

## 1. Uitslag Testevent 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	61 Maud Groenen	DB1	1	O	43.67		
2	46 Anouk Cosijn	DN1	2	I	44.56	PR	
3	1 Youssra Pals	DB1	1	I	44.70		
4	49 Carlijn Oude Vrielink	DN2	3	I	45.38	PR	
	58 Marco Schouten	H50	4	O	45.38		
6	11 Bram Morel	HC2	2	O	45.79		
7	3 Hiba Pals	DC1	4	I	46.45	PR	
8	33 Lonneke Merkk	DB2	3	O	47.12		
9	2 Yasmine Pals	DB1	6	I	47.17		
10	50 Maartje van Dijck	DC2	6	O	47.37		
11	15 Tamar Wolters	DC2	5	I	48.18		
12	6 Loïs Mijland	DPB	8	O	48.24	PR	
13	29 Djim Spierings	HPA	7	I	48.98		
14	54 John van Dijck	H50	8	I	49.65		
15	43 Bregje Nafzger	DB1	9	I	50.80		
16	17 Lena Westra	DPB	10	O	50.97	PR	
17	25 Floor Vogelaar	DPB	10	I	51.24	PR	
18	40 Mila Langenberg	DC1	9	O	52.05		
19	57 Marco van Baar	H50	12	O	52.18	PR	
20	30 Zepp Spierings	HC2	7	O	52.39		
21	42 Isabel Segers	DC2	12	I	52.83		
22	27 Neel Geurts	DPB	13	I	54.44	PR	
23	59 Arjan Elshout	H55	14	O	54.85	PR	
24	41 Cato Gunneweg	DPB	14	I	56.45	PR	
25	53 Ramon van de Laar	H50	11	I	56.57		
26	16 Tess Anderson	DC1	16	O	57.66	PR	
27	36 Nienke van Hoek	DC1	15	I	57.92	PR	
28	26 Otje Bilderbeek	DPC	13	O	59.73		
29	45 Amélie van den Berk	DPC	16	I	1:02.24	PR	
30	38 Valerie de Vries	DPC	15	O	1:02.44		
31	60 Richard van Maarschalkerwaard	H50	11	O	1:13.48	FL	
	56 Jennifer Groeneveld	DC1	5	O	DNS		

## 1. Rituitslag Testevent 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	1	<b>Youssra Pals</b>		DB1	43.88	<b>44.70</b>	
	rd	61	<b>Maud Groenen</b>		DB1	42.83	<b>43.67</b>	
			<b>Youssra Pals</b>		<b>Maud Groenen</b>			
			100m	12.10	(12.10)	100m	11.59	(11.59)
			500m	44.70	(32.60)	500m	43.67	(32.08)

		Naam		Cat		PR	Tijd	Info
2	gl	46	<b>Anouk Cosijn</b>		DN1	44.99	<b>44.56</b>	PR
	bl	11	<b>Bram Morel</b>		HC2	45.56	<b>45.79</b>	
			<b>Anouk Cosijn</b>		<b>Bram Morel</b>			
			100m	12.28	(12.28)	100m	12.39	(12.39)
			500m	44.56	(32.28)	500m	45.79	(33.40)

		Naam		Cat		PR	Tijd	Info
3	wt	49	<b>Carlijn Oude Vrielink</b>		DN2	45.59	<b>45.38</b>	PR
	rd	33	<b>Lonneke Merkx</b>		DB2	45.24	<b>47.12</b>	
			<b>Carlijn Oude Vrielink</b>		<b>Lonneke Merkx</b>			
			100m	12.00	(12.00)	100m	12.79	(12.79)
			500m	45.38	(33.38)	500m	47.12	(34.33)

		Naam		Cat		PR	Tijd	Info
4	gl	3	<b>Hiba Pals</b>		DC1	46.48	<b>46.45</b>	PR
	bl	58	<b>Marco Schouten</b>		H50	44.65	<b>45.38</b>	
			<b>Hiba Pals</b>		<b>Marco Schouten</b>			
			100m	12.89	(12.89)	100m	12.22	(12.22)
			500m	46.45	(33.56)	500m	45.38	(33.16)

