

1. Uitslag Vrouwen Junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	1 Janne Berkhout	DB2	14	O	4:38.33	PR	
2	12 Lotte Groenen	DB2	14	I	4:43.50	PR	
3	37 Elanne de Vries	DB1	8	O	4:44.83	PR	
4	27 Luna van Polen	DB1	11	O	4:48.36		
5	29 Maartje Redder	DB2	15	O	4:49.28		
6	21 Paula Kuipers	DB1	8	I	4:50.18	PR	
7	40 Isa van Wijhe	DB1	9	O	4:51.24		
8	24 Melissa Mooijman	DB1	5	O	4:51.52	PR	
9	31 Karlijn Schellekens	DB1	13	I	4:52.24		
10	14 Jasmijn Hiddink	DB1	9	I	4:52.41		
11	7 Lotte Donderwinkel	DB1	15	I	4:53.50		
12	28 Tess Postma	DB2	16	O	4:54.37	FL	
13	9 Jet Fransen	DB2	10	I	4:55.49		
14	18 Anouk Könst	DB1	12	I	4:57.89		
15	25 Elbrich Nicolay	DB1	10	O	4:58.80		
16	19 Sterre Kuijs	DB2	16	I	4:59.28		
17	30 Sterre van Schaik	DB2	6	O	4:59.63		
18	6 Noëmi De boer	DB1	7	I	5:00.53	PR	
19	32 Jitte Schuitemaker	DB2	13	O	5:00.68		
20	2 Shelley Blaauw	DB2	5	I	5:01.26		
21	3 Tijn Borst	DB1	11	I	5:02.29		
22	16 Carlijn Kaaij	DB1	12	O	5:03.17		
23	15 Cerinthe de Jonge	DB2	7	O	5:04.30		
24	23 Bo Mengerink	DB2	6	I	5:10.92		
25	33 Isa Steegstra	DB1	1	O	5:13.12		
26	38 Roos de Vries	DB2	4	O	5:14.48		
27	22 Marloes Leistra	DB2	3	O	5:21.81		
28	13 Gerbrich de Haan	DB1	4	I	5:23.65		
29	20 Jenieke Kuiken	DB2	3	I	5:26.16	PR	
30	35 Nynke Tinga	DB1	1	I	5:34.43	FL	

1. Rituitslag Vrouwen Junioren B 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	35	Nynke Tinga		DB1	5:15.48		5:34.43	FL
	rd	33	Isa Steegstra		DB1	5:05.15		5:13.12	
		<u>Nynke Tinga</u>			<u>Isa Steegstra</u>				
		200m	23.06	(23.06)	200m	23.14	(23.14)		
		600m	1:01.82	(38.76)	600m	1:01.85	(38.71)		
		1000m	1:50.89	(49.07)	1000m	1:42.14	(40.29)		
		1400m	2:33.94	(43.05)	1400m	2:23.23	(41.09)		
		1800m	3:18.14	(44.20)	1800m	3:05.35	(42.12)		
		2200m	4:02.55	(44.41)	2200m	3:47.85	(42.50)		
		2600m	4:48.48	(45.93)	2600m	4:30.27	(42.42)		
		3000m	5:34.43	(45.95)	3000m	5:13.12	(42.85)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
		<u>m</u>			<u>m</u>				

		Naam		Cat		PR		Tijd	Info
3	wt	20	Jenieke Kuiken		DB2	5:32.06		5:26.16	PR
	rd	22	Marloes Leistra		DB2	5:03.82		5:21.81	
		<u>Jenieke Kuiken</u>			<u>Marloes Leistra</u>				
		200m	23.93	(23.93)	200m	23.46	(23.46)		
		600m	1:02.80	(38.87)	600m	1:02.83	(39.37)		
		1000m	1:43.59	(40.79)	1000m	1:43.86	(41.03)		
		1400m	2:26.52	(42.93)	1400m	2:26.57	(42.71)		
		1800m	3:10.29	(43.77)	1800m	3:10.38	(43.81)		
		2200m	3:55.00	(44.71)	2200m	3:54.82	(44.44)		
		2600m	4:40.99	(45.99)	2600m	4:38.70	(43.88)		
		3000m	5:26.16	(45.17)	3000m	5:21.81	(43.11)		

		Naam	Cat	PR	Tijd	Info
4	gl	13 Gerbrich de Haan	DB1	5:12.94	5:23.65	
	bl	38 Roos de Vries	DB2	5:10.99	5:14.48	

Gerbrich de Haan

200m	22.55	(22.55)
600m	1:01.87	(39.32)
1000m	1:44.04	(42.17)
1400m	2:27.44	(43.40)
1800m	3:10.57	(43.13)
2200m	3:54.82	(44.25)
2600m	4:39.62	(44.80)
3000m	5:23.65	(44.03)

Roos de Vries

200m	24.30	(24.30)
600m	1:04.71	(40.41)
1000m	1:46.34	(41.63)
1400m	2:26.81	(40.47)
1800m	3:08.20	(41.39)
2200m	3:50.26	(42.06)
2600m	4:32.26	(42.00)
3000m	5:14.48	(42.22)

		Naam	Cat	PR	Tijd	Info
5	wt	2 Shelley Blaauw	DB2	4:58.83	5:01.26	
	rd	24 Melissa Mooijman	DB1	4:53.71	4:51.52	PR

Shelley Blaauw

200m	22.38	(22.38)
600m	59.87	(37.49)
1000m	1:37.82	(37.95)
1400m	2:16.17	(38.35)
1800m	2:56.19	(40.02)
2200m	3:36.84	(40.65)
2600m	4:19.48	(42.64)
3000m	5:01.26	(41.78)

Melissa Mooijman

200m	22.81	(22.81)
600m	59.27	(36.46)
1000m	1:36.64	(37.37)
1400m	2:14.45	(37.81)
1800m	2:52.66	(38.21)
2200m	3:31.95	(39.29)
2600m	4:11.58	(39.63)
3000m	4:51.52	(39.94)

		Naam	Cat	PR	Tijd	Info
6	gl	23 Bo Mengerink	DB2	4:45.18	5:10.92	
	bl	30 Sterre van Schaik	DB2	4:52.91	4:59.63	

Bo Mengerink

200m	22.51	(22.51)
600m	59.88	(37.37)
1000m	1:39.27	(39.39)
1400m	2:20.23	(40.96)
1800m	3:01.77	(41.54)
2200m	3:44.13	(42.36)
2600m	4:27.43	(43.30)
3000m	5:10.92	(43.49)

Sterre van Schaik

200m	22.13	(22.13)
600m	59.38	(37.25)
1000m	1:38.16	(38.78)
1400m	2:17.28	(39.12)
1800m	2:56.85	(39.57)
2200m	3:37.42	(40.57)
2600m	4:18.54	(41.12)
3000m	4:59.63	(41.09)

		Naam	Cat	PR	Tijd	Info
7	wt	6 Noëmi De boer	DB1	5:01.89	5:00.53	PR
	rd	15 Cerinthe de Jonge	DB2	5:02.94	5:04.30	

