

**1. Uitslag 10000 meter**

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	22 <b>Jesse Vollaard</b>	HB2	5	I	<b>15:16.21</b>		
2	18 <b>Wim van der Slot</b>	H50	6	O	<b>16:14.92</b>		
3	4 <b>Evert Jan van Dijk</b>	H40	5	O	<b>16:21.96</b>	PR	
4	20 <b>Robert Schouwenaar</b>	H50	6	I	<b>17:06.92</b>		
5	1 <b>Joost van het Kaar</b>	H40	3	I	<b>17:19.28</b>	HT	
6	6 <b>Mike Teunisse</b>	H40	3	O	<b>17:36.73</b>	HT	
7	21 <b>Olaf Verhoeve</b>	H55	4	I	<b>17:52.08</b>	HT	
8	40 <b>Gerard Ypma</b>	H40	1	O	<b>17:55.51</b>		
9	38 <b>Fred Molenaar</b>	H50	1	I	<b>18:38.23</b>		
10	19 <b>Joeke van Mulligen</b>	HA1	2	I	<b>18:53.12</b>		
11	5 <b>Susan Haasnoot</b>	D40	2	O	<b>20:06.91</b>		

## 1. Rituitslag 10000 meter

		Naam	Cat		PR	Tijd	Info
1	wt	38 <b>Fred Molenaar</b>	H50			<b>18:38.23</b>	
	rd	40 <b>Gerard Ypma</b>	H40			<b>17:55.51</b>	
		<u>Fred Molenaar</u>			<u>Gerard Ypma</u>		
		400m	48.00	(48.00)	400m	46.85	(46.85)
		800m	1:30.82	(42.82)	800m	1:28.81	(41.96)
		1200m	2:14.31	(43.49)	1200m	2:11.40	(42.59)
		1600m	2:58.73	(44.42)	1600m	2:53.95	(42.55)
		2000m	3:43.01	(44.28)	2000m	3:36.44	(42.49)
		2400m	4:27.21	(44.20)	2400m	4:18.80	(42.36)
		2800m	5:11.90	(44.69)	2800m	5:01.37	(42.57)
		3200m	5:57.22	(45.32)	3200m	5:44.29	(42.92)
		3600m	6:42.47	(45.25)	3600m	6:27.22	(42.93)
		4000m	7:27.40	(44.93)	4000m	7:09.97	(42.75)
		4400m	8:12.68	(45.28)	4400m	7:52.79	(42.82)
		4800m	8:58.38	(45.70)	4800m	8:35.12	(42.33)
		5200m	9:44.01	(45.63)	5200m	9:17.08	(41.96)
		5600m	10:29.20	(45.19)	5600m	10:00.28	(43.20)
		6000m	11:14.25	(45.05)	6000m	10:43.03	(42.75)
		6400m	11:59.06	(44.81)	6400m	11:26.38	(43.35)
		6800m	12:43.87	(44.81)	6800m	12:09.16	(42.78)
		7200m	13:28.33	(44.46)	7200m	12:52.74	(43.58)
		7600m	14:13.39	(45.06)	7600m	13:35.71	(42.97)
		8000m	14:58.24	(44.85)	8000m	14:18.74	(43.03)
		8400m	15:43.31	(45.07)	8400m	15:02.35	(43.61)
		8800m	16:28.00	(44.69)	8800m	15:46.21	(43.86)
		9200m	17:12.00	(44.00)	9200m	16:29.21	(43.00)
		9600m	17:58.64	(46.64)	9600m	17:12.37	(43.16)
		10000m	18:38.23	(39.59)	10000m	17:55.51	(43.14)

		Naam	Cat	PR	Tijd	Info
2	gl	19 <b>Joeke van Mulligen</b>	HA1		<b>18:53.12</b>	
	bl	5 <b>Susan Haasnoot</b>	D40	18:44.56	<b>20:06.91</b>	

