

Landelijke selectiewedstrijd 3000m Junioren B, t.b.v. NK Jun

De Uithof - Den Haag

14 november 2021

1. Uitslag Dames Junioren B 3000 meter

Pos		Naam	Cat	Thuis Baan	Paar	Baan	Tijd	Info	Punten
1	35	Rosalie van Vliet	DB1	AMS	16	O	4:31.56		
2	34	Meike Veen	DB2	GRO	12	I	4:33.91		
3	31	Sofia Schilder	DB1	HRN	16	I	4:34.00	PR	
4	12	Lieke Hoogendoorn	DB1	DNH	14	I	4:36.05	PR	
5	25	Emma Noz	DB2	DNH	13	O	4:37.78	PR	
6	27	Tess Postma	DB2	UTR	9	I	4:38.78	PR	
7	3	Janna Bolsius	DB2	UTR	11	O	4:39.82		
8	39	Sylvia de Vries	DB2	HVN	14	O	4:40.33		
9	20	Amber van der Meijden	DB1	DNH	12	O	4:41.82		
10	33	Leia van der Tempel	DB2	HVN	15	I	4:41.88		
11	38	Marieke de Vries	DB2	HVN	11	I	4:45.44		
12	9	Donna Noor Gemser	DB1	HVN	15	O	4:46.15		
13	10	Lotte Groenen	DB2	TIL	13	I	4:47.33		
14	6	Lotte Donderwinkel	DB1	LEE	10	O	4:49.58		
15	37	Elanne de Vries	DB1	DNH	7	O	4:50.30	PR	
16	11	Jasmijn Hiddink	DB1	NYM	6	I	4:50.41	PR	
17	36	Julia de Vos	DB1	AMS	5	I	4:51.38		
18	28	Maartje Redder	DB2	ALK	8	O	4:51.97		
19	29	Sterre van Schaik	DB2	HAA	6	O	4:52.91	PR	
20	22	Melissa Mooijman	DB1	HRN	3	O	4:53.71	PR	
21	19	Paula Kuipers	DB1	GRO	7	I	4:54.14		
22	7	Jet Fransen	DB2	ALK	5	O	4:54.82		
23	41	Isa van Wijhe	DB1	ASS	1	I	4:54.89	PR	
24	17	Anouk Konst	DB1	HAA	10	I	4:56.89		
25	30	Karlijn Schellekens	DB1	TIL	9	O	4:57.95		
26	13	Carlijn Kaaij	DB1	UTR	8	I	4:58.41		
27	32	Jitte Schuitemaker	DB2	AMS	3	I	4:59.71		
28	5	Rosa Buijs	DB2	DNH	4	I	5:02.60		
29	14	Masja Keesman	DB2	HAA	4	O	5:11.32		

Landelijke selectiewedstrijd 3000m Junioren B, t.b.v. NK Jun B Allround

De Uithof - Den Haag

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1. Rituitslag Dames Junioren B 3000 meter

		Naam	Cat	PR	Tijd Info
1	wt	41 Isa van Wijhe	DB1	4:56.15	4:54.89 PR
	rd				
Isa van Wijhe					
		200m	22.61 (22,61)		m
		600m	59.75 (37,14)		
		1000m	1:38.49 (38,74)		
		1400m	2:18.41 (39,92)		
		1800m	2:57.89 (39,48)		
		2200m	3:36.95 (39,06)		
		2600m	4:16.10 (39,15)		
		3000m	4:54.89 (38,79)		

		Naam	Cat	PR	Tijd Info
2	gl				
	bl				
					m
					m

		Naam	Cat	PR	Tijd Info
3	wt	32 Jitte Schuitemaker	DB2	4:58.87	4:59.71
	rd	22 Melissa Mooijman	DB1	4:55.34	4:53.71 PR
Jitte Schuitemaker					
		200m	23.05 (23,05)		
		600m	59.33 (36,28)		
		1000m	1:37.44 (38,11)		
		1400m	2:17.12 (39,68)		
		1800m	2:57.43 (40,31)		
		2200m	3:38.10 (40,67)		
		2600m	4:19.43 (41,33)		
		3000m	4:59.71 (40,28)		
Melissa Mooijman					
		200m	22.71 (22,71)		
		600m	58.14 (35,43)		
		1000m	1:35.59 (37,45)		
		1400m	2:14.17 (38,58)		
		1800m	2:53.56 (39,39)		
		2200m	3:33.13 (39,57)		
		2600m	4:13.44 (40,31)		
		3000m	4:53.71 (40,27)		