Noëmi De boer

200m	21.59	(21.59)
600m	57.42	(35.83)
1000m	1:36.04	(38.62)
1400m	2:17.63	(41.59)
1800m	2:58.53	(40.90)
2200m	3:39.51	(40.98)
2600m	4:20.24	(40.73)
3000m	5:00.53	(40.29)

Cerinthe de Jonge

200m	21.50	(21.50)
600m	58.13	(36.63)
1000m	1:37.29	(39.16)
1400m	2:18.04	(40.75)
1800m	2:59.58	(41.54)
2200m	3:41.10	(41.52)
2600m	4:22.81	(41.71)
3000m	5:04.30	(41.49)

		Naam	Cat	PR	Tijd	Info
8	gl	21 Paula Kuipers	DB1	4:51.45	4:50.18	PR
	bl	37 Elanne de Vries	DB1	4:50.30	4:44.83	PR

Paula Kuipers

200m	21.46	(21.46)
600m	55.02	(33.56)
1000m	1:31.33	(36.31)
1400m	2:09.71	(38.38)
1800m	2:49.14	(39.43)
2200m	3:28.62	(39.48)
2600m	4:09.47	(40.85)
3000m	4:50.18	(40.71)

Elanne de Vries

200m	21.16	(21.16)
600m	54.31	(33.15)
1000m	1:30.77	(36.46)
1400m	2:08.83	(38.06)
1800m	2:48.07	(39.24)
2200m	3:27.16	(39.09)
2600m	4:06.55	(39.39)
3000m	4:44.83	(38.28)

		Naam	Cat	PR	Tijd	Info
9	wt	14 Jasmijn Hiddink	DB1	4:50.41	4:52.41	
	rd	40 Isa van Wijhe	DB1	4:50.44	4:51.24	

Jasmijn Hiddink

200m	21.61	(21.61)
600m	57.23	(35.62)
1000m	1:35.07	(37.84)
1400m	2:13.87	(38.80)
1800m	2:53.18	(39.31)
2200m	3:32.97	(39.79)
2600m	4:12.83	(39.86)
3000m	4:52.41	(39.58)

Isa van Wijhe

200m	22.27	(22.27)
600m	56.33	(34.06)
1000m	1:33.41	(37.08)
1400m	2:11.92	(38.51)
1800m	2:50.57	(38.65)
2200m	3:30.24	(39.67)
2600m	4:10.36	(40.12)
3000m	4:51.24	(40.88)

		Naam			Cat	PR	Tijd	Info
10	gl	9 Jet Fransen			DB2	4:51.32	4:55.49	
	bl	25 Elbrich Nicolay			DB1	4:50.72	4:58.80	
		Jet Fransen			Elbrich Nicolay			
		200m	21.65	(21.65)	200m	21.33	(21.33)	
		600m	58.21	(36.56)	600m	57.02	(35.69)	
		1000m	1:36.84	(38.63)	1000m	1:36.11	(39.09)	
		1400m	2:16.58	(39.74)	1400m	2:15.64	(39.53)	
		1800m	2:55.93	(39.35)	1800m	2:55.13	(39.49)	
		2200m	3:35.21	(39.28)	2200m	3:35.44	(40.31)	
		2600m	4:14.93	(39.72)	2600m	4:17.45	(42.01)	
		3000m	4:55.49	(40.56)	3000m	4:58.80	(41.35)	

		Naam			Cat	PR	Tijd	Info
11	wt	3 Tijn Borst			DB1	4:47.21	5:02.29	
	rd	27 Luna van Polen			DB1	4:47.18	4:48.36	
		Tijn Borst			Luna van Polen			
		200m	21.50	(21.50)	200m	21.93	(21.93)	
		600m	56.13	(34.63)	600m	56.30	(34.37)	
		1000m	1:33.68	(37.55)	1000m	1:32.74	(36.44)	
		1400m	2:13.27	(39.59)	1400m	2:10.64	(37.90)	
		1800m	2:54.43	(41.16)	1800m	2:49.22	(38.58)	
		2200m	3:36.53	(42.10)	2200m	3:28.33	(39.11)	
		2600m	4:19.08	(42.55)	2600m	4:08.12	(39.79)	
		3000m	5:02.29	(43.21)	3000m	4:48.36	(40.24)	

		Naam	Cat	PR	Tijd	Info
12	gl	18 Anouk Könst	DB1	4:47.87	4:57.89	
	bl	16 Carlijn Kaaij	DB1	4:48.72	5:03.17	

Anouk Könst

200m	22.92	(22.92)
600m	58.66	(35.74)
1000m	1:35.87	(37.21)
1400m	2:14.28	(38.41)
1800m	2:54.30	(40.02)
2200m	3:35.35	(41.05)
2600m	4:16.87	(41.52)
3000m	4:57.89	(41.02)

Carlijn Kaaij

200m	21.66	(21.66)
600m	57.69	(36.03)
1000m	1:37.98	(40.29)
1400m	2:18.39	(40.41)
1800m	2:59.94	(41.55)
2200m	3:41.44	(41.50)
2600m	4:22.96	(41.52)
3000m	5:03.17	(40.21)

		Naam	Cat	PR	Tijd	Info
13	wt	31 Karlijn Schellekens	DB1	4:46.02	4:52.24	
	rd	32 Jitte Schuitemaker	DB2	4:49.19	5:00.68	

Karlijn Schellekens

200m	21.54	(21.54)
600m	57.95	(36.41)
1000m	1:35.43	(37.48)
1400m	2:13.72	(38.29)
1800m	2:52.59	(38.87)
2200m	3:32.28	(39.69)
2600m	4:12.44	(40.16)
3000m	4:52.24	(39.80)

Jitte Schuitemaker

200m	23.51	(23.51)
600m	1:00.66	(37.15)
1000m	1:39.30	(38.64)
1400m	2:18.96	(39.66)
1800m	2:58.99	(40.03)
2200m	3:39.71	(40.72)
2600m	4:20.67	(40.96)
3000m	5:00.68	(40.01)

		Naam	Cat	PR	Tijd	Info
14	gl	12 Lotte Groenen	DB2	4:44.01	4:43.50	PR
	bl	1 Janne Berkhout	DB2	4:43.88	4:38.33	PR

Lotte Groenen

200m	20.59	(20.59)
600m	53.97	(33.38)
1000m	1:29.52	(35.55)
1400m	2:07.04	(37.52)
1800m	2:45.69	(38.65)
2200m	3:25.06	(39.37)
2600m	4:01.13	(36.07)
3000m	4:43.50	(42.37)

Janne Berkhout

200m	21.82	(21.82)
600m	56.86	(35.04)
1000m	1:32.92	(36.06)
1400m	2:09.25	(36.33)
1800m	2:45.72	(36.47)
2200m	3:22.85	(37.13)
2600m	4:00.43	(37.58)
3000m	4:38.33	(37.90)

		Naam	Cat	PR	Tijd	Info
15	wt	7 Lotte Donderwinkel	DB1	4:44.67	4:53.50	
	rd	29 Maartje Redder	DB2	4:45.37	4:49.28	

