

## 1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Rick Loos	HA2	5	O	7:37.96	HT PR	
2	49 Job van Dongen	HA2	5	I	8:25.87	HT	
3	9 Lars van Klink	HA1	6	O	8:37.83	HT	
4	22 Robin Schippers	HB1	4	I	8:38.60	PR	
5	7 Jasper Klerks	HSA	1	I	9:00.69		
6	48 Sepp Nauta	HB1	4	O	9:08.74		
7	42 Lis uit den Boogaard	DB1	3	I	9:37.52		
8	18 Jan Willem Dijkstra	H55	6	I	9:39.08	HT	
9	59 Renske Bruinsma	DSA	3	O	9:47.79		
10	47 Sep Jan de Graaff	HB2	2	I	9:52.36		
11	61 Charline Kwadrin	DA2	2	O	10:19.11		

## 1. Rituitslag 5000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd	7 <b>Jasper Klerks</b>	HSA		9:00.69
	<b>Jasper Klerks</b>				
	200m	22.94 (22.94)			m
	600m	1:01.94 (39.00)			
	1000m	1:42.82 (40.88)			
	1400m	2:24.72 (41.90)			
	1800m	3:07.31 (42.59)			
	2200m	3:49.96 (42.65)			
	2600m	4:32.78 (42.82)			
	3000m	5:16.72 (43.94)			
	3400m	6:01.54 (44.82)			
	3800m	6:46.72 (45.18)			
	4200m	7:32.46 (45.74)			
	4600m	8:16.87 (44.41)			
	5000m	9:00.69 (43.82)			

	Naam	Cat	PR	Tijd	Info
2	gl	47 <b>Sep Jan de Graaff</b>	HB2	9:41.52	9:52.36
	bl	61 <b>Charline Kwadrin</b>	DA2	9:52.03	10:19.11
	<b>Sep Jan de Graaff</b>		<b>Charline Kwadrin</b>		
	200m	25.01 (25.01)	200m	25.33 (25.33)	
	600m	1:07.98 (42.97)	600m	1:08.08 (42.75)	
	1000m	1:52.62 (44.64)	1000m	1:52.81 (44.73)	
	1400m	2:39.29 (46.67)	1400m	2:39.40 (46.59)	
	1800m	3:26.43 (47.14)	1800m	3:26.77 (47.37)	
	2200m	4:14.59 (48.16)	2200m	4:14.46 (47.69)	
	2600m	5:02.14 (47.55)	2600m	5:02.71 (48.25)	
	3000m	5:50.89 (48.75)	3000m	5:52.54 (49.83)	
	3400m	6:39.29 (48.40)	3400m	6:42.80 (50.26)	
	3800m	7:27.67 (48.38)	3800m	7:34.49 (51.69)	
	4200m	8:15.77 (48.10)	4200m	8:28.22 (53.73)	
	4600m	9:05.11 (49.34)	4600m	9:23.15 (54.93)	
	5000m	9:52.36 (47.25)	5000m	10:19.11 (55.96)	

		Naam	Cat	PR	Tijd	Info
3	wt	42 <b>Lis uit den Boogaard</b>	DB1	9:23.56	9:37.52	
	rd	59 <b>Renske Bruinsma</b>	DSA	9:38.13	9:47.79	
		<b>Lis uit den Boogaard</b>			<b>Renske Bruinsma</b>	
		200m	24.56 (24.56)	200m	25.55 (25.55)	
		600m	1:07.69 (43.13)	600m	1:07.86 (42.31)	
		1000m	1:51.52 (43.83)	1000m	1:51.90 (44.04)	
		1400m	2:35.95 (44.43)	1400m	2:37.19 (45.29)	
		1800m	3:20.90 (44.95)	1800m	3:23.75 (46.56)	
		2200m	4:06.92 (46.02)	2200m	4:10.92 (47.17)	
		2600m	4:53.49 (46.57)	2600m	4:58.71 (47.79)	
		3000m	5:40.57 (47.08)	3000m	5:43.17 (44.46)	
		3400m	6:27.83 (47.26)	3400m	6:27.64 (44.47)	
		3800m	7:14.62 (46.79)	3800m	7:12.11 (44.47)	
		4200m	8:02.48 (47.86)	4200m	7:57.42 (45.31)	
		4600m	8:50.47 (47.99)	4600m	8:42.39 (44.97)	
		5000m	9:37.52 (47.05)	5000m	9:47.79 (65.40)	

