

Landelijke Selectie 3 km Junioren

De Vechtsebanen - Utrecht

14 november 2021

1. Uitslag Vrouwen Junioren A 3000 meter

Pos		Naam	Cat	Thuis Baan	Paar	Baan	Tijd	Info	Punten
1	34	Evelien Vijn	DA2	HRN	12	I	4:24.21		
2	14	Jade Groenewoud	DA1	ENS	13	I	4:26.95		
3	20	Sophie Kraaijeveld	DA1	DNH	12	O	4:34.53		
4	30	Pien Smit	DA1	ALK	10	I	4:36.33		
5	19	Veerle van Koppen	DA1		11	O	4:38.67		
6	13	Evi Gelling	DA2	GRO	14	I	4:39.64		
7	27	Yael Prenger	DA2	AMS	14	O	4:40.94		
8	11	Vera van Ditshuizen	DA2	UTR	11	I	4:42.34		
9	10	Nyncke Dijkstra	DA2	GRO	6	I	4:43.13		
10	17	Chloé Hoogendoorn	DA1	DNH	13	O	4:43.16		
11	37	Ramona Westerhuis	DA2	HVN	6	O	4:44.29		
12	38	Sanne Westra	DA2	HVN	9	I	4:47.30		
13	32	Anna Marit Sybrandi	DA1	LEE	3	O	4:47.67		
14	29	Jildou Schaaf	DA1	LEE	9	O	4:47.80		
15	21	Lisan van der Linde	DA2	HVN	7	I	4:47.90		
16	1	Renee Baas	DA2	ASS	5	O	4:48.51		
17	18	Emma Kole	DA1	UTR	7	O	4:48.99		
18	7	Corrieke Buffinga	DA2	ENS	1	O	4:50.86		
	6	Esmée Brommer	DA1	ALK	4	O	4:50.86		
20	24	Tosca Mulder	DA1	DEV	4	I	4:51.24		
21	16	Jildou Hoekstra	DA1	LEE	5	I	4:52.09		
22	4	Fenna de Boer	DA2	LEE	8	I	4:54.35		
23	2	Semmie Bakker	DA1	UTR	1	I	4:57.10		
24	31	Kaat van Steekelenburg	DA1	BRE	3	I	4:57.79		
25	33	Julie van der Tempel	DA2	HVN	10	O	5:00.10		
	12	Amber Duizendstraal	DA2	LEE	8	O	DNF		

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1. Rituitslag Vrouwen Junioren A 3000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	2 Semie Bakker	DA1	4:43.77	4:57.10	
	rd	7 Corrieke Buffinga	DA2	4:43.34	4:50.86	
		Semie Bakker		Corrieke Buffinga		
		200m	21.41 (21,41)	200m	21.35 (21,35)	
		600m	56.11 (34,70)	600m	54.61 (33,26)	
		1000m	1:33.61 (37,50)	1000m	1:30.16 (35,55)	
		1400m	2:13.20 (39,59)	1400m	2:07.62 (37,46)	
		1800m	2:53.24 (40,04)	1800m	2:46.43 (38,81)	
		2200m	3:34.23 (40,99)	2200m	3:27.39 (40,96)	
		2600m	4:15.78 (41,55)	2600m	4:09.28 (41,89)	
		3000m	4:57.10 (41,32)	3000m	4:50.86 (41,58)	

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					

		Naam	Cat	PR	Tijd	Info
3	wt	31 Kaat van Steekelenburg	DA1	4:45.08	4:57.79	
	rd	32 Anna Marit Sybrandi	DA1	4:42.48	4:47.67	
		Kaat van Steekelenburg		Anna Marit Sybrandi		
		200m	22.14 (22,14)	200m	21.83 (21,83)	
		600m	58.59 (36,45)	600m	57.01 (35,18)	
		1000m	1:36.16 (37,57)	1000m	1:32.99 (35,98)	
		1400m	2:14.80 (38,64)	1400m	2:10.00 (37,01)	
		1800m	2:54.59 (39,79)	1800m	2:47.78 (37,78)	
		2200m	3:34.95 (40,36)	2200m	3:26.81 (39,03)	
		2600m	4:16.42 (41,47)	2600m	4:06.76 (39,95)	
		3000m	4:57.79 (41,37)	3000m	4:47.67 (40,91)	

