

Holland Cup 4 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

3 en 4 februari 2024

1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	50 Jur Veenje	HN4	16	I	37.23		
2	52 Loek van Vilsteren	HN1	16	O	37.44		
3	4 Yoeri van Bostelen	HA2	13	O	37.90		
4	29 Jelle Koeleman	HN1	14	I	37.97		
5	14 Sijmen Egberts	HN1	17	O	38.05		
6	34 Thomas de Lange	HN2	18	O	38.07		
7	16 Bram van Essen	HN3	18	I	38.14		
8	55 Hidde Westra	HN1	15	I	38.19		
9	45 Remo Slotegraaf	HN3	14	O	38.24		
10	11 Lex Dijkstra	HSA	13	I	38.39		
11	3 Joël Bom	HA2	12	I	38.50		
12	33 Jesse de Lange	HN3	9	O	38.58		
13	37 Tom Nijdam	HN1	10	O	38.60		
14	41 Colin Schrijver	HN4	15	O	39.00		
15	7 Stijn van de Bunt	HN1	3	I	39.02		
16	17 Rinse Franken	HA1	11	I	39.06		
17	27 Kars Jansman	HSA	2	I	39.08		
18	30 Mika Kolder	HA1	11	O	39.09		
19	12 Max Douma	HSA	17	I	39.10		
20	57 Mathijs van Zwieten	HN3	12	O	39.11		
21	8 Jorian ten Cate	HN2	4	O	39.13		
22	39 Niels van Reeuwijk	HA2	7	I	39.16		
23	54 Olaf Vunderink	HA1	8	I	39.19		
	38 Matthé Pronk	HN1	10	I	39.19		
25	10 Jornt Dijk	HN4	9	I	39.27		
26	49 Jasper Tinga	HN1	5	I	39.30		
27	26 Jeroen Janissen	HSA	5	O	39.41		
28	35 Jasper van der Marel	HA2	6	I	39.47		
	40 Eise van Schijndel	HA1	6	O	39.47		
30	31 Jasper Krommenhoek	HN1	4	I	39.59		
31	48 Dyon Talsma	HN3	7	O	39.71		
32	53 Sietse de Vries	HA1	8	O	39.81		
33	6 Chris Brommersma	HA2	3	O	40.11		
34	25 Ole ten Hove	HSA	2	O	40.79		
35	59 Finn ten Hove	HSA	1	I	41.33		

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1. Rituitslag 500 meter

		Naam		Cat		PR		Tijd Info
1	wt	59	Finn ten Hove		HSA		40.10	41.33
	rd							
		Finn ten Hove						
		100m	11.18	(11.18)		m		
		500m	41.33	(30.15)				

		Naam		Cat		PR		Tijd Info
2	wt	27	Kars Jansman		HSA		37.67	39.08
	rd	25	Ole ten Hove		HSA		39.49	40.79
		Kars Jansman						
		100m	11.00	(11.00)		100m	11.10	(11.10)
		500m	39.08	(28.08)		500m	40.79	(29.69)
		Ole ten Hove						
		100m	11.10	(11.10)		100m	11.10	(11.10)
		500m	40.79	(29.69)		500m	40.79	(29.69)

		Naam		Cat		PR		Tijd Info
3	wt	7	Stijn van de Bunt		HN1		37.65	39.02
	rd	6	Chris Brommersma		HA2		39.82	40.11
		Stijn van de Bunt						
		100m	11.15	(11.15)		100m	11.29	(11.29)
		500m	39.02	(27.87)		500m	40.11	(28.82)
		Chris Brommersma						
		100m	11.29	(11.29)		100m	11.29	(11.29)
		500m	40.11	(28.82)		500m	40.11	(28.82)

		Naam		Cat		PR		Tijd Info
4	wt	31	Jasper Krommenhoek		HN1		38.48	39.59
	rd	8	Jorian ten Cate		HN2		37.97	39.13
		Jasper Krommenhoek						
		100m	11.28	(11.28)		100m	11.03	(11.03)
		500m	39.59	(28.31)		500m	39.13	(28.10)
		Jorian ten Cate						
		100m	11.03	(11.03)		100m	11.03	(11.03)
		500m	39.13	(28.10)		500m	39.13	(28.10)

		Naam		Cat		PR		Tijd Info
5	wt	49	Jasper Tinga		HN1		39.14	39.30
	rd	26	Jeroen Janissen		HSA		37.64	39.41
		Jasper Tinga						
		100m	11.16	(11.16)		100m	11.05	(11.05)
		500m	39.30	(28.14)		500m	39.41	(28.36)
		Jeroen Janissen						
		100m	11.05	(11.05)		100m	11.05	(11.05)
		500m	39.41	(28.36)		500m	39.41	(28.36)

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		Naam		Cat		PR		Tijd Info
6	wt	35	Jasper van der Marel		HA2		38.88	39.47
	rd	40	Eise van Schijndel		HA1		38.78	39.47
		Jasper van der Marel			Eise van Schijndel			
		100m	11.04	(11.04)	100m	11.01	(11.01)	
		500m	39.47	(28.43)	500m	39.47	(28.46)	
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		Naam		Cat		PR		Tijd Info
7	wt	39	Niels van Reeuwijk		HA2		38.23	39.16
	rd	48	Dyon Talsma		HN3		38.37	39.71
		Niels van Reeuwijk			Dyon Talsma			
		100m	10.99	(10.99)	100m	11.04	(11.04)	
		500m	39.16	(28.17)	500m	39.71	(28.67)	
<hr/>								
		Naam		Cat		PR		Tijd Info
8	wt	54	Olaf Vunderink		HA1		38.18	39.19
	rd	53	Sietse de Vries		HA1		38.54	39.81
		Olaf Vunderink			Sietse de Vries			
		100m	10.88	(10.88)	100m	10.93	(10.93)	
		500m	39.19	(28.31)	500m	39.81	(28.88)	
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		Naam		Cat		PR		Tijd Info
9	wt	10	Jornt Dijk		HN4		37.70	39.27
	rd	33	Jesse de Lange		HN3		37.90	38.58
		Jornt Dijk			Jesse de Lange			
		100m	10.81	(10.81)	100m	10.78	(10.78)	
		500m	39.27	(28.46)	500m	38.58	(27.80)	
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		Naam		Cat		PR		Tijd Info
10	wt	38	Matthé Pronk		HN1		37.92	39.19
	rd	37	Tom Nijdam		HN1		37.97	38.60
		Matthé Pronk			Tom Nijdam			
		100m	10.98	(10.98)	100m	10.65	(10.65)	
		500m	39.19	(28.21)	500m	38.60	(27.95)	

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		Naam			Cat			PR	Tijd Info
11	wt	17	Rinse Franken		HA1			37.94	39.06
	rd	30	Mika Kolder		HA1			38.08	39.09
		Rinse Franken			Mika Kolder				
		100m	10.77	(10.77)	100m	10.87	(10.87)		
		500m	39.06	(28.29)	500m	39.09	(28.22)		
<hr/>									
		Naam			Cat			PR	Tijd Info
12	wt	3	Joël Bom		HA2			38.11	38.50
	rd	57	Mathijs van Zwieten		HN3			37.82	39.11
		Joël Bom			Mathijs van Zwieten				
		100m	10.61	(10.61)	100m	10.91	(10.91)		
		500m	38.50	(27.89)	500m	39.11	(28.20)		
<hr/>									
		Naam			Cat			PR	Tijd Info
13	wt	11	Lex Dijkstra		HSA			37.37	38.39
	rd	4	Yoeri van Bostelen		HA2			37.77	37.90
		Lex Dijkstra			Yoeri van Bostelen				
		100m	10.80	(10.80)	100m	10.61	(10.61)		
		500m	38.39	(27.59)	500m	37.90	(27.29)		
<hr/>									
		Naam			Cat			PR	Tijd Info
14	wt	29	Jelle Koeleman		HN1			37.70	37.97
	rd	45	Remo Slotegraaf		HN3			37.10	38.24
		Jelle Koeleman			Remo Slotegraaf				
		100m	10.27	(10.27)	100m	10.74	(10.74)		
		500m	37.97	(27.70)	500m	38.24	(27.50)		
<hr/>									
		Naam			Cat			PR	Tijd Info
15	wt	55	Hidde Westra		HN1			37.53	38.19
	rd	41	Colin Schrijver		HN4			37.34	39.00
		Hidde Westra			Colin Schrijver				
		100m	10.64	(10.64)	100m	11.02	(11.02)		
		500m	38.19	(27.55)	500m	39.00	(27.98)		

