

### 1. Uitslag Dames junioren B, 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	1 Rachelle van de Griek	DB2	19	I	41.47	
2	13 Anna van den Bos	DB1	17	I	41.60 PR	
3	87 Robin Groot	DB1	19	O	42.14	
4	27 Emma Kant	DB1	18	O	42.29	
5	51 Lianne van Loon	DB2	18	I	42.62	
6	23 Paulien Verhaar	DB2	17	O	42.85	
7	72 Marit van Beijnum	DB1	20	I	42.87	
8	26 Marieke Mulder	DB2	13	I	43.32	
9	86 Bente Driesen	DB1	15	O	43.37	
10	69 Madelief de Jong	DB2	20	O	43.69	
11	33 Sylke Hateboer	DB1	16	O	43.82	
12	24 Tessa Snoek	DB2	15	I	43.93	
13	4 Janet Beers	DB2	10	I	43.97	
14	71 Willemijn van der Vlugt	DB2	9	O	44.12	
15	39 Femke Booms	DB1	16	I	44.18	
16	63 Ruth Balvert	DB1	13	O	44.20	
17	74 Yasmijn Jorritsma	DB1	9	I	44.31	
18	85 Isa Merkuur	DB2	14	I	44.62	
19	59 Anouk Beurgens	DB1	11	I	44.79	
20	54 Rosa Bronsdijk	DB1	11	O	44.84	
21	6 Sanne Pfaff	DB2	12	O	44.87	
22	34 Merle Meije	DB1	5	O	45.04	
23	83 Heleen Compier	DB1	7	I	45.07	
24	60 Evelieke Kool	DB1	7	O	45.17	
25	37 Estelle de Jong	DB2	10	O	45.35	
26	38 Romy de Jong	DB1	8	I	45.38	
27	18 Lisa van Oost	DB1	6	O	45.43	
28	11 Pien van den Bos	DB2	1	O	45.56	
29	41 Ella van Vloten	DB2	5	I	45.67	
30	70 Kim Zuiver	DB2	8	O	46.22	
31	15 Fabiënne Kool	DB1	3	I	47.23	
32	49 Femke Mossinkoff	DB1	2	O	47.54	
33	31 Romy Brommer	DB1	2	I	47.61	
34	90 Alessandra Primavera	DB1	3	O	47.62	
35	64 Sophia van der Laan	DB2	4	O	47.89	
36	Inger van Dok	DB1	4	I	47.89	
37	79 Paula Konijn	DB2	1	I	47.92	
82	Alicia van Giesen	DB1	12	I	DNS	
56	Verne Ros	DB2	6	I	DQ	
44	Roos Markus	DB1	14	O	DQ	

### 1. Rituitslag Dames junioren B, 500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	79 <b>Paula Konijn</b>	DB2	46.62	<b>47.92</b>	
	rd	11 <b>Pien van den Bos</b>	DB2	43.86	<b>45.56</b>	
		<u>Paula Konijn</u>				<u>Pien van den Bos</u>
		100m 13.17 (13,1)		100m 12.42 (12,4)		
		500m 47.92 (34,8)		500m 45.56 (33,1)		

		Naam	Cat	PR	Tijd	Info
2	wt	31 <b>Romy Brommer</b>	DB1	46.38	<b>47.61</b>	
	rd	49 <b>Femke Mossinkoff</b>	DB1	46.14	<b>47.54</b>	
		<u>Romy Brommer</u>				<u>Femke Mossinkoff</u>
		100m 12.90 (12,9)		100m 12.54 (12,5)		
		500m 47.61 (34,7)		500m 47.54 (35,0)		

		Naam	Cat	PR	Tijd	Info
3	wt	15 <b>Fabiënne Kool</b>	DB1	45.48	<b>47.23</b>	
	rd	90 <b>Alessandra Primavera</b>	DB1	47.50	<b>47.62</b>	
		<u>Fabiënne Kool</u>				<u>Alessandra Primavera</u>
		100m 12.87 (12,8)		100m 12.94 (12,9)		
		500m 47.23 (34,4)		500m 47.62 (34,7)		

		Naam	Cat	PR	Tijd	Info
4	wt	36 <b>Inger van Dok</b>	DB1	46.75	<b>47.89</b>	
	rd	64 <b>Sophia van der Laan</b>	DB2	47.71	<b>47.89</b>	
		<u>Inger van Dok</u>				<u>Sophia van der Laan</u>
		100m 12.76 (12,7)		100m 13.07 (13,0)		
		500m 47.89 (35,1)		500m 47.89 (34,8)		

		Naam	Cat	PR	Tijd	Info
5	wt	41 <b>Ella van Vloten</b>	DB2	44.16	<b>45.67</b>	
	rd	34 <b>Merle Meije</b>	DB1	44.88	<b>45.04</b>	
		<u>Ella van Vloten</u>				<u>Merle Meije</u>
		100m 12.46 (12,4)		100m 12.25 (12,2)		
		500m 45.67 (33,2)		500m 45.04 (32,8)		

		Naam	Cat	PR	Tijd	Info
6	wt	56 <b>Verne Ros</b>	DB2	45.38	<b>DQ</b>	
	rd	18 <b>Lisa van Oost</b>	DB1	45.05	<b>45.43</b>	
		<u>Verne Ros</u>				<u>Lisa van Oost</u>
				100m 12.41 (12,4)		
				500m 45.43 (33,0)		

		Naam	Cat	PR	Tijd	Info
7	wt	83 <b>Heleen Compier</b>	DB1	44.82	<b>45.07</b>	
	rd	60 <b>Evelieke Kool</b>	DB1	44.82	<b>45.17</b>	
		<u>Heleen Compier</u>				<u>Evelieke Kool</u>

100m	12.19	(12,1)	100m	12.19	(12,1)
500m	45.07	(32,9)	500m	45.17	(33,0)

		Naam		Cat		PR	Tijd	Info
8	wt	38 <b>Romy de Jong</b>		DB1		43.61	<b>45.38</b>	
	rd	70 <b>Kim Zuiver</b>		DB2		44.38	<b>46.22</b>	
		<u>Romy de Jong</u>			<u>Kim Zuiver</u>			
		100m	12.31	(12,3)	100m	12.44	(12,4)	
		500m	45.38	(33,0)	500m	46.22	(33,8)	

		Naam		Cat		PR	Tijd	Info
9	wt	74 <b>Yasmijn Jorritsma</b>		DB1		44.00	<b>44.31</b>	
	rd	71 <b>Willemijn van der Vlugt</b>		DB2		43.67	<b>44.12</b>	
		<u>Yasmijn Jorritsma</u>			<u>Willemijn van der Vlugt</u>			
		100m	12.00	(12,0)	100m	12.11	(12,1)	
		500m	44.31	(32,3)	500m	44.12	(32,0)	

		Naam		Cat		PR	Tijd	Info
10	wt	4 <b>Janet Beers</b>		DB2		42.81	<b>43.97</b>	
	rd	37 <b>Estelle de Jong</b>		DB2		43.95	<b>45.35</b>	
		<u>Janet Beers</u>			<u>Estelle de Jong</u>			
		100m	12.24	(12,2)	100m	12.55	(12,5)	
		500m	43.97	(31,7)	500m	45.35	(32,8)	

		Naam		Cat		PR	Tijd	Info
11	wt	59 <b>Anouk Beursgens</b>		DB1		44.23	<b>44.79</b>	
	rd	54 <b>Rosa Bronsdijk</b>		DB1		43.67	<b>44.84</b>	
		<u>Anouk Beursgens</u>			<u>Rosa Bronsdijk</u>			
		100m	12.22	(12,2)	100m	12.09	(12,0)	
		500m	44.79	(32,5)	500m	44.84	(32,8)	

		Naam		Cat		PR	Tijd	Info
12	wt	82 <b>Alicia van Giesen</b>		DB1		43.64	<b>DNS</b>	
	rd	6 <b>Sanne Pfaff</b>		DB2		42.21	<b>44.87</b>	
		<u>Alicia van Giesen</u>			<u>Sanne Pfaff</u>			
					100m	12.22	(12,2)	
					500m	44.87	(32,6)	

		Naam		Cat		PR	Tijd	Info
13	wt	26 <b>Marieke Mulder</b>		DB2		42.60	<b>43.32</b>	
	rd	63 <b>Ruth Balvert</b>		DB1		43.05	<b>44.20</b>	
		<u>Marieke Mulder</u>			<u>Ruth Balvert</u>			
		100m	11.78	(11,7)	100m	11.92	(11,9)	
		500m	43.32	(31,6)	500m	44.20	(32,3)	

		Naam		Cat		PR	Tijd	Info
14	wt	85 <b>Isa Merkuur</b>		DB2		42.83	<b>44.62</b>	
	rd	44 <b>Roos Markus</b>		DB1		42.84	<b>DQ</b>	
		<u>Isa Merkuur</u>			<u>Roos Markus</u>			
		100m	12.12	(12,1)				
		500m	44.62	(32,5)				

		Naam	Cat	PR	Tijd	Info
15	wt	24 <b>Tessa Snoek</b>	DB2	43.45	<b>43.93</b>	
	rd	86 <b>Bente Driesen</b>	DB1	41.87	<b>43.37</b>	
		<u>Tessa Snoek</u>				<u>Bente Driesen</u>
		100m 11.72 (11,7)		100m 11.60 (11,6)		
		500m 43.93 (32,2)		500m 43.37 (31,7)		

		Naam	Cat	PR	Tijd	Info
16	wt	39 <b>Femke Booms</b>	DB1	43.60	<b>44.18</b>	
	rd	33 <b>Sylke Hateboer</b>	DB1	43.20	<b>43.82</b>	
		<u>Femke Booms</u>				<u>Sylke Hateboer</u>
		100m 12.09 (12,0)		100m 11.92 (11,9)		
		500m 44.18 (32,1)		500m 43.82 (31,9)		

		Naam	Cat	PR	Tijd	Info
17	wt	13 <b>Anna van den Bos</b>	DB1	41.62	<b>41.60</b>	PR
	rd	23 <b>Paulien Verhaar</b>	DB2	42.21	<b>42.85</b>	
		<u>Anna van den Bos</u>				<u>Paulien Verhaar</u>
		100m 11.44 (11,4)		100m 11.62 (11,6)		
		500m 41.60 (30,2)		500m 42.85 (31,2)		

		Naam	Cat	PR	Tijd	Info
18	wt	51 <b>Lianne van Loon</b>	DB2	41.89	<b>42.62</b>	
	rd	27 <b>Emma Kant</b>	DB1	41.74	<b>42.29</b>	
		<u>Lianne van Loon</u>				<u>Emma Kant</u>
		100m 11.68 (11,6)		100m 11.64 (11,6)		
		500m 42.62 (31,0)		500m 42.29 (30,6)		

		Naam	Cat	PR	Tijd	Info
19	wt	1 <b>Rachelle van de Griek</b>	DB2	40.38	<b>41.47</b>	
	rd	87 <b>Robin Groot</b>	DB1	41.43	<b>42.14</b>	
		<u>Rachelle van de Griek</u>				<u>Robin Groot</u>
		100m 11.34 (11,3)		100m 11.50 (11,5)		
		500m 41.47 (30,1)		500m 42.14 (30,6)		

		Naam	Cat	PR	Tijd	Info
20	wt	72 <b>Marit van Beijnum</b>	DB1	42.49	<b>42.87</b>	
	rd	69 <b>Madelief de Jong</b>	DB2	42.37	<b>43.69</b>	
		<u>Marit van Beijnum</u>				<u>Madelief de Jong</u>
		100m 11.43 (11,4)		100m 11.81 (11,8)		
		500m 42.87 (31,4)		500m 43.69 (31,8)		

