

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

1. Uitslag 500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	3 Sybe van Hijum	HSB	14	O	42.44		
2	119 Martin Hänggi	H55	14	I	42.54		
3	101 Arjan Bakker	H65	13	O	43.43		
4	9 Erol Aksoy	H50	13	I	43.67		
5	48 Guido Gosselink	H50	12	O	45.85		
6	70 Kim Leliveld	DSB	12	I	45.98		
7	115 Trygve Reitan	H55	11	I	46.90		
8	97 Koen van Egmond	H40	10	O	47.23		
9	53 Kees Langeveld	H65	10	I	47.55		
10	19 Mircea Vranceanu	H70	11	O	47.65		
11	16 Marvin Zeisberg	HSB	9	I	48.47		
12	104 Seppe Lybaert	H40	9	O	48.76		
13	83 Ciska Stark	D60	8	O	49.30		
14	12 Octavian Moga	H55	6	O	49.55		
15	28 Johan van Metting-van Rijn	H65	7	O	50.77		
16	149 Olav Langeland	H65	5	I	50.88		
17	120 Harold Spragg	H70	5	O	51.43		
18	113 Kees Verdouw	H80	6	I	51.86		
19	126 Patty van Hoorn	D50	4	I	52.78		
20	51 Erwin Henskes	H65	8	I	52.82		
21	7 Daniëlle Frijters	DSB	4	O	52.90		
22	88 Hans-Gerd Heyne	H60	3	O	58.19		
23	37 Thierry Huberland	H60	3	I	1:03.09		
24	13 Arne Kjell Foldvik	H90	1	I	1:13.02		
	31 Josine Kroon	D40			WDR		

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		Naam	Cat		PR	Tijd	Info
1	wt	13	Arne Kjell Foldvik		H90	1:10.88	1:13.02
	rd						
			Arne Kjell Foldvik				
			100m	18.73 (18.73)		m	
			500m	1:13.02 (54.29)			
		Naam	Cat		PR	Tijd	Info
2	gl						
	bl						
			m			m	
		Naam	Cat		PR	Tijd	Info
3	wt	37	Thierry Huberland		H60	58.30	1:03.09
	rd	88	Hans-Gerd Heyne		H60	48.05	58.19
			Thierry Huberland		Hans-Gerd Heyne		
			100m	17.09 (17.09)	100m	14.69 (14.69)	
			500m	1:03.09 (46.00)	500m	58.19 (43.50)	
		Naam	Cat		PR	Tijd	Info
4	gl	126	Patty van Hoorn		D50	52.22	52.78
	bl	7	Daniëlle Frijters		DSB	51.87	52.90
			Patty van Hoorn		Daniëlle Frijters		
			100m	14.65 (14.65)	100m	14.18 (14.18)	
			500m	52.78 (38.13)	500m	52.90 (38.72)	
		Naam	Cat		PR	Tijd	Info
5	wt	149	Olav Langeland		H65	46.83	50.88
	rd	120	Harold Spragg		H70	40.70	51.43
			Olav Langeland		Harold Spragg		
			100m	13.70 (13.70)	100m	14.35 (14.35)	
			500m	50.88 (37.18)	500m	51.43 (37.08)	

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		Naam		Cat	PR		Tijd	Info
6	gl	113	Kees Verdouw	H80	41.71		51.86	
	bl	12	Octavian Moga	H55	44.30		49.55	
	Kees Verdouw			Octavian Moga				
	100m	14.60	(14.60)	100m	13.36	(13.36)		
		500m	51.86	(37.26)	500m	49.55	(36.19)	
		Naam		Cat	PR		Tijd	Info
7	wt	31	Josine Kroon	D40	50.32		WDR	
	rd	28	Johan van Metting-van Rijn	H65	43.57		50.77	
	Josine Kroon			Johan van Metting-van Rijn				
	100m	13.49	(13.49)	500m	50.77	(37.28)		
		Naam		Cat	PR		Tijd	Info
8	gl	51	Erwin Henskes	H65	45.20		52.82	
	bl	83	Ciska Stark	D60	46.22		49.30	
	Erwin Henskes			Ciska Stark				
	100m	14.18	(14.18)	100m	13.53	(13.53)		
		500m	52.82	(38.64)	500m	49.30	(35.77)	
		Naam		Cat	PR		Tijd	Info
9	wt	16	Marvin Zeisberg	HSB	47.16		48.47	
	rd	104	Seppe Lybaert	H40	44.40		48.76	
	Marvin Zeisberg			Seppe Lybaert				
	100m	12.83	(12.83)	100m	12.98	(12.98)		
		500m	48.47	(35.64)	500m	48.76	(35.78)	
		Naam		Cat	PR		Tijd	Info
10	gl	53	Kees Langeveld	H65	45.16		47.55	
	bl	97	Koen van Egmond	H40	45.56		47.23	
	Kees Langeveld			Koen van Egmond				
	100m	13.30	(13.30)	100m	12.63	(12.63)		
		500m	47.55	(34.25)	500m	47.23	(34.60)	

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		Naam			Cat		PR		Tijd	Info
11	wt	115	Trygve Reitan			H55		45.24		46.90
	rd	19	Mircea Vranceanu			H70		40.90		47.65
				Trygve Reitan			Mircea Vranceanu			
				100m	12.61	(12.61)	100m	13.42	(13.42)	
				500m	46.90	(34.29)	500m	47.65	(34.23)	
		Naam			Cat		PR		Tijd	Info
12	gl	70	Kim Leliveld			DSB		45.45		45.98
	bl	48	Guido Gosselink			H50		44.32		45.85
				Kim Leliveld			Guido Gosselink			
				100m	12.40	(12.40)	100m	12.72	(12.72)	
				500m	45.98	(33.58)	500m	45.85	(33.13)	
		Naam			Cat		PR		Tijd	Info
13	wt	9	Erol Aksoy			H50		42.61		43.67
	rd	101	Arjan Bakker			H65		41.23		43.43
				Erol Aksoy			Arjan Bakker			
				100m	11.83	(11.83)	100m	12.18	(12.18)	
				500m	43.67	(31.84)	500m	43.43	(31.25)	
		Naam			Cat		PR		Tijd	Info
14	gl	119	Martin Hänggi			H55		38.47		42.54
	bl	3	Sybe van Hijum			HSB		42.26		42.44
				Martin Hänggi			Sybe van Hijum			
				100m	11.80	(11.80)	100m	11.89	(11.89)	
				500m	42.54	(30.74)	500m	42.44	(30.55)	

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2. Uitslag 500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Ville Männistö	H40	24	O	41.46	PR	
2	41 Andrus Kuusk	HSB	23	O	41.97		
3	91 René Pfeffer	H45	24	I	42.47		
4	18 Tjard Kopka	H55	23	I	42.66		
5	82 Doede Wind	H50	22	I	43.44		
6	14 John Ivar Kristensen	H50	22	O	44.31		
7	125 Imme Kampen	D40	21	I	46.95		
8	65 Henriëtte Goede	D55	21	O	47.46		
9	79 Esther Bouman	DSB	20	I	48.05		
10	34 Johan Luttk	H60	18	O	49.22	PR	
11	43 Frank Günther	H60	18	I	49.46		
12	147 Tsjomme Dijkstra	HSB	19	I	49.55		
13	71 Ilse van Ipenburg	DSB	20	O	50.15		
14	61 Ivo van Ling	H55	19	O	50.39		
15	87 Andrej Kwadrin	H40	15	I	51.45		
16	90 Eskil Andersson	H55	17	I	53.23		
17	102 Carolien van Rees	D65	16	I	53.49	PR	
18	58 Kevin van Cleef	H40	17	O	54.00		
19	17 Trine Landsem	D55	16	O	54.61		
20	59 Henriet van Ling	D55	15	O	56.36		

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2. Rituitslag 500m Allround Normal

		Naam		Cat	PR		Tijd	Info
15	wt	87	Andrej Kwadrin	H40	51.42		51.45	
	rd	59	Henriet van Ling	D55	56.00		56.36	
	Andrej Kwadrin			Henriet van Ling				
	100m		13.54	(13.54)	100m		15.52	(15.52)
	500m		51.45	(37.91)	500m		56.36	(40.84)
		Naam		Cat	PR		Tijd	Info
16	gl	102	Carolien van Rees	D65	53.50		53.49	PR
	bl	17	Trine Landsem	D55	53.68		54.61	
	Carolien van Rees			Trine Landsem				
	100m		14.47	(14.47)	100m		15.01	(15.01)
	500m		53.49	(39.02)	500m		54.61	(39.60)
		Naam		Cat	PR		Tijd	Info
17	wt	90	Eskil Andersson	H55	51.93		53.23	
	rd	58	Kevin van Cleef	H40	50.47		54.00	
	Eskil Andersson			Kevin van Cleef				
	100m		13.97	(13.97)	100m		15.06	(15.06)
	500m		53.23	(39.26)	500m		54.00	(38.94)
		Naam		Cat	PR		Tijd	Info
18	gl	43	Frank Günther	H60	48.35		49.46	
	bl	34	Johan Luttik	H60	49.51		49.22	PR
	Frank Günther			Johan Luttik				
	100m		12.93	(12.93)	100m		13.58	(13.58)
	500m		49.46	(36.53)	500m		49.22	(35.64)
		Naam		Cat	PR		Tijd	Info
19	wt	147	Tsjomme Dijkstra	HSB	47.41		49.55	
	rd	61	Ivo van Ling	H55	47.65		50.39	
	Tsjomme Dijkstra			Ivo van Ling				
	100m		12.54	(12.54)	100m		14.29	(14.29)
	500m		49.55	(37.01)	500m		50.39	(36.10)

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		Naam		Cat	PR		Tijd	Info
20	gl	79	Esther Bouman	DSB	45.73		48.05	
	bl	71	Ilse van Ipenburg	DSB	48.33		50.15	
	Esther Bouman			Ilse van Ipenburg				
	100m	13.17	(13.17)	100m	13.48	(13.48)		
		500m	48.05	(34.88)	500m	50.15	(36.67)	
		Naam		Cat	PR		Tijd	Info
21	wt	125	Imme Kampen	D40	44.76		46.95	
	rd	65	Henriëtte Goede	D55	43.73		47.46	
	Imme Kampen			Henriëtte Goede				
	100m	12.65	(12.65)	100m	13.10	(13.10)		
		500m	46.95	(34.30)	500m	47.46	(34.36)	
		Naam		Cat	PR		Tijd	Info
22	gl	82	Doede Wind	H50	42.51		43.44	
	bl	14	John Ivar Kristensen	H50	39.80		44.31	
	Doede Wind			John Ivar Kristensen				
	100m	12.35	(12.35)	100m	12.14	(12.14)		
		500m	43.44	(31.09)	500m	44.31	(32.17)	
		Naam		Cat	PR		Tijd	Info
23	wt	18	Tjard Kopka	H55	40.31		42.66	
	rd	41	Andrus Kuusk	HSB	41.26		41.97	
	Tjard Kopka			Andrus Kuusk				
	100m	12.02	(12.02)	100m	11.14	(11.14)		
		500m	42.66	(30.64)	500m	41.97	(30.83)	
		Naam		Cat	PR		Tijd	Info
24	gl	91	René Pfeffer	H45	38.74		42.47	
	bl	24	Ville Männistö	H40	41.53		41.46	PR
	René Pfeffer			Ville Männistö				
	100m	11.24	(11.24)	100m	11.39	(11.39)		
		500m	42.47	(31.23)	500m	41.46	(30.07)	