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		Naam			Cat			PR	Tijd Info
16	wt	50	Jur Veenje		HN4			36.73	37.23
	rd	52	Loek van Vilsteren		HN1			36.66	37.44
		Jur Veenje			Loek van Vilsteren				
		100m	10.40	(10.40)	100m	10.38	(10.38)		
		500m	37.23	(26.83)	500m	37.44	(27.06)		
		Naam			Cat			PR	Tijd Info
17	wt	12	Max Douma		HSA			37.28	39.10
	rd	14	Sijmen Egberts		HN1			36.70	38.05
		Max Douma			Sijmen Egberts				
		100m	11.11	(11.11)	100m	10.42	(10.42)		
		500m	39.10	(27.99)	500m	38.05	(27.63)		
		Naam			Cat			PR	Tijd Info
18	wt	16	Bram van Essen		HN3			36.67	38.14
	rd	34	Thomas de Lange		HN2			36.63	38.07
		Bram van Essen			Thomas de Lange				
		100m	10.42	(10.42)	100m	10.63	(10.63)		
		500m	38.14	(27.72)	500m	38.07	(27.44)		

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2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	27 Kars Jansman	HSA	34	I	6:41.53		
2	26 Jeroen Janissen	HSA	31	I	6:44.88		
3	45 Remo Slotegraaf	HN3	36	I	6:48.64		
4	7 Stijn van de Bunt	HN1	36	O	6:49.28		
5	13 Colin James Duivenvoorden	HN2	19	O	6:50.47		
6	11 Lex Dijkstra	HSA	35	I	6:51.56		
7	29 Jelle Koeleman	HN1	31	O	6:52.20		
8	57 Mathijs van Zwieten	HN3	34	O	6:56.06		
9	31 Jasper Krommenhoek	HN1	35	O	6:57.64		
10	33 Jesse de Lange	HN3	27	O	6:59.74		
11	14 Sijmen Egberts	HN1	29	I	7:00.02		
12	49 Jasper Tinga	HN1	25	I	7:02.39		
13	55 Hidde Westra	HN1	32	O	7:04.54		
14	53 Sietse de Vries	HA1	33	O	7:05.88		
15	38 Matthé Pronk	HN1	26	I	7:06.49		
16	52 Loek van Vilsteren	HN1	28	O	7:06.67		
17	3 Joël Bom	HA2	33	I	7:08.21		
18	48 Dyon Talsma	HN3	25	O	7:08.44		
19	30 Mika Kolder	HA1	32	I	7:08.58		
20	35 Jasper van der Marel	HA2	26	O	7:09.07		
21	6 Chris Brommersma	HA2	23	O	7:09.69		
	8 Jorian ten Cate	HN2	29	O	7:09.69		
23	40 Eise van Schijndel	HA1	28	I	7:10.47		
24	39 Niels van Reeuwijk	HA2	27	I	7:11.14		
25	34 Thomas de Lange	HN2	22	I	7:12.14		
26	54 Olaf Vunderink	HA1	30	I	7:13.38		
27	59 Finn ten Hove	HSA	24	I	7:14.25		
28	10 Jornt Dijk	HN4	21	I	7:14.26	PR	
29	50 Jur Veenje	HN4	30	O	7:14.82		
30	25 Ole ten Hove	HSA	22	O	7:16.63		
31	41 Colin Schrijver	HN4	20	I	7:26.80		
32	17 Rinse Franken	HA1	23	I	7:27.48		
33	16 Bram van Essen	HN3	24	O	7:30.02		
34	4 Yoeri van Bostelen	HA2	19	I	7:33.51		
35	37 Tom Nijdam	HN1	20	O	7:34.83		
	12 Max Douma	HSA			WDR		

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2. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd Info
19	wt	4 Yoeri van Bostelen	HA2	7:15.12	7:33.51
	rd	13 Colin James Duivenvoorden	HN2	6:26.10	6:50.47
		Yoeri van Bostelen		Colin James Duivenvoorden	
		200m	19.32 (19.32)	200m	18.86 (18.86)
		600m	51.98 (32.66)	600m	49.88 (31.02)
		1000m	1:26.73 (34.75)	1000m	1:21.59 (31.71)
		1400m	2:01.66 (34.93)	1400m	1:53.27 (31.68)
		1800m	2:36.55 (34.89)	1800m	2:24.97 (31.70)
		2200m	3:12.16 (35.61)	2200m	2:57.05 (32.08)
		2600m	3:48.03 (35.87)	2600m	3:29.44 (32.39)
		3000m	4:24.79 (36.76)	3000m	4:02.12 (32.68)
		3400m	5:01.89 (37.10)	3400m	4:35.04 (32.92)
		3800m	5:39.37 (37.48)	3800m	5:08.31 (33.27)
		4200m	6:17.52 (38.15)	4200m	5:42.55 (34.24)
		4600m	6:55.32 (37.80)	4600m	6:16.99 (34.44)
		5000m	7:33.51 (38.19)	5000m	6:50.47 (33.48)

		Naam	Cat	PR	Tijd Info
20	gl	41 Colin Schrijver	HN4	7:14.24	7:26.80
	bl	37 Tom Nijdam	HN1	7:17.73	7:34.83
		Colin Schrijver		Tom Nijdam	
		200m	20.59 (20.59)	200m	20.97 (20.97)
		600m	54.88 (34.29)	600m	56.11 (35.14)
		1000m	1:30.21 (35.33)	1000m	1:31.17 (35.06)
		1400m	2:05.86 (35.65)	1400m	2:06.17 (35.00)
		1800m	2:41.38 (35.52)	1800m	2:41.42 (35.25)
		2200m	3:16.88 (35.50)	2200m	3:16.83 (35.41)
		2600m	3:52.60 (35.72)	2600m	3:52.45 (35.62)
		3000m	4:28.52 (35.92)	3000m	4:28.24 (35.79)
		3400m	5:04.52 (36.00)	3400m	5:04.19 (35.95)
		3800m	5:40.46 (35.94)	3800m	5:40.45 (36.26)
		4200m	6:16.08 (35.62)	4200m	6:17.21 (36.76)
		4600m	6:51.07 (34.99)	4600m	6:55.64 (38.43)
		5000m	7:26.80 (35.73)	5000m	7:34.83 (39.19)

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		Naam	Cat	PR	Tijd Info
21	wt	10 Jornt Dijk	HN4	7:14.31	7:14.26 PR
	rd	12 Max Douma	HSA	7:00.53	WDR
		Jornt Dijk		Max Douma	
		200m	19.90 (19.90)		
		600m	51.96 (32.06)		
		1000m	1:24.92 (32.96)		
		1400m	1:58.27 (33.35)		
		1800m	2:32.14 (33.87)		
		2200m	3:05.87 (33.73)		
		2600m	3:40.20 (34.33)		
		3000m	4:14.81 (34.61)		
		3400m	4:49.56 (34.75)		
		3800m	5:24.60 (35.04)		
		4200m	6:00.74 (36.14)		
		4600m	6:37.63 (36.89)		
		5000m	7:14.26 (36.63)		

		Naam	Cat	PR	Tijd Info
22	gl	34 Thomas de Lange	HN2	6:46.24	7:12.14
	bl	25 Ole ten Hove	HSA	7:12.36	7:16.63
		Thomas de Lange		Ole ten Hove	
		200m	20.22 (20.22)	200m	20.25 (20.25)
		600m	53.85 (33.63)	600m	53.11 (32.86)
		1000m	1:27.05 (33.20)	1000m	1:26.47 (33.36)
		1400m	2:00.67 (33.62)	1400m	2:00.32 (33.85)
		1800m	2:34.13 (33.46)	1800m	2:34.49 (34.17)
		2200m	3:07.87 (33.74)	2200m	3:08.92 (34.43)
		2600m	3:41.69 (33.82)	2600m	3:43.48 (34.56)
		3000m	4:15.42 (33.73)	3000m	4:18.27 (34.79)
		3400m	4:49.33 (33.91)	3400m	4:53.52 (35.25)
		3800m	5:23.79 (34.46)	3800m	5:28.97 (35.45)
		4200m	5:59.01 (35.22)	4200m	6:04.92 (35.95)
		4600m	6:35.22 (36.21)	4600m	6:40.90 (35.98)
		5000m	7:12.14 (36.92)	5000m	7:16.63 (35.73)