		Naam	Cat	PR	Tijd Info
4	gl	5 Rosa Buijs	DB2	4:59.13	5:02.60

bl 14 **Masja Keesman** DB2 4:50.51 **5:11.32**

Rosa Buijs			Masja Keesman		
200m	22.96	(22,96)	200m	22.88	(22,88)
600m	1:00.02	(37,06)	600m	59.23	(36,35)
1000m	1:39.64	(39,62)	1000m	1:38.20	(38,97)
1400m	2:19.64	(40,00)	1400m	2:17.54	(39,34)
1800m	3:00.26	(40,62)	1800m	2:58.60	(41,06)
2200m	3:41.20	(40,94)	2200m	3:41.31	(42,71)
2600m	4:22.30	(41,10)	2600m	4:26.01	(44,70)
3000m	5:02.60	(40,30)	3000m	5:11.32	(45,31)

	Naam	Cat	PR	Tijd Info
5 wt	36 Julia de Vos	DB1	4:50.83	4:51.38
rd	7 Jet Fransen	DB2	4:51.32	4:54.82

Julia de Vos			Jet Fransen		
200m	21.20	(21,20)	200m	21.64	(21,64)
600m	54.69	(33,49)	600m	56.60	(34,96)
1000m	1:30.99	(36,30)	1000m	1:34.29	(37,69)
1400m	2:09.58	(38,59)	1400m	2:13.02	(38,73)
1800m	2:49.12	(39,54)	1800m	2:53.10	(40,08)
2200m	3:29.56	(40,44)	2200m	3:33.22	(40,12)
2600m	4:10.60	(41,04)	2600m	4:14.37	(41,15)
3000m	4:51.38	(40,78)	3000m	4:54.82	(40,45)

	Naam	Cat	PR	Tijd Info
6 gl	11 Jasmijn Hiddink	DB1	4:51.35	4:50.41 PR
bl	29 Sterre van Schaik	DB2	4:53.89	4:52.91 PR

Jasmijn Hiddink			Sterre van Schaik		
200m	21.40	(21,40)	200m	21.38	(21,38)
600m	57.21	(35,81)	600m	56.22	(34,84)
1000m	1:35.57	(38,36)	1000m	1:34.48	(38,26)
1400m	2:14.90	(39,33)	1400m	2:12.98	(38,50)
1800m	2:53.78	(38,88)	1800m	2:51.85	(38,87)
2200m	3:33.24	(39,46)	2200m	3:31.64	(39,79)
2600m	4:12.37	(39,13)	2600m	4:12.26	(40,62)
3000m	4:50.41	(38,04)	3000m	4:52.91	(40,65)

	Naam	Cat	PR	Tijd Info
7 wt	19 Paula Kuipers	DB1	4:53.22	4:54.14

rd 37 **Elanne de Vries** DB1 4:55.11 **4:50.30 PR**

Paula Kuipers

200m	21.50	(21,50)
600m	55.37	(33,87)
1000m	1:33.20	(37,83)
1400m	2:12.97	(39,77)
1800m	2:52.95	(39,98)
2200m	3:33.50	(40,55)
2600m	4:14.32	(40,82)
3000m	4:54.14	(39,82)

Elanne de Vries

200m	20.69	(20,69)
600m	53.46	(32,77)
1000m	1:29.71	(36,25)
1400m	2:08.40	(38,69)
1800m	2:48.50	(40,10)
2200m	3:29.43	(40,93)
2600m	4:10.51	(41,08)
3000m	4:50.30	(39,79)

