

## Landelijke Selectie NK 3000m Junioren A/B

Ireen Wüst Ijsbaan - Tilburg

30 januari 2022

### 1. Uitslag Vrouwen Junioren B 3000 meter

Pos		Naam	Cat	Thuis baan	Paar	Baan	Tijd	Info	Punten
1	1	Janne Berkhout	DB2	HRN	14	O	4:38.33	PR	
2	12	Lotte Groenen	DB2	TIL	14	I	4:43.50	PR	
3	37	Elanne de Vries	DB1	DNH	8	O	4:44.83	PR	
4	27	Luna van Polen	DB1	UTR	11	O	4:48.36		
5	29	Maartje Redder	DB2	ALK	15	O	4:49.28		
6	21	Paula Kuipers	DB1	GRO	8	I	4:50.18	PR	
7	40	Isa van Wijhe	DB1	ASS	9	O	4:51.24		
8	24	Melissa Mooijman	DB1	HRN	5	O	4:51.52	PR	
9	31	Karlijn Schellekens	DB1	TIL	13	I	4:52.24		
10	14	Jasmijn Hiddink	DB1	NYM	9	I	4:52.41		
11	7	Lotte Donderwinkel	DB1	LEE	15	I	4:53.50		
12	28	Tess Postma	DB2	UTR	16	O	4:54.37	FL	
13	9	Jet Fransen	DB2	ALK	10	I	4:55.49		
14	18	Anouk Könst	DB1	HAA	12	I	4:57.89		
15	25	Elbrich Nicolay	DB1	LEE	10	O	4:58.80		
16	19	Sterre Kuijs	DB2	ALK	16	I	4:59.28		
17	30	Sterre van Schaik	DB2	HAA	6	O	4:59.63		
18	6	Noëmi De boer	DB1	DEV	7	I	5:00.53	PR	
19	32	Jitte Schuitemaker	DB2	AMS	13	O	5:00.68		
20	2	Shelley Blaauw	DB2	ALK	5	I	5:01.26		
21	3	Tijn Borst	DB1	HVN	11	I	5:02.29		
22	16	Carlijn Kaaij	DB1	UTR	12	O	5:03.17		
23	15	Cerintje de Jonge	DB2	LEE	7	O	5:04.30		
24	23	Bo Mengerink	DB2	BRE	6	I	5:10.92		
25	33	Isa Steegstra	DB1	HVN	1	O	5:13.12		
26	38	Roos de Vries	DB2	LEE	4	O	5:14.48		
27	22	Marloes Leistra	DB2	HVN	3	O	5:21.81		
28	13	Gerbrich de Haan	DB1	HVN	4	I	5:23.65		
29	20	Jenieke Kuiken	DB2	LEE	3	I	5:26.16	PR	
30	35	Nynke Tinga	DB1	HVN	1	I	5:34.43	FL	

## Lande

Ireen

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1.

		Naam		Cat		PR	Tijd Info
1	wt	35 Nynke Tinga		DB1		5:15.48	5:34.43 FL
	rd	33 Isa Steegstra		DB1		5:05.15	5:13.12
		<u>Nynke Tinga</u>			<u>Isa Steegstra</u>		
		200m	23.06	(23,06)	200m	23.14	(23,14)
		600m	1:01.82	(38,76)	600m	1:01.85	(38,71)
		1000m	1:50.89	(49,07)	1000m	1:42.14	(40,29)
		1400m	2:33.94	(43,05)	1400m	2:23.23	(41,09)
		1800m	3:18.14	(44,20)	1800m	3:05.35	(42,12)
		2200m	4:02.55	(44,41)	2200m	3:47.85	(42,50)
		2600m	4:48.48	(45,93)	2600m	4:30.27	(42,42)
		3000m	5:34.43	(45,95)	3000m	5:13.12	(42,85)

		Naam		Cat		PR	Tijd Info
2	gl						
	bl						

		Naam		Cat		PR	Tijd Info
3	wt	20 Jenieke Kuiken		DB2		5:32.06	5:26.16 PR
	rd	22 Marloes Leistra		DB2		5:03.82	5:21.81
		<u>Jenieke Kuiken</u>			<u>Marloes Leistra</u>		
		200m	23.93	(23,93)	200m	23.46	(23,46)
		600m	1:02.80	(38,87)	600m	1:02.83	(39,37)
		1000m	1:43.59	(40,79)	1000m	1:43.86	(41,03)
		1400m	2:26.52	(42,93)	1400m	2:26.57	(42,71)
		1800m	3:10.29	(43,77)	1800m	3:10.38	(43,81)
		2200m	3:55.00	(44,71)	2200m	3:54.82	(44,44)
		2600m	4:40.99	(45,99)	2600m	4:38.70	(43,88)
		3000m	5:26.16	(45,17)	3000m	5:21.81	(43,11)

		Naam		Cat		PR	Tijd Info
1	gl	13 Gerbrich de Haan		DB1		5:12.94	5:23.65

→ bl 38 **Roos de Vries** DB2 5:10.99 **5:14.48**

Gerbrich de Haan			Roos de Vries		
200m	22.55	(22,55)	200m	24.30	(24,30)
600m	1:01.87	(39,32)	600m	1:04.71	(40,41)
1000m	1:44.04	(42,17)	1000m	1:46.34	(41,63)
1400m	2:27.44	(43,40)	1400m	2:26.81	(40,47)
1800m	3:10.57	(43,13)	1800m	3:08.20	(41,39)
2200m	3:54.82	(44,25)	2200m	3:50.26	(42,06)
2600m	4:39.62	(44,80)	2600m	4:32.26	(42,00)
3000m	5:23.65	(44,03)	3000m	5:14.48	(42,22)

	Naam	Cat	PR	Tijd Info
5 wt	<b>2 Shelley Blaauw</b>	DB2	4:58.83	<b>5:01.26</b>
rd	<b>24 Melissa Mooijman</b>	DB1	4:53.71	<b>4:51.52 PR</b>

Shelley Blaauw			Melissa Mooijman		
200m	22.38	(22,38)	200m	22.81	(22,81)
600m	59.87	(37,49)	600m	59.27	(36,46)
1000m	1:37.82	(37,95)	1000m	1:36.64	(37,37)
1400m	2:16.17	(38,35)	1400m	2:14.45	(37,81)
1800m	2:56.19	(40,02)	1800m	2:52.66	(38,21)
2200m	3:36.84	(40,65)	2200m	3:31.95	(39,29)
2600m	4:19.48	(42,64)	2600m	4:11.58	(39,63)
3000m	5:01.26	(41,78)	3000m	4:51.52	(39,94)

	Naam	Cat	PR	Tijd Info
6 gl	<b>23 Bo Mengerink</b>	DB2	4:45.18	<b>5:10.92</b>
bl	<b>30 Sterre van Schaik</b>	DB2	4:52.91	<b>4:59.63</b>

Bo Mengerink			Sterre van Schaik		
200m	22.51	(22,51)	200m	22.13	(22,13)
600m	59.88	(37,37)	600m	59.38	(37,25)
1000m	1:39.27	(39,39)	1000m	1:38.16	(38,78)
1400m	2:20.23	(40,96)	1400m	2:17.28	(39,12)
1800m	3:01.77	(41,54)	1800m	2:56.85	(39,57)
2200m	3:44.13	(42,36)	2200m	3:37.42	(40,57)
2600m	4:27.43	(43,30)	2600m	4:18.54	(41,12)
3000m	5:10.92	(43,49)	3000m	4:59.63	(41,09)

