

1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	2 Rick Loos	HA2	6	O	15:29.01	RW	
2	22 Ruben Molenaar	HA1	5	O	16:42.21		
3	35 Mike van Dijk	HSA	6	I	16:51.68	PR	
4	1 Job van Dongen	HA2	4	I	17:15.24		
5	4 Emma Hartveld	DN2	2	O	17:35.04		
6	14 Jan Willem Dijkstra	H55	3	I	17:47.59		
7	11 Bert Nijman	H40	5	I	17:49.87		
8	9 Evert Jan van Dijk	H45	3	O	17:51.99		
9	3 Maartje Heine-Stoop	DSA	4	O	18:14.23		
10	46 Renske Bruinsma	DSA	1	O	19:27.69		
11	24 Sep Jan de Graaff	HB2	1	I	19:28.01		
	31 Erwin Henskes	H65	2	I	DQ	^{T08}	

T08 - Niet wisselen / Verkeerd wisselen (te vroege/te late wissel) (254.5)

1. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt	24 Sep Jan de Graaff	HB2	19:28.01	
	rd	46 Renske Bruinsma	DSA	19:27.69	
	Sep Jan de Graaff		Renske Bruinsma		
	400m	0.54 (.54)	400m	48.30 (48.30)	
	800m	48.22 (47.68)	800m	1:34.80 (46.50)	
	1200m	1:32.89 (44.67)	1200m	2:20.59 (45.79)	
	1600m	2:20.06 (47.17)	1600m	3:07.16 (46.57)	
	2000m	3:05.94 (45.88)	2000m	3:54.49 (47.33)	
	2400m	3:53.89 (47.95)	2400m	4:41.42 (46.93)	
	2800m	4:41.04 (47.15)	2800m	5:27.57 (46.15)	
	3200m	5:28.67 (47.63)	3200m	6:15.01 (47.44)	
	3600m	6:16.52 (47.85)	3600m	7:01.95 (46.94)	
	4000m	7:02.99 (46.47)	4000m	7:49.59 (47.64)	
	4400m	7:50.98 (47.99)	4400m	8:36.57 (46.98)	
	4800m	8:37.76 (46.78)	4800m	9:24.13 (47.56)	
	5200m	9:23.55 (45.79)	5200m	10:11.55 (47.42)	
	5600m	10:58.74 (95.19)	5600m	10:58.74 (47.19)	
	6000m	11:45.47 (46.73)	6000m	11:45.28 (46.54)	
	6400m	12:31.53 (46.06)	6400m	12:32.09 (46.81)	
	6800m	13:18.80 (47.27)	6800m	13:18.34 (46.25)	
	7200m	14:05.08 (46.28)	7200m	14:05.19 (46.85)	
	7600m	14:52.17 (47.09)	7600m	14:51.44 (46.25)	
	8000m	15:39.05 (46.88)	8000m	15:38.90 (47.46)	
	8400m	16:26.45 (47.40)	8400m	16:25.89 (46.99)	
	8800m	17:13.12 (46.67)	8800m	17:13.38 (47.49)	
	9200m	17:59.44 (46.32)	9200m	17:59.08 (45.70)	
	9600m	18:44.14 (44.70)	9600m	18:44.05 (44.97)	
	10000m	19:28.01 (43.87)	10000m	19:27.69 (43.64)	



Kennemercup 8: Langeafstandsavond

Ijsbaan Haarlem - Haarlem

21 december 2025



		Naam	Cat	PR	Tijd	Info
2	gl	31 Erwin Henskes	H65	18:03.45		DQ ^{T08}
	bl	4 Emma Hartveld	DN2		17:35.04	

Erwin Henskes

400m	49.93	(49.93)
800m	1:34.34	(44.41)
1200m	2:19.59	(45.25)
1600m	3:04.50	(44.91)
2000m	3:49.46	(44.96)
2400m	4:34.57	(45.11)
2800m	5:20.08	(45.51)
3200m	6:05.21	(45.13)
3600m	6:50.39	(45.18)
4000m	7:35.60	(45.21)
4400m	8:20.84	(45.24)
4800m	9:06.18	(45.34)
5200m	9:54.14	(47.96)
5600m	10:38.37	(44.23)
6000m	11:23.69	(45.32)
6400m	12:08.95	(45.26)
6800m	12:51.69	(42.74)
7200m	13:37.35	(45.66)
7600m	14:23.45	(46.10)
8000m	15:09.73	(46.28)
8400m	15:55.70	(45.97)
8800m	16:40.40	(44.70)
9200m	17:25.16	(44.76)
9600m	18:10.03	(44.87)
10000m	18:57.95	(47.92)

Emma Hartveld

400m	46.92	(46.92)
800m	1:29.34	(42.42)
1200m	2:11.80	(42.46)
1600m	2:54.17	(42.37)
2000m	3:36.62	(42.45)
2400m	4:18.74	(42.12)
2800m	5:01.46	(42.72)
3200m	5:44.02	(42.56)
3600m	6:26.18	(42.16)
4000m	7:08.10	(41.92)
4400m	7:50.04	(41.94)
4800m	8:32.21	(42.17)
5200m	9:14.19	(41.98)
5600m	9:56.32	(42.13)
6000m	10:38.31	(41.99)
6400m	11:20.59	(42.28)
6800m	12:02.39	(41.80)
7200m	12:43.92	(41.53)
7600m	13:25.64	(41.72)
8000m	14:07.70	(42.06)
8400m	14:49.63	(41.93)
8800m	15:31.26	(41.63)
9200m	16:12.73	(41.47)
9600m	16:54.13	(41.40)
10000m	17:35.04	(40.91)

