

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

1. Uitslag Vrouwen Junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	2 Maud Biezen	DB1	14	I	4:40.12	
2	1 Ilse Bierma	DB1	14	O	4:42.57	
3	23 Paula Kuipers	DB2	6	I	4:42.59	
4	28 Evi de Ruijter	DB1	12	O	4:43.36	
5	3 Tijn Borst	DB2	9	O	4:43.45 PR	
6	14 Sara ter Hart	DB1	12	I	4:43.94	
7	22 Anouk Könst	DB2	6	O	4:46.22 PR	
8	27 Luna van Polen	DB2	10	O	4:46.31	
9	29 Karlijn Schellekens	DB2	13	O	4:46.44	
10	16 Lieke Huizink	DB1	13	I	4:49.49	
11	13 Maureen Hagen	DB2	9	I	4:49.89	
12	17 Saar Hulzebosch	DB1	8	O	4:54.23	
13	4 Floortje Bregman	DB1	10	I	4:54.80	
14	34 Nynke Tinga	DB2	7	I	4:56.51	
15	5 Britt Breider	DB1	11	I	4:56.91	
16	33 Jasmin van der Terp	DB2	4	I	5:00.57	
17	37 Valerie Vinken	DB2	8	I	5:00.86	
18	9 Cleo Elenbaas	DB2	7	O	5:01.25	
19	10 Dinte van Es	DB1	3	O	5:02.23	
20	7 Anouk Cnossen	DB1	4	O	5:07.02 PR	
21	40 Isa van Wijhe	DB2	11	O	5:07.87	
22	12 Gerbrich de Haan	DB2	3	I	5:13.20	
23	35 Nienke Valkenburg	DB1	5	O	5:28.81	
24	6 Lieve Bunt	DB2	1	I	5:32.67 PR	
	18 Lenthe Jansen	DB1	5	I	DQ	

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1. Rituitslag Vrouwen Junioren B 3000 meter

	Naam	Cat	PR	Tijd Info
1	wt rd	6 Lieve Bunt	DB2	5:36.58 5:32.67 PR
	Lieve Bunt			
	200m	22.74 (22,74)	m	
	600m	1:03.67 (40,93)		
	1000m	1:48.50 (44,83)		
	1400m	2:33.69 (45,19)		
	1800m	3:18.67 (44,98)		
	2200m	4:04.01 (45,34)		
	2600m	4:49.53 (45,52)		
	3000m	5:32.67 (43,14)		

	Naam	Cat	PR	Tijd Info
2	gl bl			
	m	m		

	Naam	Cat	PR	Tijd Info
3	wt rd	12 Gerbrich de Haan	DB2	4:58.69 5:13.20
		10 Dinte van Es	DB1	4:57.86 5:02.23
	Gerbrich de Haan		Dinte van Es	
	200m	23.11 (23,11)	200m	23.15 (23,15)
	600m	1:00.03 (36,92)	600m	59.35 (36,20)
	1000m	1:38.92 (38,89)	1000m	1:37.71 (38,36)
	1400m	2:20.48 (41,56)	1400m	2:17.43 (39,72)
	1800m	3:03.50 (43,02)	1800m	2:58.29 (40,86)
	2200m	3:46.96 (43,46)	2200m	3:39.32 (41,03)
	2600m	4:30.41 (43,45)	2600m	4:20.73 (41,41)
	3000m	5:13.20 (42,79)	3000m	5:02.23 (41,50)

	Naam	Cat	PR	Tijd Info
4	gl bl	33 Jasmin van der Terp	DB2	4:57.06 5:00.57
		7 Anouk Cossen	DB1	5:15.70 5:07.02 PR
	Jasmin van der Terp		Anouk Cossen	
	200m	22.37 (22,37)	200m	23.88 (23,88)
	600m	1:00.13 (37,76)	600m	1:01.76 (37,88)
	1000m	1:38.73 (38,60)	1000m	1:41.16 (39,40)
	1400m	2:17.31 (38,58)	1400m	2:21.37 (40,21)
	1800m	2:56.83 (39,52)	1800m	3:02.35 (40,98)
	2200m	3:37.08 (40,25)	2200m	3:44.05 (41,70)

2600m	4:18.48	(41,40)	2600m	4:25.80	(41,75)
3000m	5:00.57	(42,09)	3000m	5:07.02	(41,22)

		Naam		Cat		PR	Tijd Info
5	wt	18 Lenthe Jansen		DB1		4:58.94	DQ
	rd	35 Nienke Valkenburg		DB1		5:15.48	5:28.81
		<u>Lenthe Jansen</u>					
				<u>Nienke Valkenburg</u>			
				200m	24.19	(24,19)	
				600m	1:05.51	(41,32)	
				1000m	1:49.03	(43,52)	
				1400m	2:32.03	(43,00)	
				1800m	3:15.65	(43,62)	
				2200m	4:00.37	(44,72)	
				2600m	4:45.39	(45,02)	
				3000m	5:28.81	(43,42)	

		Naam		Cat		PR	Tijd Info
6	gl	23 Paula Kuipers		DB2		4:41.66	4:42.59
	bl	22 Anouk Könst		DB2		4:47.87	4:46.22 PR
		<u>Paula Kuipers</u>					
				<u>Anouk Könst</u>			
		200m	21.85	(21,85)	200m	22.57	(22,57)
		600m	55.84	(33,99)	600m	57.51	(34,94)
		1000m	1:31.99	(36,15)	1000m	1:34.32	(36,81)
		1400m	2:09.59	(37,60)	1400m	2:11.92	(37,60)
		1800m	2:47.53	(37,94)	1800m	2:49.90	(37,98)
		2200m	3:25.58	(38,05)	2200m	3:28.45	(38,55)
		2600m	4:04.50	(38,92)	2600m	4:07.05	(38,60)
		3000m	4:42.59	(38,09)	3000m	4:46.22	(39,17)

		Naam		Cat		PR	Tijd Info
7	wt	34 Nynke Tinga		DB2		4:52.22	4:56.51
	rd	9 Cleo Elenbaas		DB2		4:52.79	5:01.25
		<u>Nynke Tinga</u>					
				<u>Cleo Elenbaas</u>			
		200m	21.83	(21,83)	200m	22.80	(22,80)
		600m	58.94	(37,11)	600m	58.85	(36,05)
		1000m	1:36.89	(37,95)	1000m	1:36.98	(38,13)
		1400m	2:16.44	(39,55)	1400m	2:16.53	(39,55)
		1800m	2:55.97	(39,53)	1800m	2:56.93	(40,40)
		2200m	3:35.90	(39,93)	2200m	3:37.93	(41,00)
		2600m	4:16.20	(40,30)	2600m	4:19.50	(41,57)
		3000m	4:56.51	(40,31)	3000m	5:01.25	(41,75)