### Joeke van Mulligen

400m	47.54	(47.54)
800m	1:32.09	(44.55)
1200m	2:17.55	(45.46)
1600m	3:01.74	(44.19)
2000m	3:46.56	(44.82)
2400m	4:31.20	(44.64)
2800m	5:15.73	(44.53)
3200m	6:00.59	(44.86)
3600m	6:45.01	(44.42)
4000m	7:30.04	(45.03)
4400m	8:15.26	(45.22)
4800m	9:00.18	(44.92)
5200m	9:45.65	(45.47)
5600m	10:30.97	(45.32)
6000m	11:16.10	(45.13)
6400m	12:01.35	(45.25)
6800m	12:46.17	(44.82)
7200m	13:31.70	(45.53)
7600m	14:17.27	(45.57)
8000m	15:03.10	(45.83)
8400m	15:49.96	(46.86)
8800m	16:35.48	(45.52)
9200m	17:21.61	(46.13)
9600m	18:07.46	(45.85)
10000m	18:53.12	(45.66)

### Susan Haasnoot

400m	49.40	(49.40)
800m	1:34.99	(45.59)
1200m	2:22.08	(47.09)
1600m	3:09.64	(47.56)
2000m	3:57.24	(47.60)
2400m	4:44.85	(47.61)
2800m	5:32.89	(48.04)
3200m	6:20.74	(47.85)
3600m	7:09.51	(48.77)
4000m	7:57.75	(48.24)
4400m	8:46.29	(48.54)
4800m	9:34.88	(48.59)
5200m	10:23.20	(48.32)
5600m	11:11.72	(48.52)
6000m	11:59.86	(48.14)
6400m	12:48.60	(48.74)
6800m	13:36.82	(48.22)
7200m	14:25.44	(48.62)
7600m	15:14.03	(48.59)
8000m	16:02.91	(48.88)
8400m	16:50.99	(48.08)
8800m	17:01.00	(10.01)
9200m	18:19.69	(78.69)
9600m	19:19.45	(59.76)
10000m	20:06.91	(47.46)

		Naam	Cat	PR	Tijd	Info
3	wt	1 <b>Joost van het Kaar</b>	H40	17:12.95	<b>17:19.28</b>	HT
	rd	6 <b>Mike Teunisse</b>	H40	17:43.76	<b>17:36.73</b>	HT

#### Joost van het Kaar

400m	41.53	(41.53)
800m	1:20.09	(38.56)
1200m	2:00.15	(40.06)
1600m	2:40.27	(40.12)
2000m	3:20.10	(39.83)
2400m	4:00.37	(40.27)
2800m	4:40.30	(39.93)
3200m	5:21.03	(40.73)
3600m	6:02.11	(41.08)
4000m	6:43.63	(41.52)
4400m	7:25.68	(42.05)
4800m	8:08.35	(42.67)
5200m	8:50.75	(42.40)
5600m	9:32.42	(41.67)
6000m	10:13.79	(41.37)
6400m	10:55.09	(41.30)
6800m	11:36.75	(41.66)
7200m	12:20.06	(43.31)
7600m	13:04.45	(44.39)
8000m	13:48.60	(44.15)
8400m	14:31.15	(42.55)
8800m	15:14.05	(42.90)
9200m	15:56.38	(42.33)
9600m	16:37.97	(41.59)
10000m	17:19.28	(41.31)

#### Mike Teunisse

400m	42.50	(42.50)
800m	1:22.54	(40.04)
1200m	2:03.56	(41.02)
1600m	2:44.88	(41.32)
2000m	3:25.88	(41.00)
2400m	4:07.31	(41.43)
2800m	4:48.64	(41.33)
3200m	5:30.63	(41.99)
3600m	6:12.64	(42.01)
4000m	6:54.91	(42.27)
4400m	7:37.12	(42.21)
4800m	8:20.28	(43.16)
5200m	9:03.14	(42.86)
5600m	9:45.98	(42.84)
6000m	10:29.07	(43.09)
6400m	11:12.01	(42.94)
6800m	11:55.20	(43.19)
7200m	12:38.48	(43.28)
7600m	13:21.84	(43.36)
8000m	14:05.64	(43.80)
8400m	14:48.59	(42.95)
8800m	15:34.72	(46.13)
9200m	16:20.85	(46.13)
9600m	16:59.00	(38.15)
10000m	17:36.73	(37.73)