		Naam		Cat		PR	Tijd	Info
5	wt	15	<b>Tamar Wolters</b>		DC2	47.62	<b>48.18</b>	
	rd	56	<b>Jennifer Groeneveld</b>		DC1	48.24	<b>DNS</b>	
			<b>Tamar Wolters</b>		<b>Jennifer Groeneveld</b>			
			100m	13.38	(13.38)			
			500m	48.18	(34.80)			

		Naam		Cat		PR	Tijd	Info
6	gl	2	<b>Yasmine Pals</b>		DB1	47.13	<b>47.17</b>	
	bl	50	<b>Maartje van Dijck</b>		DC2	47.10	<b>47.37</b>	
			<u>Yasmine Pals</u>				<u>Maartje van Dijck</u>	
			100m	12.77	(12.77)	100m	12.52	(12.52)
			500m	47.17	(34.40)	500m	47.37	(34.85)

		Naam		Cat		PR	Tijd	Info
7	wt	29	<b>Djim Spierings</b>		HPA	48.52	<b>48.98</b>	
	rd	30	<b>Zepp Spierings</b>		HC2	50.50	<b>52.39</b>	
			<u>Djim Spierings</u>				<u>Zepp Spierings</u>	
			100m	13.28	(13.28)	100m	13.90	(13.90)
			500m	48.98	(35.70)	500m	52.39	(38.49)

		Naam		Cat		PR	Tijd	Info
8	gl	54	<b>John van Dijck</b>		H50	48.30	<b>49.65</b>	
	bl	6	<b>Loïs Mijland</b>		DPB	48.81	<b>48.24</b>	PR
			<u>John van Dijck</u>				<u>Loïs Mijland</u>	
			100m	13.39	(13.39)	100m	13.12	(13.12)
			500m	49.65	(36.26)	500m	48.24	(35.12)

		Naam		Cat		PR	Tijd	Info
9	wt	43	<b>Bregje Nafzger</b>		DB1	50.58	<b>50.80</b>	
	rd	40	<b>Mila Langenberg</b>		DC1	50.95	<b>52.05</b>	
			<u>Bregje Nafzger</u>				<u>Mila Langenberg</u>	
			100m	13.35	(13.35)	100m	13.75	(13.75)
			500m	50.80	(37.45)	500m	52.05	(38.30)

		Naam		Cat		PR	Tijd	Info
10	gl	25	<b>Floor Vogelaar</b>		DPB	51.54	<b>51.24</b>	PR
	bl	17	<b>Lena Westra</b>		DPB	52.43	<b>50.97</b>	PR
			<u>Floor Vogelaar</u>				<u>Lena Westra</u>	
			100m	13.36	(13.36)	100m	13.27	(13.27)
			500m	51.24	(37.88)	500m	50.97	(37.70)

		Naam	Cat		PR	Tijd	Info
11	wt	53 <b>Ramon van de Laar</b>	H50		53.54	<b>56.57</b>	
	rd	60 <b>Richard van Maarschalkerwaard</b>	H50		53.30	<b>1:13.48</b>	FL
		<b>Ramon van de Laar</b>			<b>Richard van Maarschalkerwaard</b>		
		100m	14.95	(14.95)	100m	13.73	(13.73)
		500m	56.57	(41.62)	500m	1:13.48	(59.75)
		Naam	Cat		PR	Tijd	Info
12	gl	42 <b>Isabel Segers</b>	DC2		52.61	<b>52.83</b>	
	bl	57 <b>Marco van Baar</b>	H50		52.50	<b>52.18</b>	PR
		<b>Isabel Segers</b>			<b>Marco van Baar</b>		
		100m	14.16	(14.16)	100m	14.14	(14.14)
		500m	52.83	(38.67)	500m	52.18	(38.04)
		Naam	Cat		PR	Tijd	Info
13	wt	27 <b>Neel Geurts</b>	DPB		55.18	<b>54.44</b>	PR
	rd	26 <b>Otje Bilderbeek</b>	DPC		58.18	<b>59.73</b>	
		<b>Neel Geurts</b>			<b>Otje Bilderbeek</b>		
		100m	13.77	(13.77)	100m	14.94	(14.94)
		500m	54.44	(40.67)	500m	59.73	(44.79)
		Naam	Cat		PR	Tijd	Info
14	gl	41 <b>Cato Gunneweg</b>	DPB		57.04	<b>56.45</b>	PR
	bl	59 <b>Arjan Elshout</b>	H55		56.59	<b>54.85</b>	PR
		<b>Cato Gunneweg</b>			<b>Arjan Elshout</b>		
		100m	14.14	(14.14)	100m	14.39	(14.39)
		500m	56.45	(42.31)	500m	54.85	(40.46)
		Naam	Cat		PR	Tijd	Info
15	wt	36 <b>Nienke van Hoek</b>	DC1		58.74	<b>57.92</b>	PR
	rd	38 <b>Valerie de Vries</b>	DPC		1:01.31	<b>1:02.44</b>	
		<b>Nienke van Hoek</b>			<b>Valerie de Vries</b>		
		100m	14.05	(14.05)	100m	14.81	(14.81)
		500m	57.92	(43.87)	500m	1:02.44	(47.63)

