

## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen  
10 en 11 december 2022

### 1. Uitslag Vrouwen 500 meter

Pos		Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	47	Ju-Lin de Visser	DN3	12	O	<b>40.58</b>		
2	52	Melissa Wijfje	DSA	13	I	<b>40.72</b>		
3	44	Paulien Verhaar	DN4	14	O	<b>41.00</b>		
4	31	Amy van der Meer	DN2	12	I	<b>41.20</b>		
5	14	Jade Groenewoud	DA2	6	I	<b>41.27</b>		
6	24	Bente Kerkhoff	DN2	9	O	<b>41.28</b>		
7	18	Aveline Hijlkema	DSA	11	I	<b>41.31</b>		
8	51	Sanne Westra	DN1	9	I	<b>41.33</b>		
9	36	Yael Prenger	DN1	14	I	<b>41.46</b>		
10	41	Kim Talsma	DN3	10	I	<b>41.55</b>		
11	27	Patricia Koot	DA1	10	O	<b>41.65</b>		
12	50	Naomi van der Werf	DSA	11	O	<b>41.84</b>		
13	30	Lisan van der Linde	DN1	8	O	<b>41.86</b>	PR	
	35	Tess Postma	DA1	7	I	<b>41.86</b>		
15	10	Romée Ebbinge	DSA	13	O	<b>41.90</b>		
16	48	Eline van Voorden	DN3	8	I	<b>42.21</b>		
17	46	Evelien Vijn	DN1	3	I	<b>42.37</b>		
18	34	Sanne Oosterwijk	DA1	7	O	<b>42.47</b>		
19	8	Vera van Ditshuizen	DN1	6	O	<b>42.57</b>		
20	23	Sterre Jonkers	DSA	4	I	<b>42.59</b>		
21	29	Sophie Kraaijeveld	DA2	5	O	<b>43.11</b>		
22	42	Lidia Tempert	DN3	3	O	<b>43.19</b>		
23	33	Emma Noz	DA1	5	I	<b>43.21</b>		
24	28	Veerle van Koppen	DA2	4	O	<b>43.52</b>		
25	7	Nyncke Dijkstra	DN1	1	I	<b>43.75</b>		
26	40	Anna Marit Sybrandi	DA2	2	O	<b>43.96</b>		
27	5	Esmée Brommer	DA2	2	I	<b>43.97</b>		
28	39	Liotte Smits	DN3	1	O	<b>44.51</b>		

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### 1. Rituitslag Vrouwen 500 meter

		Naam		Cat		PR	Tijd Info
1	wt	7 <b>Nyncke Dijkstra</b>		DN1		42.97	<b>43.75</b>
	rd	39 <b>Liotte Smits</b>		DN3		42.17	<b>44.51</b>
		<u>Nyncke Dijkstra</u>		<u>Liotte Smits</u>			
		100m	12.10	(12,10)	100m	12.28	(12,28)
		500m	43.75	(31,65)	500m	44.51	(32,23)

		Naam		Cat		PR	Tijd Info
2	gl	5 <b>Esmée Brommer</b>		DA2		43.03	<b>43.97</b>
	bl	40 <b>Anna Marit Sybrandi</b>		DA2		43.24	<b>43.96</b>
		<u>Esmée Brommer</u>		<u>Anna Marit Sybrandi</u>			
		100m	12.09	(12,09)	100m	12.34	(12,34)
		500m	43.97	(31,88)	500m	43.96	(31,62)

		Naam		Cat		PR	Tijd Info
3	wt	46 <b>Evelien Vijn</b>		DN1		40.63	<b>42.37</b>
	rd	42 <b>Lidia Tempert</b>		DN3		42.13	<b>43.19</b>
		<u>Evelien Vijn</u>		<u>Lidia Tempert</u>			
		100m	11.76	(11,76)	100m	11.96	(11,96)
		500m	42.37	(30,61)	500m	43.19	(31,23)

		Naam		Cat		PR	Tijd Info
4	gl	23 <b>Sterre Jonkers</b>		DSA		41.95	<b>42.59</b>
	bl	28 <b>Veerle van Koppen</b>		DA2		42.65	<b>43.52</b>
		<u>Sterre Jonkers</u>		<u>Veerle van Koppen</u>			
		100m	12.01	(12,01)	100m	12.24	(12,24)
		500m	42.59	(30,58)	500m	43.52	(31,28)

		Naam		Cat		PR	Tijd	Info
5	wt	33 Emma Noz		DA1		42.25	<b>43.21</b>	
	rd	29 Sophie Kraaijeveld		DA2		42.02	<b>43.11</b>	
		<u>Emma Noz</u>			<u>Sophie Kraaijeveld</u>			
		100m	12.05	(12,05)	100m	12.10	(12,10)	
		500m	43.21	(31,16)	500m	43.11	(31,01)	

		Naam		Cat		PR	Tijd	Info
6	gl	14 Jade Groenewoud		DA2		40.18	<b>41.27</b>	
	bl	8 Vera van Ditshuizen		DN1		42.15	<b>42.57</b>	
		<u>Jade Groenewoud</u>			<u>Vera van Ditshuizen</u>			
		100m	11.65	(11,65)	100m	11.76	(11,76)	
		500m	41.27	(29,62)	500m	42.57	(30,81)	

		Naam		Cat		PR	Tijd	Info
7	wt	35 Tess Postma		DA1		41.50	<b>41.86</b>	
	rd	34 Sanne Oosterwijk		DA1		41.28	<b>42.47</b>	
		<u>Tess Postma</u>			<u>Sanne Oosterwijk</u>			
		100m	11.56	(11,56)	100m	11.83	(11,83)	
		500m	41.86	(30,30)	500m	42.47	(30,64)	

		Naam		Cat		PR	Tijd	Info
8	gl	48 Eline van Voorden		DN3		40.91	<b>42.21</b>	
	bl	30 Lisan van der Linde		DN1		41.91	<b>41.86</b>	PR
		<u>Eline van Voorden</u>			<u>Lisan van der Linde</u>			
		100m	11.63	(11,63)	100m	11.78	(11,78)	
		500m	42.21	(30,58)	500m	41.86	(30,08)	

		Naam		Cat		PR	Tijd	Info
9	wt	51 Sanne Westra		DN1		40.97	<b>41.33</b>	
	rd	24 Bente Kerkhoff		DN2		41.06	<b>41.28</b>	
		<u>Sanne Westra</u>			<u>Bente Kerkhoff</u>			
		100m	11.66	(11,66)	100m	11.64	(11,64)	
		500m	41.33	(29,67)	500m	41.28	(29,64)	

		Naam		Cat		PR	Tijd	Info
10	gl	41 <b>Kim Talsma</b>		DN3		40.35	<b>41.55</b>	
	bl	27 <b>Patricia Koot</b>		DA1		41.24	<b>41.65</b>	
		<u>Kim Talsma</u>		<u>Patricia Koot</u>				
		100m	11.54	(11,54)	100m	11.81	(11,81)	
		500m	41.55	(30,01)	500m	41.65	(29,84)	

		Naam		Cat		PR	Tijd	Info
11	wt	18 <b>Aveline Hijlkema</b>		DSA		39.78	<b>41.31</b>	
	rd	50 <b>Naomi van der Werf</b>		DSA		40.41	<b>41.84</b>	
		<u>Aveline Hijlkema</u>		<u>Naomi van der Werf</u>				
		100m	11.46	(11,46)	100m	11.56	(11,56)	
		500m	41.31	(29,85)	500m	41.84	(30,28)	

		Naam		Cat		PR	Tijd	Info
12	gl	31 <b>Amy van der Meer</b>		DN2		40.03	<b>41.20</b>	
	bl	47 <b>Ju-Lin de Visser</b>		DN3		40.15	<b>40.58</b>	
		<u>Amy van der Meer</u>		<u>Ju-Lin de Visser</u>				
		100m	11.32	(11,32)	100m	11.27	(11,27)	
		500m	41.20	(29,88)	500m	40.58	(29,31)	

		Naam		Cat		PR	Tijd	Info
13	wt	52 <b>Melissa Wijfje</b>		DSA		38.83	<b>40.72</b>	
	rd	10 <b>Roméé Ebbinge</b>		DSA		40.88	<b>41.90</b>	
		<u>Melissa Wijfje</u>		<u>Roméé Ebbinge</u>				
		100m	11.56	(11,56)	100m	11.88	(11,88)	
		500m	40.72	(29,16)	500m	41.90	(30,02)	

		Naam		Cat		PR	Tijd	Info
14	gl	36 <b>Yael Prenger</b>		DN1		40.46	<b>41.46</b>	
	bl	44 <b>Paulien Verhaar</b>		DN4		39.85	<b>41.00</b>	
		<u>Yael Prenger</u>		<u>Paulien Verhaar</u>				
		100m	11.54	(11,54)	100m	11.28	(11,28)	
		500m	41.46	(29,92)	500m	41.00	(29,72)	

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### 2. Uitslag Mannen 500 meter

Pos		Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	61	Tjerk de Boer	HSA	20	O	37.10		
2	51	Jur Veenje	HN3	19	I	37.61		
3	32	Thomas de Lange	HN1	18	O	37.63		
4	12	Bram van Essen	HN2	18	I	37.73		
5	52	Loek van Vilsteren	HA2	19	O	37.74		
6	18	Matthieu Hollaar	HN1	20	I	37.76		
7	55	Hidde Westra	HA2	16	I	37.90		
8	44	Jesse Speijers	HN2	16	O	37.92		
9	60	Yves Vergeer	HN3	17	I	38.34		
10	39	Victor Ramler	HSA	15	O	38.43		
11	9	Max Douma	HN4	15	I	38.45		
12	62	Chris Huizinga	HSA	1	I	38.50		
13	58	Mathijs van Zwieten	HN2	12	O	38.57		
14	3	Joël Bom	HA1	10	O	38.58	PR	
15	6	Jorian ten Cate	HN1	13	O	38.68		
	16	Luc Heine	HSA	14	O	38.68		
17	53	Stan van Vliet	HN1	17	O	38.74		
18	19	Wesley Hollenberg	HN4	7	O	38.75		
19	59	Zeno de Ponti	HN2	1	O	38.93		
20	27	Adriaan de Kluiver	HSA	10	I	38.96		
21	50	Bart Valentijn	HSA	14	I	39.00		
22	14	Homme Jan de Groot	HSA	5	I	39.01		
23	28	Jelle Koeleman	HA2	13	I	39.03		
24	30	Jasper Krommenhoek	HA2	8	O	39.07		
25	56	Gert Wierda	HN1	12	I	39.14		
26	47	Dyon Talsma	HN2	11	O	39.16		
	7	Nino van Dijk	HSA	6	O	39.16		
28	57	Lars Woelders	HN2	8	I	39.23		
29	31	Jesse de Lange	HN2	11	I	39.24		
30	45	Remco Stam	HA2	7	I	39.27	PR	
31	10	Colin James Duivenvoorden	HN1	3	I	39.52		
32	48	Marwin Talsma	HSA	6	I	39.66		
33	2	Hylke de Boer	HA2	9	I	39.99	RS	
34	23	Ole ten Hove	HN4	4	O	40.98		
35	22	Finn ten Hove	HSA	4	I	41.09		
36	35	Otto van de Pol	H40	3	O	41.41		
37	34	Mark Ooijevaar	HSB	5	O	43.27		



SPORTCENTRUM  
KARDINGE



GEWEST  
NOORD-HOLLAND  
UTRECHT

40 Colin Schrijver

HN3

9 0 DQ

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### 2. Rituitslag Mannen 500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	62 <b>Chris Huizinga</b>	HSA	37.05	<b>38.50</b>	
	rd	59 <b>Zeno de Ponti</b>	HN2	37.66	<b>38.93</b>	
		<u>Chris Huizinga</u>			<u>Zeno de Ponti</u>	
		100m 11.03 (11,03)		100m 11.03 (11,03)		
		500m 38.50 (27,47)		500m 38.93 (27,90)		

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					
		_____		_____		
		m		m		

		Naam	Cat	PR	Tijd	Info
3	wt	10 <b>Colin James Duivenvoorden</b>	HN1	38.15	<b>39.52</b>	
	rd	35 <b>Otto van de Pol</b>	H40	37.24	<b>41.41</b>	
		<u>Colin James Duivenvoorden</u>			<u>Otto van de Pol</u>	
		100m 11.16 (11,16)		100m 11.69 (11,69)		
		500m 39.52 (28,36)		500m 41.41 (29,72)		

		Naam	Cat	PR	Tijd	Info
4	gl	22 <b>Finn ten Hove</b>	HSA	40.32	<b>41.09</b>	
	bl	23 <b>Ole ten Hove</b>	HN4	39.94	<b>40.98</b>	
		<u>Finn ten Hove</u>			<u>Ole ten Hove</u>	
		100m 11.38 (11,38)		100m 11.36 (11,36)		
		500m 41.09 (29,71)		500m 40.98 (29,62)		

		Naam		Cat		PR	Tijd	Info
5	wt	14 <b>Homme Jan de Groot</b>		HSA		37.80	<b>39.01</b>	
	rd	34 <b>Mark Ooijevaar</b>		HSB		39.43	<b>43.27</b>	
		<u>Homme Jan de Groot</u>			<u>Mark Ooijevaar</u>			
		100m	10.90	(10,90)	100m	12.13	(12,13)	
		500m	39.01	(28,11)	500m	43.27	(31,14)	

		Naam		Cat		PR	Tijd	Info
6	gl	48 <b>Marwin Talsma</b>		HSA		37.96	<b>39.66</b>	
	bl	7 <b>Nino van Dijk</b>		HSA		38.43	<b>39.16</b>	
		<u>Marwin Talsma</u>			<u>Nino van Dijk</u>			
		100m	11.23	(11,23)	100m	10.99	(10,99)	
		500m	39.66	(28,43)	500m	39.16	(28,17)	

		Naam		Cat		PR	Tijd	Info
7	wt	45 <b>Remco Stam</b>		HA2		39.37	<b>39.27</b>	PR
	rd	19 <b>Wesley Hollenberg</b>		HN4		38.12	<b>38.75</b>	
		<u>Remco Stam</u>			<u>Wesley Hollenberg</u>			
		100m	11.09	(11,09)	100m	11.09	(11,09)	
		500m	39.27	(28,18)	500m	38.75	(27,66)	