		Naam	Cat	PR	Tijd	Info
4	gl	22 <b>Robin Schippers</b>	HB1	9:05.07	8:38.60	PR
	bl	48 <b>Sepp Nauta</b>	HB1	8:57.84	9:08.74	
		<b>Robin Schippers</b>			<b>Sepp Nauta</b>	
		200m	25.69 (25.69)	200m	24.03 (24.03)	
		600m	1:07.02 (41.33)	600m	1:06.07 (42.04)	
		1000m	1:49.28 (42.26)	1000m	1:49.24 (43.17)	
		1400m	2:33.41 (44.13)	1400m	2:32.60 (43.36)	
		1800m	3:16.19 (42.78)	1800m	3:16.52 (43.92)	
		2200m	4:00.29 (44.10)	2200m	3:59.97 (43.45)	
		2600m	4:45.23 (44.94)	2600m	4:43.45 (43.48)	
		3000m	5:28.17 (42.94)	3000m	5:25.62 (42.17)	
		3400m	6:08.21 (40.04)	3400m	6:12.34 (46.72)	
		3800m	6:34.97 (26.76)	3800m	6:56.25 (43.91)	
		4200m	7:01.74 (26.77)	4200m	7:41.51 (45.26)	
		4600m	7:50.10 (48.36)	4600m	8:24.03 (42.52)	
		5000m	8:38.60 (48.50)	5000m	9:08.74 (44.71)	

		Naam			Cat	PR	Tijd	Info
5	wt	49 <b>Job van Dongen</b>			HA2	8:14.93	8:25.87	HT
	rd	11 <b>Rick Loos</b>			HA2	7:48.02	7:37.96	HT PR
<b>Job van Dongen</b>			<b>Rick Loos</b>					
200m			21.81	(21.81)	200m			21.53 (21.53)
600m			58.75	(36.94)	600m			56.18 (34.65)
1000m			1:37.75	(39.00)	1000m			1:31.83 (35.65)
1400m			2:18.04	(40.29)	1400m			2:09.00 (37.17)
1800m			2:58.56	(40.52)	1800m			2:43.53 (34.53)
2200m			3:39.69	(41.13)	2200m			3:20.22 (36.69)
2600m			4:20.61	(40.92)	2600m			3:57.00 (36.78)
3000m			5:01.78	(41.17)	3000m			4:43.11 (46.11)
3400m			5:43.43	(41.65)	3400m			5:11.15 (28.04)
3800m			6:24.66	(41.23)	3800m			5:40.22 (29.07)
4200m			7:05.03	(40.37)	4200m			6:24.58 (44.36)
4600m			7:46.08	(41.05)	4600m			7:01.36 (36.78)
5000m			8:25.87	(39.79)	5000m			7:37.96 (36.60)

		Naam			Cat	PR	Tijd	Info
6	gl	18 <b>Jan Willem Dijkstra</b>			H55	8:30.18	9:39.08	HT
	bl	9 <b>Lars van Klink</b>			HA1	8:23.36	8:37.83	HT
<b>Jan Willem Dijkstra</b>			<b>Lars van Klink</b>					
200m			23.88	(23.88)	200m			22.94 (22.94)
600m			1:03.58	(39.70)	600m			1:00.73 (37.79)
1000m			1:45.73	(42.15)	1000m			1:39.51 (38.78)
1400m			2:28.34	(42.61)	1400m			2:20.15 (40.64)
1800m			3:11.66	(43.32)	1800m			3:02.05 (41.90)
2200m			3:54.81	(43.15)	2200m			3:43.41 (41.36)
2600m			4:39.09	(44.28)	2600m			4:24.91 (41.50)
3000m			5:23.62	(44.53)	3000m			5:06.76 (41.85)
3400m			6:08.41	(44.79)	3400m			5:48.84 (42.08)
3800m			6:52.88	(44.47)	3800m			6:31.30 (42.46)
4200m			7:36.73	(43.85)	4200m			7:13.30 (42.00)
4600m			8:19.51	(42.78)	4600m			7:55.51 (42.21)
5000m			9:39.08	(79.57)	5000m			8:37.83 (42.32)

