

Landelijke selectie NK lange afstanden 3000m

Jun A en B

Kardinge - Groningen

1 december 2019

9. Uitslag Dames Junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	118 Danielle van Zanten	DB2	12	O	4:32.87 PR	
2	80 Nikita Praag	DB2	9	O	4:40.40	
3	13 Loes Busser	DB1	4	I	4:42.66 PR	
4	33 Silke Hijma	DB1	3	I	4:46.02	
5	32 Jade Groenewoud	DB1	12	I	4:46.09	
6	105 Julie van der Tempel	DB2	11	I	4:47.43	
7	24 Tjitske Eppinga	DB2	10	O	4:48.38	
8	12 Esmée Brommer	DB1	7	I	4:49.58	
9	63 Daan Louwerse	DB2	6	I	4:49.95	
10	65 Bianca van der Meer	DB2	11	O	4:51.03	
11	20 Amber Duizendstraal	DB2	9	I	4:51.17	
12	96 Marije van der Spek	DB2	6	O	4:52.47	
13	71 Isa Molenaar	DB1	1	I	4:52.49 PR	
14	83 Laura Qualm	DB2	8	O	4:53.35	
15	107 Rixt Tol	DB2	7	O	4:54.26	
16	7 Fenna De Boer	DB2	5	O	4:55.53	
17	16 Nika van Dasselaar	DB2	10	I	4:55.61	
18	52 Emma Kole	DB1	2	I	4:56.89	
19	15 Liën van Dasselaar	DB1	5	I	4:57.66	
20	26 Emma Fransen	DB1	2	O	5:03.82	
21	38 Lotte Marije Huitema	DB2	1	O	5:04.82	
22	73 Lataesha Narain	DB1	4	O	5:06.40	
23	6 Maud Beusen	DB1	3	O	5:16.25	
	106 Iris Tiben	DB2			WDR	

Scheidsrechters:

B. Fetlaar (D)

K.Stoker (H)

R. van Lubek (Ass)

Starters:

J.J. de Jong (D)

A.J. Drent (H)

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9. Rituitslag Dames Junioren B 3000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	71 Isa Molenaar	DB1	4:54.46	4:52.49	PR
	rd	38 Lotte Marije Huitema	DB2	4:53.58	5:04.82	
		Isa Molenaar		Lotte Marije Huitema		
		200m	22.50 (22,50)	200m	22.96 (22,96)	
		600m	58.07 (35,57)	600m	59.01 (36,05)	
		1000m	1:36.41 (38,34)	1000m	1:37.02 (38,01)	
		1400m	2:15.00 (38,59)	1400m	2:16.55 (39,53)	
		1800m	2:54.43 (39,43)	1800m	2:57.02 (40,47)	
		2200m	3:33.80 (39,37)	2200m	3:38.76 (41,74)	
		2600m	4:13.13 (39,33)	2600m	4:21.43 (42,67)	
		3000m	4:52.49 (39,36)	3000m	5:04.82 (43,39)	

		Naam	Cat	PR	Tijd	Info
2	gl	52 Emma Kole	DB1	4:56.36	4:56.89	
	bl	26 Emma Fransen	DB1	4:55.55	5:03.82	
		Emma Kole		Emma Fransen		
		200m	22.18 (22,18)	200m	22.74 (22,74)	
		600m	56.89 (34,71)	600m	1:00.38 (37,64)	
		1000m	1:34.46 (37,57)	1000m	1:39.55 (39,17)	
		1400m	2:13.72 (39,26)	1400m	2:19.39 (39,84)	
		1800m	2:53.71 (39,99)	1800m	2:59.77 (40,38)	
		2200m	3:34.34 (40,63)	2200m	3:40.66 (40,89)	
		2600m	4:15.57 (41,23)	2600m	4:22.22 (41,56)	
		3000m	4:56.89 (41,32)	3000m	5:03.82 (41,60)	

		Naam	Cat	PR	Tijd	Info
3	wt	33 Silke Hijma	DB1	4:38.48	4:46.02	
	rd	6 Maud Beusen	DB1	4:52.96	5:16.25	
		Silke Hijma		Maud Beusen		
		200m	21.80 (21,80)	200m	23.81 (23,81)	
		600m	57.25 (35,45)	600m	1:01.09 (37,28)	
		1000m	1:34.41 (37,16)	1000m	1:40.90 (39,81)	
		1400m	2:11.62 (37,21)	1400m	2:22.25 (41,35)	
		1800m	2:49.36 (37,74)	1800m	3:04.87 (42,62)	
		2200m	3:27.71 (38,35)	2200m	3:48.52 (43,65)	
		2600m	4:06.49 (38,78)	2600m	4:32.33 (43,81)	
		3000m	4:46.02 (39,53)	3000m	5:16.25 (43,92)	

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		Naam	Cat	PR	Tijd Info
4	gl	13 Loes Busser	DB1	4:51.88	4:42.66 PR
	bl	73 Lataesha Narain	DB1	4:53.61	5:06.40
		Loes Busser		Lataesha Narain	
		200m 21.13 (21,13)		200m 21.38 (21,38)	
		600m 55.43 (34,30)		600m 57.13 (35,75)	
		1000m 1:32.07 (36,64)		1000m 1:35.54 (38,41)	
		1400m 2:09.51 (37,44)		1400m 2:15.23 (39,69)	
		1800m 2:47.17 (37,66)		1800m 2:55.43 (40,20)	
		2200m 3:25.49 (38,32)		2200m 3:37.83 (42,40)	
		2600m 4:03.98 (38,49)		2600m 4:21.74 (43,91)	
		3000m 4:42.66 (38,68)		3000m 5:06.40 (44,66)	