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		Naam			Cat			PR	Tijd Info
23	wt	17	Rinse Franken		HA1			7:08.58	7:27.48
	rd	6	Chris Brommersma		HA2			6:56.31	7:09.69
		Rinse Franken			Chris Brommersma				
		200m	20.82	(20.82)	200m	21.79	(21.79)		
		600m	55.62	(34.80)	600m	56.10	(34.31)		
		1000m	1:30.24	(34.62)	1000m	1:30.50	(34.40)		
		1400m	2:04.79	(34.55)	1400m	2:04.37	(33.87)		
		1800m	2:39.06	(34.27)	1800m	2:38.41	(34.04)		
		2200m	3:13.52	(34.46)	2200m	3:12.10	(33.69)		
		2600m	3:48.32	(34.80)	2600m	3:45.79	(33.69)		
		3000m	4:23.33	(35.01)	3000m	4:19.26	(33.47)		
		3400m	4:58.48	(35.15)	3400m	4:52.68	(33.42)		
		3800m	5:34.17	(35.69)	3800m	5:26.49	(33.81)		
		4200m	6:10.89	(36.72)	4200m	6:00.52	(34.03)		
		4600m	6:48.89	(38.00)	4600m	6:34.75	(34.23)		
		5000m	7:27.48	(38.59)	5000m	7:09.69	(34.94)		

		Naam			Cat			PR	Tijd Info
24	gl	59	Finn ten Hove		HSA			7:02.02	7:14.25
	bl	16	Bram van Essen		HN3			6:57.83	7:30.02
		Finn ten Hove			Bram van Essen				
		200m	20.54	(20.54)	200m	20.08	(20.08)		
		600m	53.97	(33.43)	600m	53.30	(33.22)		
		1000m	1:27.32	(33.35)	1000m	1:27.80	(34.50)		
		1400m	2:00.88	(33.56)	1400m	2:01.29	(33.49)		
		1800m	2:34.73	(33.85)	1800m	2:35.28	(33.99)		
		2200m	3:08.88	(34.15)	2200m	3:09.55	(34.27)		
		2600m	3:43.24	(34.36)	2600m	3:44.40	(34.85)		
		3000m	4:17.57	(34.33)	3000m	4:19.82	(35.42)		
		3400m	4:52.51	(34.94)	3400m	4:56.04	(36.22)		
		3800m	5:27.50	(34.99)	3800m	5:34.05	(38.01)		
		4200m	6:02.65	(35.15)	4200m	6:12.25	(38.20)		
		4600m	6:38.35	(35.70)	4600m	6:51.07	(38.82)		
		5000m	7:14.25	(35.90)	5000m	7:30.02	(38.95)		

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		Naam			Cat			PR	Tijd Info
25	wt	49	Jasper Tinga		HN1			6:51.48	7:02.39
	rd	48	Dyon Talsma		HN3			6:53.51	7:08.44
		Jasper Tinga			Dyon Talsma				
		200m	19.52	(19.52)	200m	19.68	(19.68)		
		600m	52.15	(32.63)	600m	52.33	(32.65)		
		1000m	1:26.62	(34.47)	1000m	1:26.59	(34.26)		
		1400m	2:01.17	(34.55)	1400m	2:00.85	(34.26)		
		1800m	2:35.02	(33.85)	1800m	2:34.82	(33.97)		
		2200m	3:08.87	(33.85)	2200m	3:08.29	(33.47)		
		2600m	3:42.75	(33.88)	2600m	3:41.91	(33.62)		
		3000m	4:16.48	(33.73)	3000m	4:16.02	(34.11)		
		3400m	4:49.71	(33.23)	3400m	4:50.34	(34.32)		
		3800m	5:23.03	(33.32)	3800m	5:24.40	(34.06)		
		4200m	5:56.05	(33.02)	4200m	5:58.47	(34.07)		
		4600m	6:28.89	(32.84)	4600m	6:33.43	(34.96)		
		5000m	7:02.39	(33.50)	5000m	7:08.44	(35.01)		

		Naam			Cat			PR	Tijd Info
26	gl	38	Matthé Pronk		HN1			6:54.03	7:06.49
	bl	35	Jasper van der Marel		HA2			6:51.71	7:09.07
		Matthé Pronk			Jasper van der Marel				
		200m	19.83	(19.83)	200m	19.69	(19.69)		
		600m	52.59	(32.76)	600m	52.32	(32.63)		
		1000m	1:25.14	(32.55)	1000m	1:25.58	(33.26)		
		1400m	1:58.71	(33.57)	1400m	1:59.49	(33.91)		
		1800m	2:32.52	(33.81)	1800m	2:33.74	(34.25)		
		2200m	3:06.38	(33.86)	2200m	3:08.05	(34.31)		
		2600m	3:40.07	(33.69)	2600m	3:42.33	(34.28)		
		3000m	4:13.50	(33.43)	3000m	4:17.11	(34.78)		
		3400m	4:47.56	(34.06)	3400m	4:51.74	(34.63)		
		3800m	5:21.72	(34.16)	3800m	5:26.12	(34.38)		
		4200m	5:56.43	(34.71)	4200m	6:00.25	(34.13)		
		4600m	6:31.36	(34.93)	4600m	6:34.62	(34.37)		
		5000m	7:06.49	(35.13)	5000m	7:09.07	(34.45)		

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		Naam			Cat			PR	Tijd Info
27	wt	39	Niels van Reeuwijk		HA2			6:51.20	7:11.14
	rd	33	Jesse de Lange		HN3			6:48.35	6:59.74
		Niels van Reeuwijk			Jesse de Lange				
		200m	20.13	(20.13)	200m	19.59	(19.59)		
		600m	52.04	(31.91)	600m	51.96	(32.37)		
		1000m	1:24.83	(32.79)	1000m	1:24.53	(32.57)		
		1400m	1:58.21	(33.38)	1400m	1:57.13	(32.60)		
		1800m	2:31.67	(33.46)	1800m	2:29.97	(32.84)		
		2200m	3:05.57	(33.90)	2200m	3:02.89	(32.92)		
		2600m	3:40.02	(34.45)	2600m	3:35.61	(32.72)		
		3000m	4:14.22	(34.20)	3000m	4:08.47	(32.86)		
		3400m	4:48.64	(34.42)	3400m	4:41.61	(33.14)		
		3800m	5:23.61	(34.97)	3800m	5:14.87	(33.26)		
		4200m	5:59.04	(35.43)	4200m	5:48.81	(33.94)		
		4600m	6:34.90	(35.86)	4600m	6:23.78	(34.97)		
		5000m	7:11.14	(36.24)	5000m	6:59.74	(35.96)		

		Naam			Cat			PR	Tijd Info
28	gl	40	Eise van Schijndel		HA1			6:50.86	7:10.47
	bl	52	Loek van Vilsteren		HN1			6:50.03	7:06.67
		Eise van Schijndel			Loek van Vilsteren				
		200m	20.21	(20.21)	200m	19.45	(19.45)		
		600m	52.49	(32.28)	600m	51.91	(32.46)		
		1000m	1:25.24	(32.75)	1000m	1:25.32	(33.41)		
		1400m	1:57.76	(32.52)	1400m	1:58.47	(33.15)		
		1800m	2:30.51	(32.75)	1800m	2:31.94	(33.47)		
		2200m	3:03.87	(33.36)	2200m	3:05.98	(34.04)		
		2600m	3:37.56	(33.69)	2600m	3:39.32	(33.34)		
		3000m	4:11.55	(33.99)	3000m	4:13.30	(33.98)		
		3400m	4:46.01	(34.46)	3400m	4:47.57	(34.27)		
		3800m	5:21.08	(35.07)	3800m	5:21.73	(34.16)		
		4200m	5:56.80	(35.72)	4200m	5:56.32	(34.59)		
		4600m	6:33.18	(36.38)	4600m	6:31.44	(35.12)		
		5000m	7:10.47	(37.29)	5000m	7:06.67	(35.23)		