	Naam	Cat	PR	Tijd Info
7 wt	<b>6 Noëmi De boer</b>	DB1	5:01.89	<b>5:00.53 PR</b>

rd 15 **Cerinthe de Jonge** DB2 5:02.94 **5:04.30**

Noëmi De boer			Cerinthe de Jonge		
200m	21.59	(21,59)	200m	21.50	(21,50)
600m	57.42	(35,83)	600m	58.13	(36,63)
1000m	1:36.04	(38,62)	1000m	1:37.29	(39,16)
1400m	2:17.63	(41,59)	1400m	2:18.04	(40,75)
1800m	2:58.53	(40,90)	1800m	2:59.58	(41,54)
2200m	3:39.51	(40,98)	2200m	3:41.10	(41,52)
2600m	4:20.24	(40,73)	2600m	4:22.81	(41,71)
3000m	5:00.53	(40,29)	3000m	5:04.30	(41,49)

	Naam	Cat	PR	Tijd Info
8	gl 21 <b>Paula Kuipers</b>	DB1	4:51.45	<b>4:50.18</b> PR
	bl 37 <b>Elanne de Vries</b>	DB1	4:50.30	<b>4:44.83</b> PR

Paula Kuipers			Elanne de Vries		
200m	21.46	(21,46)	200m	21.16	(21,16)
600m	55.02	(33,56)	600m	54.31	(33,15)
1000m	1:31.33	(36,31)	1000m	1:30.77	(36,46)
1400m	2:09.71	(38,38)	1400m	2:08.83	(38,06)
1800m	2:49.14	(39,43)	1800m	2:48.07	(39,24)
2200m	3:28.62	(39,48)	2200m	3:27.16	(39,09)
2600m	4:09.47	(40,85)	2600m	4:06.55	(39,39)
3000m	4:50.18	(40,71)	3000m	4:44.83	(38,28)

	Naam	Cat	PR	Tijd Info
9	wt 14 <b>Jasmijn Hiddink</b>	DB1	4:50.41	<b>4:52.41</b>
	rd 40 <b>Isa van Wijhe</b>	DB1	4:50.44	<b>4:51.24</b>

Jasmijn Hiddink			Isa van Wijhe		
200m	21.61	(21,61)	200m	22.27	(22,27)
600m	57.23	(35,62)	600m	56.33	(34,06)
1000m	1:35.07	(37,84)	1000m	1:33.41	(37,08)
1400m	2:13.87	(38,80)	1400m	2:11.92	(38,51)
1800m	2:53.18	(39,31)	1800m	2:50.57	(38,65)
2200m	3:32.97	(39,79)	2200m	3:30.24	(39,67)
2600m	4:12.83	(39,86)	2600m	4:10.36	(40,12)
3000m	4:52.41	(39,58)	3000m	4:51.24	(40,88)

	Naam	Cat	PR	Tijd Info
10	gl 9 <b>Jet Fransen</b>	DB2	4:51.32	<b>4:55.49</b>

10 bl 25 **Elbrich Nicolay** DB1 4:50.72 **4:58.80**

Jet Fransen			Elbrich Nicolay		
200m	21.65	(21,65)	200m	21.33	(21,33)
600m	58.21	(36,56)	600m	57.02	(35,69)
1000m	1:36.84	(38,63)	1000m	1:36.11	(39,09)
1400m	2:16.58	(39,74)	1400m	2:15.64	(39,53)
1800m	2:55.93	(39,35)	1800m	2:55.13	(39,49)
2200m	3:35.21	(39,28)	2200m	3:35.44	(40,31)
2600m	4:14.93	(39,72)	2600m	4:17.45	(42,01)
3000m	4:55.49	(40,56)	3000m	4:58.80	(41,35)

	Naam	Cat	PR	Tijd Info
11	wt 3 <b>Tijn Borst</b>	DB1	4:47.21	<b>5:02.29</b>
	rd 27 <b>Luna van Polen</b>	DB1	4:47.18	<b>4:48.36</b>

Tijn Borst			Luna van Polen		
200m	21.50	(21,50)	200m	21.93	(21,93)
600m	56.13	(34,63)	600m	56.30	(34,37)
1000m	1:33.68	(37,55)	1000m	1:32.74	(36,44)
1400m	2:13.27	(39,59)	1400m	2:10.64	(37,90)
1800m	2:54.43	(41,16)	1800m	2:49.22	(38,58)
2200m	3:36.53	(42,10)	2200m	3:28.33	(39,11)
2600m	4:19.08	(42,55)	2600m	4:08.12	(39,79)
3000m	5:02.29	(43,21)	3000m	4:48.36	(40,24)

	Naam	Cat	PR	Tijd Info
12	gl 18 <b>Anouk Könst</b>	DB1	4:47.87	<b>4:57.89</b>
	bl 16 <b>Carlijn Kaaij</b>	DB1	4:48.72	<b>5:03.17</b>

Anouk Könst			Carlijn Kaaij		
200m	22.92	(22,92)	200m	21.66	(21,66)
600m	58.66	(35,74)	600m	57.69	(36,03)
1000m	1:35.87	(37,21)	1000m	1:37.98	(40,29)
1400m	2:14.28	(38,41)	1400m	2:18.39	(40,41)
1800m	2:54.30	(40,02)	1800m	2:59.94	(41,55)
2200m	3:35.35	(41,05)	2200m	3:41.44	(41,50)
2600m	4:16.87	(41,52)	2600m	4:22.96	(41,52)
3000m	4:57.89	(41,02)	3000m	5:03.17	(40,21)

	Naam	Cat	PR	Tijd Info
12	wt 31 <b>Karlijn Schellekens</b>	DB1	4:46.02	<b>4:52.24</b>

13 rd 32 **Jitte Schuitemaker** DB2 4:49.19 **5:00.68**

Karlijn Schellekens			Jitte Schuitemaker		
200m	21.54	(21,54)	200m	23.51	(23,51)
600m	57.95	(36,41)	600m	1:00.66	(37,15)
1000m	1:35.43	(37,48)	1000m	1:39.30	(38,64)
1400m	2:13.72	(38,29)	1400m	2:18.96	(39,66)
1800m	2:52.59	(38,87)	1800m	2:58.99	(40,03)
2200m	3:32.28	(39,69)	2200m	3:39.71	(40,72)
2600m	4:12.44	(40,16)	2600m	4:20.67	(40,96)
3000m	4:52.24	(39,80)	3000m	5:00.68	(40,01)

	Naam	Cat	PR	Tijd Info
14	gl 12 <b>Lotte Groenen</b>	DB2	4:44.01	<b>4:43.50</b> PR
	bl 1 <b>Janne Berkhout</b>	DB2	4:43.88	<b>4:38.33</b> PR

Lotte Groenen			Janne Berkhout		
200m	20.59	(20,59)	200m	21.82	(21,82)
600m	53.97	(33,38)	600m	56.86	(35,04)
1000m	1:29.52	(35,55)	1000m	1:32.92	(36,06)
1400m	2:07.04	(37,52)	1400m	2:09.25	(36,33)
1800m	2:45.69	(38,65)	1800m	2:45.72	(36,47)
2200m	3:25.06	(39,37)	2200m	3:22.85	(37,13)
2600m	4:01.13	(36,07)	2600m	4:00.43	(37,58)
3000m	4:43.50	(42,37)	3000m	4:38.33	(37,90)

	Naam	Cat	PR	Tijd Info
15	wt 7 <b>Lotte Donderwinkel</b>	DB1	4:44.67	<b>4:53.50</b>
	rd 29 <b>Maartje Redder</b>	DB2	4:45.37	<b>4:49.28</b>