		Naam		Cat		PR	Tijd	Info
8	gl	57 <b>Lars Woelders</b>		HN2		38.21	<b>39.23</b>	
	bl	30 <b>Jasper Krommenhoek</b>		HA2		38.79	<b>39.07</b>	
		<u>Lars Woelders</u>			<u>Jasper Krommenhoek</u>			
		100m	10.91	(10,91)	100m	11.16	(11,16)	
		500m	39.23	(28,32)	500m	39.07	(27,91)	

		Naam		Cat		PR	Tijd	Info
9	wt	2 <b>Hylke de Boer</b>		HA2		38.53	<b>39.99</b>	RS
	rd	40 <b>Colin Schrijver</b>		HN3		37.53	<b>DQ</b>	
		<u>Hylke de Boer</u>			<u>Colin Schrijver</u>			
		100m	11.15	(11,15)				
		500m	39.99	(28,84)				



		Naam		Cat		PR	Tijd	Info
10	gl	27 <b>Adriaan de Kluiver</b>		HSA		38.16	<b>38.96</b>	
	bl	3 <b>Joël Bom</b>		HA1		38.74	<b>38.58</b>	PR
		<u>Adriaan de Kluiver</u>		<u>Joël Bom</u>				
		100m	11.00	(11,00)	100m	10.83	(10,83)	
		500m	38.96	(27,96)	500m	38.58	(27,75)	

		Naam		Cat		PR	Tijd	Info
11	wt	31 <b>Jesse de Lange</b>		HN2		37.90	<b>39.24</b>	
	rd	47 <b>Dyon Talsma</b>		HN2		38.37	<b>39.16</b>	
		<u>Jesse de Lange</u>		<u>Dyon Talsma</u>				
		100m	10.83	(10,83)	100m	10.96	(10,96)	
		500m	39.24	(28,41)	500m	39.16	(28,20)	

		Naam		Cat		PR	Tijd	Info
12	gl	56 <b>Gert Wierda</b>		HN1		36.92	<b>39.14</b>	
	bl	58 <b>Mathijs van Zwieten</b>		HN2		37.90	<b>38.57</b>	
		<u>Gert Wierda</u>		<u>Mathijs van Zwieten</u>				
		100m	10.83	(10,83)	100m	11.00	(11,00)	
		500m	39.14	(28,31)	500m	38.57	(27,57)	

		Naam		Cat		PR	Tijd	Info
13	wt	28 <b>Jelle Koeleman</b>		HA2		37.90	<b>39.03</b>	
	rd	6 <b>Jorian ten Cate</b>		HN1		37.97	<b>38.68</b>	
		<u>Jelle Koeleman</u>		<u>Jorian ten Cate</u>				
		100m	10.58	(10,58)	100m	10.95	(10,95)	
		500m	39.03	(28,45)	500m	38.68	(27,73)	

		Naam		Cat		PR	Tijd	Info
14	gl	50 <b>Bart Valentijn</b>		HSA		37.84	<b>39.00</b>	
	bl	16 <b>Luc Heine</b>		HSA		37.86	<b>38.68</b>	
		<u>Bart Valentijn</u>		<u>Luc Heine</u>				
		100m	10.79	(10,79)	100m	10.82	(10,82)	
		500m	39.00	(28,21)	500m	38.68	(27,86)	

		Naam		Cat		PR	Tijd	Info
15	wt	9 <b>Max Douma</b>		HN4		37.34	<b>38.45</b>	
	rd	39 <b>Victor Ramler</b>		HSA		37.43	<b>38.43</b>	
		<b>Max Douma</b>		<b>Victor Ramler</b>				
		100m	10.93	(10,93)	100m	10.68	(10,68)	
		500m	38.45	(27,52)	500m	38.43	(27,75)	

		Naam		Cat		PR	Tijd	Info
16	gl	55 <b>Hidde Westra</b>		HA2		37.53	<b>37.90</b>	
	bl	44 <b>Jesse Speijers</b>		HN2		37.13	<b>37.92</b>	
		<b>Hidde Westra</b>		<b>Jesse Speijers</b>				
		100m	10.79	(10,79)	100m	10.76	(10,76)	
		500m	37.90	(27,11)	500m	37.92	(27,16)	

		Naam		Cat		PR	Tijd	Info
17	wt	60 <b>Yves Vergeer</b>		HN3		37.03	<b>38.34</b>	
	rd	53 <b>Stan van Vliet</b>		HN1		37.48	<b>38.74</b>	
		<b>Yves Vergeer</b>		<b>Stan van Vliet</b>				
		100m	10.92	(10,92)	100m	10.75	(10,75)	
		500m	38.34	(27,42)	500m	38.74	(27,99)	

		Naam		Cat		PR	Tijd	Info
18	gl	12 <b>Bram van Essen</b>		HN2		36.99	<b>37.73</b>	
	bl	32 <b>Thomas de Lange</b>		HN1		36.63	<b>37.63</b>	
		<b>Bram van Essen</b>		<b>Thomas de Lange</b>				
		100m	10.51	(10,51)	100m	10.60	(10,60)	
		500m	37.73	(27,22)	500m	37.63	(27,03)	

		Naam		Cat		PR	Tijd	Info
19	wt	51 <b>Jur Veenje</b>		HN3		36.73	<b>37.61</b>	
	rd	52 <b>Loek van Vilsteren</b>		HA2		37.39	<b>37.74</b>	
		<b>Jur Veenje</b>		<b>Loek van Vilsteren</b>				
		100m	10.61	(10,61)	100m	10.56	(10,56)	
		500m	37.61	(27,00)	500m	37.74	(27,18)	

		Naam		Cat		PR	Tijd	Info
20	gl	18 <b>Matthieu Hollaar</b>		HN1		36.75	<b>37.76</b>	
	bl	61 <b>Tjerk de Boer</b>		HSA		36.17	<b>37.10</b>	
		<b>Matthieu Hollaar</b>		<b>Tjerk de Boer</b>				
		100m	10.63	(10,63)	100m	10.40	(10,40)	
		500m	37.76	(27,13)	500m	37.10	(26,70)	

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### 3. Uitslag Vrouwen 3000 meter

Pos		Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52	Melissa Wijffe	DSA	12	I	4:17.65		
2	14	Jade Groenewoud	DA2	13	I	4:17.67		
3	18	Aveline Hijlkema	DSA	14	I	4:18.73		
4	46	Evelien Vijn	DN1	13	O	4:21.70		
5	44	Paulien Verhaar	DN4	12	O	4:21.73		
6	29	Sophie Kraaijeveld	DA2	9	O	4:24.24		
7	24	Bente Kerkhoff	DN2	11	I	4:25.50		
8	48	Eline van Voorden	DN3	10	O	4:26.48		
9	50	Naomi van der Werf	DSA	14	O	4:27.11		
10	23	Sterre Jonkers	DSA	10	I	4:28.98		
11	30	Lisan van der Linde	DN1	1	I	4:30.55	PR	
12	41	Kim Talsma	DN3	8	O	4:32.15		
13	5	Esmée Brommer	DA2	4	I	4:34.74		
14	27	Patricia Koot	DA1	6	O	4:34.80		
15	28	Veerle van Koppen	DA2	7	O	4:34.89		
16	36	Yael Prenger	DN1	11	O	4:35.66		
17	39	Liotte Smits	DN3	6	I	4:36.29		
18	42	Lidia Tempert	DN3	8	I	4:36.50		
19	34	Sanne Oosterwijk	DA1	9	I	4:36.57		
20	40	Anna Marit Sybrandi	DA2	5	I	4:36.98		
21	51	Sanne Westra	DN1	7	I	4:37.11		
	33	Emma Noz	DA1	3	I	4:37.11		
23	47	Ju-Lin de Visser	DN3	2	O	4:37.17	PR	
24	10	Romée Ebbinge	DSA	3	O	4:38.87		
25	7	Nyncke Dijkstra	DN1	5	O	4:39.38		
26	35	Tess Postma	DA1	1	O	4:40.87		
27	31	Amy van der Meer	DN2	2	I	4:43.77		
28	8	Vera van Ditshuizen	DN1	4	O	4:47.73		

## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen  
10 en 11 december 2022

### 3. Rituitslag Vrouwen 3000 meter

		Naam	Cat	PR	Tijd Info
1	wt	30 <b>Lisan van der Linde</b>	DN1	4:33.69	<b>4:30.55</b> PR
	rd	35 <b>Tess Postma</b>	DA1	4:37.67	<b>4:40.87</b>
		<b>Lisan van der Linde</b>		<b>Tess Postma</b>	
		200m 21.47 (21,47)		200m 21.19 (21,19)	
		600m 55.02 (33,55)		600m 54.97 (33,78)	
		1000m 1:29.66 (34,64)		1000m 1:30.24 (35,27)	
		1400m 2:04.39 (34,73)		1400m 2:06.03 (35,79)	
		1800m 2:39.04 (34,65)		1800m 2:42.66 (36,63)	
		2200m 3:14.70 (35,66)		2200m 3:20.19 (37,53)	
		2600m 3:52.06 (37,36)		2600m 3:59.44 (39,25)	
		3000m 4:30.55 (38,49)		3000m 4:40.87 (41,43)	

		Naam	Cat	PR	Tijd Info
2	gl	31 <b>Amy van der Meer</b>	DN2	4:31.77	<b>4:43.77</b>
	bl	47 <b>Ju-Lin de Visser</b>	DN3	4:39.28	<b>4:37.17</b> PR
		<b>Amy van der Meer</b>		<b>Ju-Lin de Visser</b>	
		200m 21.00 (21,00)		200m 21.11 (21,11)	
		600m 55.17 (34,17)		600m 54.83 (33,72)	
		1000m 1:29.84 (34,67)		1000m 1:30.60 (35,77)	
		1400m 2:05.82 (35,98)		1400m 2:07.55 (36,95)	
		1800m 2:43.28 (37,46)		1800m 2:44.66 (37,11)	
		2200m 3:22.14 (38,86)		2200m 3:22.37 (37,71)	
		2600m 4:02.38 (40,24)		2600m 3:59.92 (37,55)	
		3000m 4:43.77 (41,39)		3000m 4:37.17 (37,25)	

		Naam		Cat		PR	Tijd	Info
3	wt	33 Emma Noz		DA1		4:33.33	<b>4:37.11</b>	
	rd	10 Romée Ebbinge		DSA		4:28.50	<b>4:38.87</b>	
		<u>Emma Noz</u>				<u>Romée Ebbinge</u>		
		200m	21.47	(21,47)		200m	21.89	(21,89)
		600m	55.08	(33,61)		600m	56.55	(34,66)
		1000m	1:29.18	(34,10)		1000m	1:32.53	(35,98)
		1400m	2:04.47	(35,29)		1400m	2:08.90	(36,37)
		1800m	2:40.98	(36,51)		1800m	2:45.94	(37,04)
		2200m	3:19.05	(38,07)		2200m	3:23.48	(37,54)
		2600m	3:58.09	(39,04)		2600m	4:01.37	(37,89)
		3000m	4:37.11	(39,02)		3000m	4:38.87	(37,50)

		Naam		Cat		PR	Tijd	Info
4	gl	5 Esmée Brommer		DA2		4:31.93	<b>4:34.74</b>	
	bl	8 Vera van Ditshuizen		DN1		4:23.56	<b>4:47.73</b>	
		<u>Esmée Brommer</u>				<u>Vera van Ditshuizen</u>		
		200m	21.52	(21,52)		200m	21.59	(21,59)
		600m	55.85	(34,33)		600m	55.89	(34,30)
		1000m	1:31.67	(35,82)		1000m	1:31.59	(35,70)
		1400m	2:08.35	(36,68)		1400m	2:07.65	(36,06)
		1800m	2:44.56	(36,21)		1800m	2:45.07	(37,42)
		2200m	3:21.08	(36,52)		2200m	3:24.46	(39,39)
		2600m	3:57.73	(36,65)		2600m	4:05.51	(41,05)
		3000m	4:34.74	(37,01)		3000m	4:47.73	(42,22)

		Naam		Cat		PR	Tijd	Info
5	wt	40 Anna Marit Sybrandi		DA2		4:30.85	<b>4:36.98</b>	
	rd	7 Nyncke Dijkstra		DN1		4:28.59	<b>4:39.38</b>	
		<u>Anna Marit Sybrandi</u>				<u>Nyncke Dijkstra</u>		
		200m	21.81	(21,81)		200m	22.07	(22,07)
		600m	56.94	(35,13)		600m	57.08	(35,01)
		1000m	1:31.49	(34,55)		1000m	1:32.81	(35,73)
		1400m	2:07.30	(35,81)		1400m	2:09.20	(36,39)
		1800m	2:43.77	(36,47)		1800m	2:45.85	(36,65)
		2200m	3:20.74	(36,97)		2200m	3:22.98	(37,13)
		2600m	3:58.66	(37,92)		2600m	4:00.78	(37,80)
		3000m	4:36.98	(38,32)		3000m	4:39.38	(38,60)

		Naam			Cat			PR	Tijd Info
6	gl	39 <b>Liotte Smits</b>			DN3			4:24.14	<b>4:36.29</b>
	bl	27 <b>Patricia Koot</b>			DA1			4:23.37	<b>4:34.80</b>
		<b>Liotte Smits</b>			<b>Patricia Koot</b>				
		200m	22.02	(22,02)	200m	20.93	(20,93)		
		600m	56.89	(34,87)	600m	54.77	(33,84)		
		1000m	1:32.66	(35,77)	1000m	1:29.53	(34,76)		
		1400m	2:08.44	(35,78)	1400m	2:05.41	(35,88)		
		1800m	2:44.68	(36,24)	1800m	2:42.04	(36,63)		
		2200m	3:21.21	(36,53)	2200m	3:18.95	(36,91)		
		2600m	3:58.81	(37,60)	2600m	3:56.57	(37,62)		
		3000m	4:36.29	(37,48)	3000m	4:34.80	(38,23)		

		Naam			Cat			PR	Tijd Info
7	wt	51 <b>Sanne Westra</b>			DN1			4:27.29	<b>4:37.11</b>
	rd	28 <b>Veerle van Koppen</b>			DA2			4:22.87	<b>4:34.89</b>
		<b>Sanne Westra</b>			<b>Veerle van Koppen</b>				
		200m	21.23	(21,23)	200m	21.25	(21,25)		
		600m	54.67	(33,44)	600m	55.32	(34,07)		
		1000m	1:28.66	(33,99)	1000m	1:30.03	(34,71)		
		1400m	2:04.11	(35,45)	1400m	2:05.38	(35,35)		
		1800m	2:40.88	(36,77)	1800m	2:41.81	(36,43)		
		2200m	3:18.88	(38,00)	2200m	3:18.36	(36,55)		
		2600m	3:57.79	(38,91)	2600m	3:56.15	(37,79)		
		3000m	4:37.11	(39,32)	3000m	4:34.89	(38,74)		

