



Ijsbeercup 11 (+ open inschrijving 3km)

Ijsbaan Haarlem - Haarlem

24 januari 2026



1. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	37 Emma Rimmelzwaan	DC1	4	I	5:12.56	PR	
2	41 Merle Adema	DPA	1	I	5:30.17	PR	
3	51 Sverre Lindstedt	HPA	3	O	5:30.61		
4	35 Eveline Krom	DN1	3	I	5:38.17		
5	14 Anne Lubbers	DA1	4	O	5:38.63	PR	
6	34 Marise Krom	DPA	1	O	5:54.32		
7	56 Lisa Mei Hartgerink	DPA	5	I	5:54.82		
8	36 Judith van Hesselingen	D55	2	O	5:58.17		
	55 Luuk van Emmerik	HPA	2	I		DQ	



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		Naam		Cat		PR		Tijd	Info
1	wt	41	Merle Adema		DPA	5:32.07		5:30.17	PR
	rd	34	Marise Krom		DPA			5:54.32	
		Merle Adema			Marise Krom				
		200m	26.08	(26.08)	200m	26.78	(26.78)		
		600m	1:09.17	(43.09)	600m	1:11.40	(44.62)		
		1000m	1:53.38	(44.21)	1000m	1:59.62	(48.22)		
		1400m	2:37.04	(43.66)	1400m	2:47.50	(47.88)		
		1800m	3:20.87	(43.83)	1800m	3:35.32	(47.82)		
		2200m	4:04.64	(43.77)	2200m	4:23.16	(47.84)		
		2600m	4:48.41	(43.77)	2600m	5:09.52	(46.36)		
		3000m	5:30.17	(41.76)	3000m	5:54.32	(44.80)		

		Naam		Cat		PR		Tijd	Info
2	gl	55	Luuk van Emmerik		HPA				DQ
	bl	36	Judith van Hesselingen		D55	5:14.98		5:58.17	
		Luuk van Emmerik			Judith van Hesselingen				
		200m	25.64	(25.64)	200m	27.30	(27.30)		
		600m	1:11.96	(46.32)	600m	1:11.46	(44.16)		
		1000m	1:58.36	(46.40)	1000m	1:56.95	(45.49)		
		1400m	2:45.38	(47.02)	1400m	2:43.81	(46.86)		
		1800m	3:30.62	(45.24)	1800m	3:31.88	(48.07)		
		2200m	4:17.90	(47.28)	2200m	4:20.42	(48.54)		
		2600m	5:05.14	(47.24)	2600m	5:09.54	(49.12)		
		3000m	5:50.69	(45.55)	3000m	5:58.17	(48.63)		



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		Naam	Cat	PR	Tijd	Info
3	wt	35 Eveline Krom	DN1	5:34.92	5:38.17	
	rd	51 Sverre Lindstedt	HPA		5:30.61	

Eveline Krom

200m	26.23	(26.23)
600m	1:09.81	(43.58)
1000m	1:54.85	(45.04)
1400m	2:40.04	(45.19)
1800m	3:25.36	(45.32)
2200m	4:10.26	(44.90)
2600m	4:54.65	(44.39)
3000m	5:38.17	(43.52)

Sverre Lindstedt

200m	23.68	(23.68)
600m	1:03.92	(40.24)
1000m	1:47.08	(43.16)
1400m	2:31.57	(44.49)
1800m	3:16.56	(44.99)
2200m	4:02.01	(45.45)
2600m	4:47.04	(45.03)
3000m	5:30.61	(43.57)

		Naam	Cat	PR	Tijd	Info
4	gl	37 Emma Rimmelzwaan	DC1	5:22.71	5:12.56	PR
	bl	14 Anne Lubbers	DA1	5:40.05	5:38.63	PR

Emma Rimmelzwaan

200m	23.49	(23.49)
600m	1:01.74	(38.25)
1000m	1:42.46	(40.72)
1400m	2:24.14	(41.68)
1800m	3:06.41	(42.27)
2200m	3:48.53	(42.12)
2600m	4:31.22	(42.69)
3000m	5:12.56	(41.34)