			Naam	Cat	PR	Tijd	Info
4	gl bl	21	<b>Olaf Verhoeve</b>	H55	17:06.60	<b>17:52.08</b>	HT

**Olaf Verhoeve**

400m	44.76	(44.76)	m	
800m	1:25.42	(40.66)		
1200m	2:07.39	(41.97)		
1600m	2:49.50	(42.11)		
2000m	3:31.76	(42.26)		
2400m	4:13.72	(41.96)		
2800m	4:55.97	(42.25)		
3200m	5:38.33	(42.36)		
3600m	6:20.60	(42.27)		
4000m	7:03.06	(42.46)		
4400m	7:46.26	(43.20)		
4800m	8:29.26	(43.00)		
5200m	9:12.43	(43.17)		
5600m	9:55.46	(43.03)		
6000m	10:38.03	(42.57)		
6400m	11:20.59	(42.56)		
6800m	12:05.40	(44.81)		
7200m	12:48.95	(43.55)		
7600m	13:33.20	(44.25)		
8000m	14:16.33	(43.13)		
8400m	15:00.44	(44.11)		
8800m	15:43.73	(43.29)		
9200m	16:27.42	(43.69)		
9600m	17:09.96	(42.54)		
10000m	17:52.08	(42.12)		

		Naam	Cat	PR	Tijd	Info
5	wt	22 <b>Jesse Vollaard</b>	HB2	15:14.06	<b>15:16.21</b>	
	rd	4 <b>Evert Jan van Dijk</b>	H40	16:36.82	<b>16:21.96</b>	PR

#### Jesse Vollaard

400m	37.94	(37.94)
800m	1:13.50	(35.56)
1200m	1:48.31	(34.81)
1600m	2:24.03	(35.72)
2000m	2:59.69	(35.66)
2400m	3:35.57	(35.88)
2800m	4:11.46	(35.89)
3200m	4:47.84	(36.38)
3600m	5:24.28	(36.44)
4000m	6:00.95	(36.67)
4400m	6:37.66	(36.71)
4800m	7:14.61	(36.95)
5200m	7:52.82	(38.21)
5600m	8:28.87	(36.05)
6000m	9:06.21	(37.34)
6400m	9:42.78	(36.57)
6800m	10:19.94	(37.16)
7200m	10:57.25	(37.31)
7600m	11:34.95	(37.70)
8000m	12:12.82	(37.87)
8400m	12:49.70	(36.88)
8800m	13:26.95	(37.25)
9200m	14:03.63	(36.68)
9600m	14:40.14	(36.51)
10000m	15:16.21	(36.07)

#### Evert Jan van Dijk

400m	41.37	(41.37)
800m	1:21.40	(40.03)
1200m	2:00.44	(39.04)
1600m	2:39.17	(38.73)
2000m	3:17.67	(38.50)
2400m	3:56.43	(38.76)
2800m	4:35.14	(38.71)
3200m	5:14.26	(39.12)
3600m	5:53.71	(39.45)
4000m	6:33.26	(39.55)
4400m	7:13.28	(40.02)
4800m	8:04.71	(51.43)
5200m	8:43.36	(38.65)
5600m	9:22.17	(38.81)
6000m	10:01.11	(38.94)
6400m	10:28.65	(27.54)
6800m	11:06.99	(38.34)
7200m	11:45.91	(38.92)
7600m	12:24.94	(39.03)
8000m	13:04.42	(39.48)
8400m	13:44.05	(39.63)
8800m	14:23.25	(39.20)
9200m	15:02.83	(39.58)
9600m	15:42.27	(39.44)
10000m	16:21.96	(39.69)

