

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

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1. Rituitslag Vrouwen 500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	7	Nyncke Dijkstra		DN1		42.97	43.75	
	rd	39	Liotte Smits		DN3		42.17	44.51	
		Nyncke Dijkstra			Liotte Smits				
		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	Esmée Brommer		DA2		43.03	43.97	
	bl	40	Anna Marit Sybrandi		DA2		43.24	43.96	
		Esmée Brommer			Anna Marit Sybrandi				
		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	Evelien Vijn		DN1		40.63	42.37	
	rd	42	Lidia Tempert		DN3		42.13	43.19	
		Evelien Vijn			Lidia Tempert				
		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	Sterre Jonkers		DSA		41.95	42.59	
	bl	28	Veerle van Koppen		DA2		42.65	43.52	
		Sterre Jonkers			Veerle van Koppen				
		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	43.21	
	rd	29	Sophie Kraaijeveld		DA2		42.02	43.11	
		Emma Noz			Sophie Kraaijeveld				
		100m	12.05	(12.05)	100m	12.10	(12.10)		
		500m	43.21	(31.16)	500m	43.11	(31.01)		

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		Naam		Cat		PR		Tijd	Info
6	gl	14	Jade Groenewoud		DA2		40.18	41.27	
	bl	8	Vera van Ditshuizen		DN1		42.15	42.57	
		Jade Groenewoud			Vera van Ditshuizen				
		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	41.86	
	rd	34	Sanne Oosterwijk		DA1		41.28	42.47	
		Tess Postma			Sanne Oosterwijk				
		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	42.21	
	bl	30	Lisan van der Linde		DN1		41.91	41.86	PR
		Eline van Voorden			Lisan van der Linde				
		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	41.33	
	rd	24	Bente Kerkhoff		DN2		41.06	41.28	
		Sanne Westra			Bente Kerkhoff				
		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	Kim Talsma		DN3		40.35	41.55	
	bl	27	Patricia Koot		DA1		41.24	41.65	
		Kim Talsma			Patricia Koot				
		100m	11.54	(11.54)	100m	11.81	(11.81)		
		500m	41.55	(30.01)	500m	41.65	(29.84)		

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		Naam			Cat			PR	Tijd	Info
11	wt	18	Aveline Hijlkema		DSA			39.78	41.31	
	rd	50	Naomi van der Werf		DSA			40.41	41.84	
		Aveline Hijlkema			Naomi van der Werf					
		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	Amy van der Meer		DN2			40.03	41.20	
	bl	47	Ju-Lin de Visser		DN3			40.15	40.58	
		Amy van der Meer			Ju-Lin de Visser					
		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	Melissa Wijffe		DSA			38.83	40.72	
	rd	10	Romée Ebbinge		DSA			40.88	41.90	
		Melissa Wijffe			Romée Ebbinge					
		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	Yael Prenger		DN1			40.46	41.46	
	bl	44	Paulien Verhaar		DN4			39.85	41.00	
		Yael Prenger			Paulien Verhaar					
		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		
	40 Colin Schrijver	HN3	9	O	DQ		

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2. Rituitslag Mannen 500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	62	Chris Huizinga		HSA		37.05	38.50	
	rd	59	Zeno de Ponti		HN2		37.66	38.93	
		Chris Huizinga			Zeno de Ponti				
		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	Colin James Duivenvoorden		HN1		38.15	39.52	
	rd	35	Otto van de Pol		H40		37.24	41.41	
		Colin James Duivenvoorden			Otto van de Pol				
		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	Finn ten Hove		HSA		40.32	41.09	
	bl	23	Ole ten Hove		HN4		39.94	40.98	
		Finn ten Hove			Ole ten Hove				
		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	Homme Jan de Groot		HSA		37.80	39.01	
	rd	34	Mark Ooijevaar		HSB		39.43	43.27	
		Homme Jan de Groot			Mark Ooijevaar				
		100m	10.90	(10.90)	100m	12.13	(12.13)		
		500m	39.01	(28.11)	500m	43.27	(31.14)		

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		Naam		Cat		PR		Tijd	Info
6	gl	48	Marwin Talsma		HSA		37.96	39.66	
	bl	7	Nino van Dijk		HSA		38.43	39.16	
		Marwin Talsma			Nino van Dijk				
		100m	11.23	(11.23)	100m	10.99	(10.99)		
		500m	39.66	(28.43)	500m	39.16	(28.17)		
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		Naam		Cat		PR		Tijd	Info
7	wt	45	Remco Stam		HA2		39.37	39.27	PR
	rd	19	Wesley Hollenberg		HN4		38.12	38.75	
		Remco Stam			Wesley Hollenberg				
		100m	11.09	(11.09)	100m	11.09	(11.09)		
		500m	39.27	(28.18)	500m	38.75	(27.66)		
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		Naam		Cat		PR		Tijd	Info
8	gl	57	Lars Woelders		HN2		38.21	39.23	
	bl	30	Jasper Krommenhoek		HA2		38.79	39.07	
		Lars Woelders			Jasper Krommenhoek				
		100m	10.91	(10.91)	100m	11.16	(11.16)		
		500m	39.23	(28.32)	500m	39.07	(27.91)		
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		Naam		Cat		PR		Tijd	Info
9	wt	2	Hylke de Boer		HA2		38.53	39.99	RS
	rd	40	Colin Schrijver		HN3		37.53	DQ	
		Hylke de Boer			Colin Schrijver				
		100m	11.15	(11.15)					
		500m	39.99	(28.84)					
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		Naam		Cat		PR		Tijd	Info
10	gl	27	Adriaan de Kluiver		HSA		38.16	38.96	
	bl	3	Joël Bom		HA1		38.74	38.58	PR
		Adriaan de Kluiver			Joël Bom				
		100m	11.00	(11.00)	100m	10.83	(10.83)		
		500m	38.96	(27.96)	500m	38.58	(27.75)		