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		Naam			Cat			PR	Tijd Info
29	wt	14	Sijmen Egberts		HN1			6:34.98	7:00.02
	rd	8	Jorian ten Cate		HN2			6:48.99	7:09.69
		Sijmen Egberts			Jorian ten Cate				
		200m	20.08	(20.08)	200m	21.15	(21.15)		
		600m	52.62	(32.54)	600m	54.74	(33.59)		
		1000m	1:24.61	(31.99)	1000m	1:28.75	(34.01)		
		1400m	1:56.36	(31.75)	1400m	2:02.27	(33.52)		
		1800m	2:28.39	(32.03)	1800m	2:36.20	(33.93)		
		2200m	3:00.40	(32.01)	2200m	3:10.25	(34.05)		
		2600m	3:32.97	(32.57)	2600m	3:44.15	(33.90)		
		3000m	4:06.02	(33.05)	3000m	4:18.45	(34.30)		
		3400m	4:39.67	(33.65)	3400m	4:52.23	(33.78)		
		3800m	5:13.72	(34.05)	3800m	5:26.48	(34.25)		
		4200m	5:48.10	(34.38)	4200m	6:00.69	(34.21)		
		4600m	6:23.21	(35.11)	4600m	6:35.02	(34.33)		
		5000m	7:00.02	(36.81)	5000m	7:09.69	(34.67)		

		Naam			Cat			PR	Tijd Info
30	gl	54	Olaf Vunderink		HA1			6:50.67	7:13.38
	bl	50	Jur Veenje		HN4			6:44.91	7:14.82
		Olaf Vunderink			Jur Veenje				
		200m	20.18	(20.18)	200m	19.60	(19.60)		
		600m	53.06	(32.88)	600m	51.99	(32.39)		
		1000m	1:26.88	(33.82)	1000m	1:26.00	(34.01)		
		1400m	2:00.50	(33.62)	1400m	1:59.83	(33.83)		
		1800m	2:34.56	(34.06)	1800m	2:33.79	(33.96)		
		2200m	3:08.88	(34.32)	2200m	3:08.09	(34.30)		
		2600m	3:43.35	(34.47)	2600m	3:42.34	(34.25)		
		3000m	4:18.12	(34.77)	3000m	4:16.99	(34.65)		
		3400m	4:52.69	(34.57)	3400m	4:51.80	(34.81)		
		3800m	5:27.55	(34.86)	3800m	5:26.88	(35.08)		
		4200m	6:02.51	(34.96)	4200m	6:02.57	(35.69)		
		4600m	6:37.89	(35.38)	4600m	6:38.44	(35.87)		
		5000m	7:13.38	(35.49)	5000m	7:14.82	(36.38)		

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		Naam			Cat			PR	Tijd Info
31	wt	26	Jeroen Janissen		HSA			6:28.64	6:44.88
	rd	29	Jelle Koeleman		HN1			6:39.28	6:52.20
		Jeroen Janissen			Jelle Koeleman				
		200m	20.33	(20.33)	200m	20.10	(20.10)		
		600m	52.11	(31.78)	600m	52.03	(31.93)		
		1000m	1:24.30	(32.19)	1000m	1:24.08	(32.05)		
		1400m	1:56.64	(32.34)	1400m	1:56.35	(32.27)		
		1800m	2:28.62	(31.98)	1800m	2:28.61	(32.26)		
		2200m	3:01.11	(32.49)	2200m	3:00.93	(32.32)		
		2600m	3:33.18	(32.07)	2600m	3:33.36	(32.43)		
		3000m	4:05.49	(32.31)	3000m	4:05.58	(32.22)		
		3400m	4:37.03	(31.54)	3400m	4:38.04	(32.46)		
		3800m	5:08.80	(31.77)	3800m	5:10.56	(32.52)		
		4200m	5:40.35	(31.55)	4200m	5:43.59	(33.03)		
		4600m	6:12.40	(32.05)	4600m	6:17.81	(34.22)		
		5000m	6:44.88	(32.48)	5000m	6:52.20	(34.39)		

		Naam			Cat			PR	Tijd Info
32	gl	30	Mika Kolder		HA1			6:41.17	7:08.58
	bl	55	Hidde Westra		HN1			6:46.51	7:04.54
		Mika Kolder			Hidde Westra				
		200m	19.63	(19.63)	200m	19.85	(19.85)		
		600m	51.60	(31.97)	600m	51.78	(31.93)		
		1000m	1:24.45	(32.85)	1000m	1:24.51	(32.73)		
		1400m	1:57.43	(32.98)	1400m	1:57.65	(33.14)		
		1800m	2:31.00	(33.57)	1800m	2:31.14	(33.49)		
		2200m	3:04.87	(33.87)	2200m	3:04.69	(33.55)		
		2600m	3:38.79	(33.92)	2600m	3:38.64	(33.95)		
		3000m	4:13.17	(34.38)	3000m	4:12.61	(33.97)		
		3400m	4:48.11	(34.94)	3400m	4:46.54	(33.93)		
		3800m	5:23.21	(35.10)	3800m	5:20.46	(33.92)		
		4200m	5:58.16	(34.95)	4200m	5:54.51	(34.05)		
		4600m	6:32.88	(34.72)	4600m	6:28.93	(34.42)		
		5000m	7:08.58	(35.70)	5000m	7:04.54	(35.61)		

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		Naam			Cat			PR	Tijd Info
33	wt	3	Joël Bom		HA2			6:46.42	7:08.21
	rd	53	Sietse de Vries		HA1			6:49.42	7:05.88
		Joël Bom			Sietse de Vries				
		200m	20.44	(20.44)	200m	21.44	(21.44)		
		600m	53.19	(32.75)	600m	54.43	(32.99)		
		1000m	1:26.02	(32.83)	1000m	1:27.61	(33.18)		
		1400m	1:59.28	(33.26)	1400m	2:00.60	(32.99)		
		1800m	2:32.49	(33.21)	1800m	2:33.77	(33.17)		
		2200m	3:05.93	(33.44)	2200m	3:06.70	(32.93)		
		2600m	3:39.53	(33.60)	2600m	3:40.05	(33.35)		
		3000m	4:13.56	(34.03)	3000m	4:13.56	(33.51)		
		3400m	4:47.92	(34.36)	3400m	4:47.11	(33.55)		
		3800m	5:22.53	(34.61)	3800m	5:21.17	(34.06)		
		4200m	5:57.50	(34.97)	4200m	5:55.68	(34.51)		
		4600m	6:32.53	(35.03)	4600m	6:30.76	(35.08)		
		5000m	7:08.21	(35.68)	5000m	7:05.88	(35.12)		

		Naam			Cat			PR	Tijd Info
34	gl	27	Kars Jansman		HSA			6:15.14	6:41.53
	bl	57	Mathijs van Zwieten		HN3			6:34.64	6:56.06
		Kars Jansman			Mathijs van Zwieten				
		200m	19.75	(19.75)	200m	19.36	(19.36)		
		600m	51.11	(31.36)	600m	50.96	(31.60)		
		1000m	1:22.73	(31.62)	1000m	1:23.82	(32.86)		
		1400m	1:54.58	(31.85)	1400m	1:56.95	(33.13)		
		1800m	2:26.48	(31.90)	1800m	2:29.69	(32.74)		
		2200m	2:58.43	(31.95)	2200m	3:02.63	(32.94)		
		2600m	3:30.32	(31.89)	2600m	3:35.45	(32.82)		
		3000m	4:01.93	(31.61)	3000m	4:08.41	(32.96)		
		3400m	4:33.44	(31.51)	3400m	4:41.54	(33.13)		
		3800m	5:04.88	(31.44)	3800m	5:14.82	(33.28)		
		4200m	5:36.96	(32.08)	4200m	5:48.22	(33.40)		
		4600m	6:09.25	(32.29)	4600m	6:22.33	(34.11)		
		5000m	6:41.53	(32.28)	5000m	6:56.06	(33.73)		