		Naam		Cat		PR	Tijd Info
8	gl	37 Valerie Vinken		DB2		4:49.53	5:00.86
	bl	17 Saar Hulzebosch		DB1		4:49.70	4:54.23
		<u>Valerie Vinken</u>					
				<u>Saar Hulzebosch</u>			
		200m	23.64	(23,64)	200m	22.45	(22,45)

600m	1:01.13	(37,49)	600m	58.36	(35,91)
1000m	1:39.91	(38,78)	1000m	1:36.02	(37,66)
1400m	2:19.69	(39,78)	1400m	2:14.49	(38,47)
1800m	3:00.32	(40,63)	1800m	2:54.02	(39,53)
2200m	3:41.08	(40,76)	2200m	3:33.87	(39,85)
2600m	4:21.65	(40,57)	2600m	4:14.09	(40,22)
3000m	5:00.86	(39,21)	3000m	4:54.23	(40,14)

		Naam		Cat		PR	Tijd Info
9	wt	13 Maureen Hagen		DB2		4:47.94	4:49.89
	rd	3 Tijn Borst		DB2		4:45.21	4:43.45 PR
		<u>Maureen Hagen</u>			<u>Tijn Borst</u>		
		200m	22.05	(22,05)	200m	21.32	(21,32)
		600m	56.14	(34,09)	600m	54.72	(33,40)
		1000m	1:32.24	(36,10)	1000m	1:30.77	(36,05)
		1400m	2:10.81	(38,57)	1400m	2:08.70	(37,93)
		1800m	2:50.60	(39,79)	1800m	2:47.11	(38,41)
		2200m	3:31.10	(40,50)	2200m	3:25.65	(38,54)
		2600m	4:10.87	(39,77)	2600m	4:04.42	(38,77)
		3000m	4:49.89	(39,02)	3000m	4:43.45	(39,03)

		Naam		Cat		PR	Tijd Info
10	gl	4 Floortje Bregman		DB1		4:48.62	4:54.80
	bl	27 Luna van Polen		DB2		4:44.51	4:46.31
		<u>Floortje Bregman</u>			<u>Luna van Polen</u>		
		200m	21.92	(21,92)	200m	21.81	(21,81)
		600m	57.25	(35,33)	600m	56.56	(34,75)
		1000m	1:35.03	(37,78)	1000m	1:33.61	(37,05)
		1400m	2:14.05	(39,02)	1400m	2:11.71	(38,10)
		1800m	2:53.64	(39,59)	1800m	2:49.88	(38,17)
		2200m	3:33.74	(40,10)	2200m	3:28.74	(38,86)
		2600m	4:14.30	(40,56)	2600m	4:07.60	(38,86)
		3000m	4:54.80	(40,50)	3000m	4:46.31	(38,71)

		Naam		Cat		PR	Tijd Info
11	wt	5 Britt Breider		DB1		4:46.76	4:56.91
	rd	40 Isa van Wijhe		DB2		4:47.65	5:07.87
		<u>Britt Breider</u>			<u>Isa van Wijhe</u>		
		200m	21.57	(21,57)	200m	22.39	(22,39)
		600m	57.44	(35,87)	600m	58.72	(36,33)
		1000m	1:34.77	(37,33)	1000m	1:38.17	(39,45)
		1400m	2:13.22	(38,45)	1400m	2:19.62	(41,45)
		1800m	2:52.60	(39,38)	1800m	3:02.23	(42,61)
		2200m	3:33.59	(40,99)	2200m	3:44.24	(42,01)
		2600m	4:15.45	(41,86)	2600m	4:26.22	(41,98)
		3000m	4:56.91	(41,46)	3000m	5:07.87	(41,65)

		Naam	Cat	PR	Tijd	Info
12	gl	14 Sara ter Hart	DB1	4:42.78	4:43.94	
	bl	28 Evi de Ruijter	DB1	4:38.39	4:43.36	
		Sara ter Hart				Evi de Ruijter
		200m	21.65 (21,65)	200m	22.60 (22,60)	
		600m	57.00 (35,35)	600m	57.05 (34,45)	
		1000m	1:33.34 (36,34)	1000m	1:32.21 (35,16)	
		1400m	2:10.58 (37,24)	1400m	2:08.44 (36,23)	
		1800m	2:49.06 (38,48)	1800m	2:46.05 (37,61)	
		2200m	3:27.74 (38,68)	2200m	3:24.74 (38,69)	
		2600m	4:06.01 (38,27)	2600m	4:04.48 (39,74)	
		3000m	4:43.94 (37,93)	3000m	4:43.36 (38,88)	

		Naam	Cat	PR	Tijd	Info
13	wt	16 Lieke Huizink	DB1	4:43.54	4:49.49	
	rd	29 Karlijn Schellekens	DB2	4:39.70	4:46.44	
		Lieke Huizink				Karlijn Schellekens
		200m	21.64 (21,64)	200m	21.43 (21,43)	
		600m	55.66 (34,02)	600m	55.54 (34,11)	
		1000m	1:32.24 (36,58)	1000m	1:31.63 (36,09)	
		1400m	2:10.34 (38,10)	1400m	2:08.82 (37,19)	
		1800m	2:48.58 (38,24)	1800m	2:47.19 (38,37)	
		2200m	3:28.22 (39,64)	2200m	3:26.65 (39,46)	
		2600m	4:08.25 (40,03)	2600m	4:06.61 (39,96)	
		3000m	4:49.49 (41,24)	3000m	4:46.44 (39,83)	

		Naam	Cat	PR	Tijd	Info
14	gl	2 Maud Biezen	DB1	4:38.41	4:40.12	
	bl	1 Ilse Bierma	DB1	4:38.80	4:42.57	
		Maud Biezen				Ilse Bierma
		200m	21.67 (21,67)	200m	22.00 (22,00)	
		600m	56.07 (34,40)	600m	56.36 (34,36)	
		1000m	1:31.43 (35,36)	1000m	1:32.12 (35,76)	
		1400m	2:08.70 (37,27)	1400m	2:08.91 (36,79)	
		1800m	2:46.49 (37,79)	1800m	2:46.66 (37,75)	
		2200m	3:23.83 (37,34)	2200m	3:24.83 (38,17)	
		2600m	4:01.20 (37,37)	2600m	4:03.85 (39,02)	
		3000m	4:40.12 (38,92)	3000m	4:42.57 (38,72)	

