

Nationale Sprintwedstrijd
Steenwijk, 21-9-2013

Dames, Senioren

				50 vs	50 ss	50 vls	50 ru	
1.Saskia de Jonge	86	04-025	2:00.72	4	25.84	35.14	28.07	31.67
2.Marsha Beukeveld	95	03-008	2:12.76	4	29.33	37.38	32.20	33.85
3.Jante Wolbers	89	03-022	2:13.71	4	29.11	38.16	31.64	34.80
4.Désirée Hulsmeijer	90	04-020	2:15.91	4	29.82	37.38	33.26	35.45
5.Irene Wolbers	94	03-022	2:21.71	4	30.45	42.02	33.23	36.01
6.Linda Doorn	89	03-022	2:24.57	4	30.73	42.91	34.29	36.64
7.Jonne Kampen	95	04-002	2:25.76	4	30.06	44.36	33.74	37.60
8.Diane Scholing	77	04-020	2:29.56	4	33.01	42.02	36.08	38.45
9.Naomi Lok	93	04-044	2:35.31	4	33.55	42.28	38.91	40.57
10.Getrude Corporaal	92	04-044	2:37.46	4	33.55*	45.80	38.29	36.82

Heren, Senioren Open

				50 vs	50 ss	50 vls	50 ru	
1.Ramon Fredrik	94	02-013	1:50.67	4	24.66	31.57	26.13	28.31
2.Niels van Eck	89	03-008	1:51.36	4	24.11	29.64	27.66	29.95
3.Jeroen Lorus	95	03-008	1:53.49	4	25.45	31.74	26.60	29.70
4.Lauren Vis	82	04-023	1:56.24	4	25.13	33.06	27.32	30.73
5.Willem-Jan Huisman	94	04-002	1:56.83	4	25.22	33.60	28.31	29.70
6.Sylvanio Goedgedrag	93	02-013	1:58.49	4	25.54	32.84	27.66	32.45
7.Chris Bolding	95	03-008	1:58.75	4	26.54	34.45	29.45	28.31
8.Wouter Oversteegen	95	04-002	2:02.33	4	26.67	36.32	29.17	30.17
9.Robert Braad	86	04-023	2:02.99	4	27.11	35.48	30.04	30.36
10.Richard Hovenkamp	94	03-021	2:04.03	4	26.54	35.98	29.07	32.44
11.Rick Driezen	86	04-023	2:05.09	4	26.85	37.91	28.26	32.07
12.Mark Veldman	95	04-035	2:05.20	4	25.89	34.26*	28.57	33.48
13.Frank van der Zwaag	94	03-022	2:07.52	4	27.07	36.22	32.16	32.07
14.Mark van Damme	91	04-025	2:12.55	4	27.70	33.39	33.64*	34.82
15.Wessel Everloo	89	04-065	2:12.95	4	27.29	41.86	31.26	32.54
16.Joey Nijboer	95	04-020	2:15.46	4	26.59	34.20	37.54*	34.13
17.Jan Sloots	95	03-022	2:16.09	4	29.10	37.67	34.85	34.47
18.Lars Erik Beute	86	04-025	2:16.60	4	28.64	37.63	33.10	37.23
19.Berné Beute	91	04-025	2:29.81	4	30.67	42.12	37.54	39.48

Dames, Senioren 1 en 2

				50 vs	50 ss	50 vls	50 ru	
1.Cynthia Verkaik	96	02-013	2:04.58	4	27.51	35.32	30.30	31.45
2.Claris de Vries	97	02-013	2:08.67	4	28.29	37.39	30.95	32.04
3.Kristel Hormann	96	03-021	2:11.87	4	28.89	37.13	31.89	33.96
4.Wiëlle Wolbers	97	03-022	2:16.64	4	29.49	38.00	34.02	35.13
5.Carolien Baarda	97	02-013	2:17.58	4	29.86	38.00	34.24	35.48
6.Susan de Vries	97	04-065	2:18.12	4	29.89	40.60	32.47	35.16
7.Inez Duursma	97	03-021	2:22.27	4	31.02	38.47	34.24	38.54
8.Loek ten Broeke	97	04-020	2:22.71	4	30.67	40.05	34.57	37.42
9.Anne Speelman	97	03-021	2:24.37	4	30.05	40.23	38.07	36.02
10.Wivineke Bolk	96	04-002	2:24.54	4	30.04	41.48	34.72	38.30
11.Marianne Naberman	97	04-053	2:26.09	4	30.86	41.45	36.74	37.04
12.Iris van Marle	96	04-023	2:26.99	4	32.02	41.45	36.29	37.23
13.Femke Pleizier	96	04-020	2:27.01	4	31.47	43.88	35.11	36.55
14.Laura Wolbers	97	03-022	2:27.83	4	31.54	41.74	35.45	39.10
15.Natalie Nappers	96	2970	2:28.43	4	31.67	40.88	34.95	40.93
16.Rosemarijn van Zeijderveld	97	04-035	2:28.44	4	32.56	43.45	35.07	37.36
17.Lotte van Lint	97	04-002	2:32.18	4	32.86	43.89	36.20	39.23
18.Romi Kampen	97	04-002	2:32.50	4	31.23	45.18	37.29	38.80
19.Laura Heuer	97	2970	2:33.22	4	33.19	44.36	36.16	39.51
20.Alien Waaijman	96	04-002	2:33.74	4	33.10	43.31	40.20	37.13
21.Roos Oldenhof	96	04-020	2:35.37	4	31.77	41.48	41.64	40.48
22.Jessica van Dalfsen	96	04-053	2:40.28	4	34.58	43.57	39.33	42.80
23.Marit Visserman	97	04-053	2:50.69	4	37.70*	46.31	41.64*	39.04
24.Jenneke Kolk	97	04-053	3:02.13	4	37.70	45.16	49.48*	46.79

