

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

1. Uitslag Dames 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	33 Kim Talsma	DA2	15	O	41.27	
2	41 Paulien Verhaar	DN1	4	O	41.52	
3	43 Marit Steunenbergh	DN3	12	O	41.64	
4	101 Reina Anema	DSA	15	I	41.67	
5	51 Sanne in 't Hof	DN3	12	I	41.79	
6	42 Muriël Meijer	DN2	1	O	42.01	
7	105 Nienke Kleinsman	DSA	14	O	42.07	
8	52 Britt de Boer	DN2	8	O	42.20	
9	103 Leonie Bats	DA1	11	I	42.21	
10	102 Merel Conijn	DA1	14	I	42.27	
11	73 Ariane Smit	DN4	4	I	42.28	
12	61 Roos Markus	DA2	10	I	42.34	
13	67 Amy van der Meer	DA1	5	O	42.39	
14	60 Naomi van der Werf	DN2	6	I	42.50	
15	62 Leila Meijer	DA1	2	O	42.60	
16	53 Famke Minnee	DA1	3	O	42.62	
17	71 Eline van Voorden	DA2	10	O	42.72	
18	12 Berit Huiting	DA1	6	O	42.80	
19	82 Dieke Hendriks	DN1	11	O	42.97	
20	201 Eva Schipper	DA1	9	O	43.10	
21	31 Sterre Jonkers	DN2	5	I	43.19	
22	109 Isa Merkuur	DN1	7	O	43.34	
23	81 Nikki van der Zee	DN2	9	I	43.54	
24	104 Lidia Tempert	DA2	7	I	43.80	
25	72 Eva van Til	DN1	3	I	43.84	
26	108 Kayleigh ter Laak	DA1	2	I	43.96	
27	47 Eline Jansen	DA1	13	O	44.08	
28	66 Judith Krabbenborg	DN3	8	I	44.35	
29	11 Marieke Driesprong	DN1	13	I	44.86	
30	13 Luna Jonkers	DN1	1	I	45.16	

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

1. Rituitslag Dames 500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	13 Luna Jonkers	DN1	43.67	45.16	
	rd	42 Muriël Meijer	DN2	40.39	42.01	
		Luna Jonkers		Muriël Meijer		
		100m	12.41 (12,41)	100m	11.38 (11,38)	
		500m	45.16 (32,75)	500m	42.01 (30,63)	

		Naam	Cat	PR	Tijd	Info
2	wt	108 Kayleigh ter Laak	DA1	42.70	43.96	
	rd	62 Leila Meijer	DA1	41.62	42.60	
		Kayleigh ter Laak		Leila Meijer		
		100m	11.98 (11,98)	100m	11.85 (11,85)	
		500m	43.96 (31,98)	500m	42.60 (30,75)	

		Naam	Cat	PR	Tijd	Info
3	wt	72 Eva van Til	DN1	42.11	43.84	
	rd	53 Famke Minnee	DA1	41.36	42.62	
		Eva van Til		Famke Minnee		
		100m	12.01 (12,01)	100m	11.93 (11,93)	
		500m	43.84 (31,83)	500m	42.62 (30,69)	

		Naam	Cat	PR	Tijd	Info
4	wt	73 Ariane Smit	DN4	40.75	42.28	
	rd	41 Paulien Verhaar	DN1	40.77	41.52	
		Ariane Smit		Paulien Verhaar		
		100m	11.58 (11,58)	100m	11.49 (11,49)	
		500m	42.28 (30,70)	500m	41.52 (30,03)	

		Naam	Cat	PR	Tijd	Info
5	wt	31 Sterre Jonkers	DN2	41.95	43.19	
	rd	67 Amy van der Meer	DA1	41.31	42.39	
		Sterre Jonkers		Amy van der Meer		
		100m	12.14 (12,14)	100m	11.57 (11,57)	
		500m	43.19 (31,05)	500m	42.39 (30,82)	

		Naam	Cat	PR	Tijd	Info
6	wt	60 Naomi van der Werf	DN2	41.33	42.50	
	rd	12 Berit Huiting	DA1	41.65	42.80	
		Naomi van der Werf		Berit Huiting		
		100m	11.74 (11,74)	100m	11.67 (11,67)	
		500m	42.50 (30,76)	500m	42.80 (31,13)	

		Naam	Cat	PR	Tijd	Info
7	wt	104 Lidia Tempert	DA2	42.38	43.80	
	rd	109 Isa Merkuur	DN1	42.19	43.34	
		Lidia Tempert		Isa Merkuur		
		100m	11.89 (11,89)	100m	11.86 (11,86)	
		500m	43.80 (31,91)	500m	43.34 (31,48)	

		Naam	Cat	PR	Tijd	Info
8	wt	66 Judith Krabbenborg	DN3	43.23	44.35	
	rd	52 Britt de Boer	DN2	41.43	42.20	
		Judith Krabbenborg		Britt de Boer		
		100m	12.39 (12,39)	100m	11.83 (11,83)	
		500m	44.35 (31,96)	500m	42.20 (30,37)	

		Naam	Cat	PR	Tijd	Info
9	wt	81 Nikki van der Zee	DN2	42.75	43.54	
	rd	201 Eva Schipper	DA1	41.99	43.10	
		Nikki van der Zee		Eva Schipper		
		100m	12.02 (12,02)	100m	11.51 (11,51)	
		500m	43.54 (31,52)	500m	43.10 (31,59)	

		Naam	Cat	PR	Tijd	Info
10	wt	61 Roos Markus	DA2	40.81	42.34	
	rd	71 Eline van Voorden	DA2	41.49	42.72	
		Roos Markus		Eline van Voorden		
		100m	11.67 (11,67)	100m	11.63 (11,63)	
		500m	42.34 (30,67)	500m	42.72 (31,09)	

		Naam	Cat	PR	Tijd	Info
11	wt	103 Leonie Bats	DA1	40.64	42.21	
	rd	82 Dieke Hendriks	DN1	41.78	42.97	

Leonie Bats

100m	11.87	(11,87)
500m	42.21	(30,34)

Dieke Hendriks

100m	11.87	(11,87)
500m	42.97	(31,10)

		Naam	Cat	PR	Tijd Info
12	wt	51 Sanne in 't Hof	DN3	40.54	41.79
	rd	43 Marit Steunenber	DN3	40.10	41.64
		Sanne in 't Hof		Marit Steunenber	
		100m	11.44 (11,44)	100m	11.50 (11,50)
		500m	41.79 (30,35)	500m	41.64 (30,14)

		Naam	Cat	PR	Tijd Info
13	wt	11 Marieke Driesprong	DN1	41.55	44.86
	rd	47 Eline Jansen	DA1	42.77	44.08
		Marieke Driesprong		Eline Jansen	
		100m	12.30 (12,30)	100m	12.40 (12,40)
		500m	44.86 (32,56)	500m	44.08 (31,68)

		Naam	Cat	PR	Tijd Info
14	wt	102 Merel Conijn	DA1	40.80	42.27
	rd	105 Nienke Kleinsman	DSA	40.05	42.07
		Merel Conijn		Nienke Kleinsman	
		100m	11.53 (11,53)	100m	11.53 (11,53)
		500m	42.27 (30,74)	500m	42.07 (30,54)

		Naam	Cat	PR	Tijd Info
15	wt	101 Reina Anema	DSA	40.69	41.67
	rd	33 Kim Talsma	DA2	41.03	41.27
		Reina Anema		Kim Talsma	
		100m	11.46 (11,46)	100m	11.57 (11,57)
		500m	41.67 (30,21)	500m	41.27 (29,70)

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

2. Uitslag Heren 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	124 Jan Blokhuijsen	HSB	2	I	37.07	
2	83 Louis Hollaar	HN2	2	O	37.19	
3	34 Jort Boomhouwer	HN2	15	O	38.18	
4	63 Teun de Wit	HN1	11	I	38.20	
5	46 Watse Vermaning	HN1	16	I	38.28	
6	86 Casper Martens	HSA	12	O	38.37	
7	36 Homme Jan de Groot	HN2	3	I	38.46	
8	117 Max Douma	HN1	14	O	38.50	
9	65 Luc Heine	HN3	9	O	38.56	
	35 Jan Hamers	HN4	7	O	38.56	
11	85 Jorick Duijzer	HN3	12	I	38.71	
12	115 Fausto Hubner	HN3	16	O	38.75	
13	37 Sjoerd Kleinhuis	HSA	13	I	38.79	
14	84 Jesse Speijers	HA1	7	I	38.81	
15	64 Yves Vergeer	HA2	4	O	38.82	
16	21 Lex Dijkstra	HSA	13	O	38.96	
17	116 Wesley Hollenberg	HN1	14	I	39.02	
18	45 Lasse Hiddink	HA2	10	O	39.05	
19	206 Joeri Groot	HSA	5	O	39.18	
20	69 Beau Snellink	HA2	4	I	39.31	
21	44 Kars Jansman	HSA	1	O	39.38	
22	74 Roel Boek	HN3	10	I	39.42	
23	14 Max Visscher	HN1	11	O	39.46	
24	114 Marwin Talsma	HN3	6	I	39.50	
	68 Nino van Dijk	HN3	9	I	39.50	
26	118 Zeno de Ponti	HA1	6	O	39.70	
27	122 Daan Gelling	HA2	8	O	39.74	
28	120 Berend Bervoets	HN2	5	I	39.81	
29	76 Stan Springer	HA1	15	I	39.96	
30	75 Wouter Tel	HSA	3	O	40.63	
31	121 Ivar Immerzeel	HA2	8	I	41.12	
	123 Otto van de Pol	HSB	1	I	DQ	

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

2. Rituitslag Heren 500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	123 Otto van de Pol	HSB	37.24		DQ
	rd	44 Kars Jansman	HSA	38.06		39.38
		<u>Otto van de Pol</u>			<u>Kars Jansman</u>	
				100m	11.17	(11,17)
				500m	39.38	(28,21)

		Naam	Cat	PR	Tijd	Info
2	wt	124 Jan Blokhuijsen	HSB	35.59		37.07
	rd	83 Louis Hollaar	HN2	36.10		37.19
		<u>Jan Blokhuijsen</u>			<u>Louis Hollaar</u>	
		100m	10.40	(10,40)	100m	10.50 (10,50)
		500m	37.07	(26,67)	500m	37.19 (26,69)

		Naam	Cat	PR	Tijd	Info
3	wt	36 Homme Jan de Groot	HN2	37.80		38.46
	rd	75 Wouter Tel	HSA	39.46		40.63
		<u>Homme Jan de Groot</u>			<u>Wouter Tel</u>	
		100m	10.80	(10,80)	100m	11.22 (11,22)
		500m	38.46	(27,66)	500m	40.63 (29,41)

		Naam	Cat	PR	Tijd	Info
4	wt	69 Beau Snellink	HA2	39.11		39.31
	rd	64 Yves Vergeer	HA2	37.59		38.82
		<u>Beau Snellink</u>			<u>Yves Vergeer</u>	
		100m	11.03	(11,03)	100m	10.79 (10,79)
		500m	39.31	(28,28)	500m	38.82 (28,03)

		Naam	Cat	PR	Tijd	Info
5	wt	120 Berend Bervoets	HN2	38.22		39.81
	rd	206 Joeri Groot	HSA	37.76		39.18
		<u>Berend Bervoets</u>			<u>Joeri Groot</u>	
		100m	11.09	(11,09)	100m	10.82 (10,82)
		500m	39.81	(28,72)	500m	39.18 (28,36)

		Naam	Cat	PR	Tijd Info
6	wt	114 Marwin Talsma	HN3	38.97	39.50
	rd	118 Zeno de Ponti	HA1	38.73	39.70
		Marwin Talsma		Zeno de Ponti	
		100m 11.14 (11,14)		100m 11.26 (11,26)	
		500m 39.50 (28,36)		500m 39.70 (28,44)	