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		Naam			Cat			PR	Tijd Info
35	wt	11	Lex Dijkstra		HSA			6:19.79	6:51.56
	rd	31	Jasper Krommenhoek		HN1			6:27.47	6:57.64
		Lex Dijkstra			Jasper Krommenhoek				
		200m	19.84	(19.84)	200m	19.90	(19.90)		
		600m	52.55	(32.71)	600m	52.60	(32.70)		
		1000m	1:25.08	(32.53)	1000m	1:25.36	(32.76)		
		1400m	1:57.65	(32.57)	1400m	1:58.22	(32.86)		
		1800m	2:30.30	(32.65)	1800m	2:31.02	(32.80)		
		2200m	3:02.66	(32.36)	2200m	3:03.21	(32.19)		
		2600m	3:34.94	(32.28)	2600m	3:35.23	(32.02)		
		3000m	4:07.23	(32.29)	3000m	4:07.61	(32.38)		
		3400m	4:39.62	(32.39)	3400m	4:40.54	(32.93)		
		3800m	5:12.18	(32.56)	3800m	5:13.88	(33.34)		
		4200m	5:45.07	(32.89)	4200m	5:47.60	(33.72)		
		4600m	6:18.18	(33.11)	4600m	6:22.34	(34.74)		
		5000m	6:51.56	(33.38)	5000m	6:57.64	(35.30)		

		Naam			Cat			PR	Tijd Info
36	gl	45	Remo Slotegraaf		HN3			6:21.99	6:48.64
	bl	7	Stijn van de Bunt		HN1			6:27.81	6:49.28
		Remo Slotegraaf			Stijn van de Bunt				
		200m	19.70	(19.70)	200m	19.50	(19.50)		
		600m	51.06	(31.36)	600m	50.64	(31.14)		
		1000m	1:22.90	(31.84)	1000m	1:22.49	(31.85)		
		1400m	1:55.00	(32.10)	1400m	1:54.59	(32.10)		
		1800m	2:27.16	(32.16)	1800m	2:26.60	(32.01)		
		2200m	2:59.52	(32.36)	2200m	2:58.82	(32.22)		
		2600m	3:32.08	(32.56)	2600m	3:31.34	(32.52)		
		3000m	4:04.78	(32.70)	3000m	4:04.14	(32.80)		
		3400m	4:37.72	(32.94)	3400m	4:36.64	(32.50)		
		3800m	5:10.66	(32.94)	3800m	5:09.53	(32.89)		
		4200m	5:44.08	(33.42)	4200m	5:42.33	(32.80)		
		4600m	6:16.32	(32.24)	4600m	6:15.74	(33.41)		
		5000m	6:48.64	(32.32)	5000m	6:49.28	(33.54)		

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3. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	14 Sijmen Egberts	HN1	39	I	1:52.12		
2	45 Remo Slotegraaf	HN3	42	I	1:52.39		
3	11 Lex Dijkstra	HSA	41	O	1:52.60		
4	7 Stijn van de Bunt	HN1	40	O	1:53.14		
5	50 Jur Veenje	HN4	37	I	1:53.51		
6	29 Jelle Koeleman	HN1	42	O	1:54.13		
7	55 Hidde Westra	HN1	38	O	1:54.60		
8	27 Kars Jansman	HSA	41	I	1:54.78		
9	34 Thomas de Lange	HN2	36	I	1:54.91		
10	52 Loek van Vilsteren	HN1	39	O	1:55.03		
11	31 Jasper Krommenhoek	HN1	35	I	1:55.52		
12	33 Jesse de Lange	HN3	38	I	1:55.67		
13	39 Niels van Reeuwijk	HA2	33	O	1:55.91		
14	26 Jeroen Janissen	HSA	40	I	1:56.05		
15	3 Joël Bom	HA2	36	O	1:56.07		
16	8 Jorian ten Cate	HN2	33	I	1:56.11		
17	30 Mika Kolder	HA1	34	O	1:56.16		
18	40 Eise van Schijndel	HA1	31	I	1:57.14		
19	54 Olaf Vunderink	HA1	31	O	1:57.18		
20	49 Jasper Tinga	HN1	35	O	1:57.22		
21	41 Colin Schrijver	HN4	28	O	1:57.47		
22	38 Matthé Pronk	HN1	34	I	1:57.75		
23	37 Tom Nijdam	HN1	27	O	1:57.95		
24	4 Yoeri van Bostelen	HA2	28	I	1:58.10		
25	57 Mathijs van Zwieten	HN3	37	O	1:58.14		
26	16 Bram van Essen	HN3	29	O	1:58.17		
27	17 Rinse Franken	HA1	27	I	1:58.37		
28	35 Jasper van der Marel	HA2	32	I	1:58.74		
29	53 Sietse de Vries	HA1	32	O	1:58.80		
30	6 Chris Brommersma	HA2	29	I	1:58.84		
31	10 Jornt Dijk	HN4	30	O	1:59.87		
32	59 Finn ten Hove	HSA	25	O	2:00.00		
33	48 Dyon Talsma	HN3	30	I	2:01.43		
34	25 Ole ten Hove	HSA	25	I	2:01.57		

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3. Rituitslag 1500 meter

		Naam	Cat	PR	Tijd Info
25	wt	25 Ole ten Hove	HSA	1:56.96	2:01.57
	rd	59 Finn ten Hove	HSA	1:56.13	2:00.00

Ole ten Hove			Finn ten Hove		
300m	26.30	(26.30)	300m	26.04	(26.04)
700m	56.39	(30.09)	700m	56.01	(29.97)
1100m	1:28.24	(31.85)	1100m	1:27.17	(31.16)
1500m	2:01.57	(33.33)	1500m	2:00.00	(32.83)

		Naam	Cat	PR	Tijd Info
26	gl				
	bl				

m

m

		Naam	Cat	PR	Tijd Info
27	wt	17 Rinse Franken	HA1	1:54.51	1:58.37
	rd	37 Tom Nijdam	HN1	1:54.25	1:57.95

Rinse Franken			Tom Nijdam		
300m	25.73	(25.73)	300m	25.26	(25.26)
700m	54.88	(29.15)	700m	53.96	(28.70)
1100m	1:25.83	(30.95)	1100m	1:24.93	(30.97)
1500m	1:58.37	(32.54)	1500m	1:57.95	(33.02)

		Naam	Cat	PR	Tijd Info
28	gl	4 Yoeri van Bostelen	HA2	1:53.05	1:58.10
	bl	41 Colin Schrijver	HN4	1:54.20	1:57.47

Yoeri van Bostelen			Colin Schrijver		
300m	24.92	(24.92)	300m	25.72	(25.72)
700m	53.65	(28.73)	700m	54.91	(29.19)
1100m	1:24.81	(31.16)	1100m	1:25.39	(30.48)
1500m	1:58.10	(33.29)	1500m	1:57.47	(32.08)

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		Naam			Cat			PR	Tijd Info
29	wt	6	Chris Brommersma		HA2			1:57.16	1:58.84
	rd	16	Bram van Essen		HN3			1:52.67	1:58.17
		Chris Brommersma			Bram van Essen				
		300m	26.30	(26.30)	300m	25.16	(25.16)		
		700m	55.55	(29.25)	700m	53.92	(28.76)		
		1100m	1:26.48	(30.93)	1100m	1:24.91	(30.99)		
		1500m	1:58.84	(32.36)	1500m	1:58.17	(33.26)		
<hr/>									
		Naam			Cat			PR	Tijd Info
30	gl	48	Dyon Talsma		HN3			1:54.46	2:01.43
	bl	10	Jornt Dijk		HN4			1:52.46	1:59.87
		Dyon Talsma			Jornt Dijk				
		300m	26.29	(26.29)	300m	25.54	(25.54)		
		700m	56.03	(29.74)	700m	54.85	(29.31)		
		1100m	1:27.85	(31.82)	1100m	1:26.19	(31.34)		
		1500m	2:01.43	(33.58)	1500m	1:59.87	(33.68)		
<hr/>									
		Naam			Cat			PR	Tijd Info
31	wt	40	Eise van Schijndel		HA1			1:53.47	1:57.14
	rd	54	Olaf Vunderink		HA1			1:52.44	1:57.18
		Eise van Schijndel			Olaf Vunderink				
		300m	25.84	(25.84)	300m	25.79	(25.79)		
		700m	54.54	(28.70)	700m	54.68	(28.89)		
		1100m	1:24.74	(30.20)	1100m	1:25.14	(30.46)		
		1500m	1:57.14	(32.40)	1500m	1:57.18	(32.04)		
<hr/>									
		Naam			Cat			PR	Tijd Info
32	gl	35	Jasper van der Marel		HA2			1:53.35	1:58.74
	bl	53	Sietse de Vries		HA1			1:53.52	1:58.80
		Jasper van der Marel			Sietse de Vries				
		300m	26.13	(26.13)	300m	26.54	(26.54)		
		700m	55.84	(29.71)	700m	55.95	(29.41)		
		1100m	1:26.77	(30.93)	1100m	1:26.88	(30.93)		
		1500m	1:58.74	(31.97)	1500m	1:58.80	(31.92)		