Lotte Donderwinkel			Maartje Redder		
200m	22.10	(22,10)	200m	22.86	(22,86)
600m	58.08	(35,98)	600m	58.68	(35,82)
1000m	1:36.48	(38,40)	1000m	1:36.38	(37,70)
1400m	2:15.45	(38,97)	1400m	2:14.78	(38,40)
1800m	2:54.26	(38,81)	1800m	2:53.38	(38,60)
2200m	3:33.35	(39,09)	2200m	3:31.83	(38,45)
2600m	4:13.25	(39,90)	2600m	4:10.58	(38,75)
3000m	4:53.50	(40,25)	3000m	4:49.28	(38,70)

	Naam	Cat	PR	Tijd Info
16	gl 19 <b>Sterre Kuijs</b>	DB2	4:43.37	<b>4:59.28</b>

10 bl 28 Tess Postma DB2 4:38.78 **4:54.37** FL

Sterre Kuijs

200m	22.31	(22,31)
600m	58.65	(36,34)
1000m	1:37.65	(39,00)
1400m	2:17.67	(40,02)
1800m	2:57.92	(40,25)
2200m	3:38.16	(40,24)
2600m	4:18.91	(40,75)
3000m	4:59.28	(40,37)

Tess Postma

200m	28.23	(28,23)
600m	1:01.44	(33,21)
1000m	1:38.13	(36,69)
1400m	2:16.49	(38,36)
1800m	2:55.18	(38,69)
2200m	3:34.63	(39,45)
2600m	4:14.29	(39,66)
3000m	4:54.37	(40,08)

## Landelijke Selectie NK 3000m Junioren A/B

Ireen Wüst Ijsbaan - Tilburg

30 januari 2022

### 2. Uitslag Mannen Junioren B 3000 meter

Pos		Naam	Cat	Thuis baan	Paar	Baan	Tijd	Info	Punten
1	25	Niels de Kruijk	HB1	UTR	12	O	4:10.82	PR	
2	9	Chris Brommersma	HB2	HRN	9	O	4:15.49		
3	26	Teun van der Linden	HB2	TIL	14	O	4:16.46		
4	24	Tygo Kompier	HB1	DNH	7	I	4:19.04		
5	5	Bryant Boogert	HB2	BRE	14	I	4:19.43		
6	7	Thijs van Bostelen	HB2	DNH	7	O	4:21.01		
7	34	Wisse Slendebroek	HB2	ALK	13	O	4:21.09		
8	15	Jort de Gans	HB2	UTR	13	I	4:21.21		
9	8	Johan Bouwhuis	HB1	HVN	11	O	4:21.83		
10	10	Thijs van de Burgt	HB2	EVN	6	O	4:23.23		
11	1	Thomas van Berkel	HB2	TIL	9	I	4:23.66		
12	40	Sietse de Vries	HB1	LEE	10	I	4:23.70		
13	22	Otto Immerzeel	HB2	UTR	8	O	4:23.75		
14	33	Eise van Schijndel	HB1	BRE	11	I	4:25.11		
15	14	Rinse Franken	HB1	BRE	8	I	4:25.54		
16	28	Jelle Plug	HB2	HAA	4	I	4:26.78		
17	3	Sem Bodewes	HB2	GRO	4	O	4:26.98		
18	37	Chris de Velde	HB1	HVN	3	O	4:27.03		
19	27	Jesper van Mieghem	HB2	HAA	10	O	4:27.71		
20	12	Corné van Dooren	HB2	DEV	5	O	4:28.53		
21	38	Floris van Velsen	HB1	DEV	6	I	4:32.11		
22	4	Tymen Bok	HB1	HVN	3	I	4:40.31		
23	21	Sylvian Hoogeveen	HB2	DEV	5	I	4:40.49		
24	32	Wiebe de Rijk	HB2	DEV	1	I	4:43.39		
25	2	Marijn Blanken	HB1	LEE	1	O	5:05.37		
	20	Yanick de Hoogd	HB2	ALK	12	I	DNS		



## Lande

Ireen

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2.

		Naam		Cat		PR		Tijd Info
1	wt	32	<b>Wiebe de Rijk</b>		HB2	4:36.86		<b>4:43.39</b>
	rd	2	<b>Marijn Blanken</b>		HB1	4:57.92		<b>5:05.37</b>
		<b>Wiebe de Rijk</b>			<b>Marijn Blanken</b>			
		200m	21.28	(21,28)	200m	22.29	(22,29)	
		600m	55.75	(34,47)	600m	1:00.52	(38,23)	
		1000m	1:31.75	(36,00)	1000m	1:40.92	(40,40)	
		1400m	2:08.62	(36,87)	1400m	2:21.14	(40,22)	
		1800m	2:46.53	(37,91)	1800m	3:01.55	(40,41)	
		2200m	3:25.08	(38,55)	2200m	3:42.37	(40,82)	
		2600m	4:04.00	(38,92)	2600m	4:23.98	(41,61)	
		3000m	4:43.39	(39,39)	3000m	5:05.37	(41,39)	

		Naam		Cat		PR		Tijd Info
2	gl							
	bl							
			m				m	

		Naam		Cat		PR		Tijd Info
3	wt	4	<b>Tymen Bok</b>		HB1	4:38.75		<b>4:40.31</b>
	rd	37	<b>Chris de Velde</b>		HB1	4:21.12		<b>4:27.03</b>
		<b>Tymen Bok</b>			<b>Chris de Velde</b>			
		200m	21.83	(21,83)	200m	20.53	(20,53)	
		600m	56.24	(34,41)	600m	53.72	(33,19)	
		1000m	1:32.26	(36,02)	1000m	1:28.35	(34,63)	
		1400m	2:08.95	(36,69)	1400m	2:03.07	(34,72)	
		1800m	2:46.26	(37,31)	1800m	2:37.99	(34,92)	
		2200m	3:24.14	(37,88)	2200m	3:13.57	(35,58)	
		2600m	4:02.39	(38,25)	2600m	3:49.89	(36,32)	
		3000m	4:40.31	(37,92)	3000m	4:27.03	(37,14)	

		Naam		Cat		PR		Tijd Info
1	gl	28	<b>Jelle Plug</b>		HB2	4:20.05		<b>4:26.78</b>

→ bl 3 **Sem Bodewes** HB2 4:23.56 **4:26.98**

Jelle Plug			Sem Bodewes		
200m	19.51	(19,51)	200m	20.47	(20,47)
600m	50.63	(31,12)	600m	52.32	(31,85)
1000m	1:23.18	(32,55)	1000m	1:25.12	(32,80)
1400m	1:57.29	(34,11)	1400m	1:59.51	(34,39)
1800m	2:32.42	(35,13)	1800m	2:34.89	(35,38)
2200m	3:08.67	(36,25)	2200m	3:11.31	(36,42)
2600m	3:47.68	(39,01)	2600m	3:49.27	(37,96)
3000m	4:26.78	(39,10)	3000m	4:26.98	(37,71)

	Naam	Cat	PR	Tijd Info
5 wt	21 <b>Sylvian Hoogeveen</b>	HB2	4:24.09	<b>4:40.49</b>
rd	12 <b>Corné van Dooren</b>	HB2	4:26.69	<b>4:28.53</b>