Naam

Cat

PR

Tijd Info

8 gl 13 **Carlijn Kaaij** DB1 4:48.72 **4:58.41**
 bl 28 **Maartje Redder** DB2 4:45.37 **4:51.97**

Carlijn Kaaij

200m	22.20	(22,20)
600m	59.50	(37,30)
1000m	1:37.79	(38,29)
1400m	2:17.44	(39,65)
1800m	2:57.89	(40,45)
2200m	3:38.31	(40,42)
2600m	4:18.79	(40,48)
3000m	4:58.41	(39,62)

Maartje Redder

200m	22.36	(22,36)
600m	59.20	(36,84)
1000m	1:37.76	(38,56)
1400m	2:15.72	(37,96)
1800m	2:54.67	(38,95)
2200m	3:34.13	(39,46)
2600m	4:13.43	(39,30)
3000m	4:51.97	(38,54)

Naam

Cat

PR

Tijd Info

9 wt 27 **Tess Postma** DB2 4:45.15 **4:38.78 PR**
 rd 30 **Karlijn Schellekens** DB1 4:46.02 **4:57.95**

Tess Postma

200m	20.45	(20,45)
600m	53.21	(32,76)
1000m	1:27.61	(34,40)
1400m	2:03.68	(36,07)
1800m	2:40.86	(37,18)
2200m	3:18.88	(38,02)
2600m	3:58.29	(39,41)
3000m	4:38.78	(40,49)

Karlijn Schellekens

200m	21.89	(21,89)
600m	57.95	(36,06)
1000m	1:36.36	(38,41)
1400m	2:15.40	(39,04)
1800m	2:55.23	(39,83)
2200m	3:35.92	(40,69)
2600m	4:17.45	(41,53)
3000m	4:57.95	(40,50)

Naam

Cat

PR

Tijd Info

10 gl 17 **Anouk Könst** DB1 4:47.87 **4:56.89**

10 bl 6 **Lotte Donderwinkel** DB1 4:44.67 **4:49.58**

Anouk Könst			Lotte Donderwinkel		
200m	22.11	(22,11)	200m	22.44	(22,44)
600m	57.20	(35,09)	600m	58.56	(36,12)
1000m	1:33.98	(36,78)	1000m	1:36.50	(37,94)
1400m	2:13.02	(39,04)	1400m	2:14.38	(37,88)
1800m	2:52.75	(39,73)	1800m	2:52.56	(38,18)
2200m	3:33.59	(40,84)	2200m	3:31.02	(38,46)
2600m	4:15.36	(41,77)	2600m	4:10.77	(39,75)
3000m	4:56.89	(41,53)	3000m	4:49.58	(38,81)

	Naam	Cat	PR	Tijd Info
11	wt 38 Marieke de Vries	DB2	4:38.04	4:45.44
	rd 3 Janna Bolsius	DB2	4:38.81	4:39.82

Marieke de Vries			Janna Bolsius		
200m	20.60	(20,60)	200m	21.26	(21,26)
600m	55.56	(34,96)	600m	54.28	(33,02)
1000m	1:32.67	(37,11)	1000m	1:29.54	(35,26)
1400m	2:10.33	(37,66)	1400m	2:06.18	(36,64)
1800m	2:48.31	(37,98)	1800m	2:43.73	(37,55)
2200m	3:27.13	(38,82)	2200m	3:21.89	(38,16)
2600m	4:06.34	(39,21)	2600m	4:00.93	(39,04)
3000m	4:45.44	(39,10)	3000m	4:39.82	(38,89)

	Naam	Cat	PR	Tijd Info
12	gl 34 Meike Veen	DB2	4:29.17	4:33.91
	bl 20 Amber van der Meijden	DB1	4:38.00	4:41.82

Meike Veen			Amber van der Meijden		
200m	21.06	(21,06)	200m	21.25	(21,25)
600m	53.74	(32,68)	600m	55.46	(34,21)
1000m	1:27.92	(34,18)	1000m	1:31.72	(36,26)
1400m	2:03.93	(36,01)	1400m	2:09.24	(37,52)
1800m	2:41.29	(37,36)	1800m	2:47.43	(38,19)
2200m	3:19.11	(37,82)	2200m	3:25.59	(38,16)
2600m	3:56.90	(37,79)	2600m	4:03.67	(38,08)
3000m	4:33.91	(37,01)	3000m	4:41.82	(38,15)