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4. Uitslag 500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	118 Rene van Bernum	H60	34	O	41.65		
2	67 Bastiaan Geurts	HSB	33	O	42.24		
3	50 Chris van der Plaats	H60	33	I	42.75		
4	81 Frans Verhoeve	H55	34	I	42.86		
5	49 Daan Spoelstra	H45	32	O	42.89		
6	47 Martijn van der Horst	H50	31	O	43.87		
7	78 Stijn Verhagen	H45	32	I	44.37		
8	22 Imke Hüser	DSB	31	I	45.07		
9	73 Thomas Voswinkel	HSB	29	O	45.93		
10	109 Michiel Neyt	H40	30	O	46.07		
11	64 Wendy van der Ham	D50	30	I	46.28		
12	60 Guus Olijerhoek	H55	29	I	47.31		
13	85 Anna Van der Stok	D50	28	I	48.27		
14	108 Erik Dahlén	H55	27	O	49.76		
15	99 René Koning	H60	27	I	50.07		
16	100 Jaap van Kouterik	H70	28	O	50.11		
17	5 Jann van Benthem	H65	26	I	50.83		
18	46 Magnar Langvik	H75	26	O	51.90		
19	151 Thomas Hoekstra	H70	25	I	54.15		
20	30 Ton van Helden	H75	25	O	57.71		

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4. Rituitslag 500m Allround Small

		Naam		Cat	PR		Tijd	Info
25	wt	151	Thomas Hoekstra	H70	44.40		54.15	
	rd	30	Ton van Helden	H75	44.15		57.71	
	Thomas Hoekstra			Ton van Helden				
	100m			14.17	(14.17)	100m	14.60	(14.60)
	500m			54.15	(39.98)	500m	57.71	(43.11)
		Naam		Cat	PR		Tijd	Info
26	gl	5	Jann van Benthem	H65	43.87		50.83	
	bl	46	Magnar Langvik	H75	46.62		51.90	
	Jann van Benthem			Magnar Langvik				
	100m			13.68	(13.68)	100m	13.93	(13.93)
	500m			50.83	(37.15)	500m	51.90	(37.97)
		Naam		Cat	PR		Tijd	Info
27	wt	99	René Koning	H60	44.05		50.07	
	rd	108	Erik Dahlén	H55	48.76		49.76	
	René Koning			Erik Dahlén				
	100m			13.06	(13.06)	100m	13.47	(13.47)
	500m			50.07	(37.01)	500m	49.76	(36.29)
		Naam		Cat	PR		Tijd	Info
28	gl	85	Anna Van der Stok	D50	47.19		48.27	
	bl	100	Jaap van Kouterik	H70	42.40		50.11	
	Anna Van der Stok			Jaap van Kouterik				
	100m			12.86	(12.86)	100m	14.02	(14.02)
	500m			48.27	(35.41)	500m	50.11	(36.09)
		Naam		Cat	PR		Tijd	Info
29	wt	60	Guus Olijerhoek	H55	41.50		47.31	
	rd	73	Thomas Voswinkel	HSB	45.13		45.93	
	Guus Olijerhoek			Thomas Voswinkel				
	100m			13.20	(13.20)	100m	12.96	(12.96)
	500m			47.31	(34.11)	500m	45.93	(32.97)

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		Naam		Cat	PR		Tijd	Info
30	gl	64	Wendy van der Ham	D50	45.63		46.28	
	bl	109	Michiel Neyt	H40	44.12		46.07	
	Wendy van der Ham			Michiel Neyt				
	100m	12.36	(12.36)	100m	11.87	(11.87)		
		500m	46.28	(33.92)	500m	46.07	(34.20)	
		Naam		Cat	PR		Tijd	Info
31	wt	22	Imke Hüser	DSB	43.02		45.07	
	rd	47	Martijn van der Horst	H50	39.70		43.87	
	Imke Hüser			Martijn van der Horst				
	100m	12.42	(12.42)	100m	12.26	(12.26)		
		500m	45.07	(32.65)	500m	43.87	(31.61)	
		Naam		Cat	PR		Tijd	Info
32	gl	78	Stijn Verhagen	H45	43.15		44.37	
	bl	49	Daan Spoelstra	H45	42.67		42.89	
	Stijn Verhagen			Daan Spoelstra				
	100m	11.82	(11.82)	100m	11.71	(11.71)		
		500m	44.37	(32.55)	500m	42.89	(31.18)	
		Naam		Cat	PR		Tijd	Info
33	wt	50	Chris van der Plaats	H60	40.90		42.75	
	rd	67	Bastiaan Geurts	HSB	40.26		42.24	
	Chris van der Plaats			Bastiaan Geurts				
	100m	11.88	(11.88)	100m	11.48	(11.48)		
		500m	42.75	(30.87)	500m	42.24	(30.76)	
		Naam		Cat	PR		Tijd	Info
34	gl	81	Frans Verhoeve	H55	40.44		42.86	
	bl	118	Rene van Bernum	H60	37.91		41.65	
	Frans Verhoeve			Rene van Bernum				
	100m	11.91	(11.91)	100m	11.45	(11.45)		
		500m	42.86	(30.95)	500m	41.65	(30.20)	

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5. Uitslag 500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	157 Nomdo de Heer	HN4	36	O	38.04		
2	154 Jonah Zwaan	HB2	36	I	40.46		
3	156 Ruben Molenaar	HB2	35	I	42.89	PR	
4	155 Valentijn van der Liet	HB1	35	O	45.43		

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5. Rituitslag 500m Allround Small - O

		Naam		Cat	PR		Tijd	Info
35	wt	156	Ruben Molenaar	HB2	43.51		42.89	PR
	rd	155	Valentijn van der Liet	HB1	44.76		45.43	
	Ruben Molenaar			Valentijn van der Liet				
	100m	11.61	(11.61)	100m	12.70	(12.70)		
		500m	42.89	(31.28)	500m	45.43	(32.73)	
		Naam		Cat	PR		Tijd	Info
36	gl	154	Jonah Zwaan	HB2	40.45		40.46	
	bl	157	Nomdo de Heer	HN4	37.92		38.04	
	Jonah Zwaan			Nomdo de Heer				
	100m	11.42	(11.42)	100m	10.51	(10.51)		
		500m	40.46	(29.04)	500m	38.04	(27.53)	

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6. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	23 Filip-Mihail Woicik	H40	50	O	39.10		
2	38 Bart Seffinga	H40	50	I	39.31		
3	153 Katja Franzen	DSB	49	I	40.28		
4	35 Mark Reiling	H40	49	O	40.70		
5	86 Sylvain Langlois	H50	48	I	41.22		
6	44 Richard Normand	H60	48	O	42.12		
7	117 Ahti Oks	H50	46	O	42.48		
8	1 Gijs van Cappelle	HSB	46	I	42.59		
9	75 Marloes Westerhof	D40	47	I	43.10		
10	123 Hans Arne Frodal	HSA	51	O	43.28	RS	
11	11 Erik Jeuring	H45	44	I	43.87		
12	69 Claudia Henckel	DSB	45	I	43.92		
13	105 Andreas Lobes	H50	45	O	44.86		
14	77 Piet Siemonsma	H70	44	O	45.30		
15	2 Monique Visser	DSB	43	I	45.71		
16	107 Klaas Luijten	H55	42	O	45.92		
17	36 Carolien Mulder	DSB	43	O	46.54		
18	55 Anja Bollaart	D55	41	I	48.40		
19	122 Hans-Peter Ambass	H65	41	O	48.52		
20	56 Erik Buitenhuis	H60	40	I	49.51		
21	63 Karin Terhürne	D55	40	O	50.06		
22	72 Johan Smit	H65	38	I	51.30		
23	111 Astrid Janssen	D60	39	O	51.64		
24	80 Jorien Oosterwijk	D55	39	I	52.49		
25	54 Kees Bollaart	H60	42	I	53.29		
26	42 Klas Berlic Fras	H50	38	O	54.50	PR	
27	143 Lou Hoogewerf	H70	37	I	56.69		
28	140 Bram de Vries	H80	37	O	58.89		

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6. Rituitslag 500m Sprint

		Naam		Cat	PR		Tijd	Info
37	wt	143	Lou Hoogewerf	H70	46.75		56.69	
	rd	140	Bram de Vries	H80	44.64		58.89	
	Lou Hoogewerf			Bram de Vries				
		100m	14.54	(14.54)	100m	16.04	(16.04)	
		500m	56.69	(42.15)	500m	58.89	(42.85)	
		Naam		Cat	PR		Tijd	Info
38	gl	72	Johan Smit	H65	47.45		51.30	
	bl	42	Klas Berlic Fras	H50	54.66		54.50	PR
	Johan Smit			Klas Berlic Fras				
		100m	13.94	(13.94)	100m	14.49	(14.49)	
		500m	51.30	(37.36)	500m	54.50	(40.01)	
		Naam		Cat	PR		Tijd	Info
39	wt	80	Jorien Oosterwijk	D55	45.91		52.49	
	rd	111	Astrid Janssen	D60	46.77		51.64	
	Jorien Oosterwijk			Astrid Janssen				
		100m	13.83	(13.83)	100m	14.15	(14.15)	
		500m	52.49	(38.66)	500m	51.64	(37.49)	
		Naam		Cat	PR		Tijd	Info
40	gl	56	Erik Buitenhuis	H60	44.25		49.51	
	bl	63	Karin Terhürne	D55	46.30		50.06	
	Erik Buitenhuis			Karin Terhürne				
		100m	13.43	(13.43)	100m	13.44	(13.44)	
		500m	49.51	(36.08)	500m	50.06	(36.62)	
		Naam		Cat	PR		Tijd	Info
41	wt	55	Anja Bollaart	D55	41.31		48.40	
	rd	122	Hans-Peter Ambass	H65	42.87		48.52	
	Anja Bollaart			Hans-Peter Ambass				
		100m	13.27	(13.27)	100m	12.89	(12.89)	
		500m	48.40	(35.13)	500m	48.52	(35.63)	

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		Naam		Cat	PR		Tijd	Info
42	gl	54	Kees Bollaart	H60	43.55		53.29	
	bl	107	Klaas Luijten	H55	45.91		45.92	
		Kees Bollaart			Klaas Luijten			
		100m	13.58	(13.58)	100m	12.60	(12.60)	
		500m	53.29	(39.71)	500m	45.92	(33.32)	
		Naam		Cat	PR		Tijd	Info
43	wt	2	Monique Visser	DSB	45.56		45.71	
	rd	36	Carolien Mulder	DSB	44.65		46.54	
		Monique Visser			Carolien Mulder			
		100m	12.47	(12.47)	100m	12.72	(12.72)	
		500m	45.71	(33.24)	500m	46.54	(33.82)	
		Naam		Cat	PR		Tijd	Info
44	gl	11	Erik Jeuring	H45	41.78		43.87	
	bl	77	Piet Siemonsma	H70	42.05		45.30	
		Erik Jeuring			Piet Siemonsma			
		100m	11.80	(11.80)	100m	12.44	(12.44)	
		500m	43.87	(32.07)	500m	45.30	(32.86)	
		Naam		Cat	PR		Tijd	Info
45	wt	69	Claudia Henckel	DSB	42.19		43.92	
	rd	105	Andreas Lobes	H50	43.47		44.86	
		Claudia Henckel			Andreas Lobes			
		100m	11.77	(11.77)	100m	12.36	(12.36)	
		500m	43.92	(32.15)	500m	44.86	(32.50)	
		Naam		Cat	PR		Tijd	Info
46	gl	1	Gijs van Cappelle	HSB	41.27		42.59	
	bl	117	Ahti Oks	H50	41.94		42.48	
		Gijs van Cappelle			Ahti Oks			
		100m	11.15	(11.15)	100m	11.24	(11.24)	
		500m	42.59	(31.44)	500m	42.48	(31.24)	