**2. Uitslag Heren junioren B, 500 meter**

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	48 Stef Brandsen	HB2	40	O	38.31	
2	81 Daan Kool	HB1	38	O	38.53	
3	22 Wessel Ubink	HB2	38	I	38.67	
4	14 Merijn Scheperkamp	HB2	39	I	38.87	
5	28 Raoul van Aken	HB1	37	O	38.89	
6	73 Teun de Wit	HB2	40	I	38.99	
7	12 Serge Yoro	HB2	37	I	39.20	
8	5 Thomas van der Hoorn	HB2	33	I	39.28	
9	32 Luwaldo Bommel	HB1	36	O	39.44	
10	80 Yves Vergeer	HB1	30	I	39.66 PR	
11	19 Jordy van Workum	HB1	31	O	39.72	
12	35 Tijn Smit	HB1	33	O	39.79	
13	50 Tom den Heijer	HB2	34	O	39.89	
14	10 Sven Kemp	HB1	36	I	39.97	
15	58 Max de Graaf	HB1	30	O	40.10	
16	67 Max Douma	HB2	32	O	40.14	
17	2 Siert Minkema	HB2	31	I	40.27 PR	
18	21 Jurgen van der Hoorn	HB1	34	I	40.30	
19	68 Jesper de Jong	HB1	27	O	40.85 PR	
20	52 Ruben van Os	HB2	25	I	40.97	
21	55 Bram Kras	HB1	32	I	41.10	
22	25 Ivar Immerzeel	HB1	28	I	41.18	
23	8 Tom van Lint	HB1	26	I	41.24	
24	65 Max Wokke	HB1	26	O	41.25	
25	76 Cas Hoorneman	HB1	25	O	41.43	
26	75 Wouter Floor	HB1	28	O	41.79	
27	7 Casper van der Woude	HB2	23	I	41.88	
28	40 Mike van Dijk	HB1	23	O	42.05	
29	46 Wieger Gobel	HB1	22	O	42.06	
30	30 Stefan Ootes	HB2	29	O	42.08	
31	84 Jelle van Rijn	HB2	22	I	42.35	
32	45 Bart Segers	HB1	27	I	42.40	
33	57 Asim Muhammad	HB2	24	O	42.49	
34	42 Stefan Schot	HB2	21	I	42.87	
35	16 Wesley Hollenberg	HB2	35	O	1:00.17 FL	
	47 Simon den Braber	HB1	24	I	DNS	
	88 Ingmar van de Griek	HB1	29	I	DNS	
	43 Thom de Vries	HB1	35	I	DQ	
	3 Janno Botman	HB2	39	O	DQ	

### 2. Rituitslag Heren junioren B, 500 meter

		Naam	Cat	PR	Tijd	Info
21	wt rd	42 <b>Stefan Schot</b>	HB2	42.07	<b>42.87</b>	
		<b>Stefan Schot</b>				
		100m	11.52 (11,5)			m
		500m	42.87 (31,3)			

		Naam	Cat	PR	Tijd	Info
22	wt rd	84 <b>Jelle van Rijn</b>	HB2	41.80	<b>42.35</b>	
		46 <b>Wieger Gobel</b>	HB1	41.40	<b>42.06</b>	
		<b>Jelle van Rijn</b>				
		100m	11.80 (11,8)			
		500m	42.35 (30,5)			
		<b>Wieger Gobel</b>				
		100m	11.47 (11,4)			
		500m	42.06 (30,6)			

		Naam	Cat	PR	Tijd	Info
23	wt rd	7 <b>Casper van der Woude</b>	HB2	41.32	<b>41.88</b>	
		40 <b>Mike van Dijk</b>	HB1	41.69	<b>42.05</b>	
		<b>Casper van der Woude</b>				
		100m	11.57 (11,5)			
		500m	41.88 (30,3)			
		<b>Mike van Dijk</b>				
		100m	11.58 (11,5)			
		500m	42.05 (30,5)			

		Naam	Cat	PR	Tijd	Info
24	wt rd	47 <b>Simon den Braber</b>	HB1	41.56	<b>DNS</b>	
		57 <b>Asim Muhammad</b>	HB2	41.24	<b>42.49</b>	
		<b>Simon den Braber</b>				
		<b>Asim Muhammad</b>				
		100m	11.41 (11,4)			
		500m	42.49 (31,0)			

		Naam	Cat	PR	Tijd	Info
25	wt rd	52 <b>Ruben van Os</b>	HB2	40.73	<b>40.97</b>	
		76 <b>Cas Hoorneman</b>	HB1	41.27	<b>41.43</b>	
		<b>Ruben van Os</b>				
		100m	11.27 (11,2)			
		500m	40.97 (29,7)			
		<b>Cas Hoorneman</b>				
		100m	11.56 (11,5)			
		500m	41.43 (29,9)			

		Naam	Cat	PR	Tijd	Info
26	wt rd	8 <b>Tom van Lint</b>	HB1	40.92	<b>41.24</b>	
		65 <b>Max Wokke</b>	HB1	40.76	<b>41.25</b>	
		<b>Tom van Lint</b>				
		100m	11.54 (11,5)			
		500m	41.24 (29,7)			
		<b>Max Wokke</b>				
		100m	11.18 (11,1)			
		500m	41.25 (30,1)			

		Naam	Cat	PR	Tijd	Info
27	wt rd	45 <b>Bart Segers</b>	HB1	40.96	<b>42.40</b>	
		68 <b>Jesper de Jong</b>	HB1	40.94	<b>40.85</b>	PR
		<b>Bart Segers</b>				
		<b>Jesper de Jong</b>				

100m	11.47	(11,4)	100m	11.10	(11,1)
500m	42.40	(31,0)	500m	40.85	(29,7)

		Naam	Cat	PR	Tijd	Info
28	wt	25 Ivar Immerzeel	HB1	40.54	<b>41.18</b>	
	rd	75 Wouter Floor	HB1	41.18	<b>41.79</b>	
		<u>Ivar Immerzeel</u>			<u>Wouter Floor</u>	
		100m 11.35 (11,3)		100m 11.18 (11,1)		
		500m 41.18 (29,8)		500m 41.79 (30,6)		

		Naam	Cat	PR	Tijd	Info
29	wt	88 Ingmar van de Griek	HB1	40.47	<b>DNS</b>	
	rd	30 Stefan Ootes	HB2	40.43	<b>42.08</b>	
		<u>Ingmar van de Griek</u>			<u>Stefan Ootes</u>	
		100m 11.51 (11,5)		100m 11.51 (11,5)		
		500m 42.08 (30,5)		500m 42.08 (30,5)		

		Naam	Cat	PR	Tijd	Info
30	wt	80 Yves Vergeer	HB1	39.83	<b>39.66</b>	PR
	rd	58 Max de Graaf	HB1	39.91	<b>40.10</b>	
		<u>Yves Vergeer</u>			<u>Max de Graaf</u>	
		100m 11.14 (11,1)		100m 11.27 (11,2)		
		500m 39.66 (28,5)		500m 40.10 (28,9)		

		Naam	Cat	PR	Tijd	Info
31	wt	2 Siert Minkema	HB2	40.38	<b>40.27</b>	PR
	rd	19 Jordy van Workum	HB1	39.71	<b>39.72</b>	
		<u>Siert Minkema</u>			<u>Jordy van Workum</u>	
		100m 11.01 (11,0)		100m 11.18 (11,1)		
		500m 40.27 (29,2)		500m 39.72 (28,6)		

		Naam	Cat	PR	Tijd	Info
32	wt	55 Bram Kras	HB1	39.94	<b>41.10</b>	
	rd	67 Max Douma	HB2	39.62	<b>40.14</b>	
		<u>Bram Kras</u>			<u>Max Douma</u>	
		100m 10.96 (10,9)		100m 11.24 (11,2)		
		500m 41.10 (30,2)		500m 40.14 (28,9)		

		Naam	Cat	PR	Tijd	Info
33	wt	5 Thomas van der Hoorn	HB2	39.05	<b>39.28</b>	
	rd	35 Tijn Smit	HB1	39.31	<b>39.79</b>	
		<u>Thomas van der Hoorn</u>			<u>Tijn Smit</u>	
		100m 10.85 (10,8)		100m 10.98 (10,9)		
		500m 39.28 (28,4)		500m 39.79 (28,8)		

		Naam	Cat	PR	Tijd	Info
34	wt	21 Jurgen van der Hoorn	HB1	39.19	<b>40.30</b>	
	rd	50 Tom den Heijer	HB2	39.03	<b>39.89</b>	
		<u>Jurgen van der Hoorn</u>			<u>Tom den Heijer</u>	
		100m 10.73 (10,7)		100m 10.86 (10,8)		
		500m 40.30 (29,6)		500m 39.89 (29,0)		

		Naam		Cat		PR	Tijd	Info
35	wt	43 <b>Thom de Vries</b>		HB1		39.20		<b>DQ</b>
	rd	16 <b>Wesley Hollenberg</b>		HB2		39.55		<b>1:00.17 FL</b>
		<u>Thom de Vries</u>				<u>Wesley Hollenberg</u>		
						100m	11.26	(11,2)
						500m	1:00.17	(48,9)

		Naam		Cat		PR	Tijd	Info
36	wt	10 <b>Sven Kemp</b>		HB1		39.43		<b>39.97</b>
	rd	32 <b>Luwaldo Bommel</b>		HB1		38.41		<b>39.44</b>
		<u>Sven Kemp</u>				<u>Luwaldo Bommel</u>		
						100m	10.99	(10,9)
						500m	39.97	(29,0)
						100m	10.55	(10,5)
						500m	39.44	(28,9)

		Naam		Cat		PR	Tijd	Info
37	wt	12 <b>Serge Yoro</b>		HB2		38.29		<b>39.20</b>
	rd	28 <b>Raoul van Aken</b>		HB1		38.69		<b>38.89</b>
		<u>Serge Yoro</u>				<u>Raoul van Aken</u>		
						100m	10.92	(10,9)
						500m	39.20	(28,3)
						100m	10.66	(10,6)
						500m	38.89	(28,2)

		Naam		Cat		PR	Tijd	Info
38	wt	22 <b>Wessel Ubink</b>		HB2		37.88		<b>38.67</b>
	rd	81 <b>Daan Kool</b>		HB1		38.25		<b>38.53</b>
		<u>Wessel Ubink</u>				<u>Daan Kool</u>		
						100m	11.01	(11,0)
						500m	38.67	(27,6)
						100m	10.61	(10,6)
						500m	38.53	(27,9)

		Naam		Cat		PR	Tijd	Info
39	wt	14 <b>Merijn Scheperkamp</b>		HB2		38.23		<b>38.87</b>
	rd	3 <b>Janno Botman</b>		HB2		36.96		<b>DQ</b>
		<u>Merijn Scheperkamp</u>				<u>Janno Botman</u>		
						100m	10.67	(10,6)
						500m	38.87	(28,2)

		Naam		Cat		PR	Tijd	Info
40	wt	73 <b>Teun de Wit</b>		HB2		38.32		<b>38.99</b>
	rd	48 <b>Stef Brandsen</b>		HB2		37.56		<b>38.31</b>
		<u>Teun de Wit</u>				<u>Stef Brandsen</u>		
						100m	10.83	(10,8)
						500m	38.99	(28,1)
						100m	10.27	(10,2)
						500m	38.31	(28,1)