		Naam	Cat	PR	Tijd	Info
3	wt	14 Jan Willem Dijkstra	H55	17:34.55	17:47.59	
	rd	9 Evert Jan van Dijk	H45	16:09.86	17:51.99	
		Jan Willem Dijkstra			Evert Jan van Dijk	
		400m	45.60 (45.60)	400m	42.72 (42.72)	
		800m	1:27.93 (42.33)	800m	1:22.65 (39.93)	
		1200m	2:11.80 (43.87)	1200m	2:03.40 (40.75)	
		1600m	2:55.24 (43.44)	1600m	2:43.37 (39.97)	
		2000m	3:38.17 (42.93)	2000m	3:23.50 (40.13)	
		2400m	4:21.47 (43.30)	2400m	4:04.16 (40.66)	
		2800m	5:04.33 (42.86)	2800m	4:45.15 (40.99)	
		3200m	5:46.97 (42.64)	3200m	5:26.94 (41.79)	
		3600m	6:29.91 (42.94)	3600m	6:08.37 (41.43)	
		4000m	7:13.03 (43.12)	4000m	6:50.25 (41.88)	
		4400m	7:56.55 (43.52)	4400m	7:32.40 (42.15)	
		4800m	8:40.12 (43.57)	4800m	8:14.81 (42.41)	
		5200m	9:23.93 (43.81)	5200m	8:56.38 (41.57)	
		5600m	10:07.50 (43.57)	5600m	9:38.75 (42.37)	
		6000m	10:50.28 (42.78)	6000m	10:21.60 (42.85)	
		6400m	11:32.88 (42.60)	6400m	11:04.34 (42.74)	
		6800m	12:15.53 (42.65)	6800m	11:46.71 (42.37)	
		7200m	12:57.31 (41.78)	7200m	12:31.45 (44.74)	
		7600m	13:38.88 (41.57)	7600m	13:17.88 (46.43)	
		8000m	14:20.60 (41.72)	8000m	14:04.01 (46.13)	
		8400m	15:02.50 (41.90)	8400m	14:49.05 (45.04)	
		8800m	15:44.62 (42.12)	8800m	15:34.37 (45.32)	
		9200m	16:26.36 (41.74)	9200m	16:20.68 (46.31)	
		9600m	17:08.04 (41.68)	9600m	17:06.04 (45.36)	
		10000m	17:47.59 (39.55)	10000m	17:51.99 (45.95)	

		Naam	Cat	PR	Tijd	Info
4	gl	1 Job van Dongen	HA2		17:15.24	
	bl	3 Maartje Heine-Stoop	DSA		18:14.23	

Job van Dongen

400m	39.16	(39.16)
800m	1:16.68	(37.52)
1200m	1:56.29	(39.61)
1600m	2:36.93	(40.64)
2000m	3:17.11	(40.18)
2400m	3:58.70	(41.59)
2800m	4:40.82	(42.12)
3200m	5:22.76	(41.94)
3600m	6:04.18	(41.42)
4000m	6:46.24	(42.06)
4400m	7:28.36	(42.12)
4800m	8:10.50	(42.14)
5200m	8:52.79	(42.29)
5600m	9:35.23	(42.44)
6000m	10:17.45	(42.22)
6400m	10:59.52	(42.07)
6800m	11:41.03	(41.51)
7200m	12:22.20	(41.17)
7600m	13:03.60	(41.40)
8000m	13:44.99	(41.39)
8400m	14:27.20	(42.21)
8800m	15:09.32	(42.12)
9200m	15:52.06	(42.74)
9600m	16:33.89	(41.83)
10000m	17:15.24	(41.35)

Maartje Heine-Stoop

400m	43.28	(43.28)
800m	1:24.35	(41.07)
1200m	2:06.49	(42.14)
1600m	2:48.71	(42.22)
2000m	3:30.65	(41.94)
2400m	4:13.06	(42.41)
2800m	4:55.56	(42.50)
3200m	5:38.08	(42.52)
3600m	6:21.51	(43.43)
4000m	7:05.37	(43.86)
4400m	7:49.29	(43.92)
4800m	8:33.42	(44.13)
5200m	9:17.81	(44.39)
5600m	10:02.69	(44.88)
6000m	10:47.49	(44.80)
6400m	11:32.79	(45.30)
6800m	12:17.99	(45.20)
7200m	13:03.39	(45.40)
7600m	13:48.31	(44.92)
8000m	14:32.99	(44.68)
8400m	15:17.52	(44.53)
8800m	16:02.55	(45.03)
9200m	16:47.02	(44.47)
9600m	17:30.88	(43.86)
10000m	18:14.23	(43.35)