		Naam			Cat			PR	Tijd Info
8	gl	42 <b>Lidia Tempert</b>			DN3			4:23.86	<b>4:36.50</b>
	bl	41 <b>Kim Talsma</b>			DN3			4:13.49	<b>4:32.15</b>
		<b>Lidia Tempert</b>			<b>Kim Talsma</b>				
		200m	21.52	(21,52)	200m	21.31	(21,31)		
		600m	56.08	(34,56)	600m	55.20	(33,89)		
		1000m	1:31.07	(34,99)	1000m	1:29.89	(34,69)		
		1400m	2:06.65	(35,58)	1400m	2:05.23	(35,34)		
		1800m	2:42.79	(36,14)	1800m	2:40.81	(35,58)		
		2200m	3:19.58	(36,79)	2200m	3:16.98	(36,17)		
		2600m	3:57.50	(37,92)	2600m	3:54.47	(37,49)		
		3000m	4:36.50	(39,00)	3000m	4:32.15	(37,68)		

		Naam	Cat	PR	Tijd	Info
9	wt	34 <b>Sanne Oosterwijk</b>	DA1	4:22.86	<b>4:36.57</b>	
	rd	29 <b>Sophie Kraaijeveld</b>	DA2	4:10.39	<b>4:24.24</b>	
		<b>Sanne Oosterwijk</b>				<b>Sophie Kraaijeveld</b>
		200m	20.88 (20,88)	200m	21.81 (21,81)	
		600m	55.08 (34,20)	600m	54.93 (33,12)	
		1000m	1:29.40 (34,32)	1000m	1:28.26 (33,33)	
		1400m	2:04.82 (35,42)	1400m	2:02.59 (34,33)	
		1800m	2:41.05 (36,23)	1800m	2:37.49 (34,90)	
		2200m	3:18.63 (37,58)	2200m	3:12.86 (35,37)	
		2600m	3:57.26 (38,63)	2600m	3:48.21 (35,35)	
		3000m	4:36.57 (39,31)	3000m	4:24.24 (36,03)	

		Naam	Cat	PR	Tijd	Info
10	gl	23 <b>Sterre Jonkers</b>	DSA	4:07.69	<b>4:28.98</b>	
	bl	48 <b>Eline van Voorden</b>	DN3	4:18.55	<b>4:26.48</b>	
		<b>Sterre Jonkers</b>				<b>Eline van Voorden</b>
		200m	21.51 (21,51)	200m	21.75 (21,75)	
		600m	55.16 (33,65)	600m	54.93 (33,18)	
		1000m	1:29.03 (33,87)	1000m	1:29.05 (34,12)	
		1400m	2:03.60 (34,57)	1400m	2:03.58 (34,53)	
		1800m	2:38.65 (35,05)	1800m	2:38.57 (34,99)	
		2200m	3:14.82 (36,17)	2200m	3:14.03 (35,46)	
		2600m	3:51.70 (36,88)	2600m	3:50.03 (36,00)	
		3000m	4:28.98 (37,28)	3000m	4:26.48 (36,45)	

		Naam	Cat	PR	Tijd	Info
11	wt	24 <b>Bente Kerkhoff</b>	DN2	4:14.61	<b>4:25.50</b>	
	rd	36 <b>Yael Prenger</b>	DN1	4:20.59	<b>4:35.66</b>	
		<b>Bente Kerkhoff</b>				<b>Yael Prenger</b>
		200m	20.73 (20,73)	200m	20.99 (20,99)	
		600m	53.73 (33,00)	600m	53.92 (32,93)	
		1000m	1:27.34 (33,61)	1000m	1:27.89 (33,97)	
		1400m	2:01.93 (34,59)	1400m	2:02.29 (34,40)	
		1800m	2:36.55 (34,62)	1800m	2:37.79 (35,50)	
		2200m	3:12.07 (35,52)	2200m	3:15.27 (37,48)	
		2600m	3:48.11 (36,04)	2600m	3:54.79 (39,52)	
		3000m	4:25.50 (37,39)	3000m	4:35.66 (40,87)	



		Naam			Cat	PR	Tijd	Info
12	gl	52 <b>Melissa Wijfje</b>			DSA	4:01.07	<b>4:17.65</b>	
	bl	44 <b>Paulien Verhaar</b>			DN4	4:12.07	<b>4:21.73</b>	
		<b>Melissa Wijfje</b>			<b>Paulien Verhaar</b>			
		200m	20.52	(20,52)	200m	20.44	(20,44)	
		600m	52.52	(32,00)	600m	52.84	(32,40)	
		1000m	1:24.90	(32,38)	1000m	1:26.59	(33,75)	
		1400m	1:58.10	(33,20)	1400m	2:00.86	(34,27)	
		1800m	2:31.64	(33,54)	1800m	2:35.46	(34,60)	
		2200m	3:05.78	(34,14)	2200m	3:10.40	(34,94)	
		2600m	3:40.91	(35,13)	2600m	3:45.87	(35,47)	
		3000m	4:17.65	(36,74)	3000m	4:21.73	(35,86)	

		Naam			Cat	PR	Tijd	Info
13	wt	14 <b>Jade Groenewoud</b>			DA2	4:07.07	<b>4:17.67</b>	
	rd	46 <b>Evelien Vijn</b>			DN1	4:03.76	<b>4:21.70</b>	
		<b>Jade Groenewoud</b>			<b>Evelien Vijn</b>			
		200m	20.47	(20,47)	200m	20.69	(20,69)	
		600m	52.69	(32,22)	600m	53.20	(32,51)	
		1000m	1:25.14	(32,45)	1000m	1:26.53	(33,33)	
		1400m	1:58.23	(33,09)	1400m	2:00.53	(34,00)	
		1800m	2:32.13	(33,90)	1800m	2:35.27	(34,74)	
		2200m	3:06.84	(34,71)	2200m	3:10.56	(35,29)	
		2600m	3:42.06	(35,22)	2600m	3:45.89	(35,33)	
		3000m	4:17.67	(35,61)	3000m	4:21.70	(35,81)	

		Naam		Cat		PR	Tijd	Info
14	gl	18 Aveline Hijlkema		DSA		4:06.70	<b>4:18.73</b>	
	bl	50 Naomi van der Werf		DSA		4:12.59	<b>4:27.11</b>	
				<b>Aveline Hijlkema</b>				
		200m	20.65	(20,65)				
		600m	53.39	(32,74)				
		1000m	1:27.31	(33,92)				
		1400m	2:01.34	(34,03)				
		1800m	2:35.23	(33,89)				
		2200m	3:09.22	(33,99)				
		2600m	3:43.50	(34,28)				
		3000m	4:18.73	(35,23)				
				<b>Naomi van der Werf</b>				
		200m	21.58	(21,58)				
		600m	55.10	(33,52)				
		1000m	1:28.89	(33,79)				
		1400m	2:03.29	(34,40)				
		1800m	2:38.32	(35,03)				
		2200m	3:13.71	(35,39)				
		2600m	3:49.97	(36,26)				
		3000m	4:27.11	(37,14)				

## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen

10 en 11 december 2022

### 4. Uitslag Mannen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	44	Jesse Speijers	HN2	19	O	6:34.11	
2	48	Marwin Talsma	HSA	18	I	6:35.14	
3	8	Lex Dijkstra	HSA	16	O	6:36.78	
4	56	Gert Wierda	HN1	19	I	6:36.95	
5	39	Victor Ramler	HSA	16	I	6:39.64	
6	30	Jasper Krommenhoek	HA2	14	O	6:40.26	PR
7	61	Tjerk de Boer	HSA	1	I	6:42.59	
8	14	Homme Jan de Groot	HSA	17	O	6:45.06	
9	43	Remo Slotegraaf	HN2	18	O	6:45.49	
10	62	Chris Huizinga	HSA	20	O	6:49.32	
11	60	Yves Vergeer	HN3	20	I	6:49.81	
12	58	Mathijs van Zwieten	HN2	15	I	6:50.29	
13	57	Lars Woelders	HN2	15	O	6:51.11	
14	10	Colin James Duivenvoorden	HN1	12	O	6:52.66	
15	55	Hidde Westra	HA2	9	O	6:52.85	
16	28	Jelle Koeleman	HA2	17	I	6:52.91	
17	2	Hylke de Boer	HA2	9	I	6:53.64	
18	51	Jur Veenje	HN3	6	O	6:54.17	
19	45	Remco Stam	HA2	13	I	6:54.24	
20	50	Bart Valentijn	HSA	7	I	6:54.49	
21	7	Nino van Dijk	HSA	6	I	6:57.38	
22	31	Jesse de Lange	HN2	13	O	7:02.41	
23	32	Thomas de Lange	HN1	10	O	7:02.63	
24	59	Zeno de Ponti	HN2	14	I	7:03.09	
25	3	Joël Bom	HA1	12	I	7:05.63	
26	18	Matthieu Hollaar	HN1	11	O	7:05.75	
27	27	Adriaan de Kluiver	HSA	3	O	7:06.77	
28	53	Stan van Vliet	HN1	3	I	7:06.81	
29	35	Otto van de Pol	H40	2	O	7:06.99	TRC
30	6	Jorian ten Cate	HN1	11	I	7:08.79	
31	16	Luc Heine	HSA	4	O	7:09.80	
32	52	Loek van Vilsteren	HA2	8	I	7:10.01	
33	34	Mark Ooijevaar	HSB	4	I	7:15.13	
34	9	Max Douma	HN4	5	O	7:15.65	
35	12	Bram van Essen	HN2	7	O	7:15.68	
36	22	Finn ten Hove	HSA	5	I	7:16.64	
37	23	Ole ten Hove	HN4	1	O	7:19.75	

Scheidsrechters:

Ingrid Heijnsbroek (D)

Wycher Bos (H)

Suzan van den Belt (D) ; Patrick den Elsen (H) (Ass.)

Starters:

Michel Boelsma (D)

Jans Rosing (H)



SPORTCENTRUM  
KARDINGE



GEWEST  
NOORD-HOLLAND  
UTRECHT

38	40	<b>Colin Schrijver</b>	HN3	2	I	<b>7:37.24</b>
	19	<b>Wesley Hollenberg</b>	HN4	8	O	<b>DQ</b>
	47	<b>Dyon Talsma</b>	HN2	10	I	<b>DQ</b>

## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen  
10 en 11 december 2022

### 4. Rituitslag Mannen 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	61 Tjerk de Boer		HSA		6:28.42	<b>6:42.59</b>	
	rd	23 Ole ten Hove		HN4		7:13.36	<b>7:19.75</b>	
		<b>Tjerk de Boer</b>						
		200m	19.16	(19,16)				
		600m	50.86	(31,70)				
		1000m	1:22.84	(31,98)				
		1400m	1:55.18	(32,34)				
		1800m	2:27.25	(32,07)				
		2200m	2:59.27	(32,02)				
		2600m	3:31.17	(31,90)				
		3000m	4:03.09	(31,92)				
		3400m	4:35.12	(32,03)				
		3800m	5:06.64	(31,52)				
		4200m	5:38.55	(31,91)				
		4600m	6:10.82	(32,27)				
		5000m	6:42.59	(31,77)				
		<b>Ole ten Hove</b>						
		200m	20.08	(20,08)				
		600m	52.91	(32,83)				
		1000m	1:26.71	(33,80)				
		1400m	2:01.26	(34,55)				
		1800m	2:36.01	(34,75)				
		2200m	3:10.64	(34,63)				
		2600m	3:45.90	(35,26)				
		3000m	4:21.37	(35,47)				
		3400m	4:57.34	(35,97)				
		3800m	5:32.91	(35,57)				
		4200m	6:08.68	(35,77)				
		4600m	6:44.37	(35,69)				
		5000m	7:19.75	(35,38)				

		Naam		Cat		PR	Tijd Info	
2	gl	40 <b>Colin Schrijver</b>		HN3		7:14.24	<b>7:37.24</b>	
	bl	35 <b>Otto van de Pol</b>		H40		6:40.78	<b>7:06.99</b> TRC	
				<b>Colin Schrijver</b>	<b>Otto van de Pol</b>			
		200m	20.19	(20,19)		200m	20.71 (20,71)	
		600m	54.03	(33,84)		600m	52.85 (32,14)	
		1000m	1:28.50	(34,47)		1000m	1:25.87 (33,02)	
		1400m	2:03.96	(35,46)		1400m	1:59.27 (33,40)	
		1800m	2:39.07	(35,11)		1800m	2:32.66 (33,39)	
		2200m	3:14.15	(35,08)		2200m	3:06.09 (33,43)	
		2600m	3:49.78	(35,63)		2600m	3:39.84 (33,75)	
		3000m	4:25.57	(35,79)		3000m	4:13.72 (33,88)	
		3400m	5:02.13	(36,56)		3400m	4:48.19 (34,47)	
		3800m	5:39.74	(37,61)		3800m	5:22.77 (34,58)	
		4200m	6:18.40	(38,66)		4200m	5:57.77 (35,00)	
		4600m	6:57.95	(39,55)		4600m	6:32.53 (34,76)	
		5000m	7:37.24	(39,29)		5000m	7:06.99 (34,46)	

		Naam		Cat		PR	Tijd Info	
3	wt	53 <b>Stan van Vliet</b>		HN1		6:57.03	<b>7:06.81</b>	
	rd	27 <b>Adriaan de Kluiver</b>		HSA		6:53.74	<b>7:06.77</b>	
				<b>Stan van Vliet</b>	<b>Adriaan de Kluiver</b>			
		200m	20.13	(20,13)		200m	20.46 (20,46)	
		600m	54.25	(34,12)		600m	53.84 (33,38)	
		1000m	1:28.09	(33,84)		1000m	1:27.92 (34,08)	
		1400m	2:01.87	(33,78)		1400m	2:01.47 (33,55)	
		1800m	2:35.15	(33,28)		1800m	2:34.83 (33,36)	
		2200m	3:08.63	(33,48)		2200m	3:07.92 (33,09)	
		2600m	3:42.24	(33,61)		2600m	3:41.60 (33,68)	
		3000m	4:16.68	(34,44)		3000m	4:15.42 (33,82)	
		3400m	4:50.97	(34,29)		3400m	4:49.48 (34,06)	
		3800m	5:25.40	(34,43)		3800m	5:23.31 (33,83)	
		4200m	5:59.41	(34,01)		4200m	5:57.65 (34,34)	
		4600m	6:33.34	(33,93)		4600m	6:32.20 (34,55)	
		5000m	7:06.81	(33,47)		5000m	7:06.77 (34,57)	