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		Naam		Cat	PR		Tijd	Info
47	wt rd	75	Marloes Westerhof	D40	41.87		43.10	
		Marloes Westerhof						
		100m	11.82	(11.82)	m			
		500m	43.10	(31.28)				
		Naam		Cat	PR		Tijd	Info
48	gl bl	86	Sylvain Langlois	H50	39.37		41.22	
		44	Richard Normand	H60	41.46		42.12	
		Sylvain Langlois			Richard Normand			
		100m	11.08	(11.08)	100m	11.50	(11.50)	
		500m	41.22	(30.14)	500m	42.12	(30.62)	
		Naam		Cat	PR		Tijd	Info
49	wt rd	153	Katja Franzen	DSB	38.76		40.28	
		35	Mark Reiling	H40	39.26		40.70	
		Katja Franzen			Mark Reiling			
		100m	11.29	(11.29)	100m	11.09	(11.09)	
		500m	40.28	(28.99)	500m	40.70	(29.61)	
		Naam		Cat	PR		Tijd	Info
50	gl bl	38	Bart Seffinga	H40	37.10		39.31	
		23	Filip-Mihail Woicik	H40	38.52		39.10	
		Bart Seffinga			Filip-Mihail Woicik			
		100m	10.98	(10.98)	100m	10.59	(10.59)	
		500m	39.31	(28.33)	500m	39.10	(28.51)	
		Naam		Cat	PR		Tijd	Info
51	wt rd	123	Hans Arne Frodal	HSA	40.60		43.28	RS
		Hans Arne Frodal						
		m		100m	11.55	(11.55)		
			500m	43.28	(31.73)			

5th Masters International Thialf Record Races

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8. Uitslag 5000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	119 Martin Hänggi	H55	64	I	6:55.08		
2	101 Arjan Bakker	H65	63	I	7:18.36		
3	3 Sybe van Hijum	HSB	64	O	7:24.23		
4	48 Guido Gosselink	H50	63	O	7:41.89		
5	104 Seppe Lybaert	H40	60	I	8:02.37		
6	53 Kees Langeveld	H65	61	I	8:13.07		
7	9 Erol Aksoy	H50	62	O	8:14.97		
8	115 Trygve Reitan	H55	61	O	8:16.99		
9	70 Kim Leliveld	DSB	62	I	8:18.96	PR	
10	97 Koen van Egmond	H40	56	O	8:27.24		
11	12 Octavian Moga	H55	60	O	8:32.65		
12	31 Josine Kroon	D40	59	I	8:34.18	PR	
13	19 Mircea Vranceanu	H70	57	I	8:39.47		
14	149 Olav Langeland	H65	58	O	8:42.05		
15	83 Ciska Stark	D60	58	I	8:46.98	PR	
16	16 Marvin Zeisberg	HSB	57	O	8:50.44		
17	88 Hans-Gerd Heyne	H60	55	O	8:51.66		
18	28 Johan van Metting-van Rijn	H65	56	I	8:51.67		
19	51 Erwin Henskes	H65	55	I	9:03.80		
20	113 Kees Verdouw	H80	59	O	9:10.21		
21	126 Patty van Hoorn	D50	54	O	9:20.11	PR	
22	7 Daniëlle Frijters	DSB	54	I	9:35.92	PR	
23	120 Harold Spragg	H70	53	O	9:43.50		
24	37 Thierry Huberland	H60	53	I	10:08.14	FL	
25	13 Arne Kjell Foldvik	H90	51	I	17:24.99		

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8. Rituitslag 5000m Allround Big

		Naam			Cat	PR	Tijd	Info
51	wt rd	13	Arne Kjell Foldvik		H90	8:33.53	17:24.99	
		Arne Kjell Foldvik						
		200m	46.89	(46.89)	m			
		600m	2:10.51	(83.62)				
		1000m	3:35.43	(84.92)				
		1400m	4:59.74	(84.31)				
		1800m	6:27.48	(87.74)				
		2200m	7:52.24	(84.76)				
		2600m	9:20.67	(88.43)				
		3000m	10:44.84	(84.17)				
		3400m	12:07.56	(82.72)				
		3800m	13:29.34	(81.78)				
		4200m	14:51.11	(81.77)				
		4600m	16:12.89	(81.78)				
		5000m	17:24.99	(72.10)				
		Naam			Cat	PR	Tijd	Info
52	gl bl							
		m		m				

5th Masters International Thialf Record Races

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		Naam		Cat	PR		Tijd	Info
53	wt	37	Thierry Huberland	H60	9:20.43		10:08.14	FL
	rd	120	Harold Spragg	H70	8:03.62		9:43.50	
		Thierry Huberland			Harold Spragg			
		200m	32.48	(32.48)	200m	28.53	(28.53)	
		600m	1:20.88	(48.40)	600m	1:17.60	(49.07)	
		1000m	2:07.93	(47.05)	1000m	2:04.68	(47.08)	
		1400m	2:54.30	(46.37)	1400m	2:51.10	(46.42)	
		1800m	3:40.36	(46.06)	1800m	3:37.83	(46.73)	
		2200m	4:25.96	(45.60)	2200m	4:24.51	(46.68)	
		2600m	5:27.13	(61.17)	2600m	5:10.68	(46.17)	
		3000m	6:14.19	(47.06)	3000m	5:56.84	(46.16)	
		3400m	6:59.92	(45.73)	3400m	6:42.76	(45.92)	
		3800m	7:46.73	(46.81)	3800m	7:28.23	(45.47)	
		4200m	8:34.09	(47.36)	4200m	8:13.20	(44.97)	
		4600m	9:21.76	(47.67)	4600m	8:58.17	(44.97)	
		5000m	10:08.14	(46.38)	5000m	9:43.50	(45.33)	

		Naam		Cat	PR		Tijd	Info
54	gl	7	Daniëlle Frijters	DSB	9:38.44		9:35.92	PR
	bl	126	Patty van Hoorn	D50	9:20.49		9:20.11	PR
		Daniëlle Frijters			Patty van Hoorn			
		200m	27.31	(27.31)	200m	26.77	(26.77)	
		600m	1:09.73	(42.42)	600m	1:07.86	(41.09)	
		1000m	1:52.85	(43.12)	1000m	1:51.04	(43.18)	
		1400m	2:36.96	(44.11)	1400m	2:35.44	(44.40)	
		1800m	3:21.49	(44.53)	1800m	3:20.27	(44.83)	
		2200m	4:01.72	(40.23)	2200m	4:04.15	(43.88)	
		2600m	4:52.25	(50.53)	2600m	4:49.12	(44.97)	
		3000m	5:38.64	(46.39)	3000m	5:33.48	(44.36)	
		3400m	6:25.98	(47.34)	3400m	6:17.73	(44.25)	
		3800m	7:13.16	(47.18)	3800m	7:03.29	(45.56)	
		4200m	8:01.24	(48.08)	4200m	7:49.58	(46.29)	
		4600m	8:49.95	(48.71)	4600m	8:34.99	(45.41)	
		5000m	9:35.92	(45.97)	5000m	9:20.11	(45.12)	

5th Masters International Thialf Record Races

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		Naam		Cat	PR		Tijd	Info
55	wt	51	Erwin Henskes	H65	8:33.76		9:03.80	
	rd	88	Hans-Gerd Heyne	H60	8:15.76		8:51.66	
		Erwin Henskes			Hans-Gerd Heyne			
		200m	26.84	(26.84)	200m	27.38	(27.38)	
		600m	1:08.91	(42.07)	600m	1:10.56	(43.18)	
		1000m	1:52.03	(43.12)	1000m	1:53.54	(42.98)	
		1400m	2:36.08	(44.05)	1400m	2:35.83	(42.29)	
		1800m	3:18.93	(42.85)	1800m	3:18.42	(42.59)	
		2200m	4:02.08	(43.15)	2200m	4:00.31	(41.89)	
		2600m	4:45.43	(43.35)	2600m	4:42.62	(42.31)	
		3000m	5:28.93	(43.50)	3000m	5:24.25	(41.63)	
		3400m	6:12.47	(43.54)	3400m	6:06.59	(42.34)	
		3800m	6:56.14	(43.67)	3800m	6:48.57	(41.98)	
		4200m	7:39.50	(43.36)	4200m	7:29.69	(41.12)	
		4600m	8:22.03	(42.53)	4600m	8:10.61	(40.92)	
		5000m	9:03.80	(41.77)	5000m	8:51.66	(41.05)	

		Naam	Cat	PR	Tijd	Info
56	gl	28 Johan van Metting-van Rijn	H65	7:48.64	8:51.67	
	bl	97 Koen van Egmond	H40	8:18.64	8:27.24	
		Johan van Metting-van Rijn		Koen van Egmond		
		200m	24.67 (24.67)	200m	24.36 (24.36)	
		600m	1:04.49 (39.82)	600m	1:04.30 (39.94)	
		1000m	1:45.73 (41.24)	1000m	1:44.81 (40.51)	
		1400m	2:27.50 (41.77)	1400m	2:25.39 (40.58)	
		1800m	3:10.03 (42.53)	1800m	3:05.82 (40.43)	
		2200m	3:52.74 (42.71)	2200m	3:46.04 (40.22)	
		2600m	4:35.17 (42.43)	2600m	4:26.05 (40.01)	
		3000m	5:17.36 (42.19)	3000m	5:05.86 (39.81)	
		3400m	6:00.10 (42.74)	3400m	5:45.40 (39.54)	
		3800m	6:42.88 (42.78)	3800m	6:25.45 (40.05)	
		4200m	7:26.15 (43.27)	4200m	7:06.26 (40.81)	
		4600m	8:09.11 (42.96)	4600m	7:46.86 (40.60)	
		5000m	8:51.67 (42.56)	5000m	8:27.24 (40.38)	

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		Naam		Cat		PR		Tijd		Info
57	wt	19	Mircea Vranceanu	H70		7:41.39		8:39.47		
	rd	16	Marvin Zeisberg	HSB		8:40.36		8:50.44		
		Mircea Vranceanu				Marvin Zeisberg				
		200m	24.23	(24.23)		200m	24.20	(24.20)		
		600m	1:02.94	(38.71)		600m	1:03.01	(38.81)		
		1000m	1:43.00	(40.06)		1000m	1:43.17	(40.16)		
		1400m	2:23.80	(40.80)		1400m	2:23.76	(40.59)		
		1800m	3:04.73	(40.93)		1800m	3:05.50	(41.74)		
		2200m	3:46.11	(41.38)		2200m	3:47.48	(41.98)		
		2600m	4:27.56	(41.45)		2600m	4:29.44	(41.96)		
		3000m	5:08.77	(41.21)		3000m	5:12.46	(43.02)		
		3400m	5:50.21	(41.44)		3400m	5:55.97	(43.51)		
		3800m	6:31.65	(41.44)		3800m	6:39.76	(43.79)		
		4200m	7:13.66	(42.01)		4200m	7:23.52	(43.76)		
		4600m	7:56.49	(42.83)		4600m	8:07.41	(43.89)		
		5000m	8:39.47	(42.98)		5000m	8:50.44	(43.03)		