Kennemercup 8: Langeafstandsavond

Ijsbaan Haarlem - Haarlem

21 december 2025



		Naam		Cat		PR		Tijd	Info
5	wt	11	Bert Nijman		H40			17:49.87	
	rd	22	Ruben Molenaar		HA1	16:21.30		16:42.21	
		Bert Nijman				Ruben Molenaar			
		400m	43.79	(43.79)		400m	40.35	(40.35)	
		800m	1:24.12	(40.33)		800m	1:18.28	(37.93)	
		1200m	2:05.32	(41.20)		1200m	1:56.54	(38.26)	
		1600m	2:46.87	(41.55)		1600m	2:35.25	(38.71)	
		2000m	3:27.70	(40.83)		2000m	3:13.35	(38.10)	
		2400m	4:08.41	(40.71)		2400m	3:52.78	(39.43)	
		2800m	4:49.60	(41.19)		2800m	4:31.70	(38.92)	
		3200m	5:30.89	(41.29)		3200m	5:11.18	(39.48)	
		3600m	6:13.08	(42.19)		3600m	5:51.34	(40.16)	
		4000m	6:55.61	(42.53)		4000m	6:31.01	(39.67)	
		4400m	7:38.89	(43.28)		4400m	7:10.15	(39.14)	
		4800m	8:22.13	(43.24)		4800m	7:50.13	(39.98)	
		5200m	9:04.95	(42.82)		5200m	8:30.86	(40.73)	
		5600m	9:47.75	(42.80)		5600m	9:12.64	(41.78)	
		6000m	10:30.68	(42.93)		6000m	9:54.07	(41.43)	
		6400m	11:14.36	(43.68)		6400m	10:35.61	(41.54)	
		6800m	11:57.53	(43.17)		6800m	11:15.87	(40.26)	
		7200m	12:39.81	(42.28)		7200m	11:55.85	(39.98)	
		7600m	13:22.95	(43.14)		7600m	12:36.70	(40.85)	
		8000m	14:06.92	(43.97)		8000m	13:18.28	(41.58)	
		8400m	14:51.57	(44.65)		8400m	13:59.74	(41.46)	
		8800m	15:36.61	(45.04)		8800m	14:41.05	(41.31)	
		9200m	16:21.02	(44.41)		9200m	15:22.74	(41.69)	
		9600m	17:05.48	(44.46)		9600m	16:03.52	(40.78)	
		10000m	17:49.87	(44.39)		10000m	16:42.21	(38.69)	

		Naam	Cat	PR	Tijd	Info
6	gl	35 Mike van Dijk	HSA		17:21.93	16:51.68 PR
	bl	2 Rick Loos	HA2			15:29.01 RW

Mike van Dijk

400m	41.54	(41.54)
800m	1:20.21	(38.67)
1200m	1:59.75	(39.54)
1600m	2:38.93	(39.18)
2000m	3:17.90	(38.97)
2400m	3:57.13	(39.23)
2800m	4:36.88	(39.75)
3200m	5:16.58	(39.70)
3600m	5:56.26	(39.68)
4000m	6:35.79	(39.53)
4400m	7:15.60	(39.81)
4800m	7:55.54	(39.94)
5200m	8:35.63	(40.09)
5600m	9:16.29	(40.66)
6000m	9:56.34	(40.05)
6400m	10:37.06	(40.72)
6800m	11:17.88	(40.82)
7200m	11:59.22	(41.34)
7600m	12:40.78	(41.56)
8000m	13:22.65	(41.87)
8400m	14:04.63	(41.98)
8800m	14:46.16	(41.53)
9200m	15:27.59	(41.43)
9600m	16:09.12	(41.53)
10000m	16:51.68	(42.56)

Rick Loos

400m	40.39	(40.39)
800m	1:17.36	(36.97)
1200m	1:54.14	(36.78)
1600m	2:31.10	(36.96)
2000m	3:08.30	(37.20)
2400m	3:45.23	(36.93)
2800m	4:22.13	(36.90)
3200m	4:59.04	(36.91)
3600m	5:35.77	(36.73)
4000m	6:11.93	(36.16)
4400m	6:48.75	(36.82)
4800m	7:25.45	(36.70)
5200m	8:02.50	(37.05)
5600m	8:39.32	(36.82)
6000m	9:16.02	(36.70)
6400m	9:52.81	(36.79)
6800m	10:29.98	(37.17)
7200m	11:07.36	(37.38)
7600m	11:45.01	(37.65)
8000m	12:22.79	(37.78)
8400m	13:00.07	(37.28)
8800m	13:37.64	(37.57)
9200m	14:15.15	(37.51)
9600m	14:52.20	(37.05)
10000m	15:29.01	(36.81)

T08 - Niet wisselen / Verkeerd wisselen (te vroege/te late wissel) (254.5)