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		Naam			Cat			PR	Tijd Info
33	wt	8	Jorian ten Cate		HN2			1:52.04	1:56.11
	rd	39	Niels van Reeuwijk		HA2			1:52.00	1:55.91
		Jorian ten Cate			Niels van Reeuwijk				
		300m	25.69	(25.69)	300m	25.22	(25.22)		
		700m	54.18	(28.49)	700m	53.55	(28.33)		
		1100m	1:24.35	(30.17)	1100m	1:23.64	(30.09)		
		1500m	1:56.11	(31.76)	1500m	1:55.91	(32.27)		
<hr/>									
		Naam			Cat			PR	Tijd Info
34	gl	38	Matthé Pronk		HN1			1:52.10	1:57.75
	bl	30	Mika Kolder		HA1			1:50.66	1:56.16
		Matthé Pronk			Mika Kolder				
		300m	25.82	(25.82)	300m	25.50	(25.50)		
		700m	54.52	(28.70)	700m	54.15	(28.65)		
		1100m	1:25.09	(30.57)	1100m	1:24.09	(29.94)		
		1500m	1:57.75	(32.66)	1500m	1:56.16	(32.07)		
<hr/>									
		Naam			Cat			PR	Tijd Info
35	wt	31	Jasper Krommenhoek		HN1			1:50.23	1:55.52
	rd	49	Jasper Tinga		HN1			1:53.36	1:57.22
		Jasper Krommenhoek			Jasper Tinga				
		300m	26.37	(26.37)	300m	26.51	(26.51)		
		700m	54.91	(28.54)	700m	55.93	(29.42)		
		1100m	1:24.56	(29.65)	1100m	1:26.07	(30.14)		
		1500m	1:55.52	(30.96)	1500m	1:57.22	(31.15)		
<hr/>									
		Naam			Cat			PR	Tijd Info
36	gl	34	Thomas de Lange		HN2			1:48.34	1:54.91
	bl	3	Joël Bom		HA2			1:53.41	1:56.07
		Thomas de Lange			Joël Bom				
		300m	24.86	(24.86)	300m	25.21	(25.21)		
		700m	52.65	(27.79)	700m	53.62	(28.41)		
		1100m	1:22.46	(29.81)	1100m	1:24.24	(30.62)		
		1500m	1:54.91	(32.45)	1500m	1:56.07	(31.83)		

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		Naam		Cat		PR		Tijd Info
37	wt	50	Jur Veenje		HN4	1:48.27		1:53.51
	rd	57	Mathijs van Zwieten		HN3	1:51.81		1:58.14
		Jur Veenje			Mathijs van Zwieten			
		300m	24.46	(24.46)	300m	25.53	(25.53)	
		700m	51.86	(27.40)	700m	54.50	(28.97)	
		1100m	1:21.74	(29.88)	1100m	1:25.54	(31.04)	
		1500m	1:53.51	(31.77)	1500m	1:58.14	(32.60)	

		Naam		Cat		PR		Tijd Info
38	gl	33	Jesse de Lange		HN3	1:51.54		1:55.67
	bl	55	Hidde Westra		HN1	1:51.12		1:54.60
		Jesse de Lange			Hidde Westra			
		300m	25.28	(25.28)	300m	25.17	(25.17)	
		700m	53.48	(28.20)	700m	53.46	(28.29)	
		1100m	1:23.31	(29.83)	1100m	1:23.37	(29.91)	
		1500m	1:55.67	(32.36)	1500m	1:54.60	(31.23)	

		Naam		Cat		PR		Tijd Info
39	wt	14	Sijmen Egberts		HN1	1:47.27		1:52.12
	rd	52	Loek van Vilsteren		HN1	1:51.18		1:55.03
		Sijmen Egberts			Loek van Vilsteren			
		300m	24.63	(24.63)	300m	24.78	(24.78)	
		700m	52.36	(27.73)	700m	53.28	(28.50)	
		1100m	1:21.44	(29.08)	1100m	1:23.26	(29.98)	
		1500m	1:52.12	(30.68)	1500m	1:55.03	(31.77)	

		Naam		Cat		PR		Tijd Info
40	gl	26	Jeroen Janissen		HSA	1:49.06		1:56.05
	bl	7	Stijn van de Bunt		HN1	1:49.30		1:53.14
		Jeroen Janissen			Stijn van de Bunt			
		300m	25.90	(25.90)	300m	25.69	(25.69)	
		700m	54.89	(28.99)	700m	53.92	(28.23)	
		1100m	1:24.80	(29.91)	1100m	1:22.73	(28.81)	
		1500m	1:56.05	(31.25)	1500m	1:53.14	(30.41)	

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		Naam			Cat			PR	Tijd Info
41	wt	27	Kars Jansman		HSA			1:47.31	1:54.78
	rd	11	Lex Dijkstra		HSA			1:46.50	1:52.60
		Kars Jansman			Lex Dijkstra				
		300m	25.84	(25.84)	300m	25.13	(25.13)		
		700m	54.57	(28.73)	700m	53.44	(28.31)		
		1100m	1:24.04	(29.47)	1100m	1:22.52	(29.08)		
		1500m	1:54.78	(30.74)	1500m	1:52.60	(30.08)		
<hr/>									
		Naam			Cat			PR	Tijd Info
42	gl	45	Remo Slotegraaf		HN3			1:46.73	1:52.39
	bl	29	Jelle Koeleman		HN1			1:52.37	1:54.13
		Remo Slotegraaf			Jelle Koeleman				
		300m	25.29	(25.29)	300m	24.86	(24.86)		
		700m	53.01	(27.72)	700m	53.44	(28.58)		
		1100m	1:22.01	(29.00)	1100m	1:22.98	(29.54)		
		1500m	1:52.39	(30.38)	1500m	1:54.13	(31.15)		

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IJssportcentrum Eindhoven - Eindhoven

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4. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Stijn van de Bunt	HN1	58	O	3:55.19		
2	27 Kars Jansman	HSA	58	I	3:55.44		
3	11 Lex Dijkstra	HSA	60	O	3:56.64		
4	45 Remo Slotegraaf	HN3	60	I	3:58.15		
5	26 Jeroen Janissen	HSA	56	I	3:58.81		
6	14 Sijmen Egberts	HN1	59	O	3:59.90		
7	31 Jasper Krommenhoek	HN1	54	I	4:00.32		
8	57 Mathijs van Zwieten	HN3	53	I	4:03.30		
9	29 Jelle Koeleman	HN1	59	I	4:05.05		
10	3 Joël Bom	HA2	54	O	4:05.52		
11	33 Jesse de Lange	HN3	55	I	4:05.95		
12	6 Chris Brommersma	HA2	47	O	4:05.98		
13	34 Thomas de Lange	HN2	55	O	4:06.83		
14	53 Sietse de Vries	HA1	49	O	4:07.88		
15	8 Jorian ten Cate	HN2	52	O	4:08.48		
16	39 Niels van Reeuwijk	HA2	51	I	4:09.55		
17	49 Jasper Tinga	HN1	53	O	4:09.76		
18	30 Mika Kolder	HA1	52	I	4:10.30		
19	35 Jasper van der Marel	HA2	49	I	4:10.34		
20	50 Jur Veenje	HN4	57	O	4:11.04		
21	40 Eise van Schijndel	HA1	50	I	4:11.40		
22	38 Matthé Pronk	HN1	51	O	4:11.63		
23	17 Rinse Franken	HA1	45	I	4:11.81		
24	48 Dyon Talsma	HN3	46	O	4:11.84		
25	10 Jornt Dijk	HN4	47	I	4:12.09		
26	59 Finn ten Hove	HSA	43	I	4:12.16		
27	52 Loek van Vilsteren	HN1	57	I	4:12.28		
28	55 Hidde Westra	HN1	56	O	4:12.52		
29	54 Olaf Vunderink	HA1	50	O	4:12.62		
30	41 Colin Schrijver	HN4	46	I	4:12.69		
31	16 Bram van Essen	HN3	48	I	4:14.24		
32	25 Ole ten Hove	HSA	43	O	4:17.17		
33	4 Yoeri van Bostelen	HA2	48	O	4:17.81		
34	37 Tom Nijdam	HN1	45	O	4:19.68		