### 3. Uitslag Dames junioren B, 1.500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	13 Anna van den Bos	DB1	60	O	2:07.35	
2	27 Emma Kant	DB1	59	O	2:08.13	
3	1 Rachelle van de Griek	DB2	60	I	2:09.35	
4	87 Robin Groot	DB1	57	I	2:10.18	
5	23 Paulien Verhaar	DB2	58	O	2:11.05	
6	39 Femke Booms	DB1	58	I	2:12.01	
7	44 Roos Markus	DB1	57	O	2:12.28	
8	4 Janet Beers	DB2	52	I	2:12.53	
9	69 Madelief de Jong	DB2	59	I	2:13.75	
10	41 Ella van Vloten	DB2	46	I	2:14.88	
11	34 Merle Meije	DB1	50	O	2:15.23 PR	
12	51 Lianne van Loon	DB2	55	I	2:16.13	
13	71 Willemijn van der Vlugt	DB2	48	O	2:16.19 PR	
14	72 Marit van Beijnum	DB1	53	I	2:16.38	
15	24 Tessa Snoek	DB2	55	O	2:16.45	
16	85 Isa Merkuur	DB2	56	O	2:17.25	
17	26 Marieke Mulder	DB2	50	I	2:17.48	
18	18 Lisa van Oost	DB1	51	I	2:17.58 PR	
19	11 Pien van den Bos	DB2	45	O	2:17.95	
	83 Heleen Compier	DB1	52	O	2:17.95	
21	33 Sylke Hateboer	DB1	53	O	2:19.28	
22	59 Anouk Beursgens	DB1	49	O	2:19.39	
23	74 Yasmijn Jorritsma	DB1	47	I	2:19.76	
24	37 Estelle de Jong	DB2	49	I	2:19.86	
25	60 Evelieke Kool	DB1	56	I	2:20.07	
26	70 Kim Zuiver	DB2	51	O	2:20.21	
27	15 Fabiënne Kool	DB1	54	O	2:21.59	
28	79 Paula Konijn	DB2	44	I	2:22.51	
29	63 Ruth Balvert	DB1	54	I	2:22.53	
30	6 Sanne Pfaff	DB2	43	I	2:22.58	
31	38 Romy de Jong	DB1	43	O	2:22.90	
32	86 Bente Driesen	DB1	47	O	2:22.92	
33	54 Rosa Bronsdijk	DB1	45	I	2:22.94	
34	49 Femke Mossinkoff	DB1	46	O	2:22.96	
35	36 Inger van Dok	DB1	44	O	2:24.00	
36	64 Sophia van der Laan	DB2	41	I	2:24.78	
37	56 Verne Ros	DB2	42	O	2:25.37	
38	31 Romy Brommer	DB1	48	I	2:25.61	
39	90 Alessandra Primavera	DB1	41	O	2:26.55	
	82 Alicia van Giesen	DB1	42	I	DNS	

### 3. Rituitslag Dames junioren B, 1.500 meter

		Naam	Cat	PR	Tijd	Info
41	wt	64 <b>Sophia van der Laan</b>	DB2	2:23.11	<b>2:24.78</b>	
	rd	90 <b>Alessandra Primavera</b>	DB1	2:25.69	<b>2:26.55</b>	
		<u>Sophia van der Laan</u>		<u>Alessandra Primavera</u>		
		300m 31.30 (31,3)		300m 31.02 (31,0)		
		700m 1:07.71 (36,4)		700m 1:07.56 (36,5)		
		1100m 1:45.71 (38,0)		1100m 1:46.14 (38,6)		
		1500m 2:24.78 (39,0)		1500m 2:26.55 (40,4)		
42	gl	82 <b>Alicia van Giesen</b>	DB1	2:26.68	<b>DNS</b>	
	bl	56 <b>Verne Ros</b>	DB2	2:19.80	<b>2:25.37</b>	
		<u>Alicia van Giesen</u>		<u>Verne Ros</u>		
				300m 30.98 (30,9)		
				700m 1:07.66 (36,7)		
				1100m 1:46.36 (38,7)		
				1500m 2:25.37 (39,0)		
43	wt	6 <b>Sanne Pfaff</b>	DB2	2:13.55	<b>2:22.58</b>	
	rd	38 <b>Romy de Jong</b>	DB1	2:17.66	<b>2:22.90</b>	
		<u>Sanne Pfaff</u>		<u>Romy de Jong</u>		
		300m 29.47 (29,4)		300m 29.50 (29,5)		
		700m 1:04.67 (35,2)		700m 1:04.21 (34,7)		
		1100m 1:43.99 (39,3)		1100m 1:42.21 (38,0)		
		1500m 2:22.58 (38,6)		1500m 2:22.90 (40,7)		
44	gl	79 <b>Paula Konijn</b>	DB2	2:20.05	<b>2:22.51</b>	
	bl	36 <b>Inger van Dok</b>	DB1	2:18.09	<b>2:24.00</b>	
		<u>Paula Konijn</u>		<u>Inger van Dok</u>		
		300m 31.08 (31,0)		300m 30.62 (30,6)		
		700m 1:07.33 (36,3)		700m 1:06.66 (36,0)		
		1100m 1:44.93 (37,6)		1100m 1:44.96 (38,3)		
		1500m 2:22.51 (37,6)		1500m 2:24.00 (39,1)		
45	wt	54 <b>Rosa Bronsdijk</b>	DB1	2:17.41	<b>2:22.94</b>	
	rd	11 <b>Pien van den Bos</b>	DB2	2:16.19	<b>2:17.95</b>	
		<u>Rosa Bronsdijk</u>		<u>Pien van den Bos</u>		
		300m 29.65 (29,6)		300m 30.13 (30,1)		
		700m 1:04.57 (34,9)		700m 1:04.61 (34,5)		
		1100m 1:42.28 (37,7)		1100m 1:40.96 (36,3)		
		1500m 2:22.94 (40,7)		1500m 2:17.95 (37,0)		
46	gl	41 <b>Ella van Vloten</b>	DB2	2:14.07	<b>2:14.88</b>	

70 bl 49 **Femke Mossinkoff** DB1 2:20.73 **2:22.96**

Ella van Vloten			Femke Mossinkoff		
300m	29.47	(29,4)	300m	30.95	(30,9)
700m	1:04.27	(34,8)	700m	1:07.34	(36,4)
1100m	1:39.05	(34,8)	1100m	1:45.07	(37,7)
1500m	2:14.88	(35,8)	1500m	2:22.96	(37,9)

	Naam	Cat	PR	Tijd Info
47	wt 74 <b>Yasmijn Jorritsma</b>	DB1	2:18.60	<b>2:19.76</b>
	rd 86 <b>Bente Driesen</b>	DB1	2:11.71	<b>2:22.92</b>

Yasmijn Jorritsma			Bente Driesen		
300m	29.83	(29,8)	300m	28.54	(28,5)
700m	1:04.94	(35,1)	700m	1:02.95	(34,4)
1100m	1:41.66	(36,7)	1100m	1:41.10	(38,2)
1500m	2:19.76	(38,1)	1500m	2:22.92	(41,8)

	Naam	Cat	PR	Tijd Info
48	gl 31 <b>Romy Brommer</b>	DB1	2:21.61	<b>2:25.61</b>
	bl 71 <b>Willemijn van der Vlugt</b>	DB2	2:16.24	<b>2:16.19</b> PR

Romy Brommer			Willemijn van der Vlugt		
300m	30.95	(30,9)	300m	29.93	(29,9)
700m	1:07.35	(36,4)	700m	1:04.20	(34,3)
1100m	1:45.85	(38,5)	1100m	1:39.87	(35,6)
1500m	2:25.61	(39,8)	1500m	2:16.19	(36,3)

	Naam	Cat	PR	Tijd Info
49	wt 37 <b>Estelle de Jong</b>	DB2	2:16.06	<b>2:19.86</b>
	rd 59 <b>Anouk Beursgens</b>	DB1	2:15.99	<b>2:19.39</b>

Estelle de Jong			Anouk Beursgens		
300m	29.74	(29,7)	300m	29.69	(29,6)
700m	1:04.77	(35,0)	700m	1:04.88	(35,2)
1100m	1:41.83	(37,1)	1100m	1:42.06	(37,2)
1500m	2:19.86	(38,0)	1500m	2:19.39	(37,3)

	Naam	Cat	PR	Tijd Info
50	gl 26 <b>Marieke Mulder</b>	DB2	2:16.48	<b>2:17.48</b>
	bl 34 <b>Merle Meije</b>	DB1	2:17.17	<b>2:15.23</b> PR

Marieke Mulder			Merle Meije		
300m	29.27	(29,2)	300m	29.54	(29,5)
700m	1:03.66	(34,4)	700m	1:03.83	(34,3)
1100m	1:39.58	(35,9)	1100m	1:39.50	(35,7)
1500m	2:17.48	(37,9)	1500m	2:15.23	(35,7)

	Naam	Cat	PR	Tijd Info
51	wt 18 <b>Lisa van Oost</b>	DB1	2:17.64	<b>2:17.58</b> PR
	rd 70 <b>Kim Zuiver</b>	DB2	2:15.33	<b>2:20.21</b>

Lisa van Oost			Kim Zuiver		
300m	29.94	(29,9)	300m	30.36	(30,3)
700m	1:04.03	(34,1)	700m	1:04.79	(34,4)
1100m	1:39.90	(35,9)	1100m	1:41.32	(36,6)
1500m	2:17.58	(37,6)	1500m	2:20.21	(38,9)

		Naam	Cat	PR	Tijd Info
52	gl	4 <b>Janet Beers</b>	DB2	2:07.94	<b>2:12.53</b>
	bl	83 <b>Heleen Compier</b>	DB1	2:17.95	<b>2:17.95</b>
		<b>Janet Beers</b>		<b>Heleen Compier</b>	
		300m 28.76 (28,7)		300m 29.38 (29,3)	
		700m 1:01.27 (32,5)		700m 1:03.24 (33,9)	
		1100m 1:35.57 (34,3)		1100m 1:39.68 (36,4)	
		1500m 2:12.53 (37,0)		1500m 2:17.95 (38,3)	

		Naam	Cat	PR	Tijd Info
53	wt	72 <b>Marit van Beijnum</b>	DB1	2:12.30	<b>2:16.38</b>
	rd	33 <b>Sylke Hateboer</b>	DB1	2:15.54	<b>2:19.28</b>
		<b>Marit van Beijnum</b>		<b>Sylke Hateboer</b>	
		300m 27.69 (27,6)		300m 28.90 (28,9)	
		700m 1:02.65 (35,0)		700m 1:03.25 (34,3)	
		1100m 1:39.48 (36,8)		1100m 1:40.73 (37,5)	
		1500m 2:16.38 (36,9)		1500m 2:19.28 (38,5)	

		Naam	Cat	PR	Tijd Info
54	gl	63 <b>Ruth Balvert</b>	DB1	2:14.58	<b>2:22.53</b>
	bl	15 <b>Fabiënne Kool</b>	DB1	2:14.41	<b>2:21.59</b>
		<b>Ruth Balvert</b>		<b>Fabiënne Kool</b>	
		300m 29.60 (29,6)		300m 31.07 (31,0)	
		700m 1:05.47 (35,8)		700m 1:06.28 (35,2)	
		1100m 1:43.72 (38,3)		1100m 1:43.17 (36,9)	
		1500m 2:22.53 (38,8)		1500m 2:21.59 (38,4)	

		Naam	Cat	PR	Tijd Info
55	wt	51 <b>Lianne van Loon</b>	DB2	2:13.30	<b>2:16.13</b>
	rd	24 <b>Tessa Snoek</b>	DB2	2:12.18	<b>2:16.45</b>
		<b>Lianne van Loon</b>		<b>Tessa Snoek</b>	
		300m 28.03 (28,0)		300m 28.72 (28,7)	
		700m 1:01.03 (33,0)		700m 1:02.50 (33,8)	
		1100m 1:37.27 (36,2)		1100m 1:38.93 (36,4)	
		1500m 2:16.13 (38,9)		1500m 2:16.45 (37,5)	