## 2. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	76 Ruben Molenaar	HA1	20	O	4:36.92	HT	
2	41 Olav Huizinga	HA2	19	I	4:41.00	PR	
3	32 Evert Jan van Dijk	H45	19	O	4:53.61	HT	
4	54 Marcel Huismans	H55	18	I	4:54.63		
5	56 Kees Langeveld	H65	18	O	4:58.17		
	69 Pepijn van de Poll	HB2	16	I	4:58.17	PR	
7	15 Michiel de Ruijter	H50	15	I	5:05.56		
8	62 Stefanie Koot	DA1	17	I	5:06.31		
9	25 Emma Hartveld	DN2	13	I	5:10.55		
10	12 Maartje Heine-Stoop	DSA	20	I	5:10.84		
11	4 Xander Terstal	HN3	14	O	5:12.88		
12	16 Mees de Ruijter	HB2	17	O	5:13.74		
13	71 Karel Kloek	HB1	9	O	5:16.36	PR	
14	30 Erwin Dekker	H65	16	O	5:16.85		
15	37 Evy van Duijn	DA1	15	O	5:23.30		
16	53 Simon Huismans	HB1	14	I	5:27.48		
17	3 Erwin Henskes	H65	10	O	5:29.02		
18	46 Renske van der Veer	DN4	12	I	5:35.70		
19	78 Espen Huijzer	HB1	10	I	5:35.71	PR	
20	66 Britt van Wijk	DA1	13	O	5:41.26		
21	57 Mark Peters	H65	11	I	5:52.13		
22	73 Imke van Dongen	DB2	9	I	6:00.72		
23	14 Wieteke Huiberts	DN2	8	I	6:03.36	PR	
24	35 Mieke Heine	D50	11	O	6:13.67		
25	6 Ramona van Leeuwen- van Noort	D55	8	O	6:23.62		
26	1 Kelly Tromp	DSA	7	I	6:52.62		
	68 Amy Valentijn	DA1				WDR	

## 2. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd	Info
7	wt rd	1 <b>Kelly Tromp</b>	DSA	6:37.18	6:52.62	

### Kelly Tromp

Distance	Time	PR
200m	27.38	(27.38)
600m	1:14.63	(47.25)
1000m	2:06.72	(52.09)
1400m	3:00.65	(53.93)
1800m	3:56.70	(56.05)
2200m	4:54.12	(57.42)
2600m	5:53.92	(59.80)
3000m	6:52.62	(58.70)

		Naam	Cat	PR	Tijd	Info
8	gl	14 <b>Wieteke Huiberts</b>	DN2	6:12.28	6:03.36	PR
	bl	6 <b>Ramona van Leeuwen- van Noort</b>	D55	6:09.05	6:23.62	

### Wieteke Huiberts

Distance	Time	PR
200m	26.17	(26.17)
600m	1:11.13	(44.96)
1000m	1:59.04	(47.91)
1400m	2:48.08	(49.04)
1800m	3:36.79	(48.71)
2200m	4:25.20	(48.41)
2600m	5:14.32	(49.12)
3000m	6:03.36	(49.04)

### Ramona van Leeuwen- van Noort

Distance	Time	PR
200m	30.02	(30.02)
600m	1:17.13	(47.11)
1000m	2:06.04	(48.91)
1400m	2:56.39	(50.35)
1800m	3:48.97	(52.58)
2200m	4:40.41	(51.44)
2600m	5:32.10	(51.69)
3000m	6:23.62	(51.52)

		Naam			Cat	PR	Tijd	Info
9	wt	73	<b>Imke van Dongen</b>		DB2	5:50.60	6:00.72	
	rd	71	<b>Karel Kloek</b>		HB1	5:46.88	5:16.36	PR
			<b>Imke van Dongen</b>			<b>Karel Kloek</b>		
			200m	24.99	(24.99)	200m	23.26	(23.26)
			600m	1:09.02	(44.03)	600m	1:02.76	(39.50)
			1000m	1:55.95	(46.93)	1000m	1:43.21	(40.45)
			1400m	2:44.13	(48.18)	1400m	2:24.28	(41.07)
			1800m	3:33.15	(49.02)	1800m	3:06.87	(42.59)
			2200m	4:23.21	(50.06)	2200m	3:50.11	(43.24)
			2600m	5:11.81	(48.60)	2600m	4:32.79	(42.68)
			3000m	6:00.72	(48.91)	3000m	5:16.36	(43.57)