Sylvian Hoogeveen			Corné van Dooren		
200m	20.23	(20,23)	200m	19.90	(19,90)
600m	53.88	(33,65)	600m	53.57	(33,67)
1000m	1:30.04	(36,16)	1000m	1:29.81	(36,24)
1400m	2:07.35	(37,31)	1400m	2:06.40	(36,59)
1800m	2:45.01	(37,66)	1800m	2:43.35	(36,95)
2200m	3:23.30	(38,29)	2200m	3:19.57	(36,22)
2600m	4:02.01	(38,71)	2600m	3:54.56	(34,99)
3000m	4:40.49	(38,48)	3000m	4:28.53	(33,97)

	Naam	Cat	PR	Tijd Info
6 gl	38 <b>Floris van Velsen</b>	HB1	4:18.50	<b>4:32.11</b>
bl	10 <b>Thijs van de Burgt</b>	HB2	4:19.17	<b>4:23.23</b>

Floris van Velsen			Thijs van de Burgt		
200m	20.00	(20,00)	200m	20.43	(20,43)
600m	53.79	(33,79)	600m	53.06	(32,63)
1000m	1:28.21	(34,42)	1000m	1:27.81	(34,75)
1400m	2:03.68	(35,47)	1400m	2:02.36	(34,55)
1800m	2:39.38	(35,70)	1800m	2:37.02	(34,66)
2200m	3:15.95	(36,57)	2200m	3:12.18	(35,16)
2600m	3:53.40	(37,45)	2600m	3:47.97	(35,79)
3000m	4:32.11	(38,71)	3000m	4:23.23	(35,26)

	Naam	Cat	PR	Tijd Info
7 wt	24 <b>Tygo Kompier</b>	HB1	4:17.87	<b>4:19.04</b>

rd 7 **Thijs van Bostelen** HB2 4:18.89 **4:21.01**

Tygo Kompier			Thijs van Bostelen		
200m	19.66	(19,66)	200m	20.42	(20,42)
600m	52.01	(32,35)	600m	51.90	(31,48)
1000m	1:25.23	(33,22)	1000m	1:24.99	(33,09)
1400m	1:59.03	(33,80)	1400m	1:59.01	(34,02)
1800m	2:33.44	(34,41)	1800m	2:33.71	(34,70)
2200m	3:08.56	(35,12)	2200m	3:08.99	(35,28)
2600m	3:43.48	(34,92)	2600m	3:44.76	(35,77)
3000m	4:19.04	(35,56)	3000m	4:21.01	(36,25)

	Naam	Cat	PR	Tijd Info
8	gl 14 <b>Rinse Franken</b>	HB1	4:19.52	<b>4:25.54</b>
	bl 22 <b>Otto Immerzeel</b>	HB2	4:18.62	<b>4:23.75</b>

Rinse Franken			Otto Immerzeel		
200m	19.44	(19,44)	200m	21.06	(21,06)
600m	51.24	(31,80)	600m	53.63	(32,57)
1000m	1:24.45	(33,21)	1000m	1:27.68	(34,05)
1400m	1:58.56	(34,11)	1400m	2:02.15	(34,47)
1800m	2:33.75	(35,19)	1800m	2:37.18	(35,03)
2200m	3:09.92	(36,17)	2200m	3:12.77	(35,59)
2600m	3:47.25	(37,33)	2600m	3:48.31	(35,54)
3000m	4:25.54	(38,29)	3000m	4:23.75	(35,44)

	Naam	Cat	PR	Tijd Info
9	wt 1 <b>Thomas van Berkel</b>	HB2	4:14.40	<b>4:23.66</b>
	rd 9 <b>Chris Brommersma</b>	HB2	4:14.40	<b>4:15.49</b>

Thomas van Berkel			Chris Brommersma		
200m	20.50	(20,50)	200m	20.93	(20,93)
600m	54.41	(33,91)	600m	53.91	(32,98)
1000m	1:27.93	(33,52)	1000m	1:27.50	(33,59)
1400m	2:01.64	(33,71)	1400m	2:00.64	(33,14)
1800m	2:35.64	(34,00)	1800m	2:34.30	(33,66)
2200m	3:10.67	(35,03)	2200m	3:08.09	(33,79)
2600m	3:46.68	(36,01)	2600m	3:41.66	(33,57)
3000m	4:23.66	(36,98)	3000m	4:15.49	(33,83)

	Naam	Cat	PR	Tijd Info
10	gl 40 <b>Sietse de Vries</b>	HB1	4:16.51	<b>4:23.70</b>

10 bl 27 **Jesper van Mieghem** HB2 4:16.43 **4:27.71**

Sietse de Vries			Jesper van Mieghem		
200m	19.40	(19,40)	200m	20.40	(20,40)
600m	52.23	(32,83)	600m	51.66	(31,26)
1000m	1:25.73	(33,50)	1000m	1:24.15	(32,49)
1400m	1:59.47	(33,74)	1400m	1:58.45	(34,30)
1800m	2:34.12	(34,65)	1800m	2:34.22	(35,77)
2200m	3:10.14	(36,02)	2200m	3:10.94	(36,72)
2600m	3:46.65	(36,51)	2600m	3:48.69	(37,75)
3000m	4:23.70	(37,05)	3000m	4:27.71	(39,02)

	Naam	Cat	PR	Tijd Info
11	wt 33 <b>Eise van Schijndel</b>	HB1	4:16.68	<b>4:25.11</b>
	rd 8 <b>Johan Bouwhuis</b>	HB1	4:17.08	<b>4:21.83</b>

Eise van Schijndel			Johan Bouwhuis		
200m	19.92	(19,92)	200m	20.00	(20,00)
600m	52.24	(32,32)	600m	52.43	(32,43)
1000m	1:25.39	(33,15)	1000m	1:25.87	(33,44)
1400m	1:59.83	(34,44)	1400m	2:00.05	(34,18)
1800m	2:34.54	(34,71)	1800m	2:34.92	(34,87)
2200m	3:10.36	(35,82)	2200m	3:10.39	(35,47)
2600m	3:47.04	(36,68)	2600m	3:46.48	(36,09)
3000m	4:25.11	(38,07)	3000m	4:21.83	(35,35)

	Naam	Cat	PR	Tijd Info
12	gl 20 <b>Yanick de Hoogd</b>	HB2	4:13.68	<b>DNS</b>
	bl 25 <b>Niels de Kruijk</b>	HB1	4:11.64	<b>4:10.82 PR</b>

Yanick de Hoogd			Niels de Kruijk		
			200m	18.64	(18,64)
			600m	49.77	(31,13)
			1000m	1:22.19	(32,42)
			1400m	1:55.39	(33,20)
			1800m	2:29.11	(33,72)
			2200m	3:03.14	(34,03)
			2600m	3:37.02	(33,88)
			3000m	4:10.82	(33,80)

	Naam	Cat	PR	Tijd Info
12	wt 15 <b>Jort de Gans</b>	HB2	4:13.23	<b>4:21.21</b>

13 rd 34 **Wisse Slendebroek** HB2 4:09.94 **4:21.09**

**Jort de Gans**

200m	19.64	(19,64)
600m	51.95	(32,31)
1000m	1:25.94	(33,99)
1400m	2:00.52	(34,58)
1800m	2:35.94	(35,42)
2200m	3:11.36	(35,42)
2600m	3:46.13	(34,77)
3000m	4:21.21	(35,08)

**Wisse Slendebroek**

200m	20.84	(20,84)
600m	54.09	(33,25)
1000m	1:27.90	(33,81)
1400m	2:02.18	(34,28)
1800m	2:36.76	(34,58)
2200m	3:11.61	(34,85)
2600m	3:46.64	(35,03)
3000m	4:21.09	(34,45)