Ireen Wüst Ijsbaan - Tilburg

		Naam		Cat		PR	Tijd	Info
16	gl	45 Amélie van den Berk		DPC		1:02.87	<b>1:02.24</b>	PR
	bl	16 Tess Anderson		DC1		1:01.01	<b>57.66</b>	PR
				<b>Amélie van den Berk</b>				
				<b>Tess Anderson</b>				
		100m	14.75	(14.75)			100m	13.99 (13.99)
		500m	1:02.24	(47.49)			500m	57.66 (43.67)

## 2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Florine Hehewerth	DN4	19	I	8:30.47	PR	
2	18 Meike Wagemakers	DN3	19	O	9:10.19	PR	
3	8 Daniëlle Frijters	DSB	18	I	9:38.88		
4	13 Patty van Hoorn	D50	17	I	9:39.46		
5	23 Sarina van Dijk	DSA	17	O	9:41.51	PR	

		Naam	Cat	PR	Tijd	Info
17	wt	13 <b>Patty van Hoorn</b>	D50	9:20.49	<b>9:39.46</b>	
	rd	23 <b>Sarina van Dijk</b>	DSA		<b>9:41.51</b>	PR
		<b>Patty van Hoorn</b>		<b>Sarina van Dijk</b>		
		200m	26.53 (26.53)	200m	24.97 (24.97)	
		600m	1:09.48 (42.95)	600m	1:08.75 (43.78)	
		1000m	1:54.95 (45.47)	1000m	1:55.37 (46.62)	
		1400m	2:41.47 (46.52)	1400m	2:40.62 (45.25)	
		1800m	3:27.13 (45.66)	1800m	3:26.97 (46.35)	
		2200m	4:13.43 (46.30)	2200m	4:12.46 (45.49)	
		2600m	4:59.76 (46.33)	2600m	4:59.09 (46.63)	
		3000m	5:46.52 (46.76)	3000m	5:45.83 (46.74)	
		3400m	6:33.06 (46.54)	3400m	6:33.67 (47.84)	
		3800m	7:20.05 (46.99)	3800m	7:21.45 (47.78)	
		4200m	8:07.29 (47.24)	4200m	8:09.33 (47.88)	
		4600m	8:54.63 (47.34)	4600m	8:56.46 (47.13)	
		5000m	9:39.46 (44.83)	5000m	9:41.51 (45.05)	

		Naam	Cat	PR	Tijd	Info
18	gl	8 <b>Daniëlle Frijters</b>	DSB	9:38.44	<b>9:38.88</b>	
	bl					
		<b>Daniëlle Frijters</b>				
		200m	27.90 (27.90)			m
		600m	1:11.96 (44.06)			
		1000m	1:56.70 (44.74)			
		1400m	2:41.93 (45.23)			
		1800m	3:27.69 (45.76)			
		2200m	4:14.08 (46.39)			
		2600m	5:00.31 (46.23)			
		3000m	5:46.74 (46.43)			
		3400m	6:33.60 (46.86)			
		3800m	7:20.71 (47.11)			
		4200m	8:07.21 (46.50)			
		4600m	8:54.06 (46.85)			
		5000m	9:38.88 (44.82)			

Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd	Info
19	wt	20 Florine Hehewerth	DN4		<b>8:30.47</b>	PR
	rd	18 Meike Wagemakers	DN3		<b>9:10.19</b>	PR

### Florine Hehewerth

200m	22.30	(22.30)
600m	1:00.41	(38.11)
1000m	1:42.67	(42.26)
1400m	2:24.63	(41.96)
1800m	3:06.12	(41.49)
2200m	3:47.61	(41.49)
2600m	4:28.91	(41.30)
3000m	5:09.90	(40.99)
3400m	5:51.01	(41.11)
3800m	6:31.38	(40.37)
4200m	7:11.65	(40.27)
4600m	7:51.06	(39.41)
5000m	8:30.47	(39.41)

### Meike Wagemakers

200m	24.22	(24.22)
600m	1:03.79	(39.57)
1000m	1:45.78	(41.99)
1400m	2:28.92	(43.14)
1800m	3:11.77	(42.85)
2200m	3:55.20	(43.43)
2600m	4:39.23	(44.03)
3000m	5:23.52	(44.29)
3400m	6:08.90	(45.38)
3800m	6:54.68	(45.78)
4200m	7:40.03	(45.35)
4600m	8:25.97	(45.94)
5000m	9:10.19	(44.22)



Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	21 Colin Schrijver	HSA	26	O	15:02.40	PR	
2	34 Marc Nieuwenhuijse	H40	26	I	15:07.46	TRC	
3	44 Rik Houwers	HSB	27	I	15:14.49	PR	
4	10 Jens Klootwijk	HN2	24	O	15:18.32	PR	
5	52 Erik Agterdenbos	HSB	25	O	15:51.04	PR	
6	9 Joost Hermans	HSB	27	O	15:55.68		
7	47 Geert Antonis	HSB	24	I	16:31.51		
8	19 Thomas Ros	HN4	21	I	16:59.81	PR	
9	28 Herbert Boender	H45	21	O	17:02.45	PR	
10	39 Erwin van den Boogaert	HSB	23	O	17:04.06	PR	
11	5 Pieter Pennings	H55	23	I	17:16.10		
12	35 johan sweep	H60	22	I	17:28.15		
13	51 Tom van Dijck	HA2	25	I	17:44.23	FL	
14	55 Stan Krewinkel	HSA	22	O	17:57.67	PR	
15	37 André van Staalduinen	H60	20	I	19:05.45	PR	
	12 Ed Blok	H55	20	O		DQ	

		Naam	Cat	PR	Tijd	Info
20	wt	37 <b>André van Staalduinen</b>	H60		<b>19:05.45</b>	PR
	rd	12 <b>Ed Blok</b>	H55	18:44.66		DQ
		<b>André van Staalduinen</b>				
		400m	49.13	(49.13)		
		800m	1:33.14	(44.01)		
		1200m	2:16.70	(43.56)		
		1600m	3:00.00	(43.30)		
		2000m	3:43.50	(43.50)		
		2400m	4:28.09	(44.59)		
		2800m	5:12.83	(44.74)		
		3200m	5:57.98	(45.15)		
		3600m	6:42.76	(44.78)		
		4000m	7:28.75	(45.99)		
		4400m	8:15.26	(46.51)		
		4800m	9:01.95	(46.69)		
		5200m	9:47.78	(45.83)		
		5600m	10:33.80	(46.02)		
		6000m	11:20.15	(46.35)		
		6400m	12:06.86	(46.71)		
		6800m	12:53.83	(46.97)		
		7200m	13:40.84	(47.01)		
		7600m	14:27.85	(47.01)		
		8000m	15:15.18	(47.33)		
		8400m	16:01.65	(46.47)		
		8800m	16:47.58	(45.93)		
		9200m	17:33.47	(45.89)		
		9600m	18:19.67	(46.20)		
		10000m	19:05.45	(45.78)		