		Naam	Cat	PR	Tijd Info
5	wt	15 Lièn van Dasselaar	DB1	4:47.36	4:57.66
	rd	7 Fenna De Boer	DB2	4:49.16	4:55.53
		Lièn van Dasselaar		Fenna De Boer	
		200m 22.31 (22,31)		200m 23.09 (23,09)	
		600m 59.46 (37,15)		600m 59.80 (36,71)	
		1000m 1:37.58 (38,12)		1000m 1:38.88 (39,08)	
		1400m 2:17.14 (39,56)		1400m 2:17.79 (38,91)	
		1800m 2:56.94 (39,80)		1800m 2:57.52 (39,73)	
		2200m 3:37.02 (40,08)		2200m 3:36.93 (39,41)	
		2600m 4:17.29 (40,27)		2600m 4:16.60 (39,67)	
		3000m 4:57.66 (40,37)		3000m 4:55.53 (38,93)	

		Naam	Cat	PR	Tijd Info
6	gl	63 Daan Louwerse	DB2	4:36.10	4:49.95
	bl	96 Marije van der Spek	DB2	4:49.15	4:52.47
		Daan Louwerse		Marije van der Spek	
		200m 22.12 (22,12)		200m 22.22 (22,22)	
		600m 58.09 (35,97)		600m 56.74 (34,52)	
		1000m 1:35.28 (37,19)		1000m 1:34.39 (37,65)	
		1400m 2:13.46 (38,18)		1400m 2:12.61 (38,22)	
		1800m 2:51.96 (38,50)		1800m 2:51.70 (39,09)	
		2200m 3:30.81 (38,85)		2200m 3:31.87 (40,17)	
		2600m 4:10.03 (39,22)		2600m 4:12.76 (40,89)	
		3000m 4:49.95 (39,92)		3000m 4:52.47 (39,71)	

		Naam	Cat	PR	Tijd Info
7	wt	12 Esmée Brommer	DB1	4:47.06	4:49.58
	rd	107 Rixt Tol	DB2	4:45.96	4:54.26

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Esmée Brommer

200m	22.90	(22,90)
600m	59.85	(36,95)
1000m	1:37.14	(37,29)
1400m	2:15.50	(38,36)
1800m	2:54.02	(38,52)
2200m	3:33.27	(39,25)
2600m	4:11.98	(38,71)
3000m	4:49.58	(37,60)

Rixt Tol

200m	23.23	(23,23)
600m	58.72	(35,49)
1000m	1:35.85	(37,13)
1400m	2:14.45	(38,60)
1800m	2:53.95	(39,50)
2200m	3:33.93	(39,98)
2600m	4:13.99	(40,06)
3000m	4:54.26	(40,27)

		Naam	Cat	PR	Tijd Info
8	gl	106 Iris Tiben	DB2	4:47.03	WDR
	bl	83 Laura Qualm	DB2	4:40.42	4:53.35

Iris Tiben

200m	22.74	(22,74)
600m	59.69	(36,95)
1000m	1:37.68	(37,99)
1400m	2:16.62	(38,94)
1800m	2:55.95	(39,33)
2200m	3:35.48	(39,53)
2600m	4:14.56	(39,08)
3000m	4:53.35	(38,79)

Laura Qualm

200m	22.74	(22,74)
600m	59.69	(36,95)
1000m	1:37.68	(37,99)
1400m	2:16.62	(38,94)
1800m	2:55.95	(39,33)
2200m	3:35.48	(39,53)
2600m	4:14.56	(39,08)
3000m	4:53.35	(38,79)

		Naam	Cat	PR	Tijd Info
9	wt	20 Amber Duizendstraal	DB2	4:44.01	4:51.17
	rd	80 Nikita Praag	DB2	4:38.17	4:40.40

Amber Duizendstraal

200m	22.00	(22,00)
600m	57.59	(35,59)
1000m	1:35.16	(37,57)
1400m	2:14.35	(39,19)
1800m	2:53.85	(39,50)
2200m	3:33.37	(39,52)
2600m	4:12.50	(39,13)
3000m	4:51.17	(38,67)

Nikita Praag

200m	21.89	(21,89)
600m	55.44	(33,55)
1000m	1:30.80	(35,36)
1400m	2:07.38	(36,58)
1800m	2:45.13	(37,75)
2200m	3:23.55	(38,42)
2600m	4:02.19	(38,64)
3000m	4:40.40	(38,21)

		Naam	Cat	PR	Tijd Info
10	gl	16 Nika van Dasselaar	DB2	4:44.91	4:55.61
	bl	24 Tjitske Eppinga	DB2	4:43.98	4:48.38

Nika van Dasselaar

200m	21.75	(21,75)
600m	58.23	(36,48)
1000m	1:35.76	(37,53)

Tjitske Eppinga

200m	22.36	(22,36)
600m	58.11	(35,75)
1000m	1:35.35	(37,24)

1400m	2:14.79	(39,03)	1400m	2:13.11	(37,76)
1800m	2:54.01	(39,22)	1800m	2:51.06	(37,95)
2200m	3:33.95	(39,94)	2200m	3:30.11	(39,05)
2600m	4:14.68	(40,73)	2600m	4:09.20	(39,09)
3000m	4:55.61	(40,93)	3000m	4:48.38	(39,18)

		Naam	Cat	PR	Tijd	Info
11	wt	105 Julie van der Tempel	DB2	4:35.87	4:47.43	
	rd	65 Bianca van der Meer	DB2	4:38.51	4:51.03	
		Julie van der Tempel		Bianca van der Meer		
		200m	22.57	(22,57)	200m	22.38 (22,38)
		600m	57.20	(34,63)	600m	58.71 (36,33)
		1000m	1:33.39	(36,19)	1000m	1:36.60 (37,89)
		1400m	2:10.91	(37,52)	1400m	2:14.48 (37,88)
		1800m	2:48.97	(38,06)	1800m	2:53.07 (38,59)
		2200m	3:28.44	(39,47)	2200m	3:32.04 (38,97)
		2600m	4:07.73	(39,29)	2600m	4:11.60 (39,56)
		3000m	4:47.43	(39,70)	3000m	4:51.03 (39,43)