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		Naam			Cat			PR	Tijd	Info
11	wt	31	Jesse de Lange		HN2			37.90	39.24	
	rd	47	Dyon Talsma		HN2			38.37	39.16	
		Jesse de Lange			Dyon Talsma					
		100m	10.83	(10.83)	100m	10.96	(10.96)			
		500m	39.24	(28.41)	500m	39.16	(28.20)			
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		Naam			Cat			PR	Tijd	Info
12	gl	56	Gert Wierda		HN1			36.92	39.14	
	bl	58	Mathijs van Zwieten		HN2			37.90	38.57	
		Gert Wierda			Mathijs van Zwieten					
		100m	10.83	(10.83)	100m	11.00	(11.00)			
		500m	39.14	(28.31)	500m	38.57	(27.57)			
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		Naam			Cat			PR	Tijd	Info
13	wt	28	Jelle Koeleman		HA2			37.90	39.03	
	rd	6	Jorian ten Cate		HN1			37.97	38.68	
		Jelle Koeleman			Jorian ten Cate					
		100m	10.58	(10.58)	100m	10.95	(10.95)			
		500m	39.03	(28.45)	500m	38.68	(27.73)			
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		Naam			Cat			PR	Tijd	Info
14	gl	50	Bart Valentijn		HSA			37.84	39.00	
	bl	16	Luc Heine		HSA			37.86	38.68	
		Bart Valentijn			Luc Heine					
		100m	10.79	(10.79)	100m	10.82	(10.82)			
		500m	39.00	(28.21)	500m	38.68	(27.86)			
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		Naam			Cat			PR	Tijd	Info
15	wt	9	Max Douma		HN4			37.34	38.45	
	rd	39	Victor Ramler		HSA			37.43	38.43	
		Max Douma			Victor Ramler					
		100m	10.93	(10.93)	100m	10.68	(10.68)			
		500m	38.45	(27.52)	500m	38.43	(27.75)			

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		Naam		Cat		PR		Tijd	Info
16	gl	55	Hidde Westra		HA2		37.53	37.90	
	bl	44	Jesse Speijers		HN2		37.13	37.92	
		Hidde Westra			Jesse Speijers				
		100m	10.79	(10.79)	100m	10.76	(10.76)		
		500m	37.90	(27.11)	500m	37.92	(27.16)		
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		Naam		Cat		PR		Tijd	Info
17	wt	60	Yves Vergeer		HN3		37.03	38.34	
	rd	53	Stan van Vliet		HN1		37.48	38.74	
		Yves Vergeer			Stan van Vliet				
		100m	10.92	(10.92)	100m	10.75	(10.75)		
		500m	38.34	(27.42)	500m	38.74	(27.99)		
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		Naam		Cat		PR		Tijd	Info
18	gl	12	Bram van Essen		HN2		36.99	37.73	
	bl	32	Thomas de Lange		HN1		36.63	37.63	
		Bram van Essen			Thomas de Lange				
		100m	10.51	(10.51)	100m	10.60	(10.60)		
		500m	37.73	(27.22)	500m	37.63	(27.03)		
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		Naam		Cat		PR		Tijd	Info
19	wt	51	Jur Veenje		HN3		36.73	37.61	
	rd	52	Loek van Vilsteren		HA2		37.39	37.74	
		Jur Veenje			Loek van Vilsteren				
		100m	10.61	(10.61)	100m	10.56	(10.56)		
		500m	37.61	(27.00)	500m	37.74	(27.18)		
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		Naam		Cat		PR		Tijd	Info
20	gl	18	Matthieu Hollaar		HN1		36.75	37.76	
	bl	61	Tjerk de Boer		HSA		36.17	37.10	
		Matthieu Hollaar			Tjerk de Boer				
		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		

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3. Rituitslag Vrouwen 3000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	30 Lisan van der Linde	DN1	4:33.69	4:30.55	PR
	rd	35 Tess Postma	DA1	4:37.67	4:40.87	

Lisan van der Linde

200m	21.47	(21.47)
600m	55.02	(33.55)
1000m	1:29.66	(34.64)
1400m	2:04.39	(34.73)
1800m	2:39.04	(34.65)
2200m	3:14.70	(35.66)
2600m	3:52.06	(37.36)
3000m	4:30.55	(38.49)

Tess Postma

200m	21.19	(21.19)
600m	54.97	(33.78)
1000m	1:30.24	(35.27)
1400m	2:06.03	(35.79)
1800m	2:42.66	(36.63)
2200m	3:20.19	(37.53)
2600m	3:59.44	(39.25)
3000m	4:40.87	(41.43)

		Naam	Cat	PR	Tijd	Info
2	gl	31 Amy van der Meer	DN2	4:31.77	4:43.77	
	bl	47 Ju-Lin de Visser	DN3	4:39.28	4:37.17	PR

Amy van der Meer

200m	21.00	(21.00)
600m	55.17	(34.17)
1000m	1:29.84	(34.67)
1400m	2:05.82	(35.98)
1800m	2:43.28	(37.46)
2200m	3:22.14	(38.86)
2600m	4:02.38	(40.24)
3000m	4:43.77	(41.39)

Ju-Lin de Visser

200m	21.11	(21.11)
600m	54.83	(33.72)
1000m	1:30.60	(35.77)
1400m	2:07.55	(36.95)
1800m	2:44.66	(37.11)
2200m	3:22.37	(37.71)
2600m	3:59.92	(37.55)
3000m	4:37.17	(37.25)