Anne Lubbers

200m	24.31	(24.31)
600m	1:04.68	(40.37)
1000m	1:46.89	(42.21)
1400m	2:31.05	(44.16)
1800m	3:16.83	(45.78)
2200m	4:03.54	(46.71)
2600m	4:50.93	(47.39)
3000m	5:38.63	(47.70)



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	Naam	Cat	PR	Tijd	Info
5	wt rd	56 Lisa Mei Hartgerink	DPA	5:54.82	
	Lisa Mei Hartgerink				
	200m	25.16	(25.16)		m
	600m	1:07.13	(41.97)		
	1000m	1:52.91	(45.78)		
	1400m	2:40.68	(47.77)		
	1800m	3:29.42	(48.74)		
	2200m	4:18.96	(49.54)		
	2600m	5:07.15	(48.19)		
	3000m	5:54.82	(47.67)		



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2. Uitslag 3000 meter - Ijsbeercup

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	1 Lewis Koot	HC1	21	O	4:51.82	PR	
2	50 Mark van Huuksloot Kuilenburg	HC1	21	I	4:52.78		
3	19 Jasper van Tol	HC1	20	I	4:53.77		
4	39 Bart Hof	HC1	22	I	4:54.65		
5	48 Twan Kempenaar	HC2	19	O	4:57.64	PR	
6	46 Jelle van Ruiten	HC2	17	I	4:57.96	PR	
7	16 Sam van Dongen	HC2	20	O	4:59.53	PR	
8	43 Lars Hoek	HC1	22	O	5:05.43		
9	4 Mees Olie	HC2	19	I	5:10.37	PR	
10	15 Timo van der Poel	HC1	18	O	5:18.63		
11	54 Arjan Vink	HC2	17	O	5:25.23		
12	10 Melanie Ooms	DC1	18	I	5:26.74		
13	9 Tygo van der Poel	HC2	5	O	5:29.89		
14	32 Isa Pruisscher	DC1	8	O	5:34.55		
15	47 Ilya Fontaine	HC1	10	I	5:34.81		
16	17 Philipine Cornelissen	DC2	15	O	5:36.44	PR	
17	31 Freek Tonino	HC2	11	O	5:37.98	HT	
18	26 Hille de Graaf	DC1	10	O	5:38.67		
19	29 Laurens Heineman	HC1	15	I	5:39.96	PR	
20	21 Dominique van der Aa	DC1	16	I	5:41.07		
21	2 Roos Valentijn	DC2	14	O	5:43.69		
22	28 Matthijs van Rhenen	HC1	8	I	5:46.14		
23	25 Julie Vermeulen	DC1	14	I	5:46.73		
24	22 Jelle Boonstra	HC1	12	O	5:51.53		
25	8 Ella Westerik	DC2	7	O	5:54.81	PR	
26	7 Lisa Meeuwissen	DC2	16	O	5:54.97		
27	40 Stern Amons	HC1	9	I	5:55.50		
28	33 Renske Krom	DC2	6	I	5:57.61	PR	
29	23 Emi Kiers	DC2	13	O	5:59.76		
30	49 Kelsy Mulckhuyse	DC2	11	I	6:01.43		
31	20 Mark Prins	HC1	12	I	6:03.47		
32	44 Tessa van Egmond	DC1	9	O	6:04.95		
33	24 Alissa Pels	DC2	13	I	6:07.70	FL	
34	30 Pien de Ruijter	DC2	7	I	6:08.41		
35	42 Barend Koeleman	HC1	6	O	6:13.81		
36	38 Elisa Domingues Rosa	DC2	5	I	6:23.28		



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2. Rituitslag 3000 meter - Ijsbeercup

