500m - 1-7-2023, 15-12-2024, Country: NED, 10192237, 10222234, 10180316, 10215137, 10205625, 10214981

groep	Nr	Naam		Cat		Tijd	Datum Baan
1	11	Floris van Hardeveld	10205107	HB2		38.08	14-1-2024 HVN
	14	Sven Huizinga	10212790	HB2		38.29	6-12-2024 HVN
	9	Matthijs de Haan	10203889	HB1		38.36	26-10-2024 HVN
	20	Lars Mans	10212439	HB2		38.61	27-10-2024 HVN
2	2	Nick Barendse	10183254	HB2		38.77	26-10-2024 HVN
	35	Melle van der Zee	10214981	HB1		39.04	2-12-2024 HVN
	36	Pieter Zijlstra	10195660	HB2		39.13	12-2-2024 HVN
	29	Rick Schuurman	10214805	HB2		39.14	12-2-2024 HVN
3	7	Loic Crielaers	10220772	HB2		39.31	7-12-2024 TIL
	28	Jaron Ridder	10215137	HB1		39.42	7-12-2024 HVN
	30	Daan Segers	10180316	HB2		39.47	2-11-2024 HVN
	4	Luke Bavius	10183258	HB2		39.57	26-10-2024 HVN
4	6	Frank Bouman	10213783	HB2		39.58	24-11-2024 HVN
	16	Quinten de Jong	10228527	HB2		39.73	29-11-2024 HVN
	12	Jelte Hellinga	10181420	HB2		39.81	15-12-2024 LEE
	23	Joris Mulder	10179514	HB2		39.83	7-12-2024 HVN
5	18	Wessel Lamme	10222234	HB2		39.84	4-11-2024 HVN
	15	Lars van Ipenburg	10204931	HB2		39.88	4-10-2024 HVN
	8	Lars Groenheiden	10209899	HB2		39.98	7-12-2024 HVN
	26	Damian Prijs	10225408	HB1		40.12	7-12-2024 HVN
6	27	Laurens de Putter	10192237	HB1		40.20	2-11-2024 HVN
	1	Kian Baard	10207002	HB2		40.30	14-12-2024 GRO
	34	Friso van Vliet	10158041	HB2		40.49	4-10-2024 HVN
	10	Moos van Hall	10216138	HB1		40.62	19-10-2024 HVN
7	25	Sven Post	10217832	HB2		40.81	7-12-2024 HVN
	5	Zeger Berends	10237857	HB1		40.90	15-12-2024 LEE
	22	Onne van Miltenburg	10205625	HB2		40.92	7-12-2024 HVN
	33	Floris Verploeg	10211430	HB2		41.06	12-12-2024 HVN
		RESERVES					
	32	Mart Sypersma	10206960	HB1	1	40.49	2-12-2024 HVN
	24	Peng Shen Plugge	10210831	HB1	2	39.78	11-11-2023 HVN
	13	Tom van Hofwegen	10227259	HB1	3	40.78	17-11-2024 LEE
	37	Huub Adema	10171604	HB2	4	40.48	15-12-2024 LEE

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Groep	Nr	Naam		Cat		Tijd	Datum Baan
1	14	Sven Huizinga	10212790	HB2		1:54.87	6-12-2024 HVN
	36	Pieter Zijlstra	10195660	HB2		1:57.50	21-10-2024 HVN
	26	Damian Prijs	10225408	HB1		1:57.70	7-12-2024 HVN
	34	Friso van Vliet	10158041	HB2		1:57.78	28-9-2024 HVN
2	20	Lars Mans	10212439	HB2		1:57.88	27-10-2024 HVN
	35	Melle van der Zee	10214981	HB1		1:58.42	2-12-2024 HVN
	8	Lars Groenheiden	10209899	HB2		1:58.46	7-12-2024 HVN
	22	Onne van Miltenburg	10205625	HB2		1:59.14	7-12-2024 HVN
3	15	Lars van Ipenburg	10204931	HB2		1:59.17	19-11-2023 HVN
	9	Matthijs de Haan	10203889	HB1		1:59.20	3-11-2024 HVN
	16	Quinten de Jong	10228527	HB2		1:59.41	3-11-2024 HVN
	2	Nick Barendse	10183254	HB2		1:59.46	3-11-2024 HVN
4	23	Joris Mulder	10179514	HB2		1:59.47	7-12-2024 HVN
	30	Daan Segers	10180316	HB2		1:59.71	2-11-2024 HVN
	29	Rick Schuurman	10214805	HB2		2:00.63	13-10-2024 HVN
	7	Loic Crielaers	10220772	HB2		2:01.13	20-10-2024 HVN
5	18	Wessel Lamme	10222234	HB2		2:01.17	7-12-2024 HVN
	4	Luke Bavius	10183258	HB2		2:01.19	29-9-2024 HVN
	6	Frank Bouman	10213783	HB2		2:01.29	24-11-2024 HVN
	5	Zeger Berends	10237857	HB1		2:01.33	13-10-2024 HVN
6	1	Kian Baard	10207002	HB2		2:01.35	3-12-2023 HVN
	12	Jelte Hellinga	10181420	HB2		2:01.48	12-10-2024 HVN
	28	Jaron Ridder	10215137	HB1		2:01.78	7-12-2024 HVN
	27	Laurens de Putter	10192237	HB1		2:02.02	2-11-2024 HVN
7	33	Floris Verploeg	10211430	HB2		2:02.67	12-12-2024 HVN
	10	Moos van Hall	10216138	HB1		2:03.32	18-11-2024 HVN
	25	Sven Post	10217832	HB2		2:03.49	7-12-2024 HVN
	11	Floris van Hardeveld	10205107	HB2		2:04.03	21-10-2024 HVN
RESERVES							
	32	Mart Sypersma	10206960	HB1	1	2:01.32	2-12-2024 HVN
	24	Peng Shen Plugge	10210831	HB1	2	2:02.69	3-11-2024 HVN
	13	Tom van Hofwegen	10227259	HB1	3	2:03.07	4-11-2024 HVN
	37	Huub Adema	10171604	HB2	4	2:03.41	15-12-2024 LEE