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		Naam		Cat		PR		Tijd	Info
3	wt	33	Emma Noz		DA1		4:33.33	4:37.11	
	rd	10	Roméé Ebbinge		DSA		4:28.50	4:38.87	
		Emma Noz			Roméé Ebbinge				
		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	4:34.74	
	bl	8	Vera van Ditshuizen		DN1		4:23.56	4:47.73	
		Esmée Brommer			Vera van Ditshuizen				
		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)		

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		Naam		Cat		PR		Tijd	Info
5	wt	40	Anna Marit Sybrandi		DA2		4:30.85	4:36.98	
	rd	7	Nyncke Dijkstra		DN1		4:28.59	4:39.38	
		Anna Marit Sybrandi			Nyncke Dijkstra				
		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	Liotte Smits		DN3		4:24.14	4:36.29	
	bl	27	Patricia Koot		DA1		4:23.37	4:34.80	
		Liotte Smits			Patricia Koot				
		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)		

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		Naam			Cat			PR	Tijd	Info
7	wt	51	Sanne Westra		DN1			4:27.29	4:37.11	
	rd	28	Veerle van Koppen		DA2			4:22.87	4:34.89	
		Sanne Westra			Veerle van Koppen					
		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	Lidia Tempert		DN3			4:23.86	4:36.50	
	bl	41	Kim Talsma		DN3			4:13.49	4:32.15	
		Lidia Tempert			Kim Talsma					
		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)			

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		Naam	Cat	PR	Tijd	Info
9	wt	34 Sanne Oosterwijk	DA1	4:22.86	4:36.57	
	rd	29 Sophie Kraaijeveld	DA2	4:10.39	4:24.24	
		Sanne Oosterwijk				
		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 Sterre Jonkers	DSA	4:07.69	4:28.98	
	bl	48 Eline van Voorden	DN3	4:18.55	4:26.48	
		Sterre Jonkers				
		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)	

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		Naam			Cat			PR	Tijd	Info
11	wt	24	Bente Kerkhoff		DN2			4:14.61	4:25.50	
	rd	36	Yael Prenger		DN1			4:20.59	4:35.66	
		Bente Kerkhoff			Yael Prenger					
		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	Melissa Wijffe		DSA			4:01.07	4:17.65	
	bl	44	Paulien Verhaar		DN4			4:12.07	4:21.73	
		Melissa Wijffe			Paulien Verhaar					
		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)			

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		Naam			Cat			PR	Tijd	Info
13	wt	14	Jade Groenewoud		DA2			4:07.07	4:17.67	
	rd	46	Evelien Vijn		DN1			4:03.76	4:21.70	
		Jade Groenewoud				Evelien Vijn				
		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	4:18.73	
	bl	50	Naomi van der Werf		DSA			4:12.59	4:27.11	
		Aveline Hijlkema				Naomi van der Werf				
		200m	20.65	(20.65)	200m	21.58	(21.58)			
		600m	53.39	(32.74)	600m	55.10	(33.52)			
		1000m	1:27.31	(33.92)	1000m	1:28.89	(33.79)			
		1400m	2:01.34	(34.03)	1400m	2:03.29	(34.40)			
		1800m	2:35.23	(33.89)	1800m	2:38.32	(35.03)			
		2200m	3:09.22	(33.99)	2200m	3:13.71	(35.39)			
		2600m	3:43.50	(34.28)	2600m	3:49.97	(36.26)			
		3000m	4:18.73	(35.23)	3000m	4:27.11	(37.14)			

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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		
38	40 Colin Schrijver	HN3	2	I	7:37.24		

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Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
19	Wesley Hollenberg	HN4	8	O		DQ	
47	Dyon Talsma	HN2	10	I		DQ	

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4. Rituitslag Mannen 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	61	Tjerk de Boer		HSA	6:28.42		6:42.59	
	rd	23	Ole ten Hove		HN4	7:13.36		7:19.75	
		Tjerk de Boer			Ole ten Hove				
		200m	19.16	(19.16)	200m	20.08	(20.08)		
		600m	50.86	(31.70)	600m	52.91	(32.83)		
		1000m	1:22.84	(31.98)	1000m	1:26.71	(33.80)		
		1400m	1:55.18	(32.34)	1400m	2:01.26	(34.55)		
		1800m	2:27.25	(32.07)	1800m	2:36.01	(34.75)		
		2200m	2:59.27	(32.02)	2200m	3:10.64	(34.63)		
		2600m	3:31.17	(31.90)	2600m	3:45.90	(35.26)		
		3000m	4:03.09	(31.92)	3000m	4:21.37	(35.47)		
		3400m	4:35.12	(32.03)	3400m	4:57.34	(35.97)		
		3800m	5:06.64	(31.52)	3800m	5:32.91	(35.57)		
		4200m	5:38.55	(31.91)	4200m	6:08.68	(35.77)		
		4600m	6:10.82	(32.27)	4600m	6:44.37	(35.69)		
		5000m	6:42.59	(31.77)	5000m	7:19.75	(35.38)		

		Naam		Cat		PR		Tijd	Info
2	gl	40	Colin Schrijver		HN3	7:14.24		7:37.24	
	bl	35	Otto van de Pol		H40	6:40.78		7:06.99	TRC
		Colin Schrijver			Otto van de Pol				
		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)		