		Naam			Cat	PR	Tijd	Info
10	gl	78	<b>Espen Huijzer</b>		HB1	5:44.35	5:35.71	PR
	bl	3	<b>Erwin Henskes</b>		H65	4:52.09	5:29.02	
			<b>Espen Huijzer</b>			<b>Erwin Henskes</b>		
			200m	25.91	(25.91)	200m	26.26	(26.26)
			600m	1:08.58	(42.67)	600m	1:07.03	(40.77)
			1000m	1:50.69	(42.11)	1000m	1:49.48	(42.45)
			1400m	2:34.37	(43.68)	1400m	2:32.82	(43.34)
			1800m	3:18.87	(44.50)	1800m	3:16.96	(44.14)
			2200m	4:04.26	(45.39)	2200m	4:01.58	(44.62)
			2600m	4:50.08	(45.82)	2600m	4:45.86	(44.28)
			3000m	5:35.71	(45.63)	3000m	5:29.02	(43.16)

		Naam	Cat	PR	Tijd	Info
11	wt	57 <b>Mark Peters</b>	H65	5:07.45	5:52.13	
	rd	35 <b>Mieke Heine</b>	D50	5:26.38	6:13.67	
		<b>Mark Peters</b>				
		200m	27.43 (27.43)			
		600m	1:10.32 (42.89)			
		1000m	1:55.43 (45.11)			
		1400m	2:42.01 (46.58)			
		1800m	3:29.48 (47.47)			
		2200m	4:16.88 (47.40)			
		2600m	5:04.84 (47.96)			
		3000m	5:52.13 (47.29)			
		<b>Mieke Heine</b>				
		200m	27.81 (27.81)			
		600m	1:11.84 (44.03)			
		1000m	1:58.10 (46.26)			
		1400m	2:45.90 (47.80)			
		1800m	3:35.04 (49.14)			
		2200m	4:26.42 (51.38)			
		2600m	5:19.00 (52.58)			
		3000m	6:13.67 (54.67)			

		Naam	Cat	PR	Tijd	Info
12	gl	46 <b>Renske van der Veer</b>	DN4	5:13.39	5:35.70	
	bl	68 <b>Amy Valentijn</b>	DA1	5:08.84	WDR	
		<b>Renske van der Veer</b>				
		200m	23.55 (23.55)			
		600m	1:02.01 (38.46)			
		1000m	1:42.71 (40.70)			
		1400m	2:26.01 (43.30)			
		1800m	3:11.05 (45.04)			
		2200m	3:58.03 (46.98)			
		2600m	4:46.08 (48.05)			
		3000m	5:35.70 (49.62)			
		<b>Amy Valentijn</b>				

		Naam			Cat	PR	Tijd	Info
13	wt	25	<b>Emma Hartveld</b>		DN2	4:49.52	5:10.55	
	rd	66	<b>Britt van Wijk</b>		DA1	5:14.76	5:41.26	
		<b>Emma Hartveld</b>			<b>Britt van Wijk</b>			
		200m	25.32	(25.32)	200m	26.01	(26.01)	
		600m	1:05.31	(39.99)	600m	1:08.38	(42.37)	
		1000m	1:46.07	(40.76)	1000m	1:52.85	(44.47)	
		1400m	2:26.82	(40.75)	1400m	2:38.87	(46.02)	
		1800m	3:07.42	(40.60)	1800m	3:25.61	(46.74)	
		2200m	3:48.48	(41.06)	2200m	4:11.58	(45.97)	
		2600m	4:29.95	(41.47)	2600m	4:56.84	(45.26)	
		3000m	5:10.55	(40.60)	3000m	5:41.26	(44.42)	

		Naam			Cat	PR	Tijd	Info
14	gl	53	<b>Simon Huismans</b>		HB1	5:17.12	5:27.48	
	bl	4	<b>Xander Terstal</b>		HN3	5:11.20	5:12.88	
		<b>Simon Huismans</b>			<b>Xander Terstal</b>			
		200m	23.65	(23.65)	200m	22.93	(22.93)	
		600m	1:03.89	(40.24)	600m	1:01.05	(38.12)	
		1000m	1:46.24	(42.35)	1000m	1:41.36	(40.31)	
		1400m	2:29.14	(42.90)	1400m	2:22.72	(41.36)	
		1800m	3:13.22	(44.08)	1800m	3:04.61	(41.89)	
		2200m	3:57.82	(44.60)	2200m	3:46.47	(41.86)	
		2600m	4:42.51	(44.69)	2600m	4:29.59	(43.12)	
		3000m	5:27.48	(44.97)	3000m	5:12.88	(43.29)	