		Naam			Cat			PR	Tijd Info
4	gl	34 <b>Mark Ooijevaar</b>			HSB			6:24.56	<b>7:15.13</b>
	bl	16 <b>Luc Heine</b>			HSA			6:54.75	<b>7:09.80</b>
		<b>Mark Ooijevaar</b>			<b>Luc Heine</b>				
		200m	20.90	(20,90)	200m	19.50	(19,50)		
		600m	53.59	(32,69)	600m	51.69	(32,19)		
		1000m	1:27.16	(33,57)	1000m	1:24.49	(32,80)		
		1400m	2:01.06	(33,90)	1400m	1:57.88	(33,39)		
		1800m	2:35.12	(34,06)	1800m	2:31.02	(33,14)		
		2200m	3:09.47	(34,35)	2200m	3:04.38	(33,36)		
		2600m	3:43.98	(34,51)	2600m	3:38.22	(33,84)		
		3000m	4:18.78	(34,80)	3000m	4:11.79	(33,57)		
		3400m	4:54.01	(35,23)	3400m	4:45.84	(34,05)		
		3800m	5:29.45	(35,44)	3800m	5:20.25	(34,41)		
		4200m	6:05.13	(35,68)	4200m	5:55.80	(35,55)		
		4600m	6:40.22	(35,09)	4600m	6:32.20	(36,40)		
		5000m	7:15.13	(34,91)	5000m	7:09.80	(37,60)		

		Naam			Cat			PR	Tijd Info
5	wt	22 <b>Finn ten Hove</b>			HSA			7:02.02	<b>7:16.64</b>
	rd	9 <b>Max Douma</b>			HN4			7:00.53	<b>7:15.65</b>
		<b>Finn ten Hove</b>			<b>Max Douma</b>				
		200m	20.72	(20,72)	200m	19.87	(19,87)		
		600m	53.18	(32,46)	600m	52.21	(32,34)		
		1000m	1:26.21	(33,03)	1000m	1:25.48	(33,27)		
		1400m	1:59.81	(33,60)	1400m	1:58.62	(33,14)		
		1800m	2:33.78	(33,97)	1800m	2:32.25	(33,63)		
		2200m	3:08.27	(34,49)	2200m	3:06.16	(33,91)		
		2600m	3:42.84	(34,57)	2600m	3:40.63	(34,47)		
		3000m	4:18.08	(35,24)	3000m	4:15.51	(34,88)		
		3400m	4:53.47	(35,39)	3400m	4:50.91	(35,40)		
		3800m	5:29.48	(36,01)	3800m	5:27.07	(36,16)		
		4200m	6:05.52	(36,04)	4200m	6:03.43	(36,36)		
		4600m	6:41.32	(35,80)	4600m	6:39.31	(35,88)		
		5000m	7:16.64	(35,32)	5000m	7:15.65	(36,34)		

		Naam		Cat		PR	Tijd Info
6	gl	7 Nino van Dijk		HSA		6:42.12	<b>6:57.38</b>
	bl	51 Jur Veenje		HN3		6:45.21	<b>6:54.17</b>
		<b>Nino van Dijk</b>			<b>Jur Veenje</b>		
		200m	19.88	(19,88)	200m	19.24	(19,24)
		600m	52.07	(32,19)	600m	50.34	(31,10)
		1000m	1:24.74	(32,67)	1000m	1:22.35	(32,01)
		1400m	1:57.40	(32,66)	1400m	1:54.25	(31,90)
		1800m	2:30.30	(32,90)	1800m	2:26.43	(32,18)
		2200m	3:03.35	(33,05)	2200m	2:58.93	(32,50)
		2600m	3:36.34	(32,99)	2600m	3:31.80	(32,87)
		3000m	4:09.34	(33,00)	3000m	4:04.84	(33,04)
		3400m	4:42.43	(33,09)	3400m	4:37.97	(33,13)
		3800m	5:15.96	(33,53)	3800m	5:11.40	(33,43)
		4200m	5:49.37	(33,41)	4200m	5:45.03	(33,63)
		4600m	6:22.87	(33,50)	4600m	6:19.40	(34,37)
		5000m	6:57.38	(34,51)	5000m	6:54.17	(34,77)

		Naam		Cat		PR	Tijd Info
7	wt	50 Bart Valentijn		HSA		6:46.03	<b>6:54.49</b>
	rd	12 Bram van Essen		HN2		6:57.83	<b>7:15.68</b>
		<b>Bart Valentijn</b>			<b>Bram van Essen</b>		
		200m	19.31	(19,31)	200m	19.36	(19,36)
		600m	50.31	(31,00)	600m	50.59	(31,23)
		1000m	1:21.58	(31,27)	1000m	1:23.51	(32,92)
		1400m	1:53.30	(31,72)	1400m	1:56.77	(33,26)
		1800m	2:25.11	(31,81)	1800m	2:30.44	(33,67)
		2200m	2:57.17	(32,06)	2200m	3:04.56	(34,12)
		2600m	3:29.77	(32,60)	2600m	3:38.89	(34,33)
		3000m	4:02.49	(32,72)	3000m	4:13.47	(34,58)
		3400m	4:35.40	(32,91)	3400m	4:48.51	(35,04)
		3800m	5:09.40	(34,00)	3800m	5:24.24	(35,73)
		4200m	5:44.08	(34,68)	4200m	6:01.02	(36,78)
		4600m	6:19.11	(35,03)	4600m	6:38.07	(37,05)
		5000m	6:54.49	(35,38)	5000m	7:15.68	(37,61)



		Naam		Cat		PR	Tijd Info
8	gl	52 <b>Loek van Vilsteren</b>		HA2		6:58.04	<b>7:10.01</b>
	bl	19 <b>Wesley Hollenberg</b>		HN4		6:52.74	<b>DQ</b>
		<b>Loek van Vilsteren</b>			<b>Wesley Hollenberg</b>		
		200m	19.63	(19,63)			
		600m	52.92	(33,29)			
		1000m	1:27.01	(34,09)			
		1400m	2:00.48	(33,47)			
		1800m	2:34.22	(33,74)			
		2200m	3:07.84	(33,62)			
		2600m	3:41.50	(33,66)			
		3000m	4:15.04	(33,54)			
		3400m	4:48.90	(33,86)			
		3800m	5:23.56	(34,66)			
		4200m	5:59.14	(35,58)			
		4600m	6:35.16	(36,02)			
		5000m	7:10.01	(34,85)			

		Naam		Cat		PR	Tijd Info
9	wt	2 <b>Hylke de Boer</b>		HA2		6:51.93	<b>6:53.64</b>
	rd	55 <b>Hidde Westra</b>		HA2		6:48.93	<b>6:52.85</b>
		<b>Hylke de Boer</b>			<b>Hidde Westra</b>		
		200m	20.10	(20,10)	200m	20.27	(20,27)
		600m	52.27	(32,17)	600m	52.24	(31,97)
		1000m	1:24.26	(31,99)	1000m	1:25.10	(32,86)
		1400m	1:57.00	(32,74)	1400m	1:57.66	(32,56)
		1800m	2:29.44	(32,44)	1800m	2:30.21	(32,55)
		2200m	3:02.13	(32,69)	2200m	3:02.68	(32,47)
		2600m	3:34.72	(32,59)	2600m	3:35.68	(33,00)
		3000m	4:07.58	(32,86)	3000m	4:08.81	(33,13)
		3400m	4:40.41	(32,83)	3400m	4:41.63	(32,82)
		3800m	5:13.49	(33,08)	3800m	5:14.14	(32,51)
		4200m	5:46.52	(33,03)	4200m	5:47.09	(32,95)
		4600m	6:19.86	(33,34)	4600m	6:20.01	(32,92)
		5000m	6:53.64	(33,78)	5000m	6:52.85	(32,84)

		Naam	Cat	PR	Tijd Info
10	gl	47 <b>Dyon Talsma</b>	HN2	6:54.03	<b>DQ</b>
	bl	32 <b>Thomas de Lange</b>	HN1	6:50.31	<b>7:02.63</b>
		<u>Dyon Talsma</u>			
			<u>Thomas de Lange</u>		
			200m	19.97 (19,97)	
			600m	52.36 (32,39)	
			1000m	1:25.47 (33,11)	
			1400m	1:58.49 (33,02)	
			1800m	2:31.27 (32,78)	
			2200m	3:04.45 (33,18)	
			2600m	3:37.79 (33,34)	
			3000m	4:10.74 (32,95)	
			3400m	4:44.12 (33,38)	
			3800m	5:17.73 (33,61)	
			4200m	5:51.99 (34,26)	
			4600m	6:26.83 (34,84)	
			5000m	7:02.63 (35,80)	

		Naam	Cat	PR	Tijd Info
11	wt	6 <b>Jorian ten Cate</b>	HN1	6:48.99	<b>7:08.79</b>
	rd	18 <b>Matthieu Hollaar</b>	HN1	6:52.41	<b>7:05.75</b>
		<u>Jorian ten Cate</u>			
			<u>Matthieu Hollaar</u>		
		200m	19.75 (19,75)	200m	19.98 (19,98)
		600m	53.19 (33,44)	600m	53.02 (33,04)
		1000m	1:25.73 (32,54)	1000m	1:26.33 (33,31)
		1400m	1:59.16 (33,43)	1400m	1:59.47 (33,14)
		1800m	2:31.79 (32,63)	1800m	2:32.61 (33,14)
		2200m	3:05.43 (33,64)	2200m	3:05.83 (33,22)
		2600m	3:38.36 (32,93)	2600m	3:39.16 (33,33)
		3000m	4:11.92 (33,56)	3000m	4:12.58 (33,42)
		3400m	4:46.03 (34,11)	3400m	4:46.15 (33,57)
		3800m	5:21.00 (34,97)	3800m	5:19.83 (33,68)
		4200m	5:57.13 (36,13)	4200m	5:54.74 (34,91)
		4600m	6:32.95 (35,82)	4600m	6:29.95 (35,21)
		5000m	7:08.79 (35,84)	5000m	7:05.75 (35,80)

		Naam	Cat	PR	Tijd Info
12	gl	3 <b>Joël Bom</b>	HA1	6:47.05	<b>7:05.63</b>
	bl	10 <b>Colin James Duivenvoorden</b>	HN1	6:33.99	<b>6:52.66</b>

**Joël Bom**

200m	19.54	(19,54)
600m	51.84	(32,30)
1000m	1:24.08	(32,24)
1400m	1:56.38	(32,30)
1800m	2:29.33	(32,95)
2200m	3:02.70	(33,37)
2600m	3:36.20	(33,50)
3000m	4:10.28	(34,08)
3400m	4:44.70	(34,42)
3800m	5:19.68	(34,98)
4200m	5:54.77	(35,09)
4600m	6:30.24	(35,47)
5000m	7:05.63	(35,39)

**Colin James Duivenvoorden**

200m	19.57	(19,57)
600m	50.55	(30,98)
1000m	1:22.16	(31,61)
1400m	1:54.28	(32,12)
1800m	2:26.47	(32,19)
2200m	2:58.99	(32,52)
2600m	3:32.15	(33,16)
3000m	4:05.62	(33,47)
3400m	4:38.98	(33,36)
3800m	5:12.31	(33,33)
4200m	5:46.23	(33,92)
4600m	6:19.59	(33,36)
5000m	6:52.66	(33,07)

		Naam	Cat	PR	Tijd Info
13	wt	45 <b>Remco Stam</b>	HA2	6:43.40	<b>6:54.24</b>
	rd	31 <b>Jesse de Lange</b>	HN2	6:48.35	<b>7:02.41</b>

**Remco Stam**

200m	19.70	(19,70)
600m	51.76	(32,06)
1000m	1:24.09	(32,33)
1400m	1:56.49	(32,40)
1800m	2:28.84	(32,35)
2200m	3:01.36	(32,52)
2600m	3:34.16	(32,80)
3000m	4:07.14	(32,98)
3400m	4:40.07	(32,93)
3800m	5:13.11	(33,04)
4200m	5:46.51	(33,40)
4600m	6:20.14	(33,63)
5000m	6:54.24	(34,10)

**Jesse de Lange**

200m	19.90	(19,90)
600m	52.61	(32,71)
1000m	1:25.56	(32,95)
1400m	1:58.51	(32,95)
1800m	2:31.52	(33,01)
2200m	3:04.78	(33,26)
2600m	3:37.94	(33,16)
3000m	4:11.23	(33,29)
3400m	4:44.76	(33,53)
3800m	5:18.63	(33,87)
4200m	5:52.98	(34,35)
4600m	6:27.63	(34,65)
5000m	7:02.41	(34,78)

		Naam		Cat		PR	Tijd Info
14	gl	59 Zeno de Ponti		HN2		6:35.87	<b>7:03.09</b>
	bl	30 Jasper Krommenhoek		HA2		6:41.49	<b>6:40.26</b> PR
		<b>Zeno de Ponti</b>			<b>Jasper Krommenhoek</b>		
		200m	19.73	(19,73)	200m	19.76	(19,76)
		600m	50.43	(30,70)	600m	50.17	(30,41)
		1000m	1:22.49	(32,06)	1000m	1:21.64	(31,47)
		1400m	1:55.36	(32,87)	1400m	1:52.98	(31,34)
		1800m	2:28.29	(32,93)	1800m	2:24.66	(31,68)
		2200m	3:01.49	(33,20)	2200m	2:55.98	(31,32)
		2600m	3:35.00	(33,51)	2600m	3:27.39	(31,41)
		3000m	4:08.75	(33,75)	3000m	3:58.70	(31,31)
		3400m	4:42.74	(33,99)	3400m	4:30.42	(31,72)
		3800m	5:17.15	(34,41)	3800m	5:02.29	(31,87)
		4200m	5:52.06	(34,91)	4200m	5:34.65	(32,36)
		4600m	6:27.48	(35,42)	4600m	6:07.49	(32,84)
		5000m	7:03.09	(35,61)	5000m	6:40.26	(32,77)