Lotte Donderwinkel

200m	22.10	(22.10)
600m	58.08	(35.98)
1000m	1:36.48	(38.40)
1400m	2:15.45	(38.97)
1800m	2:54.26	(38.81)
2200m	3:33.35	(39.09)
2600m	4:13.25	(39.90)
3000m	4:53.50	(40.25)

Maartje Redder

200m	22.86	(22.86)
600m	58.68	(35.82)
1000m	1:36.38	(37.70)
1400m	2:14.78	(38.40)
1800m	2:53.38	(38.60)
2200m	3:31.83	(38.45)
2600m	4:10.58	(38.75)
3000m	4:49.28	(38.70)

		Naam	Cat	PR	Tijd	Info
16	gl	19 Sterre Kuijs	DB2	4:43.37	4:59.28	
	bl	28 Tess Postma	DB2	4:38.78	4:54.37	FL

Sterre Kuijs

200m	22.31	(22.31)
600m	58.65	(36.34)
1000m	1:37.65	(39.00)
1400m	2:17.67	(40.02)
1800m	2:57.92	(40.25)
2200m	3:38.16	(40.24)
2600m	4:18.91	(40.75)
3000m	4:59.28	(40.37)

Tess Postma

200m	28.23	(28.23)
600m	1:01.44	(33.21)
1000m	1:38.13	(36.69)
1400m	2:16.49	(38.36)
1800m	2:55.18	(38.69)
2200m	3:34.63	(39.45)
2600m	4:14.29	(39.66)
3000m	4:54.37	(40.08)

2. Uitslag Mannen Junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	25 Niels de Kruijk	HB1	12	O	4:10.82	PR	
2	9 Chris Brommersma	HB2	9	O	4:15.49		
3	26 Teun van der Linden	HB2	14	O	4:16.46		
4	24 Tygo Kompier	HB1	7	I	4:19.04		
5	5 Bryant Boogert	HB2	14	I	4:19.43		
6	7 Thijs van Bostelen	HB2	7	O	4:21.01		
7	34 Wisse Slendebroek	HB2	13	O	4:21.09		
8	15 Jort de Gans	HB2	13	I	4:21.21		
9	8 Johan Bouwhuis	HB1	11	O	4:21.83		
10	10 Thijs van de Burgt	HB2	6	O	4:23.23		
11	1 Thomas van Berkel	HB2	9	I	4:23.66		
12	40 Sietse de Vries	HB1	10	I	4:23.70		
13	22 Otto Immerzeel	HB2	8	O	4:23.75		
14	33 Eise van Schijndel	HB1	11	I	4:25.11		
15	14 Rinse Franken	HB1	8	I	4:25.54		
16	28 Jelle Plug	HB2	4	I	4:26.78		
17	3 Sem Bodewes	HB2	4	O	4:26.98		
18	37 Chris de Velde	HB1	3	O	4:27.03		
19	27 Jesper van Mieghem	HB2	10	O	4:27.71		
20	12 Corné van Dooren	HB2	5	O	4:28.53		
21	38 Floris van Velsen	HB1	6	I	4:32.11		
22	4 Tymen Bok	HB1	3	I	4:40.31		
23	21 Sylvian Hoogeveen	HB2	5	I	4:40.49		
24	32 Wiebe de Rijk	HB2	1	I	4:43.39		
25	2 Marijn Blanken	HB1	1	O	5:05.37		
	20 Yanick de Hoogd	HB2	12	I		DNS	

2. Rituitslag Mannen Junioren B 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	32	Wiebe de Rijk		HB2	4:36.86		4:43.39	
	rd	2	Marijn Blanken		HB1	4:57.92		5:05.37	
		Wiebe de Rijk			Marijn Blanken				
		200m	21.28	(21.28)	200m	22.29	(22.29)		
		600m	55.75	(34.47)	600m	1:00.52	(38.23)		
		1000m	1:31.75	(36.00)	1000m	1:40.92	(40.40)		
		1400m	2:08.62	(36.87)	1400m	2:21.14	(40.22)		
		1800m	2:46.53	(37.91)	1800m	3:01.55	(40.41)		
		2200m	3:25.08	(38.55)	2200m	3:42.37	(40.82)		
		2600m	4:04.00	(38.92)	2600m	4:23.98	(41.61)		
		3000m	4:43.39	(39.39)	3000m	5:05.37	(41.39)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
3	wt	4	Tymen Bok		HB1	4:38.75		4:40.31	
	rd	37	Chris de Velde		HB1	4:21.12		4:27.03	
		Tymen Bok			Chris de Velde				
		200m	21.83	(21.83)	200m	20.53	(20.53)		
		600m	56.24	(34.41)	600m	53.72	(33.19)		
		1000m	1:32.26	(36.02)	1000m	1:28.35	(34.63)		
		1400m	2:08.95	(36.69)	1400m	2:03.07	(34.72)		
		1800m	2:46.26	(37.31)	1800m	2:37.99	(34.92)		
		2200m	3:24.14	(37.88)	2200m	3:13.57	(35.58)		
		2600m	4:02.39	(38.25)	2600m	3:49.89	(36.32)		
		3000m	4:40.31	(37.92)	3000m	4:27.03	(37.14)		

		Naam		Cat		PR	Tijd	Info
4	gl	28 Jelle Plug		HB2		4:20.05	4:26.78	
	bl	3 Sem Bodewes		HB2		4:23.56	4:26.98	
Jelle Plug			Sem Bodewes					
		200m	19.51	(19.51)		200m	20.47	(20.47)
		600m	50.63	(31.12)		600m	52.32	(31.85)
		1000m	1:23.18	(32.55)		1000m	1:25.12	(32.80)
		1400m	1:57.29	(34.11)		1400m	1:59.51	(34.39)
		1800m	2:32.42	(35.13)		1800m	2:34.89	(35.38)
		2200m	3:08.67	(36.25)		2200m	3:11.31	(36.42)
		2600m	3:47.68	(39.01)		2600m	3:49.27	(37.96)
		3000m	4:26.78	(39.10)		3000m	4:26.98	(37.71)

		Naam		Cat		PR	Tijd	Info
5	wt	21 Sylvian Hoogeveen		HB2		4:24.09	4:40.49	
	rd	12 Corné van Dooren		HB2		4:26.69	4:28.53	
Sylvian Hoogeveen			Corné van Dooren					
		200m	20.23	(20.23)		200m	19.90	(19.90)
		600m	53.88	(33.65)		600m	53.57	(33.67)
		1000m	1:30.04	(36.16)		1000m	1:29.81	(36.24)
		1400m	2:07.35	(37.31)		1400m	2:06.40	(36.59)
		1800m	2:45.01	(37.66)		1800m	2:43.35	(36.95)
		2200m	3:23.30	(38.29)		2200m	3:19.57	(36.22)
		2600m	4:02.01	(38.71)		2600m	3:54.56	(34.99)
		3000m	4:40.49	(38.48)		3000m	4:28.53	(33.97)