		Naam	Cat	PR	Tijd	Info
12	gl	32 Jade Groenewoud	DB1	4:42.72	4:46.09	
	bl	118 Danielle van Zanten	DB2	4:43.20	4:32.87	PR
		Jade Groenewoud		Danielle van Zanten		
		200m	20.75	(20,75)	200m	20.85 (20,85)
		600m	54.02	(33,27)	600m	53.83 (32,98)
		1000m	1:30.01	(35,99)	1000m	1:28.68 (34,85)
		1400m	2:08.28	(38,27)	1400m	2:04.69 (36,01)
		1800m	2:46.66	(38,38)	1800m	2:41.33 (36,64)
		2200m	3:26.14	(39,48)	2200m	3:18.31 (36,98)
		2600m	4:06.23	(40,09)	2600m	3:55.70 (37,39)
		3000m	4:46.09	(39,86)	3000m	4:32.87 (37,17)

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1 december 2019

10. Uitslag Heren Junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	79 Ivo de la Porte	HB2	24	I	4:08.10	
2	21 Sijmen Egberts	HB1	20	I	4:09.34 PR	
3	68 Rick Meijer	HB2	24	O	4:09.66	
4	72 Okke Mouwen	HB1	21	I	4:11.09 PR	
5	112 Jesse Vollaard	HB2	17	O	4:11.53 PR	
6	48 Jelle Koeleman	HB1	21	O	4:12.65	
7	4 Max Bergsma	HB1	19	O	4:13.00	
8	14 Jorian ten Cate	HB2	23	I	4:15.17	
9	40 Bas Huttenhuis	HB2	20	O	4:15.22	
10	91 Pieter Sijbrandij	HB2	16	I	4:15.37	
11	46 Stan Kleinlugtenbeld	HB2	22	I	4:15.66	
12	67 Niels Meijer	HB2	22	O	4:15.67	
13	8 Hylke de Boer	HB1	23	O	4:15.83	
14	51 Ruben Kok	HB2	15	O	4:15.92 PR	
15	57 Jasper Krommenhoek	HB1	17	I	4:16.68	
16	22 Tom Egbertsen	HB1	16	O	4:17.18 PR	
17	104 Ofke Teekens (Jr)	HB1	13	O	4:19.11 PR	
18	81 Matthe Pronk	HB1	18	I	4:20.38	
19	11 Jeremy Brinkers	HB2	19	I	4:26.06	
20	99 Jordi Storm	HB1	18	O	4:27.99	
21	75 Jonathan Penninga	HB2	13	I	4:33.13	
	92 Sipke Sijtsema	HB2	15	I	DQ	

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		Naam	Cat	PR	Tijd	Info
13	wt	75 Jonathan Penninga	HB2	4:21.69	4:33.13	
	rd	104 Ofke Teekens (Jr)	HB1	4:19.94	4:19.11	PR
		Jonathan Penninga		Ofke Teekens (Jr)		
		200m	20.74 (20,74)	200m	20.51 (20,51)	
		600m	54.61 (33,87)	600m	52.47 (31,96)	
		1000m	1:29.10 (34,49)	1000m	1:25.42 (32,95)	
		1400m	2:04.00 (34,90)	1400m	1:59.27 (33,85)	
		1800m	2:38.89 (34,89)	1800m	2:33.36 (34,09)	
		2200m	3:15.23 (36,34)	2200m	3:08.00 (34,64)	
		2600m	3:53.45 (38,22)	2600m	3:43.42 (35,42)	
		3000m	4:33.13 (39,68)	3000m	4:19.11 (35,69)	

		Naam	Cat	PR	Tijd	Info
14	gl					
	bl					
		m	m			

		Naam	Cat	PR	Tijd	Info
15	wt	92 Sipke Sijtsema	HB2	4:16.52	DQ	
	rd	51 Ruben Kok	HB2	4:17.89	4:15.92	PR
		Sipke Sijtsema		Ruben Kok		
		200m	20.57 (20,57)	200m	20.57 (20,57)	
		600m	52.33 (31,76)	600m	52.33 (31,76)	
		1000m	1:25.33 (33,00)	1000m	1:25.33 (33,00)	
		1400m	1:59.08 (33,75)	1400m	1:59.08 (33,75)	
		1800m	2:32.87 (33,79)	1800m	2:32.87 (33,79)	
		2200m	3:06.93 (34,06)	2200m	3:06.93 (34,06)	
		2600m	3:41.31 (34,38)	2600m	3:41.31 (34,38)	
		3000m	4:15.92 (34,61)	3000m	4:15.92 (34,61)	

		Naam	Cat	PR	Tijd	Info
16	gl	91 Pieter Sijbrandij	HB2	4:15.28	4:15.37	
	bl	22 Tom Egbertsen	HB1	4:18.72	4:17.18	PR
		Pieter Sijbrandij		Tom Egbertsen		
		200m	20.00 (20,00)	200m	20.08 (20,08)	

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600m	51.24	(31,24)	600m	51.15	(31,07)
1000m	1:23.38	(32,14)	1000m	1:23.31	(32,16)
1400m	1:56.83	(33,45)	1400m	1:56.69	(33,38)
1800m	2:31.31	(34,48)	1800m	2:30.73	(34,04)
2200m	3:05.70	(34,39)	2200m	3:05.30	(34,57)
2600m	3:40.46	(34,76)	2600m	3:41.36	(36,06)
3000m	4:15.37	(34,91)	3000m	4:17.18	(35,82)

		Naam	Cat	PR	Tijd	Info
17	wt	57 Jasper Krommenhoek	HB1	4:16.09	4:16.68	
	rd	112 Jesse Vollaard	HB2	4:15.25	4:11.53	PR
		Jasper Krommenhoek		Jesse Vollaard		
		200m	20.27 (20,27)	200m	19.69 (19,69)	
		600m	52.00 (31,73)	600m	51.50 (31,81)	
		1000m	1:24.01 (32,01)	1000m	1:23.75 (32,25)	
		1400m	1:56.74 (32,73)	1400m	1:55.99 (32,24)	
		1800m	2:30.29 (33,55)	1800m	2:29.42 (33,43)	
		2200m	3:05.04 (34,75)	2200m	3:03.37 (33,95)	
		2600m	3:40.51 (35,47)	2600m	3:37.15 (33,78)	
		3000m	4:16.68 (36,17)	3000m	4:11.53 (34,38)	