	Naam	Cat	PR	Tijd Info
14	gl 5 <b>Bryant Boogert</b>	HB2	4:11.79	<b>4:19.43</b>
	bl 26 <b>Teun van der Linden</b>	HB2	4:09.97	<b>4:16.46</b>

**Bryant Boogert**

200m	19.09	(19,09)
600m	50.01	(30,92)
1000m	1:22.60	(32,59)
1400m	1:55.70	(33,10)
1800m	2:30.07	(34,37)
2200m	3:05.79	(35,72)
2600m	3:42.70	(36,91)
3000m	4:19.43	(36,73)

**Teun van der Linden**

200m	20.27	(20,27)
600m	52.50	(32,23)
1000m	1:25.78	(33,28)
1400m	1:59.38	(33,60)
1800m	2:33.52	(34,14)
2200m	3:07.63	(34,11)
2600m	3:42.18	(34,55)
3000m	4:16.46	(34,28)

## Landelijke Selectie NK 3000m Junioren A/B

Ireen Wüst Ijsbaan - Tilburg

30 januari 2022

### 3. Uitslag Vrouwen Junioren A 3000 meter

Pos		Naam	Cat	Thuis baan	Paar	Baan	Tijd	Info	Punten
1	20	Sophie Kraaijeveld	DA1	DNH	13	I	4:17.88	TRC	
2	18	Veerle van Koppen	DA1	0	12	I	4:30.23		
3	8	Nyncke Dijkstra	DA2	GRO	11	I	4:32.58	PR	
4	9	Vera van Ditshuizen	DA2	UTR	14	O	4:33.65		
5	13	Evi Gelling	DA2	GRO	14	I	4:40.16		
6	17	Emma Kole	DA1	UTR	13	O	4:42.12		
7	28	Tosca Mulder	DA1	DEV	11	O	4:42.93		
8	33	Kaat van Steekelenburg	DA1	BRE	5	I	4:43.94	PR	
9	5	Esmée Brommer	DA1	ALK	8	O	4:44.35		
10	6	Corrieke Buffinga	DA2	ENS	10	O	4:45.32		
11	24	Lisan van der Linde	DA2	HVN	10	I	4:45.88		
12	27	Iris Mulder	DA2	DNH	4	O	4:49.49		
13	39	Danielle van Zanten	DA2	EVN	9	I	4:49.56		
14	32	Marije van der Spek	DA2	HAA	3	O	4:53.70		
	21	Janne Kraamer	DA1	UTR	5	O	4:53.70		
16	19	Emma Koster	DA1	AMS	12	O	4:54.66		
17	34	Julie van der Tempel	DA2	HVN	9	O	4:55.37		
18	3	Maud Beusen	DA1	EVN	8	I	4:56.20		
19	2	Semmie Bakker	DA1	UTR	6	I	4:57.45		
20	26	Isa Molenaar	DA1	UTR	7	I	4:57.89		
21	7	Lièn van Dasselaar	DA1	DEV	1	O	4:58.92		
22	11	Tjitske Eppinga	DA2	HVN	7	O	4:59.94		
23	22	Marcha Lich	DA2	ASS	6	O	5:00.30		
24	29	Nikita Praag	DA2	HRN	3	I	5:03.51		
25	12	Emma Fransen	DA1	AMS	4	I	5:04.84		
26	23	Emma van der Liet	DA1	DEV	1	I	5:09.54		
	30	Yael Prenger	DA2	AMS			WDR		
	40	Anna Marit Sybrandi	DA1	LEE			WDR		

## Lande

Ireen

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3.

		Naam		Cat		PR		Tijd Info
1	wt	23 Emma van der Liet		DA1		4:50.70		<b>5:09.54</b>
	rd	7 Lièn van Dasselaar		DA1		4:47.36		<b>4:58.92</b>
		<u>Emma van der Liet</u>				<u>Lièn van Dasselaar</u>		
		200m	22.43	(22,43)		200m	21.85	(21,85)
		600m	57.68	(35,25)		600m	56.86	(35,01)
		1000m	1:36.02	(38,34)		1000m	1:33.71	(36,85)
		1400m	2:17.13	(41,11)		1400m	2:12.40	(38,69)
		1800m	2:59.91	(42,78)		1800m	2:52.70	(40,30)
		2200m	3:43.81	(43,90)		2200m	3:34.01	(41,31)
		2600m	4:27.10	(43,29)		2600m	4:16.00	(41,99)
		3000m	5:09.54	(42,44)		3000m	4:58.92	(42,92)

		Naam		Cat		PR		Tijd Info
2	gl	30 Yael Prenger		DA2		4:20.74		<b>WDR</b>
	bl	40 Anna Marit Sybrandi		DA1		4:42.48		<b>WDR</b>
		<u>Yael Prenger</u>				<u>Anna Marit Sybrandi</u>		

		Naam		Cat		PR		Tijd Info
3	wt	29 Nikita Praag		DA2		4:38.17		<b>5:03.51</b>
	rd	32 Marije van der Spek		DA2		4:49.15		<b>4:53.70</b>
		<u>Nikita Praag</u>				<u>Marije van der Spek</u>		
		200m	22.16	(22,16)		200m	21.89	(21,89)
		600m	57.57	(35,41)		600m	57.06	(35,17)
		1000m	1:35.24	(37,67)		1000m	1:33.63	(36,57)
		1400m	2:14.75	(39,51)		1400m	2:11.64	(38,01)
		1800m	2:55.52	(40,77)		1800m	2:51.03	(39,39)
		2200m	3:37.78	(42,26)		2200m	3:31.66	(40,63)
		2600m	4:20.72	(42,94)		2600m	4:12.25	(40,59)
		3000m	5:03.51	(42,79)		3000m	4:53.70	(41,45)

		Naam		Cat		PR		Tijd Info
1	gl	12 Emma Fransen		DA1		4:48.53		<b>5:04.84</b>

→ bl 27 **Iris Mulder** DA2 4:49.44 **4:49.49**

Emma Fransen			Iris Mulder		
200m	22.06	(22,06)	200m	22.03	(22,03)
600m	57.67	(35,61)	600m	56.70	(34,67)
1000m	1:35.04	(37,37)	1000m	1:32.89	(36,19)
1400m	2:14.24	(39,20)	1400m	2:10.32	(37,43)
1800m	2:55.23	(40,99)	1800m	2:48.59	(38,27)
2200m	3:37.94	(42,71)	2200m	3:27.83	(39,24)
2600m	4:21.42	(43,48)	2600m	4:08.48	(40,65)
3000m	5:04.84	(43,42)	3000m	4:49.49	(41,01)

	Naam	Cat	PR	Tijd Info
5 wt	33 <b>Kaat van Steekelenburg</b>	DA1	4:45.08	<b>4:43.94</b> PR
rd	21 <b>Janne Kraamer</b>	DA1	4:48.14	<b>4:53.70</b>

Kaat van Steekelenburg			Janne Kraamer		
200m	21.63	(21,63)	200m	21.87	(21,87)
600m	55.70	(34,07)	600m	55.77	(33,90)
1000m	1:30.94	(35,24)	1000m	1:31.88	(36,11)
1400m	2:07.63	(36,69)	1400m	2:10.08	(38,20)
1800m	2:45.21	(37,58)	1800m	2:49.97	(39,89)
2200m	3:23.98	(38,77)	2200m	3:31.63	(41,66)
2600m	4:03.59	(39,61)	2600m	4:12.54	(40,91)
3000m	4:43.94	(40,35)	3000m	4:53.70	(41,16)