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Groep	Nr	Naam		Cat		Tijd	Datum Baan
1	34	Friso van Vliet	10158041	HB2		4:00.84	29-9-2024 HVN
	26	Damian Prijs	10225408	HB1		4:04.15	24-11-2024 HVN
	36	Pieter Zijlstra	10195660	HB2		4:06.70	3-11-2024 HVN
	15	Lars van Ipenburg	10204931	HB2		4:11.09	10-12-2023 ALK
2	4	Luke Bavius	10183258	HB2		4:11.12	3-11-2024 HVN
	33	Floris Verploeg	10211430	HB2		4:12.13	1-12-2024 HVN
	8	Lars Groenheiden	10209899	HB2		4:12.59	17-11-2024 ENS
	2	Nick Barendse	10183254	HB2		4:12.91	27-10-2024 HVN
3	14	Sven Huizinga	10212790	HB2		4:13.13	3-11-2024 LEE
	22	Onne van Miltenburg	10205625	HB2		4:13.51	4-10-2024 HVN
	1	Kian Baard	10207002	HB2		4:13.89	17-11-2024 LEE
	29	Rick Schuurman	10214805	HB2		4:14.30	5-2-2024 HVN
4	12	Jelte Hellinga	10181420	HB2		4:14.35	3-11-2024 HVN
	30	Daan Segers	10180316	HB2		4:14.89	20-10-2024 HVN
	23	Joris Mulder	10179514	HB2		4:15.08	1-12-2024 HVN
	5	Zeger Berends	10237857	HB1		4:18.02	30-11-2024 GRO
5	10	Moos van Hall	10216138	HB1		4:18.30	24-11-2024 HVN
	20	Lars Mans	10212439	HB2		4:19.57	2-11-2024 HVN
	25	Sven Post	10217832	HB2		4:19.71	24-11-2024 HVN
	9	Matthijs de Haan	10203889	HB1		4:19.76	27-10-2024 HVN
6	7	Loic Crielaers	10220772	HB2		4:22.81	10-12-2023 ALK
	35	Melle van der Zee	10214981	HB1		4:23.23	3-11-2024 HVN
	27	Laurens de Putter	10192237	HB1		4:25.13	27-10-2024 HVN
	11	Floris van Hardeveld	10205107	HB2		4:26.57	26-11-2023 HVN
7	6	Frank Bouman	10213783	HB2		4:27.63	20-10-2024 HVN
	18	Wessel Lamme	10222234	HB2		4:27.96	4-10-2024 HVN
	28	Jaron Ridder	10215137	HB1		4:30.76	29-9-2024 HVN
	16	Quinten de Jong	10228527	HB2		4:33.55	27-10-2024 HVN
RESERVES							
	32	Mart Sypersma	10206960	HB1	1	4:26.29	8-12-2024 HVN
	24	Peng Shen Plugge	10210831	HB1	2	4:28.92	27-10-2024 HVN
	13	Tom van Hofwegen	10227259	HB1	3	4:22.41	24-11-2024 HVN
	37	Huub Adema	10171604	HB2	4	4:20.92	3-11-2024 HVN