		Naam	Cat	PR	Tijd	Info
6	gl	20 <b>Robert Schouwenaar</b>	H50	16:02.60	<b>17:06.92</b>	
	bl	18 <b>Wim van der Slot</b>	H50		<b>16:14.92</b>	

**Robert Schouwenaar**

**Wim van der Slot**

400m	42.70	(42.70)	400m	42.32	(42.32)
800m	1:21.46	(38.76)	800m	1:21.49	(39.17)
1200m	2:01.48	(40.02)	1200m	2:00.17	(38.68)
1600m	2:42.08	(40.60)	1600m	2:39.23	(39.06)
2000m	3:22.89	(40.81)	2000m	3:18.09	(38.86)
2400m	4:03.62	(40.73)	2400m	3:56.94	(38.85)
2800m	4:44.41	(40.79)	2800m	4:35.38	(38.44)
3200m	5:25.61	(41.20)	3200m	5:14.01	(38.63)
3600m	6:07.14	(41.53)	3600m	5:53.03	(39.02)
4000m	6:48.58	(41.44)	4000m	6:31.62	(38.59)
4400m	7:30.52	(41.94)	4400m	7:10.11	(38.49)
4800m	8:12.28	(41.76)	4800m	7:48.87	(38.76)
5200m	8:53.82	(41.54)	5200m	8:27.55	(38.68)
5600m	9:34.93	(41.11)	5600m	9:06.32	(38.77)
6000m	10:14.37	(39.44)	6000m	9:45.30	(38.98)
6400m	10:54.26	(39.89)	6400m	10:25.38	(40.08)
6800m	11:34.71	(40.45)	6800m	11:03.55	(38.17)
7200m	12:15.75	(41.04)	7200m	11:42.67	(39.12)
7600m	12:57.41	(41.66)	7600m	12:22.30	(39.63)
8000m	13:38.62	(41.21)	8000m	13:01.89	(39.59)
8400m	14:19.47	(40.85)	8400m	13:40.83	(38.94)
8800m	14:59.06	(39.59)	8800m	14:19.96	(39.13)
9200m	15:41.42	(42.36)	9200m	14:59.05	(39.09)
9600m	16:23.77	(42.35)	9600m	15:37.45	(38.40)
10000m	17:06.92	(43.15)	10000m	16:14.92	(37.47)

## 2. Uitslag 100 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	30 Vincent Nikkels	HA1	11	O	11.29		
2	26 Jop van Harten	HB1	12	O	11.31		
3	37 Daan de Vries	HSB	9	O	11.63		
4	10 Martijn Nikkels	HN3	11	I	11.89		
5	33 Mijntje de Jong	DC2	12	I	12.03		
6	36 Johan Weenink	H45	9	I	12.22		
7	35 Maerle Huizinga	DC2	10	O	12.70		
8	34 Eeke Emilie Weenink	DC2	10	I	12.75	PR	
9	25 Willem Korthals Altes	H55	7	O	13.56		
10	28 Lou Hoogewerf	H65	7	I	13.81		





**Kennemercup 10**  
Kunstijsbaan Kennemerland - Haarlem  
22 december 2019



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**2. Rituitslag 100 meter**

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		Naam	Cat	PR	Tijd	Info
7	wt	28 <b>Lou Hoogewerf</b>	H65	13.06	<b>13.81</b>	
	rd	25 <b>Willem Korthals Altes</b>	H55	12.93	<b>13.56</b>	
		<u>Lou Hoogewerf</u>		<u>Willem Korthals Altes</u>		
		100m	13.81 (13.81)	100m	13.56 (13.56)	