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		Naam		Cat		PR	Tijd	Info
3	wt	53	Stan van Vliet		HN1		6:57.03	7:06.81
	rd	27	Adriaan de Kluiver		HSA		6:53.74	7:06.77
		Stan van Vliet			Adriaan de Kluiver			
		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	Mark Ooijevaar		HSB		6:24.56	7:15.13
	bl	16	Luc Heine		HSA		6:54.75	7:09.80
		Mark Ooijevaar			Luc Heine			
		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)	

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		Naam			Cat			PR	Tijd	Info
5	wt	22	Finn ten Hove		HSA			7:02.02	7:16.64	
	rd	9	Max Douma		HN4			7:00.53	7:15.65	
		Finn ten Hove			Max Douma					
		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	6:57.38	
	bl	51	Jur Veenje		HN3			6:45.21	6:54.17	
		Nino van Dijk			Jur Veenje					
		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)			

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		Naam		Cat		PR		Tijd	Info
7	wt	50	Bart Valentijn		HSA		6:46.03	6:54.49	
	rd	12	Bram van Essen		HN2		6:57.83	7:15.68	
		Bart Valentijn			Bram van Essen				
		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	Loek van Vilsteren		HA2		6:58.04	7:10.01	
	bl	19	Wesley Hollenberg		HN4		6:52.74	DQ	
		Loek van Vilsteren			Wesley Hollenberg				
		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)					

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		Naam		Cat		PR		Tijd	Info
11	wt	6	Jorian ten Cate		HN1		6:48.99	7:08.79	
	rd	18	Matthieu Hollaar		HN1		6:52.41	7:05.75	
		Jorian ten Cate				Matthieu Hollaar			
		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	Joël Bom		HA1		6:47.05	7:05.63	
	bl	10	Colin James Duivenvoorden		HN1		6:33.99	6:52.66	
		Joël Bom				Colin James Duivenvoorden			
		200m	19.54	(19.54)		200m	19.57	(19.57)	
		600m	51.84	(32.30)		600m	50.55	(30.98)	
		1000m	1:24.08	(32.24)		1000m	1:22.16	(31.61)	
		1400m	1:56.38	(32.30)		1400m	1:54.28	(32.12)	
		1800m	2:29.33	(32.95)		1800m	2:26.47	(32.19)	
		2200m	3:02.70	(33.37)		2200m	2:58.99	(32.52)	
		2600m	3:36.20	(33.50)		2600m	3:32.15	(33.16)	
		3000m	4:10.28	(34.08)		3000m	4:05.62	(33.47)	
		3400m	4:44.70	(34.42)		3400m	4:38.98	(33.36)	
		3800m	5:19.68	(34.98)		3800m	5:12.31	(33.33)	
		4200m	5:54.77	(35.09)		4200m	5:46.23	(33.92)	
		4600m	6:30.24	(35.47)		4600m	6:19.59	(33.36)	
		5000m	7:05.63	(35.39)		5000m	6:52.66	(33.07)	

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		Naam			Cat			PR	Tijd	Info
13	wt	45	Remco Stam		HA2			6:43.40	6:54.24	
	rd	31	Jesse de Lange		HN2			6:48.35	7:02.41	
		Remco Stam			Jesse de Lange					
		200m	19.70	(19.70)	200m	19.90	(19.90)			
		600m	51.76	(32.06)	600m	52.61	(32.71)			
		1000m	1:24.09	(32.33)	1000m	1:25.56	(32.95)			
		1400m	1:56.49	(32.40)	1400m	1:58.51	(32.95)			
		1800m	2:28.84	(32.35)	1800m	2:31.52	(33.01)			
		2200m	3:01.36	(32.52)	2200m	3:04.78	(33.26)			
		2600m	3:34.16	(32.80)	2600m	3:37.94	(33.16)			
		3000m	4:07.14	(32.98)	3000m	4:11.23	(33.29)			
		3400m	4:40.07	(32.93)	3400m	4:44.76	(33.53)			
		3800m	5:13.11	(33.04)	3800m	5:18.63	(33.87)			
		4200m	5:46.51	(33.40)	4200m	5:52.98	(34.35)			
		4600m	6:20.14	(33.63)	4600m	6:27.63	(34.65)			
		5000m	6:54.24	(34.10)	5000m	7:02.41	(34.78)			

		Naam			Cat			PR	Tijd	Info
14	gl	59	Zeno de Ponti		HN2			6:35.87	7:03.09	
	bl	30	Jasper Krommenhoek		HA2			6:41.49	6:40.26	PR
		Zeno de Ponti			Jasper Krommenhoek					
		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)			

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		Naam			Cat			PR	Tijd	Info
15	wt	58	Mathijs van Zwieten		HN2			6:40.49	6:50.29	
	rd	57	Lars Woelders		HN2			6:37.70	6:51.11	
		Mathijs van Zwieten				Lars Woelders				
		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	6:39.64	
	bl	8	Lex Dijkstra		HSA			6:19.79	6:36.78	
		Victor Ramler				Lex Dijkstra				
		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)			

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		Naam			Cat			PR	Tijd	Info
17	wt	28	Jelle Koeleman		HA2			6:41.91	6:52.91	
	rd	14	Homme Jan de Groot		HSA			6:43.16	6:45.06	
		Jelle Koeleman			Homme Jan de Groot					
		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	Marwin Talsma		HSA			6:13.18	6:35.14	
	bl	43	Remo Slotegraaf		HN2			6:23.11	6:45.49	
		Marwin Talsma			Remo Slotegraaf					
		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)			

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		Naam			Cat			PR	Tijd	Info
19	wt	56	Gert Wierda		HN1			6:21.14	6:36.95	
	rd	44	Jesse Speijers		HN2			6:25.47	6:34.11	
		Gert Wierda			Jesse Speijers					
		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	6:49.81	
	bl	62	Chris Huizinga		HSA			6:21.45	6:49.32	
		Yves Vergeer			Chris Huizinga					
		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)			