	Naam	Cat	PR	Tijd Info
6 gl	2 <b>Semie Bakker</b>	DA1	4:43.77	<b>4:57.45</b>
bl	22 <b>Marcha Lich</b>	DA2	4:48.40	<b>5:00.30</b>

Semmie Bakker			Marcha Lich		
200m	21.79	(21,79)	200m	21.88	(21,88)
600m	57.40	(35,61)	600m	57.46	(35,58)
1000m	1:34.63	(37,23)	1000m	1:34.34	(36,88)
1400m	2:13.88	(39,25)	1400m	2:12.48	(38,14)
1800m	2:54.14	(40,26)	1800m	2:52.28	(39,80)
2200m	3:35.04	(40,90)	2200m	3:33.91	(41,63)
2600m	4:16.21	(41,17)	2600m	4:16.53	(42,62)
3000m	4:57.45	(41,24)	3000m	5:00.30	(43,77)

	Naam	Cat	PR	Tijd Info
7 wt	26 <b>Isa Molenaar</b>	DA1	4:44.07	<b>4:57.89</b>



rd 11 **Tjitske Eppinga** DA2 4:43.98 **4:59.94**

Isa Molenaar			Tjitske Eppinga		
200m	22.49	(22,49)	200m	23.05	(23,05)
600m	57.72	(35,23)	600m	1:00.31	(37,26)
1000m	1:35.33	(37,61)	1000m	1:38.35	(38,04)
1400m	2:14.28	(38,95)	1400m	2:17.19	(38,84)
1800m	2:54.09	(39,81)	1800m	2:57.01	(39,82)
2200m	3:34.68	(40,59)	2200m	3:38.03	(41,02)
2600m	4:15.97	(41,29)	2600m	4:18.88	(40,85)
3000m	4:57.89	(41,92)	3000m	4:59.94	(41,06)

	Naam	Cat	PR	Tijd Info
8	gl 3 <b>Maud Beusen</b>	DA1	4:42.70	<b>4:56.20</b>
	bl 5 <b>Esmée Brommer</b>	DA1	4:42.80	<b>4:44.35</b>

Maud Beusen			Esmée Brommer		
200m	22.28	(22,28)	200m	21.66	(21,66)
600m	56.88	(34,60)	600m	56.21	(34,55)
1000m	1:33.10	(36,22)	1000m	1:33.00	(36,79)
1400m	2:10.87	(37,77)	1400m	2:10.50	(37,50)
1800m	2:50.07	(39,20)	1800m	2:48.89	(38,39)
2200m	3:30.44	(40,37)	2200m	3:27.53	(38,64)
2600m	4:12.29	(41,85)	2600m	4:06.04	(38,51)
3000m	4:56.20	(43,91)	3000m	4:44.35	(38,31)

	Naam	Cat	PR	Tijd Info
9	wt 39 <b>Danielle van Zanten</b>	DA2	4:32.87	<b>4:49.56</b>
	rd 34 <b>Julie van der Tempel</b>	DA2	4:32.50	<b>4:55.37</b>

Danielle van Zanten			Julie van der Tempel		
200m	21.25	(21,25)	200m	22.53	(22,53)
600m	55.88	(34,63)	600m	57.55	(35,02)
1000m	1:32.12	(36,24)	1000m	1:34.22	(36,67)
1400m	2:09.61	(37,49)	1400m	2:12.52	(38,30)
1800m	2:48.67	(39,06)	1800m	2:52.26	(39,74)
2200m	3:28.41	(39,74)	2200m	3:33.05	(40,79)
2600m	4:08.90	(40,49)	2600m	4:14.12	(41,07)
3000m	4:49.56	(40,66)	3000m	4:55.37	(41,25)

	Naam	Cat	PR	Tijd Info
10	gl 24 <b>Lisan van der Linde</b>	DA2	4:35.55	<b>4:45.88</b>

10 bl 6 Corrieke Buffinga DA2 4:43.34 **4:45.32**

Lisan van der Linde			Corrieke Buffinga		
200m	21.78	(21,78)	200m	21.42	(21,42)
600m	55.86	(34,08)	600m	55.69	(34,27)
1000m	1:31.46	(35,60)	1000m	1:31.58	(35,89)
1400m	2:08.30	(36,84)	1400m	2:08.32	(36,74)
1800m	2:46.17	(37,87)	1800m	2:46.43	(38,11)
2200m	3:25.65	(39,48)	2200m	3:25.71	(39,28)
2600m	4:05.70	(40,05)	2600m	4:05.50	(39,79)
3000m	4:45.88	(40,18)	3000m	4:45.32	(39,82)

	Naam	Cat	PR	Tijd Info
11	wt 8 Nyncke Dijkstra	DA2	4:35.64	<b>4:32.58</b> PR
	rd 28 Tosca Mulder	DA1	4:37.38	<b>4:42.93</b>

Nyncke Dijkstra			Tosca Mulder		
200m	21.87	(21,87)	200m	21.90	(21,90)
600m	56.57	(34,70)	600m	56.46	(34,56)
1000m	1:31.42	(34,85)	1000m	1:32.20	(35,74)
1400m	2:06.94	(35,52)	1400m	2:08.53	(36,33)
1800m	2:42.92	(35,98)	1800m	2:45.59	(37,06)
2200m	3:19.08	(36,16)	2200m	3:23.59	(38,00)
2600m	3:55.63	(36,55)	2600m	4:02.91	(39,32)
3000m	4:32.58	(36,95)	3000m	4:42.93	(40,02)

	Naam	Cat	PR	Tijd Info
12	gl 18 Veerle van Koppen	DA1	4:23.23	<b>4:30.23</b>
	bl 19 Emma Koster	DA1	4:41.51	<b>4:54.66</b>

Veerle van Koppen			Emma Koster		
200m	21.34	(21,34)	200m	21.73	(21,73)
600m	55.04	(33,70)	600m	55.79	(34,06)
1000m	1:29.34	(34,30)	1000m	1:32.28	(36,49)
1400m	2:04.39	(35,05)	1400m	2:10.53	(38,25)
1800m	2:39.98	(35,59)	1800m	2:50.37	(39,84)
2200m	3:16.06	(36,08)	2200m	3:31.26	(40,89)
2600m	3:52.88	(36,82)	2600m	4:13.49	(42,23)
3000m	4:30.23	(37,35)	3000m	4:54.66	(41,17)

	Naam	Cat	PR	Tijd Info
12	wt 20 Sophie Kraaijeveld	DA1	4:10.39	<b>4:17.88</b> TRC

13 rd 17 **Emma Kole** DA1 4:36.97 **4:42.12**

**Sophie Kraaijeveld**

200m	21.01	(21,01)
600m	52.70	(31,69)
1000m	1:24.50	(31,80)
1400m	1:57.45	(32,95)
1800m	2:31.67	(34,22)
2200m	3:06.74	(35,07)
2600m	3:42.16	(35,42)
3000m	4:17.88	(35,72)

**Emma Kole**

200m	22.46	(22,46)
600m	57.20	(34,74)
1000m	1:33.42	(36,22)
1400m	2:09.89	(36,47)
1800m	2:46.83	(36,94)
2200m	3:24.48	(37,65)
2600m	4:02.92	(38,44)
3000m	4:42.12	(39,20)

	Naam	Cat	PR	Tijd Info
14	gl 13 <b>Evi Gelling</b>	DA2	4:23.80	<b>4:40.16</b>
	bl 9 <b>Vera van Ditshuizen</b>	DA2	4:27.28	<b>4:33.65</b>