		Naam		Cat		PR		Tijd	Info
5	wt	38	Elisa Domingues Rosa		DC2			6:23.28	
	rd	9	Tygo van der Poel		HC2			5:29.89	
		Elisa Domingues Rosa			Tygo van der Poel				
		200m	26.52	(26.52)	200m	24.08	(24.08)		
		600m	1:13.93	(47.41)	600m	1:06.27	(42.19)		
		1000m	2:04.88	(50.95)	1000m	1:50.03	(43.76)		
		1400m	2:54.83	(49.95)	1400m	2:34.06	(44.03)		
		1800m	3:47.36	(52.53)	1800m	3:18.64	(44.58)		
		2200m	4:41.05	(53.69)	2200m	4:03.08	(44.44)		
		2600m	5:33.67	(52.62)	2600m	4:47.28	(44.20)		
		3000m	6:23.28	(49.61)	3000m	5:29.89	(42.61)		

		Naam		Cat		PR		Tijd	Info
6	gl	33	Renske Krom		DC2	6:48.01		5:57.61	PR
	bl	42	Barend Koeleman		HC1			6:13.81	
		Renske Krom			Barend Koeleman				
		200m	27.25	(27.25)	200m	28.77	(28.77)		
		600m	1:11.36	(44.11)	600m	1:18.64	(49.87)		
		1000m	2:00.11	(48.75)	1000m	2:08.19	(49.55)		
		1400m	2:48.77	(48.66)	1400m	2:57.54	(49.35)		
		1800m	3:36.46	(47.69)	1800m	3:46.15	(48.61)		
		2200m	4:23.98	(47.52)	2200m	4:36.34	(50.19)		
		2600m	5:10.82	(46.84)	2600m	5:26.45	(50.11)		
		3000m	5:57.61	(46.79)	3000m	6:13.81	(47.36)		



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		Naam		Cat		PR		Tijd	Info
7	wt	30	Pien de Ruijter		DC2			6:08.41	
	rd	8	Ella Westerik		DC2	6:45.00		5:54.81	PR
		Pien de Ruijter			Ella Westerik				
		200m	26.38	(26.38)	200m	26.08	(26.08)		
		600m	1:10.04	(43.66)	600m	1:09.11	(43.03)		
		1000m	1:56.69	(46.65)	1000m	1:53.46	(44.35)		
		1400m	2:44.97	(48.28)	1400m	2:39.40	(45.94)		
		1800m	3:34.58	(49.61)	1800m	3:26.73	(47.33)		
		2200m	4:25.45	(50.87)	2200m	4:15.99	(49.26)		
		2600m	5:16.90	(51.45)	2600m	5:07.06	(51.07)		
		3000m	6:08.41	(51.51)	3000m	5:54.81	(47.75)		

		Naam		Cat		PR		Tijd	Info
8	gl	28	Matthijs van Rhenen		HC1			5:46.14	
	bl	32	Isa Pruisscher		DC1			5:34.55	
		Matthijs van Rhenen			Isa Pruisscher				
		200m	25.16	(25.16)	200m	1:07.14	(67.14)		
		600m	1:07.11	(41.95)	600m	1:51.96	(44.82)		
		1000m	1:51.07	(43.96)	1000m	2:14.24	(22.28)		
		1400m	2:36.33	(45.26)	1400m	2:36.52	(22.28)		
		1800m	3:21.05	(44.72)	1800m	2:58.80	(22.28)		
		2200m	4:05.76	(44.71)	2200m	3:21.08	(22.28)		
		2600m	4:50.48	(44.72)	2600m	4:12.32	(51.24)		
		3000m	5:46.14	(55.66)	3000m	5:34.55	(82.23)		



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		Naam	Cat	PR	Tijd	Info
9	wt	40 Stern Amons	HC1		5:55.50	
	rd	44 Tessa van Egmond	DC1		6:04.95	

Stern Amons

200m	25.34	(25.34)
600m	1:12.97	(47.63)
1000m	2:01.18	(48.21)
1400m	2:48.65	(47.47)
1800m	3:36.80	(48.15)
2200m	4:25.55	(48.75)
2600m	5:14.58	(49.03)
3000m	5:55.50	(40.92)