		Naam	Cat	PR	Tijd Info
7	wt	84 Jesse Speijers	HA1	37.50	38.81
	rd	35 Jan Hamers	HN4	37.28	38.56
		Jesse Speijers		Jan Hamers	
		100m 10.82 (10,82)		100m 10.89 (10,89)	
		500m 38.81 (27,99)		500m 38.56 (27,67)	

		Naam	Cat	PR	Tijd Info
8	wt	121 Ivar Immerzeel	HA2	39.21	41.12
	rd	122 Daan Gelling	HA2	38.30	39.74
		Ivar Immerzeel		Daan Gelling	
		100m 11.45 (11,45)		100m 11.10 (11,10)	
		500m 41.12 (29,67)		500m 39.74 (28,64)	

		Naam	Cat	PR	Tijd Info
9	wt	68 Nino van Dijk	HN3	38.43	39.50
	rd	65 Luc Heine	HN3	37.86	38.56
		Nino van Dijk		Luc Heine	
		100m 11.11 (11,11)		100m 10.71 (10,71)	
		500m 39.50 (28,39)		500m 38.56 (27,85)	

		Naam	Cat	PR	Tijd Info
10	wt	74 Roel Boek	HN3	38.58	39.42
	rd	45 Lasse Hiddink	HA2	37.93	39.05
		Roel Boek		Lasse Hiddink	
		100m 11.15 (11,15)		100m 10.84 (10,84)	
		500m 39.42 (28,27)		500m 39.05 (28,21)	

		Naam	Cat	PR	Tijd Info
11	wt	63 Teun de Wit	HN1	37.10	38.20
	rd	14 Max Visscher	HN1	38.60	39.46

Teun de Wit

100m	10.79	(10,79)
500m	38.20	(27,41)

Max Visscher

100m	11.15	(11,15)
500m	39.46	(28,31)

		Naam	Cat	PR	Tijd Info
12	wt	85 Jorick Duijzer	HN3	37.15	38.71
	rd	86 Casper Martens	HSA	37.43	38.37
Jorick Duijzer			Casper Martens		
		100m	10.82	(10,82)	100m 10.50 (10,50)
		500m	38.71	(27,89)	500m 38.37 (27,87)

		Naam	Cat	PR	Tijd Info
13	wt	37 Sjoerd Kleinhuis	HSA	37.69	38.79
	rd	21 Lex Dijkstra	HSA	37.37	38.96
Sjoerd Kleinhuis			Lex Dijkstra		
		100m	10.75	(10,75)	100m 10.92 (10,92)
		500m	38.79	(28,04)	500m 38.96 (28,04)

		Naam	Cat	PR	Tijd Info
14	wt	116 Wesley Hollenberg	HN1	38.12	39.02
	rd	117 Max Douma	HN1	37.75	38.50
Wesley Hollenberg			Max Douma		
		100m	11.00	(11,00)	100m 10.76 (10,76)
		500m	39.02	(28,02)	500m 38.50 (27,74)

		Naam	Cat	PR	Tijd Info
15	wt	76 Stan Springer	HA1	39.01	39.96
	rd	34 Jort Boomhouwer	HN2	37.03	38.18
Stan Springer			Jort Boomhouwer		
		100m	11.25	(11,25)	100m 10.55 (10,55)
		500m	39.96	(28,71)	500m 38.18 (27,63)

		Naam	Cat	PR	Tijd Info
16	wt	46 Witse Vermaning	HN1	37.15	38.28
	rd	115 Fausto Hubner	HN3	37.85	38.75
Witse Vermaning			Fausto Hubner		
		100m	10.74	(10,74)	100m 10.76 (10,76)
		500m	38.28	(27,54)	500m 38.75 (27,99)

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

3. Uitslag Dames 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	101 Reina Anema	DSA	15	I	4:14.78	
2	111 Aveline Hijlkema	DSA	12	I	4:18.98	
3	112 Esther Kiel	DN4	11	I	4:21.22	
4	51 Sanne in 't Hof	DN3	12	O	4:21.80	
5	33 Kim Talsma	DA2	6	I	4:22.23	
6	47 Eline Jansen	DA1	13	I	4:23.30	
7	41 Paulien Verhaar	DN1	14	I	4:23.66	
8	66 Judith Krabbenborg	DN3	5	I	4:27.83	
9	31 Sterre Jonkers	DN2	15	O	4:29.18	
10	53 Famke Minnee	DA1	4	O	4:29.45 PR	
11	42 Muriël Meijer	DN2	10	I	4:29.55	
12	13 Luna Jonkers	DN1	5	O	4:30.41	
13	60 Naomi van der Werf	DN2	14	O	4:31.73	
14	73 Ariane Smit	DN4	16	I	4:31.86	
15	71 Eline van Voorden	DA2	9	I	4:33.23	
16	102 Merel Conijn	DA1	16	O	4:33.85	
17	52 Britt de Boer	DN2	8	I	4:34.28	
18	61 Roos Markus	DA2	8	O	4:34.38	
19	81 Nikki van der Zee	DN2	11	O	4:34.77 PR	
20	62 Leila Meijer	DA1	2	O	4:34.84	
21	82 Dieke Hendriks	DN1	7	O	4:34.87	
22	104 Lidia Tempert	DA2	6	O	4:35.38	
23	108 Kayleigh ter Laak	DA1	9	O	4:36.77	
24	72 Eva van Til	DN1	3	O	4:39.82	
25	43 Marit Steunenberg	DN3	1	O	4:40.45	
26	105 Nienke Kleinsman	DSA	3	I	4:41.24	
27	109 Isa Merkuur	DN1	7	I	4:42.84	
28	103 Leonie Bats	DA1	10	O	4:43.46	
29	12 Berit Huiting	DA1	1	I	4:46.85	
30	67 Amy van der Meer	DA1	4	I	4:49.03	
31	201 Eva Schipper	DA1	2	I	4:54.12	
	11 Marieke Driesprong	DN1	13	O	DNS	

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

3. Rituitslag Dames 3000 meter

		Naam	Cat	PR	Tijd Info
1	wt	12 Berit Huiting	DA1	4:44.38	4:46.85
	rd	43 Marit Steunenber	DN3	4:22.40	4:40.45

Berit Huiting

200m	21.05	(21,05)
600m	56.33	(35,28)
1000m	1:33.08	(36,75)
1400m	2:10.45	(37,37)
1800m	2:47.91	(37,46)
2200m	3:26.57	(38,66)
2600m	4:06.13	(39,56)
3000m	4:46.85	(40,72)

Marit Steunenber

200m	21.46	(21,46)
600m	55.46	(34,00)
1000m	1:30.90	(35,44)
1400m	2:07.40	(36,50)
1800m	2:44.53	(37,13)
2200m	3:22.15	(37,62)
2600m	4:01.07	(38,92)
3000m	4:40.45	(39,38)

		Naam	Cat	PR	Tijd Info
2	gl	201 Eva Schipper	DA1	4:41.07	4:54.12
	bl	62 Leila Meijer	DA1	4:33.57	4:34.84

Eva Schipper

200m	21.05	(21,05)
600m	57.60	(36,55)
1000m	1:34.93	(37,33)
1400m	2:13.89	(38,96)
1800m	2:53.52	(39,63)
2200m	3:33.85	(40,33)
2600m	4:13.68	(39,83)
3000m	4:54.12	(40,44)

Leila Meijer

200m	21.97	(21,97)
600m	56.42	(34,45)
1000m	1:31.72	(35,30)
1400m	2:07.68	(35,96)
1800m	2:43.84	(36,16)
2200m	3:20.37	(36,53)
2600m	3:57.43	(37,06)
3000m	4:34.84	(37,41)

		Naam	Cat	PR	Tijd Info
3	wt	105 Nienke Kleinsman	DSA	4:34.42	4:41.24
	rd	72 Eva van Til	DN1	4:24.89	4:39.82

Nienke Kleinsman

200m	20.55	(20,55)
600m	54.48	(33,93)
1000m	1:30.09	(35,61)
1400m	2:07.18	(37,09)
1800m	2:44.27	(37,09)

Eva van Til

200m	21.46	(21,46)
600m	55.15	(33,69)
1000m	1:30.91	(35,76)
1400m	2:07.58	(36,67)
1800m	2:44.73	(37,15)

2200m	3:22.47	(38,20)	2200m	3:22.71	(37,98)
2600m	4:01.32	(38,85)	2600m	4:01.24	(38,53)
3000m	4:41.24	(39,92)	3000m	4:39.82	(38,58)

		Naam	Cat	PR	Tijd Info
4	gl	67 Amy van der Meer	DA1	4:31.77	4:49.03
	bl	53 Famke Minnee	DA1	4:31.76	4:29.45 PR
		Amy van der Meer		Famke Minnee	
		200m 21.76 (21,76)		200m 21.30 (21,30)	
		600m 57.39 (35,63)		600m 54.82 (33,52)	
		1000m 1:34.19 (36,80)		1000m 1:29.79 (34,97)	
		1400m 2:11.88 (37,69)		1400m 2:05.10 (35,31)	
		1800m 2:50.34 (38,46)		1800m 2:40.58 (35,48)	
		2200m 3:29.39 (39,05)		2200m 3:16.31 (35,73)	
		2600m 4:08.91 (39,52)		2600m 3:52.61 (36,30)	
		3000m 4:49.03 (40,12)		3000m 4:29.45 (36,84)	

		Naam	Cat	PR	Tijd Info
5	wt	66 Judith Krabbenborg	DN3	4:25.67	4:27.83
	rd	13 Luna Jonkers	DN1	4:21.09	4:30.41
		Judith Krabbenborg		Luna Jonkers	
		200m 21.62 (21,62)		200m 21.89 (21,89)	
		600m 54.88 (33,26)		600m 55.35 (33,46)	
		1000m 1:28.96 (34,08)		1000m 1:29.70 (34,35)	
		1400m 2:03.96 (35,00)		1400m 2:04.79 (35,09)	
		1800m 2:39.41 (35,45)		1800m 2:40.64 (35,85)	
		2200m 3:15.30 (35,89)		2200m 3:16.83 (36,19)	
		2600m 3:51.52 (36,22)		2600m 3:53.59 (36,76)	
		3000m 4:27.83 (36,31)		3000m 4:30.41 (36,82)	

		Naam	Cat	PR	Tijd Info
6	gl	33 Kim Talsma	DA2	4:16.02	4:22.23
	bl	104 Lidia Tempert	DA2	4:29.03	4:35.38
		Kim Talsma		Lidia Tempert	
		200m 21.64 (21,64)		200m 21.51 (21,51)	
		600m 55.55 (33,91)		600m 55.49 (33,98)	
		1000m 1:30.01 (34,46)		1000m 1:30.92 (35,43)	
		1400m 2:04.68 (34,67)		1400m 2:06.87 (35,95)	
		1800m 2:38.98 (34,30)		1800m 2:43.11 (36,24)	
		2200m 3:13.07 (34,09)		2200m 3:19.92 (36,81)	
		2600m 3:47.47 (34,40)		2600m 3:57.48 (37,56)	

3000m 4:22.23 (34,76) 3000m 4:35.38 (37,90)

		Naam	Cat	PR	Tijd Info
7	wt	109 Isa Merkuur	DN1	4:30.23	4:42.84
	rd	82 Dieke Hendriks	DN1	4:32.29	4:34.87
		Isa Merkuur		Dieke Hendriks	
		200m 21.96 (21,96)		200m 22.18 (22,18)	
		600m 57.38 (35,42)		600m 58.05 (35,87)	
		1000m 1:33.65 (36,27)		1000m 1:33.69 (35,64)	
		1400m 2:10.33 (36,68)		1400m 2:08.91 (35,22)	
		1800m 2:47.68 (37,35)		1800m 2:44.30 (35,39)	
		2200m 3:25.85 (38,17)		2200m 3:20.34 (36,04)	
		2600m 4:04.37 (38,52)		2600m 3:57.14 (36,80)	
		3000m 4:42.84 (38,47)		3000m 4:34.87 (37,73)	