	Naam	Cat	PR	Tijd Info
12	wt 10 Lotte Groenen	DB2	4:44.01	4:47.33

13 rd 25 **Emma Noz** DB2 4:44.10 **4:37.78 PR**

Lotte Groenen			Emma Noz		
200m	21.31	(21,31)	200m	21.41	(21,41)
600m	56.09	(34,78)	600m	56.01	(34,60)
1000m	1:32.52	(36,43)	1000m	1:32.60	(36,59)
1400m	2:10.67	(38,15)	1400m	2:09.26	(36,66)
1800m	2:49.50	(38,83)	1800m	2:45.98	(36,72)
2200m	3:28.86	(39,36)	2200m	3:22.79	(36,81)
2600m	4:08.47	(39,61)	2600m	4:00.17	(37,38)
3000m	4:47.33	(38,86)	3000m	4:37.78	(37,61)

	Naam	Cat	PR	Tijd Info
14	gl 12 Lieke Hoogendoorn	DB1	4:36.66	4:36.05 PR
	bl 39 Sylvia de Vries	DB2	4:31.28	4:40.33

Lieke Hoogendoorn			Sylvia de Vries		
200m	20.87	(20,87)	200m	21.81	(21,81)
600m	53.98	(33,11)	600m	56.04	(34,23)
1000m	1:29.53	(35,55)	1000m	1:32.35	(36,31)
1400m	2:06.21	(36,68)	1400m	2:09.41	(37,06)
1800m	2:43.52	(37,31)	1800m	2:46.86	(37,45)
2200m	3:21.27	(37,75)	2200m	3:24.62	(37,76)
2600m	3:58.93	(37,66)	2600m	4:02.64	(38,02)
3000m	4:36.05	(37,12)	3000m	4:40.33	(37,69)

	Naam	Cat	PR	Tijd Info
15	wt 33 Leia van der Tempel	DB2	4:37.51	4:41.88
	rd 9 Donna Noor Gemser	DB1	4:36.61	4:46.15

Leia van der Tempel			Donna Noor Gemser		
200m	21.60	(21,60)	200m	21.25	(21,25)
600m	55.35	(33,75)	600m	55.06	(33,81)
1000m	1:30.68	(35,33)	1000m	1:30.83	(35,77)
1400m	2:08.25	(37,57)	1400m	2:07.63	(36,80)
1800m	2:46.12	(37,87)	1800m	2:46.26	(38,63)
2200m	3:25.02	(38,90)	2200m	3:25.65	(39,39)
2600m	4:04.01	(38,99)	2600m	4:06.17	(40,52)
3000m	4:41.88	(37,87)	3000m	4:46.15	(39,98)

	Naam	Cat	PR	Tijd Info
16	gl 31 Sofia Schilder	DB1	4:35.06	4:34.00 PR

10 bl 35 Rosalie van Vliet DB1 4:31.25 **4:31.56**

Sofia Schilder

200m	21.59	(21,59)
600m	55.09	(33,50)
1000m	1:29.61	(34,52)
1400m	2:05.35	(35,74)
1800m	2:41.87	(36,52)
2200m	3:18.92	(37,05)
2600m	3:56.46	(37,54)
3000m	4:34.00	(37,54)

Rosalie van Vliet

200m	20.71	(20,71)
600m	53.70	(32,99)
1000m	1:28.83	(35,13)
1400m	2:05.00	(36,17)
1800m	2:41.91	(36,91)
2200m	3:18.93	(37,02)
2600m	3:55.28	(36,35)
3000m	4:31.56	(36,28)

Landelijke selectiewedstrijd 3000m Junioren B, t.b.v. NK Jun

De Uithof - Den Haag

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2. Uitslag Heren Junioren B 3000 meter