		Naam		Cat		PR	Tijd Info
15	wt	58 Mathijs van Zwieten		HN2		6:40.49	<b>6:50.29</b>
	rd	57 Lars Woelders		HN2		6:37.70	<b>6:51.11</b>
		<b>Mathijs van Zwieten</b>			<b>Lars Woelders</b>		
		200m	19.42	(19,42)	200m	20.45	(20,45)
		600m	50.60	(31,18)	600m	52.33	(31,88)
		1000m	1:22.78	(32,18)	1000m	1:24.55	(32,22)
		1400m	1:54.66	(31,88)	1400m	1:56.59	(32,04)
		1800m	2:26.59	(31,93)	1800m	2:28.87	(32,28)
		2200m	2:58.91	(32,32)	2200m	3:01.11	(32,24)
		2600m	3:30.96	(32,05)	2600m	3:33.37	(32,26)
		3000m	4:03.29	(32,33)	3000m	4:05.73	(32,36)
		3400m	4:35.94	(32,65)	3400m	4:37.84	(32,11)
		3800m	5:09.15	(33,21)	3800m	5:10.35	(32,51)
		4200m	5:42.56	(33,41)	4200m	5:43.98	(33,63)
		4600m	6:16.54	(33,98)	4600m	6:17.69	(33,71)
		5000m	6:50.29	(33,75)	5000m	6:51.11	(33,42)

		Naam			Cat			PR	Tijd Info
16	gl	39 Victor Ramler			HSA			6:18.30	<b>6:39.64</b>
	bl	8 Lex Dijkstra			HSA			6:19.79	<b>6:36.78</b>
		<u>Victor Ramler</u>			<u>Lex Dijkstra</u>				
		200m	19.55	(19,55)	200m	19.54	(19,54)		
		600m	50.40	(30,85)	600m	50.13	(30,59)		
		1000m	1:21.38	(30,98)	1000m	1:20.60	(30,47)		
		1400m	1:52.34	(30,96)	1400m	1:51.02	(30,42)		
		1800m	2:23.63	(31,29)	1800m	2:21.73	(30,71)		
		2200m	2:55.10	(31,47)	2200m	2:52.58	(30,85)		
		2600m	3:26.77	(31,67)	2600m	3:23.61	(31,03)		
		3000m	3:58.47	(31,70)	3000m	3:55.03	(31,42)		
		3400m	4:30.30	(31,83)	3400m	4:26.71	(31,68)		
		3800m	5:02.50	(32,20)	3800m	4:58.76	(32,05)		
		4200m	5:34.74	(32,24)	4200m	5:31.16	(32,40)		
		4600m	6:07.12	(32,38)	4600m	6:03.87	(32,71)		
		5000m	6:39.64	(32,52)	5000m	6:36.78	(32,91)		

		Naam			Cat			PR	Tijd Info
17	wt	28 Jelle Koeleman			HA2			6:41.91	<b>6:52.91</b>
	rd	14 Homme Jan de Groot			HSA			6:43.16	<b>6:45.06</b>
		<u>Jelle Koeleman</u>			<u>Homme Jan de Groot</u>				
		200m	19.81	(19,81)	200m	20.10	(20,10)		
		600m	50.87	(31,06)	600m	50.81	(30,71)		
		1000m	1:21.86	(30,99)	1000m	1:22.04	(31,23)		
		1400m	1:53.68	(31,82)	1400m	1:53.63	(31,59)		
		1800m	2:25.46	(31,78)	1800m	2:25.54	(31,91)		
		2200m	2:57.81	(32,35)	2200m	2:57.50	(31,96)		
		2600m	3:30.17	(32,36)	2600m	3:29.70	(32,20)		
		3000m	4:02.86	(32,69)	3000m	4:02.01	(32,31)		
		3400m	4:35.92	(33,06)	3400m	4:34.41	(32,40)		
		3800m	5:09.49	(33,57)	3800m	5:07.36	(32,95)		
		4200m	5:43.69	(34,20)	4200m	5:40.40	(33,04)		
		4600m	6:18.09	(34,40)	4600m	6:12.86	(32,46)		
		5000m	6:52.91	(34,82)	5000m	6:45.06	(32,20)		

		Naam			Cat			PR	Tijd Info
18	gl	48 <b>Marwin Talsma</b>			HSA			6:13.18	<b>6:35.14</b>
	bl	43 <b>Remo Slotegraaf</b>			HN2			6:23.11	<b>6:45.49</b>
		<b>Marwin Talsma</b>			<b>Remo Slotegraaf</b>				
		200m	20.22	(20,22)	200m	19.93	(19,93)		
		600m	51.42	(31,20)	600m	50.52	(30,59)		
		1000m	1:22.29	(30,87)	1000m	1:21.28	(30,76)		
		1400m	1:53.46	(31,17)	1400m	1:52.12	(30,84)		
		1800m	2:24.71	(31,25)	1800m	2:23.12	(31,00)		
		2200m	2:55.89	(31,18)	2200m	2:54.35	(31,23)		
		2600m	3:27.09	(31,20)	2600m	3:26.01	(31,66)		
		3000m	3:58.39	(31,30)	3000m	3:58.16	(32,15)		
		3400m	4:29.77	(31,38)	3400m	4:31.42	(33,26)		
		3800m	5:01.13	(31,36)	3800m	5:04.82	(33,40)		
		4200m	5:32.31	(31,18)	4200m	5:38.26	(33,44)		
		4600m	6:03.55	(31,24)	4600m	6:11.89	(33,63)		
		5000m	6:35.14	(31,59)	5000m	6:45.49	(33,60)		

		Naam			Cat			PR	Tijd Info
19	wt	56 <b>Gert Wierda</b>			HN1			6:21.14	<b>6:36.95</b>
	rd	44 <b>Jesse Speijers</b>			HN2			6:25.47	<b>6:34.11</b>
		<b>Gert Wierda</b>			<b>Jesse Speijers</b>				
		200m	19.45	(19,45)	200m	19.13	(19,13)		
		600m	50.61	(31,16)	600m	49.52	(30,39)		
		1000m	1:22.26	(31,65)	1000m	1:20.48	(30,96)		
		1400m	1:53.77	(31,51)	1400m	1:51.60	(31,12)		
		1800m	2:25.37	(31,60)	1800m	2:22.71	(31,11)		
		2200m	2:56.73	(31,36)	2200m	2:53.89	(31,18)		
		2600m	3:27.91	(31,18)	2600m	3:24.98	(31,09)		
		3000m	3:59.11	(31,20)	3000m	3:56.11	(31,13)		
		3400m	4:30.66	(31,55)	3400m	4:27.30	(31,19)		
		3800m	5:02.40	(31,74)	3800m	4:58.53	(31,23)		
		4200m	5:34.24	(31,84)	4200m	5:30.09	(31,56)		
		4600m	6:05.66	(31,42)	4600m	6:01.88	(31,79)		
		5000m	6:36.95	(31,29)	5000m	6:34.11	(32,23)		

		Naam		Cat		PR	Tijd	Info
20	gl	60 Yves Vergeer		HN3		6:27.92	<b>6:49.81</b>	
	bl	62 Chris Huizinga		HSA		6:21.45	<b>6:49.32</b>	
		<u>Yves Vergeer</u>				<u>Chris Huizinga</u>		
		200m	19.56	(19,56)		200m	19.07	(19,07)
		600m	50.54	(30,98)		600m	49.24	(30,17)
		1000m	1:22.93	(32,39)		1000m	1:20.39	(31,15)
		1400m	1:55.41	(32,48)		1400m	1:52.16	(31,77)
		1800m	2:27.67	(32,26)		1800m	2:24.23	(32,07)
		2200m	3:00.00	(32,33)		2200m	2:56.64	(32,41)
		2600m	3:32.50	(32,50)		2600m	3:29.36	(32,72)
		3000m	4:05.24	(32,74)		3000m	4:02.36	(33,00)
		3400m	4:38.10	(32,86)		3400m	4:35.88	(33,52)
		3800m	5:11.11	(33,01)		3800m	5:09.81	(33,93)
		4200m	5:43.72	(32,61)		4200m	5:43.91	(34,10)
		4600m	6:16.60	(32,88)		4600m	6:16.55	(32,64)
		5000m	6:49.81	(33,21)		5000m	6:49.32	(32,77)

## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen  
10 en 11 december 2022

### 5. Uitslag Vrouwen 1500 meter

Pos		Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52	<b>Melissa Wijfje</b>	DSA	14	I	<b>2:02.27</b>		
2	18	<b>Aveline Hijlkema</b>	DSA	13	I	<b>2:03.54</b>		
3	14	<b>Jade Groenewoud</b>	DA2	14	O	<b>2:03.81</b>		
4	44	<b>Paulien Verhaar</b>	DN4	13	O	<b>2:04.12</b>		
5	24	<b>Bente Kerkhoff</b>	DN2	12	I	<b>2:05.91</b>		
6	29	<b>Sophie Kraaijeveld</b>	DA2	9	O	<b>2:06.15</b>		
7	47	<b>Ju-Lin de Visser</b>	DN3	10	I	<b>2:06.19</b>		
8	48	<b>Eline van Voorden</b>	DN3	11	O	<b>2:06.44</b>		
9	30	<b>Lisan van der Linde</b>	DN1	9	I	<b>2:06.47</b>		
10	50	<b>Naomi van der Werf</b>	DSA	11	I	<b>2:06.50</b>		
11	51	<b>Sanne Westra</b>	DN1	7	O	<b>2:06.83</b>		
12	41	<b>Kim Talsma</b>	DN3	10	O	<b>2:06.87</b>		
13	46	<b>Evelien Vijn</b>	DN1	12	O	<b>2:07.04</b>		
14	10	<b>Romée Ebbinge</b>	DSA	6	I	<b>2:07.33</b>		
15	23	<b>Sterre Jonkers</b>	DSA	8	O	<b>2:07.42</b>		
16	36	<b>Yael Prenger</b>	DN1	8	I	<b>2:07.94</b>		
17	27	<b>Patricia Koot</b>	DA1	7	I	<b>2:09.45</b>		
18	35	<b>Tess Postma</b>	DA1	5	O	<b>2:09.46</b>		
19	40	<b>Anna Marit Sybrandi</b>	DA2	3	I	<b>2:10.86</b>		
20	42	<b>Lidia Tempert</b>	DN3	5	I	<b>2:10.92</b>		
21	33	<b>Emma Noz</b>	DA1	4	I	<b>2:11.02</b>		
22	31	<b>Amy van der Meer</b>	DN2	6	O	<b>2:11.12</b>		
23	5	<b>Esmée Brommer</b>	DA2	4	O	<b>2:12.37</b>		
24	7	<b>Nyncke Dijkstra</b>	DN1	3	O	<b>2:14.44</b>		
	39	<b>Liotte Smits</b>	DN3	1	O	<b>DQ</b>		
	8	<b>Vera van Ditshuizen</b>	DN1			<b>WDR</b>		
	28	<b>Veerle van Koppen</b>	DA2			<b>WDR</b>		
	34	<b>Sanne Oosterwijk</b>	DA1			<b>WDR</b>		



## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen  
10 en 11 december 2022

### 5. Rituitslag Vrouwen 1500 meter

		Naam	Cat	PR	Tijd Info
1	wt	8 Vera van Ditshuizen	DN1	2:06.68	<b>WDR</b>
	rd	39 Liotte Smits	DN3	2:07.04	<b>DQ</b>
		<u>Vera van Ditshuizen</u>		<u>Liotte Smits</u>	

		Naam	Cat	PR	Tijd Info
2	gl	28 Veerle van Koppen	DA2	2:05.87	<b>WDR</b>
	bl	34 Sanne Oosterwijk	DA1	2:05.30	<b>WDR</b>
		<u>Veerle van Koppen</u>		<u>Sanne Oosterwijk</u>	

		Naam	Cat	PR	Tijd Info
3	wt	40 Anna Marit Sybrandi	DA2	2:07.81	<b>2:10.86</b>
	rd	7 Nyncke Dijkstra	DN1	2:09.47	<b>2:14.44</b>
		<u>Anna Marit Sybrandi</u>		<u>Nyncke Dijkstra</u>	
		300m 28.60 (28,60)		300m 28.67 (28,67)	
		700m 1:00.55 (31,95)		700m 1:01.08 (32,41)	
		1100m 1:34.44 (33,89)		1100m 1:36.48 (35,40)	
		1500m 2:10.86 (36,42)		1500m 2:14.44 (37,96)	

		Naam	Cat	PR	Tijd Info
4	gl	33 Emma Noz	DA1	2:06.88	<b>2:11.02</b>
	bl	5 Esmée Brommer	DA2	2:11.80	<b>2:12.37</b>
		<u>Emma Noz</u>		<u>Esmée Brommer</u>	
		300m 28.28 (28,28)		300m 28.51 (28,51)	
		700m 59.88 (31,60)		700m 1:01.46 (32,95)	
		1100m 1:34.10 (34,22)		1100m 1:36.49 (35,03)	
		1500m 2:11.02 (36,92)		1500m 2:12.37 (35,88)	

		Naam		Cat		PR	Tijd Info
5	wt	42 Lidia Tempert		DN3		2:05.05	<b>2:10.92</b>
	rd	35 Tess Postma		DA1		2:07.57	<b>2:09.46</b>
		<u>Lidia Tempert</u>				<u>Tess Postma</u>	
		300m	28.31	(28,31)		300m	28.36 (28,36)
		700m	1:00.81	(32,50)		700m	1:00.83 (32,47)
		1100m	1:34.73	(33,92)		1100m	1:33.83 (33,00)
		1500m	2:10.92	(36,19)		1500m	2:09.46 (35,63)

		Naam		Cat		PR	Tijd Info
6	gl	10 Romée Ebbinge		DSA		2:02.07	<b>2:07.33</b>
	bl	31 Amy van der Meer		DN2		2:05.91	<b>2:11.12</b>
		<u>Romée Ebbinge</u>				<u>Amy van der Meer</u>	
		300m	27.33	(27,33)		300m	26.89 (26,89)
		700m	57.85	(30,52)		700m	58.15 (31,26)
		1100m	1:31.31	(33,46)		1100m	1:33.00 (34,85)
		1500m	2:07.33	(36,02)		1500m	2:11.12 (38,12)

		Naam		Cat		PR	Tijd Info
7	wt	27 Patricia Koot		DA1		2:03.26	<b>2:09.45</b>
	rd	51 Sanne Westra		DN1		2:01.40	<b>2:06.83</b>
		<u>Patricia Koot</u>				<u>Sanne Westra</u>	
		300m	27.90	(27,90)		300m	27.78 (27,78)
		700m	59.44	(31,54)		700m	58.67 (30,89)
		1100m	1:32.97	(33,53)		1100m	1:31.49 (32,82)
		1500m	2:09.45	(36,48)		1500m	2:06.83 (35,34)