		Naam	Cat	PR	Tijd Info
8	gl	52 Britt de Boer	DN2	4:30.28	4:34.28
	bl	61 Roos Markus	DA2	4:21.78	4:34.38
		Britt de Boer		Roos Markus	
		200m 21.18 (21,18)		200m 21.72 (21,72)	
		600m 54.25 (33,07)		600m 55.85 (34,13)	
		1000m 1:28.68 (34,43)		1000m 1:31.17 (35,32)	
		1400m 2:04.28 (35,60)		1400m 2:06.88 (35,71)	
		1800m 2:40.87 (36,59)		1800m 2:43.40 (36,52)	
		2200m 3:18.31 (37,44)		2200m 3:20.29 (36,89)	
		2600m 3:56.22 (37,91)		2600m 3:57.49 (37,20)	
		3000m 4:34.28 (38,06)		3000m 4:34.38 (36,89)	

		Naam	Cat	PR	Tijd Info
9	wt	71 Eline van Voorden	DA2	4:20.75	4:33.23
	rd	108 Kayleigh ter Laak	DA1	4:34.80	4:36.77
		Eline van Voorden		Kayleigh ter Laak	
		200m 20.95 (20,95)		200m 21.59 (21,59)	
		600m 54.23 (33,28)		600m 55.28 (33,69)	
		1000m 1:28.48 (34,25)		1000m 1:30.57 (35,29)	
		1400m 2:03.91 (35,43)		1400m 2:06.51 (35,94)	
		1800m 2:40.10 (36,19)		1800m 2:43.13 (36,62)	
		2200m 3:17.14 (37,04)		2200m 3:20.42 (37,29)	
		2600m 3:54.80 (37,66)		2600m 3:58.38 (37,96)	
		3000m 4:33.23 (38,43)		3000m 4:36.77 (38,39)	

		Naam		Cat		PR	Tijd Info
10	gl	42 Muriël Meijer		DN2		4:21.78	4:29.55
	bl	103 Leonie Bats		DA1		4:25.94	4:43.46
		Muriël Meijer					
		200m	21.09	(21,09)	200m	21.11	(21,11)
		600m	55.41	(34,32)	600m	55.57	(34,46)
		1000m	1:30.01	(34,60)	1000m	1:31.48	(35,91)
		1400m	2:05.50	(35,49)	1400m	2:08.69	(37,21)
		1800m	2:41.26	(35,76)	1800m	2:46.72	(38,03)
		2200m	3:16.99	(35,73)	2200m	3:25.05	(38,33)
		2600m	3:52.90	(35,91)	2600m	4:04.22	(39,17)
		3000m	4:29.55	(36,65)	3000m	4:43.46	(39,24)

		Naam		Cat		PR	Tijd Info
11	wt	112 Esther Kiel		DN4		4:07.88	4:21.22
	rd	81 Nikki van der Zee		DN2		4:34.97	4:34.77 PR
		Esther Kiel					
		200m	21.01	(21,01)	200m	21.71	(21,71)
		600m	54.84	(33,83)	600m	56.86	(35,15)
		1000m	1:28.62	(33,78)	1000m	1:32.51	(35,65)
		1400m	2:02.83	(34,21)	1400m	2:08.39	(35,88)
		1800m	2:37.10	(34,27)	1800m	2:44.23	(35,84)
		2200m	3:11.44	(34,34)	2200m	3:20.61	(36,38)
		2600m	3:46.07	(34,63)	2600m	3:57.45	(36,84)
		3000m	4:21.22	(35,15)	3000m	4:34.77	(37,32)

		Naam		Cat		PR	Tijd Info
12	gl	111 Aveline Hijlkema		DSA		4:08.57	4:18.98
	bl	51 Sanne in 't Hof		DN3		4:07.16	4:21.80
		Aveline Hijlkema					
		200m	20.72	(20,72)	200m	20.63	(20,63)
		600m	53.58	(32,86)	600m	52.97	(32,34)
		1000m	1:27.54	(33,96)	1000m	1:26.52	(33,55)
		1400m	2:01.90	(34,36)	1400m	2:00.74	(34,22)
		1800m	2:35.46	(33,56)	1800m	2:35.19	(34,45)
		2200m	3:09.29	(33,83)	2200m	3:09.62	(34,43)
		2600m	3:43.80	(34,51)	2600m	3:45.15	(35,53)
		3000m	4:18.98	(35,18)	3000m	4:21.80	(36,65)

		Naam	Cat	PR	Tijd Info
13	wt	47 Eline Jansen	DA1	4:18.86	4:23.30
	rd	11 Marieke Driesprong	DN1	4:13.17	DNS

Eline Jansen

200m	21.60	(21,60)
600m	54.93	(33,33)
1000m	1:28.64	(33,71)
1400m	2:02.58	(33,94)
1800m	2:36.68	(34,10)
2200m	3:11.34	(34,66)
2600m	3:46.83	(35,49)
3000m	4:23.30	(36,47)

Marieke Driesprong

		Naam	Cat	PR	Tijd Info
14	gl	41 Paulien Verhaar	DN1	4:12.07	4:23.66
	bl	60 Naomi van der Werf	DN2	4:20.69	4:31.73

Paulien Verhaar

200m	21.03	(21,03)
600m	54.85	(33,82)
1000m	1:29.22	(34,37)
1400m	2:03.48	(34,26)
1800m	2:37.97	(34,49)
2200m	3:12.72	(34,75)
2600m	3:47.97	(35,25)
3000m	4:23.66	(35,69)

Naomi van der Werf

200m	21.27	(21,27)
600m	55.21	(33,94)
1000m	1:30.14	(34,93)
1400m	2:05.68	(35,54)
1800m	2:41.45	(35,77)
2200m	3:17.59	(36,14)
2600m	3:54.58	(36,99)
3000m	4:31.73	(37,15)

		Naam	Cat	PR	Tijd Info
15	wt	101 Reina Anema	DSA	4:01.80	4:14.78
	rd	31 Sterre Jonkers	DN2	4:07.69	4:29.18

Reina Anema

200m	20.87	(20,87)
600m	54.34	(33,47)
1000m	1:28.24	(33,90)
1400m	2:01.44	(33,20)
1800m	2:34.41	(32,97)
2200m	3:07.64	(33,23)
2600m	3:41.08	(33,44)
3000m	4:14.78	(33,70)

Sterre Jonkers

200m	21.87	(21,87)
600m	55.78	(33,91)
1000m	1:30.30	(34,52)
1400m	2:05.06	(34,76)
1800m	2:40.22	(35,16)
2200m	3:16.14	(35,92)
2600m	3:52.60	(36,46)
3000m	4:29.18	(36,58)

		Naam	Cat	PR	Tijd Info
16	gl	73 Ariane Smit	DN4	4:20.65	4:31.86

10 bl 102 **Merel Conijn** DA1 4:17.43 **4:33.85**

Ariane Smit

200m	21.17	(21,17)
600m	55.50	(34,33)
1000m	1:30.72	(35,22)
1400m	2:06.30	(35,58)
1800m	2:42.77	(36,47)
2200m	3:19.18	(36,41)
2600m	3:55.47	(36,29)
3000m	4:31.86	(36,39)

Merel Conijn

200m	21.54	(21,54)
600m	56.14	(34,60)
1000m	1:31.76	(35,62)
1400m	2:07.78	(36,02)
1800m	2:43.89	(36,11)
2200m	3:20.52	(36,63)
2600m	3:57.47	(36,95)
3000m	4:33.85	(36,38)

Rabo Holland Cup 4 Gruno Bokaaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

4. Uitslag Heren 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	124 Jan Blokhuijsen	HSB	18	I	6:31.11	
2	114 Marwin Talsma	HN3	15	O	6:37.41	
3	44 Kars Jansman	HSA	17	O	6:39.51	
4	21 Lex Dijkstra	HSA	16	I	6:42.41	
5	83 Louis Hollaar	HN2	4	O	6:42.43	
6	126 Jos de Vos	HSA	13	I	6:45.46	
7	64 Yves Vergeer	HA2	12	I	6:50.87	
8	74 Roel Boek	HN3	13	O	6:51.12	
9	69 Beau Snellink	HA2	18	O	6:51.71	
10	123 Otto van de Pol	HSB	8	I	6:52.48	
11	45 Lasse Hiddink	HA2	8	O	6:56.59	
12	14 Max Visscher	HN1	16	O	6:58.51	
13	116 Wesley Hollenberg	HN1	12	O	6:58.58	
14	65 Luc Heine	HN3	3	I	6:58.78	
15	68 Nino van Dijk	HN3	10	I	6:58.93	
16	63 Teun de Wit	HN1	15	I	6:59.16	
17	120 Berend Bervoets	HN2	11	I	6:59.37	
18	122 Daan Gelling	HA2	9	O	7:00.15	
19	85 Jorick Duijzer	HN3	14	O	7:02.00	
20	37 Sjoerd Kleinhuis	HSA	1	I	7:05.50	
21	35 Jan Hamers	HN4	17	I	7:05.82	
22	36 Homme Jan de Groot	HN2	11	O	7:06.83	
23	75 Wouter Tel	HSA	7	O	7:07.54	
24	76 Stan Springer	HA1	3	O	7:08.51 PR	
25	34 Jort Boomhouwer	HN2	5	O	7:10.75	
26	117 Max Douma	HN1	6	I	7:14.17	
27	115 Fausto Hubner	HN3	7	I	7:15.87	
28	84 Jesse Speijers	HA1	10	O	7:15.95	
29	46 Watse Vermaning	HN1	6	O	7:17.84	
30	206 Joeri Groot	HSA	5	I	7:18.69	
31	86 Casper Martens	HSA	4	I	7:19.45	
32	118 Zeno de Ponti	HA1	9	I	7:23.46	
33	121 Ivar Immerzeel	HA2	14	I	7:30.26	

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

4. Rituitslag Heren 5000 meter

		Naam	Cat	PR	Tijd Info
1	wt rd	37 Sjoerd Kleinhuis	HSA	6:55.49	7:05.50

Sjoerd Kleinhuis

200m	20.10	(20,10)
600m	53.70	(33,60)
1000m	1:27.20	(33,50)
1400m	2:00.09	(32,89)
1800m	2:33.26	(33,17)
2200m	3:06.50	(33,24)
2600m	3:40.10	(33,60)
3000m	4:13.84	(33,74)
3400m	4:47.76	(33,92)
3800m	5:21.46	(33,70)
4200m	5:55.56	(34,10)
4600m	6:29.99	(34,43)
5000m	7:05.50	(35,51)

m

		Naam	Cat	PR	Tijd Info
2	gl bl				

m

m

		Naam	Cat	PR	Tijd Info
3	wt rd	65 Luc Heine	HN3	6:54.75	6:58.78
		76 Stan Springer	HA1	7:11.89	7:08.51 PR

Luc Heine

200m	20.06	(20,06)
600m	52.75	(32,69)
1000m	1:25.77	(33,02)
1400m	1:59.26	(33,49)
1800m	2:32.44	(33,18)
2200m	3:06.11	(33,67)
2600m	3:39.57	(33,46)

Stan Springer

200m	21.18	(21,18)
600m	53.70	(32,52)
1000m	1:26.02	(32,32)
1400m	1:58.98	(32,96)
1800m	2:32.49	(33,51)
2200m	3:06.04	(33,55)
2600m	3:40.44	(34,40)