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5. Uitslag Vrouwen 1500 meter

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

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5. Rituitslag Vrouwen 1500 meter

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

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

		Naam	Cat	PR	Tijd	Info
3	wt	40 Anna Marit Sybrandi	DA2	2:07.81		2:10.86
	rd	7 Nyncke Dijkstra	DN1	2:09.47		2:14.44
		<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		2:11.02
	bl	5 Esmée Brommer	DA2	2:11.80		2:12.37
		<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)	

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		Naam		Cat		PR		Tijd	Info
5	wt	42	Lidia Tempert		DN3		2:05.05	2:10.92	
	rd	35	Tess Postma		DA1		2:07.57	2:09.46	
		Lidia Tempert				Tess Postma			
		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)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
6	gl	10	Romée Ebbinge		DSA		2:02.07	2:07.33	
	bl	31	Amy van der Meer		DN2		2:05.91	2:11.12	
		Romée Ebbinge				Amy van der Meer			
		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)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
7	wt	27	Patricia Koot		DA1		2:03.26	2:09.45	
	rd	51	Sanne Westra		DN1		2:01.40	2:06.83	
		Patricia Koot				Sanne Westra			
		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)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
8	gl	36	Yael Prenger		DN1		2:03.50	2:07.94	
	bl	23	Sterre Jonkers		DSA		2:00.85	2:07.42	
		Yael Prenger				Sterre Jonkers			
		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)	

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		Naam		Cat		PR		Tijd	Info
9	wt	30	Lisan van der Linde		DN1		2:04.76	2:06.47	
	rd	29	Sophie Kraaijeveld		DA2		2:03.46	2:06.15	
		Lisan van der Linde			Sophie Kraaijeveld				
		300m	27.96	(27.96)	300m	28.25	(28.25)		
		700m	59.13	(31.17)	700m	59.39	(31.14)		
		1100m	1:31.97	(32.84)	1100m	1:32.18	(32.79)		
		1500m	2:06.47	(34.50)	1500m	2:06.15	(33.97)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
10	gl	47	Ju-Lin de Visser		DN3		2:03.94	2:06.19	
	bl	41	Kim Talsma		DN3		1:57.33	2:06.87	
		Ju-Lin de Visser			Kim Talsma				
		300m	26.63	(26.63)	300m	27.71	(27.71)		
		700m	57.30	(30.67)	700m	59.37	(31.66)		
		1100m	1:30.63	(33.33)	1100m	1:32.63	(33.26)		
		1500m	2:06.19	(35.56)	1500m	2:06.87	(34.24)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
11	wt	50	Naomi van der Werf		DSA		2:01.20	2:06.50	
	rd	48	Eline van Voorden		DN3		2:02.92	2:06.44	
		Naomi van der Werf			Eline van Voorden				
		300m	27.38	(27.38)	300m	27.60	(27.60)		
		700m	58.74	(31.36)	700m	58.80	(31.20)		
		1100m	1:31.57	(32.83)	1100m	1:31.83	(33.03)		
		1500m	2:06.50	(34.93)	1500m	2:06.44	(34.61)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
12	gl	24	Bente Kerkhoff		DN2		2:02.08	2:05.91	
	bl	46	Evelien Vijn		DN1		1:57.52	2:07.04	
		Bente Kerkhoff			Evelien Vijn				
		300m	27.22	(27.22)	300m	27.71	(27.71)		
		700m	57.79	(30.57)	700m	58.75	(31.04)		
		1100m	1:30.74	(32.95)	1100m	1:31.98	(33.23)		
		1500m	2:05.91	(35.17)	1500m	2:07.04	(35.06)		

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		Naam			Cat			PR	Tijd	Info
13	wt	18	Aveline Hijlkema		DSA			1:57.78	2:03.54	
	rd	44	Paulien Verhaar		DN4			1:59.73	2:04.12	
		Aveline Hijlkema			Paulien Verhaar					
		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)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
14	gl	52	Melissa Wijfje		DSA			1:51.78	2:02.27	
	bl	14	Jade Groenewoud		DA2			1:58.16	2:03.81	
		Melissa Wijfje			Jade Groenewoud					
		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)			

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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		
	48 Marwin Talsma	HSA			WDR		

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Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
59	Zeno de Ponti	HN2				WDR	
62	Chris Huizinga	HSA				WDR	

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6. Rituitslag Mannen 1500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	8	Lex Dijkstra		HSA		1:46.50	1:50.81	
	rd	43	Remo Slotegraaf		HN2		1:47.32	1:54.48	
		<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	Marwin Talsma		HSA		1:46.20	WDR	
	bl	59	Zeno de Ponti		HN2		1:49.60	WDR	
		<u>Marwin Talsma</u>				<u>Zeno de Ponti</u>			

		Naam		Cat		PR		Tijd	Info
3	wt	62	Chris Huizinga		HSA		1:44.60	WDR	
	rd	40	Colin Schrijver		HN3		1:54.93	2:00.90	
		<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	Dyon Talsma		HN2		1:54.46	1:58.16	
	bl	19	Wesley Hollenberg		HN4		1:52.58	1:55.02	
		<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)	