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2. Uitslag Mannen Junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	5 Johan Bouwhuis	HB2	12	I	4:11.48 PR	
2	7 Vester Demoed	HB2	10	O	4:13.51 PR	
3	19 Stefan Has	HB1	12	O	4:13.75	
4	11 Edsger van Felius	HB1	14	I	4:14.50	
5	30 Milan Rietveld	HB1	14	O	4:14.77 PR	
6	36 Rens Vergeer	HB2	9	O	4:15.96 PR	
7	37 Olaf Vunderink	HB2	13	O	4:16.56	
8	18 Robbert-Jan van Hardeveld	HB2	4	I	4:17.38 PR	
9	22 Tygo Kompier	HB2	13	I	4:17.59	
10	13 Daan de Graaf	HB1	6	I	4:19.99 PR	
11	27 Kai-Arne Ottenhoff	HB1	5	O	4:20.21 PR	
12	8 Tobias Elshof	HB2	10	I	4:20.64	
13	21 Levi Kapp	HB1	11	O	4:21.87	
14	40 Jelmer de Winter	HB2	7	O	4:24.77	
15	3 Julian de Boer	HB1	8	I	4:26.35	
16	17 Dion van Hal	HB2	5	I	4:27.57	
17	29 Daan Ridder	HB2	3	O	4:28.08 FL	
18	15 Samuel Gunnink	HB1	9	I	4:28.61	
19	39 Mats Westra	HB1	8	O	4:30.48	
20	1 Bram ten Berge	HB2	6	O	4:31.21	
21	24 Jan Meester	HB2	7	I	4:37.84	
22	33 Roelof Timmerman	HB1	4	O	4:38.10 PR	
23	14 Christian Groenhof	HB1	3	I	4:41.59 PR	
24	23 Twan Kuipers	HB2	11	I	4:48.25	
25	20 Robbin De Jager	HB1	1	O	4:50.78	
26	34 Etienne Tournier	HB1	1	I	4:56.38	

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2. Rituitslag Mannen Junioren B 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	34	Etienne Tournier		HB1	4:48.97		4:56.38	
	rd	20	Robbin De Jager		HB1	4:49.38		4:50.78	
		Etienne Tournier			Robbin De Jager				
		200m	20.99	(20,99)	200m	22.03	(22,03)		
		600m	56.58	(35,59)	600m	56.96	(34,93)		
		1000m	1:34.31	(37,73)	1000m	1:33.69	(36,73)		
		1400m	2:12.94	(38,63)	1400m	2:11.73	(38,04)		
		1800m	2:52.74	(39,80)	1800m	2:51.48	(39,75)		
		2200m	3:33.26	(40,52)	2200m	3:31.37	(39,89)		
		2600m	4:14.96	(41,70)	2600m	4:12.02	(40,65)		
		3000m	4:56.38	(41,42)	3000m	4:50.78	(38,76)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
3	wt	14	Christian Groenhof		HB1	4:46.49		4:41.59	PR
	rd	29	Daan Ridder		HB2	4:19.42		4:28.08	FL
		Christian Groenhof			Daan Ridder				
		200m	21.34	(21,34)	200m	20.09	(20,09)		
		600m	56.71	(35,37)	600m	51.21	(31,12)		
		1000m	1:33.95	(37,24)	1000m	1:23.16	(31,95)		
		1400m	2:11.15	(37,20)	1400m	1:56.28	(33,12)		
		1800m	2:49.05	(37,90)	1800m	2:29.91	(33,63)		
		2200m	3:26.92	(37,87)	2200m	3:04.20	(34,29)		
		2600m	4:04.41	(37,49)	2600m	3:40.12	(35,92)		
		3000m	4:41.59	(37,18)	3000m	4:28.08	(47,96)		

		Naam		Cat		PR		Tijd	Info
4	gl	18	Robbert-Jan van Hardeveld		HB2	4:17.82		4:17.38	PR
	bl	33	Roelof Timmerman		HB1	4:39.67		4:38.10	PR
		Robbert-Jan van Hardeveld			Roelof Timmerman				
		200m	19.80	(19,80)	200m	21.96	(21,96)		
		600m	52.70	(32,90)	600m	56.30	(34,34)		
		1000m	1:26.32	(33,62)	1000m	1:32.23	(35,93)		
		1400m	2:00.11	(33,79)	1400m	2:08.59	(36,36)		
		1800m	2:33.96	(33,85)	1800m	2:45.31	(36,72)		
		2200m	3:07.68	(33,72)	2200m	3:22.43	(37,12)		

2600m	3:42.20	(34,52)	2600m	3:59.97	(37,54)
3000m	4:17.38	(35,18)	3000m	4:38.10	(38,13)

		Naam		Cat		PR	Tijd	Info
5	wt	17	Dion van Hal		HB2	4:22.32	4:27.57	
	rd	27	Kai-Arne Ottenhoff		HB1	4:32.39	4:20.21	PR
		<u>Dion van Hal</u>			<u>Kai-Arne Ottenhoff</u>			
		200m	19.99	(19,99)	200m	20.36	(20,36)	
		600m	52.72	(32,73)	600m	52.21	(31,85)	
		1000m	1:26.90	(34,18)	1000m	1:25.86	(33,65)	
		1400m	2:01.50	(34,60)	1400m	2:00.35	(34,49)	
		1800m	2:36.59	(35,09)	1800m	2:35.60	(35,25)	
		2200m	3:12.21	(35,62)	2200m	3:10.89	(35,29)	
		2600m	3:49.33	(37,12)	2600m	3:45.67	(34,78)	
		3000m	4:27.57	(38,24)	3000m	4:20.21	(34,54)	

		Naam		Cat		PR	Tijd	Info
6	gl	13	Daan de Graaf		HB1	4:20.60	4:19.99	PR
	bl	1	Bram ten Berge		HB2	4:19.75	4:31.21	
		<u>Daan de Graaf</u>			<u>Bram ten Berge</u>			
		200m	19.93	(19,93)	200m	19.81	(19,81)	
		600m	51.92	(31,99)	600m	52.31	(32,50)	
		1000m	1:25.56	(33,64)	1000m	1:27.05	(34,74)	
		1400m	1:59.63	(34,07)	1400m	2:02.29	(35,24)	
		1800m	2:33.74	(34,11)	1800m	2:38.68	(36,39)	
		2200m	3:08.31	(34,57)	2200m	3:16.36	(37,68)	
		2600m	3:43.81	(35,50)	2600m	3:53.74	(37,38)	
		3000m	4:19.99	(36,18)	3000m	4:31.21	(37,47)	

		Naam		Cat		PR	Tijd	Info
7	wt	24	Jan Meester		HB2	4:20.06	4:37.84	
	rd	40	Jelmer de Winter		HB2	4:21.29	4:24.77	
		<u>Jan Meester</u>			<u>Jelmer de Winter</u>			
		200m	20.60	(20,60)	200m	20.35	(20,35)	
		600m	53.63	(33,03)	600m	52.72	(32,37)	
		1000m	1:27.74	(34,11)	1000m	1:26.41	(33,69)	
		1400m	2:03.75	(36,01)	1400m	2:00.97	(34,56)	
		1800m	2:41.01	(37,26)	1800m	2:36.01	(35,04)	
		2200m	3:19.48	(38,47)	2200m	3:11.50	(35,49)	
		2600m	3:58.58	(39,10)	2600m	3:47.88	(36,38)	
		3000m	4:37.84	(39,26)	3000m	4:24.77	(36,89)	