		Naam			Cat	PR	Tijd	Info
15	wt	15	<b>Michiel de Ruijter</b>		H50	5:02.32	5:05.56	
	rd	37	<b>Evy van Duijn</b>		DA1	5:06.46	5:23.30	
		<b>Michiel de Ruijter</b>			<b>Evy van Duijn</b>			
		200m	23.53	(23.53)	200m	23.42	(23.42)	
		600m	1:01.36	(37.83)	600m	1:01.97	(38.55)	
		1000m	1:40.05	(38.69)	1000m	1:43.44	(41.47)	
		1400m	2:20.11	(40.06)	1400m	2:25.43	(41.99)	
		1800m	3:00.81	(40.70)	1800m	3:09.08	(43.65)	
		2200m	3:42.05	(41.24)	2200m	3:53.93	(44.85)	
		2600m	4:23.77	(41.72)	2600m	4:39.21	(45.28)	
		3000m	5:05.56	(41.79)	3000m	5:23.30	(44.09)	
		Naam			Cat	PR	Tijd	Info
16	gl	69	<b>Pepijn van de Poll</b>		HB2	5:00.61	4:58.17	PR
	bl	30	<b>Erwin Dekker</b>		H65	4:35.85	5:16.85	
		<b>Pepijn van de Poll</b>			<b>Erwin Dekker</b>			
		200m	22.12	(22.12)	200m	24.91	(24.91)	
		600m	58.76	(36.64)	600m	1:04.20	(39.29)	
		1000m	1:37.28	(38.52)	1000m	1:44.78	(40.58)	
		1400m	2:16.67	(39.39)	1400m	2:26.31	(41.53)	
		1800m	2:56.66	(39.99)	1800m	3:08.03	(41.72)	
		2200m	3:37.10	(40.44)	2200m	3:50.44	(42.41)	
		2600m	4:17.59	(40.49)	2600m	4:33.51	(43.07)	
		3000m	4:58.17	(40.58)	3000m	5:16.85	(43.34)	

		Naam			Cat	PR	Tijd	Info
17	wt	62 <b>Stefanie Koot</b>			DA1	4:49.51	5:06.31	
	rd	16 <b>Mees de Ruijter</b>			HB2	4:57.84	5:13.74	
		<b>Stefanie Koot</b>			<b>Mees de Ruijter</b>			
		200m	23.01	(23.01)	200m	23.26	(23.26)	
		600m	1:00.83	(37.82)	600m	1:01.60	(38.34)	
		1000m	1:40.03	(39.20)	1000m	1:40.91	(39.31)	
		1400m	2:20.40	(40.37)	1400m	2:21.59	(40.68)	
		1800m	3:01.51	(41.11)	1800m	3:03.55	(41.96)	
		2200m	3:43.50	(41.99)	2200m	3:46.49	(42.94)	
		2600m	4:25.40	(41.90)	2600m	4:29.97	(43.48)	
		3000m	5:06.31	(40.91)	3000m	5:13.74	(43.77)	

		Naam			Cat	PR	Tijd	Info
18	gl	54 <b>Marcel Huismans</b>			H55	4:22.51	4:54.63	
	bl	56 <b>Kees Langeveld</b>			H65	4:30.83	4:58.17	
		<b>Marcel Huismans</b>			<b>Kees Langeveld</b>			
		200m	22.65	(22.65)	200m	24.20	(24.20)	
		600m	59.42	(36.77)	600m	1:01.67	(37.47)	
		1000m	1:37.00	(37.58)	1000m	1:40.24	(38.57)	
		1400m	2:15.55	(38.55)	1400m	2:20.15	(39.91)	
		1800m	2:54.57	(39.02)	1800m	2:59.62	(39.47)	
		2200m	3:34.20	(39.63)	2200m	3:39.32	(39.70)	
		2600m	4:14.29	(40.09)	2600m	4:18.91	(39.59)	
		3000m	4:54.63	(40.34)	3000m	4:58.17	(39.26)	