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

		Naam	Cat	PR	Tijd	Info
9	wt	36 <b>Johan Weenink</b>	H45	11.92	<b>12.22</b>	
	rd	37 <b>Daan de Vries</b>	HSB	11.46	<b>11.63</b>	
		<u>Johan Weenink</u>		<u>Daan de Vries</u>		
		100m	12.22 (12.22)	100m	11.63 (11.63)	

		Naam	Cat	PR	Tijd	Info
10	gl	34 <b>Eeke Emilie Weenink</b>	DC2	12.93	<b>12.75</b>	PR
	bl	35 <b>Maerle Huizinga</b>	DC2	12.55	<b>12.70</b>	
		<u>Eeke Emilie Weenink</u>		<u>Maerle Huizinga</u>		
		100m	12.75 (12.75)	100m	12.70 (12.70)	

		Naam	Cat	PR	Tijd	Info
11	wt	10 <b>Martijn Nikkels</b>	HN3	11.65	<b>11.89</b>	
	rd	30 <b>Vincent Nikkels</b>	HA1	11.21	<b>11.29</b>	
		<u>Martijn Nikkels</u>		<u>Vincent Nikkels</u>		
		100m	11.89 (11.89)	100m	11.29 (11.29)	

		Naam	Cat	PR	Tijd	Info
12	gl	33 <b>Mijntje de Jong</b>	DC2	11.52	<b>12.03</b>	
	bl	26 <b>Jop van Harten</b>	HB1	10.99	<b>11.31</b>	
		<u>Mijntje de Jong</u>		<u>Jop van Harten</u>		
		100m	12.03 (12.03)	100m	11.31 (11.31)	

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**3. Uitslag 5000 meter**

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Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	32 Pieter Tieme Weenink	HA2	15	O	7:56.93		
2	29 AbeJan Weenink	HB2	15	I	7:57.38	PR	
3	13 Erwin Dekker	H60	16	I	8:42.87		
4	9 Lex Rolvink	H45	13	I	9:34.06		
5	15 Sanne Roos	DB1	13	O	9:35.48		

## 3. Rituitslag 5000 meter

		Naam	Cat		PR	Tijd	Info
13	wt	9 <b>Lex Rolvink</b>	H45		8:27.34	<b>9:34.06</b>	
	rd	15 <b>Sanne Roos</b>	DB1			<b>9:35.48</b>	
		<u>Lex Rolvink</u>	<u>Sanne Roos</u>				
		200m	24.57	(24.57)	200m	25.82	(25.82)
		600m	1:05.91	(41.34)	600m	1:08.88	(43.06)
		1000m	1:48.76	(42.85)	1000m	1:55.25	(46.37)
		1400m	2:33.29	(44.53)	1400m	2:40.62	(45.37)
		1800m	3:18.06	(44.77)	1800m	3:26.42	(45.80)
		2200m	4:02.99	(44.93)	2200m	4:13.49	(47.07)
		2600m	4:48.76	(45.77)	2600m	5:00.27	(46.78)
		3000m	5:34.41	(45.65)	3000m	5:47.25	(46.98)
		3400m	6:20.47	(46.06)	3400m	6:33.99	(46.74)
		3800m	7:07.82	(47.35)	3800m	7:20.12	(46.13)
		4200m	7:55.83	(48.01)	4200m	8:06.85	(46.73)
		4600m	8:45.12	(49.29)	4600m	8:52.89	(46.04)
		5000m	9:34.06	(48.94)	5000m	9:35.48	(42.59)