**Evi Gelling**

200m	21.26	(21,26)
600m	56.17	(34,91)
1000m	1:31.97	(35,80)
1400m	2:08.14	(36,17)
1800m	2:44.83	(36,69)
2200m	3:22.51	(37,68)
2600m	4:01.14	(38,63)
3000m	4:40.16	(39,02)

**Vera van Ditshuizen**

200m	21.52	(21,52)
600m	55.17	(33,65)
1000m	1:29.92	(34,75)
1400m	2:05.84	(35,92)
1800m	2:42.19	(36,35)
2200m	3:18.90	(36,71)
2600m	3:56.30	(37,40)
3000m	4:33.65	(37,35)

## Landelijke Selectie NK 3000m Junioren A/B

Ireen Wüst Ijsbaan - Tilburg

30 januari 2022

### 4. Uitslag Mannen Junioren A 3000 meter

Pos		Naam	Cat	Thuis baan	Paar	Baan	Tijd	Info	Punten
1	16	Jasper Krommenhoek	HA1	HVN	12	O	3:58.57		
2	12	Matthieu Hollaar	HA2	HVN	13	I	4:00.81		
3	37	Stan van Vliet	HA2	UTR	13	O	4:02.56		
4	36	Loek van Vilsteren	HA1	DEV	11	O	4:03.55		
5	19	Thomas de Lange	HA2	DEV	11	I	4:03.86		
6	15	Jelle Koeleman	HA1	HAA	12	I	4:04.47		
7	38	Hidde Westra	HA1	HVN	14	O	4:04.79		
8	33	Remco Stam	HA1	BRE	9	I	4:05.72		
9	3	Max Bergsma	HA1	DNH	7	O	4:06.45		
10	35	Jasper Tinga	HA1	LEE	9	O	4:09.00		
11	24	Rick Meijer	HA2	DEV	10	I	4:09.10		
12	28	Matthé Pronk	HA1	ALK	10	O	4:09.48		
13	22	Klaas Meekma	HA2	HVN	14	I	4:10.55		
14	23	Niels Meijer	HA2	DEV	8	I	4:10.67		
15	32	Simon de Smit	HA1	AMS	7	I	4:12.04		
16	21	Nick Luijten	HA1	AMS	6	I	4:14.24		
17	2	Niek Berden	HA1	EVN	8	O	4:14.89		
18	14	Stan Kleinlugtenbeld	HA2	DEV	1	O	4:15.34		
19	29	Jelle Rieff	HA2	DNH	4	I	4:15.38		
20	31	Sipke Daniël Sijtsema	HA2	LEE	5	I	4:16.05		
21	1	Stijn Beekelaar	HA1	UTR	5	O	4:17.18		
22	40	Morris Witkam	HA1	AMS	6	O	4:17.44		
23	25	Tom Nijdam	HA1	GRO	4	O	4:18.51		
24	34	Jordi Storm	HA1	DEV	3	O	4:20.28		
25	26	Bram Oort	HA2	ENS	1	I	4:24.21		
26	20	Ties Lemmers	HA2	UTR	3	I	4:27.05		

## Lande

Ireen

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4.

		Naam		Cat		PR		Tijd Info
1	wt	26	<b>Bram Oort</b>			4:15.56		<b>4:24.21</b>
	rd	14	<b>Stan Kleinlugtenbeld</b>			4:10.63		<b>4:15.34</b>
		<b>Bram Oort</b>			<b>Stan Kleinlugtenbeld</b>			
		200m	18.93	(18,93)	200m	20.40	(20,40)	
		600m	50.06	(31,13)	600m	52.19	(31,79)	
		1000m	1:23.59	(33,53)	1000m	1:24.73	(32,54)	
		1400m	1:58.28	(34,69)	1400m	1:57.61	(32,88)	
		1800m	2:33.65	(35,37)	1800m	2:31.30	(33,69)	
		2200m	3:10.07	(36,42)	2200m	3:05.39	(34,09)	
		2600m	3:47.01	(36,94)	2600m	3:40.22	(34,83)	
		3000m	4:24.21	(37,20)	3000m	4:15.34	(35,12)	

		Naam		Cat		PR		Tijd Info
2	gl							
	bl							

		Naam		Cat		PR		Tijd Info
3	wt	20	<b>Ties Lemmers</b>			4:12.54		<b>4:27.05</b>
	rd	34	<b>Jordi Storm</b>			4:13.52		<b>4:20.28</b>
		<b>Ties Lemmers</b>			<b>Jordi Storm</b>			
		200m	21.82	(21,82)	200m	21.61	(21,61)	
		600m	56.07	(34,25)	600m	54.46	(32,85)	
		1000m	1:29.84	(33,77)	1000m	1:27.29	(32,83)	
		1400m	2:03.65	(33,81)	1400m	2:00.71	(33,42)	
		1800m	2:37.94	(34,29)	1800m	2:34.77	(34,06)	
		2200m	3:12.72	(34,78)	2200m	3:08.97	(34,20)	
		2600m	3:48.63	(35,91)	2600m	3:43.87	(34,90)	
		3000m	4:27.05	(38,42)	3000m	4:20.28	(36,41)	

		Naam		Cat		PR		Tijd Info
1	gl	29	<b>Jelle Rieff</b>			4:07.95		<b>4:15.38</b>

→ bl 25 **Tom Nijdam** HA1 4:10.13 **4:18.51**

Jelle Rieff			Tom Nijdam		
200m	19.62	(19,62)	200m	19.99	(19,99)
600m	51.98	(32,36)	600m	52.80	(32,81)
1000m	1:24.89	(32,91)	1000m	1:26.18	(33,38)
1400m	1:58.24	(33,35)	1400m	2:00.13	(33,95)
1800m	2:31.78	(33,54)	1800m	2:34.23	(34,10)
2200m	3:06.05	(34,27)	2200m	3:08.50	(34,27)
2600m	3:40.54	(34,49)	2600m	3:43.38	(34,88)
3000m	4:15.38	(34,84)	3000m	4:18.51	(35,13)

	Naam	Cat	PR	Tijd Info
5 wt	31 <b>Sipke Daniël Sijtsema</b>	HA2	4:08.05	<b>4:16.05</b>
rd	1 <b>Stijn Beekelaar</b>	HA1	4:09.47	<b>4:17.18</b>

Sipke Daniël Sijtsema			Stijn Beekelaar		
200m	18.86	(18,86)	200m	19.96	(19,96)
600m	50.55	(31,69)	600m	52.01	(32,05)
1000m	1:23.26	(32,71)	1000m	1:25.17	(33,16)
1400m	1:56.30	(33,04)	1400m	1:58.77	(33,60)
1800m	2:29.79	(33,49)	1800m	2:32.29	(33,52)
2200m	3:04.26	(34,47)	2200m	3:06.53	(34,24)
2600m	3:39.82	(35,56)	2600m	3:41.57	(35,04)
3000m	4:16.05	(36,23)	3000m	4:17.18	(35,61)

	Naam	Cat	PR	Tijd Info
6 gl	21 <b>Nick Luijten</b>	HA1	4:03.61	<b>4:14.24</b>
bl	40 <b>Morris Witkam</b>	HA1	4:10.88	<b>4:17.44</b>

Nick Luijten			Morris Witkam		
200m	19.13	(19,13)	200m	19.70	(19,70)
600m	50.34	(31,21)	600m	51.33	(31,63)
1000m	1:22.20	(31,86)	1000m	1:24.10	(32,77)
1400m	1:54.77	(32,57)	1400m	1:57.77	(33,67)
1800m	2:28.00	(33,23)	1800m	2:32.20	(34,43)
2200m	3:01.89	(33,89)	2200m	3:07.25	(35,05)
2600m	3:36.80	(34,91)	2600m	3:42.17	(34,92)
3000m	4:14.24	(37,44)	3000m	4:17.44	(35,27)