3000m	4:12.97	(33,40)	3000m	4:14.73	(34,29)
3400m	4:46.28	(33,31)	3400m	4:49.39	(34,66)
3800m	5:19.66	(33,38)	3800m	5:23.61	(34,22)
4200m	5:52.54	(32,88)	4200m	5:58.24	(34,63)
4600m	6:25.54	(33,00)	4600m	6:33.04	(34,80)
5000m	6:58.78	(33,24)	5000m	7:08.51	(35,47)

		Naam	Cat	PR	Tijd Info
4	gl	86 Casper Martens	HSA	7:03.81	7:19.45
	bl	83 Louis Hollaar	HN2	6:33.48	6:42.43

Casper Martens

200m	19.29	(19,29)
600m	51.60	(32,31)
1000m	1:25.59	(33,99)
1400m	1:59.89	(34,30)
1800m	2:34.41	(34,52)
2200m	3:08.96	(34,55)
2600m	3:43.94	(34,98)
3000m	4:19.32	(35,38)
3400m	4:54.93	(35,61)
3800m	5:30.86	(35,93)
4200m	6:06.53	(35,67)
4600m	6:43.03	(36,50)
5000m	7:19.45	(36,42)

Louis Hollaar

200m	19.07	(19,07)
600m	49.59	(30,52)
1000m	1:21.36	(31,77)
1400m	1:53.10	(31,74)
1800m	2:24.82	(31,72)
2200m	2:56.82	(32,00)
2600m	3:28.87	(32,05)
3000m	4:00.83	(31,96)
3400m	4:32.92	(32,09)
3800m	5:05.20	(32,28)
4200m	5:37.66	(32,46)
4600m	6:09.95	(32,29)
5000m	6:42.43	(32,48)

		Naam	Cat	PR	Tijd Info
5	wt	206 Joeri Groot	HSA	6:57.02	7:18.69
	rd	34 Jort Boomhouwer	HN2	6:50.59	7:10.75

Joeri Groot

200m	19.53	(19,53)
600m	52.00	(32,47)
1000m	1:25.65	(33,65)
1400m	1:59.78	(34,13)
1800m	2:33.96	(34,18)
2200m	3:08.79	(34,83)
2600m	3:43.97	(35,18)
3000m	4:19.84	(35,87)
3400m	4:55.64	(35,80)
3800m	5:31.63	(35,99)
4200m	6:07.79	(36,16)
4600m	6:43.80	(36,01)

Jort Boomhouwer

200m	19.54	(19,54)
600m	50.64	(31,10)
1000m	1:23.02	(32,38)
1400m	1:55.65	(32,63)
1800m	2:28.50	(32,85)
2200m	3:01.65	(33,15)
2600m	3:35.61	(33,96)
3000m	4:10.43	(34,82)
3400m	4:45.75	(35,32)
3800m	5:21.65	(35,90)
4200m	5:57.85	(36,20)
4600m	6:34.07	(36,22)

5000m 7:18.69 (34,89)

5000m 7:10.75 (36,68)

		Naam	Cat	PR	Tijd Info
6	gl	117 Max Douma	HN1	7:00.53	7:14.17
	bl	46 Watse Vermaning	HN1	7:16.99	7:17.84
		Max Douma			
		200m 19.65 (19,65)		200m 20.13 (20,13)	
		600m 52.97 (33,32)		600m 52.09 (31,96)	
		1000m 1:26.23 (33,26)		1000m 1:24.93 (32,84)	
		1400m 1:59.96 (33,73)		1400m 1:58.37 (33,44)	
		1800m 2:33.40 (33,44)		1800m 2:32.33 (33,96)	
		2200m 3:06.84 (33,44)		2200m 3:06.43 (34,10)	
		2600m 3:40.73 (33,89)		2600m 3:40.78 (34,35)	
		3000m 4:15.36 (34,63)		3000m 4:15.52 (34,74)	
		3400m 4:50.32 (34,96)		3400m 4:50.91 (35,39)	
		3800m 5:25.84 (35,52)		3800m 5:26.49 (35,58)	
		4200m 6:01.70 (35,86)		4200m 6:02.57 (36,08)	
		4600m 6:38.01 (36,31)		4600m 6:39.51 (36,94)	
		5000m 7:14.17 (36,16)		5000m 7:17.84 (38,33)	

		Naam	Cat	PR	Tijd Info
7	wt	115 Fausto Hubner	HN3	6:59.75	7:15.87
	rd	75 Wouter Tel	HSA	6:48.43	7:07.54
		Fausto Hubner			
		200m 20.14 (20,14)		200m 20.55 (20,55)	
		600m 53.14 (33,00)		600m 53.22 (32,67)	
		1000m 1:26.12 (32,98)		1000m 1:26.49 (33,27)	
		1400m 1:59.67 (33,55)		1400m 1:59.87 (33,38)	
		1800m 2:33.17 (33,50)		1800m 2:33.22 (33,35)	
		2200m 3:06.93 (33,76)		2200m 3:06.78 (33,56)	
		2600m 3:41.11 (34,18)		2600m 3:40.93 (34,15)	
		3000m 4:15.95 (34,84)		3000m 4:14.90 (33,97)	
		3400m 4:51.39 (35,44)		3400m 4:49.01 (34,11)	
		3800m 5:27.68 (36,29)		3800m 5:23.30 (34,29)	
		4200m 6:04.39 (36,71)		4200m 5:57.85 (34,55)	
		4600m 6:40.27 (35,88)		4600m 6:32.65 (34,80)	
		5000m 7:15.87 (35,60)		5000m 7:07.54 (34,89)	

		Naam	Cat	PR	Tijd Info
8	gl	123 Otto van de Pol	HSB	6:40.78	6:52.48
	bl	45 Lasse Hiddink	HA2	6:52.49	6:56.59

Otto van de Pol

200m	19.89	(19,89)
600m	51.33	(31,44)
1000m	1:23.47	(32,14)
1400m	1:56.06	(32,59)
1800m	2:28.51	(32,45)
2200m	3:01.20	(32,69)
2600m	3:33.81	(32,61)
3000m	4:06.53	(32,72)
3400m	4:39.25	(32,72)
3800m	5:12.21	(32,96)
4200m	5:45.37	(33,16)
4600m	6:18.87	(33,50)
5000m	6:52.48	(33,61)

Lasse Hiddink

200m	19.68	(19,68)
600m	52.11	(32,43)
1000m	1:24.86	(32,75)
1400m	1:58.04	(33,18)
1800m	2:30.99	(32,95)
2200m	3:03.98	(32,99)
2600m	3:37.06	(33,08)
3000m	4:10.26	(33,20)
3400m	4:43.33	(33,07)
3800m	5:16.47	(33,14)
4200m	5:50.03	(33,56)
4600m	6:23.77	(33,74)
5000m	6:56.59	(32,82)

		Naam	Cat	PR	Tijd Info
9	wt	118 Zeno de Ponti	HA1	6:54.71	7:23.46
	rd	122 Daan Gelling	HA2	6:51.30	7:00.15

Zeno de Ponti

200m	20.54	(20,54)
600m	54.44	(33,90)
1000m	1:29.53	(35,09)
1400m	2:04.33	(34,80)
1800m	2:39.04	(34,71)
2200m	3:14.14	(35,10)
2600m	3:49.35	(35,21)
3000m	4:24.48	(35,13)
3400m	5:00.10	(35,62)
3800m	5:35.81	(35,71)
4200m	6:11.85	(36,04)
4600m	6:47.57	(35,72)
5000m	7:23.46	(35,89)

Daan Gelling

200m	20.20	(20,20)
600m	52.26	(32,06)
1000m	1:24.64	(32,38)
1400m	1:57.16	(32,52)
1800m	2:29.68	(32,52)
2200m	3:02.44	(32,76)
2600m	3:35.33	(32,89)
3000m	4:08.46	(33,13)
3400m	4:41.97	(33,51)
3800m	5:15.56	(33,59)
4200m	5:50.05	(34,49)
4600m	6:24.85	(34,80)
5000m	7:00.15	(35,30)

		Naam	Cat	PR	Tijd Info
10	gl	68 Nino van Dijk	HN3	6:47.30	6:58.93
	bl	84 Jesse Speijers	HA1	6:52.01	7:15.95

Nino van Dijk

200m	19.36	(19,36)
600m	50.69	(31,33)
1000m	1:22.70	(32,01)
1400m	1:55.25	(32,55)

Jesse Speijers

200m	20.01	(20,01)
600m	52.09	(32,08)
1000m	1:24.69	(32,60)
1400m	1:57.41	(32,72)

1800m	2:28.08	(32,83)	1800m	2:30.58	(33,17)
2200m	3:01.04	(32,96)	2200m	3:04.10	(33,52)
2600m	3:34.10	(33,06)	2600m	3:38.28	(34,18)
3000m	4:07.65	(33,55)	3000m	4:13.32	(35,04)
3400m	4:41.30	(33,65)	3400m	4:48.85	(35,53)
3800m	5:15.27	(33,97)	3800m	5:24.97	(36,12)
4200m	5:49.67	(34,40)	4200m	6:01.37	(36,40)
4600m	6:24.08	(34,41)	4600m	6:38.28	(36,91)
5000m	6:58.93	(34,85)	5000m	7:15.95	(37,67)

		Naam	Cat	PR	Tijd Info
11	wt	120 Berend Bervoets	HN2	6:50.83	6:59.37
	rd	36 Homme Jan de Groot	HN2	6:50.23	7:06.83

Berend Bervoets

200m	20.11	(20,11)
600m	53.04	(32,93)
1000m	1:26.35	(33,31)
1400m	1:59.43	(33,08)
1800m	2:32.19	(32,76)
2200m	3:04.98	(32,79)
2600m	3:38.08	(33,10)
3000m	4:11.00	(32,92)
3400m	4:44.10	(33,10)
3800m	5:17.37	(33,27)
4200m	5:50.88	(33,51)
4600m	6:24.76	(33,88)
5000m	6:59.37	(34,61)

Homme Jan de Groot

200m	20.66	(20,66)
600m	53.84	(33,18)
1000m	1:27.67	(33,83)
1400m	2:01.63	(33,96)
1800m	2:35.05	(33,42)
2200m	3:08.57	(33,52)
2600m	3:42.41	(33,84)
3000m	4:15.96	(33,55)
3400m	4:50.12	(34,16)
3800m	5:24.12	(34,00)
4200m	5:58.06	(33,94)
4600m	6:32.36	(34,30)
5000m	7:06.83	(34,47)

		Naam	Cat	PR	Tijd Info
12	gl	64 Yves Vergeer	HA2	6:42.92	6:50.87
	bl	116 Wesley Hollenberg	HN1	6:52.74	6:58.58

Yves Vergeer

200m	20.06	(20,06)
600m	52.48	(32,42)
1000m	1:24.88	(32,40)
1400m	1:57.15	(32,27)
1800m	2:29.60	(32,45)
2200m	3:01.86	(32,26)
2600m	3:34.12	(32,26)
3000m	4:06.55	(32,43)
3400m	4:39.10	(32,55)

Wesley Hollenberg

200m	20.68	(20,68)
600m	52.83	(32,15)
1000m	1:25.79	(32,96)
1400m	1:58.96	(33,17)
1800m	2:31.86	(32,90)
2200m	3:04.79	(32,93)
2600m	3:37.81	(33,02)
3000m	4:10.96	(33,15)
3400m	4:43.87	(32,91)

3800m	5:11.53	(32,43)	3800m	5:17.15	(33,28)
4200m	5:44.16	(32,63)	4200m	5:50.56	(33,41)
4600m	6:17.34	(33,18)	4600m	6:24.23	(33,67)
5000m	6:50.87	(33,53)	5000m	6:58.58	(34,35)