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		Naam		Cat		PR		Tijd	Info
5	wt	34	Mark Ooijevaar		HSB		1:50.34	2:03.53	
	rd	23	Ole ten Hove		HN4		1:57.48	2:01.81	
		Mark Ooijevaar			Ole ten Hove				
		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)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
6	gl	22	Finn ten Hove		HSA		1:57.61	2:01.71	
	bl	35	Otto van de Pol		H40		1:50.24	1:59.29	
		Finn ten Hove			Otto van de Pol				
		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)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
7	wt	9	Max Douma		HN4		1:51.36	1:55.64	
	rd	16	Luc Heine		HSA		1:52.79	1:59.46	
		Max Douma			Luc Heine				
		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)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
8	gl	27	Adriaan de Kluiver		HSA		1:50.51	1:55.66	
	bl	6	Jorian ten Cate		HN1		1:52.04	1:55.07	
		Adriaan de Kluiver			Jorian ten Cate				
		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)		

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		Naam			Cat			PR	Tijd	Info
9	wt	31	Jesse de Lange		HN2			1:51.59	1:55.51	
	rd	53	Stan van Vliet		HN1			1:51.91	1:54.56	
		Jesse de Lange			Stan van Vliet					
		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)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
10	gl	2	Hylke de Boer		HA2			1:53.25	1:56.81	
	bl	12	Bram van Essen		HN2			1:53.15	1:55.92	
		Hylke de Boer			Bram van Essen					
		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)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
11	wt	7	Nino van Dijk		HSA			1:51.37	1:56.80	
	rd	3	Joël Bom		HA1			1:54.82	1:56.28	
		Nino van Dijk			Joël Bom					
		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)			
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		Naam			Cat			PR	Tijd	Info
12	gl	52	Loek van Vilsteren		HA2			1:51.56	1:56.07	
	bl	10	Colin James Duivenvoorden		HN1			1:52.12	2:01.31	
		Loek van Vilsteren			Colin James Duivenvoorden					
		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)			

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		Naam	Cat	PR	Tijd	Info
13	wt	50 Bart Valentijn	HSA	1:50.66	1:54.80	
	rd	45 Remco Stam	HA2	1:54.18	1:55.25	
		Bart Valentijn		Remco Stam		
		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 Matthieu Hollaar	HN1	1:50.73	1:53.74	
	bl	57 Lars Woelders	HN2	1:52.56	1:54.52	
		Matthieu Hollaar		Lars Woelders		
		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 Thomas de Lange	HN1	1:50.14	1:53.61	
	rd	28 Jelle Koeleman	HA2	1:53.36	1:55.83	
		Thomas de Lange		Jelle Koeleman		
		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 Homme Jan de Groot	HSA	1:52.95	1:54.39	
	bl	58 Mathijs van Zwieten	HN2	1:51.81	1:54.34	
		Homme Jan de Groot		Mathijs van Zwieten		
		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)	

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		Naam	Cat	PR	Tijd	Info
17	wt	60 Yves Vergeer	HN3	1:47.25	1:51.15	
	rd	55 Hidde Westra	HA2	1:52.27	DNF	
		Yves Vergeer			Hidde Westra	
		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)			
<hr/>						
		Naam	Cat	PR	Tijd	Info
18	gl	51 Jur Veenje	HN3	1:48.27	1:53.25	
	bl	30 Jasper Krommenhoek	HA2	1:51.46	1:54.04	
		Jur Veenje			Jasper Krommenhoek	
		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)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
19	wt	39 Victor Ramler	HSA	1:48.78	1:53.82	
	rd	56 Gert Wierda	HN1	1:46.38	1:52.43	
		Victor Ramler			Gert Wierda	
		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)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
20	gl	44 Jesse Speijers	HN2	1:47.74	1:52.25	
	bl	61 Tjerk de Boer	HSA	1:46.51	1:51.27	
		Jesse Speijers			Tjerk de Boer	
		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)	

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7. Uitslag Vrouwen 5000 meter

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

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7. Rituitslag Vrouwen 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	29	Sophie Kraaijeveld		DA2		7:31.18	7:44.42	
	rd	23	Sterre Jonkers		DSA		7:12.81	7:52.17	
		Sophie Kraaijeveld			Sterre Jonkers				
		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	7:48.63	PR
	bl	41	Kim Talsma		DN3		7:33.34	8:03.47	
		Lisan van der Linde			Kim Talsma				
		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)		

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		Naam		Cat		PR		Tijd	Info
3	wt	48	Eline van Voorden		DN3		7:25.07	7:35.70	
	rd	47	Ju-Lin de Visser		DN3			8:04.01	
		Eline van Voorden			Ju-Lin de Visser				
		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	Evelien Vijn		DN1		7:05.29	7:37.77	
	bl	50	Naomi van der Werf		DSA		7:19.01	DQ	
		Evelien Vijn			Naomi van der Werf				
		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)					

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		Naam			Cat			PR	Tijd	Info
5	wt	44	Paulien Verhaar		DN4			7:33.95	7:34.65	
	rd	24	Bente Kerkhoff		DN2			7:37.16	7:45.49	
		Paulien Verhaar				Bente Kerkhoff				
		200m	20.62	(20.62)	200m	21.22	(21.22)			
		600m	55.37	(34.75)	600m	56.87	(35.65)			
		1000m	1:32.54	(37.17)	1000m	1:33.71	(36.84)			
		1400m	2:08.95	(36.41)	1400m	2:10.72	(37.01)			
		1800m	2:44.66	(35.71)	1800m	2:47.18	(36.46)			
		2200m	3:20.80	(36.14)	2200m	3:23.56	(36.38)			
		2600m	3:56.66	(35.86)	2600m	4:00.37	(36.81)			
		3000m	4:32.65	(35.99)	3000m	4:37.34	(36.97)			
		3400m	5:08.96	(36.31)	3400m	5:15.10	(37.76)			
		3800m	5:44.82	(35.86)	3800m	5:52.55	(37.45)			
		4200m	6:21.15	(36.33)	4200m	6:30.25	(37.70)			
		4600m	6:57.89	(36.74)	4600m	7:07.84	(37.59)			
		5000m	7:34.65	(36.76)	5000m	7:45.49	(37.65)			