		Naam	Cat	PR	Tijd	Info
18	gl	81 Matthe Pronk	HB1	4:16.20	4:20.38	
	bl	99 Jordi Storm	HB1	4:16.43	4:27.99	
		Matthe Pronk		Jordi Storm		
		200m	20.34 (20,34)	200m	20.86 (20,86)	
		600m	53.09 (32,75)	600m	53.08 (32,22)	
		1000m	1:26.76 (33,67)	1000m	1:26.70 (33,62)	
		1400m	2:01.17 (34,41)	1400m	2:01.33 (34,63)	
		1800m	2:35.75 (34,58)	1800m	2:36.46 (35,13)	
		2200m	3:10.44 (34,69)	2200m	3:12.88 (36,42)	
		2600m	3:45.37 (34,93)	2600m	3:50.28 (37,40)	
		3000m	4:20.38 (35,01)	3000m	4:27.99 (37,71)	

		Naam	Cat	PR	Tijd	Info
19	wt	11 Jeremy Brinkers	HB2	4:14.79	4:26.06	
	rd	4 Max Bergsma	HB1	4:12.49	4:13.00	
		Jeremy Brinkers		Max Bergsma		
		200m	20.03	(20,03)	200m	20.17 (20,17)
		600m	51.89	(31,86)	600m	51.52 (31,35)
		1000m	1:24.08	(32,19)	1000m	1:23.61 (32,09)
		1400m	1:57.75	(33,67)	1400m	1:56.44 (32,83)
		1800m	2:32.87	(35,12)	1800m	2:29.83 (33,39)

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2200m	3:09.41	(36,54)	2200m	3:03.51	(33,68)
2600m	3:47.58	(38,17)	2600m	3:37.80	(34,29)
3000m	4:26.06	(38,48)	3000m	4:13.00	(35,20)

		Naam		Cat		PR	Tijd	Info
20	gl	21	Sijmen Egberts		HB1	4:12.80	4:09.34	PR
	bl	40	Bas Huttenhuis		HB2	4:13.49	4:15.22	
		Sijmen Egberts			Bas Huttenhuis			
		200m	19.88	(19,88)	200m	19.96	(19,96)	
		600m	51.85	(31,97)	600m	51.16	(31,20)	
		1000m	1:24.16	(32,31)	1000m	1:23.07	(31,91)	
		1400m	1:56.74	(32,58)	1400m	1:55.83	(32,76)	
		1800m	2:29.40	(32,66)	1800m	2:29.44	(33,61)	
		2200m	3:02.58	(33,18)	2200m	3:03.80	(34,36)	
		2600m	3:36.00	(33,42)	2600m	3:38.94	(35,14)	
		3000m	4:09.34	(33,34)	3000m	4:15.22	(36,28)	

		Naam		Cat		PR	Tijd	Info
21	wt	72	Okke Mouwen		HB1	4:11.50	4:11.09	PR
	rd	48	Jelle Koeleman		HB1	4:11.83	4:12.65	
		Okke Mouwen			Jelle Koeleman			
		200m	19.27	(19,27)	200m	19.46	(19,46)	
		600m	50.15	(30,88)	600m	50.38	(30,92)	
		1000m	1:22.28	(32,13)	1000m	1:22.52	(32,14)	
		1400m	1:55.18	(32,90)	1400m	1:55.57	(33,05)	
		1800m	2:28.92	(33,74)	1800m	2:29.16	(33,59)	
		2200m	3:02.37	(33,45)	2200m	3:03.44	(34,28)	
		2600m	3:36.48	(34,11)	2600m	3:38.01	(34,57)	
		3000m	4:11.09	(34,61)	3000m	4:12.65	(34,64)	

		Naam		Cat		PR	Tijd	Info
22	gl	46	Stan Kleinlugtenbeld		HB2	4:10.63	4:15.66	
	bl	67	Niels Meijer		HB2	4:11.82	4:15.67	
		Stan Kleinlugtenbeld			Niels Meijer			
		200m	20.68	(20,68)	200m	20.54	(20,54)	
		600m	52.37	(31,69)	600m	52.31	(31,77)	
		1000m	1:24.71	(32,34)	1000m	1:25.36	(33,05)	
		1400m	1:58.43	(33,72)	1400m	1:59.07	(33,71)	
		1800m	2:32.62	(34,19)	1800m	2:33.32	(34,25)	
		2200m	3:06.63	(34,01)	2200m	3:07.43	(34,11)	
		2600m	3:40.99	(34,36)	2600m	3:41.67	(34,24)	
		3000m	4:15.66	(34,67)	3000m	4:15.67	(34,00)	

		Naam	Cat		PR	Tijd Info
23	wt	14 Jorian ten Cate	HB2		4:07.73	4:15.17
	rd	8 Hylke de Boer	HB1		4:10.07	4:15.83
		Jorian ten Cate	Hylke de Boer			
		200m 19.29 (19,29)	200m 20.52 (20,52)			
		600m 51.74 (32,45)	600m 52.62 (32,10)			
		1000m 1:24.64 (32,90)	1000m 1:25.31 (32,69)			
		1400m 1:57.77 (33,13)	1400m 1:57.93 (32,62)			
		1800m 2:31.10 (33,33)	1800m 2:30.99 (33,06)			
		2200m 3:05.08 (33,98)	2200m 3:04.70 (33,71)			
		2600m 3:40.17 (35,09)	2600m 3:39.82 (35,12)			
		3000m 4:15.17 (35,00)	3000m 4:15.83 (36,01)			

		Naam	Cat		PR	Tijd Info
24	gl	79 Ivo de la Porte	HB2		4:06.49	4:08.10
	bl	68 Rick Meijer	HB2		4:08.91	4:09.66
		Ivo de la Porte	Rick Meijer			
		200m 19.11 (19,11)	200m 19.17 (19,17)			
		600m 50.12 (31,01)	600m 50.03 (30,86)			
		1000m 1:21.65 (31,53)	1000m 1:21.77 (31,74)			
		1400m 1:53.99 (32,34)	1400m 1:53.72 (31,95)			
		1800m 2:26.49 (32,50)	1800m 2:26.61 (32,89)			
		2200m 2:59.92 (33,43)	2200m 3:00.05 (33,44)			
		2600m 3:33.69 (33,77)	2600m 3:34.81 (34,76)			
		3000m 4:08.10 (34,41)	3000m 4:09.66 (34,85)			