Ireen Wüst IJsbahn - Tilburg

		Naam	Cat	PR	Tijd	Info
21	gl	19 <b>Thomas Ros</b>	HN4		<b>16:59.81</b>	PR
	bl	28 <b>Herbert Boender</b>	H45		<b>17:02.45</b>	PR

### Thomas Ros

400m	41.79	(41.79)
800m	1:18.54	(36.75)
1200m	1:58.16	(39.62)
1600m	2:38.13	(39.97)
2000m	3:18.77	(40.64)
2400m	3:59.25	(40.48)
2800m	4:39.67	(40.42)
3200m	5:20.35	(40.68)
3600m	6:00.78	(40.43)
4000m	6:40.95	(40.17)
4400m	7:21.45	(40.50)
4800m	8:02.03	(40.58)
5200m	8:42.51	(40.48)
5600m	9:23.12	(40.61)
6000m	10:03.24	(40.12)
6400m	10:43.96	(40.72)
6800m	11:25.51	(41.55)
7200m	12:06.98	(41.47)
7600m	12:48.80	(41.82)
8000m	13:31.22	(42.42)
8400m	14:13.40	(42.18)
8800m	14:55.42	(42.02)
9200m	15:37.38	(41.96)
9600m	16:19.11	(41.73)
10000m	16:59.81	(40.70)

### Herbert Boender

400m	41.58	(41.58)
800m	1:19.98	(38.40)
1200m	1:59.70	(39.72)
1600m	2:39.64	(39.94)
2000m	3:19.90	(40.26)
2400m	4:00.12	(40.22)
2800m	4:40.65	(40.53)
3200m	5:21.62	(40.97)
3600m	6:02.21	(40.59)
4000m	6:43.19	(40.98)
4400m	7:24.38	(41.19)
4800m	8:05.80	(41.42)
5200m	8:46.95	(41.15)
5600m	9:28.00	(41.05)
6000m	10:09.76	(41.76)
6400m	10:51.58	(41.82)
6800m	11:33.27	(41.69)
7200m	12:15.26	(41.99)
7600m	12:57.51	(42.25)
8000m	13:39.73	(42.22)
8400m	14:21.80	(42.07)
8800m	15:02.69	(40.89)
9200m	15:43.39	(40.70)
9600m	16:23.41	(40.02)
10000m	17:02.45	(39.04)

Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd Info
22	wt	35 <b>johan sweep</b>	H60	17:09.19	<b>17:28.15</b>
	rd	55 <b>Stan Krewinkel</b>	HSA	17:58.05	<b>17:57.67</b> PR

**johan sweep**

**Stan Krewinkel**

400m	45.37	(45.37)	400m	43.85	(43.85)
800m	1:25.26	(39.89)	800m	1:24.02	(40.17)
1200m	2:05.51	(40.25)	1200m	2:03.68	(39.66)
1600m	2:46.43	(40.92)	1600m	2:43.58	(39.90)
2000m	3:27.64	(41.21)	2000m	3:23.32	(39.74)
2400m	4:09.20	(41.56)	2400m	4:03.35	(40.03)
2800m	4:51.05	(41.85)	2800m	4:43.79	(40.44)
3200m	5:32.94	(41.89)	3200m	5:24.69	(40.90)
3600m	6:15.19	(42.25)	3600m	6:05.87	(41.18)
4000m	6:58.21	(43.02)	4000m	6:47.93	(42.06)
4400m	7:41.07	(42.86)	4400m	7:30.25	(42.32)
4800m	8:23.69	(42.62)	4800m	8:13.28	(43.03)
5200m	9:05.76	(42.07)	5200m	8:56.20	(42.92)
5600m	9:48.29	(42.53)	5600m	9:38.94	(42.74)
6000m	10:30.93	(42.64)	6000m	10:23.26	(44.32)
6400m	11:13.62	(42.69)	6400m	11:07.15	(43.89)
6800m	11:55.79	(42.17)	6800m	11:51.36	(44.21)
7200m	12:38.24	(42.45)	7200m	12:36.03	(44.67)
7600m	13:20.00	(41.76)	7600m	13:20.32	(44.29)
8000m	14:01.27	(41.27)	8000m	14:05.20	(44.88)
8400m	14:43.91	(42.64)	8400m	14:51.45	(46.25)
8800m	15:24.91	(41.00)	8800m	15:37.33	(45.88)
9200m	16:05.59	(40.68)	9200m	16:23.72	(46.39)
9600m	16:47.71	(42.12)	9600m	17:09.93	(46.21)
10000m	17:28.15	(40.44)	10000m	17:57.67	(47.74)