		Naam	Cat	PR	Tijd Info
56	gl	60 <b>Evelieke Kool</b>	DB1	2:15.71	<b>2:20.07</b>
	bl	85 <b>Isa Merkuur</b>	DB2	2:14.79	<b>2:17.25</b>
		<b>Evelieke Kool</b>		<b>Isa Merkuur</b>	
		300m 30.28 (30,2)		300m 29.98 (29,9)	
		700m 1:04.81 (34,6)		700m 1:04.42 (34,5)	
		1100m 1:41.50 (36,7)		1100m 1:40.48 (36,0)	
		1500m 2:20.07 (38,5)		1500m 2:17.25 (36,8)	

		Naam	Cat	PR	Tijd Info
57	wt	87 <b>Robin Groot</b>	DB1	2:09.29	<b>2:10.18</b>
	rd	44 <b>Roos Markus</b>	DB1	2:11.22	<b>2:12.28</b>
		<b>Robin Groot</b>		<b>Roos Markus</b>	
		300m 28.39 (28,3)		300m 29.10 (29,1)	
		700m 1:01.70 (33,4)		700m 1:01.97 (32,8)	
		1100m 1:35.70 (34,0)		1100m 1:36.65 (34,7)	

1500m 2:10.18 (34,4) 1500m 2:12.28 (35,6)

		Naam	Cat	PR	Tijd Info
58	gl	39 <b>Femke Booms</b>	DB1	2:10.91	<b>2:12.01</b>
	bl	23 <b>Paulien Verhaar</b>	DB2	2:10.36	<b>2:11.05</b>
		<b>Femke Booms</b>		<b>Paulien Verhaar</b>	
		300m 29.35 (29,3)		300m 28.12 (28,1)	
		700m 1:02.07 (32,7)		700m 1:01.33 (33,2)	
		1100m 1:35.97 (33,9)		1100m 1:35.65 (34,3)	
		1500m 2:12.01 (36,1)		1500m 2:11.05 (35,4)	

		Naam	Cat	PR	Tijd Info
59	wt	69 <b>Madelief de Jong</b>	DB2	2:12.01	<b>2:13.75</b>
	rd	27 <b>Emma Kant</b>	DB1	2:06.05	<b>2:08.13</b>
		<b>Madelief de Jong</b>		<b>Emma Kant</b>	
		300m 28.41 (28,4)		300m 28.06 (28,0)	
		700m 1:01.59 (33,1)		700m 59.63 (31,6)	
		1100m 1:37.24 (35,7)		1100m 1:32.86 (33,2)	
		1500m 2:13.75 (36,5)		1500m 2:08.13 (35,3)	

		Naam	Cat	PR	Tijd Info
60	gl	1 <b>Rachelle van de Griek</b>	DB2	2:06.10	<b>2:09.35</b>
	bl	13 <b>Anna van den Bos</b>	DB1	2:06.91	<b>2:07.35</b>
		<b>Rachelle van de Griek</b>		<b>Anna van den Bos</b>	
		300m 27.05 (27,0)		300m 27.65 (27,6)	
		700m 58.27 (31,2)		700m 59.23 (31,6)	
		1100m 1:32.19 (33,9)		1100m 1:32.48 (33,2)	
		1500m 2:09.35 (37,2)		1500m 2:07.35 (34,9)	

### 4. Uitslag Heren junioren B, 1.500 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	73 Teun de Wit	HB2	79	O	1:57.33	
2	3 Janno Botman	HB2	76	O	1:57.71	
	80 Yves Vergeer	HB1	80	O	1:57.71	
4	81 Daan Kool	HB1	80	I	1:58.16	
5	19 Jordy van Workum	HB1	77	I	1:58.49	
6	28 Raoul van Aken	HB1	71	O	1:59.50	
7	14 Merijn Scheperkamp	HB2	77	O	1:59.55	
8	5 Thomas van der Hoorn	HB2	78	I	2:00.30	
9	43 Thom de Vries	HB1	75	O	2:00.53	
10	16 Wesley Hollenberg	HB2	78	O	2:00.68	
11	22 Wessel Ubink	HB2	79	I	2:00.96	
12	50 Tom den Heijer	HB2	74	O	2:01.12	
13	35 Tijn Smit	HB1	75	I	2:01.44	
14	12 Serge Yoro	HB2	66	I	2:01.95	
15	67 Max Douma	HB2	73	I	2:02.24	
16	48 Stef Brandsen	HB2	72	I	2:02.56	
17	21 Jurgen van der Hoorn	HB1	73	O	2:03.57	
18	68 Jesper de Jong	HB1	70	I	2:04.10	
19	25 Ivar Immerzeel	HB1	70	O	2:04.35	
20	76 Cas Hoorneman	HB1	66	O	2:04.70	
21	2 Siert Minkema	HB2	67	O	2:05.06	
22	58 Max de Graaf	HB1	72	O	2:05.19	
23	46 Wieger Gobel	HB1	67	I	2:05.52	
24	30 Stefan Ootes	HB2	76	I	2:05.57	
25	84 Jelle van Rijn	HB2	68	O	2:05.63 PR	
26	10 Sven Kemp	HB1	69	O	2:06.35	
27	7 Casper van der Woude	HB2	62	I	2:06.36 HT	
28	52 Ruben van Os	HB2	65	I	2:06.58	
29	8 Tom van Lint	HB1	62	O	2:07.35 HT	
30	57 Asim Muhammad	HB2	65	O	2:08.09	
31	42 Stefan Schot	HB2	63	I	2:08.45 PR	
32	45 Bart Segers	HB1	71	I	2:09.04	
33	55 Bram Kras	HB1	68	I	2:10.24	
34	65 Max Wokke	HB1	63	O	2:10.49	
35	75 Wouter Floor	HB1	64	O	2:11.36	
36	40 Mike van Dijk	HB1	64	I	2:12.52	
	47 Simon den Braber	HB1	61	I	DNS	
	32 Luwaldo Bommel	HB1	69	I	DNS	
	88 Ingmar van de Griek	HB1	74	I	DNS	

### 4. Rituitslag Heren junioren B, 1.500 meter

		Naam	Cat	PR	Tijd Info
61	wt rd	47 <b>Simon den Braber</b>	HB1	2:07.27	<b>DNS</b>

Simon den Braber

m

		Naam	Cat	PR	Tijd Info
62	gl	7 <b>Casper van der Woude</b>	HB2	2:06.91	<b>2:06.36</b> HT
	bl	8 <b>Tom van Lint</b>	HB1	2:05.53	<b>2:07.35</b> HT

Casper van der Woude

Tom van Lint

1500m 2:06.36 (126,3)

1500m 2:07.35 (127,3)

		Naam	Cat	PR	Tijd Info
63	wt	42 <b>Stefan Schot</b>	HB2	2:09.55	<b>2:08.45</b> PR
	rd	65 <b>Max Wokke</b>	HB1	2:09.00	<b>2:10.49</b>

Stefan Schot

Max Wokke

300m 28.49 (28,4)

300m 27.98 (27,9)

700m 1:01.38 (32,9)

700m 1:00.99 (33,0)

1100m 1:34.98 (33,6)

1100m 1:35.89 (34,9)

1500m 2:08.45 (33,5)

1500m 2:10.49 (34,6)

		Naam	Cat	PR	Tijd Info
64	gl	40 <b>Mike van Dijk</b>	HB1	2:10.11	<b>2:12.52</b>
	bl	75 <b>Wouter Floor</b>	HB1	2:08.38	<b>2:11.36</b>

Mike van Dijk

Wouter Floor

300m 28.72 (28,7)

300m 28.41 (28,4)

700m 1:01.78 (33,0)

700m 1:01.59 (33,1)

1100m 1:36.39 (34,6)

1100m 1:36.43 (34,9)

1500m 2:12.52 (36,2)

1500m 2:11.36 (34,9)

		Naam	Cat	PR	Tijd Info
65	wt	52 <b>Ruben van Os</b>	HB2	2:06.44	<b>2:06.58</b>
	rd	57 <b>Asim Muhammad</b>	HB2	2:05.59	<b>2:08.09</b>

Ruben van Os

Asim Muhammad

300m 26.90 (26,9)

300m 26.91 (26,9)

700m 58.54 (31,6)

700m 58.89 (31,9)

1100m 1:32.18 (33,6)

1100m 1:32.65 (33,8)

1500m 2:06.58 (34,4)

1500m 2:08.09 (35,4)

		Naam	Cat	PR	Tijd Info
66	gl	12 <b>Serge Yoro</b>	HB2	2:01.27	<b>2:01.95</b>
	bl	76 <b>Cas Hoorneman</b>	HB1	2:03.94	<b>2:04.70</b>

Serge Yoro

Cas Hoorneman

300m 25.76 (25,7)

300m 27.25 (27,2)

700m 55.78 (30,0)

700m 58.32 (31,1)

1100m 1:28.07 (32,3)

1100m 1:31.31 (33,0)

1500m 2:01.95 (33,9) 1500m 2:04.70 (33,4)

		Naam	Cat	PR	Tijd Info
67	wt	46 <b>Wieger Gobel</b>	HB1	2:04.39	<b>2:05.52</b>
	rd	2 <b>Siert Minkema</b>	HB2	2:04.52	<b>2:05.06</b>
		<b>Wieger Gobel</b>		<b>Siert Minkema</b>	
		300m 27.81 (27,8)		300m 26.92 (26,9)	
		700m 59.98 (32,1)		700m 58.64 (31,7)	
		1100m 1:32.57 (32,6)		1100m 1:30.87 (32,2)	
		1500m 2:05.52 (33,0)		1500m 2:05.06 (34,2)	

		Naam	Cat	PR	Tijd Info
68	gl	55 <b>Bram Kras</b>	HB1	2:04.48	<b>2:10.24</b>
	bl	84 <b>Jelle van Rijn</b>	HB2	2:05.99	<b>2:05.63</b> PR
		<b>Bram Kras</b>		<b>Jelle van Rijn</b>	
		300m 27.25 (27,2)		300m 27.31 (27,3)	
		700m 59.42 (32,2)		700m 58.56 (31,2)	
		1100m 1:34.19 (34,7)		1100m 1:31.55 (33,0)	
		1500m 2:10.24 (36,1)		1500m 2:05.63 (34,1)	

		Naam	Cat	PR	Tijd Info
69	wt	32 <b>Luwaldo Bommel</b>	HB1	2:03.62	<b>DNS</b>
	rd	10 <b>Sven Kemp</b>	HB1	2:03.69	<b>2:06.35</b>
		<b>Luwaldo Bommel</b>		<b>Sven Kemp</b>	
				300m 26.88 (26,8)	
				700m 58.70 (31,9)	
				1100m 1:32.36 (33,6)	
				1500m 2:06.35 (34,0)	

		Naam	Cat	PR	Tijd Info
70	gl	68 <b>Jesper de Jong</b>	HB1	2:03.59	<b>2:04.10</b>
	bl	25 <b>Ivar Immerzeel</b>	HB1	2:03.56	<b>2:04.35</b>
		<b>Jesper de Jong</b>		<b>Ivar Immerzeel</b>	
		300m 26.65 (26,6)		300m 27.70 (27,7)	
		700m 57.66 (31,0)		700m 59.07 (31,3)	
		1100m 1:30.43 (32,8)		1100m 1:31.81 (32,8)	
		1500m 2:04.10 (33,7)		1500m 2:04.35 (32,5)	

		Naam	Cat	PR	Tijd Info
71	wt	45 <b>Bart Segers</b>	HB1	2:02.44	<b>2:09.04</b>
	rd	28 <b>Raoul van Aken</b>	HB1	1:55.90	<b>1:59.50</b>
		<b>Bart Segers</b>		<b>Raoul van Aken</b>	
		300m 27.72 (27,7)		300m 25.87 (25,8)	
		700m 59.91 (32,2)		700m 55.75 (29,9)	
		1100m 1:34.00 (34,1)		1100m 1:27.22 (31,5)	
		1500m 2:09.04 (35,0)		1500m 1:59.50 (32,3)	