		Naam	Cat	PR	Tijd	Info
1	gl	24 Tosca Mulder	DA1	4:40.66	4:51.24	

→ bl 6 **Esmée Brommer** DA1 4:42.80 **4:50.86**

Tosca Mulder			Esmée Brommer		
200m	21.45	(21,45)	200m	22.07	(22,07)
600m	56.50	(35,05)	600m	57.53	(35,46)
1000m	1:33.75	(37,25)	1000m	1:34.91	(37,38)
1400m	2:11.75	(38,00)	1400m	2:13.61	(38,70)
1800m	2:50.91	(39,16)	1800m	2:52.51	(38,90)
2200m	3:30.36	(39,45)	2200m	3:32.26	(39,75)
2600m	4:10.64	(40,28)	2600m	4:11.89	(39,63)
3000m	4:51.24	(40,60)	3000m	4:50.86	(38,97)

	Naam	Cat	PR	Tijd Info
5 wt	16 Jildou Hoekstra	DA1	4:43.43	4:52.09
rd	1 Renee Baas	DA2	4:37.97	4:48.51

Jildou Hoekstra			Renee Baas		
200m	20.74	(20,74)	200m	21.15	(21,15)
600m	54.85	(34,11)	600m	54.83	(33,68)
1000m	1:29.53	(34,68)	1000m	1:30.21	(35,38)
1400m	2:06.88	(37,35)	1400m	2:07.06	(36,85)
1800m	2:45.77	(38,89)	1800m	2:45.68	(38,62)
2200m	3:26.56	(40,79)	2200m	3:25.19	(39,51)
2600m	4:09.27	(42,71)	2600m	4:06.15	(40,96)
3000m	4:52.09	(42,82)	3000m	4:48.51	(42,36)

	Naam	Cat	PR	Tijd Info
6 gl	10 Nyncke Dijkstra	DA2	4:35.64	4:43.13
bl	37 Ramona Westerhuis	DA2	4:35.27	4:44.29

Nyncke Dijkstra			Ramona Westerhuis		
200m	21.69	(21,69)	200m	20.42	(20,42)
600m	55.79	(34,10)	600m	54.54	(34,12)
1000m	1:31.06	(35,27)	1000m	1:30.20	(35,66)
1400m	2:07.94	(36,88)	1400m	2:06.83	(36,63)
1800m	2:46.28	(38,34)	1800m	2:44.26	(37,43)
2200m	3:25.62	(39,34)	2200m	3:23.67	(39,41)
2600m	4:04.58	(38,96)	2600m	4:04.56	(40,89)
3000m	4:43.13	(38,55)	3000m	4:44.29	(39,73)

	Naam	Cat	PR	Tijd Info
7 wt	21 Lisan van der Linde	DA2	4:35.55	4:47.90

rd 18 **Emma Kole** DA1 4:36.97 **4:48.99**

Lisan van der Linde

200m	22.10	(22,10)
600m	57.06	(34,96)
1000m	1:33.40	(36,34)
1400m	2:09.98	(36,58)
1800m	2:47.62	(37,64)
2200m	3:26.73	(39,11)
2600m	4:07.02	(40,29)
3000m	4:47.90	(40,88)

Emma Kole

200m	22.24	(22,24)
600m	58.08	(35,84)
1000m	1:35.12	(37,04)
1400m	2:11.82	(36,70)
1800m	2:49.89	(38,07)
2200m	3:28.70	(38,81)
2600m	4:08.99	(40,29)
3000m	4:48.99	(40,00)

	Naam	Cat	PR	Tijd Info
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8	gl	4 Fenna de Boer	DA2	4:35.90	4:54.35
	bl	12 Amber Duizendstraal	DA2	4:33.86	DNF