		Naam		Cat		PR		Tijd		Info
58	gl	83	Ciska Stark	D60		8:46.99		8:46.98		PR
	bl	149	Olav Langeland	H65		7:46.19		8:42.05		
			Ciska Stark			Olav Langeland				
			200m	24.59	(24.59)	200m		25.74	(25.74)	
			600m	1:03.22	(38.63)	600m		1:04.67	(38.93)	
			1000m	1:44.39	(41.17)	1000m		1:45.57	(40.90)	
			1400m	2:26.95	(42.56)	1400m		2:27.15	(41.58)	
			1800m	3:09.52	(42.57)	1800m		3:08.53	(41.38)	
			2200m	3:51.59	(42.07)	2200m		3:50.12	(41.59)	
			2600m	4:34.39	(42.80)	2600m		4:31.69	(41.57)	
			3000m	5:16.57	(42.18)	3000m		5:13.36	(41.67)	
			3400m	5:59.69	(43.12)	3400m		5:54.72	(41.36)	
			3800m	6:42.54	(42.85)	3800m		6:36.61	(41.89)	
			4200m	7:24.63	(42.09)	4200m		7:18.46	(41.85)	
			4600m	8:06.15	(41.52)	4600m		8:00.64	(42.18)	
			5000m	8:46.98	(40.83)	5000m		8:42.05	(41.41)	

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		Naam		Cat		PR		Tijd		Info
59	wt	31	Josine Kroon	D40		8:50.53		8:34.18		PR
	rd	113	Kees Verdouw	H80		7:35.62		9:10.21		
			Josine Kroon			Kees Verdouw				
			200m	25.41	(25.41)	200m	27.54	(27.54)		
			600m	1:05.84	(40.43)	600m	1:10.38	(42.84)		
			1000m	1:46.56	(40.72)	1000m	1:53.38	(43.00)		
			1400m	2:27.26	(40.70)	1400m	2:37.92	(44.54)		
			1800m	3:08.04	(40.78)	1800m	3:21.83	(43.91)		
			2200m	3:48.77	(40.73)	2200m	4:05.66	(43.83)		
			2600m	4:29.89	(41.12)	2600m	4:48.66	(43.00)		
			3000m	5:11.37	(41.48)	3000m	5:31.43	(42.77)		
			3400m	5:51.45	(40.08)	3400m	6:14.36	(42.93)		
			3800m	6:31.83	(40.38)	3800m	6:58.04	(43.68)		
			4200m	7:12.69	(40.86)	4200m	7:41.87	(43.83)		
			4600m	7:53.56	(40.87)	4600m	8:26.06	(44.19)		
			5000m	8:34.18	(40.62)	5000m	9:10.21	(44.15)		

		Naam		Cat		PR		Tijd		Info
60	gl	104	Seppe Lybaert	H40		7:46.06		8:02.37		
	bl	12	Octavian Moga	H55		7:58.31		8:32.65		
		Seppe Lybaert				Octavian Moga				
		200m	23.90	(23.90)	200m		25.21	(25.21)		
		600m	1:01.22	(37.32)	600m		1:04.19	(38.98)		
		1000m	1:38.83	(37.61)	1000m		1:43.91	(39.72)		
		1400m	2:16.92	(38.09)	1400m		2:24.41	(40.50)		
		1800m	2:55.20	(38.28)	1800m		3:04.66	(40.25)		
		2200m	3:33.15	(37.95)	2200m		3:45.08	(40.42)		
		2600m	4:10.68	(37.53)	2600m		4:25.07	(39.99)		
		3000m	4:49.49	(38.81)	3000m		5:06.04	(40.97)		
		3400m	5:27.76	(38.27)	3400m		5:47.48	(41.44)		
		3800m	6:06.24	(38.48)	3800m		6:28.76	(41.28)		
		4200m	6:44.98	(38.74)	4200m		7:10.02	(41.26)		
		4600m	7:23.54	(38.56)	4600m		7:51.50	(41.48)		
		5000m	8:02.37	(38.83)	5000m		8:32.65	(41.15)		

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		Naam		Cat	PR		Tijd	Info
61	wt	53	Kees Langeveld	H65	7:47.66		8:13.07	
	rd	115	Trygve Reitan	H55	8:11.94		8:16.99	
		Kees Langeveld			Trygve Reitan			
		200m	24.77	(24.77)	200m	24.28	(24.28)	
		600m	1:03.38	(38.61)	600m	1:02.30	(38.02)	
		1000m	1:42.52	(39.14)	1000m	1:40.89	(38.59)	
		1400m	2:22.00	(39.48)	1400m	2:20.00	(39.11)	
		1800m	3:01.09	(39.09)	1800m	2:58.88	(38.88)	
		2200m	3:39.69	(38.60)	2200m	3:38.25	(39.37)	
		2600m	4:18.31	(38.62)	2600m	4:17.91	(39.66)	
		3000m	4:57.28	(38.97)	3000m	4:57.28	(39.37)	
		3400m	5:36.33	(39.05)	3400m	5:36.55	(39.27)	
		3800m	6:15.93	(39.60)	3800m	6:16.06	(39.51)	
		4200m	6:55.28	(39.35)	4200m	6:56.33	(40.27)	
		4600m	7:34.71	(39.43)	4600m	7:36.57	(40.24)	
		5000m	8:13.07	(38.36)	5000m	8:16.99	(40.42)	

		Naam			Cat	PR		Tijd	Info
62	gl	70	Kim Leliveld		DSB	8:21.47		8:18.96	PR
	bl	9	Erol Aksoy		H50	8:08.20		8:14.97	
		Kim Leliveld			Erol Aksoy				
		200m	23.29	(23.29)	200m	24.05	(24.05)		
		600m	1:00.98	(37.69)	600m	1:01.29	(37.24)		
		1000m	1:39.36	(38.38)	1000m	1:39.35	(38.06)		
		1400m	2:18.27	(38.91)	1400m	2:17.68	(38.33)		
		1800m	2:57.31	(39.04)	1800m	2:56.87	(39.19)		
		2200m	3:36.15	(38.84)	2200m	3:35.98	(39.11)		
		2600m	4:15.60	(39.45)	2600m	4:15.44	(39.46)		
		3000m	4:55.59	(39.99)	3000m	4:54.97	(39.53)		
		3400m	5:35.70	(40.11)	3400m	5:34.83	(39.86)		
		3800m	6:16.10	(40.40)	3800m	6:14.98	(40.15)		
		4200m	6:57.10	(41.00)	4200m	6:55.29	(40.31)		
		4600m	7:37.96	(40.86)	4600m	7:35.74	(40.45)		
		5000m	8:18.96	(41.00)	5000m	8:14.97	(39.23)		

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam		Cat	PR		Tijd	Info
63	wt	101	Arjan Bakker	H65	7:02.49		7:18.36	
	rd	48	Guido Gosselink	H50	7:33.20		7:41.89	
		Arjan Bakker			Guido Gosselink			
		200m	22.46	(22.46)	200m	23.18	(23.18)	
		600m	57.15	(34.69)	600m	58.54	(35.36)	
		1000m	1:31.78	(34.63)	1000m	1:33.77	(35.23)	
		1400m	2:06.86	(35.08)	1400m	2:09.40	(35.63)	
		1800m	2:41.67	(34.81)	1800m	2:45.31	(35.91)	
		2200m	3:16.31	(34.64)	2200m	3:21.64	(36.33)	
		2600m	3:51.01	(34.70)	2600m	3:57.97	(36.33)	
		3000m	4:25.80	(34.79)	3000m	4:34.70	(36.73)	
		3400m	5:01.05	(35.25)	3400m	5:11.66	(36.96)	
		3800m	5:35.72	(34.67)	3800m	5:48.93	(37.27)	
		4200m	6:09.67	(33.95)	4200m	6:26.12	(37.19)	
		4600m	6:43.97	(34.30)	4600m	7:03.80	(37.68)	
		5000m	7:18.36	(34.39)	5000m	7:41.89	(38.09)	

		Naam		Cat	PR		Tijd	Info
64	gl	119	Martin Hänggi	H55	6:35.30		6:55.08	
	bl	3	Sybe van Hijum	HSB	7:20.44		7:24.23	
		Martin Hänggi			Sybe van Hijum			
		200m	21.35	(21.35)	200m	22.05	(22.05)	
		600m	54.19	(32.84)	600m	56.58	(34.53)	
		1000m	1:26.76	(32.57)	1000m	1:31.91	(35.33)	
		1400m	1:59.19	(32.43)	1400m	2:07.02	(35.11)	
		1800m	2:31.64	(32.45)	1800m	2:41.99	(34.97)	
		2200m	3:04.17	(32.53)	2200m	3:16.96	(34.97)	
		2600m	3:37.03	(32.86)	2600m	3:52.28	(35.32)	
		3000m	4:09.98	(32.95)	3000m	4:27.68	(35.40)	
		3400m	4:42.91	(32.93)	3400m	5:03.02	(35.34)	
		3800m	5:15.61	(32.70)	3800m	5:37.88	(34.86)	
		4200m	5:48.67	(33.06)	4200m	6:12.83	(34.95)	
		4600m	6:21.78	(33.11)	4600m	6:48.18	(35.35)	
		5000m	6:55.08	(33.30)	5000m	7:24.23	(36.05)	

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

9. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	38 Bart Seffinga	H40	78	I	1:17.52		
2	23 Filip-Mihail Woicik	H40	78	O	1:17.55		
3	35 Mark Reiling	H40	77	I	1:20.30		
4	153 Katja Franzen	DSB	77	O	1:20.31		
5	86 Sylvain Langlois	H50	76	I	1:22.42		
6	117 Ahti Oks	H50	76	O	1:23.55		
7	123 Hans Arne Frodal	HSA	75	O	1:24.92		
8	44 Richard Normand	H60	75	I	1:25.72		
9	75 Marloes Westerhof	D40	74	I	1:25.81		
10	1 Gijs van Cappelle	HSB	74	O	1:26.26		
11	105 Andreas Lobes	H50	73	I	1:27.50	PR	
12	11 Erik Jeuring	H45	72	O	1:29.17		
13	69 Claudia Henckel	DSB	73	O	1:29.49		
14	77 Piet Siemonsma	H70	72	I	1:31.41		
15	36 Carolien Mulder	DSB	71	I	1:34.08		
16	2 Monique Visser	DSB	70	O	1:35.69		
17	54 Kees Bollaart	H60	70	I	1:37.57		
18	55 Anja Bollaart	D55	69	I	1:38.32		
19	122 Hans-Peter Ambass	H65	68	I	1:39.51		
20	56 Erik Buitenhuis	H60	69	O	1:40.70		
21	63 Karin Terhürne	D55	68	O	1:41.30		
22	111 Astrid Janssen	D60	67	O	1:41.61		
23	72 Johan Smit	H65	67	I	1:41.62		
24	80 Jorien Oosterwijk	D55	66	I	1:49.04		
25	42 Klas Berlic Fras	H50	66	O	1:52.91	PR	
26	143 Lou Hoogewerf	H70	65	O	1:55.88		
27	140 Bram de Vries	H80	65	I	1:59.78		
	107 Klaas Luijten	H55	71	O	DQ		