Landelijke selectie NK lange afstanden 3000m

Jun A en B

Kardinge - Groningen

1 december 2019

11. Uitslag Dames Junioren A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	45 Bente Kerkhoff	DA1	33	O	4:33.28	
2	82 Brit Qualm	DA2	31	I	4:37.86	
3	88 Iris Schultinga	DA1	33	I	4:40.49	
4	59 Kayleigh ter Laak	DA1	32	I	4:40.60	
5	54 Evelieke Kool	DA2	27	O	4:43.23	
6	90 Thirza Sierdsma	DA2	32	O	4:44.82	
7	114 Henny de Vries	DA1	34	I	4:44.87	
8	56 Mayke Koster	DA1	34	O	4:46.57	
9	86 Eva Schipper	DA1	31	O	4:47.59	
10	111 Olin Verhoog	DA2	30	I	4:49.06	
11	43 Maud Jongman	DA1	27	I	4:49.43	
12	39 Berit Huiting	DA1	29	O	4:50.25	
13	119 Sosha Zuiderduin	DA2	26	I	4:51.18	
14	19 Anna Dijkers	DA1	29	I	4:53.59	
15	42 Romy de Jong	DA2	28	I	4:53.99	
16	44 Sylke Kas	DA1	30	O	4:57.91	
17	95 Liotte Smits	DA2	26	O	4:58.53	
18	103 Sanne Teekens	DA1	25	I	4:59.23	
19	47 Quinty van Klink	DA2	28	O	5:01.22	

Scheidsrechters:

B. Fetlaar (D)

K.Stoker (H)

R. van Lubek (Ass)

Starters:

J.J. de Jong (D)

A.J. Drent (H)

Landelijke selectie NK lange afstanden 3000m Jun A en B

Kardinge - Groningen

1 december 2019

11. Rituitslag Dames Junioren A 3000 meter

		Naam	Cat	PR	Tijd Info
25	wt rd	103 Sanne Teekens	DA1	4:43.09	4:59.23
Sanne Teekens					
		200m	22.54 (22,54)	m	
		600m	58.53 (35,99)		
		1000m	1:36.60 (38,07)		
		1400m	2:16.23 (39,63)		
		1800m	2:56.54 (40,31)		
		2200m	3:37.73 (41,19)		
		2600m	4:18.24 (40,51)		
		3000m	4:59.23 (40,99)		

		Naam	Cat	PR	Tijd Info
26	gl	119 Sosha Zuiderduin	DA2	4:37.32	4:51.18
	bl	95 Liotte Smits	DA2	4:49.67	4:58.53
Sosha Zuiderduin					
		200m	22.08 (22,08)		
		600m	57.33 (35,25)		
		1000m	1:34.38 (37,05)		
		1400m	2:12.52 (38,14)		
		1800m	2:51.38 (38,86)		
		2200m	3:30.96 (39,58)		
		2600m	4:10.97 (40,01)		
		3000m	4:51.18 (40,21)		
Liotte Smits					
		200m	22.09 (22,09)		
		600m	57.22 (35,13)		
		1000m	1:35.25 (38,03)		
		1400m	2:14.61 (39,36)		
		1800m	2:55.22 (40,61)		
		2200m	3:36.10 (40,88)		
		2600m	4:17.42 (41,32)		
		3000m	4:58.53 (41,11)		

		Naam	Cat	PR	Tijd Info
27	wt	43 Maud Jongman	DA1	4:47.63	4:49.43
	rd	54 Evelieke Kool	DA2	4:40.50	4:43.23
Maud Jongman					
		200m	20.83 (20,83)		
		600m	55.23 (34,40)		
		1000m	1:30.94 (35,71)		
		1400m	2:08.31 (37,37)		
		1800m	2:46.85 (38,54)		
		2200m	3:26.46 (39,61)		
		2600m	4:07.67 (41,21)		
		3000m	4:49.43 (41,76)		
Evelieke Kool					
		200m	21.85 (21,85)		
		600m	56.63 (34,78)		
		1000m	1:32.58 (35,95)		
		1400m	2:09.20 (36,62)		
		1800m	2:46.86 (37,66)		
		2200m	3:24.98 (38,12)		
		2600m	4:03.81 (38,83)		
		3000m	4:43.23 (39,42)		

Scheidsrechters:

B. Fetlaar (D)

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R. van Lubek (Ass)

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J.J. de Jong (D)

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		Naam	Cat	PR	Tijd	Info
28	gl	42 Romy de Jong	DA2	4:42.27	4:53.99	
	bl	47 Quinty van Klink	DA2	4:42.17	5:01.22	
		Romy de Jong		Quinty van Klink		
		200m	21.83 (21,83)	200m	22.81 (22,81)	
		600m	57.26 (35,43)	600m	59.24 (36,43)	
		1000m	1:34.09 (36,83)	1000m	1:37.54 (38,30)	
		1400m	2:12.16 (38,07)	1400m	2:16.89 (39,35)	
		1800m	2:50.96 (38,80)	1800m	2:57.10 (40,21)	
		2200m	3:30.50 (39,54)	2200m	3:38.10 (41,00)	
		2600m	4:11.21 (40,71)	2600m	4:19.67 (41,57)	
		3000m	4:53.99 (42,78)	3000m	5:01.22 (41,55)	