Fenna de Boer

200m	23.57	(23,57)
600m	1:02.07	(38,50)
1000m	1:40.79	(38,72)
1400m	2:19.70	(38,91)
1800m	2:57.84	(38,14)
2200m	3:35.73	(37,89)
2600m	4:14.57	(38,84)
3000m	4:54.35	(39,78)

Amber Duizendstraal

200m	22.14	(22,14)
600m	58.76	(36,62)
1000m	1:36.12	(37,36)
1400m	2:14.62	(38,50)
1800m	2:53.16	(38,54)
2200m	3:06.13	(12,97)
2600m	3:19.11	(12,98)
3000m	3:32.08	(12,97)

	Naam	Cat	PR	Tijd Info
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9	wt	38 Sanne Westra	DA2	4:28.68	4:47.30
	rd	29 Jildou Schaaf	DA1	4:28.95	4:47.80

Sanne Westra

200m	21.55	(21,55)
600m	55.12	(33,57)
1000m	1:29.98	(34,86)
1400m	2:06.24	(36,26)
1800m	2:44.23	(37,99)
2200m	3:23.45	(39,22)
2600m	4:04.46	(41,01)
3000m	4:47.30	(42,84)

Jildou Schaaf

200m	21.43	(21,43)
600m	55.43	(34,00)
1000m	1:30.42	(34,99)
1400m	2:06.91	(36,49)
1800m	2:45.12	(38,21)
2200m	3:25.09	(39,97)
2600m	4:06.08	(40,99)
3000m	4:47.80	(41,72)

	Naam	Cat	PR	Tijd Info
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10	gl	30 Pien Smit	DA1	4:29.94	4:36.33
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10 bl 33 **Julie van der Tempel** DA2 4:32.50 **5:00.10**

Pien Smit			Julie van der Tempel		
200m	20.95	(20,95)	200m	22.27	(22,27)
600m	55.15	(34,20)	600m	58.61	(36,34)
1000m	1:30.53	(35,38)	1000m	1:36.43	(37,82)
1400m	2:06.44	(35,91)	1400m	2:15.14	(38,71)
1800m	2:42.96	(36,52)	1800m	2:54.96	(39,82)
2200m	3:20.09	(37,13)	2200m	3:36.11	(41,15)
2600m	3:57.99	(37,90)	2600m	4:17.98	(41,87)
3000m	4:36.33	(38,34)	3000m	5:00.10	(42,12)

	Naam	Cat	PR	Tijd Info
11 wt	11 Vera van Ditshuizen	DA2	4:28.43	4:42.34
rd	19 Veerle van Koppen	DA1	4:24.34	4:38.67

Vera van Ditshuizen			Veerle van Koppen		
200m	21.61	(21,61)	200m	21.42	(21,42)
600m	57.07	(35,46)	600m	56.60	(35,18)
1000m	1:33.57	(36,50)	1000m	1:32.66	(36,06)
1400m	2:10.33	(36,76)	1400m	2:08.99	(36,33)
1800m	2:47.83	(37,50)	1800m	2:45.39	(36,40)
2200m	3:25.69	(37,86)	2200m	3:22.68	(37,29)
2600m	4:04.27	(38,58)	2600m	4:00.26	(37,58)
3000m	4:42.34	(38,07)	3000m	4:38.67	(38,41)

	Naam	Cat	PR	Tijd Info
12 gl	34 Evelien Vijn	DA2	4:05.68	4:24.21
bl	20 Sophie Kraaijeveld	DA1	4:18.27	4:34.53

Evelien Vijn			Sophie Kraaijeveld		
200m	20.94	(20,94)	200m	21.81	(21,81)
600m	54.12	(33,18)	600m	56.48	(34,67)
1000m	1:28.82	(34,70)	1000m	1:32.44	(35,96)
1400m	2:03.56	(34,74)	1400m	2:08.89	(36,45)
1800m	2:38.84	(35,28)	1800m	2:45.39	(36,50)
2200m	3:13.98	(35,14)	2200m	3:21.88	(36,49)
2600m	3:49.32	(35,34)	2600m	3:58.20	(36,32)
3000m	4:24.21	(34,89)	3000m	4:34.53	(36,33)