		Naam		Cat		PR		Tijd	Info		
6	gl	38	Floris van Velsen		HB1			4:18.50	4:32.11		
	bl	10	Thijs van de Burgt		HB2			4:19.17	4:23.23		
			Floris van Velsen				Thijs van de Burgt				
			200m	20.00	(20.00)				200m	20.43	(20.43)
			600m	53.79	(33.79)				600m	53.06	(32.63)
			1000m	1:28.21	(34.42)				1000m	1:27.81	(34.75)
			1400m	2:03.68	(35.47)				1400m	2:02.36	(34.55)
			1800m	2:39.38	(35.70)				1800m	2:37.02	(34.66)
			2200m	3:15.95	(36.57)				2200m	3:12.18	(35.16)
			2600m	3:53.40	(37.45)				2600m	3:47.97	(35.79)
			3000m	4:32.11	(38.71)				3000m	4:23.23	(35.26)

		Naam		Cat		PR		Tijd	Info		
7	wt	24	Tygo Kompier		HB1			4:17.87	4:19.04		
	rd	7	Thijs van Bostelen		HB2			4:18.89	4:21.01		
			Tygo Kompier				Thijs van Bostelen				
			200m	19.66	(19.66)				200m	20.42	(20.42)
			600m	52.01	(32.35)				600m	51.90	(31.48)
			1000m	1:25.23	(33.22)				1000m	1:24.99	(33.09)
			1400m	1:59.03	(33.80)				1400m	1:59.01	(34.02)
			1800m	2:33.44	(34.41)				1800m	2:33.71	(34.70)
			2200m	3:08.56	(35.12)				2200m	3:08.99	(35.28)
			2600m	3:43.48	(34.92)				2600m	3:44.76	(35.77)
			3000m	4:19.04	(35.56)				3000m	4:21.01	(36.25)

		Naam		Cat		PR	Tijd	Info
8	gl	14 Rinse Franken		HB1		4:19.52	4:25.54	
	bl	22 Otto Immerzeel		HB2		4:18.62	4:23.75	
Rinse Franken			Otto Immerzeel					
		200m	19.44	(19.44)		200m	21.06	(21.06)
		600m	51.24	(31.80)		600m	53.63	(32.57)
		1000m	1:24.45	(33.21)		1000m	1:27.68	(34.05)
		1400m	1:58.56	(34.11)		1400m	2:02.15	(34.47)
		1800m	2:33.75	(35.19)		1800m	2:37.18	(35.03)
		2200m	3:09.92	(36.17)		2200m	3:12.77	(35.59)
		2600m	3:47.25	(37.33)		2600m	3:48.31	(35.54)
		3000m	4:25.54	(38.29)		3000m	4:23.75	(35.44)

		Naam		Cat		PR	Tijd	Info
9	wt	1 Thomas van Berkel		HB2		4:14.40	4:23.66	
	rd	9 Chris Brommersma		HB2		4:14.40	4:15.49	
Thomas van Berkel			Chris Brommersma					
		200m	20.50	(20.50)		200m	20.93	(20.93)
		600m	54.41	(33.91)		600m	53.91	(32.98)
		1000m	1:27.93	(33.52)		1000m	1:27.50	(33.59)
		1400m	2:01.64	(33.71)		1400m	2:00.64	(33.14)
		1800m	2:35.64	(34.00)		1800m	2:34.30	(33.66)
		2200m	3:10.67	(35.03)		2200m	3:08.09	(33.79)
		2600m	3:46.68	(36.01)		2600m	3:41.66	(33.57)
		3000m	4:23.66	(36.98)		3000m	4:15.49	(33.83)

		Naam			Cat	PR	Tijd	Info
10	gl	40 Sietse de Vries			HB1	4:16.51	4:23.70	
	bl	27 Jesper van Mieghem			HB2	4:16.43	4:27.71	
		<u>Sietse de Vries</u>			<u>Jesper van Mieghem</u>			
		200m	19.40	(19.40)	200m	20.40	(20.40)	
		600m	52.23	(32.83)	600m	51.66	(31.26)	
		1000m	1:25.73	(33.50)	1000m	1:24.15	(32.49)	
		1400m	1:59.47	(33.74)	1400m	1:58.45	(34.30)	
		1800m	2:34.12	(34.65)	1800m	2:34.22	(35.77)	
		2200m	3:10.14	(36.02)	2200m	3:10.94	(36.72)	
		2600m	3:46.65	(36.51)	2600m	3:48.69	(37.75)	
		3000m	4:23.70	(37.05)	3000m	4:27.71	(39.02)	

		Naam			Cat	PR	Tijd	Info
11	wt	33 Eise van Schijndel			HB1	4:16.68	4:25.11	
	rd	8 Johan Bouwhuis			HB1	4:17.08	4:21.83	
		<u>Eise van Schijndel</u>			<u>Johan Bouwhuis</u>			
		200m	19.92	(19.92)	200m	20.00	(20.00)	
		600m	52.24	(32.32)	600m	52.43	(32.43)	
		1000m	1:25.39	(33.15)	1000m	1:25.87	(33.44)	
		1400m	1:59.83	(34.44)	1400m	2:00.05	(34.18)	
		1800m	2:34.54	(34.71)	1800m	2:34.92	(34.87)	
		2200m	3:10.36	(35.82)	2200m	3:10.39	(35.47)	
		2600m	3:47.04	(36.68)	2600m	3:46.48	(36.09)	
		3000m	4:25.11	(38.07)	3000m	4:21.83	(35.35)	

		Naam	Cat	PR	Tijd Info
12	gl	20 Yanick de Hoogd	HB2	4:13.68	DNS
	bl	25 Niels de Kruijk	HB1	4:11.64	4:10.82 PR

Yanick de Hoogd

Niels de Kruijk

200m	18.64	(18.64)
600m	49.77	(31.13)
1000m	1:22.19	(32.42)
1400m	1:55.39	(33.20)
1800m	2:29.11	(33.72)
2200m	3:03.14	(34.03)
2600m	3:37.02	(33.88)
3000m	4:10.82	(33.80)

		Naam	Cat	PR	Tijd Info
13	wt	15 Jort de Gans	HB2	4:13.23	4:21.21
	rd	34 Wisse Slendebroek	HB2	4:09.94	4:21.09

Jort de Gans

Wisse Slendebroek

200m	19.64	(19.64)	200m	20.84	(20.84)
600m	51.95	(32.31)	600m	54.09	(33.25)
1000m	1:25.94	(33.99)	1000m	1:27.90	(33.81)
1400m	2:00.52	(34.58)	1400m	2:02.18	(34.28)
1800m	2:35.94	(35.42)	1800m	2:36.76	(34.58)
2200m	3:11.36	(35.42)	2200m	3:11.61	(34.85)
2600m	3:46.13	(34.77)	2600m	3:46.64	(35.03)
3000m	4:21.21	(35.08)	3000m	4:21.09	(34.45)

		Naam	Cat	PR	Tijd	Info
14	gl	5 Bryant Boogert	HB2	4:11.79	4:19.43	
	bl	26 Teun van der Linden	HB2	4:09.97	4:16.46	