Pos		Naam	Cat	Thuis Baan	Paar	Baan	Tijd	Info	Punten
1	13	Michiel de Groot	HB2	DNH	29	O	4:05.09	PR	
2	19	Mika Kolder	HB1	HVN	30	I	4:07.25		
3	34	Sil van der Veen	HB1	HVN	31	O	4:08.13		
4	15	Freek van der Ham	HB2	HAA	28	I	4:09.81		
5	1	Mats Bendijk	HB1	LEE	30	O	4:09.82		
6	31	Ties van Seumeren	HB2	UTR	32	I	4:10.80		
7	25	Thijmen Paardekooper	HB2	ASS	32	O	4:11.26		
8	3	Joël Bom	HB2	BRE	28	O	4:12.27		
9	17	Yanick de Hoogd	HB2	ALK	25	O	4:13.68	PR	
10	7	Yoeri van Bostelen	HB2	DNH	29	I	4:13.88		
11	33	Joep Stubbe	HB2	UTR	31	I	4:15.05		
12	5	Mats van den Bos	HB2	HAA	27	I	4:18.32		
13	27	Niels van Reeuwijk	HB2	UTR	17	I	4:18.42	PR	
14	9	Chris Brommersma	HB2	HRN	24	I	4:18.54		
15	2	Thomas van Berkel	HB2	TIL	26	O	4:19.50		
16	12	Rinse Franken	HB1	BRE	17	O	4:19.52	PR	
17	39	Olaf Vunderink	HB1	DEV	22	O	4:20.11		
18	22	Teun van der Linden	HB2	TIL	27	O	4:21.20		
19	6	Thijs van Bostelen	HB2	DNH	23	O	4:21.34		
20	23	Jesper van Mieghem	HB2	HAA	24	O	4:21.35		
21	20	Tygo Kompier	HB1	DNH	22	I	4:21.48		
22	11	Tobias Elshof	HB1	AMS	20	O	4:21.99		
23	26	Jelle Plug	HB2	HAA	19	I	4:22.37		
24	28	Niklas Reinders	HB2	GRO	23	I	4:22.76		
25	16	Robbert-Jan van Hardeveld	HB1	HVN	21	I	4:23.05		
26	29	Daan Ridder	HB1	GRO	19	O	4:24.56		
27	40	Ward Dielissen	HB2	HAA	20	I	4:25.18	PR	
28	38	Sietse de Vries	HB1		26	I	4:25.23		
29	14	Swen Halferkamps	HB2	EVN	21	O	4:30.17		
30	30	Eise van Schijndel	HB1	BRE	25	I	4:30.49		

Landelijke selectiewedstrijd 3000m Junioren B, t.b.v. NK Jun B Allround

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2. Rituitslag Heren Junioren B 3000 meter

		Naam	Cat	PR	Tijd	Info
17	wt	27 Niels van Reeuwijk	HB2	4:21.92	4:18.42	PR
	rd	12 Rinse Franken	HB1	4:20.69	4:19.52	PR
		<u>Niels van Reeuwijk</u>				
		200m	20.29	(20,29)		
		600m	52.10	(31,81)		
		1000m	1:24.82	(32,72)		
		1400m	1:59.08	(34,26)		
		1800m	2:33.26	(34,18)		
		2200m	3:07.77	(34,51)		
		2600m	3:42.61	(34,84)		
		3000m	4:18.42	(35,81)		
		<u>Rinse Franken</u>				
		200m	20.01	(20,01)		
		600m	51.98	(31,97)		
		1000m	1:25.30	(33,32)		
		1400m	1:58.87	(33,57)		
		1800m	2:33.20	(34,33)		
		2200m	3:07.80	(34,60)		
		2600m	3:43.56	(35,76)		
		3000m	4:19.52	(35,96)		