		Naam		Cat		PR	Tijd	Info
8	gl	3	Julian de Boer		HB1	4:19.40	4:26.35	
	bl	39	Mats Westra		HB1	4:21.18	4:30.48	
		<u>Julian de Boer</u>			<u>Mats Westra</u>			
		200m	20.13	(20,13)	200m	20.16	(20,16)	

600m	53.69	(33,56)	600m	52.51	(32,35)
1000m	1:27.66	(33,97)	1000m	1:26.22	(33,71)
1400m	2:02.30	(34,64)	1400m	2:00.84	(34,62)
1800m	2:37.39	(35,09)	1800m	2:36.89	(36,05)
2200m	3:14.11	(36,72)	2200m	3:13.36	(36,47)
2600m	3:50.55	(36,44)	2600m	3:51.58	(38,22)
3000m	4:26.35	(35,80)	3000m	4:30.48	(38,90)

		Naam		Cat		PR	Tijd Info
9	wt	15 Samuel Gunnink		HB1		4:18.69	4:28.61
	rd	36 Rens Vergeer		HB2		4:17.74	4:15.96 PR
		<u>Samuel Gunnink</u>				<u>Rens Vergeer</u>	
		200m	20.72	(20,72)	200m	20.35	(20,35)
		600m	53.70	(32,98)	600m	53.45	(33,10)
		1000m	1:27.48	(33,78)	1000m	1:26.67	(33,22)
		1400m	2:02.33	(34,85)	1400m	1:59.78	(33,11)
		1800m	2:37.94	(35,61)	1800m	2:32.79	(33,01)
		2200m	3:13.94	(36,00)	2200m	3:06.26	(33,47)
		2600m	3:50.88	(36,94)	2600m	3:40.45	(34,19)
		3000m	4:28.61	(37,73)	3000m	4:15.96	(35,51)

		Naam		Cat		PR	Tijd Info
10	gl	8 Tobias Elshof		HB2		4:17.07	4:20.64
	bl	7 Vester Demoed		HB2		4:16.94	4:13.51 PR
		<u>Tobias Elshof</u>				<u>Vester Demoed</u>	
		200m	19.19	(19,19)	200m	20.17	(20,17)
		600m	50.53	(31,34)	600m	50.88	(30,71)
		1000m	1:23.50	(32,97)	1000m	1:22.22	(31,34)
		1400m	1:57.85	(34,35)	1400m	1:54.59	(32,37)
		1800m	2:33.13	(35,28)	1800m	2:28.08	(33,49)
		2200m	3:08.89	(35,76)	2200m	3:02.60	(34,52)
		2600m	3:44.89	(36,00)	2600m	3:37.77	(35,17)
		3000m	4:20.64	(35,75)	3000m	4:13.51	(35,74)

		Naam		Cat		PR	Tijd Info
11	wt	23 Twan Kuipers		HB2		4:18.27	4:48.25
	rd	21 Levi Kapp		HB1		4:16.82	4:21.87
		<u>Twan Kuipers</u>				<u>Levi Kapp</u>	
		200m	20.85	(20,85)	200m	20.91	(20,91)
		600m	55.13	(34,28)	600m	54.02	(33,11)
		1000m	1:31.81	(36,68)	1000m	1:27.88	(33,86)
		1400m	2:10.43	(38,62)	1400m	2:02.03	(34,15)
		1800m	2:49.68	(39,25)	1800m	2:36.50	(34,47)
		2200m	3:28.88	(39,20)	2200m	3:11.32	(34,82)
		2600m	4:08.39	(39,51)	2600m	3:46.20	(34,88)
		3000m	4:48.25	(39,86)	3000m	4:21.87	(35,67)

		Naam	Cat	PR	Tijd	Info
12	gl	5 Johan Bouwhuis	HB2	4:14.38	4:11.48	PR
	bl	19 Stefan Has	HB1	4:10.55	4:13.75	
		Johan Bouwhuis				
		200m	19.92 (19,92)	200m	20.35 (20,35)	
		600m	51.58 (31,66)	600m	52.08 (31,73)	
		1000m	1:23.47 (31,89)	1000m	1:24.13 (32,05)	
		1400m	1:56.17 (32,70)	1400m	1:56.87 (32,74)	
		1800m	2:29.15 (32,98)	1800m	2:30.04 (33,17)	
		2200m	3:02.74 (33,59)	2200m	3:03.99 (33,95)	
		2600m	3:36.94 (34,20)	2600m	3:38.57 (34,58)	
		3000m	4:11.48 (34,54)	3000m	4:13.75 (35,18)	

		Naam	Cat	PR	Tijd	Info
13	wt	22 Tygo Kompier	HB2	4:11.10	4:17.59	
	rd	37 Olaf Vunderink	HB2	4:09.14	4:16.56	
		Tygo Kompier				
		200m	19.63 (19,63)	200m	19.97 (19,97)	
		600m	51.48 (31,85)	600m	50.77 (30,80)	
		1000m	1:23.77 (32,29)	1000m	1:22.80 (32,03)	
		1400m	1:57.79 (34,02)	1400m	1:55.94 (33,14)	
		1800m	2:31.86 (34,07)	1800m	2:30.25 (34,31)	
		2200m	3:06.54 (34,68)	2200m	3:05.07 (34,82)	
		2600m	3:42.08 (35,54)	2600m	3:40.72 (35,65)	
		3000m	4:17.59 (35,51)	3000m	4:16.56 (35,84)	

		Naam	Cat	PR	Tijd	Info
14	gl	11 Edsger van Felius	HB1	4:11.69	4:14.50	
	bl	30 Milan Rietveld	HB1	4:14.93	4:14.77	PR
		Edsger van Felius				
		200m	19.42 (19,42)	200m	19.89 (19,89)	
		600m	50.49 (31,07)	600m	51.13 (31,24)	
		1000m	1:22.16 (31,67)	1000m	1:23.24 (32,11)	
		1400m	1:54.40 (32,24)	1400m	1:56.22 (32,98)	
		1800m	2:27.33 (32,93)	1800m	2:30.53 (34,31)	
		2200m	3:01.56 (34,23)	2200m	3:05.17 (34,64)	
		2600m	3:37.41 (35,85)	2600m	3:40.23 (35,06)	
		3000m	4:14.50 (37,09)	3000m	4:14.77 (34,54)	