	Naam	Cat	PR	Tijd Info
12 wt	14 Jade Groenewoud	DA1	4:12.01	4:26.95

13 rd 17 **Chloé Hoogendoorn** DA1 4:20.09 **4:43.16**

Jade Groenewoud

200m	20.31	(20,31)
600m	53.36	(33,05)
1000m	1:27.63	(34,27)
1400m	2:02.94	(35,31)
1800m	2:38.60	(35,66)
2200m	3:14.54	(35,94)
2600m	3:51.06	(36,52)
3000m	4:26.95	(35,89)

Chloé Hoogendoorn

200m	21.19	(21,19)
600m	55.94	(34,75)
1000m	1:32.16	(36,22)
1400m	2:08.74	(36,58)
1800m	2:45.73	(36,99)
2200m	3:24.42	(38,69)
2600m	4:03.49	(39,07)
3000m	4:43.16	(39,67)

	Naam	Cat	PR	Tijd Info
14	gl 13 Evi Gelling	DA2	4:23.80	4:39.64
	bl 27 Yael Prenger	DA2	4:20.74	4:40.94

Evi Gelling

200m	21.23	(21,23)
600m	55.76	(34,53)
1000m	1:31.28	(35,52)
1400m	2:07.36	(36,08)
1800m	2:44.17	(36,81)
2200m	3:21.92	(37,75)
2600m	4:00.35	(38,43)
3000m	4:39.64	(39,29)

Yael Prenger

200m	21.74	(21,74)
600m	57.02	(35,28)
1000m	1:33.10	(36,08)
1400m	2:08.85	(35,75)
1800m	2:45.64	(36,79)
2200m	3:23.00	(37,36)
2600m	4:01.22	(38,22)
3000m	4:40.94	(39,72)

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De Vechtsebanen - Utrecht

14 november 2021

2. Uitslag Mannen Junioren A 3000 meter

Pos		Naam	Cat	Thuis Baan	Paar	Baan	Tijd	Info	Punten
1	5	Stijn van de Bunt	HA1	UTR	14	O	3:58.46		
2	10	Sijmen Egberts	HA1	HAA	14	I	3:58.87		
3	40	Gert Wierda	HA2	LEE	12	O	3:58.95		
4	9	Colin Duivenvoorden	HA2	DNH	13	I	4:00.63		
5	16	Jasper Krommenhoek	HA1	HVN	10	O	4:00.96		
6	21	Klaas Meekma	HA2	HVN	11	I	4:03.53		
7	12	Chris Fredriks	HA2	DEV	8	O	4:04.80	HT	
8	14	Matthieu Hollaar	HA2	HVN	6	I	4:04.88		
9	39	Hidde Westra	HA1	HVN	12	I	4:05.05		
10	36	Stan van Vliet	HA2	UTR	9	I	4:08.10		
11	13	Rinze-Bart de Glee	HA1	HVN	6	O	4:08.41		
12	23	Rick Meijer	HA2	DEV	10	I	4:08.83		
13	33	Jasper Tinga	HA1	LEE	8	I	4:09.31		
14	20	Nick Luijten	HA1	AMS	4	I	4:10.10	HT	
15	37	Kayo Vos	HA2	HVN	13	O	4:10.41		
16	27	Matthe Pronk	HA1	ALK	9	O	4:10.76		
17	35	Loek van Vilsteren	HA1	DEV	7	O	4:11.48	HT	
18	15	Jelle Koeleman	HA1	HAA	11	O	4:12.09		
19	18	Thomas de Lange	HA2	DEV	7	I	4:13.25		
20	31	Simon de Smit	HA1	AMS	5	O	4:14.29		
21	28	Jelle Rieff	HA2	DNH	3	O	4:16.05	HT	
22	4	Jeremy Brinkers	HA2	DNH	4	O	4:17.32	HT	
23	1	Niek Berden	HA1	EVN	5	I	4:18.27		
24	22	Niels Meijer	HA2	DEV	2	O	4:21.36		
25	30	Sipke Daniël Sijtsema	HA2	LEE	3	I	4:25.91		
26	17	Mads Kuiken	HA2	HVN	2	I	4:33.34		
	25	Ivo de la Porte	HA2	HRN			WDR		