		Naam	Cat	PR	Tijd Info
72	gl	48 <b>Stef Brandsen</b>	HB2	2:01.53	<b>2:02.56</b>
	bl	58 <b>Max de Graaf</b>	HB1	2:03.79	<b>2:05.19</b>
		<b>Stef Brandsen</b>		<b>Max de Graaf</b>	
		300m 24.85 (24,8)		300m 26.71 (26,7)	



700m	54.72	(29,9)	700m	57.55	(30,8)
1100m	1:27.72	(33,0)	1100m	1:30.76	(33,2)
1500m	2:02.56	(34,8)	1500m	2:05.19	(34,4)

		Naam	Cat	PR	Tijd Info
73	wt	67 <b>Max Douma</b>	HB2	1:59.73	<b>2:02.24</b>
	rd	21 <b>Jurgen van der Hoorn</b>	HB1	1:59.02	<b>2:03.57</b>
		<u>Max Douma</u>		<u>Jurgen van der Hoorn</u>	
		300m 26.53 (26,5)		300m 26.14 (26,1)	
		700m 56.86 (30,3)		700m 57.41 (31,3)	
		1100m 1:28.93 (32,1)		1100m 1:30.35 (32,9)	
		1500m 2:02.24 (33,3)		1500m 2:03.57 (33,2)	

		Naam	Cat	PR	Tijd Info
74	gl	88 <b>Ingmar van de Griek</b>	HB1	2:00.90	<b>DNS</b>
	bl	50 <b>Tom den Heijer</b>	HB2	2:00.14	<b>2:01.12</b>
		<u>Ingmar van de Griek</u>		<u>Tom den Heijer</u>	
				300m 26.48 (26,4)	
				700m 56.70 (30,3)	
				1100m 1:28.29 (31,5)	
				1500m 2:01.12 (32,9)	

		Naam	Cat	PR	Tijd Info
75	wt	35 <b>Tijn Smit</b>	HB1	2:00.73	<b>2:01.44</b>
	rd	43 <b>Thom de Vries</b>	HB1	2:00.40	<b>2:00.53</b>
		<u>Tijn Smit</u>		<u>Thom de Vries</u>	
		300m 26.29 (26,2)		300m 26.11 (26,1)	
		700m 56.52 (30,3)		700m 56.34 (30,2)	
		1100m 1:28.23 (31,7)		1100m 1:27.90 (31,6)	
		1500m 2:01.44 (33,2)		1500m 2:00.53 (32,6)	

		Naam	Cat	PR	Tijd Info
76	gl	30 <b>Stefan Ootes</b>	HB2	1:59.08	<b>2:05.57</b>
	bl	3 <b>Janno Botman</b>	HB2	1:54.36	<b>1:57.71</b>
		<u>Stefan Ootes</u>		<u>Janno Botman</u>	
		300m 27.31 (27,3)		300m 25.34 (25,3)	
		700m 59.27 (31,9)		700m 54.13 (28,8)	
		1100m 1:32.19 (32,9)		1100m 1:24.65 (30,5)	
		1500m 2:05.57 (33,4)		1500m 1:57.71 (33,1)	

		Naam	Cat	PR	Tijd Info
77	wt	19 <b>Jordy van Workum</b>	HB1	1:54.91	<b>1:58.49</b>
	rd	14 <b>Merijn Scheperkamp</b>	HB2	1:57.22	<b>1:59.55</b>
		<u>Jordy van Workum</u>		<u>Merijn Scheperkamp</u>	
		300m 26.52 (26,5)		300m 25.59 (25,5)	
		700m 56.01 (29,5)		700m 55.57 (30,0)	
		1100m 1:26.53 (30,5)		1100m 1:26.88 (31,3)	
		1500m 1:58.49 (31,9)		1500m 1:59.55 (32,7)	

		Naam	Cat	PR	Tijd Info
78	gl	5 <b>Thomas van der Hoorn</b>	HB2	1:56.07	<b>2:00.30</b>
	bl	16 <b>Wesley Hollenberg</b>	HB2	1:56.20	<b>2:00.68</b>

**Thomas van der Hoorn**

300m	25.84	(25,8)
700m	56.34	(30,5)
1100m	1:28.03	(31,7)
1500m	2:00.30	(32,3)

**Wesley Hollenberg**

300m	26.65	(26,6)
700m	57.10	(30,5)
1100m	1:28.63	(31,5)
1500m	2:00.68	(32,0)

		Naam	Cat	PR	Tijd Info
79	wt	22 <b>Wessel Ubink</b>	HB2	1:56.07	<b>2:00.96</b>
	rd	73 <b>Teun de Wit</b>	HB2	1:54.96	<b>1:57.33</b>

**Wessel Ubink**

300m	25.94	(25,9)
700m	55.50	(29,6)
1100m	1:27.23	(31,7)
1500m	2:00.96	(33,7)

**Teun de Wit**

300m	25.78	(25,7)
700m	54.74	(29,0)
1100m	1:25.16	(30,4)
1500m	1:57.33	(32,2)

		Naam	Cat	PR	Tijd Info
80	gl	81 <b>Daan Kool</b>	HB1	1:56.40	<b>1:58.16</b>
	bl	80 <b>Yves Vergeer</b>	HB1	1:55.34	<b>1:57.71</b>

**Daan Kool**

300m	26.22	(26,2)
700m	55.62	(29,4)
1100m	1:26.41	(30,8)
1500m	1:58.16	(31,7)

**Yves Vergeer**

300m	26.38	(26,3)
700m	55.71	(29,4)
1100m	1:26.32	(30,6)
1500m	1:57.71	(31,4)

### 5. Uitslag Dames junioren B, 3.000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	27 Emma Kant	DB1	19	I	4:38.35	
2	13 Anna van den Bos	DB1	20	I	4:39.07	
3	4 Janet Beers	DB2	17	I	4:39.89	
4	23 Paulien Verhaar	DB2	18	I	4:41.21	
5	44 Roos Markus	DB1	2	O	4:42.19	
6	1 Rachelle van de Griek	DB2	20	O	4:42.66	
7	41 Ella van Vloten	DB2	12	I	4:44.05	
8	39 Femke Booms	DB1	17	O	4:45.12	
9	87 Robin Groot	DB1	19	O	4:45.50	
10	69 Madelief de Jong	DB2	16	I	4:45.96	
11	34 Merle Meije	DB1	14	O	4:46.22 PR	
12	71 Willemijn van der Vlugt	DB2	14	I	4:48.14 PR	
13	72 Marit van Beijnum	DB1	16	O	4:48.79	
14	85 Isa Merkuur	DB2	13	O	4:50.54	
15	83 Heleen Compier	DB1	11	O	4:50.90 PR	
16	24 Tessa Snoek	DB2	15	O	4:51.20	
17	60 Evelieke Kool	DB1	8	I	4:51.66	
18	18 Lisa van Oost	DB1	10	O	4:52.59 PR	
19	11 Pien van den Bos	DB2	9	I	4:53.26	
20	79 Paula Konijn	DB2	4	I	4:55.52 PR	
21	15 Fabiënne Kool	DB1	5	I	4:56.23 PR	
22	59 Anouk Beursgens	DB1	10	I	4:57.33	
23	33 Sylke Hateboer	DB1	13	I	4:58.53 PR	
24	26 Marieke Mulder	DB2	15	I	4:59.10	
25	70 Kim Zuiver	DB2	6	I	4:59.74	
26	37 Estelle de Jong	DB2	8	O	5:00.02	
27	51 Lianne van Loon	DB2	18	O	5:00.70	
28	36 Inger van Dok	DB1	4	O	5:03.18	
29	49 Femke Mossinkoff	DB1	5	O	5:05.37 PR	
30	86 Bente Driesen	DB1	11	I	5:05.43	
31	6 Sanne Pfaff	DB2	7	I	5:05.76	
32	74 Yasmijn Jorritsma	DB1	12	O	5:06.72 PR	
33	64 Sophia van der Laan	DB2	3	O	5:07.81	
34	31 Romy Brommer	DB1	3	I	5:10.02 PR	
35	90 Alessandra Primavera	DB1	2	I	5:12.61	
36	38 Romy de Jong	DB1	6	O	5:14.04	
37	56 Verne Ros	DB2	1	I	5:15.81	
38	54 Rosa Bronsdijk	DB1	7	O	5:18.36 PR	
39	63 Ruth Balvert	DB1	9	O	5:26.06 FL	

### 5. Rituitslag Dames junioren B, 3.000 meter

		Naam	Cat	PR	Tijd Info																																																						
1	wt rd	56 <b>Verne Ros</b>	DB2	4:56.95	<b>5:15.81</b>																																																						
<table border="0"> <tr> <td colspan="3"><u>Verne Ros</u></td> <td colspan="3"><u>m</u></td> </tr> <tr> <td></td> <td>200m</td> <td>22.32 (22,3)</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>600m</td> <td>59.85 (37,5)</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>1000m</td> <td>1:40.23 (40,4)</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>1400m</td> <td>2:21.67 (41,4)</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>1800m</td> <td>3:04.40 (42,8)</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>2200m</td> <td>3:48.22 (43,8)</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>2600m</td> <td>4:32.44 (44,2)</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td>3000m</td> <td>5:15.81 (43,4)</td> <td></td> <td></td> <td></td> </tr> </table>						<u>Verne Ros</u>			<u>m</u>				200m	22.32 (22,3)					600m	59.85 (37,5)					1000m	1:40.23 (40,4)					1400m	2:21.67 (41,4)					1800m	3:04.40 (42,8)					2200m	3:48.22 (43,8)					2600m	4:32.44 (44,2)					3000m	5:15.81 (43,4)			
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		Naam	Cat	PR	Tijd Info																																																						
2	gl	90 <b>Alessandra Primavera</b>	DB1	5:01.82	<b>5:12.61</b>																																																						
	bl	44 <b>Roos Markus</b>	DB1	4:37.00	<b>4:42.19</b>																																																						
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		Naam	Cat	PR	Tijd Info																																																						
3	wt	31 <b>Romy Brommer</b>	DB1	5:18.17	<b>5:10.02</b> PR																																																						
	rd	64 <b>Sophia van der Laan</b>	DB2	4:56.63	<b>5:07.81</b>																																																						
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		Naam	Cat	PR	Tijd Info																																				
4	gl	79 <b>Paula Konijn</b>	DB2	4:55.55	<b>4:55.52</b> PR																																				
	bl	36 <b>Inger van Dok</b>	DB1	4:52.32	<b>5:03.18</b>																																				
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<u>Paula Konijn</u>			<u>Inger van Dok</u>																																						
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	600m	1:00.42 (36,8)		600m	59.49 (36,7)																																				
	1000m	1:38.96 (38,5)		1000m	1:38.26 (38,8)																																				
	1400m	2:18.16 (39,2)		1400m	2:17.96 (39,7)																																				
	1800m	2:57.64 (39,5)		1800m	2:58.79 (40,8)																																				

2200m	3:37.02	(39,4)	2200m	3:40.31	(41,6)
2600m	4:16.78	(39,7)	2600m	4:22.31	(42,0)
3000m	4:55.52	(38,8)	3000m	5:03.18	(40,8)