		Naam	Cat	PR	Tijd	Info
29	wt	19 Anna Dijkers	DA1	4:42.10	4:53.59	
	rd	39 Berit Huiting	DA1	4:44.38	4:50.25	
		Anna Dijkers		Berit Huiting		
		200m	21.11 (21,11)	200m	20.83 (20,83)	
		600m	56.33 (35,22)	600m	54.70 (33,87)	
		1000m	1:33.75 (37,42)	1000m	1:31.87 (37,17)	
		1400m	2:11.97 (38,22)	1400m	2:09.61 (37,74)	
		1800m	2:50.86 (38,89)	1800m	2:48.60 (38,99)	
		2200m	3:30.76 (39,90)	2200m	3:28.73 (40,13)	
		2600m	4:12.07 (41,31)	2600m	4:09.57 (40,84)	
		3000m	4:53.59 (41,52)	3000m	4:50.25 (40,68)	

		Naam	Cat	PR	Tijd	Info
30	gl	111 Olin Verhoog	DA2	4:43.67	4:49.06	
	bl	44 Sylke Kas	DA1	4:45.60	4:57.91	
		Olin Verhoog		Sylke Kas		
		200m	21.48 (21,48)	200m	21.51 (21,51)	
		600m	56.41 (34,93)	600m	56.49 (34,98)	
		1000m	1:32.97 (36,56)	1000m	1:34.00 (37,51)	
		1400m	2:11.29 (38,32)	1400m	2:12.59 (38,59)	
		1800m	2:50.34 (39,05)	1800m	2:52.56 (39,97)	
		2200m	3:30.07 (39,73)	2200m	3:34.17 (41,61)	
		2600m	4:09.65 (39,58)	2600m	4:16.21 (42,04)	
		3000m	4:49.06 (39,41)	3000m	4:57.91 (41,70)	

		Naam	Cat	PR	Tijd	Info
31	wt	82 Brit Qualm	DA2	4:33.02	4:37.86	
	rd	86 Eva Schipper	DA1	4:41.07	4:47.59	

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Brit Qualm			Eva Schipper		
200m	21.16	(21,16)	200m	21.31	(21,31)
600m	54.45	(33,29)	600m	56.13	(34,82)
1000m	1:29.54	(35,09)	1000m	1:32.79	(36,66)
1400m	2:05.76	(36,22)	1400m	2:10.75	(37,96)
1800m	2:42.98	(37,22)	1800m	2:49.94	(39,19)
2200m	3:20.79	(37,81)	2200m	3:29.66	(39,72)
2600m	3:59.13	(38,34)	2600m	4:09.19	(39,53)
3000m	4:37.86	(38,73)	3000m	4:47.59	(38,40)

		Naam	Cat	PR	Tijd	Info
32	gl	59 Kayleigh ter Laak	DA1	4:34.80	4:40.60	
	bl	90 Thirza Sierdsma	DA2	4:38.45	4:44.82	
		Kayleigh ter Laak		Thirza Sierdsma		
		200m	21.38 (21,38)	200m	22.06 (22,06)	
		600m	56.61 (35,23)	600m	57.14 (35,08)	
		1000m	1:33.26 (36,65)	1000m	1:34.19 (37,05)	
		1400m	2:10.13 (36,87)	1400m	2:11.12 (36,93)	
		1800m	2:47.06 (36,93)	1800m	2:48.54 (37,42)	
		2200m	3:24.35 (37,29)	2200m	3:26.47 (37,93)	
		2600m	4:02.20 (37,85)	2600m	4:05.41 (38,94)	
		3000m	4:40.60 (38,40)	3000m	4:44.82 (39,41)	

		Naam	Cat	PR	Tijd	Info
33	wt	88 Iris Schultinga	DA1	4:29.75	4:40.49	
	rd	45 Bente Kerkhoff	DA1	4:21.92	4:33.28	
		Iris Schultinga	Bente Kerkhoff			
		200m	20.94 (20,94)	200m	21.28 (21,28)	
		600m	54.85 (33,91)	600m	54.61 (33,33)	
		1000m	1:29.70 (34,85)	1000m	1:29.77 (35,16)	
		1400m	2:05.73 (36,03)	1400m	2:05.64 (35,87)	
		1800m	2:42.72 (36,99)	1800m	2:41.62 (35,98)	
		2200m	3:21.07 (38,35)	2200m	3:18.50 (36,88)	
		2600m	4:00.29 (39,22)	2600m	3:55.38 (36,88)	
		3000m	4:40.49 (40,20)	3000m	4:33.28 (37,90)	

		Naam	Cat	PR	Tijd	Info
34	gl	114 Henny de Vries	DA1	4:34.74	4:44.87	
	bl	56 Mayke Koster	DA1	4:32.40	4:46.57	
		Henny de Vries		Mayke Koster		
		200m	21.05 (21,05)	200m	22.43 (22,43)	
		600m	55.53 (34,48)	600m	58.18 (35,75)	
		1000m	1:32.79 (37,26)	1000m	1:34.94 (36,76)	

Scheidsrechters:
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K.Stoker (H)
R. van Lubek (Ass)

Starters:
J.J. de Jong (D)
A.J. Drent (H)

1400m	2:11.62	(38,83)	1400m	2:12.60	(37,66)
1800m	2:50.05	(38,43)	1800m	2:50.78	(38,18)
2200m	3:29.03	(38,98)	2200m	3:29.22	(38,44)
2600m	4:06.99	(37,96)	2600m	4:08.21	(38,99)
3000m	4:44.87	(37,88)	3000m	4:46.57	(38,36)

Landelijke selectie NK lange afstanden 3000m

Jun A en B

Kardinge - Groningen

1 december 2019

12. Uitslag Heren Junioren A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	93 Remo Slotegraaf	HA1	45	O	4:00.17	
2	30 Willem van der Goes	HA2	41	O	4:03.68 PR	
3	36 Roy Hoogendoorn	HA1	41	I	4:04.18 PR	
4	102 Dyon Talsma	HA1	39	I	4:04.75 PR	
5	97 Stan Springer	HA1	44	I	4:06.23	
6	76 Jarno Pluijgers	HA1	43	I	4:07.50	
7	41 Ivar Immerzeel	HA2	46	O	4:07.71	
8	18 Jornt Dijk	HA2	38	I	4:07.91 PR	
9	120 Mathijs van Zwieten	HA1	44	O	4:08.33	
10	37 Cas Hoorneman	HA2	43	O	4:08.76	
11	35 David Holmes	HA1	42	I	4:09.67	
12	110 Jarno Verheij	HA2	42	O	4:10.39	
13	77 Zeno de Ponti	HA1	46	I	4:10.44	
14	85 Rick de Ruijgt	HA1	40	O	4:11.78	
15	101 Martijn Takens	HA1	45	I	4:12.51	
16	60 Jesse de Lange	HA1	40	I	4:12.64	
17	125 Klaas Poortinga	HA2	37	I	4:14.40	
18	122 Ruben van Randeraat	HA2	36	I	4:16.25 HT	
19	23 Daan van der Elst	HA1	35	I	4:17.84	
20	62 Niels Loos	HA2	37	O	4:19.42	
21	87 Colin Schrijver	HA2	36	O	4:20.83	
22	61 Remco Langemaire	HA2	39	O	4:23.10	
23	69 Lars Mengerink	HA2	38	O	4:23.40	