Bryant Boogert

200m	19.09	(19.09)
600m	50.01	(30.92)
1000m	1:22.60	(32.59)
1400m	1:55.70	(33.10)
1800m	2:30.07	(34.37)
2200m	3:05.79	(35.72)
2600m	3:42.70	(36.91)
3000m	4:19.43	(36.73)

Teun van der Linden

200m	20.27	(20.27)
600m	52.50	(32.23)
1000m	1:25.78	(33.28)
1400m	1:59.38	(33.60)
1800m	2:33.52	(34.14)
2200m	3:07.63	(34.11)
2600m	3:42.18	(34.55)
3000m	4:16.46	(34.28)

3. Uitslag Vrouwen Junioren A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Sophie Kraaijeveld	DA1	13	I	4:17.88	TRC	
2	18 Veerle van Koppen	DA1	12	I	4:30.23		
3	8 Nyncke Dijkstra	DA2	11	I	4:32.58	PR	
4	9 Vera van Ditshuizen	DA2	14	O	4:33.65		
5	13 Evi Gelling	DA2	14	I	4:40.16		
6	17 Emma Kole	DA1	13	O	4:42.12		
7	28 Tosca Mulder	DA1	11	O	4:42.93		
8	33 Kaat van Steekelenburg	DA1	5	I	4:43.94	PR	
9	5 Esmée Brommer	DA1	8	O	4:44.35		
10	6 Corrieke Buffinga	DA2	10	O	4:45.32		
11	24 Lisan van der Linde	DA2	10	I	4:45.88		
12	27 Iris Mulder	DA2	4	O	4:49.49		
13	39 Danielle van Zanten	DA2	9	I	4:49.56		
14	32 Marije van der Spek	DA2	3	O	4:53.70		
	21 Janne Kraamer	DA1	5	O	4:53.70		
16	19 Emma Koster	DA1	12	O	4:54.66		
17	34 Julie van der Tempel	DA2	9	O	4:55.37		
18	3 Maud Beusen	DA1	8	I	4:56.20		
19	2 Semmie Bakker	DA1	6	I	4:57.45		
20	26 Isa Molenaar	DA1	7	I	4:57.89		
21	7 Lièn van Dasselaar	DA1	1	O	4:58.92		
22	11 Tjitske Eppinga	DA2	7	O	4:59.94		
23	22 Marcha Lich	DA2	6	O	5:00.30		
24	29 Nikita Praag	DA2	3	I	5:03.51		
25	12 Emma Fransen	DA1	4	I	5:04.84		
26	23 Emma van der Liet	DA1	1	I	5:09.54		
	30 Yael Prenger	DA2				WDR	
	40 Anna Marit Sybrandi	DA1				WDR	

3. Rituitslag Vrouwen Junioren A 3000 meter

		Naam		Cat		PR		Tijd	Info	
1	wt	23	Emma van der Liet		DA1	4:50.70		5:09.54		
	rd	7	Lièn van Dasselaar		DA1	4:47.36		4:58.92		
			Emma van der Liet				Lièn van Dasselaar			
		200m	22.43	(22.43)		200m	21.85	(21.85)		
		600m	57.68	(35.25)		600m	56.86	(35.01)		
		1000m	1:36.02	(38.34)		1000m	1:33.71	(36.85)		
		1400m	2:17.13	(41.11)		1400m	2:12.40	(38.69)		
		1800m	2:59.91	(42.78)		1800m	2:52.70	(40.30)		
		2200m	3:43.81	(43.90)		2200m	3:34.01	(41.31)		
		2600m	4:27.10	(43.29)		2600m	4:16.00	(41.99)		
		3000m	5:09.54	(42.44)		3000m	4:58.92	(42.92)		

		Naam		Cat		PR		Tijd	Info	
2	gl	30	Yael Prenger		DA2	4:20.74		WDR		
	bl	40	Anna Marit Sybrandi		DA1	4:42.48		WDR		
			Yael Prenger				Anna Marit Sybrandi			

		Naam		Cat		PR		Tijd	Info	
3	wt	29	Nikita Praag		DA2	4:38.17		5:03.51		
	rd	32	Marije van der Spek		DA2	4:49.15		4:53.70		
			Nikita Praag				Marije van der Spek			
		200m	22.16	(22.16)		200m	21.89	(21.89)		
		600m	57.57	(35.41)		600m	57.06	(35.17)		
		1000m	1:35.24	(37.67)		1000m	1:33.63	(36.57)		
		1400m	2:14.75	(39.51)		1400m	2:11.64	(38.01)		
		1800m	2:55.52	(40.77)		1800m	2:51.03	(39.39)		
		2200m	3:37.78	(42.26)		2200m	3:31.66	(40.63)		
		2600m	4:20.72	(42.94)		2600m	4:12.25	(40.59)		
		3000m	5:03.51	(42.79)		3000m	4:53.70	(41.45)		

		Naam	Cat	PR	Tijd	Info
4	gl	12 Emma Fransen	DA1	4:48.53	5:04.84	
	bl	27 Iris Mulder	DA2	4:49.44	4:49.49	

Emma Fransen

200m	22.06	(22.06)
600m	57.67	(35.61)
1000m	1:35.04	(37.37)
1400m	2:14.24	(39.20)
1800m	2:55.23	(40.99)
2200m	3:37.94	(42.71)
2600m	4:21.42	(43.48)
3000m	5:04.84	(43.42)

Iris Mulder

200m	22.03	(22.03)
600m	56.70	(34.67)
1000m	1:32.89	(36.19)
1400m	2:10.32	(37.43)
1800m	2:48.59	(38.27)
2200m	3:27.83	(39.24)
2600m	4:08.48	(40.65)
3000m	4:49.49	(41.01)

		Naam	Cat	PR	Tijd	Info
5	wt	33 Kaat van Steekelenburg	DA1	4:45.08	4:43.94	PR
	rd	21 Janne Kraamer	DA1	4:48.14	4:53.70	

Kaat van Steekelenburg

200m	21.63	(21.63)
600m	55.70	(34.07)
1000m	1:30.94	(35.24)
1400m	2:07.63	(36.69)
1800m	2:45.21	(37.58)
2200m	3:23.98	(38.77)
2600m	4:03.59	(39.61)
3000m	4:43.94	(40.35)

Janne Kraamer

200m	21.87	(21.87)
600m	55.77	(33.90)
1000m	1:31.88	(36.11)
1400m	2:10.08	(38.20)
1800m	2:49.97	(39.89)
2200m	3:31.63	(41.66)
2600m	4:12.54	(40.91)
3000m	4:53.70	(41.16)

		Naam	Cat	PR	Tijd	Info
6	gl	2 Semmie Bakker	DA1	4:43.77	4:57.45	
	bl	22 Marcha Lich	DA2	4:48.40	5:00.30	

