200m 20.02 (20,02)	
		600m 52.60 (32,76)		600m 52.00 (31,98)	
		1000m 1:24.94 (32,34)		1000m 1:25.38 (33,38)	
		1400m 1:58.10 (33,16)		1400m 1:59.37 (33,99)	
		1800m 2:31.85 (33,75)		1800m 2:33.18 (33,81)	
		2200m 3:06.36 (34,51)		2200m 3:07.26 (34,08)	
		2600m 3:41.34 (34,98)		2600m 3:41.87 (34,61)	
		3000m 4:16.23 (34,89)		3000m 4:15.96 (34,09)	

		Naam	Cat		PR	Tijd Info
109	wt	45 Sem de Leeuw	HB2		4:17.22	4:25.57
	rd	53 Meinte Mellema	HB1		4:24.98	4:28.27
		Sem de Leeuw	Meinte Mellema			
		200m	19.91	(19,91)	200m	20.05 (20,05)
		600m	52.59	(32,68)	600m	52.37 (32,32)
		1000m	1:26.20	(33,61)	1000m	1:25.95 (33,58)
		1400m	2:00.27	(34,07)	1400m	2:00.46 (34,51)
		1800m	2:34.91	(34,64)	1800m	2:35.77 (35,31)
		2200m	3:10.69	(35,78)	2200m	3:12.12 (36,35)
		2600m	3:47.82	(37,13)	2600m	3:49.92 (37,80)
		3000m	4:25.57	(37,75)	3000m	4:28.27 (38,35)

		Naam	Cat		PR	Tijd Info
110	gl	8 Max Bergsma	HB1		4:12.49	4:14.34
	bl	43 Timo Lamme	HB1		4:22.43	4:30.09
		Max Bergsma	Timo Lamme			
		200m	19.90	(19,90)	200m	19.91 (19,91)
		600m	51.46	(31,56)	600m	51.98 (32,07)
		1000m	1:23.94	(32,48)	1000m	1:25.71 (33,73)
		1400m	1:57.49	(33,55)	1400m	2:00.82 (35,11)
		1800m	2:31.23	(33,74)	1800m	2:37.26 (36,44)
		2200m	3:05.55	(34,32)	2200m	3:14.88 (37,62)
		2600m	3:40.01	(34,46)	2600m	3:52.65 (37,77)
		3000m	4:14.34	(34,33)	3000m	4:30.09 (37,44)

		Naam	Cat		PR	Tijd Info
111	wt	97 Stein de Wit	HB1		4:23.28	4:32.40
	rd	102 Stijn Beekelaar	HB1		4:17.58	4:24.13
		Stein de Wit	Stijn Beekelaar			
		200m	20.35	(20,35)	200m	19.89 (19,89)
		600m	52.83	(32,48)	600m	52.40 (32,51)
		1000m	1:26.43	(33,60)	1000m	1:26.47 (34,07)
		1400m	2:01.73	(35,30)	1400m	2:00.81 (34,34)
		1800m	2:37.97	(36,24)	1800m	2:36.46 (35,65)
		2200m	3:15.01	(37,04)	2200m	3:12.21 (35,75)
		2600m	3:52.95	(37,94)	2600m	3:48.32 (36,11)
		3000m	4:32.40	(39,45)	3000m	4:24.13 (35,81)

		Naam	Cat		PR	Tijd Info
112	gl	56 Okke Mouwen	HB1		4:11.09	4:10.36 PR
	bl	83 Sjors Tettero	HB2		4:20.25	4:22.95
		Okke Mouwen	Sjors Tettero			
		200m	19.19	(19,19)	200m	19.99 (19,99)
		600m	49.77	(30,58)	600m	51.93 (31,94)
		1000m	1:21.60	(31,83)	1000m	1:25.36 (33,43)
		1400m	1:54.20	(32,60)	1400m	1:59.52 (34,16)
		1800m	2:27.53	(33,33)	1800m	2:34.37 (34,85)
		2200m	3:01.21	(33,68)	2200m	3:09.73 (35,36)
		2600m	3:35.12	(33,91)	2600m	3:46.23 (36,50)
		3000m	4:10.36	(35,24)	3000m	4:22.95 (36,72)