Scheidsrechters:

B. Fetlaar (D)

K.Stoker (H)

R. van Lubek (Ass)

Starters:

J.J. de Jong (D)

A.J. Drent (H)

Landelijke selectie NK lange afstanden 3000m Jun A en B

Kardinge - Groningen

1 december 2019

12. Rituitslag Heren Junioren A 3000 meter

		Naam	Cat	PR	Tijd Info
35	wt	23 Daan van der Elst	HA1	4:08.80	4:17.84
	rd				
		Daan van der Elst			
		200m	19.96 (19,96)	m	
		600m	52.23 (32,27)		
		1000m	1:24.59 (32,36)		
		1400m	1:57.34 (32,75)		
		1800m	2:31.01 (33,67)		
		2200m	3:05.60 (34,59)		
		2600m	3:41.10 (35,50)		
		3000m	4:17.84 (36,74)		

		Naam	Cat	PR	Tijd Info
36	gl	122 Ruben van Randeraat	HA2	4:13.37	4:16.25 HT
	bl	87 Colin Schrijver	HA2	4:13.06	4:20.83
		Ruben van Randeraat			
		200m	19.70 (19,70)	200m 19.59 (19,59)	
		600m	51.44 (31,74)	600m 52.09 (32,50)	
		1000m	1:24.36 (32,92)	1000m 1:25.22 (33,13)	
		1400m	1:57.74 (33,38)	1400m 1:58.91 (33,69)	
		1800m	2:31.72 (33,98)	1800m 2:33.12 (34,21)	
		2200m	3:06.00 (34,28)	2200m 3:07.87 (34,75)	
		2600m	3:43.41 (37,41)	2600m 3:43.85 (35,98)	
		3000m	4:16.25 (32,84)	3000m 4:20.83 (36,98)	

		Naam	Cat	PR	Tijd Info
37	wt	125 Klaas Poortinga	HA2	4:07.54	4:14.40
	rd	62 Niels Loos	HA2	4:12.19	4:19.42
		Klaas Poortinga			
		200m	20.05 (20,05)	200m 20.27 (20,27)	
		600m	51.62 (31,57)	600m 52.49 (32,22)	
		1000m	1:23.86 (32,24)	1000m 1:25.31 (32,82)	
		1400m	1:56.84 (32,98)	1400m 1:59.33 (34,02)	
		1800m	2:30.73 (33,89)	1800m 2:33.81 (34,48)	
		2200m	3:05.31 (34,58)	2200m 3:08.62 (34,81)	
		2600m	3:40.00 (34,69)	2600m 3:43.84 (35,22)	
		3000m	4:14.40 (34,40)	3000m 4:19.42 (35,58)	

Scheidsrechters:
B. Fetlaar (D)
K.Stoker (H)
R. van Lubek (Ass)

Starters:
J.J. de Jong (D)
A.J. Drent (H)

		Naam	Cat	PR	Tijd	Info
38	gl	18 Jornt Dijk	HA2	4:08.46	4:07.91	PR
	bl	69 Lars Mengerink	HA2	4:07.23	4:23.40	
		Jornt Dijk		Lars Mengerink		
		200m	19.18 (19,18)	200m	20.54 (20,54)	
		600m	49.95 (30,77)	600m	52.51 (31,97)	
		1000m	1:21.80 (31,85)	1000m	1:25.64 (33,13)	
		1400m	1:54.46 (32,66)	1400m	1:59.30 (33,66)	
		1800m	2:27.41 (32,95)	1800m	2:33.70 (34,40)	
		2200m	3:00.93 (33,52)	2200m	3:09.30 (35,60)	
		2600m	3:34.68 (33,75)	2600m	3:45.96 (36,66)	
		3000m	4:07.91 (33,23)	3000m	4:23.40 (37,44)	

		Naam	Cat	PR	Tijd	Info
39	wt	102 Dyon Talsma	HA1	4:07.17	4:04.75	PR
	rd	61 Remco Langemaire	HA2	4:01.55	4:23.10	
		Dyon Talsma		Remco Langemaire		
		200m	19.73 (19,73)	200m	19.72 (19,72)	
		600m	51.69 (31,96)	600m	50.72 (31,00)	
		1000m	1:23.31 (31,62)	1000m	1:22.40 (31,68)	
		1400m	1:55.25 (31,94)	1400m	1:54.93 (32,53)	
		1800m	2:27.45 (32,20)	1800m	2:28.91 (33,98)	
		2200m	2:59.72 (32,27)	2200m	3:05.17 (36,26)	
		2600m	3:32.07 (32,35)	2600m	3:43.43 (38,26)	
		3000m	4:04.75 (32,68)	3000m	4:23.10 (39,67)	

		Naam	Cat	PR	Tijd	Info
40	gl	60 Jesse de Lange	HA1	4:06.90	4:12.64	
	bl	85 Rick de Ruijgt	HA1	4:06.64	4:11.78	
		Jesse de Lange		Rick de Ruijgt		
		200m	19.93 (19,93)	200m	20.83 (20,83)	
		600m	51.61 (31,68)	600m	51.88 (31,05)	
		1000m	1:23.21 (31,60)	1000m	1:23.77 (31,89)	
		1400m	1:55.49 (32,28)	1400m	1:56.21 (32,44)	
		1800m	2:28.36 (32,87)	1800m	2:29.16 (32,95)	
		2200m	3:02.25 (33,89)	2200m	3:02.79 (33,63)	
		2600m	3:37.01 (34,76)	2600m	3:36.91 (34,12)	
		3000m	4:12.64 (35,63)	3000m	4:11.78 (34,87)	