Tessa van Egmond

200m	27.19	(27.19)
600m	1:12.06	(44.87)
1000m	1:59.67	(47.61)
1400m	2:47.53	(47.86)
1800m	3:36.12	(48.59)
2200m	4:26.02	(49.90)
2600m	5:15.64	(49.62)
3000m	6:04.95	(49.31)

		Naam	Cat	PR	Tijd	Info
10	gl	47 Ilya Fontaine	HC1		5:34.81	
	bl	26 Hille de Graaf	DC1		5:38.67	

Ilya Fontaine

200m	25.91	(25.91)
600m	1:09.59	(43.68)
1000m	1:53.57	(43.98)
1400m	2:38.40	(44.83)
1800m	3:23.15	(44.75)
2200m	4:07.66	(44.51)
2600m	4:51.43	(43.77)
3000m	5:34.81	(43.38)

Hille de Graaf

200m	25.61	(25.61)
600m	1:08.35	(42.74)
1000m	1:53.00	(44.65)
1400m	2:38.06	(45.06)
1800m	3:23.59	(45.53)
2200m	4:09.62	(46.03)
2600m	4:55.93	(46.31)
3000m	5:38.67	(42.74)



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		Naam		Cat		PR	Tijd	Info
11	wt	49	Kelsy Mulckhuysse		DC2		6:01.43	
	rd	31	Freek Tonino		HC2		5:37.98	HT
		Kelsy Mulckhuysse			Freek Tonino			
		200m	26.30	(26.30)	200m	23.55	(23.55)	
		600m	1:11.02	(44.72)	600m	1:06.68	(43.13)	
		1000m	1:56.16	(45.14)	1000m	1:53.62	(46.94)	
		1400m	2:42.87	(46.71)	1400m	2:38.84	(45.22)	
		1800m	3:32.19	(49.32)	1800m	3:25.44	(46.60)	
		2200m	4:21.17	(48.98)	2200m	4:12.15	(46.71)	
		2600m	5:11.62	(50.45)	2600m	4:56.57	(44.42)	
		3000m	6:01.43	(49.81)	3000m	5:37.98	(41.41)	

		Naam		Cat		PR	Tijd	Info
12	gl	20	Mark Prins		HC1		6:03.47	
	bl	22	Jelle Boonstra		HC1		5:51.53	
		Mark Prins			Jelle Boonstra			
		200m	26.42	(26.42)	200m	27.15	(27.15)	
		600m	1:12.60	(46.18)	600m	1:12.81	(45.66)	
		1000m	2:01.27	(48.67)	1000m	1:59.79	(46.98)	
		1400m	2:48.16	(46.89)	1400m	2:46.60	(46.81)	
		1800m	3:38.01	(49.85)	1800m	3:33.47	(46.87)	
		2200m	4:28.16	(50.15)	2200m	4:20.51	(47.04)	
		2600m	5:16.70	(48.54)	2600m	5:07.42	(46.91)	
		3000m	6:03.47	(46.77)	3000m	5:51.53	(44.11)	



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		Naam		Cat		PR		Tijd	Info
13	wt	24	Alissa Pels		DC2			6:07.70	FL
	rd	23	Emi Kiers		DC2			5:59.76	
		Alissa Pels			Emi Kiers				
		200m	26.52	(26.52)	200m	28.01	(28.01)		
		600m	1:10.52	(44.00)	600m	1:14.67	(46.66)		
		1000m	1:56.57	(46.05)	1000m	2:01.08	(46.41)		
		1400m	2:44.05	(47.48)	1400m	2:48.38	(47.30)		
		1800m	3:32.50	(48.45)	1800m	3:37.84	(49.46)		
		2200m	4:21.28	(48.78)	2200m	4:27.44	(49.60)		
		2600m	5:20.28	(59.00)	2600m	5:14.91	(47.47)		
		3000m	6:07.70	(47.42)	3000m	5:59.76	(44.85)		