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	17 Tom Loos	HA2	20	I	7:44.50	PR	
2	61 Bram Braak	HN1	18	O	7:59.05	PR	
3	64 Walter Braak	H45	18	I	8:02.26	PR	
4	32 Paul Robijn	H55	19	I	8:13.99		
5	38 Jesper Koot	H45	19	O	8:17.07		
6	15 Hylke Oosterhof	HSB	20	O	8:22.38		
7	44 Wende Heeremans	DA1	16	O	8:30.55	PR	
8	52 Kees Langeveld	H65	12	I	8:33.67	TRC	
9	20 Michiel de Ruijter	H50	14	O	8:39.68		
10	39 Stefanie Koot	DA1	16	I	8:40.28		
11	60 Mart Fontaine	H45	12	O	8:40.80		
12	5 Erwin Dekker	H65	15	O	8:51.66		
13	19 Mees de Ruijter	HB2	17	O	8:52.59	PR	
14	6 Jan van der Veer	H55	14	I	8:53.32	PR	
15	33 Ravi de Jong	HN1	13	O	8:57.01		
16	28 Sepp Nauta	HB1	11	I	8:57.84	PR	
17	43 Zhara Möllers	DA2	17	I	9:02.11		
18	62 Robin Schippers	HB1	10	O	9:05.07	PR	
19	13 Lisanne Hartveld	DB2	8	O	9:07.08	PR	
20	18 Evy van Duijn	DA1	13	I	9:11.03		
21	45 Lis uit den Boogaard	DB1	8	I	9:23.56		
22	23 Noa Bierens	DA1	11	O	9:27.62		
23	42 Cas Middelkoop	HA1	15	I	9:33.18		
24	41 Mark Peters	H65	9	O	9:33.48		
25	51 Walter Boon	HSB	7	O	9:34.82		
26	16 Pien Lodder	DN3	10	I	9:47.43	PR	
27	29 Charline Kwadrin	DA2	9	I	9:52.03	PR	
28	8 Pieter van Dijk	HN1	7	I	10:51.08		

2. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd	Info
7	wt	8 Pieter van Dijk	HN1	10:03.02	10:51.08	
	rd	51 Walter Boon	HSB		9:34.82	
		Pieter van Dijk				Walter Boon
		200m	26.29 (26.29)		200m	26.01 (26.01)
		600m	1:11.39 (45.10)		600m	1:09.70 (43.69)
		1000m	1:56.74 (45.35)		1000m	1:54.89 (45.19)
		1400m	2:43.01 (46.27)		1400m	2:40.31 (45.42)
		1800m	3:30.85 (47.84)		1800m	3:26.77 (46.46)
		2200m	4:20.85 (50.00)		2200m	4:13.02 (46.25)
		2600m	5:14.29 (53.44)		2600m	5:00.00 (46.98)
		3000m	6:10.73 (56.44)		3000m	5:47.20 (47.20)
		3400m	7:08.89 (58.16)		3400m	6:33.37 (46.17)
		3800m	8:07.59 (58.70)		3800m	7:19.59 (46.22)
		4200m	9:02.15 (54.56)		4200m	8:06.28 (46.69)
		4600m	9:56.15 (54.00)		4600m	8:51.83 (45.55)
		5000m	10:51.08 (54.93)		5000m	9:34.82 (42.99)

		Naam	Cat	PR	Tijd	Info
8	gl	45 Lis uit den Boogaard	DB1		9:23.56	
	bl	13 Lisanne Hartveld	DB2	9:12.95	9:07.08	PR
		Lis uit den Boogaard				Lisanne Hartveld
		200m	24.11 (24.11)		200m	25.63 (25.63)
		600m	1:07.89 (43.78)		600m	1:07.27 (41.64)
		1000m	1:52.73 (44.84)		1000m	1:50.45 (43.18)
		1400m	2:37.69 (44.96)		1400m	2:34.01 (43.56)
		1800m	3:23.00 (45.31)		1800m	3:17.17 (43.16)
		2200m	4:08.00 (45.00)		2200m	4:00.55 (43.38)
		2600m	4:53.46 (45.46)		2600m	4:44.43 (43.88)
		3000m	5:38.60 (45.14)		3000m	5:28.04 (43.61)
		3400m	6:24.18 (45.58)		3400m	6:11.55 (43.51)
		3800m	7:09.87 (45.69)		3800m	6:56.09 (44.54)
		4200m	7:55.26 (45.39)		4200m	7:40.05 (43.96)
		4600m	8:39.90 (44.64)		4600m	8:24.07 (44.02)
		5000m	9:23.56 (43.66)		5000m	9:07.08 (43.01)

		Naam	Cat	PR	Tijd	Info
9	wt	29 Charline Kwadrin	DA2	10:05.90	9:52.03	PR
	rd	41 Mark Peters	H65	8:56.64	9:33.48	
		Charline Kwadrin			Mark Peters	
		200m	25.39 (25.39)	200m	27.88 (27.88)	
		600m	1:06.52 (41.13)	600m	1:11.29 (43.41)	
		1000m	1:48.85 (42.33)	1000m	1:55.50 (44.21)	
		1400m	2:32.42 (43.57)	1400m	2:40.22 (44.72)	
		1800m	3:17.23 (44.81)	1800m	3:25.03 (44.81)	
		2200m	4:03.62 (46.39)	2200m	4:10.46 (45.43)	
		2600m	4:51.15 (47.53)	2600m	4:55.82 (45.36)	
		3000m	5:39.98 (48.83)	3000m	5:41.52 (45.70)	
		3400m	6:28.12 (48.14)	3400m	6:27.73 (46.21)	
		3800m	7:17.41 (49.29)	3800m	7:14.00 (46.27)	
		4200m	8:08.52 (51.11)	4200m	8:00.26 (46.26)	
		4600m	9:00.11 (51.59)	4600m	8:47.02 (46.76)	
		5000m	9:52.03 (51.92)	5000m	9:33.48 (46.46)	