		Naam	Cat		PR	Tijd	Info
14	gl						
	bl						
		m	m				

		Naam			Cat	PR	Tijd	Info
15	wt	29	<b>AbeJan Weenink</b>		HB2	8:23.76	<b>7:57.38</b>	PR
	rd	32	<b>Pieter Tieme Weenink</b>		HA2	7:28.88	<b>7:56.93</b>	
		<u>AbeJan Weenink</u>			<u>Pieter Tieme Weenink</u>			
		200m	22.31	(22.31)	200m	22.72	(22.72)	
		600m	59.33	(37.02)	600m	59.27	(36.55)	
		1000m	1:36.38	(37.05)	1000m	1:37.34	(38.07)	
		1400m	2:13.78	(37.40)	1400m	2:14.06	(36.72)	
		1800m	2:51.14	(37.36)	1800m	2:51.18	(37.12)	
		2200m	3:29.32	(38.18)	2200m	3:28.61	(37.43)	
		2600m	4:07.64	(38.32)	2600m	4:06.97	(38.36)	
		3000m	4:46.39	(38.75)	3000m	4:45.11	(38.14)	
		3400m	5:24.82	(38.43)	3400m	5:23.85	(38.74)	
		3800m	6:03.47	(38.65)	3800m	6:02.20	(38.35)	
		4200m	6:42.42	(38.95)	4200m	6:41.03	(38.83)	
		4600m	7:21.23	(38.81)	4600m	7:19.67	(38.64)	
		5000m	7:57.38	(36.15)	5000m	7:56.93	(37.26)	

		Naam			Cat	PR	Tijd	Info
16	gl	13	<b>Erwin Dekker</b>		H60	8:08.97	<b>8:42.87</b>	
	bl							
		<u>Erwin Dekker</u>			<u>m</u>			
		200m	24.74	(24.74)				
		600m	1:03.96	(39.22)				
		1000m	1:43.71	(39.75)				
		1400m	2:24.07	(40.36)				
		1800m	3:04.77	(40.70)				
		2200m	3:45.78	(41.01)				
		2600m	4:27.48	(41.70)				
		3000m	5:09.40	(41.92)				
		3400m	5:51.35	(41.95)				
		3800m	6:33.74	(42.39)				
		4200m	7:16.60	(42.86)				
		4600m	7:59.72	(43.12)				
		5000m	8:42.87	(43.15)				

#### 4. Uitslag 300 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	26 Jop van Harten	HB1	21	O	27.24		
2	37 Daan de Vries	HSB	20	O	27.41	PR	
3	30 Vincent Nikkels	HA1	21	I	27.61		
4	33 Mijntje de Jong	DC2	22	I	28.23		
5	10 Martijn Nikkels	HN3	22	O	28.61		
6	36 Johan Weenink	H45	19	I	29.86		
7	34 Eeke Emilie Weenink	DC2	20	I	31.50	PR	
8	35 Maerle Huizinga	DC2	19	O	31.74		
9	25 Willem Korthals Altes	H55	17	I	34.24		
10	28 Lou Hoogewerf	H65	17	O	34.72		



**Kennemercup 10**  
Kunstijsbaan Kennemerland - Haarlem  
22 december 2019



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**4. Rituitslag 300 meter**

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		Naam	Cat	PR	Tijd	Info
17	wt	25 <b>Willem Korthals Altes</b>	H55	31.28	<b>34.24</b>	
	rd	28 <b>Lou Hoogewerf</b>	H65	32.70	<b>34.72</b>	
		<u>Willem Korthals Altes</u>		<u>Lou Hoogewerf</u>		
		300m	34.24 (34.24)	300m	34.72 (34.72)	

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

		Naam	Cat	PR	Tijd	Info
19	wt	36 <b>Johan Weenink</b>	H45	28.60	<b>29.86</b>	
	rd	35 <b>Maerle Huizinga</b>	DC2	31.14	<b>31.74</b>	
		<u>Johan Weenink</u>		<u>Maerle Huizinga</u>		
		300m	29.86 (29.86)	300m	31.74 (31.74)	

		Naam	Cat	PR	Tijd	Info
20	gl	34 <b>Eeke Emilie Weenink</b>	DC2	31.70	<b>31.50</b>	PR
	bl	37 <b>Daan de Vries</b>	HSB	28.15	<b>27.41</b>	PR
		<u>Eeke Emilie Weenink</u>		<u>Daan de Vries</u>		
		300m	31.50 (31.50)	300m	27.41 (27.41)	