Ireen Wüst Ijsbaan - Tilburg

	Naam	Cat	PR	Tijd	Info
23	gl	5 <b>Pieter Pennings</b>	H55	16:12.04	<b>17:16.10</b>
	bl	39 <b>Erwin van den Boogaert</b>	HSB	18:00.61	<b>17:04.06</b> PR

**Pieter Pennings**

400m	43.48	(43.48)
800m	1:22.25	(38.77)
1200m	2:02.48	(40.23)
1600m	2:43.36	(40.88)
2000m	3:24.61	(41.25)
2400m	4:06.15	(41.54)
2800m	4:47.59	(41.44)
3200m	5:28.91	(41.32)
3600m	6:10.46	(41.55)
4000m	6:52.41	(41.95)
4400m	7:34.33	(41.92)
4800m	8:15.82	(41.49)
5200m	8:56.73	(40.91)
5600m	9:37.74	(41.01)
6000m	10:18.79	(41.05)
6400m	10:59.95	(41.16)
6800m	11:40.85	(40.90)
7200m	12:21.90	(41.05)
7600m	13:02.89	(40.99)
8000m	13:44.01	(41.12)
8400m	14:26.20	(42.19)
8800m	15:08.80	(42.60)
9200m	15:51.30	(42.50)
9600m	16:33.96	(42.66)
10000m	17:16.10	(42.14)

**Erwin van den Boogaert**

400m	43.62	(43.62)
800m	1:22.65	(39.03)
1200m	2:01.95	(39.30)
1600m	2:42.74	(40.79)
2000m	3:23.22	(40.48)
2400m	4:04.07	(40.85)
2800m	4:45.26	(41.19)
3200m	5:26.10	(40.84)
3600m	6:07.03	(40.93)
4000m	6:48.21	(41.18)
4400m	7:29.41	(41.20)
4800m	8:11.03	(41.62)
5200m	8:52.54	(41.51)
5600m	9:33.87	(41.33)
6000m	10:15.08	(41.21)
6400m	10:56.09	(41.01)
6800m	11:36.98	(40.89)
7200m	12:17.50	(40.52)
7600m	12:58.23	(40.73)
8000m	13:38.63	(40.40)
8400m	14:19.65	(41.02)
8800m	15:00.55	(40.90)
9200m	15:41.77	(41.22)
9600m	16:23.24	(41.47)
10000m	17:04.06	(40.82)

Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd	Info
24	wt	47 <b>Geert Antonis</b>	HSB	16:17.02	<b>16:31.51</b>	
	rd	10 <b>Jens Klootwijk</b>	HN2	16:07.97	<b>15:18.32</b>	PR