		Naam	Cat	PR	Tijd	Info
10	gl	16 Pien Lodder	DN3	9:53.36	9:47.43	PR
	bl	62 Robin Schippers	HB1	9:20.76	9:05.07	PR
		Pien Lodder			Robin Schippers	
		200m	26.66 (26.66)	200m	27.07 (27.07)	
		600m	1:09.63 (42.97)	600m	1:08.37 (41.30)	
		1000m	1:54.81 (45.18)	1000m	1:51.64 (43.27)	
		1400m	2:40.78 (45.97)	1400m	2:33.77 (42.13)	
		1800m	3:25.73 (44.95)	1800m	3:15.57 (41.80)	
		2200m	4:12.32 (46.59)	2200m	3:58.48 (42.91)	
		2600m	4:59.48 (47.16)	2600m	4:41.41 (42.93)	
		3000m	5:47.17 (47.69)	3000m	5:24.03 (42.62)	
		3400m	6:34.84 (47.67)	3400m	6:06.14 (42.11)	
		3800m	7:22.92 (48.08)	3800m	6:51.07 (44.93)	
		4200m	8:11.33 (48.41)	4200m	7:36.89 (45.82)	
		4600m	8:59.75 (48.42)	4600m	8:22.53 (45.64)	
		5000m	9:47.43 (47.68)	5000m	9:05.07 (42.54)	

		Naam			Cat	PR	Tijd	Info
11	wt	28 Sepp Nauta			HB1	9:07.47	8:57.84	PR
	rd	23 Noa Bierens			DA1		9:27.62	
		Sepp Nauta			Noa Bierens			
		200m	23.27	(23.27)	200m	25.14	(25.14)	
		600m	1:06.13	(42.86)	600m	1:06.66	(41.52)	
		1000m	1:49.81	(43.68)	1000m	1:49.95	(43.29)	
		1400m	2:33.06	(43.25)	1400m	2:33.25	(43.30)	
		1800m	3:15.88	(42.82)	1800m	3:17.45	(44.20)	
		2200m	4:00.33	(44.45)	2200m	4:02.20	(44.75)	
		2600m	4:44.76	(44.43)	2600m	4:47.97	(45.77)	
		3000m	5:29.11	(44.35)	3000m	5:33.92	(45.95)	
		3400m	6:10.87	(41.76)	3400m	6:19.49	(45.57)	
		3800m	6:51.94	(41.07)	3800m	7:05.86	(46.37)	
		4200m	7:32.98	(41.04)	4200m	7:53.02	(47.16)	
		4600m	8:15.54	(42.56)	4600m	8:40.57	(47.55)	
		5000m	8:57.84	(42.30)	5000m	9:27.62	(47.05)	

		Naam			Cat	PR	Tijd	Info
12	gl	52 Kees Langeveld			H65	7:47.66	8:33.67	TRC
	bl	60 Mart Fontaine			H45		8:40.80	
		Kees Langeveld			Mart Fontaine			
		200m	24.56	(24.56)	200m	25.49	(25.49)	
		600m	1:04.06	(39.50)	600m	1:04.96	(39.47)	
		1000m	1:43.69	(39.63)	1000m	1:44.73	(39.77)	
		1400m	2:24.79	(41.10)	1400m	2:25.28	(40.55)	
		1800m	3:05.57	(40.78)	1800m	3:06.31	(41.03)	
		2200m	3:47.14	(41.57)	2200m	3:47.33	(41.02)	
		2600m	4:27.96	(40.82)	2600m	4:28.73	(41.40)	
		3000m	5:08.97	(41.01)	3000m	5:10.16	(41.43)	
		3400m	5:50.04	(41.07)	3400m	5:52.03	(41.87)	
		3800m	6:31.11	(41.07)	3800m	6:34.55	(42.52)	
		4200m	7:12.15	(41.04)	4200m	7:17.28	(42.73)	
		4600m	7:53.64	(41.49)	4600m	7:59.81	(42.53)	
		5000m	8:33.67	(40.03)	5000m	8:40.80	(40.99)	

		Naam			Cat	PR	Tijd	Info
13	wt	18	Evy van Duijn		DA1		9:11.03	
	rd	33	Ravi de Jong		HN1	8:51.96	8:57.01	
		Evy van Duijn			Ravi de Jong			
		200m	23.34	(23.34)	200m	23.60	(23.60)	
		600m	1:04.41	(41.07)	600m	1:02.80	(39.20)	
		1000m	1:47.24	(42.83)	1000m	1:43.78	(40.98)	
		1400m	2:30.89	(43.65)	1400m	2:25.04	(41.26)	
		1800m	3:13.62	(42.73)	1800m	3:07.67	(42.63)	
		2200m	3:57.18	(43.56)	2200m	3:50.89	(43.22)	
		2600m	4:41.11	(43.93)	2600m	4:33.02	(42.13)	
		3000m	5:25.28	(44.17)	3000m	5:15.62	(42.60)	
		3400m	6:09.99	(44.71)	3400m	5:59.08	(43.46)	
		3800m	6:55.34	(45.35)	3800m	6:43.61	(44.53)	
		4200m	7:41.29	(45.95)	4200m	7:27.43	(43.82)	
		4600m	8:27.10	(45.81)	4600m	8:12.21	(44.78)	
		5000m	9:11.03	(43.93)	5000m	8:57.01	(44.80)	