		Naam	Cat	PR	Tijd	Info
13	wt	126 Jos de Vos	HSA	6:21.10	6:45.46	
	rd	74 Roel Boek	HN3	6:42.21	6:51.12	
		Jos de Vos				
		200m	19.42	(19,42)	200m	20.08 (20,08)
		600m	50.63	(31,21)	600m	51.67 (31,59)
		1000m	1:22.66	(32,03)	1000m	1:23.66 (31,99)
		1400m	1:54.93	(32,27)	1400m	1:55.96 (32,30)
		1800m	2:27.04	(32,11)	1800m	2:28.50 (32,54)
		2200m	2:59.13	(32,09)	2200m	3:00.73 (32,23)
		2600m	3:31.37	(32,24)	2600m	3:33.19 (32,46)
		3000m	4:03.66	(32,29)	3000m	4:05.86 (32,67)
		3400m	4:35.85	(32,19)	3400m	4:38.51 (32,65)
		3800m	5:08.02	(32,17)	3800m	5:11.15 (32,64)
		4200m	5:40.17	(32,15)	4200m	5:44.18 (33,03)
		4600m	6:12.49	(32,32)	4600m	6:17.53 (33,35)
		5000m	6:45.46	(32,97)	5000m	6:51.12 (33,59)

		Naam	Cat	PR	Tijd	Info
14	gl	121 Ivar Immerzeel	HA2	6:43.37	7:30.26	
	bl	85 Jorick Duijzer	HN3	6:43.83	7:02.00	
		Ivar Immerzeel				
		200m	20.17	(20,17)	200m	20.23 (20,23)
		600m	52.70	(32,53)	600m	52.70 (32,47)
		1000m	1:26.02	(33,32)	1000m	1:25.92 (33,22)
		1400m	1:59.84	(33,82)	1400m	1:58.76 (32,84)
		1800m	2:34.25	(34,41)	1800m	2:32.51 (33,75)
		2200m	3:09.60	(35,35)	2200m	3:06.10 (33,59)
		2600m	3:45.39	(35,79)	2600m	3:39.91 (33,81)
		3000m	4:21.12	(35,73)	3000m	4:13.23 (33,32)
		3400m	4:57.72	(36,60)	3400m	4:46.69 (33,46)
		3800m	5:34.93	(37,21)	3800m	5:20.10 (33,41)
		4200m	6:13.04	(38,11)	4200m	5:53.90 (33,80)
		4600m	6:51.40	(38,36)	4600m	6:27.94 (34,04)
		5000m	7:30.26	(38,86)	5000m	7:02.00 (34,06)

		Naam	Cat	PR	Tijd Info
15	wt	63 Teun de Wit	HN1	6:41.93	6:59.16
	rd	114 Marwin Talsma	HN3	6:20.84	6:37.41
Teun de Wit			Marwin Talsma		
		200m	19.32 (19,32)	200m	19.81 (19,81)
		600m	51.08 (31,76)	600m	51.13 (31,32)
		1000m	1:23.57 (32,49)	1000m	1:22.85 (31,72)
		1400m	1:55.96 (32,39)	1400m	1:54.70 (31,85)
		1800m	2:28.66 (32,70)	1800m	2:26.28 (31,58)
		2200m	3:01.80 (33,14)	2200m	2:58.10 (31,82)
		2600m	3:35.32 (33,52)	2600m	3:29.90 (31,80)
		3000m	4:08.95 (33,63)	3000m	4:01.49 (31,59)
		3400m	4:42.72 (33,77)	3400m	4:32.68 (31,19)
		3800m	5:16.58 (33,86)	3800m	5:03.94 (31,26)
		4200m	5:50.84 (34,26)	4200m	5:35.05 (31,11)
		4600m	6:24.88 (34,04)	4600m	6:06.29 (31,24)
		5000m	6:59.16 (34,28)	5000m	6:37.41 (31,12)

		Naam	Cat	PR	Tijd Info
16	gl	21 Lex Dijkstra	HSA	6:25.10	6:42.41
	bl	14 Max Visscher	HN1	6:41.20	6:58.51
Lex Dijkstra			Max Visscher		
		200m	19.20 (19,20)	200m	20.53 (20,53)
		600m	50.30 (31,10)	600m	53.36 (32,83)
		1000m	1:21.74 (31,44)	1000m	1:26.70 (33,34)
		1400m	1:53.50 (31,76)	1400m	1:59.08 (32,38)
		1800m	2:25.23 (31,73)	1800m	2:31.62 (32,54)
		2200m	2:56.93 (31,70)	2200m	3:04.46 (32,84)
		2600m	3:28.77 (31,84)	2600m	3:37.17 (32,71)
		3000m	4:00.92 (32,15)	3000m	4:10.17 (33,00)
		3400m	4:33.05 (32,13)	3400m	4:42.90 (32,73)
		3800m	5:05.44 (32,39)	3800m	5:16.16 (33,26)
		4200m	5:37.89 (32,45)	4200m	5:49.90 (33,74)
		4600m	6:10.25 (32,36)	4600m	6:24.22 (34,32)
		5000m	6:42.41 (32,16)	5000m	6:58.51 (34,29)

		Naam	Cat	PR	Tijd Info
17	wt	35 Jan Hamers	HN4	6:49.56	7:05.82
	rd	44 Kars Jansman	HSA	6:22.02	6:39.51
Jan Hamers			Kars Jansman		
		200m	19.98 (19,98)	200m	19.98 (19,98)

600m	52.55	(32,57)	600m	51.37	(31,39)
1000m	1:25.15	(32,60)	1000m	1:23.23	(31,86)
1400m	1:57.92	(32,77)	1400m	1:55.20	(31,97)
1800m	2:30.79	(32,87)	1800m	2:26.95	(31,75)
2200m	3:03.92	(33,13)	2200m	2:58.67	(31,72)
2600m	3:37.41	(33,49)	2600m	3:30.37	(31,70)
3000m	4:11.34	(33,93)	3000m	4:01.90	(31,53)
3400m	4:45.32	(33,98)	3400m	4:33.43	(31,53)
3800m	5:20.04	(34,72)	3800m	5:04.90	(31,47)
4200m	5:54.96	(34,92)	4200m	5:36.48	(31,58)
4600m	6:30.41	(35,45)	4600m	6:08.06	(31,58)
5000m	7:05.82	(35,41)	5000m	6:39.51	(31,45)

		Naam	Cat	PR	Tijd	Info
18	gl	124 Jan Blokhuijsen	HSB	6:11.91	6:31.11	
	bl	69 Beau Snellink	HA2	6:37.01	6:51.71	
		Jan Blokhuijsen		Beau Snellink		
		200m	18.97	(18,97)	200m	20.45 (20,45)
		600m	49.06	(30,09)	600m	52.10 (31,65)
		1000m	1:19.87	(30,81)	1000m	1:24.11 (32,01)
		1400m	1:50.56	(30,69)	1400m	1:56.00 (31,89)
		1800m	2:20.99	(30,43)	1800m	2:28.10 (32,10)
		2200m	2:51.57	(30,58)	2200m	3:00.24 (32,14)
		2600m	3:22.02	(30,45)	2600m	3:32.48 (32,24)
		3000m	3:52.40	(30,38)	3000m	4:04.97 (32,49)
		3400m	4:23.15	(30,75)	3400m	4:37.72 (32,75)
		3800m	4:54.41	(31,26)	3800m	5:10.79 (33,07)
		4200m	5:26.15	(31,74)	4200m	5:44.41 (33,62)
		4600m	5:58.41	(32,26)	4600m	6:18.16 (33,75)
		5000m	6:31.11	(32,70)	5000m	6:51.71 (33,55)

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

5. Uitslag Dames 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	111 Aveline Hijlkema	DSA	1	O	2:02.02	
2	101 Reina Anema	DSA	14	I	2:02.04	
3	112 Esther Kiel	DN4	1	I	2:03.63	
4	41 Paulien Verhaar	DN1	13	I	2:03.91	
5	42 Muriël Meijer	DN2	13	O	2:06.05	
6	51 Sanne in 't Hof	DN3	14	O	2:06.17	
7	31 Sterre Jonkers	DN2	9	I	2:06.20	
8	43 Marit Steunenberg	DN3	8	O	2:06.31	
9	61 Roos Markus	DA2	9	O	2:06.56	
10	62 Leila Meijer	DA1	7	I	2:06.63	
11	102 Merel Conijn	DA1	11	O	2:07.36	
12	81 Nikki van der Zee	DN2	6	O	2:08.11	
13	52 Britt de Boer	DN2	10	I	2:08.16	
14	73 Ariane Smit	DN4	12	O	2:08.17	
15	60 Naomi van der Werf	DN2	11	I	2:08.19	
16	105 Nienke Kleinsman	DSA	6	I	2:08.72	
17	103 Leonie Bats	DA1	5	I	2:08.91	
18	47 Eline Jansen	DA1	10	O	2:09.19	
19	71 Eline van Voorden	DA2	8	I	2:09.92	
20	53 Famke Minnee	DA1	12	I	2:09.96	
21	82 Dieke Hendriks	DN1	7	O	2:10.59	
22	67 Amy van der Meer	DA1	3	O	2:11.05	
23	104 Lidia Tempert	DA2	5	O	2:11.28	
24	108 Kayleigh ter Laak	DA1	4	I	2:11.35	
25	12 Berit Huiting	DA1	2	I	2:12.29	
26	13 Luna Jonkers	DN1	4	O	2:12.66	
27	72 Eva van Til	DN1	3	I	2:13.19	

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Karding - Groningen

11 en 12 januari 2020

5. Rituitslag Dames 1500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	112 Esther Kiel	DN4	1:59.14	2:03.63	
	rd	111 Aveline Hijlkema	DSA	1:59.27	2:02.02	
		Esther Kiel		Aveline Hijlkema		
		300m	27.05 (27,05)	300m	26.93 (26,93)	
		700m	57.38 (30,33)	700m	57.23 (30,30)	
		1100m	1:29.35 (31,97)	1100m	1:28.84 (31,61)	
		1500m	2:03.63 (34,28)	1500m	2:02.02 (33,18)	

		Naam	Cat	PR	Tijd	Info
2	gl	12 Berit Huiting	DA1	2:10.43	2:12.29	
	bl					
		Berit Huiting				
		300m	27.90 (27,90)	m		
		700m	1:00.70 (32,80)			
		1100m	1:35.76 (35,06)			
		1500m	2:12.29 (36,53)			

		Naam	Cat	PR	Tijd	Info
3	wt	72 Eva van Til	DN1	2:05.59	2:13.19	
	rd	67 Amy van der Meer	DA1	2:07.94	2:11.05	
		Eva van Til		Amy van der Meer		
		300m	28.42 (28,42)	300m	27.71 (27,71)	
		700m	1:00.53 (32,11)	700m	59.13 (31,42)	
		1100m	1:35.67 (35,14)	1100m	1:33.53 (34,40)	
		1500m	2:13.19 (37,52)	1500m	2:11.05 (37,52)	

		Naam	Cat	PR	Tijd	Info
4	gl	108 Kayleigh ter Laak	DA1	2:08.74	2:11.35	
	bl	13 Luna Jonkers	DN1	2:08.36	2:12.66	
		Kayleigh ter Laak		Luna Jonkers		
		300m	28.15 (28,15)	300m	29.36 (29,36)	
		700m	1:00.55 (32,40)	700m	1:02.54 (33,18)	
		1100m	1:35.01 (34,46)	1100m	1:37.27 (34,73)	
		1500m	2:11.35 (36,34)	1500m	2:12.66 (35,39)	