		Naam			Cat	PR	Tijd	Info
19	wt	41 <b>Olav Huizinga</b>			HA2	4:46.00	4:41.00	PR
	rd	32 <b>Evert Jan van Dijk</b>			H45	4:30.53	4:53.61	HT
		<b>Olav Huizinga</b>			<b>Evert Jan van Dijk</b>			
		200m	21.65	(21.65)	200m	22.62	(22.62)	
		600m	56.05	(34.40)	600m	58.68	(36.06)	
		1000m	1:32.15	(36.10)	1000m	1:36.69	(38.01)	
		1400m	2:07.90	(35.75)	1400m	2:15.28	(38.59)	
		1800m	2:44.23	(36.33)	1800m	2:54.19	(38.91)	
		2200m	3:21.49	(37.26)	2200m	3:33.27	(39.08)	
		2600m	4:00.36	(38.87)	2600m	4:12.90	(39.63)	
		3000m	4:41.00	(40.64)	3000m	4:53.61	(40.71)	

		Naam			Cat	PR	Tijd	Info
20	gl	12 <b>Maartje Heine-Stoop</b>			DSA	4:41.78	5:10.84	
	bl	76 <b>Ruben Molenaar</b>			HA1	4:27.51	4:36.92	HT
		<b>Maartje Heine-Stoop</b>			<b>Ruben Molenaar</b>			
		200m	23.20	(23.20)	200m	21.00	(21.00)	
		600m	1:02.04	(38.84)	600m	55.33	(34.33)	
		1000m	1:42.50	(40.46)	1000m	1:31.15	(35.82)	
		1400m	2:23.12	(40.62)	1400m	2:08.09	(36.94)	
		1800m	3:04.06	(40.94)	1800m	2:44.95	(36.86)	
		2200m	3:45.68	(41.62)	2200m	3:22.19	(37.24)	
		2600m	4:24.12	(38.44)	2600m	3:59.75	(37.56)	
		3000m	5:10.84	(46.72)	3000m	4:36.92	(37.17)	

## 3. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	31 Hylke Oosterhof	HSB	33	O	2:15.64		
2	74 Teun van Nobelen	HB2	33	I	2:17.38		
3	13 Mik de Groot	HN1	34	O	2:18.81		
4	39 Bert Nijman	H40	34	I	2:22.29		
5	8 Milan Kracht	H50	32	I	2:24.59		
6	45 Roan Portier	HB1	32	O	2:25.08		
7	44 Timor Portier	HB1	30	O	2:32.01		
8	36 Eline Schmutzer	DB2	29	I	2:38.15		
9	29 Aranka Keur	D40	31	I	2:40.90		
10	67 Flyn Verbeek	HB1	28	I	2:43.45	PR	
11	77 Riccardo Giuseppe Carlino	HSA	27	O	2:43.53		
12	34 Pieter van Dijk	HN1	29	O	2:44.74		
13	20 Sylvie van den Heuvel	DN2	30	I	2:50.27		
14	38 Meike Lubbers	D40	28	O	2:52.95		
15	33 Meggy van Dijk-Brolsma	D50	25	O	3:18.60		
16	55 Joanne Vromen	DSA	25	I	4:08.26	PR	
	10 Fabienne de Bie	DA2	27	I	DNS		
	23 Anne Lubbers	DA1			WDR		

## 3. Rituitslag 1500 meter

		Naam	Cat	PR	Tijd	Info
25	wt	55 <b>Joanne Vromen</b>	DSA	4:14.68	4:08.26	PR
	rd	33 <b>Meggy van Dijk-Brolsma</b>	D50	2:46.13	3:18.60	
<b>Joanne Vromen</b>			<b>Meggy van Dijk-Brolsma</b>			
		300m	47.98 (47.98)	300m	42.37 (42.37)	
		700m	1:51.36 (63.38)	700m	1:33.75 (51.38)	
		1100m	2:58.81 (67.45)	1100m	2:25.42 (51.67)	
		1500m	4:08.26 (69.45)	1500m	3:18.60 (53.18)	

		Naam	Cat	PR	Tijd	Info
26	gl					
	bl					
		m				
		m				

		Naam	Cat	PR	Tijd	Info
27	wt	10 <b>Fabienne de Bie</b>	DA2	2:57.92	DNS	
	rd	77 <b>Riccardo Giuseppe Carlino</b>	HSA	2:41.14	2:43.53	
<b>Fabienne de Bie</b>			<b>Riccardo Giuseppe Carlino</b>			
		300m	35.05 (35.05)	300m	35.05 (35.05)	
		700m	1:16.87 (41.82)	700m	1:16.87 (41.82)	
		1100m	1:59.98 (43.11)	1100m	1:59.98 (43.11)	
		1500m	2:43.53 (43.55)	1500m	2:43.53 (43.55)	