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

3. Uitslag Vrouwen Junioren A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	19 Sophie Kraaijeveld	DA2	14	O	4:21.70	
2	16 Patricia Koot	DA1	12	I	4:26.76	
3	10 Lotte Groenen	DA1	13	I	4:26.94	
4	36 Anna Marit Sybrandi	DA2	12	O	4:26.99	
5	26 Emma Noz	DA1	10	O	4:29.96 PR	
6	27 Sanne Oosterwijk	DA1	14	I	4:31.63	
7	5 Esmée Brommer	DA2	11	O	4:32.01	
8	17 Veerle van Koppen	DA2	13	O	4:32.72	
9	39 Sylvia de Vries	DA1	9	I	4:34.74	
10	29 Susanne Prins	DA1	8	I	4:38.09 PR	
11	35 Kaat van Steekelenburg	DA2	11	I	4:40.42	
12	28 Tess Postma	DA1	7	O	4:40.72	
	14 Sterre Kamphuis	DA1	9	O	4:40.72	
14	20 Janne Kraamer	DA2	7	I	4:42.41	
15	11 Sharon Heesink	DA2	4	O	4:43.94 PR	
16	30 Wieke Roemaat	DA2	2	I	4:48.78 PR	
17	25 Tosca Mulder	DA2	8	O	4:52.10	
18	6 Lièn van Dasselaar	DA2	5	O	4:54.18	
19	33 Jitte Schuitemaker	DA1	4	I	4:54.88	
20	23 Bo Mengerink	DA1	3	O	4:57.08	
21	3 Shelley Blaauw	DA1	6	I	4:57.93	
22	21 Emma van der Liet	DA2	6	O	4:58.47	
23	24 Sophie Moerman	DA1	5	I	5:04.24	
24	8 Emma Fransen	DA2	3	I	5:04.30	
25	18 Emma Koster	DA2	1	I	5:06.72	
26	22 Bo Meijer	DA2	2	O	5:12.51	
	4 Janna Bolsius	DA1			WDR	

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

3. Rituitslag Vrouwen Junioren A 3000 meter

	Naam	Cat	PR	Tijd Info
1	wt rd 18 Emma Koster	DA2	4:41.51	5:06.72

Emma Koster

Distance	Time	Info
200m	22.19	(22,19)
600m	59.17	(36,98)
1000m	1:37.94	(38,77)
1400m	2:17.44	(39,50)
1800m	2:58.19	(40,75)
2200m	3:40.07	(41,88)
2600m	4:23.08	(43,01)
3000m	5:06.72	(43,64)

	Naam	Cat	PR	Tijd Info
2	gl bl 30 Wieke Roemaat	DA2	4:53.66	4:48.78 PR
	22 Bo Meijer	DA2	5:00.04	5:12.51

Wieke Roemaat

Distance	Time	Info
200m	22.24	(22,24)
600m	56.76	(34,52)
1000m	1:33.29	(36,53)
1400m	2:10.61	(37,32)
1800m	2:48.76	(38,15)
2200m	3:28.22	(39,46)
2600m	4:08.36	(40,14)
3000m	4:48.78	(40,42)

Bo Meijer

Distance	Time	Info
200m	22.88	(22,88)
600m	59.57	(36,69)
1000m	1:40.25	(40,68)
1400m	2:22.09	(41,84)
1800m	3:03.40	(41,31)
2200m	3:45.57	(42,17)
2600m	4:30.39	(44,82)
3000m	5:12.51	(42,12)

	Naam	Cat	PR	Tijd Info
3	wt rd 8 Emma Fransen	DA2	4:48.53	5:04.30
	23 Bo Mengerink	DA1	4:45.18	4:57.08

Emma Fransen

Distance	Time	Info
200m	22.35	(22,35)
600m	59.52	(37,17)
1000m	1:37.55	(38,03)
1400m	2:17.00	(39,45)
1800m	2:57.30	(40,30)
2200m	3:38.40	(41,10)
2600m	4:20.83	(42,43)
3000m	5:04.30	(43,47)

Bo Mengerink

Distance	Time	Info
200m	22.26	(22,26)
600m	58.67	(36,41)
1000m	1:36.97	(38,30)
1400m	2:15.61	(38,64)
1800m	2:55.52	(39,91)
2200m	3:35.83	(40,31)
2600m	4:16.61	(40,78)
3000m	4:57.08	(40,47)

	Naam	Cat	PR	Tijd Info
4	gl bl 33 Jitte Schuitemaker	DA1	4:49.00	4:54.88
	11 Sharon Heesink	DA2	4:45.70	4:43.94 PR

Jitte Schuitemaker

200m	22.80	(22,80)
600m	58.39	(35,59)
1000m	1:35.50	(37,11)
1400m	2:14.33	(38,83)
1800m	2:53.96	(39,63)
2200m	3:34.15	(40,19)
2600m	4:14.57	(40,42)
3000m	4:54.88	(40,31)

Sharon Heesink

200m	22.56	(22,56)
600m	56.89	(34,33)
1000m	1:32.49	(35,60)
1400m	2:09.53	(37,04)
1800m	2:47.14	(37,61)
2200m	3:25.70	(38,56)
2600m	4:04.96	(39,26)
3000m	4:43.94	(38,98)

		Naam	Cat	PR	Tijd Info
5	wt	24 Sophie Moerman	DA1	4:55.61	5:04.24
	rd	6 Lièn van Dasselaar	DA2	4:47.36	4:54.18
		<u>Sophie Moerman</u>		<u>Lièn van Dasselaar</u>	
		200m 23.74 (23,74)		200m 21.82 (21,82)	
		600m 1:00.59 (36,85)		600m 57.53 (35,71)	
		1000m 1:38.92 (38,33)		1000m 1:35.09 (37,56)	
		1400m 2:18.92 (40,00)		1400m 2:13.68 (38,59)	
		1800m 2:59.44 (40,52)		1800m 2:53.09 (39,41)	
		2200m 3:40.42 (40,98)		2200m 3:33.00 (39,91)	
		2600m 4:22.16 (41,74)		2600m 4:13.27 (40,27)	
		3000m 5:04.24 (42,08)		3000m 4:54.18 (40,91)	

		Naam	Cat	PR	Tijd Info
6	gl	3 Shelley Blaauw	DA1	4:42.42	4:57.93
	bl	21 Emma van der Liet	DA2	4:46.45	4:58.47
		<u>Shelley Blaauw</u>		<u>Emma van der Liet</u>	
		200m 22.43 (22,43)		200m 22.61 (22,61)	
		600m 58.84 (36,41)		600m 58.23 (35,62)	
		1000m 1:36.37 (37,53)		1000m 1:35.55 (37,32)	
		1400m 2:15.01 (38,64)		1400m 2:13.91 (38,36)	
		1800m 2:55.71 (40,70)		1800m 2:53.91 (40,00)	
		2200m 3:36.76 (41,05)		2200m 3:34.89 (40,98)	
		2600m 4:19.88 (43,12)		2600m 4:16.55 (41,66)	
		3000m 4:57.93 (38,05)		3000m 4:58.47 (41,92)	