		Naam	Cat	PR	Tijd	Info
21	wt	30 <b>Vincent Nikkels</b>	HA1	27.01	<b>27.61</b>	
	rd	26 <b>Jop van Harten</b>	HB1	26.73	<b>27.24</b>	
		<u>Vincent Nikkels</u>		<u>Jop van Harten</u>		
		300m	27.61 (27.61)	300m	27.24 (27.24)	

		Naam	Cat	PR	Tijd	Info
22	gl	33 <b>Mijntje de Jong</b>	DC2	28.14	<b>28.23</b>	
	bl	10 <b>Martijn Nikkels</b>	HN3	27.81	<b>28.61</b>	
		<u>Mijntje de Jong</u>		<u>Martijn Nikkels</u>		
		300m	28.23 (28.23)	300m	28.61 (28.61)	



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**5. Uitslag 3000 meter**

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Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Milou Butter	DA1	26	I	5:15.87		
2	8 Milou van Leeuwen	DB2	26	O	5:20.70	PR	
3	14 Ingrid Ruijgrok	D55	25	O	5:33.67		
4	23 Renske Overbosch	DB1	25	I	5:40.19	PR	
5	16 Martha Teerenstra	DSA	23	I	6:06.90		
6	2 Marc Ramselaar	H50	23	O	6:45.04		

## 5. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd	Info
23	wt	16 <b>Martha Teerenstra</b>	DSA	5:59.59	<b>6:06.90</b>	
	rd	2 <b>Marc Ramselaar</b>	H50		<b>6:45.04</b>	
		<u>Martha Teerenstra</u>				<u>Marc Ramselaar</u>
		200m	27.58 (27.58)	200m	28.68 (28.68)	
		600m	1:12.49 (44.91)	600m	1:15.61 (46.93)	
		1000m	1:58.29 (45.80)	1000m	2:07.24 (51.63)	
		1400m	2:46.16 (47.87)	1400m	3:01.21 (53.97)	
		1800m	3:35.07 (48.91)	1800m	3:57.50 (56.29)	
		2200m	4:25.20 (50.13)	2200m	4:54.05 (56.55)	
		2600m	5:15.77 (50.57)	2600m	5:50.57 (56.52)	
		3000m	6:06.90 (51.13)	3000m	6:45.04 (54.47)	

		Naam	Cat	PR	Tijd	Info
24	gl					
	bl					
		m				m

		Naam	Cat	PR	Tijd	Info
25	wt	23 <b>Renske Overbosch</b>	DB1	5:41.90	<b>5:40.19</b>	PR
	rd	14 <b>Ingrid Ruijgrok</b>	D55	5:32.13	<b>5:33.67</b>	
		<u>Renske Overbosch</u>				<u>Ingrid Ruijgrok</u>
		200m	25.32 (25.32)	200m	27.49 (27.49)	
		600m	1:08.24 (42.92)	600m	1:08.50 (41.01)	
		1000m	1:51.46 (43.22)	1000m	1:52.01 (43.51)	
		1400m	2:36.81 (45.35)	1400m	2:35.63 (43.62)	
		1800m	3:21.32 (44.51)	1800m	3:20.10 (44.47)	
		2200m	4:07.46 (46.14)	2200m	4:04.49 (44.39)	
		2600m	4:54.10 (46.64)	2600m	4:49.26 (44.77)	
		3000m	5:40.19 (46.09)	3000m	5:33.67 (44.41)	