		Naam			Cat	PR	Tijd	Info
14	gl	6	Jan van der Veer		H55	8:59.37	8:53.32	PR
	bl	20	Michiel de Ruijter		H50		8:39.68	
		Jan van der Veer			Michiel de Ruijter			
		200m	24.22	(24.22)	200m	24.65	(24.65)	
		600m	1:04.69	(40.47)	600m	1:04.63	(39.98)	
		1000m	1:46.41	(41.72)	1000m	1:45.50	(40.87)	
		1400m	2:28.78	(42.37)	1400m	2:26.94	(41.44)	
		1800m	3:11.53	(42.75)	1800m	3:08.16	(41.22)	
		2200m	3:53.98	(42.45)	2200m	3:49.14	(40.98)	
		2600m	4:36.68	(42.70)	2600m	4:30.37	(41.23)	
		3000m	5:20.11	(43.43)	3000m	5:11.95	(41.58)	
		3400m	6:03.62	(43.51)	3400m	5:53.27	(41.32)	
		3800m	6:46.59	(42.97)	3800m	6:34.85	(41.58)	
		4200m	7:29.24	(42.65)	4200m	7:16.41	(41.56)	
		4600m	8:11.16	(41.92)	4600m	7:58.29	(41.88)	
		5000m	8:53.32	(42.16)	5000m	8:39.68	(41.39)	

		Naam	Cat	PR	Tijd	Info
15	wt	42 Cas Middelkoop	HA1	8:19.58	9:33.18	
	rd	5 Erwin Dekker	H65	8:08.97	8:51.66	
		Cas Middelkoop				Erwin Dekker
		200m	21.77 (21.77)	200m	25.10 (25.10)	
		600m	1:00.53 (38.76)	600m	1:05.97 (40.87)	
		1000m	1:41.62 (41.09)	1000m	1:47.24 (41.27)	
		1400m	2:23.18 (41.56)	1400m	2:29.15 (41.91)	
		1800m	3:05.35 (42.17)	1800m	3:11.40 (42.25)	
		2200m	3:48.56 (43.21)	2200m	3:53.47 (42.07)	
		2600m	4:34.24 (45.68)	2600m	4:35.62 (42.15)	
		3000m	5:20.27 (46.03)	3000m	5:17.61 (41.99)	
		3400m	6:08.71 (48.44)	3400m	5:59.83 (42.22)	
		3800m	7:00.09 (51.38)	3800m	6:42.59 (42.76)	
		4200m	7:51.11 (51.02)	4200m	7:25.51 (42.92)	
		4600m	8:43.39 (52.28)	4600m	8:08.63 (43.12)	
		5000m	9:33.18 (49.79)	5000m	8:51.66 (43.03)	

		Naam	Cat	PR	Tijd	Info
16	gl	39 Stefanie Koot	DA1		8:40.28	
	bl	44 Wende Heeremans	DA1	8:45.19	8:30.55	PR
		Stefanie Koot				Wende Heeremans
		200m	22.92 (22.92)	200m	23.17 (23.17)	
		600m	1:01.43 (38.51)	600m	1:00.46 (37.29)	
		1000m	1:41.64 (40.21)	1000m	1:40.66 (40.20)	
		1400m	2:22.14 (40.50)	1400m	2:21.10 (40.44)	
		1800m	3:04.63 (42.49)	1800m	3:01.72 (40.62)	
		2200m	3:46.72 (42.09)	2200m	3:42.97 (41.25)	
		2600m	4:28.82 (42.10)	2600m	4:24.31 (41.34)	
		3000m	5:10.83 (42.01)	3000m	5:05.60 (41.29)	
		3400m	5:53.22 (42.39)	3400m	5:46.70 (41.10)	
		3800m	6:35.11 (41.89)	3800m	6:28.24 (41.54)	
		4200m	7:17.75 (42.64)	4200m	7:09.83 (41.59)	
		4600m	8:00.12 (42.37)	4600m	7:51.19 (41.36)	
		5000m	8:40.28 (40.16)	5000m	8:30.55 (39.36)	

		Naam	Cat	PR	Tijd	Info
17	wt	43 Zhara Möllers	DA2		9:02.11	
	rd	19 Mees de Ruijter	HB2	9:06.09	8:52.59	PR
		Zhara Möllers				
		200m	22.19 (22.19)			
		600m	59.15 (36.96)			
		1000m	1:39.63 (40.48)			
		1400m	2:21.57 (41.94)			
		1800m	3:03.57 (42.00)			
		2200m	3:47.02 (43.45)			
		2600m	4:30.31 (43.29)			
		3000m	5:13.92 (43.61)			
		3400m	6:00.00 (46.08)			
		3800m	6:46.16 (46.16)			
		4200m	7:32.61 (46.45)			
		4600m	8:18.02 (45.41)			
		5000m	9:02.11 (44.09)			
		Mees de Ruijter				
		200m	22.86 (22.86)			
		600m	1:01.57 (38.71)			
		1000m	1:41.88 (40.31)			
		1400m	2:22.87 (40.99)			
		1800m	3:04.28 (41.41)			
		2200m	3:46.82 (42.54)			
		2600m	4:29.28 (42.46)			
		3000m	5:11.40 (42.12)			
		3400m	5:54.47 (43.07)			
		3800m	6:38.27 (43.80)			
		4200m	7:22.50 (44.23)			
		4600m	8:07.38 (44.88)			
		5000m	8:52.59 (45.21)			