		Naam		Cat		PR	Tijd Info
8	gl	36 Yael Prenger		DN1		2:03.50	<b>2:07.94</b>
	bl	23 Sterre Jonkers		DSA		2:00.85	<b>2:07.42</b>
		<u>Yael Prenger</u>				<u>Sterre Jonkers</u>	
		300m	27.12	(27,12)		300m	28.18 (28,18)
		700m	58.64	(31,52)		700m	59.74 (31,56)
		1100m	1:31.90	(33,26)		1100m	1:32.96 (33,22)
		1500m	2:07.94	(36,04)		1500m	2:07.42 (34,46)

		Naam		Cat		PR	Tijd Info
9	wt	30 <b>Lisan van der Linde</b>		DN1		2:04.76	<b>2:06.47</b>
	rd	29 <b>Sophie Kraaijeveld</b>		DA2		2:03.46	<b>2:06.15</b>

**Lisan van der Linde**

300m	27.96	(27,96)
700m	59.13	(31,17)
1100m	1:31.97	(32,84)
1500m	2:06.47	(34,50)

**Sophie Kraaijeveld**

300m	28.25	(28,25)
700m	59.39	(31,14)
1100m	1:32.18	(32,79)
1500m	2:06.15	(33,97)

		Naam		Cat		PR	Tijd Info
10	gl	47 <b>Ju-Lin de Visser</b>		DN3		2:03.94	<b>2:06.19</b>
	bl	41 <b>Kim Talsma</b>		DN3		1:57.33	<b>2:06.87</b>

**Ju-Lin de Visser**

300m	26.63	(26,63)
700m	57.30	(30,67)
1100m	1:30.63	(33,33)
1500m	2:06.19	(35,56)

**Kim Talsma**

300m	27.71	(27,71)
700m	59.37	(31,66)
1100m	1:32.63	(33,26)
1500m	2:06.87	(34,24)

		Naam		Cat		PR	Tijd Info
11	wt	50 <b>Naomi van der Werf</b>		DSA		2:01.20	<b>2:06.50</b>
	rd	48 <b>Eline van Voorden</b>		DN3		2:02.92	<b>2:06.44</b>

**Naomi van der Werf**

300m	27.38	(27,38)
700m	58.74	(31,36)
1100m	1:31.57	(32,83)
1500m	2:06.50	(34,93)

**Eline van Voorden**

300m	27.60	(27,60)
700m	58.80	(31,20)
1100m	1:31.83	(33,03)
1500m	2:06.44	(34,61)

		Naam		Cat		PR	Tijd Info
12	gl	24 <b>Bente Kerkhoff</b>		DN2		2:02.08	<b>2:05.91</b>
	bl	46 <b>Evelien Vijn</b>		DN1		1:57.52	<b>2:07.04</b>

**Bente Kerkhoff**

300m	27.22	(27,22)
700m	57.79	(30,57)
1100m	1:30.74	(32,95)
1500m	2:05.91	(35,17)

**Evelien Vijn**

300m	27.71	(27,71)
700m	58.75	(31,04)
1100m	1:31.98	(33,23)
1500m	2:07.04	(35,06)

		Naam		Cat		PR	Tijd	Info
13	wt	18 <b>Aveline Hijlkema</b>		DSA		1:57.78	<b>2:03.54</b>	
	rd	44 <b>Paulien Verhaar</b>		DN4		1:59.73	<b>2:04.12</b>	
		<b>Aveline Hijlkema</b>				<b>Paulien Verhaar</b>		
		300m	26.99	(26,99)		300m	27.06	(27,06)
		700m	57.45	(30,46)		700m	57.61	(30,55)
		1100m	1:29.54	(32,09)		1100m	1:30.00	(32,39)
		1500m	2:03.54	(34,00)		1500m	2:04.12	(34,12)

		Naam		Cat		PR	Tijd	Info
14	gl	52 <b>Melissa Wijfje</b>		DSA		1:51.78	<b>2:02.27</b>	
	bl	14 <b>Jade Groenewoud</b>		DA2		1:58.16	<b>2:03.81</b>	
		<b>Melissa Wijfje</b>				<b>Jade Groenewoud</b>		
		300m	27.04	(27,04)		300m	27.02	(27,02)
		700m	56.84	(29,80)		700m	56.96	(29,94)
		1100m	1:28.24	(31,40)		1100m	1:29.24	(32,28)
		1500m	2:02.27	(34,03)		1500m	2:03.81	(34,57)

## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen  
10 en 11 december 2022

### 6. Uitslag Mannen 1500 meter

Pos		Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8	Lex Dijkstra	HSA	1	I	1:50.81		
2	60	Yves Vergeer	HN3	17	I	1:51.15		
3	61	Tjerk de Boer	HSA	20	O	1:51.27		
4	44	Jesse Speijers	HN2	20	I	1:52.25		
5	56	Gert Wierda	HN1	19	O	1:52.43		
6	51	Jur Veenje	HN3	18	I	1:53.25		
7	32	Thomas de Lange	HN1	15	I	1:53.61		
8	18	Matthieu Hollaar	HN1	14	I	1:53.74		
9	39	Victor Ramler	HSA	19	I	1:53.82		
10	30	Jasper Krommenhoek	HA2	18	O	1:54.04		
11	58	Mathijs van Zwieten	HN2	16	O	1:54.34		
12	14	Homme Jan de Groot	HSA	16	I	1:54.39		
13	43	Remo Slotegraaf	HN2	1	O	1:54.48		
14	57	Lars Woelders	HN2	14	O	1:54.52		
15	53	Stan van Vliet	HN1	9	O	1:54.56		
16	50	Bart Valentijn	HSA	13	I	1:54.80		
17	19	Wesley Hollenberg	HN4	4	O	1:55.02		
18	6	Jorian ten Cate	HN1	8	O	1:55.07		
19	45	Remco Stam	HA2	13	O	1:55.25		
20	31	Jesse de Lange	HN2	9	I	1:55.51		
21	9	Max Douma	HN4	7	I	1:55.64		
22	27	Adriaan de Kluiver	HSA	8	I	1:55.66		
23	28	Jelle Koeleman	HA2	15	O	1:55.83		
24	12	Bram van Essen	HN2	10	O	1:55.92		
25	52	Loek van Vilsteren	HA2	12	I	1:56.07		
26	3	Joël Bom	HA1	11	O	1:56.28		
27	7	Nino van Dijk	HSA	11	I	1:56.80		
28	2	Hylke de Boer	HA2	10	I	1:56.81		
29	47	Dyon Talsma	HN2	4	I	1:58.16		
30	35	Otto van de Pol	H40	6	O	1:59.29		
31	16	Luc Heine	HSA	7	O	1:59.46		
32	40	Colin Schrijver	HN3	3	O	2:00.90		
33	10	Colin James Duivenvoorden	HN1	12	O	2:01.31		
34	22	Finn ten Hove	HSA	6	I	2:01.71		
35	23	Ole ten Hove	HN4	5	O	2:01.81		
36	34	Mark Ooijevaar	HSB	5	I	2:03.53		
	55	Hidde Westra	HA2	17	O	DNF		



**SPORTCENTRUM  
KARDINGE**



**GEWEST  
NOORD-HOLLAND  
UTRECHT**

48 **Marwin Talsma**  
59 **Zeno de Ponti**  
62 **Chris Huizinga**

HSA  
HN2  
HSA

**WDR**  
**WDR**  
**WDR**

## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen  
10 en 11 december 2022

### 6. Rituitslag Mannen 1500 meter

		Naam	Cat	PR	Tijd Info
1	wt	8 <b>Lex Dijkstra</b>	HSA	1:46.50	<b>1:50.81</b>
	rd	43 <b>Remo Slotegraaf</b>	HN2	1:47.32	<b>1:54.48</b>
		<u>Lex Dijkstra</u>		<u>Remo Slotegraaf</u>	
		300m 25.17 (25,17)		300m 25.06 (25,06)	
		700m 52.84 (27,67)		700m 52.72 (27,66)	
		1100m 1:21.43 (28,59)		1100m 1:22.26 (29,54)	
		1500m 1:50.81 (29,38)		1500m 1:54.48 (32,22)	

		Naam	Cat	PR	Tijd Info
2	gl	48 <b>Marwin Talsma</b>	HSA	1:46.20	<b>WDR</b>
	bl	59 <b>Zeno de Ponti</b>	HN2	1:49.60	<b>WDR</b>
		<u>Marwin Talsma</u>		<u>Zeno de Ponti</u>	

		Naam	Cat	PR	Tijd Info
3	wt	62 <b>Chris Huizinga</b>	HSA	1:44.60	<b>WDR</b>
	rd	40 <b>Colin Schrijver</b>	HN3	1:54.93	<b>2:00.90</b>
		<u>Chris Huizinga</u>		<u>Colin Schrijver</u>	
				300m 25.61 (25,61)	
				700m 55.19 (29,58)	
				1100m 1:26.77 (31,58)	
				1500m 2:00.90 (34,13)	

		Naam	Cat	PR	Tijd Info
4	gl	47 <b>Dyon Talsma</b>	HN2	1:54.46	<b>1:58.16</b>
	bl	19 <b>Wesley Hollenberg</b>	HN4	1:52.58	<b>1:55.02</b>
		<u>Dyon Talsma</u>		<u>Wesley Hollenberg</u>	
		300m 26.32 (26,32)		300m 26.12 (26,12)	
		700m 55.28 (28,96)		700m 54.44 (28,32)	
		1100m 1:25.57 (30,29)		1100m 1:23.84 (29,40)	
		1500m 1:58.16 (32,59)		1500m 1:55.02 (31,18)	

		Naam		Cat		PR	Tijd Info
5	wt	34	<b>Mark Ooijevaar</b>		HSB	1:50.34	<b>2:03.53</b>
	rd	23	<b>Ole ten Hove</b>		HN4	1:57.48	<b>2:01.81</b>
		<b>Mark Ooijevaar</b>			<b>Ole ten Hove</b>		
		300m	28.41	(28,41)	300m	26.39	(26,39)
		700m	59.28	(30,87)	700m	56.42	(30,03)
		1100m	1:31.02	(31,74)	1100m	1:28.38	(31,96)
		1500m	2:03.53	(32,51)	1500m	2:01.81	(33,43)

		Naam		Cat		PR	Tijd Info
6	gl	22	<b>Finn ten Hove</b>		HSA	1:57.61	<b>2:01.71</b>
	bl	35	<b>Otto van de Pol</b>		H40	1:50.24	<b>1:59.29</b>
		<b>Finn ten Hove</b>			<b>Otto van de Pol</b>		
		300m	26.85	(26,85)	300m	26.83	(26,83)
		700m	57.08	(30,23)	700m	56.57	(29,74)
		1100m	1:28.41	(31,33)	1100m	1:27.57	(31,00)
		1500m	2:01.71	(33,30)	1500m	1:59.29	(31,72)

		Naam		Cat		PR	Tijd Info
7	wt	9	<b>Max Douma</b>		HN4	1:51.36	<b>1:55.64</b>
	rd	16	<b>Luc Heine</b>		HSA	1:52.79	<b>1:59.46</b>
		<b>Max Douma</b>			<b>Luc Heine</b>		
		300m	25.37	(25,37)	300m	25.31	(25,31)
		700m	53.79	(28,42)	700m	54.50	(29,19)
		1100m	1:23.77	(29,98)	1100m	1:26.52	(32,02)
		1500m	1:55.64	(31,87)	1500m	1:59.46	(32,94)

		Naam		Cat		PR	Tijd Info
8	gl	27	<b>Adriaan de Kluiver</b>		HSA	1:50.51	<b>1:55.66</b>
	bl	6	<b>Jorian ten Cate</b>		HN1	1:52.04	<b>1:55.07</b>
		<b>Adriaan de Kluiver</b>			<b>Jorian ten Cate</b>		
		300m	25.85	(25,85)	300m	25.72	(25,72)
		700m	54.47	(28,62)	700m	54.05	(28,33)
		1100m	1:24.31	(29,84)	1100m	1:23.92	(29,87)
		1500m	1:55.66	(31,35)	1500m	1:55.07	(31,15)



		Naam		Cat		PR	Tijd	Info
9	wt	31 <b>Jesse de Lange</b>		HN2		1:51.59	<b>1:55.51</b>	
	rd	53 <b>Stan van Vliet</b>		HN1		1:51.91	<b>1:54.56</b>	
		<b>Jesse de Lange</b>			<b>Stan van Vliet</b>			
		300m	25.80	(25,80)	300m	25.34	(25,34)	
		700m	54.69	(28,89)	700m	53.92	(28,58)	
		1100m	1:24.49	(29,80)	1100m	1:23.47	(29,55)	
		1500m	1:55.51	(31,02)	1500m	1:54.56	(31,09)	

		Naam		Cat		PR	Tijd	Info
10	gl	2 <b>Hylke de Boer</b>		HA2		1:53.25	<b>1:56.81</b>	
	bl	12 <b>Bram van Essen</b>		HN2		1:53.15	<b>1:55.92</b>	
		<b>Hylke de Boer</b>			<b>Bram van Essen</b>			
		300m	25.99	(25,99)	300m	24.81	(24,81)	
		700m	54.67	(28,68)	700m	52.96	(28,15)	
		1100m	1:24.91	(30,24)	1100m	1:23.55	(30,59)	
		1500m	1:56.81	(31,90)	1500m	1:55.92	(32,37)	

		Naam		Cat		PR	Tijd	Info
11	wt	7 <b>Nino van Dijk</b>		HSA		1:51.37	<b>1:56.80</b>	
	rd	3 <b>Joël Bom</b>		HA1		1:54.82	<b>1:56.28</b>	
		<b>Nino van Dijk</b>			<b>Joël Bom</b>			
		300m	25.59	(25,59)	300m	25.37	(25,37)	
		700m	54.25	(28,66)	700m	53.64	(28,27)	
		1100m	1:24.45	(30,20)	1100m	1:24.34	(30,70)	
		1500m	1:56.80	(32,35)	1500m	1:56.28	(31,94)	

		Naam		Cat		PR	Tijd	Info
12	gl	52 <b>Loek van Vilsteren</b>		HA2		1:51.56	<b>1:56.07</b>	
	bl	10 <b>Colin James Duivenvoorden</b>		HN1		1:52.12	<b>2:01.31</b>	
		<b>Loek van Vilsteren</b>			<b>Colin James Duivenvoorden</b>			
		300m	24.76	(24,76)	300m	25.83	(25,83)	
		700m	53.30	(28,54)	700m	54.66	(28,83)	
		1100m	1:24.05	(30,75)	1100m	1:27.10	(32,44)	
		1500m	1:56.07	(32,02)	1500m	2:01.31	(34,21)	