		Naam			Cat	PR	Tijd	Info
26	gl	24	<b>Milou Butter</b>		DA1	5:10.67	<b>5:15.87</b>	
	bl	8	<b>Milou van Leeuwen</b>		DB2	5:21.56	<b>5:20.70</b>	PR
		<b>Milou Butter</b>			<b>Milou van Leeuwen</b>			
		200m	22.75	(22.75)	200m	24.83	(24.83)	
		600m	1:02.24	(39.49)	600m	1:03.90	(39.07)	
		1000m	1:43.61	(41.37)	1000m	1:45.74	(41.84)	
		1400m	2:25.47	(41.86)	1400m	2:28.19	(42.45)	
		1800m	3:07.31	(41.84)	1800m	3:11.40	(43.21)	
		2200m	3:50.05	(42.74)	2200m	3:54.55	(43.15)	
		2600m	4:33.44	(43.39)	2600m	4:38.69	(44.14)	
		3000m	5:15.87	(42.43)	3000m	5:20.70	(42.01)	

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**6. Uitslag 500 meter**

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Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	26 Jop van Harten	HB1	32	O	42.88		
2	37 Daan de Vries	HSB	31	O	43.73		
3	30 Vincent Nikkels	HA1	32	I	44.54		
4	33 Mijntje de Jong	DC2	31	I	45.45		
5	10 Martijn Nikkels	HN3	29	O	45.71		
6	36 Johan Weenink	H45	30	I	47.22		
7	35 Maerle Huizinga	DC2	29	I	49.74		
8	34 Eeke Emilie Weenink	DC2	30	O	50.43		
9	25 Willem Korthals Altes	H55	27	I	55.23		
10	28 Lou Hoogewerf	H65	27	O	55.31		

## 6. Rituitslag 500 meter

		Naam	Cat		PR	Tijd	Info
27	wt	25 <b>Willem Korthals Altes</b>	H55		48.78	<b>55.23</b>	
	rd	28 <b>Lou Hoogewerf</b>	H65		47.82	<b>55.31</b>	
		<u>Willem Korthals Altes</u>		<u>Lou Hoogewerf</u>			
		100m	13.96	(13.96)	100m	14.34	(14.34)
		500m	55.23	(41.27)	500m	55.31	(40.97)

		Naam	Cat		PR	Tijd	Info
28	gl						
	bl						
		m		m			

		Naam	Cat		PR	Tijd	Info
29	wt	35 <b>Maerle Huizinga</b>	DC2		49.14	<b>49.74</b>	
	rd	10 <b>Martijn Nikkels</b>	HN3		43.20	<b>45.71</b>	
		<u>Maerle Huizinga</u>		<u>Martijn Nikkels</u>			
		100m	13.07	(13.07)	100m	11.97	(11.97)
		500m	49.74	(36.67)	500m	45.71	(33.74)

		Naam	Cat		PR	Tijd	Info
30	gl	36 <b>Johan Weenink</b>	H45		42.71	<b>47.22</b>	
	bl	34 <b>Eeke Emilie Weenink</b>	DC2		50.31	<b>50.43</b>	
		<u>Johan Weenink</u>		<u>Eeke Emilie Weenink</u>			
		100m	12.62	(12.62)	100m	13.09	(13.09)
		500m	47.22	(34.60)	500m	50.43	(37.34)

		Naam	Cat		PR	Tijd	Info
31	wt	33 <b>Mijntje de Jong</b>	DC2		43.14	<b>45.45</b>	
	rd	37 <b>Daan de Vries</b>	HSB		41.55	<b>43.73</b>	
		<u>Mijntje de Jong</u>		<u>Daan de Vries</u>			
		100m	12.17	(12.17)	100m	12.03	(12.03)
		500m	45.45	(33.28)	500m	43.73	(31.70)

		Naam	Cat	PR	Tijd	Info
32	gl	30 <b>Vincent Nikkels</b>	HA1	42.23	<b>44.54</b>	
	bl	26 <b>Jop van Harten</b>	HB1	41.56	<b>42.88</b>	
		<u>Vincent Nikkels</u>		<u>Jop van Harten</u>		
		100m	11.58 (11.58)	100m	11.48 (11.48)	
		500m	44.54 (32.96)	500m	42.88 (31.40)	