		Naam	Cat	PR	Tijd	Info
18	gl					
	bl					
		m				
		m				

		Naam	Cat	PR	Tijd	Info
19	wt	26 Jelle Plug	HB2	4:20.05	4:22.37	
	rd	29 Daan Ridder	HB1	4:19.42	4:24.56	
		<u>Jelle Plug</u>				
		200m	19.24	(19,24)		
		600m	50.43	(31,19)		
		1000m	1:22.51	(32,08)		
		1400m	1:55.60	(33,09)		
		1800m	2:29.70	(34,10)		
		2200m	3:05.84	(36,14)		
		2600m	3:43.40	(37,56)		
		3000m	4:22.37	(38,97)		
		<u>Daan Ridder</u>				
		200m	20.51	(20,51)		
		600m	52.15	(31,64)		
		1000m	1:24.96	(32,81)		
		1400m	1:59.60	(34,64)		
		1800m	2:35.34	(35,74)		
		2200m	3:11.90	(36,56)		
		2600m	3:48.47	(36,57)		
		3000m	4:24.56	(36,09)		

		Naam	Cat	PR	Tijd	Info
20	gl	40 Ward Dielissen	HB2	4:26.91	4:25.18	PR

20 bl 11 **Tobias Elshof** HB1 4:21.44 **4:21.99**

Ward Dielissen			Tobias Elshof		
200m	19.26	(19,26)	200m	19.61	(19,61)
600m	50.21	(30,95)	600m	50.86	(31,25)
1000m	1:22.42	(32,21)	1000m	1:24.50	(33,64)
1400m	1:55.71	(33,29)	1400m	1:58.78	(34,28)
1800m	2:30.37	(34,66)	1800m	2:34.07	(35,29)
2200m	3:07.38	(37,01)	2200m	3:09.83	(35,76)
2600m	3:45.58	(38,20)	2600m	3:45.72	(35,89)
3000m	4:25.18	(39,60)	3000m	4:21.99	(36,27)

	Naam	Cat	PR	Tijd Info
21	wt 16 Robbert-Jan van Hardeveld	HB1	4:17.82	4:23.05
	rd 14 Swen Halferkamps	HB2	4:18.86	4:30.17

Robbert-Jan van Hardeveld			Swen Halferkamps		
200m	19.97	(19,97)	200m	19.38	(19,38)
600m	52.39	(32,42)	600m	51.68	(32,30)
1000m	1:25.73	(33,34)	1000m	1:25.35	(33,67)
1400m	2:00.05	(34,32)	1400m	1:59.63	(34,28)
1800m	2:35.04	(34,99)	1800m	2:35.32	(35,69)
2200m	3:10.93	(35,89)	2200m	3:12.84	(37,52)
2600m	3:46.73	(35,80)	2600m	3:50.93	(38,09)
3000m	4:23.05	(36,32)	3000m	4:30.17	(39,24)

	Naam	Cat	PR	Tijd Info
22	gl 20 Tygo Kompier	HB1	4:17.87	4:21.48
	bl 39 Olaf Vunderink	HB1	4:18.21	4:20.11

Tygo Kompier			Olaf Vunderink		
200m	19.61	(19,61)	200m	20.46	(20,46)
600m	50.58	(30,97)	600m	53.11	(32,65)
1000m	1:23.37	(32,79)	1000m	1:26.55	(33,44)
1400m	1:58.22	(34,85)	1400m	2:00.40	(33,85)
1800m	2:33.89	(35,67)	1800m	2:34.76	(34,36)
2200m	3:10.09	(36,20)	2200m	3:09.47	(34,71)
2600m	3:46.14	(36,05)	2600m	3:44.62	(35,15)
3000m	4:21.48	(35,34)	3000m	4:20.11	(35,49)

	Naam	Cat	PR	Tijd Info
22	wt 28 Niklas Reinders	HB2	4:18.23	4:22.76

23 rd 6 **Thijs van Bostelen** HB2 4:18.89 **4:21.34**

Niklas Reinders			Thijs van Bostelen		
200m	20.71	(20,71)	200m	20.03	(20,03)
600m	52.77	(32,06)	600m	51.68	(31,65)
1000m	1:26.77	(34,00)	1000m	1:24.71	(33,03)
1400m	2:02.10	(35,33)	1400m	1:58.69	(33,98)
1800m	2:37.23	(35,13)	1800m	2:33.40	(34,71)
2200m	3:12.06	(34,83)	2200m	3:08.82	(35,42)
2600m	3:47.54	(35,48)	2600m	3:44.81	(35,99)
3000m	4:22.76	(35,22)	3000m	4:21.34	(36,53)