		Naam			Cat			PR	Tijd	Info
6	gl	14	Jade Groenewoud		DA2			7:20.17	7:36.07	
	bl	18	Aveline Hijlkema		DSA			7:09.18	7:26.97	
		Jade Groenewoud				Aveline Hijlkema				
		200m	21.03	(21.03)	200m	21.42	(21.42)			
		600m	55.07	(34.04)	600m	55.90	(34.48)			
		1000m	1:29.67	(34.60)	1000m	1:30.74	(34.84)			
		1400m	2:04.87	(35.20)	1400m	2:06.12	(35.38)			
		1800m	2:40.60	(35.73)	1800m	2:41.77	(35.65)			
		2200m	3:16.17	(35.57)	2200m	3:17.11	(35.34)			
		2600m	3:52.03	(35.86)	2600m	3:53.28	(36.17)			
		3000m	4:28.18	(36.15)	3000m	4:29.13	(35.85)			
		3400m	5:04.94	(36.76)	3400m	5:05.70	(36.57)			
		3800m	5:42.32	(37.38)	3800m	5:41.01	(35.31)			
		4200m	6:20.20	(37.88)	4200m	6:15.97	(34.96)			
		4600m	6:58.43	(38.23)	4600m	6:51.26	(35.29)			
		5000m	7:36.07	(37.64)	5000m	7:26.97	(35.71)			

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8. Uitslag Mannen 10000 meter

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

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8. Rituitslag Mannen 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 18 Matthieu Hollaar	HN1		15:07.73	
	rd 57 Lars Woelders	HN2		14:12.12	

Matthieu Hollaar

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)

Lars Woelders

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)

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		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)

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		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				Homme Jan de Groot			
		400m	35.87	(35.87)		400m	36.64	(36.64)	
		800m	1:07.44	(31.57)		800m	1:08.29	(31.65)	
		1200m	1:41.19	(33.75)		1200m	1:41.13	(32.84)	
		1600m	2:13.93	(32.74)		1600m	2:14.03	(32.90)	
		2000m	2:47.20	(33.27)		2000m	2:46.97	(32.94)	
		2400m	3:20.44	(33.24)		2400m	3:20.19	(33.22)	
		2800m	3:53.51	(33.07)		2800m	3:52.94	(32.75)	
		3200m	4:26.48	(32.97)		3200m	4:26.32	(33.38)	
		3600m	4:59.52	(33.04)		3600m	4:59.70	(33.38)	
		4000m	5:32.59	(33.07)		4000m	5:32.99	(33.29)	
		4400m	6:06.71	(34.12)		4400m	6:06.44	(33.45)	
		4800m	6:40.23	(33.52)		4800m	6:39.67	(33.23)	
		5200m	7:13.24	(33.01)		5200m	7:13.34	(33.67)	
		5600m	7:46.45	(33.21)		5600m	7:47.19	(33.85)	
		6000m	8:20.26	(33.81)		6000m	8:20.83	(33.64)	
		6400m	8:53.54	(33.28)		6400m	8:54.26	(33.43)	
		6800m	9:27.40	(33.86)		6800m	9:28.67	(34.41)	
		7200m	10:01.00	(33.60)		7200m	10:02.91	(34.24)	
		7600m	10:34.87	(33.87)		7600m	10:37.17	(34.26)	
		8000m	11:08.90	(34.03)		8000m	11:11.31	(34.14)	
		8400m	11:42.57	(33.67)		8400m	11:45.65	(34.34)	
		8800m	12:16.11	(33.54)		8800m	12:19.62	(33.97)	
		9200m	12:49.61	(33.50)		9200m	12:52.52	(32.90)	
		9600m	13:23.31	(33.70)		9600m	13:24.90	(32.38)	
		10000m	13:56.96	(33.65)		10000m	13:56.64	(31.74)	

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		Naam		Cat		PR		Tijd	Info
4	gl	60	Yves Vergeer		HN3		13:27.67	14:13.33	
	bl	51	Jur Veenje		HN3			14:26.36	
		Yves Vergeer				Jur Veenje			
		400m	36.58	(36.58)		400m	36.62	(36.62)	
		800m	1:10.01	(33.43)		800m	1:10.65	(34.03)	
		1200m	1:44.32	(34.31)		1200m	1:45.15	(34.50)	
		1600m	2:18.26	(33.94)		1600m	2:19.11	(33.96)	
		2000m	2:52.18	(33.92)		2000m	2:53.52	(34.41)	
		2400m	3:26.19	(34.01)		2400m	3:28.30	(34.78)	
		2800m	4:00.15	(33.96)		2800m	4:03.11	(34.81)	
		3200m	4:34.19	(34.04)		3200m	4:38.09	(34.98)	
		3600m	5:08.20	(34.01)		3600m	5:12.81	(34.72)	
		4000m	5:42.33	(34.13)		4000m	5:47.43	(34.62)	
		4400m	6:16.67	(34.34)		4400m	6:21.93	(34.50)	
		4800m	6:51.01	(34.34)		4800m	6:56.61	(34.68)	
		5200m	7:25.30	(34.29)		5200m	7:31.42	(34.81)	
		5600m	7:59.60	(34.30)		5600m	8:06.05	(34.63)	
		6000m	8:34.28	(34.68)		6000m	8:40.51	(34.46)	
		6400m	9:08.62	(34.34)		6400m	9:15.18	(34.67)	
		6800m	9:43.05	(34.43)		6800m	9:49.69	(34.51)	
		7200m	10:16.59	(33.54)		7200m	10:24.03	(34.34)	
		7600m	10:49.69	(33.10)		7600m	10:58.65	(34.62)	
		8000m	11:23.68	(33.99)		8000m	11:33.45	(34.80)	
		8400m	11:57.79	(34.11)		8400m	12:08.35	(34.90)	
		8800m	12:32.07	(34.28)		8800m	12:43.04	(34.69)	
		9200m	13:05.98	(33.91)		9200m	13:17.36	(34.32)	
		9600m	13:39.59	(33.61)		9600m	13:51.98	(34.62)	
		10000m	14:13.33	(33.74)		10000m	14:26.36	(34.38)	