		Naam	Cat	PR	Tijd Info
5	wt	103 Leonie Bats	DA1	2:03.60	2:08.91
	rd	104 Lidia Tempert	DA2	2:07.39	2:11.28
		Leonie Bats		Lidia Tempert	
		300m 27.72 (27,72)		300m 27.84 (27,84)	
		700m 59.41 (31,69)		700m 59.69 (31,85)	
		1100m 1:32.98 (33,57)		1100m 1:34.43 (34,74)	
		1500m 2:08.91 (35,93)		1500m 2:11.28 (36,85)	
		Naam	Cat	PR	Tijd Info
6	gl	105 Nienke Kleinsman	DSA	2:04.72	2:08.72
	bl	81 Nikki van der Zee	DN2	2:07.06	2:08.11
		Nienke Kleinsman		Nikki van der Zee	
		300m 27.25 (27,25)		300m 28.39 (28,39)	
		700m 58.78 (31,53)		700m 59.77 (31,38)	
		1100m 1:32.63 (33,85)		1100m 1:32.88 (33,11)	
		1500m 2:08.72 (36,09)		1500m 2:08.11 (35,23)	
		Naam	Cat	PR	Tijd Info
7	wt	62 Leila Meijer	DA1	2:02.97	2:06.63
	rd	82 Dieke Hendriks	DN1	2:09.12	2:10.59
		Leila Meijer		Dieke Hendriks	
		300m 27.92 (27,92)		300m 28.00 (28,00)	
		700m 59.71 (31,79)		700m 1:00.38 (32,38)	
		1100m 1:32.65 (32,94)		1100m 1:34.91 (34,53)	
		1500m 2:06.63 (33,98)		1500m 2:10.59 (35,68)	
		Naam	Cat	PR	Tijd Info
8	gl	71 Eline van Voorden	DA2	2:04.41	2:09.92
	bl	43 Marit Steunenber	DN3	1:59.46	2:06.31
		Eline van Voorden		Marit Steunenber	
		300m 27.82 (27,82)		300m 27.40 (27,40)	
		700m 59.87 (32,05)		700m 57.83 (30,43)	
		1100m 1:33.76 (33,89)		1100m 1:30.55 (32,72)	
		1500m 2:09.92 (36,16)		1500m 2:06.31 (35,76)	
		Naam	Cat	PR	Tijd Info
9	wt	31 Sterre Jonkers	DN2	2:02.53	2:06.20
	rd	61 Roos Markus	DA2	2:03.36	2:06.56

Sterre Jonkers

300m	28.06	(28,06)
700m	59.42	(31,36)
1100m	1:32.13	(32,71)
1500m	2:06.20	(34,07)

Roos Markus

300m	27.67	(27,67)
700m	58.79	(31,12)
1100m	1:31.98	(33,19)
1500m	2:06.56	(34,58)

		Naam	Cat	PR	Tijd Info
10	gl	52 Britt de Boer	DN2	2:05.66	2:08.16
	bl	47 Eline Jansen	DA1	2:03.77	2:09.19
		Britt de Boer			
		300m	27.29	(27,29)	
		700m	58.22	(30,93)	
		1100m	1:31.88	(33,66)	
		1500m	2:08.16	(36,28)	
		Eline Jansen			
		300m	28.59	(28,59)	
		700m	59.66	(31,07)	
		1100m	1:33.15	(33,49)	
		1500m	2:09.19	(36,04)	

		Naam	Cat	PR	Tijd Info
11	wt	60 Naomi van der Werf	DN2	2:03.47	2:08.19
	rd	102 Merel Conijn	DA1	2:02.42	2:07.36
		Naomi van der Werf			
		300m	27.46	(27,46)	
		700m	58.64	(31,18)	
		1100m	1:32.06	(33,42)	
		1500m	2:08.19	(36,13)	
		Merel Conijn			
		300m	27.39	(27,39)	
		700m	59.11	(31,72)	
		1100m	1:32.84	(33,73)	
		1500m	2:07.36	(34,52)	

		Naam	Cat	PR	Tijd Info
12	gl	53 Famke Minnee	DA1	2:04.39	2:09.96
	bl	73 Ariane Smit	DN4	2:04.55	2:08.17
		Famke Minnee			
		300m	28.09	(28,09)	
		700m	59.77	(31,68)	
		1100m	1:33.83	(34,06)	
		1500m	2:09.96	(36,13)	
		Ariane Smit			
		300m	27.12	(27,12)	
		700m	58.90	(31,78)	
		1100m	1:33.06	(34,16)	
		1500m	2:08.17	(35,11)	

		Naam	Cat	PR	Tijd Info
13	wt	41 Paulien Verhaar	DN1	2:00.11	2:03.91
	rd	42 Muriël Meijer	DN2	2:01.22	2:06.05
		Paulien Verhaar			
		300m	27.19	(27,19)	
		700m	57.28	(30,09)	
		1100m	1:29.51	(32,23)	
		Muriël Meijer			
		300m	27.10	(27,10)	
		700m	57.82	(30,72)	
		1100m	1:30.67	(32,85)	

1500m 2:03.91 (34,40)

1500m 2:06.05 (35,38)

		Naam	Cat	PR	Tijd Info
14	gl	101 Reina Anema	DSA	1:56.54	2:02.04
	bl	51 Sanne in 't Hof	DN3	1:58.83	2:06.17
		Reina Anema		Sanne in 't Hof	
		300m 27.03 (27,03)		300m 27.16 (27,16)	
		700m 57.38 (30,35)		700m 57.79 (30,63)	
		1100m 1:29.00 (31,62)		1100m 1:30.92 (33,13)	
		1500m 2:02.04 (33,04)		1500m 2:06.17 (35,25)	

Rabo Holland Cup 4 Gruno Bokaaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

6. Uitslag Heren 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	83 Louis Hollaar	HN2	14	O	1:51.70	
2	44 Kars Jansman	HSA	14	I	1:52.90	
3	114 Marwin Talsma	HN3	13	O	1:53.70	
4	63 Teun de Wit	HN1	13	I	1:53.88	
5	37 Sjoerd Kleinhuis	HSA	6	O	1:54.03	
6	85 Jorick Duijzer	HN3	10	I	1:54.27	
7	35 Jan Hamers	HN4	8	O	1:54.70	
8	125 Victor Ramler	HN4	1	I	1:54.75	
9	45 Lasse Hiddink	HA2	11	I	1:54.78	
10	74 Roel Boek	HN3	10	O	1:55.27	
11	64 Yves Vergeer	HA2	12	O	1:55.30	
12	116 Wesley Hollenberg	HN1	9	O	1:55.42	
13	117 Max Douma	HN1	6	I	1:55.58	
14	122 Daan Gelling	HA2	5	O	1:55.63	
15	34 Jort Boomhouwer	HN2	7	O	1:55.86	
16	115 Fausto Hubner	HN3	3	O	1:56.06	
17	65 Luc Heine	HN3	11	O	1:56.08	
18	36 Homme Jan de Groot	HN2	9	I	1:56.10	
19	86 Casper Martens	HSA	5	I	1:56.16	
20	14 Max Visscher	HN1	8	I	1:56.17	
21	68 Nino van Dijk	HN3	7	I	1:56.37	
22	118 Zeno de Ponti	HA1	3	I	1:56.39	
23	46 Watse Vermaning	HN1	4	O	1:56.43	
24	69 Beau Snellink	HA2	12	I	1:56.71	
	76 Stan Springer	HA1	1	O	DNS	
	84 Jesse Speijers	HA1	4	I	DNS	
	121 Ivar Immerzeel	HA2			WDR	
	21 Lex Dijkstra	HSA			WDR	
	124 Jan Blokhuisen	HSB			WDR	

Rabo Holland Cup 4 Gruno Bokaaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

6. Rituitslag Heren 1500 meter

		Naam	Cat	PR	Tijd Info
1	wt	125 Victor Ramler	HN4	1:50.03	1:54.75
	rd	76 Stan Springer	HA1	1:56.21	DNS

Victor Ramler

300m	25.54	(25,54)
700m	54.00	(28,46)
1100m	1:23.77	(29,77)
1500m	1:54.75	(30,98)

Stan Springer

		Naam	Cat	PR	Tijd Info
2	gl				
	bl				

m

m

		Naam	Cat	PR	Tijd Info
3	wt	118 Zeno de Ponti	HA1	1:52.85	1:56.39
	rd	115 Fausto Hubner	HN3	1:52.63	1:56.06

Zeno de Ponti

300m	25.86	(25,86)
700m	54.58	(28,72)
1100m	1:24.93	(30,35)
1500m	1:56.39	(31,46)

Fausto Hubner

300m	25.28	(25,28)
700m	53.62	(28,34)
1100m	1:23.71	(30,09)
1500m	1:56.06	(32,35)

		Naam	Cat	PR	Tijd Info
4	gl	84 Jesse Speijers	HA1	1:52.00	DNS
	bl	46 Witse Vermaning	HN1	1:54.80	1:56.43

Jesse Speijers

Witse Vermaning

300m	25.00	(25,00)
700m	53.17	(28,17)
1100m	1:23.52	(30,35)
1500m	1:56.43	(32,91)

		Naam	Cat	PR	Tijd Info
--	--	------	-----	----	-----------

5	wt	86 Casper Martens	HSA	1:54.63	1:56.16
	rd	122 Daan Gelling	HA2	1:54.63	1:55.63

Casper Martens

300m	25.29	(25,29)
700m	54.35	(29,06)
1100m	1:24.42	(30,07)
1500m	1:56.16	(31,74)

Daan Gelling

300m	25.87	(25,87)
700m	54.51	(28,64)
1100m	1:24.29	(29,78)
1500m	1:55.63	(31,34)

		Naam	Cat	PR	Tijd Info
6	gl	117 Max Douma	HN1	1:53.01	1:55.58
	bl	37 Sjoerd Kleinhuis	HSA	1:52.08	1:54.03

Max Douma

300m	25.08	(25,08)
700m	53.43	(28,35)
1100m	1:23.30	(29,87)
1500m	1:55.58	(32,28)

Sjoerd Kleinhuis

300m	25.51	(25,51)
700m	53.89	(28,38)
1100m	1:23.01	(29,12)
1500m	1:54.03	(31,02)

		Naam	Cat	PR	Tijd Info
7	wt	68 Nino van Dijk	HN3	1:53.00	1:56.37
	rd	34 Jort Boomhouwer	HN2	1:50.52	1:55.86

Nino van Dijk

300m	25.93	(25,93)
700m	54.56	(28,63)
1100m	1:24.54	(29,98)
1500m	1:56.37	(31,83)

Jort Boomhouwer

300m	25.11	(25,11)
700m	53.14	(28,03)
1100m	1:23.60	(30,46)
1500m	1:55.86	(32,26)

		Naam	Cat	PR	Tijd Info
8	gl	14 Max Visscher	HN1	1:54.32	1:56.17
	bl	35 Jan Hamers	HN4	1:51.01	1:54.70

Max Visscher

300m	25.61	(25,61)
700m	54.25	(28,64)
1100m	1:24.60	(30,35)
1500m	1:56.17	(31,57)

Jan Hamers

300m	25.19	(25,19)
700m	53.37	(28,18)
1100m	1:23.18	(29,81)
1500m	1:54.70	(31,52)

		Naam	Cat	PR	Tijd Info
9	wt	36 Homme Jan de Groot	HN2	1:52.95	1:56.10
	rd	116 Wesley Hollenberg	HN1	1:52.58	1:55.42

Homme Jan de Groot

300m	25.31	(25,31)
------	-------	---------

Wesley Hollenberg

300m	26.45	(26,45)
------	-------	---------

700m	53.54	(28,23)	700m	55.14	(28,69)
1100m	1:23.94	(30,40)	1100m	1:24.57	(29,43)
1500m	1:56.10	(32,16)	1500m	1:55.42	(30,85)

		Naam	Cat	PR	Tijd Info
10	gl	85 Jorick Duijzer	HN3	1:49.54	1:54.27
	bl	74 Roel Boek	HN3	1:51.79	1:55.27
		Jorick Duijzer		Roel Boek	
		300m 25.47 (25,47)		300m 25.78 (25,78)	
		700m 53.90 (28,43)		700m 54.14 (28,36)	
		1100m 1:23.41 (29,51)		1100m 1:23.92 (29,78)	
		1500m 1:54.27 (30,86)		1500m 1:55.27 (31,35)	