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

9. Rituitslag 1000m Sprint

		Naam		Cat	PR		Tijd	Info
65	wt	140	Bram de Vries	H80	1:29.98		1:59.78	
	rd	143	Lou Hoogewerf	H70	1:33.90		1:55.88	
	Bram de Vries			Lou Hoogewerf				
	200m	27.62	(27.62)	200m	26.63	(26.63)		
		600m	1:12.33	(44.71)	600m	1:10.75	(44.12)	
		1000m	1:59.78	(47.45)	1000m	1:55.88	(45.13)	
		Naam		Cat	PR		Tijd	Info
66	gl	80	Jorien Oosterwijk	D55	1:36.79		1:49.04	
	bl	42	Klas Berlic Fras	H50	1:53.50		1:52.91	PR
	Jorien Oosterwijk			Klas Berlic Fras				
	200m	24.45	(24.45)	200m	25.88	(25.88)		
		600m	1:04.89	(40.44)	600m	1:07.84	(41.96)	
		1000m	1:49.04	(44.15)	1000m	1:52.91	(45.07)	
		Naam		Cat	PR		Tijd	Info
67	wt	72	Johan Smit	H65	1:36.51		1:41.62	
	rd	111	Astrid Janssen	D60	1:31.53		1:41.61	
	Johan Smit			Astrid Janssen				
	200m	23.97	(23.97)	200m	24.28	(24.28)		
		600m	1:01.78	(37.81)	600m	1:01.70	(37.42)	
		1000m	1:41.62	(39.84)	1000m	1:41.61	(39.91)	
		Naam		Cat	PR		Tijd	Info
68	gl	122	Hans-Peter Ambass	H65	1:26.70		1:39.51	
	bl	63	Karin Terhürne	D55	1:31.99		1:41.30	
	Hans-Peter Ambass			Karin Terhürne				
	200m	22.37	(22.37)	200m	24.27	(24.27)		
		600m	59.85	(37.48)	600m	1:02.34	(38.07)	
		1000m	1:39.51	(39.66)	1000m	1:41.30	(38.96)	

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam		Cat	PR		Tijd	Info
69	wt	55	Anja Bollaart	D55	1:21.38		1:38.32	
	rd	56	Erik Buitenhuis	H60	1:28.22		1:40.70	
		Anja Bollaart			Erik Buitenhuis			
		200m	23.06	(23.06)	200m	23.61	(23.61)	
		600m	58.97	(35.91)	600m	1:01.21	(37.60)	
		1000m	1:38.32	(39.35)	1000m	1:40.70	(39.49)	
		Naam		Cat	PR		Tijd	Info
70	gl	54	Kees Bollaart	H60	1:26.89		1:37.57	
	bl	2	Monique Visser	DSB	1:33.93		1:35.69	
		Kees Bollaart			Monique Visser			
		200m	22.72	(22.72)	200m	21.49	(21.49)	
		600m	58.46	(35.74)	600m	57.05	(35.56)	
		1000m	1:37.57	(39.11)	1000m	1:35.69	(38.64)	
		Naam		Cat	PR		Tijd	Info
71	wt	36	Carolien Mulder	DSB	1:32.22		1:34.08	
	rd	107	Klaas Luijten	H55	1:31.24		DQ	
		Carolien Mulder			Klaas Luijten			
		200m	21.83	(21.83)				
		600m	56.42	(34.59)				
		1000m	1:34.08	(37.66)				
		Naam		Cat	PR		Tijd	Info
72	gl	77	Piet Siemonsma	H70	1:23.23		1:31.41	
	bl	11	Erik Jeuring	H45	1:25.30		1:29.17	
		Piet Siemonsma			Erik Jeuring			
		200m	21.75	(21.75)	200m	20.75	(20.75)	
		600m	55.34	(33.59)	600m	53.38	(32.63)	
		1000m	1:31.41	(36.07)	1000m	1:29.17	(35.79)	

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam		Cat	PR		Tijd	Info
73	wt	105	Andreas Lobes	H50	1:28.67		1:27.50	PR
	rd	69	Claudia Henckel	DSB	1:24.86		1:29.49	
	Andreas Lobes			Claudia Henckel				
	200m	21.31	(21.31)	200m	20.47	(20.47)		
	600m	53.64	(32.33)	600m	53.35	(32.88)		
	1000m	1:27.50	(33.86)	1000m	1:29.49	(36.14)		
		Naam		Cat	PR		Tijd	Info
74	gl	75	Marloes Westerhof	D40	1:25.30		1:25.81	
	bl	1	Gijs van Cappelle	HSB	1:22.70		1:26.26	
	Marloes Westerhof			Gijs van Cappelle				
	200m	19.94	(19.94)	200m	19.72	(19.72)		
	600m	51.63	(31.69)	600m	51.71	(31.99)		
	1000m	1:25.81	(34.18)	1000m	1:26.26	(34.55)		
		Naam		Cat	PR		Tijd	Info
75	wt	44	Richard Normand	H60	1:23.84		1:25.72	
	rd	123	Hans Arne Frodal	HSA	1:21.76		1:24.92	
	Richard Normand			Hans Arne Frodal				
	200m	19.62	(19.62)	200m	19.62	(19.62)		
	600m	51.22	(31.60)	600m	50.56	(30.94)		
	1000m	1:25.72	(34.50)	1000m	1:24.92	(34.36)		
		Naam		Cat	PR		Tijd	Info
76	gl	86	Sylvain Langlois	H50	1:21.20		1:22.42	
	bl	117	Ahti Oks	H50	1:23.28		1:23.55	
	Sylvain Langlois			Ahti Oks				
	200m	19.45	(19.45)	200m	19.56	(19.56)		
	600m	49.51	(30.06)	600m	50.86	(31.30)		
	1000m	1:22.42	(32.91)	1000m	1:23.55	(32.69)		

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam		Cat	PR		Tijd	Info
77	wt	35	Mark Reiling	H40	1:17.66		1:20.30	
	rd	153	Katja Franzen	DSB	1:17.30		1:20.31	
		Mark Reiling			Katja Franzen			
		200m	19.00	(19.00)	200m	18.81	(18.81)	
		600m	48.73	(29.73)	600m	48.53	(29.72)	
		1000m	1:20.30	(31.57)	1000m	1:20.31	(31.78)	
		Naam		Cat	PR		Tijd	Info
78	gl	38	Bart Seffinga	H40	1:12.16		1:17.52	
	bl	23	Filip-Mihail Woicik	H40	1:16.65		1:17.55	
		Bart Seffinga			Filip-Mihail Woicik			
		200m	18.38	(18.38)	200m	18.08	(18.08)	
		600m	46.72	(28.34)	600m	46.70	(28.62)	
		1000m	1:17.52	(30.80)	1000m	1:17.55	(30.85)	

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

11. Uitslag 3000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	18 Tjard Kopka	H55	88	I	4:11.40		
2	24 Ville Männistö	H40	88	O	4:18.64	PR	
3	41 Andrus Kuusk	HSB	86	I	4:19.01	PR	
4	91 René Pfeffer	H45	87	O	4:27.44		
5	82 Doede Wind	H50	87	I	4:29.59	PR	
6	14 John Ivar Kristensen	H50	86	O	4:40.70		
7	79 Esther Bouman	DSB	85	I	4:56.49		
8	147 Tsjomme Dijkstra	HSB	85	O	4:57.57		
9	125 Imme Kampen	D40	84	O	5:01.09		
10	61 Ivo van Ling	H55	83	I	5:02.14		
11	65 Henriëtte Goede	D55	84	I	5:06.43		
12	34 Johan Luttk	H60	83	O	5:07.95	PR	
13	90 Eskil Andersson	H55	82	O	5:16.23		
14	58 Kevin van Cleef	H40	82	I	5:21.43		
15	71 Ilse van Ipenburg	DSB	81	I	5:22.13		
16	87 Andrej Kwadrin	H40	80	O	5:27.65	PR	
17	43 Frank Günther	H60	81	O	5:30.13		
18	17 Trine Landsem	D55	79	O	5:39.02	PR	
19	102 Carolien van Rees	D65	80	I	5:41.25		
20	59 Henriet van Ling	D55	79	I	5:42.09	PR	

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

11. Rituitslag 3000m Allround Normal

		Naam	Cat			PR	Tijd	Info
79	wt	59	Henriet van Ling			D55	5:49.33	5:42.09 PR
	rd	17	Trine Landsem			D55	5:42.62	5:39.02 PR
		Henriet van Ling			Trine Landsem			
		200m	27.77	(27.77)		200m	27.69	(27.69)
		600m	1:10.94	(43.17)		600m	1:10.87	(43.18)
		1000m	1:54.57	(43.63)		1000m	1:54.45	(43.58)
		1400m	2:38.76	(44.19)		1400m	2:38.32	(43.87)
		1800m	3:23.37	(44.61)		1800m	3:22.79	(44.47)
		2200m	4:08.93	(45.56)		2200m	4:07.61	(44.82)
		2600m	4:55.39	(46.46)		2600m	4:53.27	(45.66)
		3000m	5:42.09	(46.70)		3000m	5:39.02	(45.75)

		Naam	Cat			PR	Tijd	Info
80	gl	102	Carolien van Rees			D65	5:34.29	5:41.25
	bl	87	Andrej Kwadrin			H40	5:41.32	5:27.65 PR
		Carolien van Rees			Andrej Kwadrin			
		200m	26.47	(26.47)		200m	24.43	(24.43)
		600m	1:08.88	(42.41)		600m	1:04.41	(39.98)
		1000m	1:53.91	(45.03)		1000m	1:45.95	(41.54)
		1400m	2:39.00	(45.09)		1400m	2:29.02	(43.07)
		1800m	3:24.37	(45.37)		1800m	3:12.61	(43.59)
		2200m	4:09.80	(45.43)		2200m	3:56.82	(44.21)
		2600m	4:56.00	(46.20)		2600m	4:41.44	(44.62)
		3000m	5:41.25	(45.25)		3000m	5:27.65	(46.21)

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam		Cat		PR		Tijd	Info
81	wt	71	Ilse van Ipenburg	DSB		5:16.51		5:22.13	
	rd	43	Frank Günther	H60		5:17.28		5:30.13	
		Ilse van Ipenburg			Frank Günther				
		200m	24.94	(24.94)	200m	25.42	(25.42)		
		600m	1:03.59	(38.65)	600m	1:04.98	(39.56)		
		1000m	1:44.14	(40.55)	1000m	1:46.12	(41.14)		
		1400m	2:26.85	(42.71)	1400m	2:29.61	(43.49)		
		1800m	3:10.05	(43.20)	1800m	3:14.51	(44.90)		
		2200m	3:54.45	(44.40)	2200m	4:00.25	(45.74)		
		2600m	4:39.45	(45.00)	2600m	4:44.99	(44.74)		
		3000m	5:22.13	(42.68)	3000m	5:30.13	(45.14)		
		Naam		Cat		PR		Tijd	Info
82	gl	58	Kevin van Cleef	H40		5:09.09		5:21.43	
	bl	90	Eskil Andersson	H55		5:09.01		5:16.23	
		Kevin van Cleef			Eskil Andersson				
		200m	27.01	(27.01)	200m	26.35	(26.35)		
		600m	1:07.43	(40.42)	600m	1:06.37	(40.02)		
		1000m	1:48.69	(41.26)	1000m	1:46.33	(39.96)		
		1400m	2:30.86	(42.17)	1400m	2:27.38	(41.05)		
		1800m	3:13.37	(42.51)	1800m	3:08.75	(41.37)		
		2200m	3:55.37	(42.00)	2200m	3:50.93	(42.18)		
		2600m	4:38.04	(42.67)	2600m	4:33.45	(42.52)		
		3000m	5:21.43	(43.39)	3000m	5:16.23	(42.78)		