**Geert Antonis**

**Jens Klootwijk**

400m	19.67	(19.67)		400m	19.69	(19.69)
800m	1:16.32	(56.65)		800m	1:13.30	(53.61)
1200m	1:53.92	(37.60)		1200m	1:49.24	(35.94)
1600m	2:31.63	(37.71)		1600m	2:25.09	(35.85)
2000m	3:09.10	(37.47)		2000m	3:00.87	(35.78)
2400m	3:47.25	(38.15)		2400m	3:36.72	(35.85)
2800m	4:25.40	(38.15)		2800m	4:12.78	(36.06)
3200m	5:04.18	(38.78)		3200m	4:48.86	(36.08)
3600m	5:43.04	(38.86)		3600m	5:25.24	(36.38)
4000m	6:22.44	(39.40)		4000m	6:01.56	(36.32)
4400m	7:02.48	(40.04)		4400m	6:38.04	(36.48)
4800m	7:42.76	(40.28)		4800m	7:14.82	(36.78)
5200m	8:23.15	(40.39)		5200m	7:51.60	(36.78)
5600m	9:03.67	(40.52)		5600m	8:28.32	(36.72)
6000m	9:43.88	(40.21)		6000m	9:04.97	(36.65)
6400m	10:23.76	(39.88)		6400m	9:41.74	(36.77)
6800m	11:03.88	(40.12)		6800m	10:19.20	(37.46)
7200m	11:44.40	(40.52)		7200m	10:56.78	(37.58)
7600m	12:25.17	(40.77)		7600m	11:33.94	(37.16)
8000m	13:06.32	(41.15)		8000m	12:11.26	(37.32)
8400m	13:47.73	(41.41)		8400m	12:48.62	(37.36)
8800m	14:29.18	(41.45)		8800m	13:25.92	(37.30)
9200m	15:10.52	(41.34)		9200m	14:03.33	(37.41)
9600m	15:51.19	(40.67)		9600m	14:40.82	(37.49)
10000m	16:31.51	(40.32)		10000m	15:18.32	(37.50)

Ireen Wüst Ijsbaan - Tilburg

	Naam	Cat	PR	Tijd	Info
25	gl 51 <b>Tom van Dijck</b>	HA2	16:53.73	<b>17:44.23</b>	FL
	bl 52 <b>Erik Agterdenbos</b>	HSB	15:54.14	<b>15:51.04</b>	PR

**Tom van Dijck**

**Erik Agterdenbos**

400m	20.73	(20.73)	400m	40.32	(40.32)
800m	1:16.19	(55.46)	800m	1:17.37	(37.05)
1200m	1:54.79	(38.60)	1200m	1:54.89	(37.52)
1600m	2:33.67	(38.88)	1600m	2:32.54	(37.65)
2000m	3:12.68	(39.01)	2000m	3:10.19	(37.65)
2400m	3:52.68	(40.00)	2400m	3:48.35	(38.16)
2800m	4:32.01	(39.33)	2800m	4:26.46	(38.11)
3200m	5:11.76	(39.75)	3200m	5:04.21	(37.75)
3600m	5:53.01	(41.25)	3600m	5:41.87	(37.66)
4000m	6:34.50	(41.49)	4000m	6:19.83	(37.96)
4400m	7:16.47	(41.97)	4400m	6:57.58	(37.75)
4800m	7:58.60	(42.13)	4800m	7:35.77	(38.19)
5200m	8:40.56	(41.96)	5200m	8:14.43	(38.66)
5600m	9:23.24	(42.68)	5600m	8:52.35	(37.92)
6000m	10:06.27	(43.03)	6000m	9:31.38	(39.03)
6400m	10:49.33	(43.06)	6400m	10:10.00	(38.62)
6800m	11:32.27	(42.94)	6800m	10:48.34	(38.34)
7200m	12:16.21	(43.94)	7200m	11:27.12	(38.78)
7600m	12:59.85	(43.64)	7600m	12:05.68	(38.56)
8000m	14:04.92	(65.07)	8000m	12:43.87	(38.19)
8400m	14:50.04	(45.12)	8400m	13:22.18	(38.31)
8800m	15:33.58	(43.54)	8800m	14:00.18	(38.00)
9200m	16:16.20	(42.62)	9200m	14:38.73	(38.55)
9600m	16:59.49	(43.29)	9600m	15:14.97	(36.24)
10000m	17:44.23	(44.74)	10000m	15:51.04	(36.07)

Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd	Info
26	wt	34 <b>Marc Nieuwenhuijse</b>	H40	15:02.40	<b>15:07.46</b>	TRC
	rd	21 <b>Colin Schrijver</b>	HSA	15:21.99	<b>15:02.40</b>	PR