		Naam	Cat	PR	Tijd Info
11	wt	45 Lasse Hiddink	HA2	1:52.76	1:54.78
	rd	65 Luc Heine	HN3	1:52.79	1:56.08
		Lasse Hiddink		Luc Heine	
		300m 25.53 (25,53)		300m 25.15 (25,15)	
		700m 53.96 (28,43)		700m 53.77 (28,62)	
		1100m 1:23.64 (29,68)		1100m 1:24.11 (30,34)	
		1500m 1:54.78 (31,14)		1500m 1:56.08 (31,97)	

		Naam	Cat	PR	Tijd Info
12	gl	69 Beau Snellink	HA2	1:53.99	1:56.71
	bl	64 Yves Vergeer	HA2	1:52.04	1:55.30
		Beau Snellink		Yves Vergeer	
		300m 26.11 (26,11)		300m 25.52 (25,52)	
		700m 55.22 (29,11)		700m 54.13 (28,61)	
		1100m 1:25.40 (30,18)		1100m 1:24.10 (29,97)	
		1500m 1:56.71 (31,31)		1500m 1:55.30 (31,20)	

		Naam	Cat	PR	Tijd Info
13	wt	63 Teun de Wit	HN1	1:48.48	1:53.88
	rd	114 Marwin Talsma	HN3	1:49.68	1:53.70
		Teun de Wit		Marwin Talsma	
		300m 25.12 (25,12)		300m 25.55 (25,55)	
		700m 52.91 (27,79)		700m 53.76 (28,21)	
		1100m 1:22.58 (29,67)		1100m 1:24.11 (30,35)	
		1500m 1:53.88 (31,30)		1500m 1:53.70 (29,59)	

		Naam	Cat	PR	Tijd Info
14	gl	44 Kars Jansman	HSA	1:50.44	1:52.90
	bl	83 Louis Hollaar	HN2	1:47.65	1:51.70
		Kars Jansman		Louis Hollaar	
		300m 25.59 (25,59)		300m 24.67 (24,67)	
		700m 53.69 (28,10)		700m 52.38 (27,71)	
		1100m 1:22.86 (29,17)		1100m 1:21.40 (29,02)	
		1500m 1:52.90 (30,04)		1500m 1:51.70 (30,30)	
		Naam	Cat	PR	Tijd Info
15	wt	121 Ivar Immerzeel	HA2	1:55.94	WDR
	rd	21 Lex Dijkstra	HSA	1:48.94	WDR
		Ivar Immerzeel		Lex Dijkstra	
		Naam	Cat	PR	Tijd Info
16	gl	124 Jan Blokhuijsen	HSB	1:43.78	WDR
	bl				
		Jan Blokhuijsen			
			m		

Rabo Holland Cup 4 Gruno Bokaaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

7. Uitslag Dames 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	101 Reina Anema	DSA	6	I	7:23.76	
2	51 Sanne in 't Hof	DN3	6	O	7:37.35	
3	47 Eline Jansen	DA1	1	I	7:37.95 PR	
4	41 Paulien Verhaar	DN1	5	I	7:38.88	
5	31 Sterre Jonkers	DN2	5	O	7:40.34	
6	73 Ariane Smit	DN4	3	O	7:46.97 PR	
7	53 Famke Minnee	DA1	1	O	7:47.44	
8	102 Merel Conijn	DA1	2	I	7:51.83	
9	61 Roos Markus	DA2	4	O	7:52.67	
10	42 Muriël Meijer	DN2	4	I	7:56.03	
11	60 Naomi van der Werf	DN2	3	I	7:57.51 PR	
12	43 Marit Steunenberg	DN3	2	O	8:22.97	

Rabo Holland Cup 4 Gruno Bokaal - Zilveren Schaats

Kardinge - Groningen

11 en 12 januari 2020

7. Rituitslag Dames 5000 meter

		Naam	Cat	PR	Tijd Info
1	wt	47 Eline Jansen	DA1	7:41.09	7:37.95 PR
	rd	53 Famke Minnee	DA1		7:47.44
		Eline Jansen		Famke Minnee	
		200m 22.17 (22,17)		200m 22.10 (22,10)	
		600m 57.65 (35,48)		600m 57.83 (35,73)	
		1000m 1:33.40 (35,75)		1000m 1:34.19 (36,36)	
		1400m 2:09.14 (35,74)		1400m 2:10.20 (36,01)	
		1800m 2:44.68 (35,54)		1800m 2:46.63 (36,43)	
		2200m 3:20.37 (35,69)		2200m 3:23.58 (36,95)	
		2600m 3:55.98 (35,61)		2600m 4:00.80 (37,22)	
		3000m 4:31.71 (35,73)		3000m 4:38.37 (37,57)	
		3400m 5:07.92 (36,21)		3400m 5:16.02 (37,65)	
		3800m 5:44.73 (36,81)		3800m 5:53.76 (37,74)	
		4200m 6:21.82 (37,09)		4200m 6:31.77 (38,01)	
		4600m 6:59.60 (37,78)		4600m 7:09.50 (37,73)	
		5000m 7:37.95 (38,35)		5000m 7:47.44 (37,94)	

		Naam	Cat	PR	Tijd Info
2	gl	102 Merel Conijn	DA1	7:33.77	7:51.83
	bl	43 Marit Steunenber	DN3	8:05.82	8:22.97
		Merel Conijn		Marit Steunenber	
		200m 21.92 (21,92)		200m 22.78 (22,78)	
		600m 57.58 (35,66)		600m 58.85 (36,07)	
		1000m 1:34.25 (36,67)		1000m 1:36.70 (37,85)	
		1400m 2:11.68 (37,43)		1400m 2:15.35 (38,65)	
		1800m 2:49.13 (37,45)		1800m 2:54.01 (38,66)	
		2200m 3:26.52 (37,39)		2200m 3:32.95 (38,94)	
		2600m 4:04.46 (37,94)		2600m 4:12.30 (39,35)	
		3000m 4:42.36 (37,90)		3000m 4:51.99 (39,69)	
		3400m 5:20.26 (37,90)		3400m 5:32.00 (40,01)	
		3800m 5:58.36 (38,10)		3800m 6:13.39 (41,39)	
		4200m 6:36.20 (37,84)		4200m 6:55.93 (42,54)	
		4600m 7:14.59 (38,39)		4600m 7:39.35 (43,42)	
		5000m 7:51.83 (37,24)		5000m 8:22.97 (43,62)	

		Naam	Cat	PR	Tijd Info
3	wt	60 Naomi van der Werf	DN2	8:10.92	7:57.51 PR
	rd	73 Ariane Smit	DN4	8:02.28	7:46.97 PR
		Naomi van der Werf		Ariane Smit	
		200m 22.38 (22,38)		200m 21.87 (21,87)	
		600m 57.74 (35,36)		600m 56.70 (34,83)	
		1000m 1:34.21 (36,47)		1000m 1:33.23 (36,53)	
		1400m 2:10.99 (36,78)		1400m 2:10.04 (36,81)	
		1800m 2:47.70 (36,71)		1800m 2:46.51 (36,47)	
		2200m 3:25.15 (37,45)		2200m 3:23.44 (36,93)	
		2600m 4:02.80 (37,65)		2600m 4:00.43 (36,99)	
		3000m 4:41.01 (38,21)		3000m 4:37.77 (37,34)	
		3400m 5:19.74 (38,73)		3400m 5:15.46 (37,69)	
		3800m 5:59.17 (39,43)		3800m 5:53.11 (37,65)	
		4200m 6:38.70 (39,53)		4200m 6:31.24 (38,13)	
		4600m 7:18.50 (39,80)		4600m 7:09.32 (38,08)	
		5000m 7:57.51 (39,01)		5000m 7:46.97 (37,65)	

		Naam	Cat	PR	Tijd Info
4	gl	42 Muriël Meijer	DN2	7:36.94	7:56.03
	bl	61 Roos Markus	DA2	7:36.43	7:52.67
		Muriël Meijer		Roos Markus	
		200m 22.13 (22,13)		200m 22.11 (22,11)	
		600m 58.10 (35,97)		600m 58.57 (36,46)	
		1000m 1:34.34 (36,24)		1000m 1:35.04 (36,47)	
		1400m 2:11.27 (36,93)		1400m 2:11.43 (36,39)	
		1800m 2:48.01 (36,74)		1800m 2:48.29 (36,86)	
		2200m 3:24.80 (36,79)		2200m 3:25.15 (36,86)	
		2600m 4:01.78 (36,98)		2600m 4:02.24 (37,09)	
		3000m 4:39.77 (37,99)		3000m 4:39.50 (37,26)	
		3400m 5:17.58 (37,81)		3400m 5:17.51 (38,01)	
		3800m 5:56.58 (39,00)		3800m 5:55.53 (38,02)	
		4200m 6:36.33 (39,75)		4200m 6:34.27 (38,74)	
		4600m 7:16.08 (39,75)		4600m 7:13.41 (39,14)	
		5000m 7:56.03 (39,95)		5000m 7:52.67 (39,26)	

		Naam	Cat	PR	Tijd Info
5	wt	41 Paulien Verhaar	DN1	7:33.95	7:38.88
	rd	31 Sterre Jonkers	DN2	7:12.81	7:40.34
		Paulien Verhaar		Sterre Jonkers	

200m	21.31	(21,31)	200m	22.15	(22,15)
600m	57.12	(35,81)	600m	56.90	(34,75)
1000m	1:33.27	(36,15)	1000m	1:32.99	(36,09)
1400m	2:09.37	(36,10)	1400m	2:08.95	(35,96)
1800m	2:45.36	(35,99)	1800m	2:45.39	(36,44)
2200m	3:21.94	(36,58)	2200m	3:21.35	(35,96)
2600m	3:58.47	(36,53)	2600m	3:58.21	(36,86)
3000m	4:35.07	(36,60)	3000m	4:34.76	(36,55)
3400m	5:11.64	(36,57)	3400m	5:11.67	(36,91)
3800m	5:48.18	(36,54)	3800m	5:48.30	(36,63)
4200m	6:24.69	(36,51)	4200m	6:25.53	(37,23)
4600m	7:01.45	(36,76)	4600m	7:02.97	(37,44)
5000m	7:38.88	(37,43)	5000m	7:40.34	(37,37)

		Naam	Cat	PR	Tijd Info
6	gl	101 Reina Anema	DSA	6:57.58	7:23.76
	bl	51 Sanne in 't Hof	DN3	7:10.18	7:37.35

Reina Anema

200m	21.34	(21,34)
600m	56.09	(34,75)
1000m	1:32.34	(36,25)
1400m	2:07.73	(35,39)
1800m	2:42.88	(35,15)
2200m	3:17.85	(34,97)
2600m	3:53.06	(35,21)
3000m	4:28.40	(35,34)
3400m	5:03.49	(35,09)
3800m	5:38.68	(35,19)
4200m	6:13.90	(35,22)
4600m	6:49.07	(35,17)
5000m	7:23.76	(34,69)

Sanne in 't Hof

200m	21.94	(21,94)
600m	57.06	(35,12)
1000m	1:33.69	(36,63)
1400m	2:09.82	(36,13)
1800m	2:46.03	(36,21)
2200m	3:22.10	(36,07)
2600m	3:58.28	(36,18)
3000m	4:34.70	(36,42)
3400m	5:11.18	(36,48)
3800m	5:47.76	(36,58)
4200m	6:24.33	(36,57)
4600m	7:00.85	(36,52)
5000m	7:37.35	(36,50)