Semmie Bakker

200m	21.79	(21.79)
600m	57.40	(35.61)
1000m	1:34.63	(37.23)
1400m	2:13.88	(39.25)
1800m	2:54.14	(40.26)
2200m	3:35.04	(40.90)
2600m	4:16.21	(41.17)
3000m	4:57.45	(41.24)

Marcha Lich

200m	21.88	(21.88)
600m	57.46	(35.58)
1000m	1:34.34	(36.88)
1400m	2:12.48	(38.14)
1800m	2:52.28	(39.80)
2200m	3:33.91	(41.63)
2600m	4:16.53	(42.62)
3000m	5:00.30	(43.77)

		Naam	Cat	PR	Tijd	Info
7	wt	26 Isa Molenaar	DA1	4:44.07	4:57.89	
	rd	11 Tjitske Eppinga	DA2	4:43.98	4:59.94	

Isa Molenaar

200m	22.49	(22.49)
600m	57.72	(35.23)
1000m	1:35.33	(37.61)
1400m	2:14.28	(38.95)
1800m	2:54.09	(39.81)
2200m	3:34.68	(40.59)
2600m	4:15.97	(41.29)
3000m	4:57.89	(41.92)

Tjitske Eppinga

200m	23.05	(23.05)
600m	1:00.31	(37.26)
1000m	1:38.35	(38.04)
1400m	2:17.19	(38.84)
1800m	2:57.01	(39.82)
2200m	3:38.03	(41.02)
2600m	4:18.88	(40.85)
3000m	4:59.94	(41.06)

		Naam	Cat	PR	Tijd	Info
8	gl	3 Maud Beusen	DA1	4:42.70	4:56.20	
	bl	5 Esmée Brommer	DA1	4:42.80	4:44.35	

Maud Beusen

200m	22.28	(22.28)
600m	56.88	(34.60)
1000m	1:33.10	(36.22)
1400m	2:10.87	(37.77)
1800m	2:50.07	(39.20)
2200m	3:30.44	(40.37)
2600m	4:12.29	(41.85)
3000m	4:56.20	(43.91)

Esmée Brommer

200m	21.66	(21.66)
600m	56.21	(34.55)
1000m	1:33.00	(36.79)
1400m	2:10.50	(37.50)
1800m	2:48.89	(38.39)
2200m	3:27.53	(38.64)
2600m	4:06.04	(38.51)
3000m	4:44.35	(38.31)

		Naam	Cat	PR	Tijd	Info
9	wt	39 Danielle van Zanten	DA2	4:32.87	4:49.56	
	rd	34 Julie van der Tempel	DA2	4:32.50	4:55.37	

Danielle van Zanten

200m	21.25	(21.25)
600m	55.88	(34.63)
1000m	1:32.12	(36.24)
1400m	2:09.61	(37.49)
1800m	2:48.67	(39.06)
2200m	3:28.41	(39.74)
2600m	4:08.90	(40.49)
3000m	4:49.56	(40.66)

Julie van der Tempel

200m	22.53	(22.53)
600m	57.55	(35.02)
1000m	1:34.22	(36.67)
1400m	2:12.52	(38.30)
1800m	2:52.26	(39.74)
2200m	3:33.05	(40.79)
2600m	4:14.12	(41.07)
3000m	4:55.37	(41.25)

		Naam			Cat	PR	Tijd	Info
10	gl	24	Lisan van der Linde		DA2	4:35.55	4:45.88	
	bl	6	Corrieke Buffinga		DA2	4:43.34	4:45.32	
		Lisan van der Linde			Corrieke Buffinga			
		200m	21.78	(21.78)	200m	21.42	(21.42)	
		600m	55.86	(34.08)	600m	55.69	(34.27)	
		1000m	1:31.46	(35.60)	1000m	1:31.58	(35.89)	
		1400m	2:08.30	(36.84)	1400m	2:08.32	(36.74)	
		1800m	2:46.17	(37.87)	1800m	2:46.43	(38.11)	
		2200m	3:25.65	(39.48)	2200m	3:25.71	(39.28)	
		2600m	4:05.70	(40.05)	2600m	4:05.50	(39.79)	
		3000m	4:45.88	(40.18)	3000m	4:45.32	(39.82)	

		Naam			Cat	PR	Tijd	Info
11	wt	8	Nyncke Dijkstra		DA2	4:35.64	4:32.58	PR
	rd	28	Tosca Mulder		DA1	4:37.38	4:42.93	
		Nyncke Dijkstra			Tosca Mulder			
		200m	21.87	(21.87)	200m	21.90	(21.90)	
		600m	56.57	(34.70)	600m	56.46	(34.56)	
		1000m	1:31.42	(34.85)	1000m	1:32.20	(35.74)	
		1400m	2:06.94	(35.52)	1400m	2:08.53	(36.33)	
		1800m	2:42.92	(35.98)	1800m	2:45.59	(37.06)	
		2200m	3:19.08	(36.16)	2200m	3:23.59	(38.00)	
		2600m	3:55.63	(36.55)	2600m	4:02.91	(39.32)	
		3000m	4:32.58	(36.95)	3000m	4:42.93	(40.02)	

		Naam	Cat	PR	Tijd	Info
12	gl	18 Veerle van Koppen	DA1	4:23.23	4:30.23	
	bl	19 Emma Koster	DA1	4:41.51	4:54.66	

Veerle van Koppen

200m	21.34	(21.34)
600m	55.04	(33.70)
1000m	1:29.34	(34.30)
1400m	2:04.39	(35.05)
1800m	2:39.98	(35.59)
2200m	3:16.06	(36.08)
2600m	3:52.88	(36.82)
3000m	4:30.23	(37.35)

Emma Koster

200m	21.73	(21.73)
600m	55.79	(34.06)
1000m	1:32.28	(36.49)
1400m	2:10.53	(38.25)
1800m	2:50.37	(39.84)
2200m	3:31.26	(40.89)
2600m	4:13.49	(42.23)
3000m	4:54.66	(41.17)

		Naam	Cat	PR	Tijd	Info
13	wt	20 Sophie Kraaijeveld	DA1	4:10.39	4:17.88	TRC
	rd	17 Emma Kole	DA1	4:36.97	4:42.12	

Sophie Kraaijeveld

200m	21.01	(21.01)
600m	52.70	(31.69)
1000m	1:24.50	(31.80)
1400m	1:57.45	(32.95)
1800m	2:31.67	(34.22)
2200m	3:06.74	(35.07)
2600m	3:42.16	(35.42)
3000m	4:17.88	(35.72)

Emma Kole

200m	22.46	(22.46)
600m	57.20	(34.74)
1000m	1:33.42	(36.22)
1400m	2:09.89	(36.47)
1800m	2:46.83	(36.94)
2200m	3:24.48	(37.65)
2600m	4:02.92	(38.44)
3000m	4:42.12	(39.20)