		Naam	Cat	PR	Tijd Info		
5	wt	15 <b>Fabiënne Kool</b>	DB1	5:00.80	<b>4:56.23</b> PR		
	rd	49 <b>Femke Mossinkoff</b>	DB1	5:05.62	<b>5:05.37</b> PR		
		<b>Fabiënne Kool</b>		<b>Femke Mossinkoff</b>			
		200m	22.67	(22,6)	200m	22.88	(22,8)
		600m	57.40	(34,8)	600m	1:01.08	(38,2)
		1000m	1:34.49	(37,0)	1000m	1:41.48	(40,4)
		1400m	2:13.49	(39,0)	1400m	2:22.29	(40,8)
		1800m	2:53.82	(40,4)	1800m	3:02.90	(40,7)
		2200m	3:34.28	(40,4)	2200m	3:44.33	(41,4)
		2600m	4:15.03	(40,8)	2600m	4:25.40	(41,1)
		3000m	4:56.23	(41,2)	3000m	5:05.37	(39,9)

		Naam	Cat	PR	Tijd Info		
6	gl	70 <b>Kim Zuiver</b>	DB2	4:51.56	<b>4:59.74</b>		
	bl	38 <b>Romy de Jong</b>	DB1	5:13.04	<b>5:14.04</b>		
		<b>Kim Zuiver</b>		<b>Romy de Jong</b>			
		200m	23.26	(23,2)	200m	23.08	(23,0)
		600m	1:00.76	(37,5)	600m	1:00.21	(37,2)
		1000m	1:38.76	(38,0)	1000m	1:39.05	(38,8)
		1400m	2:18.21	(39,5)	1400m	2:18.46	(39,4)
		1800m	2:57.95	(39,7)	1800m	2:59.19	(40,7)
		2200m	3:37.94	(40,0)	2200m	3:41.96	(42,8)
		2600m	4:18.40	(40,5)	2600m	4:27.22	(45,3)
		3000m	4:59.74	(41,3)	3000m	5:14.04	(46,8)

		Naam	Cat	PR	Tijd Info		
7	wt	6 <b>Sanne Pfaff</b>	DB2	4:38.46	<b>5:05.76</b>		
	rd	54 <b>Rosa Bronsdijk</b>	DB1	5:20.48	<b>5:18.36</b> PR		
		<b>Sanne Pfaff</b>		<b>Rosa Bronsdijk</b>			
		200m	22.25	(22,2)	200m	22.74	(22,7)
		600m	59.34	(37,1)	600m	1:00.32	(37,6)
		1000m	1:37.51	(38,2)	1000m	1:39.34	(39,0)
		1400m	2:17.42	(39,9)	1400m	2:20.03	(40,7)
		1800m	2:58.61	(41,2)	1800m	3:01.84	(41,8)
		2200m	3:40.42	(41,8)	2200m	3:45.89	(44,0)
		2600m	4:22.52	(42,1)	2600m	4:31.44	(45,6)
		3000m	5:05.76	(43,2)	3000m	5:18.36	(46,9)

		Naam	Cat	PR	Tijd Info		
8	gl	60 <b>Evelieke Kool</b>	DB1	4:44.91	<b>4:51.66</b>		
	bl	37 <b>Estelle de Jong</b>	DB2	4:48.93	<b>5:00.02</b>		
		<b>Evelieke Kool</b>		<b>Estelle de Jong</b>			
		200m	22.22	(22,2)	200m	22.61	(22,6)
		600m	58.18	(35,9)	600m	58.76	(36,1)
		1000m	1:35.67	(37,5)	1000m	1:36.94	(38,2)
		1400m	2:13.59	(37,9)	1400m	2:15.97	(39,0)
		1800m	2:52.12	(38,6)	1800m	2:55.94	(40,0)
		2200m	3:31.30	(39,2)	2200m	3:36.78	(40,8)

2600m	4:11.27	(39,9)	2600m	4:18.46	(41,7)
3000m	4:51.66	(40,4)	3000m	5:00.02	(41,6)

		Naam	Cat	PR	Tijd Info
9	wt	11 <b>Pien van den Bos</b>	DB2	4:45.91	<b>4:53.26</b>
	rd	63 <b>Ruth Balvert</b>	DB1	4:50.46	<b>5:26.06</b> FL
		<b>Pien van den Bos</b>		<b>Ruth Balvert</b>	
		200m 21.85 (21,8)		200m 21.99 (21,9)	
		600m 57.82 (36,0)		600m 57.89 (35,9)	
		1000m 1:35.68 (37,8)		1000m 1:36.72 (38,9)	
		1400m 2:14.26 (38,6)		1400m 2:16.66 (39,9)	
		1800m 2:52.90 (38,7)		1800m 2:57.22 (40,6)	
		2200m 3:32.60 (39,7)		2200m 3:38.25 (41,0)	
		2600m 4:12.65 (40,0)		2600m 4:38.50 (60,3)	
		3000m 4:53.26 (40,6)		3000m 5:26.06 (47,5)	

		Naam	Cat	PR	Tijd Info
10	gl	59 <b>Anouk Beursgens</b>	DB1	4:53.48	<b>4:57.33</b>
	bl	18 <b>Lisa van Oost</b>	DB1	4:56.84	<b>4:52.59</b> PR
		<b>Anouk Beursgens</b>		<b>Lisa van Oost</b>	
		200m 22.12 (22,1)		200m 22.42 (22,4)	
		600m 58.02 (35,9)		600m 57.65 (35,2)	
		1000m 1:36.00 (38,0)		1000m 1:34.86 (37,2)	
		1400m 2:15.28 (39,2)		1400m 2:12.98 (38,1)	
		1800m 2:55.10 (39,9)		1800m 2:51.77 (38,8)	
		2200m 3:35.45 (40,3)		2200m 3:31.36 (39,6)	
		2600m 4:16.15 (40,7)		2600m 4:11.74 (40,4)	
		3000m 4:57.33 (41,2)		3000m 4:52.59 (40,8)	

		Naam	Cat	PR	Tijd Info
11	wt	86 <b>Bente Driesen</b>	DB1	4:49.71	<b>5:05.43</b>
	rd	83 <b>Heleen Compier</b>	DB1	4:53.60	<b>4:50.90</b> PR
		<b>Bente Driesen</b>		<b>Heleen Compier</b>	
		200m 22.12 (22,1)		200m 23.03 (23,0)	
		600m 59.68 (37,5)		600m 58.64 (35,6)	
		1000m 1:38.88 (39,2)		1000m 1:35.88 (37,2)	
		1400m 2:19.45 (40,6)		1400m 2:14.77 (38,9)	
		1800m 3:00.16 (40,7)		1800m 2:53.72 (39,0)	
		2200m 3:41.48 (41,3)		2200m 3:32.69 (38,9)	
		2600m 4:23.46 (42,0)		2600m 4:11.98 (39,3)	
		3000m 5:05.43 (42,0)		3000m 4:50.90 (39,0)	

		Naam	Cat	PR	Tijd Info
12	gl	41 <b>Ella van Vloten</b>	DB2	4:35.33	<b>4:44.05</b>
	bl	74 <b>Yasmijn Jorritsma</b>	DB1	5:09.64	<b>5:06.72</b> PR
		<b>Ella van Vloten</b>		<b>Yasmijn Jorritsma</b>	
		200m 21.53 (21,5)		200m 22.39 (22,3)	
		600m 57.62 (36,1)		600m 59.49 (37,1)	
		1000m 1:34.74 (37,1)		1000m 1:39.53 (40,1)	
		1400m 2:11.23 (36,5)		1400m 2:19.39 (39,8)	
		1800m 2:48.51 (37,3)		1800m 2:59.77 (40,4)	
		2200m 3:26.91 (38,4)		2200m 3:41.19 (41,4)	
		2600m 4:05.47 (38,5)		2600m 4:23.87 (42,7)	

3000m 4:44.05 (38,6) 3000m 5:06.72 (42,9)

		Naam	Cat	PR	Tijd Info
13	wt	33 <b>Sylke Hateboer</b>	DB1	4:59.54	<b>4:58.53</b> PR
	rd	85 <b>Isa Merkuur</b>	DB2	4:44.00	<b>4:50.54</b>
<b>Sylke Hateboer</b>			<b>Isa Merkuur</b>		
		200m 21.94 (21,9)		200m 22.20 (22,2)	
		600m 57.50 (35,6)		600m 57.92 (35,7)	
		1000m 1:35.21 (37,7)		1000m 1:35.77 (37,8)	
		1400m 2:14.81 (39,6)		1400m 2:14.40 (38,7)	
		1800m 2:54.88 (40,0)		1800m 2:53.11 (38,7)	
		2200m 3:35.82 (41,0)		2200m 3:32.42 (39,3)	
		2600m 4:17.46 (41,6)		2600m 4:11.97 (39,5)	
		3000m 4:58.53 (41,1)		3000m 4:50.54 (38,6)	

		Naam	Cat	PR	Tijd Info
14	gl	71 <b>Willemijn van der Vlugt</b>	DB2	4:51.31	<b>4:48.14</b> PR
	bl	34 <b>Merle Meije</b>	DB1	4:46.32	<b>4:46.22</b> PR
<b>Willemijn van der Vlugt</b>			<b>Merle Meije</b>		
		200m 21.86 (21,8)		200m 22.15 (22,1)	
		600m 57.28 (35,4)		600m 57.54 (35,4)	
		1000m 1:34.58 (37,3)		1000m 1:34.57 (37,0)	
		1400m 2:12.77 (38,2)		1400m 2:11.99 (37,4)	
		1800m 2:51.08 (38,3)		1800m 2:50.03 (38,1)	
		2200m 3:30.01 (39,0)		2200m 3:28.56 (38,5)	
		2600m 4:09.35 (39,3)		2600m 4:07.67 (39,1)	
		3000m 4:48.14 (38,8)		3000m 4:46.22 (38,6)	

		Naam	Cat	PR	Tijd Info
15	wt	26 <b>Marieke Mulder</b>	DB2	4:51.49	<b>4:59.10</b>
	rd	24 <b>Tessa Snoek</b>	DB2	4:42.55	<b>4:51.20</b>
<b>Marieke Mulder</b>			<b>Tessa Snoek</b>		
		200m 22.17 (22,1)		200m 21.78 (21,7)	
		600m 58.72 (36,6)		600m 57.60 (35,9)	
		1000m 1:36.83 (38,1)		1000m 1:34.53 (36,9)	
		1400m 2:16.01 (39,2)		1400m 2:12.93 (38,4)	
		1800m 2:55.64 (39,6)		1800m 2:52.10 (39,2)	
		2200m 3:36.25 (40,6)		2200m 3:31.58 (39,4)	
		2600m 4:17.71 (41,5)		2600m 4:11.59 (40,0)	
		3000m 4:59.10 (41,4)		3000m 4:51.20 (39,7)	

		Naam	Cat	PR	Tijd Info
16	gl	69 <b>Madelief de Jong</b>	DB2	4:35.27	<b>4:45.96</b>
	bl	72 <b>Marit van Beijnum</b>	DB1	4:47.71	<b>4:48.79</b>
<b>Madelief de Jong</b>			<b>Marit van Beijnum</b>		
		200m 21.05 (21,0)		200m 21.20 (21,2)	
		600m 55.68 (34,6)		600m 55.97 (34,7)	
		1000m 1:32.11 (36,5)		1000m 1:32.69 (36,7)	
		1400m 2:10.07 (37,9)		1400m 2:10.77 (38,1)	
		1800m 2:48.29 (38,2)		1800m 2:49.64 (38,9)	
		2200m 3:27.32 (39,1)		2200m 3:29.27 (39,6)	
		2600m 4:06.77 (39,4)		2600m 4:09.09 (39,8)	
		3000m 4:45.96 (39,2)		3000m 4:48.79 (39,7)	