		Naam	Cat	PR	Tijd	Info
18	gl	64 Walter Braak	H45	8:24.42	8:02.26	PR
	bl	61 Bram Braak	HN1	8:23.13	7:59.05	PR
		Walter Braak				
		200m	23.26 (23.26)			
		600m	59.95 (36.69)			
		1000m	1:37.26 (37.31)			
		1400m	2:15.16 (37.90)			
		1800m	2:53.04 (37.88)			
		2200m	3:30.53 (37.49)			
		2600m	4:08.22 (37.69)			
		3000m	4:46.47 (38.25)			
		3400m	5:25.59 (39.12)			
		3800m	6:04.65 (39.06)			
		4200m	6:43.92 (39.27)			
		4600m	7:23.01 (39.09)			
		5000m	8:02.26 (39.25)			
		Bram Braak				
		200m	22.60 (22.60)			
		600m	58.56 (35.96)			
		1000m	1:35.97 (37.41)			
		1400m	2:13.71 (37.74)			
		1800m	2:51.80 (38.09)			
		2200m	3:29.80 (38.00)			
		2600m	4:07.61 (37.81)			
		3000m	4:45.48 (37.87)			
		3400m	5:23.78 (38.30)			
		3800m	6:02.63 (38.85)			
		4200m	6:41.84 (39.21)			
		4600m	7:20.44 (38.60)			
		5000m	7:59.05 (38.61)			

		Naam	Cat		PR	Tijd	Info
19	wt	32 Paul Robijn	H55		7:24.32	8:13.99	
	rd	38 Jesper Koot	H45			8:17.07	
		Paul Robijn			Jesper Koot		
		200m	22.70	(22.70)	200m	23.08	(23.08)
		600m	59.89	(37.19)	600m	1:00.83	(37.75)
		1000m	1:38.46	(38.57)	1000m	1:39.85	(39.02)
		1400m	2:17.95	(39.49)	1400m	2:19.42	(39.57)
		1800m	2:57.25	(39.30)	1800m	2:58.70	(39.28)
		2200m	3:36.70	(39.45)	2200m	3:38.22	(39.52)
		2600m	4:16.45	(39.75)	2600m	4:18.37	(40.15)
		3000m	4:56.67	(40.22)	3000m	4:58.56	(40.19)
		3400m	5:36.65	(39.98)	3400m	5:38.46	(39.90)
		3800m	6:16.11	(39.46)	3800m	6:18.32	(39.86)
		4200m	6:54.87	(38.76)	4200m	6:58.20	(39.88)
		4600m	7:34.35	(39.48)	4600m	7:38.00	(39.80)
		5000m	8:13.99	(39.64)	5000m	8:17.07	(39.07)

		Naam	Cat		PR	Tijd	Info
20	gl	17 Tom Loos	HA2		8:06.69	7:44.50	PR
	bl	15 Hylke Oosterhof	HSB		7:53.84	8:22.38	
		Tom Loos			Hylke Oosterhof		
		200m	21.36	(21.36)	200m	21.78	(21.78)
		600m	57.00	(35.64)	600m	57.02	(35.24)
		1000m	1:33.01	(36.01)	1000m	1:33.88	(36.86)
		1400m	2:09.45	(36.44)	1400m	2:11.68	(37.80)
		1800m	2:45.80	(36.35)	1800m	2:49.50	(37.82)
		2200m	3:22.03	(36.23)	2200m	3:28.33	(38.83)
		2600m	3:58.54	(36.51)	2600m	4:08.20	(39.87)
		3000m	4:35.27	(36.73)	3000m	4:49.15	(40.95)
		3400m	5:12.52	(37.25)	3400m	5:30.84	(41.69)
		3800m	5:50.65	(38.13)	3800m	6:13.14	(42.30)
		4200m	6:28.56	(37.91)	4200m	6:55.93	(42.79)
		4600m	7:06.53	(37.97)	4600m	7:39.41	(43.48)
		5000m	7:44.50	(37.97)	5000m	8:22.38	(42.97)

3. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	50 Rob Visser	H45	28	O	4:48.14		
2	49 Roan Portier	HB1	24	I	5:02.47	PR	
3	12 Xander Terstal	HN3	26	I	5:11.20	PR	
4	48 Timor Portier	HB1	23	I	5:21.36		
5	63 Kersty Heeremans	DN2	25	I	5:21.80		
6	55 Simon Huismans	HB1	27	I	5:22.03		
7	7 Renske van der Veer	DN4	26	O	5:23.07		
8	40 Lois Elstgeest	DB1	24	O	5:31.52	PR	
9	21 Sylvie van den Heuvel	DN2	25	O	5:47.59		
10	34 Meike Lubbers	D40	21	O	5:47.60		
11	36 Kelly Tromp	DSA	21	I	6:37.18	PR	
	57 Marcel Huismans	H55	28	I	DQ ^{T09}		
	56 Marjolein Ooms	DB1	27	O	DNS		

T09 - Hinderen tijdens het wisselen (254.6)

3. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd	Info
21	wt	36 Kelly Tromp	DSA	6:40.19	6:37.18	PR
	rd	34 Meike Lubbers	D40	5:43.88	5:47.60	