		Naam		Cat		PR		Tijd	Info
14	gl	25	Julie Vermeulen		DC1		5:44.30	5:46.73	
	bl	2	Roos Valentijn		DC2			5:43.69	
		Julie Vermeulen			Roos Valentijn				
		200m	25.41	(25.41)	200m	24.45	(24.45)		
		600m	1:08.02	(42.61)	600m	1:04.48	(40.03)		
		1000m	1:52.81	(44.79)	1000m	1:47.16	(42.68)		
		1400m	2:39.82	(47.01)	1400m	2:32.84	(45.68)		
		1800m	3:26.64	(46.82)	1800m	3:20.39	(47.55)		
		2200m	4:13.59	(46.95)	2200m	4:08.08	(47.69)		
		2600m	5:01.12	(47.53)	2600m	4:56.31	(48.23)		
		3000m	5:46.73	(45.61)	3000m	5:43.69	(47.38)		



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		Naam	Cat	PR	Tijd	Info
15	wt	29 Laurens Heineman	HC1	5:42.90	5:39.96	PR
	rd	17 Philipine Cornelissen	DC2	5:36.73	5:36.44	PR

Laurens Heineman

200m	23.96	(23.96)
600m	1:05.75	(41.79)
1000m	1:49.06	(43.31)
1400m	2:34.59	(45.53)
1800m	3:20.44	(45.85)
2200m	4:06.48	(46.04)
2600m	4:53.28	(46.80)
3000m	5:39.96	(46.68)

Philipine Cornelissen

200m	23.57	(23.57)
600m	1:04.80	(41.23)
1000m	1:49.47	(44.67)
1400m	2:33.88	(44.41)
1800m	3:19.58	(45.70)
2200m	4:05.32	(45.74)
2600m	4:51.77	(46.45)
3000m	5:36.44	(44.67)

		Naam	Cat	PR	Tijd	Info
16	gl	21 Dominique van der Aa	DC1		5:41.07	
	bl	7 Lisa Meeuwissen	DC2		5:54.97	

Dominique van der Aa

200m	25.20	(25.20)
600m	1:10.03	(44.83)
1000m	1:56.00	(45.97)
1400m	2:41.81	(45.81)
1800m	3:28.27	(46.46)
2200m	4:12.93	(44.66)
2600m	4:57.43	(44.50)
3000m	5:41.07	(43.64)

Lisa Meeuwissen

200m	25.03	(25.03)
600m	1:09.44	(44.41)
1000m	1:56.50	(47.06)
1400m	2:44.10	(47.60)
1800m	3:33.12	(49.02)
2200m	4:22.07	(48.95)
2600m	5:10.21	(48.14)
3000m	5:54.97	(44.76)



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		Naam		Cat		PR		Tijd	Info
17	wt	46	Jelle van Ruiten		HC2			5:12.37	4:57.96 PR
	rd	54	Arjan Vink		HC2				5:25.23
		Jelle van Ruiten			Arjan Vink				
		200m	23.13	(23.13)	200m	23.49	(23.49)		
		600m	1:00.61	(37.48)	600m	1:02.76	(39.27)		
		1000m	1:38.85	(38.24)	1000m	1:45.43	(42.67)		
		1400m	2:17.63	(38.78)	1400m	2:29.56	(44.13)		
		1800m	2:57.06	(39.43)	1800m	3:14.42	(44.86)		
		2200m	3:36.86	(39.80)	2200m	3:59.32	(44.90)		
		2600m	4:16.72	(39.86)	2600m	4:43.86	(44.54)		
		3000m	4:57.96	(41.24)	3000m	5:25.23	(41.37)		

		Naam		Cat		PR		Tijd	Info
18	gl	10	Melanie Ooms		DC1				5:26.74
	bl	15	Timo van der Poel		HC1				5:18.63
		Melanie Ooms			Timo van der Poel				
		200m	24.13	(24.13)	200m	24.08	(24.08)		
		600m	1:06.35	(42.22)	600m	1:05.72	(41.64)		
		1000m	1:49.82	(43.47)	1000m	1:49.18	(43.46)		
		1400m	2:33.67	(43.85)	1400m	2:32.18	(43.00)		
		1800m	3:17.86	(44.19)	1800m	3:15.00	(42.82)		
		2200m	4:01.66	(43.80)	2200m	3:56.48	(41.48)		
		2600m	4:44.20	(42.54)	2600m	4:36.90	(40.42)		
		3000m	5:26.74	(42.54)	3000m	5:18.63	(41.73)		



