

Holland Cup 4 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

3 en 4 februari 2024

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

200m	19.32	(19.32)
600m	51.98	(32.66)
1000m	1:26.73	(34.75)
1400m	2:01.66	(34.93)
1800m	2:36.55	(34.89)
2200m	3:12.16	(35.61)
2600m	3:48.03	(35.87)
3000m	4:24.79	(36.76)
3400m	5:01.89	(37.10)
3800m	5:39.37	(37.48)
4200m	6:17.52	(38.15)
4600m	6:55.32	(37.80)
5000m	7:33.51	(38.19)

Colin James Duivenvoorden

200m	18.86	(18.86)
600m	49.88	(31.02)
1000m	1:21.59	(31.71)
1400m	1:53.27	(31.68)
1800m	2:24.97	(31.70)
2200m	2:57.05	(32.08)
2600m	3:29.44	(32.39)
3000m	4:02.12	(32.68)
3400m	4:35.04	(32.92)
3800m	5:08.31	(33.27)
4200m	5:42.55	(34.24)
4600m	6:16.99	(34.44)
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

200m	20.59	(20.59)
600m	54.88	(34.29)
1000m	1:30.21	(35.33)
1400m	2:05.86	(35.65)
1800m	2:41.38	(35.52)
2200m	3:16.88	(35.50)
2600m	3:52.60	(35.72)
3000m	4:28.52	(35.92)
3400m	5:04.52	(36.00)
3800m	5:40.46	(35.94)
4200m	6:16.08	(35.62)
4600m	6:51.07	(34.99)
5000m	7:26.80	(35.73)

Tom Nijdam

200m	20.97	(20.97)
600m	56.11	(35.14)
1000m	1:31.17	(35.06)
1400m	2:06.17	(35.00)
1800m	2:41.42	(35.25)
2200m	3:16.83	(35.41)
2600m	3:52.45	(35.62)
3000m	4:28.24	(35.79)
3400m	5:04.19	(35.95)
3800m	5:40.45	(36.26)
4200m	6:17.21	(36.76)
4600m	6:55.64	(38.43)
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	
		<u>Jornt Dijk</u>			<u>Max Douma</u>	
		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	
		<u>Thomas de Lange</u>			<u>Ole ten Hove</u>	
		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	
		<u>Rinse Franken</u>				<u>Chris Brommersma</u>
		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	
		<u>Finn ten Hove</u>				<u>Bram van Essen</u>
		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	
		<u>Jasper Tinga</u>		<u>Dyon Talsma</u>		
		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	
		<u>Matthé Pronk</u>		<u>Jasper van der Marel</u>		
		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	
		<u>Niels van Reeuwijk</u>		<u>Jesse de Lange</u>		
		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	
		<u>Eise van Schijndel</u>		<u>Loek van Vilsteren</u>		
		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)

Holland Cup 4 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

3 en 4 februari 2024

		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	
		<u>Lex Dijkstra</u>			<u>Jasper Krommenhoek</u>		
		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	
		<u>Remo Slotegraaf</u>			<u>Stijn van de Bunt</u>		
		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)