		Naam	Cat	PR	Tijd	Info
41	wt	36 Roy Hoogendoorn	HA1	4:05.49	4:04.18	PR
	rd	30 Willem van der Goes	HA2	4:04.14	4:03.68	PR

Scheidsrechters:
B. Fetlaar (D)
K.Stoker (H)
R. van Lubek (Ass)

Starters:
J.J. de Jong (D)
A.J. Drent (H)

Roy Hoogendoorn

200m	19.79	(19,79)
600m	50.51	(30,72)
1000m	1:21.63	(31,12)
1400m	1:53.56	(31,93)
1800m	2:25.67	(32,11)
2200m	2:58.15	(32,48)
2600m	3:30.98	(32,83)
3000m	4:04.18	(33,20)

Willem van der Goes

200m	19.76	(19,76)
600m	50.22	(30,46)
1000m	1:21.30	(31,08)
1400m	1:52.78	(31,48)
1800m	2:24.35	(31,57)
2200m	2:56.81	(32,46)
2600m	3:29.96	(33,15)
3000m	4:03.68	(33,72)

		Naam	Cat	PR	Tijd Info
42	gl	35 David Holmes	HA1	4:03.89	4:09.67
	bl	110 Jarno Verheij	HA2	4:02.98	4:10.39

David Holmes

200m	20.97	(20,97)
600m	52.86	(31,89)
1000m	1:24.78	(31,92)
1400m	1:57.41	(32,63)
1800m	2:30.11	(32,70)
2200m	3:03.23	(33,12)
2600m	3:36.75	(33,52)
3000m	4:09.67	(32,92)

Jarno Verheij

200m	19.51	(19,51)
600m	49.13	(29,62)
1000m	1:20.12	(30,99)
1400m	1:52.58	(32,46)
1800m	2:25.97	(33,39)
2200m	3:00.10	(34,13)
2600m	3:35.18	(35,08)
3000m	4:10.39	(35,21)

		Naam	Cat	PR	Tijd Info
43	wt	76 Jarno Pluijgers	HA1	4:02.25	4:07.50
	rd	37 Cas Hoorneman	HA2	4:01.45	4:08.76

Jarno Pluijgers

200m	19.64	(19,64)
600m	50.59	(30,95)
1000m	1:21.83	(31,24)
1400m	1:53.88	(32,05)
1800m	2:26.27	(32,39)
2200m	2:59.24	(32,97)
2600m	3:32.83	(33,59)
3000m	4:07.50	(34,67)

Cas Hoorneman

200m	20.00	(20,00)
600m	51.09	(31,09)
1000m	1:22.75	(31,66)
1400m	1:54.63	(31,88)
1800m	2:27.26	(32,63)
2200m	3:00.17	(32,91)
2600m	3:33.84	(33,67)
3000m	4:08.76	(34,92)

		Naam	Cat	PR	Tijd Info
44	gl	97 Stan Springer	HA1	4:03.27	4:06.23
	bl	120 Mathijs van Zwieten	HA1	4:02.09	4:08.33

Stan Springer

200m	19.58	(19,58)
600m	50.74	(31,16)
1000m	1:21.52	(30,78)

Mathijs van Zwieten

200m	20.07	(20,07)
600m	50.20	(30,13)
1000m	1:21.66	(31,46)

Scheidsrechters:
B. Fetlaar (D)
K.Stoker (H)
R. van Lubek (Ass)

Starters:
J.J. de Jong (D)
A.J. Drent (H)

1400m	1:53.50	(31,98)	1400m	1:53.76	(32,10)
1800m	2:25.99	(32,49)	1800m	2:26.26	(32,50)
2200m	2:59.07	(33,08)	2200m	2:59.36	(33,10)
2600m	3:32.49	(33,42)	2600m	3:33.34	(33,98)
3000m	4:06.23	(33,74)	3000m	4:08.33	(34,99)

		Naam	Cat	PR	Tijd	Info
45	wt	101 Martijn Takens	HA1	4:00.13	4:12.51	
	rd	93 Remo Slotegraaf	HA1	3:56.90	4:00.17	
		Martijn Takens		Remo Slotegraaf		
		200m	19.04 (19,04)	200m	19.15 (19,15)	
		600m	49.77 (30,73)	600m	49.60 (30,45)	
		1000m	1:21.45 (31,68)	1000m	1:20.21 (30,61)	
		1400m	1:55.06 (33,61)	1400m	1:51.23 (31,02)	
		1800m	2:29.04 (33,98)	1800m	2:22.63 (31,40)	
		2200m	3:03.29 (34,25)	2200m	2:54.53 (31,90)	
		2600m	3:37.97 (34,68)	2600m	3:26.91 (32,38)	
		3000m	4:12.51 (34,54)	3000m	4:00.17 (33,26)	

		Naam	Cat	PR	Tijd	Info
46	gl	77 Zeno de Ponti	HA1	3:59.77	4:10.44	
	bl	41 Ivar Immerzeel	HA2	3:56.36	4:07.71	
		Zeno de Ponti		Ivar Immerzeel		
		200m	19.76 (19,76)	200m	20.02 (20,02)	
		600m	50.87 (31,11)	600m	50.92 (30,90)	
		1000m	1:23.17 (32,30)	1000m	1:22.91 (31,99)	
		1400m	1:56.15 (32,98)	1400m	1:54.99 (32,08)	
		1800m	2:29.69 (33,54)	1800m	2:27.77 (32,78)	
		2200m	3:03.20 (33,51)	2200m	3:00.87 (33,10)	
		2600m	3:37.01 (33,81)	2600m	3:34.01 (33,14)	
		3000m	4:10.44 (33,43)	3000m	4:07.71 (33,70)	