	Naam	Cat	PR	Tijd Info
24	gl 9 Chris Brommersma	HB2	4:16.09	4:18.54
	bl 23 Jesper van Mieghem	HB2	4:16.43	4:21.35

Chris Brommersma			Jesper van Mieghem		
200m	20.84	(20,84)	200m	20.01	(20,01)
600m	52.38	(31,54)	600m	50.77	(30,76)
1000m	1:24.80	(32,42)	1000m	1:22.65	(31,88)
1400m	1:58.38	(33,58)	1400m	1:55.98	(33,33)
1800m	2:32.89	(34,51)	1800m	2:31.01	(35,03)
2200m	3:08.31	(35,42)	2200m	3:07.57	(36,56)
2600m	3:43.37	(35,06)	2600m	3:44.08	(36,51)
3000m	4:18.54	(35,17)	3000m	4:21.35	(37,27)

	Naam	Cat	PR	Tijd Info
25	wt 30 Eise van Schijndel	HB1	4:16.68	4:30.49
	rd 17 Yanick de Hoogd	HB2	4:14.25	4:13.68 PR

Eise van Schijndel			Yanick de Hoogd		
200m	20.47	(20,47)	200m	20.33	(20,33)
600m	52.76	(32,29)	600m	53.82	(33,49)
1000m	1:26.14	(33,38)	1000m	1:27.29	(33,47)
1400m	2:00.97	(34,83)	1400m	2:00.04	(32,75)
1800m	2:37.07	(36,10)	1800m	2:32.91	(32,87)
2200m	3:14.23	(37,16)	2200m	3:05.99	(33,08)
2600m	3:51.95	(37,72)	2600m	3:39.24	(33,25)
3000m	4:30.49	(38,54)	3000m	4:13.68	(34,44)

	Naam	Cat	PR	Tijd Info
26	gl 38 Sietse de Vries	HB1	4:16.51	4:25.23

26 bl 2 **Thomas van Berkel** HB2 4:14.40 **4:19.50**

Sietse de Vries			Thomas van Berkel		
200m	19.71	(19,71)	200m	20.24	(20,24)
600m	51.32	(31,61)	600m	52.66	(32,42)
1000m	1:24.51	(33,19)	1000m	1:25.82	(33,16)
1400m	1:58.76	(34,25)	1400m	1:59.30	(33,48)
1800m	2:33.82	(35,06)	1800m	2:33.25	(33,95)
2200m	3:09.95	(36,13)	2200m	3:07.84	(34,59)
2600m	3:47.39	(37,44)	2600m	3:43.23	(35,39)
3000m	4:25.23	(37,84)	3000m	4:19.50	(36,27)

	Naam	Cat	PR	Tijd Info
27 wt	5 Mats van den Bos	HB2	4:09.56	4:18.32
rd	22 Teun van der Linden	HB2	4:09.97	4:21.20

Mats van den Bos			Teun van der Linden		
200m	20.00	(20,00)	200m	20.40	(20,40)
600m	53.05	(33,05)	600m	53.61	(33,21)
1000m	1:26.22	(33,17)	1000m	1:27.71	(34,10)
1400m	1:59.48	(33,26)	1400m	2:02.19	(34,48)
1800m	2:33.21	(33,73)	1800m	2:36.87	(34,68)
2200m	3:07.69	(34,48)	2200m	3:11.70	(34,83)
2600m	3:42.87	(35,18)	2600m	3:46.51	(34,81)
3000m	4:18.32	(35,45)	3000m	4:21.20	(34,69)

	Naam	Cat	PR	Tijd Info
28 gl	15 Freek van der Ham	HB2	4:08.53	4:09.81
bl	3 Joël Bom	HB2	4:08.53	4:12.27