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam			Cat		PR			Tijd		Info	
83	wt	61	Ivo van Ling			H55		5:00.91			5:02.14		
	rd	34	Johan Luttik			H60		5:08.16			5:07.95 PR		
		Ivo van Ling					Johan Luttik						
		200m	25.45	(25.45)		200m	25.46	(25.46)					
		600m	1:03.35	(37.90)		600m	1:02.99	(37.53)					
		1000m	1:41.85	(38.50)		1000m	1:42.36	(39.37)					
		1400m	2:21.87	(40.02)		1400m	2:22.16	(39.80)					
		1800m	3:01.96	(40.09)		1800m	3:02.98	(40.82)					
		2200m	3:42.12	(40.16)		2200m	3:44.55	(41.57)					
		2600m	4:22.46	(40.34)		2600m	4:26.59	(42.04)					
		3000m	5:02.14	(39.68)		3000m	5:07.95	(41.36)					
		Naam			Cat		PR			Tijd		Info	
84	gl	65	Henriëtte Goede			D55		4:46.59			5:06.43		
	bl	125	Imme Kampen			D40		4:39.57			5:01.09		
		Henriëtte Goede					Imme Kampen						
		200m	24.36	(24.36)		200m	23.26	(23.26)					
		600m	1:02.26	(37.90)		600m	59.83	(36.57)					
		1000m	1:41.47	(39.21)		1000m	1:37.50	(37.67)					
		1400m	2:21.88	(40.41)		1400m	2:16.60	(39.10)					
		1800m	3:02.69	(40.81)		1800m	2:56.07	(39.47)					
		2200m	3:43.70	(41.01)		2200m	3:36.77	(40.70)					
		2600m	4:25.09	(41.39)		2600m	4:18.35	(41.58)					
		3000m	5:06.43	(41.34)		3000m	5:01.09	(42.74)					

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam		Cat	PR		Tijd	Info
85	wt	79	Esther Bouman	DSB	4:46.41		4:56.49	
	rd	147	Tsjomme Dijkstra	HSB	4:51.88		4:57.57	
		Esther Bouman			Tsjomme Dijkstra			
		200m	24.09	(24.09)	200m	24.04	(24.04)	
		600m	1:01.84	(37.75)	600m	1:02.27	(38.23)	
		1000m	1:40.50	(38.66)	1000m	1:40.91	(38.64)	
		1400m	2:19.68	(39.18)	1400m	2:20.73	(39.82)	
		1800m	2:58.33	(38.65)	1800m	3:00.23	(39.50)	
		2200m	3:36.96	(38.63)	2200m	3:39.59	(39.36)	
		2600m	4:16.30	(39.34)	2600m	4:18.42	(38.83)	
		3000m	4:56.49	(40.19)	3000m	4:57.57	(39.15)	
		Naam		Cat	PR		Tijd	Info
86	gl	41	Andrus Kuusk	HSB	4:19.29		4:19.01	PR
	bl	14	John Ivar Kristensen	H50	4:18.70		4:40.70	
		Andrus Kuusk			John Ivar Kristensen			
		200m	20.09	(20.09)	200m	23.08	(23.08)	
		600m	53.15	(33.06)	600m	58.73	(35.65)	
		1000m	1:27.00	(33.85)	1000m	1:34.44	(35.71)	
		1400m	2:01.11	(34.11)	1400m	2:10.60	(36.16)	
		1800m	2:35.53	(34.42)	1800m	2:47.08	(36.48)	
		2200m	3:09.78	(34.25)	2200m	3:24.34	(37.26)	
		2600m	3:44.58	(34.80)	2600m	4:02.18	(37.84)	
		3000m	4:19.01	(34.43)	3000m	4:40.70	(38.52)	

5th Masters International Thialf Record Races

Thialf - Heerenveen
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		Naam			Cat		PR			Tijd		Info	
87	wt	82	Doede Wind			H50		4:32.01			4:29.59		PR
	rd	91	René Pfeffer			H45		4:14.32			4:27.44		
		Doede Wind					René Pfeffer						
		200m	22.09	(22.09)		200m	21.37	(21.37)					
		600m	55.32	(33.23)		600m	55.04	(33.67)					
		1000m	1:29.61	(34.29)		1000m	1:28.34	(33.30)					
		1400m	2:05.03	(35.42)		1400m	2:02.04	(33.70)					
		1800m	2:40.91	(35.88)		1800m	2:36.86	(34.82)					
		2200m	3:17.04	(36.13)		2200m	3:12.43	(35.57)					
		2600m	3:53.26	(36.22)		2600m	3:49.19	(36.76)					
		3000m	4:29.59	(36.33)		3000m	4:27.44	(38.25)					
		Naam			Cat		PR			Tijd		Info	
88	gl	18	Tjard Kopka			H55		4:10.63			4:11.40		
	bl	24	Ville Männistö			H40		4:19.29			4:18.64		PR
		Tjard Kopka					Ville Männistö						
		200m	21.03	(21.03)		200m	21.53	(21.53)					
		600m	52.66	(31.63)		600m	54.84	(33.31)					
		1000m	1:24.56	(31.90)		1000m	1:28.39	(33.55)					
		1400m	1:57.28	(32.72)		1400m	2:01.82	(33.43)					
		1800m	2:30.39	(33.11)		1800m	2:35.72	(33.90)					
		2200m	3:03.70	(33.31)		2200m	3:09.05	(33.33)					
		2600m	3:37.53	(33.83)		2600m	3:43.26	(34.21)					
		3000m	4:11.40	(33.87)		3000m	4:18.64	(35.38)					

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

13. Uitslag 1500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	118 Rene van Bernum	H60	98	I	2:03.69		
2	49 Daan Spoelstra	H45	98	O	2:05.18		
3	78 Stijn Verhagen	H45	96	I	2:09.39		
4	50 Chris van der Plaats	H60	97	O	2:11.40		
5	22 Imke Hüser	DSB	95	O	2:12.40		
6	47 Martijn van der Horst	H50	95	I	2:12.65		
7	67 Bastiaan Geurts	HSB	97	I	2:13.62		
8	73 Thomas Voswinkel	HSB	94	O	2:16.97		
9	60 Guus Olijerhoek	H55	94	I	2:20.82		
10	64 Wendy van der Ham	D50	93	O	2:26.74		
11	108 Erik Dahlén	H55	91	I	2:28.02	PR	
12	99 René Koning	H60	92	O	2:29.17		
13	109 Michiel Neyt	H40	90	I	2:29.93		
14	85 Anna Van der Stok	D50	91	O	2:31.21		
15	100 Jaap van Kouterik	H70	92	I	2:34.06		
16	5 Jann van Benthem	H65	93	I	2:36.29		
17	151 Thomas Hoekstra	H70	89	I	2:45.19		
18	46 Magnar Langvik	H75	90	O	2:48.32		
19	30 Ton van Helden	H75	89	O	2:56.80		
	81 Frans Verhoeve	H55			WDR		

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

13. Rituitslag 1500m Allround Small

		Naam		Cat	PR		Tijd	Info
89	wt	151	Thomas Hoekstra	H70	2:10.04		2:45.19	
	rd	30	Ton van Helden	H75	2:15.37		2:56.80	
		Thomas Hoekstra			Ton van Helden			
		300m	35.22	(35.22)	300m	38.39	(38.39)	
		700m	1:16.71	(41.49)	700m	1:24.64	(46.25)	
		1100m	2:00.55	(43.84)	1100m	2:10.58	(45.94)	
		1500m	2:45.19	(44.64)	1500m	2:56.80	(46.22)	
		Naam		Cat	PR		Tijd	Info
90	gl	109	Michiel Neyt	H40	2:28.97		2:29.93	
	bl	46	Magnar Langvik	H75	2:23.63		2:48.32	
		Michiel Neyt			Magnar Langvik			
		300m	31.38	(31.38)	300m	35.82	(35.82)	
		700m	1:08.12	(36.74)	700m	1:17.85	(42.03)	
		1100m	1:47.24	(39.12)	1100m	2:02.44	(44.59)	
		1500m	2:29.93	(42.69)	1500m	2:48.32	(45.88)	
		Naam		Cat	PR		Tijd	Info
91	wt	108	Erik Dahlén	H55	2:29.83		2:28.02	PR
	rd	85	Anna Van der Stok	D50	2:30.10		2:31.21	
		Erik Dahlén			Anna Van der Stok			
		300m	31.97	(31.97)	300m	32.30	(32.30)	
		700m	1:09.28	(37.31)	700m	1:09.82	(37.52)	
		1100m	1:47.94	(38.66)	1100m	1:49.75	(39.93)	
		1500m	2:28.02	(40.08)	1500m	2:31.21	(41.46)	
		Naam		Cat	PR		Tijd	Info
92	gl	100	Jaap van Kouterik	H70	2:08.00		2:34.06	
	bl	99	René Koning	H60	2:17.65		2:29.17	
		Jaap van Kouterik			René Koning			
		300m	32.67	(32.67)	300m	32.74	(32.74)	
		700m	1:10.30	(37.63)	700m	1:10.86	(38.12)	
		1100m	1:50.17	(39.87)	1100m	1:49.94	(39.08)	
		1500m	2:34.06	(43.89)	1500m	2:29.17	(39.23)	

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam		Cat	PR		Tijd	Info
93	wt	5	Jann van Benthem	H65	2:08.98		2:36.29	
	rd	64	Wendy van der Ham	D50	2:22.81		2:26.74	
		Jann van Benthem			Wendy van der Ham			
		300m	33.71	(33.71)	300m	30.75	(30.75)	
		700m	1:11.64	(37.93)	700m	1:07.58	(36.83)	
		1100m	1:51.54	(39.90)	1100m	1:46.81	(39.23)	
		1500m	2:36.29	(44.75)	1500m	2:26.74	(39.93)	
		Naam		Cat	PR		Tijd	Info
94	gl	60	Guus Olijerhoek	H55	2:06.50		2:20.82	
	bl	73	Thomas Voswinkel	HSB	2:14.70		2:16.97	
		Guus Olijerhoek			Thomas Voswinkel			
		300m	31.16	(31.16)	300m	30.20	(30.20)	
		700m	1:05.66	(34.50)	700m	1:03.57	(33.37)	
		1100m	1:42.28	(36.62)	1100m	1:39.14	(35.57)	
		1500m	2:20.82	(38.54)	1500m	2:16.97	(37.83)	
		Naam		Cat	PR		Tijd	Info
95	wt	47	Martijn van der Horst	H50	2:03.60		2:12.65	
	rd	22	Imke Hüser	DSB	2:08.20		2:12.40	
		Martijn van der Horst			Imke Hüser			
		300m	28.70	(28.70)	300m	28.67	(28.67)	
		700m	1:01.66	(32.96)	700m	1:01.84	(33.17)	
		1100m	1:36.36	(34.70)	1100m	1:36.72	(34.88)	
		1500m	2:12.65	(36.29)	1500m	2:12.40	(35.68)	
		Naam		Cat	PR		Tijd	Info
96	gl	78	Stijn Verhagen	H45	2:08.05		2:09.39	
	bl	81	Frans Verhoeve	H55	1:59.82		WDR	
		Stijn Verhagen			Frans Verhoeve			
		300m	28.27	(28.27)				
		700m	1:00.27	(32.00)				
		1100m	1:33.67	(33.40)				
		1500m	2:09.39	(35.72)				

5th Masters International Thialf Record Races

Thialf - Heerenveen
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		Naam		Cat	PR		Tijd	Info
97	wt	67	Bastiaan Geurts	HSB	2:01.94		2:13.62	
	rd	50	Chris van der Plaats	H60	2:08.50		2:11.40	
		Bastiaan Geurts			Chris van der Plaats			
		300m	28.47	(28.47)	300m	28.69	(28.69)	
		700m	1:02.12	(33.65)	700m	1:01.47	(32.78)	
		1100m	1:37.40	(35.28)	1100m	1:35.96	(34.49)	
		1500m	2:13.62	(36.22)	1500m	2:11.40	(35.44)	
		Naam		Cat	PR		Tijd	Info
98	gl	118	Rene van Bernum	H60	1:56.92		2:03.69	
	bl	49	Daan Spoelstra	H45	2:03.63		2:05.18	
		Rene van Bernum			Daan Spoelstra			
		300m	27.12	(27.12)	300m	27.58	(27.58)	
		700m	57.48	(30.36)	700m	58.59	(31.01)	
		1100m	1:29.38	(31.90)	1100m	1:31.14	(32.55)	
		1500m	2:03.69	(34.31)	1500m	2:05.18	(34.04)	