Landelijke Selectie 3 km Junioren A

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2. Rituitslag Mannen Junioren A 3000 meter

		Naam	Cat	PR	Tijd Info
1	wt rd	25 Ivo de la Porte	HA2	4:03.38	WDR
		<u>Ivo de la Porte</u>			
					m

		Naam	Cat	PR	Tijd Info
2	gl	17 Mads Kuiken	HA2	4:10.54	4:33.34
	bl	22 Niels Meijer	HA2	4:09.07	4:21.36
		<u>Mads Kuiken</u>			
		200m	19.80	(19,80)	
		600m	53.16	(33,36)	
		1000m	1:28.38	(35,22)	
		1400m	2:03.65	(35,27)	
		1800m	2:39.59	(35,94)	
		2200m	3:16.35	(36,76)	
		2600m	3:54.67	(38,32)	
		3000m	4:33.34	(38,67)	
		<u>Niels Meijer</u>			
		200m	20.60	(20,60)	
		600m	53.74	(33,14)	
		1000m	1:27.39	(33,65)	
		1400m	2:01.75	(34,36)	
		1800m	2:36.14	(34,39)	
		2200m	3:11.05	(34,91)	
		2600m	3:46.10	(35,05)	
		3000m	4:21.36	(35,26)	

		Naam	Cat	PR	Tijd Info
3	wt	30 Sipke Daniël Sijtsema	HA2	4:12.75	4:25.91
	rd	28 Jelle Rieff	HA2	4:07.95	4:16.05 HT
		<u>Sipke Daniël Sijtsema</u>			
		200m	19.82	(19,82)	
		600m	51.79	(31,97)	
		1000m	1:25.16	(33,37)	
		1400m	1:59.85	(34,69)	
		1800m	2:35.27	(35,42)	
		2200m	3:11.04	(35,77)	
		2600m	3:48.48	(37,44)	
		3000m	4:25.91	(37,43)	
		<u>Jelle Rieff</u>			
		200m	19.24	(19,24)	
		600m	50.69	(31,45)	
		1000m	1:23.80	(33,11)	
		1400m	1:57.49	(33,69)	
		1800m	2:31.44	(33,95)	
		2200m	3:04.67	(33,23)	
		2600m	4:16.05	(71,38)	

		Naam	Cat	PR	Tijd Info
1	gl	20 Nick Luijten	HA1	4:03.61	4:10.10 HT

→ bl 4 **Jeremy Brinkers** HA2 4:07.71 **4:17.32** HT

Nick Luijten			Jeremy Brinkers		
200m	18.90	(18,90)	200m	19.84	(19,84)
600m	49.57	(30,67)	600m	51.55	(31,71)
1000m	1:21.29	(31,72)	1000m	1:24.23	(32,68)
1400m	1:54.00	(32,71)	1400m	1:57.48	(33,25)
1800m	4:10.10	(136,10)	1800m	2:31.28	(33,80)
			2200m	4:17.32	(106,04)

	Naam	Cat	PR	Tijd Info
5	wt 1 Niek Berden	HA1	4:05.58	4:18.27
	rd 31 Simon de Smit	HA1	4:07.08	4:14.29
	Niek Berden		Simon de Smit	
	200m	19.56	(19,56)	200m 19.11 (19,11)
	600m	51.31	(31,75)	600m 50.92 (31,81)
	1000m	1:24.24	(32,93)	1000m 1:24.23 (33,31)
	1400m	1:57.95	(33,71)	1400m 1:57.45 (33,22)
	1800m	2:32.05	(34,10)	1800m 2:31.31 (33,86)
	2200m	3:06.74	(34,69)	2200m 3:05.11 (33,80)
	2600m	3:42.23	(35,49)	2600m 3:39.46 (34,35)
	3000m	4:18.27	(36,04)	3000m 4:14.29 (34,83)