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4. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
43	wt	59	Finn ten Hove		HSA		4:03.85	4:12.16	
	rd	25	Ole ten Hove		HSA		4:06.73	4:17.17	
		Finn ten Hove			Ole ten Hove				
		200m	20.20	(20.20)	200m	20.27	(20.27)		
		600m	51.86	(31.66)	600m	51.69	(31.42)		
		1000m	1:23.59	(31.73)	1000m	1:24.25	(32.56)		
		1400m	1:56.34	(32.75)	1400m	1:57.52	(33.27)		
		1800m	2:29.47	(33.13)	1800m	2:31.51	(33.99)		
		2200m	3:03.51	(34.04)	2200m	3:06.38	(34.87)		
		2600m	3:37.61	(34.10)	2600m	3:41.89	(35.51)		
		3000m	4:12.16	(34.55)	3000m	4:17.17	(35.28)		

		Naam		Cat		PR		Tijd	Info
44	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
45	wt	17	Rinse Franken		HA1		4:00.24	4:11.81	
	rd	37	Tom Nijdam		HN1		4:01.74	4:19.68	
		Rinse Franken			Tom Nijdam				
		200m	20.11	(20.11)	200m	19.53	(19.53)		
		600m	52.63	(32.52)	600m	51.89	(32.36)		
		1000m	1:25.67	(33.04)	1000m	1:24.95	(33.06)		
		1400m	1:58.87	(33.20)	1400m	1:58.11	(33.16)		
		1800m	2:32.23	(33.36)	1800m	2:31.90	(33.79)		
		2200m	3:05.44	(33.21)	2200m	3:06.80	(34.90)		
		2600m	3:38.63	(33.19)	2600m	3:42.94	(36.14)		
		3000m	4:11.81	(33.18)	3000m	4:19.68	(36.74)		

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		Naam			Cat			PR	Tijd Info
46	gl	41	Colin Schrijver		HN4			4:12.18	4:12.69
	bl	48	Dyon Talsma		HN3			4:04.67	4:11.84
		Colin Schrijver			Dyon Talsma				
		200m	19.63	(19.63)	200m	19.52	(19.52)		
		600m	51.64	(32.01)	600m	51.72	(32.20)		
		1000m	1:24.46	(32.82)	1000m	1:25.09	(33.37)		
		1400m	1:57.80	(33.34)	1400m	1:58.44	(33.35)		
		1800m	2:31.13	(33.33)	1800m	2:32.03	(33.59)		
		2200m	3:04.71	(33.58)	2200m	3:05.36	(33.33)		
		2600m	3:38.39	(33.68)	2600m	3:37.79	(32.43)		
		3000m	4:12.69	(34.30)	3000m	4:11.84	(34.05)		

		Naam			Cat			PR	Tijd Info
47	wt	10	Jornt Dijk		HN4			4:04.13	4:12.09
	rd	6	Chris Brommersma		HA2			4:00.24	4:05.98
		Jornt Dijk			Chris Brommersma				
		200m	19.92	(19.92)	200m	20.32	(20.32)		
		600m	51.48	(31.56)	600m	51.87	(31.55)		
		1000m	1:23.27	(31.79)	1000m	1:23.39	(31.52)		
		1400m	1:55.81	(32.54)	1400m	1:55.28	(31.89)		
		1800m	2:29.21	(33.40)	1800m	2:27.29	(32.01)		
		2200m	3:02.90	(33.69)	2200m	3:00.03	(32.74)		
		2600m	3:37.54	(34.64)	2600m	3:32.73	(32.70)		
		3000m	4:12.09	(34.55)	3000m	4:05.98	(33.25)		

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		Naam			Cat			PR	Tijd Info
48	gl	16	Bram van Essen		HN3			4:00.02	4:14.24
	bl	4	Yoeri van Bostelen		HA2			4:02.22	4:17.81
		Bram van Essen			Yoeri van Bostelen				
		200m	18.66	(18.66)	200m	19.22	(19.22)		
		600m	49.04	(30.38)	600m	50.90	(31.68)		
		1000m	1:21.41	(32.37)	1000m	1:23.71	(32.81)		
		1400m	1:55.10	(33.69)	1400m	1:57.31	(33.60)		
		1800m	2:29.37	(34.27)	1800m	2:31.58	(34.27)		
		2200m	3:03.73	(34.36)	2200m	3:06.55	(34.97)		
		2600m	3:39.22	(35.49)	2600m	3:41.75	(35.20)		
		3000m	4:14.24	(35.02)	3000m	4:17.81	(36.06)		

		Naam			Cat			PR	Tijd Info
49	wt	35	Jasper van der Marel		HA2			3:56.65	4:10.34
	rd	53	Sietse de Vries		HA1			3:57.73	4:07.88
		Jasper van der Marel			Sietse de Vries				
		200m	19.98	(19.98)	200m	20.49	(20.49)		
		600m	52.94	(32.96)	600m	52.84	(32.35)		
		1000m	1:25.35	(32.41)	1000m	1:25.40	(32.56)		
		1400m	1:58.33	(32.98)	1400m	1:57.59	(32.19)		
		1800m	2:30.94	(32.61)	1800m	2:29.93	(32.34)		
		2200m	3:04.01	(33.07)	2200m	3:02.37	(32.44)		
		2600m	3:36.97	(32.96)	2600m	3:34.89	(32.52)		
		3000m	4:10.34	(33.37)	3000m	4:07.88	(32.99)		

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		Naam		Cat		PR		Tijd Info
50	gl	40	Eise van Schijndel		HA1		3:57.46	4:11.40
	bl	54	Olaf Vunderink		HA1		3:56.48	4:12.62
		Eise van Schijndel			Olaf Vunderink			
		200m	20.45	(20.45)	200m	20.52	(20.52)	
		600m	53.53	(33.08)	600m	53.46	(32.94)	
		1000m	1:26.21	(32.68)	1000m	1:26.57	(33.11)	
		1400m	1:59.09	(32.88)	1400m	1:59.74	(33.17)	
		1800m	2:31.95	(32.86)	1800m	2:33.21	(33.47)	
		2200m	3:04.63	(32.68)	2200m	3:06.74	(33.53)	
		2600m	3:37.94	(33.31)	2600m	3:39.94	(33.20)	
		3000m	4:11.40	(33.46)	3000m	4:12.62	(32.68)	

		Naam		Cat		PR		Tijd Info
51	wt	39	Niels van Reeuwijk		HA2		3:56.30	4:09.55
	rd	38	Matthé Pronk		HN1		3:56.42	4:11.63
		Niels van Reeuwijk			Matthé Pronk			
		200m	20.01	(20.01)	200m	20.02	(20.02)	
		600m	51.33	(31.32)	600m	51.66	(31.64)	
		1000m	1:22.87	(31.54)	1000m	1:23.58	(31.92)	
		1400m	1:55.24	(32.37)	1400m	1:55.77	(32.19)	
		1800m	2:27.95	(32.71)	1800m	2:28.77	(33.00)	
		2200m	3:01.12	(33.17)	2200m	3:02.28	(33.51)	
		2600m	3:34.74	(33.62)	2600m	3:36.50	(34.22)	
		3000m	4:09.55	(34.81)	3000m	4:11.63	(35.13)	