		Naam	Cat	PR	Tijd Info
113	wt	20 Tom Egbertsen	HB1	4:16.15	4:16.82
	rd	28 Matthieu Hollaar	HB2	4:13.66	4:15.06
		Tom Egbertsen		Matthieu Hollaar	
		200m 19.55 (19,55)		200m 19.39 (19,39)	
		600m 50.31 (30,76)		600m 50.57 (31,18)	
		1000m 1:22.58 (32,27)		1000m 1:23.03 (32,46)	
		1400m 1:56.22 (33,64)		1400m 1:56.01 (32,98)	
		1800m 2:30.87 (34,65)		1800m 2:29.50 (33,49)	
		2200m 3:05.94 (35,07)		2200m 3:03.88 (34,38)	
		2600m 3:41.40 (35,46)		2600m 3:39.62 (35,74)	
		3000m 4:16.82 (35,42)		3000m 4:15.06 (35,44)	

		Naam	Cat	PR	Tijd Info
114	gl	62 Ivo de la Porte	HB2	4:06.49	4:10.26
	bl	19 Sijmen Egberts	HB1	4:09.34	4:10.75
		Ivo de la Porte		Sijmen Egberts	
		200m 20.08 (20,08)		200m 19.85 (19,85)	
		600m 52.07 (31,99)		600m 51.61 (31,76)	
		1000m 1:24.46 (32,39)		1000m 1:24.31 (32,70)	
		1400m 1:57.06 (32,60)		1400m 1:56.53 (32,22)	
		1800m 2:29.72 (32,66)		1800m 2:29.04 (32,51)	
		2200m 3:03.24 (33,52)		2200m 3:02.43 (33,39)	
		2600m 3:36.81 (33,57)		2600m 3:36.27 (33,84)	
		3000m 4:10.26 (33,45)		3000m 4:10.75 (34,48)	

		Naam	Cat	PR	Tijd Info
115	wt	81 Pim Stuij	HB2	4:18.05	4:22.63
	rd	68 Jelle Rieff	HB2	4:11.75	4:14.82
		Pim Stuij		Jelle Rieff	
		200m 19.60 (19,60)		200m 19.65 (19,65)	
		600m 51.40 (31,80)		600m 51.18 (31,53)	
		1000m 1:24.11 (32,71)		1000m 1:23.98 (32,80)	
		1400m 1:58.27 (34,16)		1400m 1:57.08 (33,10)	
		1800m 2:33.20 (34,93)		1800m 2:30.75 (33,67)	
		2200m 3:09.15 (35,95)		2200m 3:04.81 (34,06)	
		2600m 3:46.03 (36,88)		2600m 3:39.52 (34,71)	
		3000m 4:22.63 (36,60)		3000m 4:14.82 (35,30)	

		Naam	Cat	PR	Tijd Info
116	gl	91 Stan van Vliet	HB2	4:01.02	4:04.73
	bl	94 Kayo Vos	HB2	4:11.95	4:12.45
		Stan van Vliet		Kayo Vos	
		200m 19.59 (19,59)		200m 19.04 (19,04)	
		600m 50.05 (30,46)		600m 49.99 (30,95)	
		1000m 1:21.57 (31,52)		1000m 1:22.74 (32,75)	
		1400m 1:53.48 (31,91)		1400m 1:54.95 (32,21)	
		1800m 2:25.71 (32,23)		1800m 2:28.28 (33,33)	
		2200m 2:58.33 (32,62)		2200m 3:02.43 (34,15)	
		2600m 3:31.51 (33,18)		2600m 3:37.35 (34,92)	
		3000m 4:04.73 (33,22)		3000m 4:12.45 (35,10)	