	Naam	Cat	PR	Tijd Info
6	gl 14 Matthieu Hollaar	HA2	3:59.46	4:04.88
	bl 13 Rinze-Bart de Glee	HA1	4:01.89	4:08.41
	Matthieu Hollaar		Rinze-Bart de Glee	
	200m	18.57	(18,57)	200m 18.82 (18,82)
	600m	49.25	(30,68)	600m 49.68 (30,86)
	1000m	1:20.42	(31,17)	1000m 1:21.61 (31,93)
	1400m	1:52.34	(31,92)	1400m 1:53.10 (31,49)
	1800m	2:24.61	(32,27)	1800m 2:25.98 (32,88)
	2200m	2:57.27	(32,66)	2200m 2:59.09 (33,11)
	2600m	3:30.58	(33,31)	2600m 3:33.22 (34,13)
	3000m	4:04.88	(34,30)	3000m 4:08.41 (35,19)

	Naam	Cat	PR	Tijd Info
7	wt 18 Thomas de Lange	HA2	4:02.86	4:13.25
	rd 35 Loek van Vilsteren	HA1	4:01.78	4:11.48 HT
	Thomas de Lange		Loek van Vilsteren	

200m	19.76	(19,76)	200m	19.82	(19,82)
600m	51.41	(31,65)	600m	51.25	(31,43)
1000m	1:23.63	(32,22)	1000m	1:23.29	(32,04)
1400m	1:56.07	(32,44)	1400m	1:55.50	(32,21)
1800m	2:28.64	(32,57)	1800m	2:28.20	(32,70)
2200m	3:01.99	(33,35)	2200m	3:01.11	(32,91)
2600m	3:37.62	(35,63)	2600m	4:11.48	(70,37)
3000m	4:13.25	(35,63)			

		Naam		Cat		PR	Tijd Info
8	gl	33 Jasper Tinga		HA1		3:59.49	4:09.31
	bl	12 Chris Fredriks		HA2		3:58.40	4:04.80 HT
		<u>Jasper Tinga</u>				<u>Chris Fredriks</u>	
		200m	19.94	(19,94)		200m	19.51 (19,51)
		600m	51.33	(31,39)		600m	50.24 (30,73)
		1000m	1:24.15	(32,82)		1000m	1:21.94 (31,70)
		1400m	1:57.11	(32,96)		1400m	1:53.78 (31,84)
		1800m	2:30.27	(33,16)		1800m	2:25.61 (31,83)
		2200m	3:03.01	(32,74)		2200m	4:04.80 (99,19)
		2600m	3:36.16	(33,15)			
		3000m	4:09.31	(33,15)			

		Naam		Cat		PR	Tijd Info
9	wt	36 Stan van Vliet		HA2		3:56.47	4:08.10
	rd	27 Matthe Pronk		HA1		3:58.96	4:10.76
		<u>Stan van Vliet</u>				<u>Matthe Pronk</u>	
		200m	19.04	(19,04)		200m	19.22 (19,22)
		600m	51.03	(31,99)		600m	49.68 (30,46)
		1000m	1:22.80	(31,77)		1000m	1:21.73 (32,05)
		1400m	1:54.89	(32,09)		1400m	1:54.52 (32,79)
		1800m	2:26.85	(31,96)		1800m	2:27.84 (33,32)
		2200m	2:59.37	(32,52)		2200m	3:01.55 (33,71)
		2600m	3:33.02	(33,65)		2600m	3:35.81 (34,26)
		3000m	4:08.10	(35,08)		3000m	4:10.76 (34,95)

		Naam		Cat		PR	Tijd Info
10	gl	23 Rick Meijer		HA2		3:57.89	4:08.83
	bl	16 Jasper Krommenhoek		HA1		3:54.81	4:00.96
		<u>Rick Meijer</u>				<u>Jasper Krommenhoek</u>	