5th Masters International Thialf Record Races

Thialf - Heerenveen

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14. Uitslag 1500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	157 Nomdo de Heer	HN4	100	I	1:57.36		
2	154 Jonah Zwaan	HB2	100	O	1:58.76	PR	
3	156 Ruben Molenaar	HB2	99	I	2:10.72	PR	
4	155 Valentijn van der Liet	HB1	99	O	2:11.89	PR	

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

14. Rituitslag 1500m Allround Small - O

		Naam		Cat	PR		Tijd	Info
99	wt	156	Ruben Molenaar	HB2	2:13.50		2:10.72	PR
	rd	155	Valentijn van der Liet	HB1	2:13.10		2:11.89	PR
		Ruben Molenaar			Valentijn van der Liet			
		300m	28.90	(28.90)	300m	30.03	(30.03)	
		700m	1:02.08	(33.18)	700m	1:02.58	(32.55)	
		1100m	1:36.29	(34.21)	1100m	1:36.66	(34.08)	
		1500m	2:10.72	(34.43)	1500m	2:11.89	(35.23)	
		Naam		Cat	PR		Tijd	Info
100	gl	157	Nomdo de Heer	HN4	1:54.99		1:57.36	
	bl	154	Jonah Zwaan	HB2	1:59.02		1:58.76	PR
		Nomdo de Heer			Jonah Zwaan			
		300m	25.23	(25.23)	300m	26.69	(26.69)	
		700m	53.82	(28.59)	700m	56.31	(29.62)	
		1100m	1:24.40	(30.58)	1100m	1:27.00	(30.69)	
		1500m	1:57.36	(32.96)	1500m	1:58.76	(31.76)	

5th Masters International Thialf Record Races

Thialf - Heerenveen
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15. Uitslag 3000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	98 Michiel Wienese	H45	102	I	4:18.63		
2	103 Willem Voorneveld	H65	101	O	4:57.82		
3	127 Hendrik van de Beek	H60	102	O	5:07.47		
4	129 Twan den Braber	H70	101	I	5:37.37		

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

15. Rituitslag 3000m Single Distance

		Naam	Cat		PR	Tijd	Info
101	wt	129 Twan den Braber	H70		4:21.38	5:37.37	
	rd	103 Willem Voorneveld	H65			4:57.82	
		Twan den Braber			Willem Voorneveld		
		200m	27.52	(27.52)	200m	23.91	(23.91)
		600m	1:09.14	(41.62)	600m	1:01.71	(37.80)
		1000m	1:52.23	(43.09)	1000m	1:40.14	(38.43)
		1400m	2:36.35	(44.12)	1400m	2:19.68	(39.54)
		1800m	3:21.25	(44.90)	1800m	2:59.31	(39.63)
		2200m	4:06.83	(45.58)	2200m	3:38.87	(39.56)
		2600m	4:51.79	(44.96)	2600m	4:18.26	(39.39)
		3000m	5:37.37	(45.58)	3000m	4:57.82	(39.56)

		Naam	Cat		PR	Tijd	Info
102	gl	98 Michiel Wienese	H45		4:04.06	4:18.63	
	bl	127 Hendrik van de Beek	H60		4:24.60	5:07.47	
		Michiel Wienese			Hendrik van de Beek		
		200m	20.51	(20.51)	200m	25.52	(25.52)
		600m	52.83	(32.32)	600m	1:03.43	(37.91)
		1000m	1:25.71	(32.88)	1000m	1:42.87	(39.44)
		1400m	1:58.74	(33.03)	1400m	2:22.90	(40.03)
		1800m	2:31.66	(32.92)	1800m	3:03.74	(40.84)
		2200m	3:05.81	(34.15)	2200m	3:44.58	(40.84)
		2600m	3:41.57	(35.76)	2600m	4:25.68	(41.10)
		3000m	4:18.63	(37.06)	3000m	5:07.47	(41.79)

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

16. Uitslag 3000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	131 Joachim van Laar	HB1	104	O	4:16.93		
2	133 Jitte Schuitemaker	DN1	104	I	4:36.68		
3	130 Danique van Rooden	DA1	103	I	4:37.47	PR	
4	137 Maaïke Haveman	DB1	103	O	4:56.49		

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

16. Rituitslag 3000m Single Distance - O

		Naam	Cat			PR	Tijd	Info
103	wt	130	Danique van Rooden			DA1	4:42.15	4:37.47 PR
	rd	137	Maaike Haveman			DB1	4:50.61	4:56.49
		Danique van Rooden			Maaike Haveman			
		200m	22.43	(22.43)		200m	22.66	(22.66)
		600m	57.35	(34.92)		600m	58.61	(35.95)
		1000m	1:32.40	(35.05)		1000m	1:36.28	(37.67)
		1400m	2:08.15	(35.75)		1400m	2:15.72	(39.44)
		1800m	2:44.97	(36.82)		1800m	2:56.18	(40.46)
		2200m	3:22.18	(37.21)		2200m	3:36.25	(40.07)
		2600m	3:59.82	(37.64)		2600m	4:16.52	(40.27)
		3000m	4:37.47	(37.65)		3000m	4:56.49	(39.97)

		Naam	Cat			PR	Tijd	Info
104	gl	133	Jitte Schuitemaker			DN1	4:34.12	4:36.68
	bl	131	Joachim van Laar			HB1	4:15.76	4:16.93
		Jitte Schuitemaker			Joachim van Laar			
		200m	21.98	(21.98)		200m	21.33	(21.33)
		600m	54.79	(32.81)		600m	52.58	(31.25)
		1000m	1:29.26	(34.47)		1000m	1:24.72	(32.14)
		1400m	2:05.43	(36.17)		1400m	1:58.46	(33.74)
		1800m	2:42.55	(37.12)		1800m	2:32.79	(34.33)
		2200m	3:20.49	(37.94)		2200m	3:07.40	(34.61)
		2600m	3:58.44	(37.95)		2600m	3:41.98	(34.58)
		3000m	4:36.68	(38.24)		3000m	4:16.93	(34.95)

5th Masters International Thialf Record Races

Thialf - Heerenveen

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17. Uitslag 5000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	95 Mijke Anne Kanneworff	D40	108	I	8:34.15	PR	
2	94 Shirley Jaarsma	D40	108	O	8:49.05	PR	
3	146 Marlies de Jong	D60	107	O	8:59.98	PR	
4	148 Mariska van Haaften- van den Bosch	D60	107	I	9:19.15		
5	150 Erik Nijland	H65	105	I	10:17.45		

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

17. Rituitslag 5000m Single Distance

		Naam	Cat		PR	Tijd	Info
105	wt rd	150 Erik Nijland	H65		8:32.85	10:17.45	
		Erik Nijland					
		200m	31.46	(31.46)			m
		600m	1:18.98	(47.52)			
		1000m	2:06.06	(47.08)			
		1400m	2:54.27	(48.21)			
		1800m	3:42.78	(48.51)			
		2200m	4:31.63	(48.85)			
		2600m	5:22.45	(50.82)			
		3000m	6:12.59	(50.14)			
		3400m	7:02.53	(49.94)			
		3800m	7:51.69	(49.16)			
		4200m	8:40.63	(48.94)			
		4600m	9:29.03	(48.40)			
		5000m	10:17.45	(48.42)			

		Naam	Cat		PR	Tijd	Info
106	gl bl						

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Thialf - Heerenveen
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		Naam		Cat	PR		Tijd	Info
107	wt	148	Mariska van Haaften- van den Bosch	D60	9:13.89		9:19.15	
	rd	146	Marlies de Jong	D60	9:00.89		8:59.98	PR
			Mariska van Haaften- van den Bosch	Marlies de Jong				
		200m	24.86	(24.86)	200m	24.34	(24.34)	
		600m	1:04.41	(39.55)	600m	1:03.12	(38.78)	
		1000m	1:46.10	(41.69)	1000m	1:44.34	(41.22)	
		1400m	2:29.22	(43.12)	1400m	2:26.64	(42.30)	
		1800m	3:13.15	(43.93)	1800m	3:10.54	(43.90)	
		2200m	3:56.88	(43.73)	2200m	3:54.03	(43.49)	
		2600m	4:40.72	(43.84)	2600m	4:37.80	(43.77)	
		3000m	5:24.85	(44.13)	3000m	5:21.64	(43.84)	
		3400m	6:09.15	(44.30)	3400m	6:05.70	(44.06)	
		3800m	6:54.56	(45.41)	3800m	6:49.68	(43.98)	
		4200m	7:40.74	(46.18)	4200m	7:33.21	(43.53)	
		4600m	8:28.96	(48.22)	4600m	8:16.71	(43.50)	
		5000m	9:19.15	(50.19)	5000m	8:59.98	(43.27)	

		Naam			Cat	PR		Tijd	Info
108	gl	95	Mijke Anne Kannevorff		D40	8:42.01		8:34.15	PR
	bl	94	Shirley Jaarsma		D40	9:02.82		8:49.05	PR
		Mijke Anne Kannevorff				Shirley Jaarsma			
		200m	22.05	(22.05)	200m	23.28	(23.28)		
		600m	59.58	(37.53)	600m	1:01.69	(38.41)		
		1000m	1:41.59	(42.01)	1000m	1:42.22	(40.53)		
		1400m	2:24.54	(42.95)	1400m	2:24.20	(41.98)		
		1800m	3:05.86	(41.32)	1800m	3:06.79	(42.59)		
		2200m	3:48.11	(42.25)	2200m	3:49.40	(42.61)		
		2600m	4:30.74	(42.63)	2600m	4:32.16	(42.76)		
		3000m	5:12.91	(42.17)	3000m	5:14.80	(42.64)		
		3400m	5:54.95	(42.04)	3400m	5:57.61	(42.81)		
		3800m	6:35.51	(40.56)	3800m	6:40.42	(42.81)		
		4200m	7:15.23	(39.72)	4200m	7:23.17	(42.75)		
		4600m	7:55.05	(39.82)	4600m	8:06.31	(43.14)		
		5000m	8:34.15	(39.10)	5000m	8:49.05	(42.74)		

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

18. Uitslag 5000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	132 Niels Meijer	HN3	110	O	7:01.20	PR	
2	139 Boaz Buter	HA2	109	I	7:25.85	PR	
3	134 Sylvian Hoogeveen	HN1	109	O	7:27.33	PR	
4	135 Jordi Storm	HN2	110	I	7:46.05		

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

18. Rituitslag 5000m Single Distance - O

		Naam	Cat			PR	Tijd	Info
109	wt	139 Boaz Buter	HA2			7:41.41	7:25.85	PR
	rd	134 Sylvian Hoogeveen	HN1			7:30.50	7:27.33	PR
		Boaz Buter			Sylvian Hoogeveen			
		200m	21.24	(21.24)		200m	20.36	(20.36)
		600m	55.82	(34.58)		600m	53.67	(33.31)
		1000m	1:29.84	(34.02)		1000m	1:28.36	(34.69)
		1400m	2:04.03	(34.19)		1400m	2:03.41	(35.05)
		1800m	2:38.59	(34.56)		1800m	2:38.55	(35.14)
		2200m	3:13.84	(35.25)		2200m	3:13.91	(35.36)
		2600m	3:49.19	(35.35)		2600m	3:49.86	(35.95)
		3000m	4:25.03	(35.84)		3000m	4:26.03	(36.17)
		3400m	5:01.34	(36.31)		3400m	5:02.80	(36.77)
		3800m	5:37.62	(36.28)		3800m	5:36.51	(33.71)
		4200m	6:14.07	(36.45)		4200m	6:10.63	(34.12)
		4600m	6:50.03	(35.96)		4600m	6:51.06	(40.43)
		5000m	7:25.85	(35.82)		5000m	7:27.33	(36.27)