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		Naam		Cat		PR	Tijd	Info
5	wt	56	Gert Wierda		HN1		13:22.55	13:50.57
	rd	39	Victor Ramler		HSA		13:05.66	13:54.43
		Gert Wierda			Victor Ramler			
		400m	36.54	(36.54)	400m	36.37	(36.37)	
		800m	1:08.88	(32.34)	800m	1:09.38	(33.01)	
		1200m	1:41.68	(32.80)	1200m	1:42.39	(33.01)	
		1600m	2:14.30	(32.62)	1600m	2:15.44	(33.05)	
		2000m	2:47.26	(32.96)	2000m	2:48.48	(33.04)	
		2400m	3:20.52	(33.26)	2400m	3:21.27	(32.79)	
		2800m	3:53.67	(33.15)	2800m	3:54.19	(32.92)	
		3200m	4:26.59	(32.92)	3200m	4:27.23	(33.04)	
		3600m	4:59.92	(33.33)	3600m	5:00.37	(33.14)	
		4000m	5:33.16	(33.24)	4000m	5:33.72	(33.35)	
		4400m	6:06.74	(33.58)	4400m	6:07.29	(33.57)	
		4800m	6:39.96	(33.22)	4800m	6:40.81	(33.52)	
		5200m	7:13.72	(33.76)	5200m	7:14.59	(33.78)	
		5600m	7:47.25	(33.53)	5600m	7:48.45	(33.86)	
		6000m	8:20.28	(33.03)	6000m	8:21.96	(33.51)	
		6400m	8:53.21	(32.93)	6400m	8:55.55	(33.59)	
		6800m	9:26.05	(32.84)	6800m	9:29.05	(33.50)	
		7200m	9:59.01	(32.96)	7200m	10:02.49	(33.44)	
		7600m	10:31.84	(32.83)	7600m	10:36.00	(33.51)	
		8000m	11:04.74	(32.90)	8000m	11:09.46	(33.46)	
		8400m	11:37.37	(32.63)	8400m	11:42.97	(33.51)	
		8800m	12:10.25	(32.88)	8800m	12:16.54	(33.57)	
		9200m	12:43.60	(33.35)	9200m	12:50.01	(33.47)	
		9600m	13:17.00	(33.40)	9600m	13:22.64	(32.63)	
		10000m	13:50.57	(33.57)	10000m	13:54.43	(31.79)	

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		Naam		Cat		PR	Tijd	Info
6	gl	61	Tjerk de Boer		HSA	13:48.65	14:06.04	
	bl	44	Jesse Speijers		HN2	13:35.12	14:04.39	
		Tjerk de Boer			Jesse Speijers			
		400m	36.26	(36.26)	400m	36.34	(36.34)	
		800m	1:08.59	(32.33)	800m	1:08.25	(31.91)	
		1200m	1:41.68	(33.09)	1200m	1:40.92	(32.67)	
		1600m	2:14.98	(33.30)	1600m	2:14.07	(33.15)	
		2000m	2:48.34	(33.36)	2000m	2:47.32	(33.25)	
		2400m	3:21.85	(33.51)	2400m	3:20.73	(33.41)	
		2800m	3:54.99	(33.14)	2800m	3:54.04	(33.31)	
		3200m	4:28.38	(33.39)	3200m	4:27.39	(33.35)	
		3600m	5:01.72	(33.34)	3600m	5:01.00	(33.61)	
		4000m	5:35.03	(33.31)	4000m	5:34.68	(33.68)	
		4400m	6:08.72	(33.69)	4400m	6:08.15	(33.47)	
		4800m	6:42.47	(33.75)	4800m	6:41.83	(33.68)	
		5200m	7:16.60	(34.13)	5200m	7:15.64	(33.81)	
		5600m	7:50.92	(34.32)	5600m	7:49.46	(33.82)	
		6000m	8:25.20	(34.28)	6000m	8:23.46	(34.00)	
		6400m	8:59.53	(34.33)	6400m	8:57.58	(34.12)	
		6800m	9:34.21	(34.68)	6800m	9:31.67	(34.09)	
		7200m	10:08.78	(34.57)	7200m	10:05.97	(34.30)	
		7600m	10:43.34	(34.56)	7600m	10:40.49	(34.52)	
		8000m	11:17.55	(34.21)	8000m	11:15.21	(34.72)	
		8400m	11:51.82	(34.27)	8400m	11:49.58	(34.37)	
		8800m	12:26.02	(34.20)	8800m	12:23.36	(33.78)	
		9200m	13:00.04	(34.02)	9200m	12:57.24	(33.88)	
		9600m	13:32.85	(32.81)	9600m	13:30.71	(33.47)	
		10000m	14:06.04	(33.19)	10000m	14:04.39	(33.68)	