		Naam	Cat	PR	Tijd Info
17	wt	4 <b>Janet Beers</b>	DB2	4:28.03	<b>4:39.89</b>
	rd	39 <b>Femke Booms</b>	DB1	4:37.20	<b>4:45.12</b>
		<b>Janet Beers</b>		<b>Femke Booms</b>	
		200m 21.59 (21,5)		200m 21.97 (21,9)	
		600m 56.33 (34,8)		600m 56.93 (35,0)	
		1000m 1:32.18 (35,8)		1000m 1:33.57 (36,6)	
		1400m 2:08.64 (36,5)		1400m 2:10.61 (37,1)	
		1800m 2:45.59 (36,9)		1800m 2:48.35 (37,7)	
		2200m 3:23.38 (37,8)		2200m 3:26.46 (38,1)	
		2600m 4:01.64 (38,3)		2600m 4:05.27 (38,8)	
		3000m 4:39.89 (38,2)		3000m 4:45.12 (39,9)	

		Naam	Cat	PR	Tijd Info
18	gl	23 <b>Paulien Verhaar</b>	DB2	4:37.88	<b>4:41.21</b>
	bl	51 <b>Lianne van Loon</b>	DB2	4:47.32	<b>5:00.70</b>
		<b>Paulien Verhaar</b>		<b>Lianne van Loon</b>	
		200m 20.90 (20,9)		200m 21.33 (21,3)	
		600m 55.73 (34,8)		600m 55.73 (34,4)	
		1000m 1:31.86 (36,1)		1000m 1:32.77 (37,0)	
		1400m 2:08.94 (37,1)		1400m 2:11.97 (39,2)	
		1800m 2:46.43 (37,5)		1800m 2:53.10 (41,2)	
		2200m 3:24.38 (37,9)		2200m 3:34.99 (41,8)	
		2600m 4:02.87 (38,5)		2600m 4:17.76 (42,8)	
		3000m 4:41.21 (38,4)		3000m 5:00.70 (43,0)	

		Naam	Cat	PR	Tijd Info
19	wt	27 <b>Emma Kant</b>	DB1	4:32.29	<b>4:38.35</b>
	rd	87 <b>Robin Groot</b>	DB1	4:42.17	<b>4:45.50</b>
		<b>Emma Kant</b>		<b>Robin Groot</b>	
		200m 20.91 (20,9)		200m 20.84 (20,8)	
		600m 54.43 (33,5)		600m 56.07 (35,2)	
		1000m 1:29.60 (35,2)		1000m 1:32.59 (36,5)	
		1400m 2:05.86 (36,2)		1400m 2:09.74 (37,2)	
		1800m 2:42.71 (36,9)		1800m 2:47.92 (38,2)	
		2200m 3:20.54 (37,8)		2200m 3:26.71 (38,8)	
		2600m 3:59.33 (38,8)		2600m 4:06.15 (39,4)	
		3000m 4:38.35 (39,0)		3000m 4:45.50 (39,4)	

		Naam	Cat	PR	Tijd Info
20	gl	13 <b>Anna van den Bos</b>	DB1	4:22.65	<b>4:39.07</b>
	bl	1 <b>Rachelle van de Griek</b>	DB2	4:33.21	<b>4:42.66</b>
		<b>Anna van den Bos</b>		<b>Rachelle van de Griek</b>	
		200m 20.73 (20,7)		200m 20.96 (20,9)	
		600m 54.61 (33,9)		600m 54.61 (33,7)	
		1000m 1:29.90 (35,3)		1000m 1:31.70 (37,1)	
		1400m 2:06.44 (36,5)		1400m 2:09.23 (37,5)	
		1800m 2:43.84 (37,4)		1800m 2:47.05 (37,8)	
		2200m 3:21.78 (37,9)		2200m 3:25.17 (38,1)	
		2600m 4:00.13 (38,4)		2600m 4:03.54 (38,4)	
		3000m 4:39.07 (38,9)		3000m 4:42.66 (39,1)	





**6. Uitslag Heren junioren B, 3.000 meter**

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	19 Jordy van Workum	HB1	35	O	4:06.02	
2	80 Yves Vergeer	HB1	36	I	4:06.10	
3	16 Wesley Hollenberg	HB2	22	O	4:11.41	
4	28 Raoul van Aken	HB1	37	O	4:13.24	
5	81 Daan Kool	HB1	38	I	4:15.27	
6	5 Thomas van der Hoorn	HB2	34	I	4:15.29	
7	14 Merijn Scheperkamp	HB2	37	I	4:15.44	
8	3 Janno Botman	HB2	21	I	4:15.51	
9	50 Tom den Heijer	HB2	33	I	4:16.32	
10	22 Wessel Ubink	HB2	36	O	4:16.63	
11	43 Thom de Vries	HB1	21	O	4:17.46	
12	12 Serge Yoro	HB2	34	O	4:17.70 PR	
13	73 Teun de Wit	HB2	38	O	4:18.06	
14	25 Ivar Immerzeel	HB1	29	I	4:19.99	
15	21 Jurgen van der Hoorn	HB1	32	O	4:21.25	
16	45 Bart Segers	HB1	24	O	4:21.67	
17	67 Max Douma	HB2	32	I	4:22.04	
18	46 Wieger Gobel	HB1	27	I	4:22.60	
19	35 Tijn Smit	HB1	33	O	4:23.22	
20	76 Cas Hoorneman	HB1	29	O	4:24.95	
	68 Jesper de Jong	HB1	30	O	4:24.95	
22	30 Stefan Ootes	HB2	27	O	4:25.13	
23	48 Stef Brandsen	HB2	35	I	4:25.29	
24	2 Siert Minkema	HB2	31	O	4:26.58	
25	84 Jelle van Rijn	HB2	26	O	4:26.80 PR	
26	10 Sven Kemp	HB1	30	I	4:28.65 PR	
27	7 Casper van der Woude	HB2	26	I	4:29.52	
28	52 Ruben van Os	HB2	28	I	4:29.70 PR	
29	58 Max de Graaf	HB1	31	I	4:29.90	
30	42 Stefan Schot	HB2	23	O	4:30.51	
31	8 Tom van Lint	HB1	28	O	4:31.12	
32	55 Bram Kras	HB1	25	I	4:33.00	
33	65 Max Wokke	HB1	25	O	4:33.21	
34	57 Asim Muhammad	HB2	24	I	4:35.87	
35	75 Wouter Floor	HB1	23	I	4:44.09	
	40 Mike van Dijk	HB1	22	I	DQ	

### 6. Rituitslag Heren junioren B, 3.000 meter

		Naam	Cat	PR	Tijd Info
21	wt	3 <b>Janno Botman</b>	HB2	4:07.29	<b>4:15.51</b>
	rd	43 <b>Thom de Vries</b>	HB1	4:12.82	<b>4:17.46</b>
		<u>Janno Botman</u>		<u>Thom de Vries</u>	
		200m 19.50 (19,5)		200m 20.01 (20,0)	
		600m 51.86 (32,3)		600m 52.44 (32,4)	
		1000m 1:24.36 (32,5)		1000m 1:25.31 (32,9)	
		1400m 1:57.61 (33,3)		1400m 1:59.10 (33,8)	
		1800m 2:31.38 (33,7)		1800m 2:33.31 (34,2)	
		2200m 3:05.66 (34,3)		2200m 3:07.78 (34,4)	
		2600m 3:40.65 (35,0)		2600m 3:42.50 (34,8)	
		3000m 4:15.51 (34,9)		3000m 4:17.46 (34,9)	

		Naam	Cat	PR	Tijd Info
22	gl	40 <b>Mike van Dijk</b>	HB1	4:33.43	<b>DQ</b>
	bl	16 <b>Wesley Hollenberg</b>	HB2	4:04.02	<b>4:11.41</b>
		<u>Mike van Dijk</u>		<u>Wesley Hollenberg</u>	
				200m 20.05 (20,0)	
				600m 52.27 (32,2)	
				1000m 1:24.76 (32,5)	
				1400m 1:57.25 (32,5)	
				1800m 2:30.06 (32,8)	
				2200m 3:03.49 (33,4)	
				2600m 3:37.33 (33,9)	
				3000m 4:11.41 (34,1)	

		Naam	Cat	PR	Tijd Info
23	wt	75 <b>Wouter Floor</b>	HB1	4:33.00	<b>4:44.09</b>
	rd	42 <b>Stefan Schot</b>	HB2	4:28.72	<b>4:30.51</b>
		<u>Wouter Floor</u>		<u>Stefan Schot</u>	
		200m 20.38 (20,3)		200m 21.05 (21,0)	
		600m 55.48 (35,1)		600m 55.24 (34,2)	
		1000m 1:31.41 (36,0)		1000m 1:30.60 (35,4)	
		1400m 2:08.06 (36,6)		1400m 2:06.41 (35,8)	
		1800m 2:46.32 (38,3)		1800m 2:42.36 (35,9)	
		2200m 3:25.36 (39,0)		2200m 3:18.28 (35,9)	
		2600m 4:04.90 (39,6)		2600m 3:54.35 (36,1)	
		3000m 4:44.09 (39,1)		3000m 4:30.51 (36,2)	

		Naam	Cat	PR	Tijd Info
24	gl	57 <b>Asim Muhammad</b>	HB2	4:23.63	<b>4:35.87</b>
	bl	45 <b>Bart Segers</b>	HB1	4:19.10	<b>4:21.67</b>
		<u>Asim Muhammad</u>		<u>Bart Segers</u>	
		200m 19.64 (19,6)		200m 21.46 (21,4)	
		600m 52.86 (33,2)		600m 54.37 (32,9)	
		1000m 1:27.93 (35,1)		1000m 1:28.77 (34,4)	
		1400m 2:03.83 (35,9)		1400m 2:02.91 (34,2)	
		1800m 2:40.42 (36,6)		1800m 2:37.22 (34,3)	

2200m	3:18.21	(37,8)	2200m	3:11.77	(34,5)
2600m	3:56.86	(38,6)	2600m	3:46.27	(34,5)
3000m	4:35.87	(39,0)	3000m	4:21.67	(35,4)

		Naam	Cat	PR	Tijd Info
25	wt	55 <b>Bram Kras</b>	HB1	4:24.24	<b>4:33.00</b>
	rd	65 <b>Max Wokke</b>	HB1	4:31.85	<b>4:33.21</b>
		<b>Bram Kras</b>		<b>Max Wokke</b>	
		200m 20.70 (20,7)		200m 20.77 (20,7)	
		600m 53.91 (33,2)		600m 54.20 (33,5)	
		1000m 1:28.54 (34,6)		1000m 1:29.37 (35,1)	
		1400m 2:04.15 (35,6)		1400m 2:05.50 (36,2)	
		1800m 2:39.57 (35,4)		1800m 2:41.84 (36,3)	
		2200m 3:17.01 (37,5)		2200m 3:19.09 (37,2)	
		2600m 3:54.94 (37,9)		2600m 3:56.62 (37,6)	
		3000m 4:33.00 (38,1)		3000m 4:33.21 (36,6)	

		Naam	Cat	PR	Tijd Info
26	gl	7 <b>Casper van der Woude</b>	HB2	4:28.59	<b>4:29.52</b>
	bl	84 <b>Jelle van Rijn</b>	HB2	4:31.52	<b>4:26.80</b> PR
		<b>Casper van der Woude</b>		<b>Jelle van Rijn</b>	
		200m 21.11 (21,1)		200m 20.79 (20,7)	
		600m 54.03 (32,9)		600m 54.06 (33,3)	
		1000m 1:27.71 (33,7)		1000m 1:27.98 (33,9)	
		1400m 2:02.84 (35,1)		1400m 2:02.76 (34,8)	
		1800m 2:38.83 (36,0)		1800m 2:38.17 (35,4)	
		2200m 3:15.39 (36,5)		2200m 3:14.04 (35,9)	
		2600m 3:52.65 (37,3)		2600m 3:50.36 (36,3)	
		3000m 4:29.52 (36,9)		3000m 4:26.80 (36,5)	