	Naam	Cat	PR	Tijd Info
7 wt	32 <b>Simon de Smit</b>	HA1	4:07.08	<b>4:12.04</b>

rd 3 **Max Bergsma** HA1 4:03.17 **4:06.45**

Simon de Smit			Max Bergsma		
200m	19.02	(19,02)	200m	19.13	(19,13)
600m	49.85	(30,83)	600m	49.34	(30,21)
1000m	1:22.16	(32,31)	1000m	1:20.55	(31,21)
1400m	1:55.26	(33,10)	1400m	1:52.64	(32,09)
1800m	2:29.25	(33,99)	1800m	2:25.57	(32,93)
2200m	3:03.34	(34,09)	2200m	2:58.86	(33,29)
2600m	3:37.72	(34,38)	2600m	3:32.44	(33,58)
3000m	4:12.04	(34,32)	3000m	4:06.45	(34,01)

	Naam	Cat	PR	Tijd Info
8 gl	23 <b>Niels Meijer</b>	HA2	4:05.35	<b>4:10.67</b>
bl	2 <b>Niek Berden</b>	HA1	4:05.58	<b>4:14.89</b>

Niels Meijer			Niek Berden		
200m	19.93	(19,93)	200m	19.83	(19,83)
600m	51.31	(31,38)	600m	51.18	(31,35)
1000m	1:22.96	(31,65)	1000m	1:23.26	(32,08)
1400m	1:55.60	(32,64)	1400m	1:55.95	(32,69)
1800m	2:28.62	(33,02)	1800m	2:29.35	(33,40)
2200m	3:02.24	(33,62)	2200m	3:03.86	(34,51)
2600m	3:36.31	(34,07)	2600m	3:38.81	(34,95)
3000m	4:10.67	(34,36)	3000m	4:14.89	(36,08)

	Naam	Cat	PR	Tijd Info
9 wt	33 <b>Remco Stam</b>	HA1	3:59.64	<b>4:05.72</b>
rd	35 <b>Jasper Tinga</b>	HA1	3:59.49	<b>4:09.00</b>

Remco Stam			Jasper Tinga		
200m	19.62	(19,62)	200m	19.88	(19,88)
600m	50.29	(30,67)	600m	50.28	(30,40)
1000m	1:21.28	(30,99)	1000m	1:21.97	(31,69)
1400m	1:53.09	(31,81)	1400m	1:54.48	(32,51)
1800m	2:25.35	(32,26)	1800m	2:27.42	(32,94)
2200m	2:58.15	(32,80)	2200m	3:00.84	(33,42)
2600m	3:31.67	(33,52)	2600m	3:34.67	(33,83)
3000m	4:05.72	(34,05)	3000m	4:09.00	(34,33)

	Naam	Cat	PR	Tijd Info
10 gl	24 <b>Rick Meijer</b>	HA2	3:57.89	<b>4:09.10</b>

10 bl 28 **Matthé Pronk** HA1 3:58.96 **4:09.48**

Rick Meijer			Matthé Pronk		
200m	19.61	(19,61)	200m	19.54	(19,54)
600m	50.30	(30,69)	600m	50.02	(30,48)
1000m	1:21.91	(31,61)	1000m	1:22.10	(32,08)
1400m	1:54.05	(32,14)	1400m	1:54.74	(32,64)
1800m	2:26.52	(32,47)	1800m	2:27.88	(33,14)
2200m	2:59.99	(33,47)	2200m	3:01.27	(33,39)
2600m	3:34.30	(34,31)	2600m	3:35.40	(34,13)
3000m	4:09.10	(34,80)	3000m	4:09.48	(34,08)

	Naam	Cat	PR	Tijd	Info	
11	wt 19 <b>Thomas de Lange</b>	HA2	4:02.86	<b>4:03.86</b>		
	rd 36 <b>Loek van Vilsteren</b>	HA1	4:01.78	<b>4:03.55</b>		
Thomas de Lange			Loek van Vilsteren			
	200m	18.95	(18,95)	200m	19.11	(19,11)
	600m	49.84	(30,89)	600m	49.36	(30,25)
	1000m	1:20.18	(30,34)	1000m	1:20.06	(30,70)
	1400m	1:51.06	(30,88)	1400m	1:51.02	(30,96)
	1800m	2:22.59	(31,53)	1800m	2:22.64	(31,62)
	2200m	2:55.36	(32,77)	2200m	2:55.50	(32,86)
	2600m	3:29.17	(33,81)	2600m	3:29.64	(34,14)
	3000m	4:03.86	(34,69)	3000m	4:03.55	(33,91)

	Naam	Cat	PR	Tijd	Info	
12	gl 15 <b>Jelle Koeleman</b>	HA1	3:57.45	<b>4:04.47</b>		
	bl 16 <b>Jasper Krommenhoek</b>	HA1	3:54.81	<b>3:58.57</b>		
Jelle Koeleman			Jasper Krommenhoek			
	200m	19.79	(19,79)	200m	20.18	(20,18)
	600m	50.62	(30,83)	600m	50.75	(30,57)
	1000m	1:21.34	(30,72)	1000m	1:21.27	(30,52)
	1400m	1:52.65	(31,31)	1400m	1:52.29	(31,02)
	1800m	2:24.41	(31,76)	1800m	2:23.43	(31,14)
	2200m	2:57.15	(32,74)	2200m	2:54.78	(31,35)
	2600m	3:30.58	(33,43)	2600m	3:26.47	(31,69)
	3000m	4:04.47	(33,89)	3000m	3:58.57	(32,10)

	Naam	Cat	PR	Tijd	Info
12	wt 12 <b>Matthieu Hollaar</b>	HA2	3:57.77	<b>4:00.81</b>	



13 rd 37 **Stan van Vliet** HA2 3:56.47 **4:02.56**

**Matthieu Hollaar**

200m	18.96	(18,96)
600m	49.65	(30,69)
1000m	1:20.86	(31,21)
1400m	1:52.29	(31,43)
1800m	2:23.98	(31,69)
2200m	2:55.84	(31,86)
2600m	3:28.31	(32,47)
3000m	4:00.81	(32,50)

**Stan van Vliet**

200m	19.27	(19,27)
600m	50.51	(31,24)
1000m	1:22.09	(31,58)
1400m	1:53.67	(31,58)
1800m	2:25.29	(31,62)
2200m	2:57.32	(32,03)
2600m	3:29.73	(32,41)
3000m	4:02.56	(32,83)

**Naam**

**Cat**

**PR**

**Tijd Info**

14 gl 22 **Klaas Meekma** HA2 3:57.36 **4:10.55**  
 bl 38 **Hidde Westra** HA1 3:52.43 **4:04.79**

**Klaas Meekma**

200m	19.49	(19,49)
600m	51.10	(31,61)
1000m	1:22.31	(31,21)
1400m	1:53.61	(31,30)
1800m	2:25.49	(31,88)
2200m	2:58.25	(32,76)
2600m	3:33.63	(35,38)
3000m	4:10.55	(36,92)

**Hidde Westra**

200m	19.63	(19,63)
600m	50.57	(30,94)
1000m	1:22.12	(31,55)
1400m	1:53.48	(31,36)
1800m	2:25.47	(31,99)
2200m	2:57.90	(32,43)
2600m	3:31.14	(33,24)
3000m	4:04.79	(33,65)