		Naam	Cat	PR	Tijd	Info
28	gl	67 <b>Flyn Verbeek</b>	HB1	2:47.95	2:43.45	PR
	bl	38 <b>Meike Lubbers</b>	D40	2:38.20	2:52.95	
<b>Flyn Verbeek</b>			<b>Meike Lubbers</b>			
		300m	31.64 (31.64)	300m	35.48 (35.48)	
		700m	1:12.56 (40.92)	700m	1:19.39 (43.91)	
		1100m	1:56.84 (44.28)	1100m	2:05.43 (46.04)	
		1500m	2:43.45 (46.61)	1500m	2:52.95 (47.52)	

		Naam			Cat	PR	Tijd	Info
29	wt	36	<b>Eline Schmutzer</b>		DB2	2:31.19	2:38.15	
	rd	34	<b>Pieter van Dijk</b>		HN1	2:25.73	2:44.74	
		<b>Eline Schmutzer</b>			<b>Pieter van Dijk</b>			
		300m	33.13	(33.13)	300m	33.46	(33.46)	
		700m	1:14.25	(41.12)	700m	1:13.98	(40.52)	
		1100m	1:56.16	(41.91)	1100m	1:58.35	(44.37)	
		1500m	2:38.15	(41.99)	1500m	2:44.74	(46.39)	
		Naam			Cat	PR	Tijd	Info
30	gl	20	<b>Sylvie van den Heuvel</b>		DN2	2:37.99	2:50.27	
	bl	44	<b>Timor Portier</b>		HB1	2:27.19	2:32.01	
		<b>Sylvie van den Heuvel</b>			<b>Timor Portier</b>			
		300m	33.66	(33.66)	300m	29.67	(29.67)	
		700m	1:16.82	(43.16)	700m	1:07.57	(37.90)	
		1100m	2:03.17	(46.35)	1100m	1:48.60	(41.03)	
		1500m	2:50.27	(47.10)	1500m	2:32.01	(43.41)	
		Naam			Cat	PR	Tijd	Info
31	wt	29	<b>Aranka Keur</b>		D40	2:23.86	2:40.90	
	rd	23	<b>Anne Lubbers</b>		DA1	2:32.88	WDR	
		<b>Aranka Keur</b>			<b>Anne Lubbers</b>			
		300m	31.82	(31.82)				
		700m	1:11.74	(39.92)				
		1100m	1:51.90	(40.16)				
		1500m	2:40.90	(49.00)				
		Naam			Cat	PR	Tijd	Info
32	gl	8	<b>Milan Kracht</b>		H50	2:17.21	2:24.59	
	bl	45	<b>Roan Portier</b>		HB1	2:16.73	2:25.08	
		<b>Milan Kracht</b>			<b>Roan Portier</b>			
		300m	31.50	(31.50)	300m	27.82	(27.82)	
		700m	1:07.39	(35.89)	700m	1:02.87	(35.05)	
		1100m	1:34.87	(27.48)	1100m	1:31.11	(28.24)	
		1500m	2:24.59	(49.72)	1500m	2:25.08	(53.97)	

		Naam			Cat	PR	Tijd	Info
33	wt	74	<b>Teun van Nobelen</b>		HB2	2:08.46	2:17.38	
	rd	31	<b>Hylke Oosterhof</b>		HSB	2:03.51	2:15.64	
		<b>Teun van Nobelen</b>			<b>Hylke Oosterhof</b>			
		300m	29.52	(29.52)	300m	26.67	(26.67)	
		700m	1:04.15	(34.63)	700m	58.40	(31.73)	
		1100m	1:40.65	(36.50)	1100m	1:35.34	(36.94)	
		1500m	2:17.38	(36.73)	1500m	2:15.64	(40.30)	
		Naam			Cat	PR	Tijd	Info
34	gl	39	<b>Bert Nijman</b>		H40	2:07.99	2:22.29	
	bl	13	<b>Mik de Groot</b>		HN1	2:12.59	2:18.81	
		<b>Bert Nijman</b>			<b>Mik de Groot</b>			
		300m	29.17	(29.17)	300m	29.10	(29.10)	
		700m	1:03.80	(34.63)	700m	1:04.10	(35.00)	
		1100m	1:41.45	(37.65)	1100m	1:41.00	(36.90)	
		1500m	2:22.29	(40.84)	1500m	2:18.81	(37.81)	