Rabo Holland Cup 4 Gruno Bokaaal - Zilveren Schaats

Karding - Groningen

11 en 12 januari 2020

8. Uitslag Heren 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	44 Kars Jansman	HSA	6	I	13:45.26	
2	83 Louis Hollaar	HN2	6	O	14:13.68 PR	
3	64 Yves Vergeer	HA2	4	I	14:19.85	
4	69 Beau Snellink	HA2	1	I	14:29.90 PR	
5	45 Lasse Hiddink	HA2	5	I	14:31.35 PR	
6	74 Roel Boek	HN3	4	O	14:32.06	
7	14 Max Visscher	HN1	1	O	14:35.21	
8	37 Sjoerd Kleinhuis	HSA	3	O	14:36.44 PR	
9	85 Jorick Duijzer	HN3	3	I	14:42.57 PR	
10	63 Teun de Wit	HN1	5	O	14:44.06	
11	116 Wesley Hollenberg	HN1	2	I	14:53.61	
	65 Luc Heine	HN3	2	O	DQ	

1200m	1:49.31	(35,52)	1200m	1:50.13	(35,97)
1600m	2:25.03	(35,72)	1600m	2:26.01	(35,88)
2000m	3:01.27	(36,24)	2000m	3:01.90	(35,89)
2400m	3:37.12	(35,85)	2400m	3:37.99	(36,09)
2800m	4:13.38	(36,26)	2800m	4:13.72	(35,73)
3200m	4:48.89	(35,51)	3200m	4:49.91	(36,19)
3600m	5:24.87	(35,98)	3600m	5:25.62	(35,71)
4000m	6:00.52	(35,65)	4000m	6:01.61	(35,99)
4400m	6:36.51	(35,99)	4400m	6:37.28	(35,67)
4800m	7:11.95	(35,44)	4800m	7:13.08	(35,80)
5200m	7:47.67	(35,72)	5200m	7:48.54	(35,46)
5600m	8:23.37	(35,70)	5600m	8:24.32	(35,78)
6000m	8:59.10	(35,73)	6000m	8:59.92	(35,60)
6400m	9:34.67	(35,57)	6400m	9:35.78	(35,86)
6800m	10:10.20	(35,53)	6800m	10:11.53	(35,75)
7200m	10:46.17	(35,97)	7200m	10:47.49	(35,96)
7600m	11:22.40	(36,23)	7600m	11:23.37	(35,88)
8000m	11:58.37	(35,97)	8000m	11:59.52	(36,15)
8400m	12:34.30	(35,93)	8400m	12:35.41	(35,89)
8800m	13:09.23	(34,93)	8800m	13:11.31	(35,90)
9200m	13:44.19	(34,96)	9200m	13:47.24	(35,93)
9600m	14:19.13	(34,94)	9600m	14:23.08	(35,84)
10000m	14:53.61	(34,48)	10000m	14:58.61	(35,53)

		Naam	Cat	PR	Tijd Info
3	wt	85 Jorick Duijzer	HN3	14:52.36	14:42.57 PR
	rd	37 Sjoerd Kleinhuis	HSA	15:08.22	14:36.44 PR
		Jorick Duijzer		Sjoerd Kleinhuis	
		400m	38.98 (38,98)	400m	38.19 (38,19)
		800m	1:13.93 (34,95)	800m	1:14.23 (36,04)
		1200m	1:49.31 (35,38)	1200m	1:48.81 (34,58)
		1600m	2:23.90 (34,59)	1600m	2:24.08 (35,27)
		2000m	2:59.03 (35,13)	2000m	2:58.90 (34,82)
		2400m	3:34.10 (35,07)	2400m	3:34.02 (35,12)
		2800m	4:09.31 (35,21)	2800m	4:08.72 (34,70)
		3200m	4:44.27 (34,96)	3200m	4:43.83 (35,11)
		3600m	5:19.60 (35,33)	3600m	5:18.90 (35,07)
		4000m	5:54.92 (35,32)	4000m	5:53.93 (35,03)
		4400m	6:30.37 (35,45)	4400m	6:28.59 (34,66)
		4800m	7:05.45 (35,08)	4800m	7:03.43 (34,84)
		5200m	7:40.67 (35,22)	5200m	7:38.27 (34,84)
		5600m	8:15.75 (35,08)	5600m	8:13.22 (34,95)

6000m	8:51.26	(35,51)	6000m	8:48.12	(34,90)
6400m	9:26.51	(35,25)	6400m	9:23.02	(34,90)
6800m	10:01.83	(35,32)	6800m	9:57.68	(34,66)
7200m	10:37.12	(35,29)	7200m	10:32.65	(34,97)
7600m	11:12.48	(35,36)	7600m	11:07.22	(34,57)
8000m	11:47.84	(35,36)	8000m	11:41.99	(34,77)
8400m	12:23.27	(35,43)	8400m	12:16.95	(34,96)
8800m	12:58.58	(35,31)	8800m	12:51.74	(34,79)
9200m	13:33.35	(34,77)	9200m	13:26.43	(34,69)
9600m	14:08.16	(34,81)	9600m	14:01.56	(35,13)
10000m	14:42.57	(34,41)	10000m	14:36.44	(34,88)

		Naam	Cat	PR	Tijd Info
4	gl	64 Yves Vergeer	HA2		14:19.85
	bl	74 Roel Boek	HN3	14:10.63	14:32.06

Yves Vergeer

400m	38.28	(38,28)
800m	1:13.37	(35,09)
1200m	1:48.28	(34,91)
1600m	2:22.83	(34,55)
2000m	2:58.03	(35,20)
2400m	3:32.87	(34,84)
2800m	4:07.16	(34,29)
3200m	4:41.74	(34,58)
3600m	5:16.42	(34,68)
4000m	5:50.85	(34,43)
4400m	6:25.50	(34,65)
4800m	6:59.96	(34,46)
5200m	7:34.74	(34,78)
5600m	8:09.01	(34,27)
6000m	8:43.53	(34,52)
6400m	9:17.68	(34,15)
6800m	9:51.82	(34,14)
7200m	10:25.78	(33,96)
7600m	10:59.58	(33,80)
8000m	11:33.14	(33,56)
8400m	12:06.58	(33,44)
8800m	12:39.89	(33,31)
9200m	13:13.46	(33,57)
9600m	13:46.67	(33,21)
10000m	14:19.85	(33,18)

Roel Boek

400m	37.76	(37,76)
800m	1:12.42	(34,66)
1200m	1:47.27	(34,85)
1600m	2:22.13	(34,86)
2000m	2:56.75	(34,62)
2400m	3:31.45	(34,70)
2800m	4:06.22	(34,77)
3200m	4:40.95	(34,73)
3600m	5:15.43	(34,48)
4000m	5:50.26	(34,83)
4400m	6:25.11	(34,85)
4800m	7:00.04	(34,93)
5200m	7:34.88	(34,84)
5600m	8:09.68	(34,80)
6000m	8:44.73	(35,05)
6400m	9:19.84	(35,11)
6800m	9:54.99	(35,15)
7200m	10:29.74	(34,75)
7600m	11:04.65	(34,91)
8000m	11:39.25	(34,60)
8400m	12:13.87	(34,62)
8800m	12:48.46	(34,59)
9200m	13:23.14	(34,68)
9600m	13:57.70	(34,56)
10000m	14:32.06	(34,36)

		Naam	Cat	PR	Tijd Info
5	wt	45 Lasse Hiddink	HA2	15:49.40	14:31.35 PR
	rd	63 Teun de Wit	HN1		14:44.06
		Lasse Hiddink			
		400m 37.82 (37,82)		400m 37.81 (37,81)	
		800m 1:12.72 (34,90)		800m 1:12.84 (35,03)	
		1200m 1:47.32 (34,60)		1200m 1:47.35 (34,51)	
		1600m 2:21.51 (34,19)		1600m 2:21.89 (34,54)	
		2000m 2:56.24 (34,73)		2000m 2:56.42 (34,53)	
		2400m 3:30.95 (34,71)		2400m 3:31.24 (34,82)	
		2800m 4:05.74 (34,79)		2800m 4:06.12 (34,88)	
		3200m 4:40.24 (34,50)		3200m 4:41.12 (35,00)	
		3600m 5:14.95 (34,71)		3600m 5:16.31 (35,19)	
		4000m 5:49.78 (34,83)		4000m 5:50.77 (34,46)	
		4400m 6:24.58 (34,80)		4400m 6:26.20 (35,43)	
		4800m 6:59.01 (34,43)		4800m 7:02.00 (35,80)	
		5200m 7:33.57 (34,56)		5200m 7:37.60 (35,60)	
		5600m 8:08.14 (34,57)		5600m 8:13.20 (35,60)	
		6000m 8:42.73 (34,59)		6000m 8:48.78 (35,58)	
		6400m 9:17.42 (34,69)		6400m 9:24.80 (36,02)	
		6800m 9:52.25 (34,83)		6800m 10:00.31 (35,51)	
		7200m 10:27.19 (34,94)		7200m 10:35.50 (35,19)	
		7600m 11:02.27 (35,08)		7600m 11:11.12 (35,62)	
		8000m 11:37.30 (35,03)		8000m 11:46.65 (35,53)	
		8400m 12:12.69 (35,39)		8400m 12:22.24 (35,59)	
		8800m 12:48.22 (35,53)		8800m 12:58.25 (36,01)	
		9200m 13:23.80 (35,58)		9200m 13:34.01 (35,76)	
		9600m 13:59.28 (35,48)		9600m 14:09.39 (35,38)	
		10000m 14:31.35 (32,07)		10000m 14:44.06 (34,67)	

		Naam	Cat	PR	Tijd Info
6	gl	44 Kars Jansman	HSA	13:01.73	13:45.26
	bl	83 Louis Hollaar	HN2	14:23.33	14:13.68 PR
		Kars Jansman			
		400m 36.93 (36,93)		400m 37.08 (37,08)	
		800m 1:09.86 (32,93)		800m 1:11.01 (33,93)	
		1200m 1:43.39 (33,53)		1200m 1:45.23 (34,22)	
		1600m 2:16.68 (33,29)		1600m 2:19.25 (34,02)	
		2000m 2:49.55 (32,87)		2000m 2:53.34 (34,09)	
		2400m 3:22.60 (33,05)		2400m 3:27.47 (34,13)	
		Louis Hollaar			

2800m	3:55.58	(32,98)	2800m	4:01.76	(34,29)
3200m	4:28.47	(32,89)	3200m	4:36.04	(34,28)
3600m	5:01.39	(32,92)	3600m	5:10.20	(34,16)
4000m	5:33.99	(32,60)	4000m	5:44.20	(34,00)
4400m	6:06.55	(32,56)	4400m	6:18.26	(34,06)
4800m	6:39.64	(33,09)	4800m	6:52.27	(34,01)
5200m	7:12.92	(33,28)	5200m	7:26.03	(33,76)
5600m	7:46.09	(33,17)	5600m	8:00.09	(34,06)
6000m	8:19.34	(33,25)	6000m	8:33.91	(33,82)
6400m	8:52.54	(33,20)	6400m	9:07.96	(34,05)
6800m	9:25.69	(33,15)	6800m	9:41.71	(33,75)
7200m	9:58.47	(32,78)	7200m	10:15.91	(34,20)
7600m	10:31.20	(32,73)	7600m	10:50.13	(34,22)
8000m	11:03.82	(32,62)	8000m	11:24.18	(34,05)
8400m	11:36.35	(32,53)	8400m	11:58.35	(34,17)
8800m	12:08.77	(32,42)	8800m	12:32.68	(34,33)
9200m	12:41.23	(32,46)	9200m	13:06.60	(33,92)
9600m	13:13.11	(31,88)	9600m	13:40.24	(33,64)
10000m	13:45.26	(32,15)	10000m	14:13.68	(33,44)