Freek van der Ham			Joël Bom		
200m	20.21	(20,21)	200m	20.04	(20,04)
600m	52.44	(32,23)	600m	51.78	(31,74)
1000m	1:24.62	(32,18)	1000m	1:24.59	(32,81)
1400m	1:57.41	(32,79)	1400m	1:57.65	(33,06)
1800m	2:30.19	(32,78)	1800m	2:30.85	(33,20)
2200m	3:03.51	(33,32)	2200m	3:04.28	(33,43)
2600m	3:36.82	(33,31)	2600m	3:38.27	(33,99)
3000m	4:09.81	(32,99)	3000m	4:12.27	(34,00)

	Naam	Cat	PR	Tijd Info
29 wt	7 Yoeri van Bostelen	HB2	4:10.79	4:13.88

29 rd 13 **Michiel de Groot** HB2 4:12.91 **4:05.09 PR**

Yoeri van Bostelen			Michiel de Groot		
200m	18.74	(18,74)	200m	19.33	(19,33)
600m	48.77	(30,03)	600m	48.72	(29,39)
1000m	1:19.61	(30,84)	1000m	1:19.66	(30,94)
1400m	1:52.29	(32,68)	1400m	1:51.85	(32,19)
1800m	2:26.13	(33,84)	1800m	2:24.76	(32,91)
2200m	3:01.45	(35,32)	2200m	2:57.70	(32,94)
2600m	3:37.12	(35,67)	2600m	3:31.18	(33,48)
3000m	4:13.88	(36,76)	3000m	4:05.09	(33,91)

	Naam	Cat	PR	Tijd Info
30	gl 19 Mika Kolder	HB1	4:02.72	4:07.25
	bl 1 Mats Bendijk	HB1	4:03.19	4:09.82

Mika Kolder			Mats Bendijk		
200m	18.90	(18,90)	200m	18.80	(18,80)
600m	49.22	(30,32)	600m	49.26	(30,46)
1000m	1:20.74	(31,52)	1000m	1:21.39	(32,13)
1400m	1:53.61	(32,87)	1400m	1:54.00	(32,61)
1800m	2:26.08	(32,47)	1800m	2:27.29	(33,29)
2200m	2:58.92	(32,84)	2200m	3:00.82	(33,53)
2600m	3:32.49	(33,57)	2600m	3:34.78	(33,96)
3000m	4:07.25	(34,76)	3000m	4:09.82	(35,04)

	Naam	Cat	PR	Tijd Info
31	wt 33 Joep Stubbe	HB2	4:06.33	4:15.05
	rd 34 Sil van der Veen	HB1	4:02.91	4:08.13

Joep Stubbe			Sil van der Veen		
200m	19.90	(19,90)	200m	20.65	(20,65)
600m	52.57	(32,67)	600m	52.34	(31,69)
1000m	1:25.34	(32,77)	1000m	1:24.57	(32,23)
1400m	1:58.40	(33,06)	1400m	1:57.48	(32,91)
1800m	2:32.31	(33,91)	1800m	2:30.40	(32,92)
2200m	3:06.60	(34,29)	2200m	3:02.93	(32,53)
2600m	3:40.59	(33,99)	2600m	3:35.79	(32,86)
3000m	4:15.05	(34,46)	3000m	4:08.13	(32,34)

	Naam	Cat	PR	Tijd Info
32	gl 31 Ties van Seumeren	HB2	4:03.11	4:10.80

bl 25 Thijmen Paardekooper HB2 4:02.39 **4:11.26**

Ties van Seumeren

200m	19.43	(19,43)
600m	50.23	(30,80)
1000m	1:22.23	(32,00)
1400m	1:55.47	(33,24)
1800m	2:28.64	(33,17)
2200m	3:02.59	(33,95)
2600m	3:36.41	(33,82)
3000m	4:10.80	(34,39)

Thijmen Paardekooper

200m	19.43	(19,43)
600m	50.16	(30,73)
1000m	1:22.27	(32,11)
1400m	1:55.14	(32,87)
1800m	2:28.77	(33,63)
2200m	3:02.49	(33,72)
2600m	3:36.70	(34,21)
3000m	4:11.26	(34,56)