200m	20.30	(20,30)	200m	20.33	(20,33)
600m	51.93	(31,63)	600m	51.17	(30,84)
1000m	1:23.02	(31,09)	1000m	1:22.16	(30,99)
1400m	1:54.25	(31,23)	1400m	1:53.57	(31,41)
1800m	2:26.54	(32,29)	1800m	2:24.87	(31,30)
2200m	2:59.84	(33,30)	2200m	2:56.27	(31,40)
2600m	3:34.34	(34,50)	2600m	3:28.17	(31,90)
3000m	4:08.83	(34,49)	3000m	4:00.96	(32,79)

		Naam			Cat	PR	Tijd	Info
11	wt	21 Klaas Meekma			HA2	3:57.36	4:03.53	
	rd	15 Jelle Koeleman			HA1	3:57.45	4:12.09	
		Klaas Meekma			Jelle Koeleman			
		200m	19.24	(19,24)	200m	19.73	(19,73)	
		600m	50.28	(31,04)	600m	50.55	(30,82)	
		1000m	1:21.09	(30,81)	1000m	1:21.57	(31,02)	
		1400m	1:52.34	(31,25)	1400m	1:53.60	(32,03)	
		1800m	2:24.27	(31,93)	1800m	2:26.86	(33,26)	
		2200m	2:56.63	(32,36)	2200m	3:01.08	(34,22)	
		2600m	3:29.79	(33,16)	2600m	3:36.14	(35,06)	
		3000m	4:03.53	(33,74)	3000m	4:12.09	(35,95)	

		Naam			Cat	PR	Tijd	Info
12	gl	39 Hidde Westra			HA1	3:52.43	4:05.05	
	bl	40 Gert Wierda			HA2	3:46.70	3:58.95	
		Hidde Westra			Gert Wierda			
		200m	19.36	(19,36)	200m	19.38	(19,38)	
		600m	50.09	(30,73)	600m	50.04	(30,66)	
		1000m	1:20.94	(30,85)	1000m	1:20.91	(30,87)	
		1400m	1:52.45	(31,51)	1400m	1:52.20	(31,29)	
		1800m	2:24.45	(32,00)	1800m	2:23.29	(31,09)	
		2200m	2:56.70	(32,25)	2200m	2:54.67	(31,38)	
		2600m	3:30.39	(33,69)	2600m	3:26.41	(31,74)	
		3000m	4:05.05	(34,66)	3000m	3:58.95	(32,54)	

		Naam			Cat	PR	Tijd	Info
13	wt	9 Colin Duivenvoorden			HA2	3:48.97	4:00.63	
	rd	37 Kayo Vos			HA2	3:54.33	4:10.41	
		Colin Duivenvoorden			Kayo Vos			

200m	18.92	(18,92)	200m	18.70	(18,70)
600m	49.55	(30,63)	600m	48.88	(30,18)
1000m	1:20.44	(30,89)	1000m	1:20.03	(31,15)
1400m	1:51.42	(30,98)	1400m	1:51.29	(31,26)
1800m	2:23.02	(31,60)	1800m	2:23.89	(32,60)
2200m	2:55.41	(32,39)	2200m	2:57.87	(33,98)
2600m	3:27.93	(32,52)	2600m	3:33.43	(35,56)
3000m	4:00.63	(32,70)	3000m	4:10.41	(36,98)

	Naam	Cat	PR	Tijd	Info
14	gl 10 Sijmen Egberts	HA1	3:49.47	3:58.87	
	bl 5 Stijn van de Bunt	HA1	3:51.25	3:58.46	
	Sijmen Egberts				
	200m	19.46	(19,46)		
	600m	49.61	(30,15)		
	1000m	1:19.85	(30,24)		
	1400m	1:50.68	(30,83)		
	1800m	2:22.03	(31,35)		
	2200m	2:54.16	(32,13)		
	2600m	3:26.36	(32,20)		
	3000m	3:58.87	(32,51)		
	Stijn van de Bunt				
	200m	19.89	(19,89)		
	600m	49.94	(30,05)		
	1000m	1:20.26	(30,32)		
	1400m	1:50.93	(30,67)		
	1800m	2:22.10	(31,17)		
	2200m	2:53.86	(31,76)		
	2600m	3:26.04	(32,18)		
	3000m	3:58.46	(32,42)		