		Naam	Cat	PR	Tijd Info
7	wt	20 Janne Kraamer	DA2	4:41.75	4:42.41
	rd	28 Tess Postma	DA1	4:37.67	4:40.72
		<u>Janne Kraamer</u>		<u>Tess Postma</u>	
		200m 21.32 (21,32)		200m 21.39 (21,39)	
		600m 54.71 (33,39)		600m 55.48 (34,09)	
		1000m 1:30.01 (35,30)		1000m 1:30.64 (35,16)	
		1400m 2:06.62 (36,61)		1400m 2:06.85 (36,21)	
		1800m 2:43.88 (37,26)		1800m 2:44.17 (37,32)	
		2200m 3:22.27 (38,39)		2200m 3:21.89 (37,72)	
		2600m 4:01.96 (39,69)		2600m 4:00.73 (38,84)	

3000m 4:42.41 (40,45) 3000m 4:40.72 (39,99)

		Naam	Cat	PR	Tijd Info
8	gl	29 Susanne Prins	DA1	4:43.06	4:38.09 PR
	bl	25 Tosca Mulder	DA2	4:37.20	4:52.10
		<u>Susanne Prins</u>		<u>Tosca Mulder</u>	
		200m 21.06 (21,06)		200m 21.14 (21,14)	
		600m 54.44 (33,38)		600m 54.45 (33,31)	
		1000m 1:29.37 (34,93)		1000m 1:29.90 (35,45)	
		1400m 2:05.97 (36,60)		1400m 2:06.91 (37,01)	
		1800m 2:43.32 (37,35)		1800m 2:46.05 (39,14)	
		2200m 3:21.34 (38,02)		2200m 3:26.48 (40,43)	
		2600m 3:59.95 (38,61)		2600m 4:08.72 (42,24)	
		3000m 4:38.09 (38,14)		3000m 4:52.10 (43,38)	

		Naam	Cat	PR	Tijd Info
9	wt	39 Sylvia de Vries	DA1	4:31.28	4:34.74
	rd	14 Sterre Kamphuis	DA1	4:37.86	4:40.72
		<u>Sylvia de Vries</u>		<u>Sterre Kamphuis</u>	
		200m 21.46 (21,46)		200m 22.37 (22,37)	
		600m 55.34 (33,88)		600m 57.05 (34,68)	
		1000m 1:30.65 (35,31)		1000m 1:32.67 (35,62)	
		1400m 2:06.51 (35,86)		1400m 2:09.07 (36,40)	
		1800m 2:42.91 (36,40)		1800m 2:46.30 (37,23)	
		2200m 3:19.55 (36,64)		2200m 3:23.96 (37,66)	
		2600m 3:56.61 (37,06)		2600m 4:02.46 (38,50)	
		3000m 4:34.74 (38,13)		3000m 4:40.72 (38,26)	

		Naam	Cat	PR	Tijd Info
10	gl	4 Janna Bolsius	DA1	4:27.94	WDR
	bl	26 Emma Noz	DA1	4:33.33	4:29.96 PR
		<u>Janna Bolsius</u>		<u>Emma Noz</u>	
				200m 21.24 (21,24)	
				600m 53.69 (32,45)	
				1000m 1:26.55 (32,86)	
				1400m 2:00.89 (34,34)	
				1800m 2:36.72 (35,83)	
				2200m 3:13.73 (37,01)	
				2600m 3:51.66 (37,93)	
				3000m 4:29.96 (38,30)	

		Naam	Cat	PR	Tijd Info
11	wt	35 Kaat van Steekelenburg	DA2	4:33.99	4:40.42
	rd	5 Esmée Brommer	DA2	4:31.93	4:32.01
		<u>Kaat van Steekelenburg</u>		<u>Esmée Brommer</u>	
		200m 22.63 (22,63)		200m 21.46 (21,46)	
		600m 57.40 (34,77)		600m 54.65 (33,19)	

1000m	1:32.67	(35,27)	1000m	1:29.39	(34,74)
1400m	2:09.02	(36,35)	1400m	2:05.03	(35,64)
1800m	2:45.84	(36,82)	1800m	2:41.03	(36,00)
2200m	3:23.25	(37,41)	2200m	3:17.51	(36,48)
2600m	4:01.44	(38,19)	2600m	3:54.65	(37,14)
3000m	4:40.42	(38,98)	3000m	4:32.01	(37,36)

		Naam	Cat	PR	Tijd Info
12	gl	16 Patricia Koot	DA1	4:23.37	4:26.76
	bl	36 Anna Marit Sybrandi	DA2	4:20.53	4:26.99

Patricia Koot

200m	20.70	(20,70)
600m	54.58	(33,88)
1000m	1:29.09	(34,51)
1400m	2:04.30	(35,21)
1800m	2:39.46	(35,16)
2200m	3:15.24	(35,78)
2600m	3:50.94	(35,70)
3000m	4:26.76	(35,82)

Anna Marit Sybrandi

200m	21.27	(21,27)
600m	54.76	(33,49)
1000m	1:29.26	(34,50)
1400m	2:04.22	(34,96)
1800m	2:39.52	(35,30)
2200m	3:15.19	(35,67)
2600m	3:51.17	(35,98)
3000m	4:26.99	(35,82)

		Naam	Cat	PR	Tijd Info
13	wt	10 Lotte Groenen	DA1	4:20.61	4:26.94
	rd	17 Veerle van Koppen	DA2	4:22.87	4:32.72

Lotte Groenen

200m	19.82	(19,82)
600m	51.20	(31,38)
1000m	1:23.94	(32,74)
1400m	1:57.98	(34,04)
1800m	2:33.58	(35,60)
2200m	3:10.63	(37,05)
2600m	3:48.84	(38,21)
3000m	4:26.94	(38,10)

Veerle van Koppen

200m	21.11	(21,11)
600m	54.51	(33,40)
1000m	1:29.02	(34,51)
1400m	2:04.03	(35,01)
1800m	2:39.78	(35,75)
2200m	3:16.61	(36,83)
2600m	3:54.42	(37,81)
3000m	4:32.72	(38,30)

		Naam	Cat	PR	Tijd Info
14	gl	27 Sanne Oosterwijk	DA1	4:22.86	4:31.63
	bl	19 Sophie Kraaijeveld	DA2	4:10.39	4:21.70