		Naam			Cat	PR	Tijd	Info
14	gl	13 Evi Gelling			DA2	4:23.80	4:40.16	
	bl	9 Vera van Ditshuizen			DA2	4:27.28	4:33.65	
		Evi Gelling			Vera van Ditshuizen			
		200m	21.26	(21.26)	200m	21.52	(21.52)	
		600m	56.17	(34.91)	600m	55.17	(33.65)	
		1000m	1:31.97	(35.80)	1000m	1:29.92	(34.75)	
		1400m	2:08.14	(36.17)	1400m	2:05.84	(35.92)	
		1800m	2:44.83	(36.69)	1800m	2:42.19	(36.35)	
		2200m	3:22.51	(37.68)	2200m	3:18.90	(36.71)	
		2600m	4:01.14	(38.63)	2600m	3:56.30	(37.40)	
		3000m	4:40.16	(39.02)	3000m	4:33.65	(37.35)	

4. Uitslag Mannen Junioren A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	16 Jasper Krommenhoek	HA1	12	O	3:58.57		
2	12 Matthieu Hollaar	HA2	13	I	4:00.81		
3	37 Stan van Vliet	HA2	13	O	4:02.56		
4	36 Loek van Vilsteren	HA1	11	O	4:03.55		
5	19 Thomas de Lange	HA2	11	I	4:03.86		
6	15 Jelle Koeleman	HA1	12	I	4:04.47		
7	38 Hidde Westra	HA1	14	O	4:04.79		
8	33 Remco Stam	HA1	9	I	4:05.72		
9	3 Max Bergsma	HA1	7	O	4:06.45		
10	35 Jasper Tinga	HA1	9	O	4:09.00		
11	24 Rick Meijer	HA2	10	I	4:09.10		
12	28 Matthé Pronk	HA1	10	O	4:09.48		
13	22 Klaas Meekma	HA2	14	I	4:10.55		
14	23 Niels Meijer	HA2	8	I	4:10.67		
15	32 Simon de Smit	HA1	7	I	4:12.04		
16	21 Nick Luijten	HA1	6	I	4:14.24		
17	2 Niek Berden	HA1	8	O	4:14.89		
18	14 Stan Kleinlugtenbeld	HA2	1	O	4:15.34		
19	29 Jelle Rieff	HA2	4	I	4:15.38		
20	31 Sipke Daniël Sijtsema	HA2	5	I	4:16.05		
21	1 Stijn Beekelaar	HA1	5	O	4:17.18		
22	40 Morris Witkam	HA1	6	O	4:17.44		
23	25 Tom Nijdam	HA1	4	O	4:18.51		
24	34 Jordi Storm	HA1	3	O	4:20.28		
25	26 Bram Oort	HA2	1	I	4:24.21		
26	20 Ties Lemmers	HA2	3	I	4:27.05		

4. Rituitslag Mannen Junioren A 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	26	Bram Oort		HA2	4:15.56		4:24.21	
	rd	14	Stan Kleinlugtenbeld		HA2	4:10.63		4:15.34	
		Bram Oort			Stan Kleinlugtenbeld				
		200m	18.93	(18.93)	200m	20.40	(20.40)		
		600m	50.06	(31.13)	600m	52.19	(31.79)		
		1000m	1:23.59	(33.53)	1000m	1:24.73	(32.54)		
		1400m	1:58.28	(34.69)	1400m	1:57.61	(32.88)		
		1800m	2:33.65	(35.37)	1800m	2:31.30	(33.69)		
		2200m	3:10.07	(36.42)	2200m	3:05.39	(34.09)		
		2600m	3:47.01	(36.94)	2600m	3:40.22	(34.83)		
		3000m	4:24.21	(37.20)	3000m	4:15.34	(35.12)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
3	wt	20	Ties Lemmers		HA2	4:12.54		4:27.05	
	rd	34	Jordi Storm		HA1	4:13.52		4:20.28	
		Ties Lemmers			Jordi Storm				
		200m	21.82	(21.82)	200m	21.61	(21.61)		
		600m	56.07	(34.25)	600m	54.46	(32.85)		
		1000m	1:29.84	(33.77)	1000m	1:27.29	(32.83)		
		1400m	2:03.65	(33.81)	1400m	2:00.71	(33.42)		
		1800m	2:37.94	(34.29)	1800m	2:34.77	(34.06)		
		2200m	3:12.72	(34.78)	2200m	3:08.97	(34.20)		
		2600m	3:48.63	(35.91)	2600m	3:43.87	(34.90)		
		3000m	4:27.05	(38.42)	3000m	4:20.28	(36.41)		

		Naam	Cat	PR	Tijd	Info
4	gl	29 Jelle Rieff	HA2	4:07.95	4:15.38	
	bl	25 Tom Nijdam	HA1	4:10.13	4:18.51	

Jelle Rieff

200m	19.62	(19.62)
600m	51.98	(32.36)
1000m	1:24.89	(32.91)
1400m	1:58.24	(33.35)
1800m	2:31.78	(33.54)
2200m	3:06.05	(34.27)
2600m	3:40.54	(34.49)
3000m	4:15.38	(34.84)

Tom Nijdam

200m	19.99	(19.99)
600m	52.80	(32.81)
1000m	1:26.18	(33.38)
1400m	2:00.13	(33.95)
1800m	2:34.23	(34.10)
2200m	3:08.50	(34.27)
2600m	3:43.38	(34.88)
3000m	4:18.51	(35.13)

		Naam	Cat	PR	Tijd	Info
5	wt	31 Sipke Daniël Sijtsema	HA2	4:08.05	4:16.05	
	rd	1 Stijn Beekelaar	HA1	4:09.47	4:17.18	

Sipke Daniël Sijtsema

200m	18.86	(18.86)
600m	50.55	(31.69)
1000m	1:23.26	(32.71)
1400m	1:56.30	(33.04)
1800m	2:29.79	(33.49)
2200m	3:04.26	(34.47)
2600m	3:39.82	(35.56)
3000m	4:16.05	(36.23)

Stijn Beekelaar

200m	19.96	(19.96)
600m	52.01	(32.05)
1000m	1:25.17	(33.16)
1400m	1:58.77	(33.60)
1800m	2:32.29	(33.52)
2200m	3:06.53	(34.24)
2600m	3:41.57	(35.04)
3000m	4:17.18	(35.61)

		Naam		Cat		PR	Tijd	Info
6	gl	21 Nick Luijten		HA1		4:03.61	4:14.24	
	bl	40 Morris Witkam		HA1		4:10.88	4:17.44	
Nick Luijten			Morris Witkam					
		200m	19.13	(19.13)		200m	19.70	(19.70)
		600m	50.34	(31.21)		600m	51.33	(31.63)
		1000m	1:22.20	(31.86)		1000m	1:24.10	(32.77)
		1400m	1:54.77	(32.57)		1400m	1:57.77	(33.67)
		1800m	2:28.00	(33.23)		1800m	2:32.20	(34.43)
		2200m	3:01.89	(33.89)		2200m	3:07.25	(35.05)
		2600m	3:36.80	(34.91)		2600m	3:42.17	(34.92)
		3000m	4:14.24	(37.44)		3000m	4:17.44	(35.27)