Kelly Tromp

200m	28.25	(28.25)
600m	1:15.88	(47.63)
1000m	2:06.39	(50.51)
1400m	2:58.33	(51.94)
1800m	3:51.37	(53.04)
2200m	4:45.81	(54.44)
2600m	5:40.15	(54.34)
3000m	6:37.18	(57.03)

Meike Lubbers

200m	25.67	(25.67)
600m	1:08.81	(43.14)
1000m	1:54.81	(46.00)
1400m	2:40.64	(45.83)
1800m	3:26.89	(46.25)
2200m	4:13.54	(46.65)
2600m	5:00.85	(47.31)
3000m	5:47.60	(46.75)

		Naam	Cat	PR	Tijd	Info
22	gl					
	bl					
			m			
			m			

		Naam	Cat	PR	Tijd	Info
23	wt	48 Timor Portier	HB1		5:21.36	
	rd					

Timor Portier

200m	22.31	(22.31)
600m	1:02.08	(39.77)
1000m	1:42.88	(40.80)
1400m	2:24.75	(41.87)
1800m	3:07.81	(43.06)
2200m	3:52.12	(44.31)
2600m	4:36.68	(44.56)
3000m	5:21.36	(44.68)

m

		Naam	Cat	PR	Tijd	Info
24	gl	49 Roan Portier	HB1	5:50.26	5:02.47	PR
	bl	40 Lois Elstgeest	DB1	5:44.02	5:31.52	PR

Roan Portier

200m	22.22	(22.22)
600m	59.68	(37.46)
1000m	1:38.68	(39.00)
1400m	2:18.34	(39.66)
1800m	2:58.62	(40.28)
2200m	3:39.57	(40.95)
2600m	4:21.43	(41.86)
3000m	5:02.47	(41.04)

Lois Elstgeest

200m	24.66	(24.66)
600m	1:05.07	(40.41)
1000m	1:47.77	(42.70)
1400m	2:32.76	(44.99)
1800m	3:18.13	(45.37)
2200m	4:04.14	(46.01)
2600m	4:49.03	(44.89)
3000m	5:31.52	(42.49)

		Naam	Cat	PR	Tijd	Info
25	wt	63 Kersty Heeremans	DN2	5:12.07	5:21.80	
	rd	21 Sylvie van den Heuvel	DN2	5:42.27	5:47.59	

Kersty Heeremans

200m	24.10	(24.10)
600m	1:05.33	(41.23)
1000m	1:47.35	(42.02)
1400m	2:29.46	(42.11)
1800m	3:11.82	(42.36)
2200m	3:54.66	(42.84)
2600m	4:38.52	(43.86)
3000m	5:21.80	(43.28)

Sylvie van den Heuvel

200m	24.56	(24.56)
600m	1:06.92	(42.36)
1000m	1:52.02	(45.10)
1400m	2:38.84	(46.82)
1800m	3:26.66	(47.82)
2200m	4:14.45	(47.79)
2600m	5:01.43	(46.98)
3000m	5:47.59	(46.16)



Kennemercup 8: Langeafstandsavond

Ijsbaan Haarlem - Haarlem

21 december 2025



		Naam	Cat	PR	Tijd	Info
26	gl	12 Xander Terstal	HN3	5:12.23	5:11.20	PR
	bl	7 Renske van der Veer	DN4	5:13.39	5:23.07	
		Xander Terstal			Renske van der Veer	
		200m 22.91 (22.91)			200m 24.36 (24.36)	
		600m 1:01.38 (38.47)			600m 1:03.66 (39.30)	
		1000m 1:41.38 (40.00)			1000m 1:45.95 (42.29)	
		1400m 2:22.32 (40.94)			1400m 2:27.92 (41.97)	
		1800m 3:03.67 (41.35)			1800m 3:10.60 (42.68)	
		2200m 3:45.43 (41.76)			2200m 3:53.85 (43.25)	
		2600m 4:28.32 (42.89)			2600m 4:38.00 (44.15)	
		3000m 5:11.20 (42.88)			3000m 5:23.07 (45.07)	

		Naam	Cat	PR	Tijd	Info
27	wt	55 Simon Huismans	HB1	5:17.12	5:22.03	
	rd	56 Marjolein Ooms	DB1	5:04.22	DNS	
		Simon Huismans			Marjolein Ooms	
		200m 23.88 (23.88)				
		600m 1:05.82 (41.94)				
		1000m 1:49.92 (44.10)				
		1400m 2:32.61 (42.69)				
		1800m 3:14.37 (41.76)				
		2200m 3:56.68 (42.31)				
		2600m 4:39.54 (42.86)				
		3000m 5:22.03 (42.49)				



Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

21 december 2025



		Naam	Cat	PR	Tijd	Info
28	gl	57 Marcel Huismans	H55	4:22.51		DQ ^{T09}
	bl	50 Rob Visser	H45	4:29.41		4:48.14
		Marcel Huismans				
			Rob Visser			
			200m	22.10	(22.10)	
			600m	57.11	(35.01)	
			1000m	1:33.64	(36.53)	
			1400m	2:11.30	(37.66)	
			1800m	2:49.54	(38.24)	
			2200m	3:28.80	(39.26)	
			2600m	4:08.22	(39.42)	
			3000m	4:48.14	(39.92)	

T09 - Hinderen tijdens het wisselen (254.6)