		Naam		Cat		PR	Tijd Info
13	wt	50 <b>Bart Valentijn</b>		HSA		1:50.66	<b>1:54.80</b>
	rd	45 <b>Remco Stam</b>		HA2		1:54.18	<b>1:55.25</b>
		<b>Bart Valentijn</b>		<b>Remco Stam</b>			
		300m	25.47	(25,47)	300m	25.53	(25,53)
		700m	54.06	(28,59)	700m	53.58	(28,05)
		1100m	1:23.47	(29,41)	1100m	1:23.58	(30,00)
		1500m	1:54.80	(31,33)	1500m	1:55.25	(31,67)
<hr/>							
		Naam		Cat		PR	Tijd Info
14	gl	18 <b>Matthieu Hollaar</b>		HN1		1:50.73	<b>1:53.74</b>
	bl	57 <b>Lars Woelders</b>		HN2		1:52.56	<b>1:54.52</b>
		<b>Matthieu Hollaar</b>		<b>Lars Woelders</b>			
		300m	25.09	(25,09)	300m	26.31	(26,31)
		700m	53.09	(28,00)	700m	55.07	(28,76)
		1100m	1:22.39	(29,30)	1100m	1:24.16	(29,09)
		1500m	1:53.74	(31,35)	1500m	1:54.52	(30,36)
<hr/>							
		Naam		Cat		PR	Tijd Info
15	wt	32 <b>Thomas de Lange</b>		HN1		1:50.14	<b>1:53.61</b>
	rd	28 <b>Jelle Koeleman</b>		HA2		1:53.36	<b>1:55.83</b>
		<b>Thomas de Lange</b>		<b>Jelle Koeleman</b>			
		300m	24.77	(24,77)	300m	25.40	(25,40)
		700m	52.65	(27,88)	700m	54.34	(28,94)
		1100m	1:22.20	(29,55)	1100m	1:24.55	(30,21)
		1500m	1:53.61	(31,41)	1500m	1:55.83	(31,28)
<hr/>							
		Naam		Cat		PR	Tijd Info
16	gl	14 <b>Homme Jan de Groot</b>		HSA		1:52.95	<b>1:54.39</b>
	bl	58 <b>Mathijs van Zwieten</b>		HN2		1:51.81	<b>1:54.34</b>
		<b>Homme Jan de Groot</b>		<b>Mathijs van Zwieten</b>			
		300m	25.71	(25,71)	300m	25.13	(25,13)
		700m	54.03	(28,32)	700m	53.04	(27,91)
		1100m	1:23.75	(29,72)	1100m	1:23.15	(30,11)
		1500m	1:54.39	(30,64)	1500m	1:54.34	(31,19)

		Naam		Cat		PR	Tijd Info
17	wt	60 Yves Vergeer		HN3		1:47.25	<b>1:51.15</b>
	rd	55 Hidde Westra		HA2		1:52.27	<b>DNF</b>
		<u>Yves Vergeer</u>		<u>Hidde Westra</u>			
		300m	25.27	(25,27)	300m	24.97	(24,97)
		700m	52.75	(27,48)	700m	54.24	(29,27)
		1100m	1:21.13	(28,38)			
		1500m	1:51.15	(30,02)			

		Naam		Cat		PR	Tijd Info
18	gl	51 Jur Veenje		HN3		1:48.27	<b>1:53.25</b>
	bl	30 Jasper Krommenhoek		HA2		1:51.46	<b>1:54.04</b>
		<u>Jur Veenje</u>		<u>Jasper Krommenhoek</u>			
		300m	25.07	(25,07)	300m	25.83	(25,83)
		700m	52.82	(27,75)	700m	53.88	(28,05)
		1100m	1:22.03	(29,21)	1100m	1:23.35	(29,47)
		1500m	1:53.25	(31,22)	1500m	1:54.04	(30,69)

		Naam		Cat		PR	Tijd Info
19	wt	39 Victor Ramler		HSA		1:48.78	<b>1:53.82</b>
	rd	56 Gert Wierda		HN1		1:46.38	<b>1:52.43</b>
		<u>Victor Ramler</u>		<u>Gert Wierda</u>			
		300m	25.58	(25,58)	300m	25.28	(25,28)
		700m	53.82	(28,24)	700m	53.12	(27,84)
		1100m	1:23.06	(29,24)	1100m	1:22.18	(29,06)
		1500m	1:53.82	(30,76)	1500m	1:52.43	(30,25)

		Naam		Cat		PR	Tijd Info
20	gl	44 Jesse Speijers		HN2		1:47.74	<b>1:52.25</b>
	bl	61 Tjerk de Boer		HSA		1:46.51	<b>1:51.27</b>
		<u>Jesse Speijers</u>		<u>Tjerk de Boer</u>			
		300m	24.83	(24,83)	300m	24.05	(24,05)
		700m	52.33	(27,50)	700m	51.33	(27,28)
		1100m	1:21.33	(29,00)	1100m	1:20.39	(29,06)
		1500m	1:52.25	(30,92)	1500m	1:51.27	(30,88)

## Holland Cup 3a / Gruno Bokaal

Karding - Groningen  
10 en 11 december 2022

### 7. Uitslag Vrouwen 5000 meter

Pos		Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	18	<b>Aveline Hijlkema</b>	DSA	6	O	<b>7:26.97</b>		
2	44	<b>Paulien Verhaar</b>	DN4	5	I	<b>7:34.65</b>		
3	48	<b>Eline van Voorden</b>	DN3	3	I	<b>7:35.70</b>		
4	14	<b>Jade Groenewoud</b>	DA2	6	I	<b>7:36.07</b>		
5	46	<b>Evelien Vijn</b>	DN1	4	I	<b>7:37.77</b>		
6	29	<b>Sophie Kraaijeveld</b>	DA2	1	I	<b>7:44.42</b>		
7	24	<b>Bente Kerkhoff</b>	DN2	5	O	<b>7:45.49</b>		
8	30	<b>Lisan van der Linde</b>	DN1	2	I	<b>7:48.63</b>	PR	
9	23	<b>Sterre Jonkers</b>	DSA	1	O	<b>7:52.17</b>		
10	41	<b>Kim Talsma</b>	DN3	2	O	<b>8:03.47</b>		
11	47	<b>Ju-Lin de Visser</b>	DN3	3	O	<b>8:04.01</b>		
	50	<b>Naomi van der Werf</b>	DSA	4	O	<b>DQ</b>		

## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen  
10 en 11 december 2022

### 7. Rituitslag Vrouwen 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	29 <b>Sophie Kraaijeveld</b>	DA2	7:31.18	<b>7:44.42</b>	
	rd	23 <b>Sterre Jonkers</b>	DSA	7:12.81	<b>7:52.17</b>	
<b>Sophie Kraaijeveld</b>			<b>Sterre Jonkers</b>			
		200m	21.86 (21,86)	200m	22.66 (22,66)	
		600m	56.64 (34,78)	600m	58.29 (35,63)	
		1000m	1:31.95 (35,31)	1000m	1:34.42 (36,13)	
		1400m	2:07.76 (35,81)	1400m	2:10.70 (36,28)	
		1800m	2:44.35 (36,59)	1800m	2:47.62 (36,92)	
		2200m	3:21.56 (37,21)	2200m	3:24.68 (37,06)	
		2600m	3:59.42 (37,86)	2600m	4:02.06 (37,38)	
		3000m	4:37.20 (37,78)	3000m	4:39.74 (37,68)	
		3400m	5:14.86 (37,66)	3400m	5:18.19 (38,45)	
		3800m	5:52.55 (37,69)	3800m	5:56.30 (38,11)	
		4200m	6:30.44 (37,89)	4200m	6:34.96 (38,66)	
		4600m	7:07.89 (37,45)	4600m	7:13.64 (38,68)	
		5000m	7:44.42 (36,53)	5000m	7:52.17 (38,53)	

		Naam		Cat		PR	Tijd Info
2	gl	30 Lisan van der Linde		DN1		8:09.71	<b>7:48.63</b> PR
	bl	41 Kim Talsma		DN3		7:33.34	<b>8:03.47</b>
		<u>Lisan van der Linde</u>			<u>Kim Talsma</u>		
		200m	22.26	(22,26)	200m	22.12	(22,12)
		600m	58.66	(36,40)	600m	57.89	(35,77)
		1000m	1:35.72	(37,06)	1000m	1:34.80	(36,91)
		1400m	2:12.36	(36,64)	1400m	2:11.71	(36,91)
		1800m	2:49.00	(36,64)	1800m	2:48.97	(37,26)
		2200m	3:26.10	(37,10)	2200m	3:26.64	(37,67)
		2600m	4:02.98	(36,88)	2600m	4:04.92	(38,28)
		3000m	4:40.18	(37,20)	3000m	4:44.11	(39,19)
		3400m	5:17.62	(37,44)	3400m	5:23.77	(39,66)
		3800m	5:55.19	(37,57)	3800m	6:04.30	(40,53)
		4200m	6:33.10	(37,91)	4200m	6:44.45	(40,15)
		4600m	7:11.00	(37,90)	4600m	7:24.21	(39,76)
		5000m	7:48.63	(37,63)	5000m	8:03.47	(39,26)

		Naam		Cat		PR	Tijd Info
3	wt	48 Eline van Voorden		DN3		7:25.07	<b>7:35.70</b>
	rd	47 Ju-Lin de Visser		DN3			<b>8:04.01</b>
		<u>Eline van Voorden</u>			<u>Ju-Lin de Visser</u>		
		200m	22.02	(22,02)	200m	22.03	(22,03)
		600m	56.59	(34,57)	600m	56.78	(34,75)
		1000m	1:31.86	(35,27)	1000m	1:34.07	(37,29)
		1400m	2:07.72	(35,86)	1400m	2:13.00	(38,93)
		1800m	2:43.34	(35,62)	1800m	2:52.23	(39,23)
		2200m	3:19.12	(35,78)	2200m	3:31.52	(39,29)
		2600m	3:54.77	(35,65)	2600m	4:10.69	(39,17)
		3000m	4:30.88	(36,11)	3000m	4:49.94	(39,25)
		3400m	5:07.20	(36,32)	3400m	5:29.43	(39,49)
		3800m	5:43.98	(36,78)	3800m	6:08.25	(38,82)
		4200m	6:20.79	(36,81)	4200m	6:47.27	(39,02)
		4600m	6:58.14	(37,35)	4600m	7:26.25	(38,98)
		5000m	7:35.70	(37,56)	5000m	8:04.01	(37,76)

		Naam	Cat	PR	Tijd Info
4	gl	46 <b>Evelien Vijn</b>	DN1	7:05.29	<b>7:37.77</b>
	bl	50 <b>Naomi van der Werf</b>	DSA	7:19.01	<b>DQ</b>

**Evelien Vijn**

200m	21.36	(21,36)
600m	56.11	(34,75)
1000m	1:31.36	(35,25)
1400m	2:06.80	(35,44)
1800m	2:42.54	(35,74)
2200m	3:18.49	(35,95)
2600m	3:54.87	(36,38)
3000m	4:31.26	(36,39)
3400m	5:08.10	(36,84)
3800m	5:45.58	(37,48)
4200m	6:22.72	(37,14)
4600m	7:00.12	(37,40)
5000m	7:37.77	(37,65)

**Naomi van der Werf**

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		Naam	Cat	PR	Tijd Info
5	wt	44 <b>Paulien Verhaar</b>	DN4	7:33.95	<b>7:34.65</b>
	rd	24 <b>Bente Kerkhoff</b>	DN2	7:37.16	<b>7:45.49</b>

**Paulien Verhaar**

200m	20.62	(20,62)
600m	55.37	(34,75)
1000m	1:32.54	(37,17)
1400m	2:08.95	(36,41)
1800m	2:44.66	(35,71)
2200m	3:20.80	(36,14)
2600m	3:56.66	(35,86)
3000m	4:32.65	(35,99)
3400m	5:08.96	(36,31)
3800m	5:44.82	(35,86)
4200m	6:21.15	(36,33)
4600m	6:57.89	(36,74)
5000m	7:34.65	(36,76)

**Bente Kerkhoff**

200m	21.22	(21,22)
600m	56.87	(35,65)
1000m	1:33.71	(36,84)
1400m	2:10.72	(37,01)
1800m	2:47.18	(36,46)
2200m	3:23.56	(36,38)
2600m	4:00.37	(36,81)
3000m	4:37.34	(36,97)
3400m	5:15.10	(37,76)
3800m	5:52.55	(37,45)
4200m	6:30.25	(37,70)
4600m	7:07.84	(37,59)
5000m	7:45.49	(37,65)

		Naam		Cat		PR	Tijd	Info
6	gl	14 Jade Groenewoud		DA2		7:20.17	<b>7:36.07</b>	
	bl	18 Aveline Hijlkema		DSA		7:09.18	<b>7:26.97</b>	
<b>Jade Groenewoud</b>								
		200m	21.03	(21,03)				
		600m	55.07	(34,04)				
		1000m	1:29.67	(34,60)				
		1400m	2:04.87	(35,20)				
		1800m	2:40.60	(35,73)				
		2200m	3:16.17	(35,57)				
		2600m	3:52.03	(35,86)				
		3000m	4:28.18	(36,15)				
		3400m	5:04.94	(36,76)				
		3800m	5:42.32	(37,38)				
		4200m	6:20.20	(37,88)				
		4600m	6:58.43	(38,23)				
		5000m	7:36.07	(37,64)				
<b>Aveline Hijlkema</b>								
		200m	21.42	(21,42)				
		600m	55.90	(34,48)				
		1000m	1:30.74	(34,84)				
		1400m	2:06.12	(35,38)				
		1800m	2:41.77	(35,65)				
		2200m	3:17.11	(35,34)				
		2600m	3:53.28	(36,17)				
		3000m	4:29.13	(35,85)				
		3400m	5:05.70	(36,57)				
		3800m	5:41.01	(35,31)				
		4200m	6:15.97	(34,96)				
		4600m	6:51.26	(35,29)				
		5000m	7:26.97	(35,71)				



## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen

10 en 11 december 2022

### 8. Uitslag Mannen 10000 meter

Pos		Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	56	<b>Gert Wierda</b>	HN1	5	I	<b>13:50.57</b>		
2	39	<b>Victor Ramler</b>	HSA	5	O	<b>13:54.43</b>		
3	14	<b>Homme Jan de Groot</b>	HSA	3	O	<b>13:56.64</b>		
4	30	<b>Jasper Krommenhoek</b>	HA2	3	I	<b>13:56.96</b>		
5	44	<b>Jesse Speijers</b>	HN2	6	O	<b>14:04.39</b>		
6	61	<b>Tjerk de Boer</b>	HSA	6	I	<b>14:06.04</b>		
7	57	<b>Lars Woelders</b>	HN2	1	O	<b>14:12.12</b>		
8	60	<b>Yves Vergeer</b>	HN3	4	I	<b>14:13.33</b>		
9	58	<b>Mathijs van Zwieten</b>	HN2	2	I	<b>14:22.41</b>		
10	51	<b>Jur Veenje</b>	HN3	4	O	<b>14:26.36</b>		
11	32	<b>Thomas de Lange</b>	HN1	2	O	<b>14:49.68</b>		
12	18	<b>Matthieu Hollaar</b>	HN1	1	I	<b>15:07.73</b>		

Scheidsrechters:

Ingrid Heijnsbroek (D)

Wycher Bos (H)

Suzan van den Belt (D) ; Patrick den Elsen (H) (Ass.)