		Naam		Cat		PR	Tijd	Info
7	wt	32 Simon de Smit		HA1		4:07.08	4:12.04	
	rd	3 Max Bergsma		HA1		4:03.17	4:06.45	
Simon de Smit			Max Bergsma					
		200m	19.02	(19.02)		200m	19.13	(19.13)
		600m	49.85	(30.83)		600m	49.34	(30.21)
		1000m	1:22.16	(32.31)		1000m	1:20.55	(31.21)
		1400m	1:55.26	(33.10)		1400m	1:52.64	(32.09)
		1800m	2:29.25	(33.99)		1800m	2:25.57	(32.93)
		2200m	3:03.34	(34.09)		2200m	2:58.86	(33.29)
		2600m	3:37.72	(34.38)		2600m	3:32.44	(33.58)
		3000m	4:12.04	(34.32)		3000m	4:06.45	(34.01)

		Naam		Cat		PR	Tijd	Info
8	gl	23	Niels Meijer		HA2		4:05.35	4:10.67
	bl	2	Niek Berden		HA1		4:05.58	4:14.89
			Niels Meijer				Niek Berden	
			200m	19.93	(19.93)	200m 19.83 (19.83)		
			600m	51.31	(31.38)	600m 51.18 (31.35)		
			1000m	1:22.96	(31.65)	1000m 1:23.26 (32.08)		
			1400m	1:55.60	(32.64)	1400m 1:55.95 (32.69)		
			1800m	2:28.62	(33.02)	1800m 2:29.35 (33.40)		
			2200m	3:02.24	(33.62)	2200m 3:03.86 (34.51)		
			2600m	3:36.31	(34.07)	2600m 3:38.81 (34.95)		
			3000m	4:10.67	(34.36)	3000m 4:14.89 (36.08)		

		Naam		Cat		PR	Tijd	Info
9	wt	33	Remco Stam		HA1		3:59.64	4:05.72
	rd	35	Jasper Tinga		HA1		3:59.49	4:09.00
			Remco Stam				Jasper Tinga	
			200m	19.62	(19.62)	200m 19.88 (19.88)		
			600m	50.29	(30.67)	600m 50.28 (30.40)		
			1000m	1:21.28	(30.99)	1000m 1:21.97 (31.69)		
			1400m	1:53.09	(31.81)	1400m 1:54.48 (32.51)		
			1800m	2:25.35	(32.26)	1800m 2:27.42 (32.94)		
			2200m	2:58.15	(32.80)	2200m 3:00.84 (33.42)		
			2600m	3:31.67	(33.52)	2600m 3:34.67 (33.83)		
			3000m	4:05.72	(34.05)	3000m 4:09.00 (34.33)		

		Naam			Cat	PR	Tijd	Info
10	gl	24 Rick Meijer			HA2	3:57.89	4:09.10	
	bl	28 Matthé Pronk			HA1	3:58.96	4:09.48	
		Rick Meijer			Matthé Pronk			
		200m	19.61	(19.61)	200m	19.54	(19.54)	
		600m	50.30	(30.69)	600m	50.02	(30.48)	
		1000m	1:21.91	(31.61)	1000m	1:22.10	(32.08)	
		1400m	1:54.05	(32.14)	1400m	1:54.74	(32.64)	
		1800m	2:26.52	(32.47)	1800m	2:27.88	(33.14)	
		2200m	2:59.99	(33.47)	2200m	3:01.27	(33.39)	
		2600m	3:34.30	(34.31)	2600m	3:35.40	(34.13)	
		3000m	4:09.10	(34.80)	3000m	4:09.48	(34.08)	

		Naam			Cat	PR	Tijd	Info
11	wt	19 Thomas de Lange			HA2	4:02.86	4:03.86	
	rd	36 Loek van Vilsteren			HA1	4:01.78	4:03.55	
		Thomas de Lange			Loek van Vilsteren			
		200m	18.95	(18.95)	200m	19.11	(19.11)	
		600m	49.84	(30.89)	600m	49.36	(30.25)	
		1000m	1:20.18	(30.34)	1000m	1:20.06	(30.70)	
		1400m	1:51.06	(30.88)	1400m	1:51.02	(30.96)	
		1800m	2:22.59	(31.53)	1800m	2:22.64	(31.62)	
		2200m	2:55.36	(32.77)	2200m	2:55.50	(32.86)	
		2600m	3:29.17	(33.81)	2600m	3:29.64	(34.14)	
		3000m	4:03.86	(34.69)	3000m	4:03.55	(33.91)	

		Naam			Cat	PR	Tijd	Info
12	gl	15 Jelle Koeleman			HA1	3:57.45	4:04.47	
	bl	16 Jasper Krommenhoek			HA1	3:54.81	3:58.57	
		Jelle Koeleman			Jasper Krommenhoek			
		200m	19.79	(19.79)	200m	20.18	(20.18)	
		600m	50.62	(30.83)	600m	50.75	(30.57)	
		1000m	1:21.34	(30.72)	1000m	1:21.27	(30.52)	
		1400m	1:52.65	(31.31)	1400m	1:52.29	(31.02)	
		1800m	2:24.41	(31.76)	1800m	2:23.43	(31.14)	
		2200m	2:57.15	(32.74)	2200m	2:54.78	(31.35)	
		2600m	3:30.58	(33.43)	2600m	3:26.47	(31.69)	
		3000m	4:04.47	(33.89)	3000m	3:58.57	(32.10)	

		Naam			Cat	PR	Tijd	Info
13	wt	12 Matthieu Hollaar			HA2	3:57.77	4:00.81	
	rd	37 Stan van Vliet			HA2	3:56.47	4:02.56	
		Matthieu Hollaar			Stan van Vliet			
		200m	18.96	(18.96)	200m	19.27	(19.27)	
		600m	49.65	(30.69)	600m	50.51	(31.24)	
		1000m	1:20.86	(31.21)	1000m	1:22.09	(31.58)	
		1400m	1:52.29	(31.43)	1400m	1:53.67	(31.58)	
		1800m	2:23.98	(31.69)	1800m	2:25.29	(31.62)	
		2200m	2:55.84	(31.86)	2200m	2:57.32	(32.03)	
		2600m	3:28.31	(32.47)	2600m	3:29.73	(32.41)	
		3000m	4:00.81	(32.50)	3000m	4:02.56	(32.83)	

		Naam	Cat	PR	Tijd	Info
14	gl	22 Klaas Meekma	HA2	3:57.36	4:10.55	
	bl	38 Hidde Westra	HA1	3:52.43	4:04.79	

Klaas Meekma

200m	19.49	(19.49)
600m	51.10	(31.61)
1000m	1:22.31	(31.21)
1400m	1:53.61	(31.30)
1800m	2:25.49	(31.88)
2200m	2:58.25	(32.76)
2600m	3:33.63	(35.38)
3000m	4:10.55	(36.92)

Hidde Westra

200m	19.63	(19.63)
600m	50.57	(30.94)
1000m	1:22.12	(31.55)
1400m	1:53.48	(31.36)
1800m	2:25.47	(31.99)
2200m	2:57.90	(32.43)
2600m	3:31.14	(33.24)
3000m	4:04.79	(33.65)