Ijsbeercup 11 (+ open inschrijving 3km)

Ijsbaan Haarlem - Haarlem

24 januari 2026



		Naam	Cat	PR	Tijd	Info
19	wt	4 Mees Olie	HC2	5:55.61	5:10.37	PR
	rd	48 Twan Kempenaar	HC2	5:00.76	4:57.64	PR

Mees Olie

200m	22.57	(22.57)
600m	1:01.76	(39.19)
1000m	1:42.29	(40.53)
1400m	2:23.32	(41.03)
1800m	3:04.76	(41.44)
2200m	3:46.40	(41.64)
2600m	4:28.62	(42.22)
3000m	5:10.37	(41.75)

Twan Kempenaar

200m	23.00	(23.00)
600m	59.96	(36.96)
1000m	1:38.83	(38.87)
1400m	2:17.94	(39.11)
1800m	2:57.05	(39.11)
2200m	3:36.50	(39.45)
2600m	4:16.75	(40.25)
3000m	4:57.64	(40.89)

		Naam	Cat	PR	Tijd	Info
20	gl	19 Jasper van Tol	HC1		4:53.77	
	bl	16 Sam van Dongen	HC2	5:00.55	4:59.53	PR

Jasper van Tol

200m	22.09	(22.09)
600m	58.82	(36.73)
1000m	1:36.70	(37.88)
1400m	2:16.45	(39.75)
1800m	2:55.78	(39.33)
2200m	3:35.27	(39.49)
2600m	4:15.29	(40.02)
3000m	4:53.77	(38.48)

Sam van Dongen

200m	22.03	(22.03)
600m	58.69	(36.66)
1000m	1:37.50	(38.81)
1400m	2:17.27	(39.77)
1800m	2:57.32	(40.05)
2200m	3:37.98	(40.66)
2600m	4:19.27	(41.29)
3000m	4:59.53	(40.26)



Ijsbeercup 11 (+ open inschrijving 3km)

Ijsbaan Haarlem - Haarlem

24 januari 2026



		Naam		Cat		PR		Tijd	Info
21	wt	50	Mark van Huuksloot Kuilenburg		HC1			4:52.78	
	rd	1	Lewis Koot		HC1	4:55.80		4:51.82	PR
		Mark van Huuksloot Kuilenburg			Lewis Koot				
		200m	21.96	(21.96)	200m	22.33	(22.33)		
		600m	58.79	(36.83)	600m	58.94	(36.61)		
		1000m	1:36.29	(37.50)	1000m	1:37.53	(38.59)		
		1400m	2:16.09	(39.80)	1400m	2:16.19	(38.66)		
		1800m	2:55.22	(39.13)	1800m	2:55.35	(39.16)		
		2200m	3:35.54	(40.32)	2200m	3:34.39	(39.04)		
		2600m	4:14.49	(38.95)	2600m	4:13.66	(39.27)		
		3000m	4:52.78	(38.29)	3000m	4:51.82	(38.16)		

		Naam		Cat		PR		Tijd	Info
22	gl	39	Bart Hof		HC1	4:52.79		4:54.65	
	bl	43	Lars Hoek		HC1			5:05.43	
		Bart Hof			Lars Hoek				
		200m	21.37	(21.37)	200m	21.85	(21.85)		
		600m	58.30	(36.93)	600m	58.54	(36.69)		
		1000m	1:37.87	(39.57)	1000m	1:38.90	(40.36)		
		1400m	2:17.30	(39.43)	1400m	2:19.51	(40.61)		
		1800m	2:57.15	(39.85)	1800m	3:01.35	(41.84)		
		2200m	3:36.98	(39.83)	2200m	3:43.43	(42.08)		
		2600m	4:15.40	(38.42)	2600m	4:24.87	(41.44)		
		3000m	4:54.65	(39.25)	3000m	5:05.43	(40.56)		