		Naam	Cat	PR	Tijd Info
27	wt	46 <b>Wieger Gobel</b>	HB1	4:13.25	<b>4:22.60</b>
	rd	30 <b>Stefan Ootes</b>	HB2	4:07.85	<b>4:25.13</b>
		<b>Wieger Gobel</b>		<b>Stefan Ootes</b>	
		200m 20.91 (20,9)		200m 20.96 (20,9)	
		600m 54.10 (33,2)		600m 54.07 (33,1)	
		1000m 1:28.26 (34,1)		1000m 1:28.60 (34,6)	
		1400m 2:03.12 (34,9)		1400m 2:03.78 (35,1)	
		1800m 2:37.53 (34,4)		1800m 2:38.70 (35,0)	
		2200m 3:12.23 (34,7)		2200m 3:13.86 (35,1)	
		2600m 3:47.49 (35,2)		2600m 3:49.78 (35,9)	
		3000m 4:22.60 (35,2)		3000m 4:25.13 (35,4)	

		Naam	Cat	PR	Tijd Info
28	gl	52 <b>Ruben van Os</b>	HB2	4:39.81	<b>4:29.70</b> PR
	bl	8 <b>Tom van Lint</b>	HB1	4:23.75	<b>4:31.12</b>
		<b>Ruben van Os</b>		<b>Tom van Lint</b>	
		200m 20.06 (20,0)		200m 20.78 (20,7)	
		600m 53.05 (33,0)		600m 52.95 (32,2)	
		1000m 1:26.45 (33,4)		1000m 1:26.53 (33,6)	
		1400m 2:01.82 (35,4)		1400m 2:01.41 (34,9)	
		1800m 2:38.10 (36,3)		1800m 2:37.84 (36,4)	
		2200m 3:15.34 (37,2)		2200m 3:14.71 (36,9)	

2600m	3:52.87	(37,5)	2600m	3:52.77	(38,0)
3000m	4:29.70	(36,9)	3000m	4:31.12	(38,4)

		Naam	Cat	PR	Tijd Info
29	wt	25 <b>Ivar Immerzeel</b>	HB1	4:10.77	<b>4:19.99</b>
	rd	76 <b>Cas Hoorneman</b>	HB1	4:20.88	<b>4:24.95</b>
		<b>Ivar Immerzeel</b>		<b>Cas Hoorneman</b>	
		200m	20.02 (20,0)	200m	20.77 (20,7)
		600m	52.48 (32,4)	600m	53.91 (33,2)
		1000m	1:26.40 (34,0)	1000m	1:28.14 (34,2)
		1400m	2:00.90 (34,5)	1400m	2:02.96 (34,8)
		1800m	2:35.32 (34,4)	1800m	2:37.96 (35,0)
		2200m	3:09.80 (34,5)	2200m	3:13.33 (35,4)
		2600m	3:44.56 (34,7)	2600m	3:49.24 (35,9)
		3000m	4:19.99 (35,4)	3000m	4:24.95 (35,7)

		Naam	Cat	PR	Tijd Info
30	gl	10 <b>Sven Kemp</b>	HB1	4:32.40	<b>4:28.65</b> PR
	bl	68 <b>Jesper de Jong</b>	HB1	4:16.40	<b>4:24.95</b>
		<b>Sven Kemp</b>		<b>Jesper de Jong</b>	
		200m	19.53 (19,5)	200m	20.32 (20,3)
		600m	52.17 (32,6)	600m	52.52 (32,2)
		1000m	1:26.41 (34,3)	1000m	1:26.21 (33,7)
		1400m	2:01.86 (35,4)	1400m	2:00.90 (34,7)
		1800m	2:37.94 (36,1)	1800m	2:36.47 (35,5)
		2200m	3:14.81 (36,9)	2200m	3:12.39 (35,9)
		2600m	3:52.05 (37,2)	2600m	3:48.30 (36,0)
		3000m	4:28.65 (36,6)	3000m	4:24.95 (36,6)

		Naam	Cat	PR	Tijd Info
31	wt	58 <b>Max de Graaf</b>	HB1	4:23.01	<b>4:29.90</b>
	rd	2 <b>Siert Minkema</b>	HB2	4:22.75	<b>4:26.58</b>
		<b>Max de Graaf</b>		<b>Siert Minkema</b>	
		200m	20.30 (20,3)	200m	20.49 (20,4)
		600m	53.13 (32,8)	600m	53.35 (32,9)
		1000m	1:27.96 (34,8)	1000m	1:27.90 (34,6)
		1400m	2:03.49 (35,5)	1400m	2:02.78 (34,8)
		1800m	2:39.34 (35,9)	1800m	2:37.77 (35,0)
		2200m	3:15.76 (36,4)	2200m	3:13.08 (35,3)
		2600m	3:52.72 (37,0)	2600m	3:49.68 (36,6)
		3000m	4:29.90 (37,2)	3000m	4:26.58 (36,9)

		Naam	Cat	PR	Tijd Info
32	gl	67 <b>Max Douma</b>	HB2	4:15.07	<b>4:22.04</b>
	bl	21 <b>Jurgen van der Hoorn</b>	HB1	4:13.40	<b>4:21.25</b>
		<b>Max Douma</b>		<b>Jurgen van der Hoorn</b>	
		200m	19.84 (19,8)	200m	19.87 (19,8)
		600m	51.78 (31,9)	600m	52.14 (32,3)
		1000m	1:25.52 (33,8)	1000m	1:25.91 (33,8)
		1400m	1:59.91 (34,4)	1400m	2:00.32 (34,4)
		1800m	2:34.29 (34,3)	1800m	2:35.12 (34,8)
		2200m	3:09.57 (35,3)	2200m	3:10.59 (35,4)
		2600m	3:45.44 (35,9)	2600m	3:45.98 (35,4)

3000m 4:22.04 (36,6) 3000m 4:21.25 (35,3)

		Naam	Cat	PR	Tijd Info
33	wt	50 <b>Tom den Heijer</b>	HB2	4:08.85	<b>4:16.32</b>
	rd	35 <b>Tijn Smit</b>	HB1	4:17.67	<b>4:23.22</b>
		<b>Tom den Heijer</b>		<b>Tijn Smit</b>	
		200m 20.22 (20,2)		200m 20.82 (20,8)	
		600m 52.52 (32,3)		600m 53.55 (32,7)	
		1000m 1:25.61 (33,1)		1000m 1:27.44 (33,9)	
		1400m 1:59.15 (33,5)		1400m 2:01.48 (34,0)	
		1800m 2:33.08 (33,9)		1800m 2:35.96 (34,5)	
		2200m 3:07.33 (34,3)		2200m 3:11.12 (35,2)	
		2600m 3:41.81 (34,5)		2600m 3:46.91 (35,8)	
		3000m 4:16.32 (34,5)		3000m 4:23.22 (36,3)	

		Naam	Cat	PR	Tijd Info
34	gl	5 <b>Thomas van der Hoorn</b>	HB2	4:06.09	<b>4:15.29</b>
	bl	12 <b>Serge Yoro</b>	HB2	4:25.18	<b>4:17.70 PR</b>
		<b>Thomas van der Hoorn</b>		<b>Serge Yoro</b>	
		200m 19.51 (19,5)		200m 20.03 (20,0)	
		600m 50.87 (31,3)		600m 51.23 (31,2)	
		1000m 1:23.99 (33,1)		1000m 1:24.74 (33,5)	
		1400m 1:57.68 (33,7)		1400m 1:59.26 (34,5)	
		1800m 2:31.60 (34,0)		1800m 2:33.47 (34,2)	
		2200m 3:05.85 (34,2)		2200m 3:07.86 (34,4)	
		2600m 3:40.49 (34,6)		2600m 3:42.48 (34,6)	
		3000m 4:15.29 (34,8)		3000m 4:17.70 (35,3)	

		Naam	Cat	PR	Tijd Info
35	wt	48 <b>Stef Brandsen</b>	HB2	4:16.45	<b>4:25.29</b>
	rd	19 <b>Jordy van Workum</b>	HB1	4:02.29	<b>4:06.02</b>
		<b>Stef Brandsen</b>		<b>Jordy van Workum</b>	
		200m 18.50 (18,5)		200m 19.80 (19,8)	
		600m 49.71 (31,2)		600m 50.81 (31,0)	
		1000m 1:22.77 (33,0)		1000m 1:22.83 (32,0)	
		1400m 1:57.41 (34,7)		1400m 1:54.53 (31,7)	
		1800m 2:32.78 (35,3)		1800m 2:26.79 (32,2)	
		2200m 3:09.93 (37,2)		2200m 2:59.15 (32,4)	
		2600m 3:48.15 (38,2)		2600m 3:32.28 (33,1)	
		3000m 4:25.29 (37,1)		3000m 4:06.02 (33,8)	

		Naam	Cat	PR	Tijd Info
36	gl	80 <b>Yves Vergeer</b>	HB1	4:02.25	<b>4:06.10</b>
	bl	22 <b>Wessel Ubink</b>	HB2	4:09.02	<b>4:16.63</b>
		<b>Yves Vergeer</b>		<b>Wessel Ubink</b>	
		200m 19.92 (19,9)		200m 19.53 (19,5)	
		600m 51.87 (31,9)		600m 51.27 (31,7)	
		1000m 1:24.12 (32,3)		1000m 1:24.93 (33,7)	
		1400m 1:56.44 (32,3)		1400m 1:58.65 (33,7)	
		1800m 2:28.41 (32,0)		1800m 2:32.45 (33,8)	
		2200m 3:00.65 (32,2)		2200m 3:06.59 (34,1)	
		2600m 3:33.04 (32,4)		2600m 3:41.38 (34,8)	
		3000m 4:06.10 (33,1)		3000m 4:16.63 (35,3)	

		Naam	Cat	PR	Tijd Info
37	wt	14 <b>Merijn Scheperkamp</b>	HB2	4:07.00	<b>4:15.44</b>
	rd	28 <b>Raoul van Aken</b>	HB1	4:08.90	<b>4:13.24</b>
		<b>Merijn Scheperkamp</b>		<b>Raoul van Aken</b>	
		200m 19.55 (19,5)		200m 20.31 (20,3)	
		600m 51.97 (32,4)		600m 52.30 (32,0)	
		1000m 1:24.71 (32,8)		1000m 1:24.92 (32,6)	
		1400m 1:57.62 (32,9)		1400m 1:57.98 (33,0)	
		1800m 2:31.44 (33,8)		1800m 2:31.77 (33,8)	
		2200m 3:05.68 (34,2)		2200m 3:05.28 (33,5)	
		2600m 3:40.45 (34,8)		2600m 3:39.47 (34,2)	
		3000m 4:15.44 (35,0)		3000m 4:13.24 (33,8)	

		Naam	Cat	PR	Tijd Info
38	gl	81 <b>Daan Kool</b>	HB1	4:09.95	<b>4:15.27</b>
	bl	73 <b>Teun de Wit</b>	HB2	4:03.91	<b>4:18.06</b>
		<b>Daan Kool</b>		<b>Teun de Wit</b>	
		200m 19.41 (19,4)		200m 19.45 (19,4)	
		600m 51.01 (31,6)		600m 50.53 (31,1)	
		1000m 1:23.45 (32,4)		1000m 1:23.01 (32,5)	
		1400m 1:56.93 (33,5)		1400m 1:56.62 (33,6)	
		1800m 2:30.47 (33,5)		1800m 2:31.29 (34,6)	
		2200m 3:04.39 (33,9)		2200m 3:06.24 (35,0)	
		2600m 3:38.88 (34,5)		2600m 3:41.76 (35,5)	
		3000m 4:15.27 (36,4)		3000m 4:18.06 (36,3)	