Sanne Oosterwijk

200m	20.69	(20,69)
600m	53.95	(33,26)
1000m	1:28.20	(34,25)
1400m	2:03.46	(35,26)
1800m	2:39.84	(36,38)
2200m	3:16.68	(36,84)
2600m	3:53.97	(37,29)
3000m	4:31.63	(37,66)

Sophie Kraaijeveld

200m	21.30	(21,30)
600m	53.41	(32,11)
1000m	1:26.30	(32,89)
1400m	2:00.07	(33,77)
1800m	2:34.85	(34,78)
2200m	3:10.24	(35,39)
2600m	3:46.19	(35,95)
3000m	4:21.70	(35,51)

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

4. Uitslag Mannen Junioren A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	21 Jasper Krommenhoek	HA2	10	O	3:57.48	
2	20 Jelle Koeleman	HA2	7	O	3:59.66	
3	17 Freek van der Ham	HA1	8	I	4:01.12	
4	36 Jasper Tinga	HA2	9	O	4:01.94	
5	28 Matthé Pronk	HA2	11	O	4:02.37	
6	39 Hidde Westra	HA2	12	O	4:02.70	
7	33 Simon de Smit	HA2	12	I	4:02.80	
8	5 Joël Bom	HA1	10	I	4:03.06	
9	19 Sille Hut	HA1	5	O	4:04.98	
10	4 Hylke de Boer	HA2	11	I	4:06.30	
11	29 Niels van Reeuwijk	HA1	4	O	4:06.95	
12	23 Jasper van der Marel	HA1	6	I	4:08.65	
13	40 Morris Witkam	HA2	1	O	4:08.75 PR	
14	31 Ties van Seumeren	HA1	7	I	4:09.02	
15	3 Thomas van Berkel	HA1	6	O	4:09.15	
16	26 Thijmen Paardekooper	HA1	9	I	4:09.55	
17	11 Mats ten Cate	HA2	8	O	4:09.66	
18	30 Niklas Reinders	HA1	3	O	4:11.01	
19	10 Chris Brommersma	HA1	5	I	4:11.46	
20	8 Thijs van Bostelen	HA1	2	O	4:14.00	
21	9 Yoeri van Bostelen	HA1	3	I	4:14.52	
22	27 Jelle Plug	HA1	2	I	4:16.89	
23	13 Geert Frijters	HA2	1	I	4:17.24	
24	22 Teun van der Linden	HA1	4	I	4:27.19	
	25 Tom Nijdam	HA2			WDR	
	16 Michiel de Groot	HA1			WDR	

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

4. Rituitslag Mannen Junioren A 3000 meter

		Naam	Cat	PR	Tijd Info
1	wt	13 Geert Frijters	HA2	4:12.09	4:17.24
	rd	40 Morris Witkam	HA2	4:10.88	4:08.75 PR
		Geert Frijters		Morris Witkam	
		200m 19.42 (19,42)		200m 19.20 (19,20)	
		600m 50.42 (31,00)		600m 49.83 (30,63)	
		1000m 1:22.40 (31,98)		1000m 1:21.38 (31,55)	
		1400m 1:55.04 (32,64)		1400m 1:53.55 (32,17)	
		1800m 2:28.77 (33,73)		1800m 2:26.57 (33,02)	
		2200m 3:03.95 (35,18)		2200m 3:00.37 (33,80)	
		2600m 3:40.28 (36,33)		2600m 3:34.67 (34,30)	
		3000m 4:17.24 (36,96)		3000m 4:08.75 (34,08)	

		Naam	Cat	PR	Tijd Info
2	gl	27 Jelle Plug	HA1	4:09.13	4:16.89
	bl	8 Thijs van Bostelen	HA1	4:06.47	4:14.00
		Jelle Plug		Thijs van Bostelen	
		200m 19.06 (19,06)		200m 20.07 (20,07)	
		600m 50.64 (31,58)		600m 50.73 (30,66)	
		1000m 1:22.02 (31,38)		1000m 1:22.26 (31,53)	
		1400m 1:54.33 (32,31)		1400m 1:54.77 (32,51)	
		1800m 2:27.51 (33,18)		1800m 2:28.18 (33,41)	
		2200m 3:02.52 (35,01)		2200m 3:02.44 (34,26)	
		2600m 3:38.96 (36,44)		2600m 3:37.58 (35,14)	
		3000m 4:16.89 (37,93)		3000m 4:14.00 (36,42)	

		Naam	Cat	PR	Tijd Info
3	wt	9 Yoeri van Bostelen	HA1	4:05.97	4:14.52
	rd	30 Niklas Reinders	HA1	4:05.79	4:11.01
		Yoeri van Bostelen		Niklas Reinders	
		200m 18.88 (18,88)		200m 18.84 (18,84)	
		600m 49.49 (30,61)		600m 48.29 (29,45)	
		1000m 1:21.41 (31,92)		1000m 1:20.63 (32,34)	
		1400m 1:54.31 (32,90)		1400m 1:53.62 (32,99)	
		1800m 2:28.03 (33,72)		1800m 2:27.70 (34,08)	
		2200m 3:02.96 (34,93)		2200m 3:01.96 (34,26)	
		2600m 3:38.35 (35,39)		2600m 3:36.60 (34,64)	
		3000m 4:14.52 (36,17)		3000m 4:11.01 (34,41)	

		Naam	Cat	PR	Tijd Info
4	gl	22 Teun van der Linden	HA1	4:09.22	4:27.19
	bl	29 Niels van Reeuwijk	HA1	4:01.41	4:06.95

Teun van der Linden

200m	20.94	(20,94)
600m	54.42	(33,48)
1000m	1:28.33	(33,91)
1400m	2:02.80	(34,47)
1800m	2:37.80	(35,00)
2200m	3:13.59	(35,79)
2600m	3:50.10	(36,51)
3000m	4:27.19	(37,09)

Niels van Reeuwijk

200m	19.81	(19,81)
600m	50.63	(30,82)
1000m	1:22.26	(31,63)
1400m	1:54.10	(31,84)
1800m	2:26.54	(32,44)
2200m	2:59.53	(32,99)
2600m	3:32.75	(33,22)
3000m	4:06.95	(34,20)

		Naam	Cat	PR	Tijd Info
5	wt	10 Chris Brommersma	HA1	4:03.45	4:11.46
	rd	19 Sille Hut	HA1	3:58.96	4:04.98

Chris Brommersma

200m	20.41	(20,41)
600m	52.60	(32,19)
1000m	1:24.78	(32,18)
1400m	1:57.01	(32,23)
1800m	2:29.61	(32,60)
2200m	3:02.90	(33,29)
2600m	3:36.71	(33,81)
3000m	4:11.46	(34,75)

Sille Hut

200m	19.67	(19,67)
600m	51.42	(31,75)
1000m	1:23.36	(31,94)
1400m	1:55.11	(31,75)
1800m	2:26.88	(31,77)
2200m	2:58.78	(31,90)
2600m	3:31.26	(32,48)
3000m	4:04.98	(33,72)