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		Naam		Cat		PR		Tijd Info
52	gl	30	Mika Kolder		HA1		3:52.19	4:10.30
	bl	8	Jorian ten Cate		HN2		3:56.71	4:08.48
		Mika Kolder			Jorian ten Cate			
		200m	19.79	(19.79)	200m	19.84	(19.84)	
		600m	51.23	(31.44)	600m	51.37	(31.53)	
		1000m	1:23.54	(32.31)	1000m	1:23.51	(32.14)	
		1400m	1:56.17	(32.63)	1400m	1:55.26	(31.75)	
		1800m	2:29.20	(33.03)	1800m	2:28.33	(33.07)	
		2200m	3:02.32	(33.12)	2200m	3:01.62	(33.29)	
		2600m	3:35.82	(33.50)	2600m	3:34.49	(32.87)	
		3000m	4:10.30	(34.48)	3000m	4:08.48	(33.99)	

		Naam		Cat		PR		Tijd Info
53	wt	57	Mathijs van Zwieten		HN3		3:55.67	4:03.30
	rd	49	Jasper Tinga		HN1		3:57.07	4:09.76
		Mathijs van Zwieten			Jasper Tinga			
		200m	18.91	(18.91)	200m	19.27	(19.27)	
		600m	48.82	(29.91)	600m	51.53	(32.26)	
		1000m	1:20.53	(31.71)	1000m	1:25.26	(33.73)	
		1400m	1:52.19	(31.66)	1400m	1:58.55	(33.29)	
		1800m	2:24.70	(32.51)	1800m	2:31.25	(32.70)	
		2200m	2:57.13	(32.43)	2200m	3:04.02	(32.77)	
		2600m	3:30.29	(33.16)	2600m	3:36.93	(32.91)	
		3000m	4:03.30	(33.01)	3000m	4:09.76	(32.83)	

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		Naam		Cat		PR		Tijd Info
54	gl	31	Jasper Krommenhoek		HN1		3:52.07	4:00.32
	bl	3	Joël Bom		HA2		3:54.63	4:05.52
		Jasper Krommenhoek			Joël Bom			
		200m	19.60	(19.60)	200m	19.82	(19.82)	
		600m	51.00	(31.40)	600m	51.53	(31.71)	
		1000m	1:22.59	(31.59)	1000m	1:23.60	(32.07)	
		1400m	1:53.90	(31.31)	1400m	1:55.56	(31.96)	
		1800m	2:24.87	(30.97)	1800m	2:27.44	(31.88)	
		2200m	2:56.09	(31.22)	2200m	2:59.90	(32.46)	
		2600m	3:28.11	(32.02)	2600m	3:32.57	(32.67)	
		3000m	4:00.32	(32.21)	3000m	4:05.52	(32.95)	

		Naam		Cat		PR		Tijd Info
55	wt	33	Jesse de Lange		HN3		4:01.67	4:05.95
	rd	34	Thomas de Lange		HN2		3:52.55	4:06.83
		Jesse de Lange			Thomas de Lange			
		200m	19.51	(19.51)	200m	19.75	(19.75)	
		600m	51.28	(31.77)	600m	52.14	(32.39)	
		1000m	1:23.16	(31.88)	1000m	1:24.38	(32.24)	
		1400m	1:55.20	(32.04)	1400m	1:56.29	(31.91)	
		1800m	2:27.61	(32.41)	1800m	2:28.47	(32.18)	
		2200m	3:00.46	(32.85)	2200m	3:00.49	(32.02)	
		2600m	3:33.33	(32.87)	2600m	3:33.14	(32.65)	
		3000m	4:05.95	(32.62)	3000m	4:06.83	(33.69)	

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		Naam		Cat		PR		Tijd Info
56	gl	26	Jeroen Janissen		HSA		3:47.20	3:58.81
	bl	55	Hidde Westra		HN1		3:52.43	4:12.52
		Jeroen Janissen			Hidde Westra			
		200m	19.39	(19.39)	200m	19.52	(19.52)	
		600m	50.28	(30.89)	600m	50.60	(31.08)	
		1000m	1:21.39	(31.11)	1000m	1:22.19	(31.59)	
		1400m	1:52.68	(31.29)	1400m	1:54.52	(32.33)	
		1800m	2:24.01	(31.33)	1800m	2:27.53	(33.01)	
		2200m	2:55.11	(31.10)	2200m	3:01.53	(34.00)	
		2600m	3:26.74	(31.63)	2600m	3:36.21	(34.68)	
		3000m	3:58.81	(32.07)	3000m	4:12.52	(36.31)	

		Naam		Cat		PR		Tijd Info
57	wt	52	Loek van Vilsteren		HN1		3:58.01	4:12.28
	rd	50	Jur Veenje		HN4		3:54.92	4:11.04
		Loek van Vilsteren			Jur Veenje			
		200m	19.13	(19.13)	200m	19.29	(19.29)	
		600m	51.27	(32.14)	600m	50.50	(31.21)	
		1000m	1:23.74	(32.47)	1000m	1:23.50	(33.00)	
		1400m	1:57.25	(33.51)	1400m	1:57.01	(33.51)	
		1800m	2:30.79	(33.54)	1800m	2:30.86	(33.85)	
		2200m	3:04.51	(33.72)	2200m	3:04.17	(33.31)	
		2600m	3:37.96	(33.45)	2600m	3:37.66	(33.49)	
		3000m	4:12.28	(34.32)	3000m	4:11.04	(33.38)	

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		Naam			Cat			PR	Tijd Info
58	gl	27	Kars Jansman		HSA			3:42.14	3:55.44
	bl	7	Stijn van de Bunt		HN1			3:47.04	3:55.19
		Kars Jansman			Stijn van de Bunt				
		200m	19.51	(19.51)	200m	19.26	(19.26)		
		600m	49.69	(30.18)	600m	49.34	(30.08)		
		1000m	1:20.26	(30.57)	1000m	1:19.83	(30.49)		
		1400m	1:51.11	(30.85)	1400m	1:50.80	(30.97)		
		1800m	2:22.24	(31.13)	1800m	2:22.00	(31.20)		
		2200m	2:53.39	(31.15)	2200m	2:53.02	(31.02)		
		2600m	3:24.37	(30.98)	2600m	3:24.26	(31.24)		
		3000m	3:55.44	(31.07)	3000m	3:55.19	(30.93)		

		Naam			Cat			PR	Tijd Info
59	wt	29	Jelle Koeleman		HN1			3:53.69	4:05.05
	rd	14	Sijmen Egberts		HN1			3:45.17	3:59.90
		Jelle Koeleman			Sijmen Egberts				
		200m	19.57	(19.57)	200m	19.72	(19.72)		
		600m	51.17	(31.60)	600m	51.25	(31.53)		
		1000m	1:22.59	(31.42)	1000m	1:22.67	(31.42)		
		1400m	1:54.25	(31.66)	1400m	1:52.98	(30.31)		
		1800m	2:26.00	(31.75)	1800m	2:23.50	(30.52)		
		2200m	2:58.30	(32.30)	2200m	2:54.68	(31.18)		
		2600m	3:31.30	(33.00)	2600m	3:26.79	(32.11)		
		3000m	4:05.05	(33.75)	3000m	3:59.90	(33.11)		

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		Naam		Cat		PR		Tijd	Info
60	gl	45	Remo Slotegraaf		HN3		3:42.63	3:58.15	
	bl	11	Lex Dijkstra		HSA		3:43.67	3:56.64	
		Remo Slotegraaf			Lex Dijkstra				
		200m	19.42	(19.42)	200m	19.13	(19.13)		
		600m	50.28	(30.86)	600m	49.36	(30.23)		
		1000m	1:21.45	(31.17)	1000m	1:20.06	(30.70)		
		1400m	1:52.46	(31.01)	1400m	1:51.01	(30.95)		
		1800m	2:23.58	(31.12)	1800m	2:22.10	(31.09)		
		2200m	2:55.24	(31.66)	2200m	2:53.79	(31.69)		
		2600m	3:26.41	(31.17)	2600m	3:25.35	(31.56)		
		3000m	3:58.15	(31.74)	3000m	3:56.64	(31.29)		