		Naam	Cat			PR	Tijd	Info
110	gl	135 Jordi Storm	HN2			7:22.09	7:46.05	
	bl	132 Niels Meijer	HN3			7:02.01	7:01.20	PR
		Jordi Storm			Niels Meijer			
		200m	20.86	(20.86)		200m	20.27	(20.27)
		600m	54.36	(33.50)		600m	52.71	(32.44)
		1000m	1:29.10	(34.74)		1000m	1:25.90	(33.19)
		1400m	2:03.85	(34.75)		1400m	1:59.00	(33.10)
		1800m	2:38.69	(34.84)		1800m	2:32.22	(33.22)
		2200m	3:14.20	(35.51)		2200m	3:05.78	(33.56)
		2600m	3:50.21	(36.01)		2600m	3:39.41	(33.63)
		3000m	4:27.93	(37.72)		3000m	4:13.08	(33.67)
		3400m	5:05.88	(37.95)		3400m	4:46.46	(33.38)
		3800m	5:44.72	(38.84)		3800m	5:20.13	(33.67)
		4200m	6:23.57	(38.85)		4200m	5:54.25	(34.12)
		4600m	7:01.20	(37.63)		4600m	6:28.02	(33.77)
		5000m	7:46.05	(44.85)		5000m	7:01.20	(33.18)

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

19. Uitslag 10000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	128 Pieter-Jorn Gemser	H45	116	I	14:28.46	PR	
2	76 Robert Wierds	H50	116	O	14:41.64		
3	52 Joost Hermans	HSB	115	O	15:49.54		
4	33 Johan Boonstra	H55	113	I	16:09.36		
5	84 Richard van den Broek	H55	113	O	16:35.05		
6	32 Ab Nederlof	H70	115	I	16:55.94		
7	74 Frank Steenkamp	H70	114	I	17:08.18		
8	144 Wim Zwanenburg	H65	114	O	19:14.72		
	45 Patrik Gelin	H55				WDR	

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

19. Rituitslag 10000m Single Distance

		Naam	Cat	PR	Tijd	Info		
111	wt	45 Patrik Gelin	H55	16:15.52		WDR		
	rd							
		Patrik Gelin						
		m						
		Naam	Cat	PR	Tijd	Info		
112	gl							
	bl							
		m		m				

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam	Cat			PR	Tijd	Info
113	wt	33 Johan Boonstra	H55				16:09.36	
	rd	84 Richard van den Broek	H55				16:35.05	
		Johan Boonstra			Richard van den Broek			
		400m	42.14	(42.14)	400m	42.48	(42.48)	
		800m	1:20.43	(38.29)	800m	1:20.99	(38.51)	
		1200m	1:59.17	(38.74)	1200m	2:00.77	(39.78)	
		1600m	2:37.55	(38.38)	1600m	2:40.85	(40.08)	
		2000m	3:15.34	(37.79)	2000m	3:21.11	(40.26)	
		2400m	3:53.63	(38.29)	2400m	4:01.63	(40.52)	
		2800m	4:32.42	(38.79)	2800m	4:41.66	(40.03)	
		3200m	5:11.30	(38.88)	3200m	5:21.27	(39.61)	
		3600m	5:50.45	(39.15)	3600m	6:00.99	(39.72)	
		4000m	6:29.25	(38.80)	4000m	6:40.87	(39.88)	
		4400m	7:07.98	(38.73)	4400m	7:20.57	(39.70)	
		4800m	7:46.71	(38.73)	4800m	7:59.93	(39.36)	
		5200m	8:25.46	(38.75)	5200m	8:39.04	(39.11)	
		5600m	9:03.80	(38.34)	5600m	9:17.76	(38.72)	
		6000m	9:42.75	(38.95)	6000m	9:55.98	(38.22)	
		6400m	10:21.85	(39.10)	6400m	10:34.94	(38.96)	
		6800m	11:00.67	(38.82)	6800m	11:14.93	(39.99)	
		7200m	11:39.60	(38.93)	7200m	11:54.88	(39.95)	
		7600m	12:18.03	(38.43)	7600m	12:34.85	(39.97)	
		8000m	12:56.75	(38.72)	8000m	13:14.83	(39.98)	
		8400m	13:35.47	(38.72)	8400m	13:55.15	(40.32)	
		8800m	14:13.81	(38.34)	8800m	14:35.42	(40.27)	
		9200m	14:52.80	(38.99)	9200m	15:15.70	(40.28)	
		9600m	15:31.51	(38.71)	9600m	15:55.42	(39.72)	
		10000m	16:09.36	(37.85)	10000m	16:35.05	(39.63)	

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam	Cat			PR	Tijd	Info
114	gl	74 Frank Steenkamp	H70			16:37.03	17:08.18	
	bl	144 Wim Zwanenburg	H65			17:31.16	19:14.72	
		Frank Steenkamp			Wim Zwanenburg			
		400m	45.59	(45.59)	400m	49.34	(49.34)	
		800m	1:25.81	(40.22)	800m	1:32.48	(43.14)	
		1200m	2:07.22	(41.41)	1200m	2:15.86	(43.38)	
		1600m	2:48.74	(41.52)	1600m	2:59.75	(43.89)	
		2000m	3:29.74	(41.00)	2000m	3:43.75	(44.00)	
		2400m	4:10.50	(40.76)	2400m	4:28.28	(44.53)	
		2800m	4:51.08	(40.58)	2800m	5:13.01	(44.73)	
		3200m	5:31.66	(40.58)	3200m	5:57.90	(44.89)	
		3600m	6:12.04	(40.38)	3600m	6:42.94	(45.04)	
		4000m	6:52.61	(40.57)	4000m	7:28.13	(45.19)	
		4400m	7:33.58	(40.97)	4400m	8:13.70	(45.57)	
		4800m	8:13.87	(40.29)	4800m	8:57.10	(43.40)	
		5200m	8:54.84	(40.97)	5200m	9:44.44	(47.34)	
		5600m	9:35.58	(40.74)	5600m	10:30.04	(45.60)	
		6000m	10:15.79	(40.21)	6000m	11:16.03	(45.99)	
		6400m	10:56.25	(40.46)	6400m	12:02.77	(46.74)	
		6800m	11:37.03	(40.78)	6800m	12:49.65	(46.88)	
		7200m	12:17.66	(40.63)	7200m	13:36.89	(47.24)	
		7600m	12:58.33	(40.67)	7600m	14:25.00	(48.11)	
		8000m	13:39.44	(41.11)	8000m	15:13.38	(48.38)	
		8400m	14:20.52	(41.08)	8400m	16:01.47	(48.09)	
		8800m	15:01.78	(41.26)	8800m	16:49.29	(47.82)	
		9200m	15:43.50	(41.72)	9200m	17:37.65	(48.36)	
		9600m	16:25.76	(42.26)	9600m	18:26.01	(48.36)	
		10000m	17:08.18	(42.42)	10000m	19:14.72	(48.71)	

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam	Cat			PR	Tijd	Info
115	wt	32	Ab Nederlof			H70	15:27.09	16:55.94
	rd	52	Joost Hermans			HSB	15:35.04	15:49.54
		Ab Nederlof			Joost Hermans			
		400m	44.39	(44.39)	400m	40.84	(40.84)	
		800m	1:22.73	(38.34)	800m	1:18.61	(37.77)	
		1200m	2:02.60	(39.87)	1200m	1:55.86	(37.25)	
		1600m	2:40.25	(37.65)	1600m	2:40.73	(44.87)	
		2000m	3:21.31	(41.06)	2000m	3:10.35	(29.62)	
		2400m	4:00.85	(39.54)	2400m	3:48.28	(37.93)	
		2800m	4:40.82	(39.97)	2800m	4:23.66	(35.38)	
		3200m	5:21.36	(40.54)	3200m	5:00.21	(36.55)	
		3600m	6:02.10	(40.74)	3600m	5:36.99	(36.78)	
		4000m	6:42.74	(40.64)	4000m	6:13.70	(36.71)	
		4400m	7:22.84	(40.10)	4400m	6:50.18	(36.48)	
		4800m	8:03.47	(40.63)	4800m	7:26.95	(36.77)	
		5200m	8:44.18	(40.71)	5200m	8:40.63	(73.68)	
		5600m	9:24.43	(40.25)	5600m	9:17.73	(37.10)	
		6000m	10:05.02	(40.59)	6000m	9:55.12	(37.39)	
		6400m	10:45.43	(40.41)	6400m	10:33.14	(38.02)	
		6800m	11:26.04	(40.61)	6800m	11:12.08	(38.94)	
		7200m	12:07.13	(41.09)	7200m	11:38.54	(26.46)	
		7600m	12:48.24	(41.11)	7600m	12:05.01	(26.47)	
		8000m	13:28.73	(40.49)	8000m	12:31.47	(26.46)	
		8400m	14:10.12	(41.39)	8400m	13:02.44	(30.97)	
		8800m	14:51.76	(41.64)	8800m	13:10.98	(8.54)	
		9200m	15:33.23	(41.47)	9200m	14:25.96	(74.98)	
		9600m	16:14.44	(41.21)	9600m	15:10.57	(44.61)	
		10000m	16:55.94	(41.50)	10000m	15:49.54	(38.97)	

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam	Cat			PR	Tijd	Info
116	gl	128 Pieter-Jorn Gemser	H45			14:30.70	14:28.46	PR
	bl	76 Robert Wierts	H50			14:17.87	14:41.64	
		Pieter-Jorn Gemser			Robert Wierts			
		400m	39.44	(39.44)	400m	39.18	(39.18)	
		800m	1:13.38	(33.94)	800m	1:13.15	(33.97)	
		1200m	1:47.18	(33.80)	1200m	1:46.98	(33.83)	
		1600m	2:22.74	(35.56)	1600m	2:13.51	(26.53)	
		2000m	2:54.77	(32.03)	2000m	2:54.60	(41.09)	
		2400m	3:28.50	(33.73)	2400m	3:27.59	(32.99)	
		2800m	4:02.59	(34.09)	2800m	4:02.63	(35.04)	
		3200m	4:36.57	(33.98)	3200m	4:37.16	(34.53)	
		3600m	5:10.87	(34.30)	3600m	5:11.51	(34.35)	
		4000m	5:45.28	(34.41)	4000m	5:46.65	(35.14)	
		4400m	6:19.75	(34.47)	4400m	6:21.16	(34.51)	
		4800m	6:54.19	(34.44)	4800m	6:55.88	(34.72)	
		5200m	7:28.51	(34.32)	5200m	7:31.11	(35.23)	
		5600m	8:02.94	(34.43)	5600m	8:06.74	(35.63)	
		6000m	8:37.64	(34.70)	6000m	8:42.48	(35.74)	
		6400m	9:12.35	(34.71)	6400m	9:18.39	(35.91)	
		6800m	9:47.08	(34.73)	6800m	9:54.29	(35.90)	
		7200m	10:21.93	(34.85)	7200m	10:30.52	(36.23)	
		7600m	10:57.00	(35.07)	7600m	11:06.69	(36.17)	
		8000m	11:32.10	(35.10)	8000m	11:42.75	(36.06)	
		8400m	12:07.27	(35.17)	8400m	12:18.76	(36.01)	
		8800m	12:42.97	(35.70)	8800m	12:54.89	(36.13)	
		9200m	13:18.67	(35.70)	9200m	13:30.60	(35.71)	
		9600m	13:53.72	(35.05)	9600m	14:06.12	(35.52)	
		10000m	14:28.46	(34.74)	10000m	14:41.64	(35.52)	