		Naam	Cat	PR	Tijd Info
6	gl	23 Jasper van der Marel	HA1	4:02.62	4:08.65
	bl	3 Thomas van Berkel	HA1	4:02.38	4:09.15

Jasper van der Marel

200m	19.64	(19,64)
600m	50.33	(30,69)
1000m	1:21.51	(31,18)
1400m	1:53.88	(32,37)
1800m	2:26.71	(32,83)
2200m	3:00.39	(33,68)
2600m	3:34.29	(33,90)
3000m	4:08.65	(34,36)

Thomas van Berkel

200m	19.50	(19,50)
600m	50.19	(30,69)
1000m	1:21.58	(31,39)
1400m	1:53.42	(31,84)
1800m	2:26.37	(32,95)
2200m	2:59.84	(33,47)
2600m	3:34.44	(34,60)
3000m	4:09.15	(34,71)

		Naam	Cat	PR	Tijd Info
7	wt	31 Ties van Seumeren	HA1	4:00.41	4:09.02
	rd	20 Jelle Koeleman	HA2	3:57.45	3:59.66

Ties van Seumeren

200m	19.44	(19,44)
600m	50.71	(31,27)
1000m	1:22.73	(32,02)
1400m	1:55.14	(32,41)
1800m	2:27.71	(32,57)
2200m	3:00.88	(33,17)
2600m	3:34.47	(33,59)

Jelle Koeleman

200m	19.15	(19,15)
600m	49.05	(29,90)
1000m	1:18.95	(29,90)
1400m	1:49.37	(30,42)
1800m	2:20.68	(31,31)
2200m	2:53.02	(32,34)
2600m	3:26.00	(32,98)

3000m 4:09.02 (34,55) 3000m 3:59.66 (33,66)

		Naam	Cat	PR	Tijd Info
8	gl	17 Freek van der Ham	HA1	3:57.92	4:01.12
	bl	11 Mats ten Cate	HA2	3:58.28	4:09.66
		<u>Freek van der Ham</u>		<u>Mats ten Cate</u>	
		200m 19.32 (19,32)		200m 19.68 (19,68)	
		600m 49.18 (29,86)		600m 50.32 (30,64)	
		1000m 1:19.99 (30,81)		1000m 1:21.84 (31,52)	
		1400m 1:51.45 (31,46)		1400m 1:54.20 (32,36)	
		1800m 2:23.08 (31,63)		1800m 2:27.19 (32,99)	
		2200m 2:55.24 (32,16)		2200m 3:00.62 (33,43)	
		2600m 3:28.11 (32,87)		2600m 3:34.77 (34,15)	
		3000m 4:01.12 (33,01)		3000m 4:09.66 (34,89)	

		Naam	Cat	PR	Tijd Info
9	wt	26 Thijmen Paardekooper	HA1	3:58.10	4:09.55
	rd	36 Jasper Tinga	HA2	3:58.08	4:01.94
		<u>Thijmen Paardekooper</u>		<u>Jasper Tinga</u>	
		200m 19.45 (19,45)		200m 19.66 (19,66)	
		600m 50.89 (31,44)		600m 49.89 (30,23)	
		1000m 1:23.28 (32,39)		1000m 1:21.11 (31,22)	
		1400m 1:55.66 (32,38)		1400m 1:52.64 (31,53)	
		1800m 2:28.45 (32,79)		1800m 2:24.34 (31,70)	
		2200m 3:01.50 (33,05)		2200m 2:56.34 (32,00)	
		2600m 3:35.08 (33,58)		2600m 3:29.04 (32,70)	
		3000m 4:09.55 (34,47)		3000m 4:01.94 (32,90)	

		Naam	Cat	PR	Tijd Info
10	gl	5 Joël Bom	HA1	3:57.11	4:03.06
	bl	21 Jasper Krommenhoek	HA2	3:52.72	3:57.48
		<u>Joël Bom</u>		<u>Jasper Krommenhoek</u>	
		200m 19.39 (19,39)		200m 19.56 (19,56)	
		600m 49.90 (30,51)		600m 49.06 (29,50)	
		1000m 1:20.74 (30,84)		1000m 1:19.00 (29,94)	
		1400m 1:52.02 (31,28)		1400m 1:49.07 (30,07)	
		1800m 2:23.54 (31,52)		1800m 2:19.87 (30,80)	
		2200m 2:56.02 (32,48)		2200m 2:51.57 (31,70)	
		2600m 3:28.97 (32,95)		2600m 3:24.32 (32,75)	
		3000m 4:03.06 (34,09)		3000m 3:57.48 (33,16)	

		Naam	Cat	PR	Tijd Info
11	wt	4 Hylke de Boer	HA2	3:54.85	4:06.30
	rd	28 Matthé Pronk	HA2	3:56.42	4:02.37
		<u>Hylke de Boer</u>		<u>Matthé Pronk</u>	
		200m 19.56 (19,56)		200m 19.99 (19,99)	
		600m 50.54 (30,98)		600m 50.43 (30,44)	

1000m	1:21.55	(31,01)	1000m	1:21.55	(31,12)
1400m	1:53.14	(31,59)	1400m	1:52.84	(31,29)
1800m	2:25.20	(32,06)	1800m	2:24.56	(31,72)
2200m	2:58.05	(32,85)	2200m	2:56.76	(32,20)
2600m	3:31.82	(33,77)	2600m	3:29.24	(32,48)
3000m	4:06.30	(34,48)	3000m	4:02.37	(33,13)

		Naam	Cat	PR	Tijd Info
12	gl	33 Simon de Smit	HA2	3:54.37	4:02.80
	bl	39 Hidde Westra	HA2	3:52.43	4:02.70
		<u>Simon de Smit</u>		<u>Hidde Westra</u>	
		200m 18.86 (18,86)		200m 19.32 (19,32)	
		600m 49.29 (30,43)		600m 49.48 (30,16)	
		1000m 1:20.78 (31,49)		1000m 1:20.43 (30,95)	
		1400m 1:52.69 (31,91)		1400m 1:52.08 (31,65)	
		1800m 2:24.97 (32,28)		1800m 2:23.93 (31,85)	
		2200m 2:57.44 (32,47)		2200m 2:56.62 (32,69)	
		2600m 3:30.27 (32,83)		2600m 3:29.81 (33,19)	
		3000m 4:02.80 (32,53)		3000m 4:02.70 (32,89)	

		Naam	Cat	PR	Tijd Info
13	wt	25 Tom Nijdam	HA2	4:08.25	WDR
	rd	16 Michiel de Groot	HA1	3:55.74	WDR
		<u>Tom Nijdam</u>		<u>Michiel de Groot</u>	