Starters:

Michel Boelsma (D)

Jans Rosing (H)

## Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen  
10 en 11 december 2022

### 8. Rituitslag Mannen 10000 meter

		Naam	Cat	PR	Tijd Info
1	wt	18 <b>Matthieu Hollaar</b>	HN1		<b>15:07.73</b>
	rd	57 <b>Lars Woelders</b>	HN2		<b>14:12.12</b>
		<b>Matthieu Hollaar</b>			
		400m	41.36 (41,36)		
		800m	1:17.27 (35,91)		
		1200m	1:51.92 (34,65)		
		1600m	2:27.14 (35,22)		
		2000m	3:02.96 (35,82)		
		2400m	3:38.80 (35,84)		
		2800m	4:14.72 (35,92)		
		3200m	4:50.47 (35,75)		
		3600m	5:26.40 (35,93)		
		4000m	6:01.87 (35,47)		
		4400m	6:37.74 (35,87)		
		4800m	7:13.94 (36,20)		
		5200m	7:49.84 (35,90)		
		5600m	8:25.91 (36,07)		
		6000m	9:02.45 (36,54)		
		6400m	9:38.74 (36,29)		
		6800m	10:14.51 (35,77)		
		7200m	10:50.04 (35,53)		
		7600m	11:25.70 (35,66)		
		8000m	12:01.61 (35,91)		
		8400m	12:38.88 (37,27)		
		8800m	13:16.28 (37,40)		
		9200m	13:53.61 (37,33)		
		9600m	14:30.78 (37,17)		
		10000m	15:07.73 (36,95)		
		<b>Lars Woelders</b>			
		400m	40.58 (40,58)		
		800m	1:16.27 (35,69)		
		1200m	1:50.45 (34,18)		
		1600m	2:24.42 (33,97)		
		2000m	2:58.18 (33,76)		
		2400m	3:32.11 (33,93)		
		2800m	4:05.87 (33,76)		
		3200m	4:39.99 (34,12)		
		3600m	5:13.87 (33,88)		
		4000m	5:47.62 (33,75)		
		4400m	6:21.13 (33,51)		
		4800m	6:54.92 (33,79)		
		5200m	7:28.59 (33,67)		
		5600m	8:02.49 (33,90)		
		6000m	8:36.46 (33,97)		
		6400m	9:10.11 (33,65)		
		6800m	9:43.94 (33,83)		
		7200m	10:17.55 (33,61)		
		7600m	10:50.82 (33,27)		
		8000m	11:23.88 (33,06)		
		8400m	11:57.54 (33,66)		
		8800m	12:31.59 (34,05)		
		9200m	13:05.40 (33,81)		
		9600m	13:38.94 (33,54)		
		10000m	14:12.12 (33,18)		

	Naam	Cat	PR	Tijd Info
2	gl 58 Mathijs van Zwieten	HN2		14:22.41
	bl 32 Thomas de Lange	HN1		14:49.68

**Mathijs van Zwieten**

400m	39.52	(39,52)
800m	1:15.00	(35,48)
1200m	1:50.92	(35,92)
1600m	2:25.83	(34,91)
2000m	3:00.28	(34,45)
2400m	3:35.09	(34,81)
2800m	4:09.80	(34,71)
3200m	4:44.26	(34,46)
3600m	5:19.27	(35,01)
4000m	5:53.58	(34,31)
4400m	6:28.22	(34,64)
4800m	7:02.51	(34,29)
5200m	7:36.89	(34,38)
5600m	8:11.01	(34,12)
6000m	8:45.57	(34,56)
6400m	9:19.31	(33,74)
6800m	9:53.32	(34,01)
7200m	10:26.37	(33,05)
7600m	10:59.49	(33,12)
8000m	11:33.07	(33,58)
8400m	12:07.21	(34,14)
8800m	12:41.98	(34,77)
9200m	13:16.67	(34,69)
9600m	13:50.12	(33,45)
10000m	14:22.41	(32,29)

**Thomas de Lange**

400m	40.08	(40,08)
800m	1:15.83	(35,75)
1200m	1:51.11	(35,28)
1600m	2:27.37	(36,26)
2000m	3:02.68	(35,31)
2400m	3:38.02	(35,34)
2800m	4:13.26	(35,24)
3200m	4:48.68	(35,42)
3600m	5:24.01	(35,33)
4000m	5:59.12	(35,11)
4400m	6:34.53	(35,41)
4800m	7:09.94	(35,41)
5200m	7:45.33	(35,39)
5600m	8:20.69	(35,36)
6000m	8:55.94	(35,25)
6400m	9:31.08	(35,14)
6800m	10:06.17	(35,09)
7200m	10:41.54	(35,37)
7600m	11:16.75	(35,21)
8000m	11:52.15	(35,40)
8400m	12:27.68	(35,53)
8800m	13:03.09	(35,41)
9200m	13:38.55	(35,46)
9600m	14:14.39	(35,84)
10000m	14:49.68	(35,29)

	Naam	Cat	PR	Tijd Info
3	wt 30 Jasper Krommenhoek	HA2		13:56.96
	rd 14 Homme Jan de Groot	HSA		13:56.64

**Jasper Krommenhoek**

400m	35.87	(35,87)
800m	1:07.44	(31,57)
1200m	1:41.19	(33,75)
1600m	2:13.93	(32,74)
2000m	2:47.20	(33,27)
2400m	3:20.44	(33,24)
2800m	3:53.51	(33,07)
3200m	4:26.48	(32,97)
3600m	4:59.52	(33,04)
4000m	5:32.59	(33,07)
4400m	6:06.71	(34,12)
4800m	6:40.23	(33,52)
5200m	7:13.24	(33,01)
5600m	7:46.45	(33,21)
6000m	8:20.26	(33,81)
6400m	8:53.54	(33,28)
6800m	9:27.40	(33,86)
7200m	10:01.00	(33,60)
7600m	10:34.87	(33,87)
8000m	11:08.90	(34,03)
8400m	11:42.57	(33,67)
8800m	12:16.11	(33,54)
9200m	12:49.61	(33,50)
9600m	13:23.31	(33,70)
10000m	13:56.96	(33,65)

**Homme Jan de Groot**

400m	36.64	(36,64)
800m	1:08.29	(31,65)
1200m	1:41.13	(32,84)
1600m	2:14.03	(32,90)
2000m	2:46.97	(32,94)
2400m	3:20.19	(33,22)
2800m	3:52.94	(32,75)
3200m	4:26.32	(33,38)
3600m	4:59.70	(33,38)
4000m	5:32.99	(33,29)
4400m	6:06.44	(33,45)
4800m	6:39.67	(33,23)
5200m	7:13.34	(33,67)
5600m	7:47.19	(33,85)
6000m	8:20.83	(33,64)
6400m	8:54.26	(33,43)
6800m	9:28.67	(34,41)
7200m	10:02.91	(34,24)
7600m	10:37.17	(34,26)
8000m	11:11.31	(34,14)
8400m	11:45.65	(34,34)
8800m	12:19.62	(33,97)
9200m	12:52.52	(32,90)
9600m	13:24.90	(32,38)
10000m	13:56.64	(31,74)

		Naam	Cat	PR	Tijd Info
4	gl	60 Yves Vergeer	HN3	13:27.67	<b>14:13.33</b>
	bl	51 Jur Veenje	HN3		<b>14:26.36</b>

**Yves Vergeer**

400m	36.58	(36,58)
800m	1:10.01	(33,43)
1200m	1:44.32	(34,31)
1600m	2:18.26	(33,94)
2000m	2:52.18	(33,92)
2400m	3:26.19	(34,01)
2800m	4:00.15	(33,96)
3200m	4:34.19	(34,04)
3600m	5:08.20	(34,01)
4000m	5:42.33	(34,13)
4400m	6:16.67	(34,34)
4800m	6:51.01	(34,34)
5200m	7:25.30	(34,29)
5600m	7:59.60	(34,30)
6000m	8:34.28	(34,68)
6400m	9:08.62	(34,34)
6800m	9:43.05	(34,43)
7200m	10:16.59	(33,54)
7600m	10:49.69	(33,10)
8000m	11:23.68	(33,99)
8400m	11:57.79	(34,11)
8800m	12:32.07	(34,28)
9200m	13:05.98	(33,91)
9600m	13:39.59	(33,61)
10000m	14:13.33	(33,74)

**Jur Veenje**

400m	36.62	(36,62)
800m	1:10.65	(34,03)
1200m	1:45.15	(34,50)
1600m	2:19.11	(33,96)
2000m	2:53.52	(34,41)
2400m	3:28.30	(34,78)
2800m	4:03.11	(34,81)
3200m	4:38.09	(34,98)
3600m	5:12.81	(34,72)
4000m	5:47.43	(34,62)
4400m	6:21.93	(34,50)
4800m	6:56.61	(34,68)
5200m	7:31.42	(34,81)
5600m	8:06.05	(34,63)
6000m	8:40.51	(34,46)
6400m	9:15.18	(34,67)
6800m	9:49.69	(34,51)
7200m	10:24.03	(34,34)
7600m	10:58.65	(34,62)
8000m	11:33.45	(34,80)
8400m	12:08.35	(34,90)
8800m	12:43.04	(34,69)
9200m	13:17.36	(34,32)
9600m	13:51.98	(34,62)
10000m	14:26.36	(34,38)

		Naam	Cat	PR	Tijd Info
5	wt	56 <b>Gert Wierda</b>	HN1	13:22.55	<b>13:50.57</b>
	rd	39 <b>Victor Ramler</b>	HSA	13:05.66	<b>13:54.43</b>

**Gert Wierda**

400m	36.54	(36,54)
800m	1:08.88	(32,34)
1200m	1:41.68	(32,80)
1600m	2:14.30	(32,62)
2000m	2:47.26	(32,96)
2400m	3:20.52	(33,26)
2800m	3:53.67	(33,15)
3200m	4:26.59	(32,92)
3600m	4:59.92	(33,33)
4000m	5:33.16	(33,24)
4400m	6:06.74	(33,58)
4800m	6:39.96	(33,22)
5200m	7:13.72	(33,76)
5600m	7:47.25	(33,53)
6000m	8:20.28	(33,03)
6400m	8:53.21	(32,93)
6800m	9:26.05	(32,84)
7200m	9:59.01	(32,96)
7600m	10:31.84	(32,83)
8000m	11:04.74	(32,90)
8400m	11:37.37	(32,63)
8800m	12:10.25	(32,88)
9200m	12:43.60	(33,35)
9600m	13:17.00	(33,40)
10000m	13:50.57	(33,57)

**Victor Ramler**

400m	36.37	(36,37)
800m	1:09.38	(33,01)
1200m	1:42.39	(33,01)
1600m	2:15.44	(33,05)
2000m	2:48.48	(33,04)
2400m	3:21.27	(32,79)
2800m	3:54.19	(32,92)
3200m	4:27.23	(33,04)
3600m	5:00.37	(33,14)
4000m	5:33.72	(33,35)
4400m	6:07.29	(33,57)
4800m	6:40.81	(33,52)
5200m	7:14.59	(33,78)
5600m	7:48.45	(33,86)
6000m	8:21.96	(33,51)
6400m	8:55.55	(33,59)
6800m	9:29.05	(33,50)
7200m	10:02.49	(33,44)
7600m	10:36.00	(33,51)
8000m	11:09.46	(33,46)
8400m	11:42.97	(33,51)
8800m	12:16.54	(33,57)
9200m	12:50.01	(33,47)
9600m	13:22.64	(32,63)
10000m	13:54.43	(31,79)

		Naam	Cat	PR	Tijd Info
6	gl	61 Tjerk de Boer	HSA	13:48.65	<b>14:06.04</b>
	bl	44 Jesse Speijers	HN2	13:35.12	<b>14:04.39</b>

#### Tjerk de Boer

400m	36.26	(36,26)
800m	1:08.59	(32,33)
1200m	1:41.68	(33,09)
1600m	2:14.98	(33,30)
2000m	2:48.34	(33,36)
2400m	3:21.85	(33,51)
2800m	3:54.99	(33,14)
3200m	4:28.38	(33,39)
3600m	5:01.72	(33,34)
4000m	5:35.03	(33,31)
4400m	6:08.72	(33,69)
4800m	6:42.47	(33,75)
5200m	7:16.60	(34,13)
5600m	7:50.92	(34,32)
6000m	8:25.20	(34,28)
6400m	8:59.53	(34,33)
6800m	9:34.21	(34,68)
7200m	10:08.78	(34,57)
7600m	10:43.34	(34,56)
8000m	11:17.55	(34,21)
8400m	11:51.82	(34,27)
8800m	12:26.02	(34,20)
9200m	13:00.04	(34,02)
9600m	13:32.85	(32,81)
10000m	14:06.04	(33,19)

#### Jesse Speijers

400m	36.34	(36,34)
800m	1:08.25	(31,91)
1200m	1:40.92	(32,67)
1600m	2:14.07	(33,15)
2000m	2:47.32	(33,25)
2400m	3:20.73	(33,41)
2800m	3:54.04	(33,31)
3200m	4:27.39	(33,35)
3600m	5:01.00	(33,61)
4000m	5:34.68	(33,68)
4400m	6:08.15	(33,47)
4800m	6:41.83	(33,68)
5200m	7:15.64	(33,81)
5600m	7:49.46	(33,82)
6000m	8:23.46	(34,00)
6400m	8:57.58	(34,12)
6800m	9:31.67	(34,09)
7200m	10:05.97	(34,30)
7600m	10:40.49	(34,52)
8000m	11:15.21	(34,72)
8400m	11:49.58	(34,37)
8800m	12:23.36	(33,78)
9200m	12:57.24	(33,88)
9600m	13:30.71	(33,47)
10000m	14:04.39	(33,68)