**Marc Nieuwenhuijse**

**Colin Schrijver**

400m	40.14	(40.14)	400m	38.26	(38.26)
800m	1:15.09	(34.95)	800m	1:12.43	(34.17)
1200m	1:50.50	(35.41)	1200m	1:47.70	(35.27)
1600m	2:26.17	(35.67)	1600m	2:23.24	(35.54)
2000m	3:01.74	(35.57)	2000m	2:58.32	(35.08)
2400m	3:37.85	(36.11)	2400m	3:33.19	(34.87)
2800m	4:13.81	(35.96)	2800m	4:08.32	(35.13)
3200m	4:49.85	(36.04)	3200m	4:43.22	(34.90)
3600m	5:25.97	(36.12)	3600m	5:18.16	(34.94)
4000m	6:01.86	(35.89)	4000m	5:53.39	(35.23)
4400m	6:37.99	(36.13)	4400m	6:28.71	(35.32)
4800m	7:14.04	(36.05)	4800m	7:03.66	(34.95)
5200m	7:50.17	(36.13)	5200m	7:38.68	(35.02)
5600m	8:26.59	(36.42)	5600m	8:13.56	(34.88)
6000m	9:02.99	(36.40)	6000m	8:48.70	(35.14)
6400m	9:39.46	(36.47)	6400m	9:23.95	(35.25)
6800m	10:16.24	(36.78)	6800m	9:59.96	(36.01)
7200m	10:52.83	(36.59)	7200m	10:37.18	(37.22)
7600m	11:29.32	(36.49)	7600m	11:15.82	(38.64)
8000m	12:05.99	(36.67)	8000m	11:54.72	(38.90)
8400m	12:42.44	(36.45)	8400m	12:33.37	(38.65)
8800m	13:18.88	(36.44)	8800m	13:10.83	(37.46)
9200m	13:55.12	(36.24)	9200m	13:48.21	(37.38)
9600m	14:31.27	(36.15)	9600m	14:25.14	(36.93)
10000m	15:07.46	(36.19)	10000m	15:02.40	(37.26)



## Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd	Info
27	gl	44 Rik Houwers	HSB	15:29.19	<b>15:14.49</b>	PR
	bl	9 Joost Hermans	HSB	15:35.04	<b>15:55.68</b>	

### Rik Houwers

400m	39.58	(39.58)
800m	1:15.80	(36.22)
1200m	1:52.25	(36.45)
1600m	2:28.82	(36.57)
2000m	3:05.36	(36.54)
2400m	3:42.06	(36.70)
2800m	4:18.46	(36.40)
3200m	4:54.68	(36.22)
3600m	5:31.30	(36.62)
4000m	6:07.89	(36.59)
4400m	6:44.74	(36.85)
4800m	7:21.53	(36.79)
5200m	7:58.71	(37.18)
5600m	8:36.04	(37.33)
6000m	9:13.13	(37.09)
6400m	9:49.59	(36.46)
6800m	10:26.40	(36.81)
7200m	11:02.88	(36.48)
7600m	11:39.14	(36.26)
8000m	12:15.23	(36.09)
8400m	12:51.14	(35.91)
8800m	13:26.96	(35.82)
9200m	14:38.84	(71.88)
9600m	15:14.49	(35.65)

### Joost Hermans

400m	41.99	(41.99)
800m	1:20.98	(38.99)
1200m	1:59.69	(38.71)
1600m	2:38.68	(38.99)
2000m	3:17.14	(38.46)
2400m	3:55.54	(38.40)
2800m	4:34.05	(38.51)
3200m	5:12.45	(38.40)
3600m	5:50.79	(38.34)
4000m	6:29.09	(38.30)
4400m	7:07.35	(38.26)
4800m	7:45.62	(38.27)
5200m	8:23.76	(38.14)
5600m	9:01.79	(38.03)
6000m	9:39.32	(37.53)
6400m	10:16.90	(37.58)
6800m	10:54.31	(37.41)
7200m	11:31.45	(37.14)
7600m	12:08.96	(37.51)
8000m	12:46.73	(37.77)
8400m	13:24.80	(38.07)
8800m	14:03.02	(38.22)
9200m	14:41.15	(38.13)
9600m	15:18.65	(37.50)
10000m	15:55.68	(37.03)