De tijden in rood zijn vervangende tijden ten bate van het klassement dus geen officiële tijden.

Jongens, Jeugd 1 en 2

				50 vs	50 ss	50 vls	50 ru	
1. Tom Jongmans	96	03-021	1:54.79	4	25.42	32.03	28.04	29.30
2. Ardi Knol	96	03-008	1:54.90	4	25.42	31.70	27.62	30.16
3. Koen Lems	96	03-008	1:55.67	4	25.70	30.48	28.89	30.60
4. Daniël de Wagt	96	04-035	1:57.49	4	25.70	32.30	29.33	30.16
5. Richard Kuipers	97	02-013	1:59.23	4	25.34	33.86	29.08	30.95
6. Michael Bolk	97	04-002	2:01.48	4	26.21	33.59	29.08	32.60
7. Darryl Lubbinge	97	03-008	2:04.49	4	27.09	34.01	30.95	32.44
8. Alex Stevens	97	03-021	2:04.73	4	27.73	34.02	30.10	32.88
9. Thimo Brand	97	04-002	2:09.61	4	28.24	36.82	31.60	32.95
10. Edwin Kanis	96	04-053	2:11.56	4	28.17	38.20	30.77	34.42
11. Sander Beens	96	04-053	2:14.12	4	27.67	40.30	32.51	33.64
12. Arend-Jan Ooms	97	04-002	2:19.87	4	28.53	40.22	34.94*	33.18
13. Marcel Kodden	97	04-044	2:22.15	4	28.30	43.75	34.94	35.16

Meisjes, Jeugd 1 en 2

				50 vs	50 ss	50 vls	50 ru	
1. Anneliene Zuidema	98	02-013	2:06.58	4	27.83	35.80	30.16	32.79
2. Brigit Beukeveld	98	03-008	2:10.90	4	28.16	36.86	32.10	33.78
3. Kathelijne Tijms	98	03-021	2:15.76	4	28.49	39.89	34.02	33.36
4. Suzanne Kah	98	03-008	2:16.36	4	29.86	38.00	32.77	35.73
5. Gabriëlle Bolk	99	04-002	2:17.64	4	28.63	39.70	33.58	35.73
6. Marjon Kuilder	99	04-065	2:21.33	4	30.71	39.98	34.62	36.02
7. Djamilia Gerner	99	04-002	2:21.88	4	31.26	41.19	33.92	35.51
8. Lauri Lesscher	99	04-065	2:21.97	4	30.66	40.39	35.53	35.39
9. Danique Smit	99	04-065	2:22.47	4	30.76	42.55	32.95	36.21
10. Alies Wagter	99	04-023	2:22.83	4	28.63	43.28	35.88	35.04
11. Ageeth de Haan	99	04-025	2:22.95	4	30.92	38.00	35.95	38.08
12. Noor Uiterwijk winkel	98	03-021	2:23.29	4	30.43	41.57	36.56	34.73
13. Iris Bolink	98	04-020	2:24.74	4	30.66	40.42	35.30	38.36
14. Anne van Asperen	98	03-021	2:26.48	4	31.64	39.80	38.00	37.04
15. Marjolein Wolbers	98	03-022	2:27.29	4	31.26	42.23	35.73	38.07
16. Karin Meinders	98	04-035	2:27.47	4	31.62	44.73	35.26	35.86
17. Randi Dekker	99	04-023	2:27.83	4	31.62	39.95	36.00	40.26
18. Romee Nijboer	98	04-020	2:29.98	4	31.04	43.73	37.13	38.08
19. Cynthia Koerhuis	99	03-021	2:30.43	4	30.83	42.86	36.58	40.16
20. Eliza van der Werf	99	04-023	2:30.96	4	32.15	41.37	38.86	38.58
21. Rosalie Baarda	99	02-013	2:31.39	4	31.80	44.60	36.67	38.32
22. Myrthe Nijkamp	99	04-002	2:31.94	4	31.62	42.64	37.42	40.26
23. Esther Pot	99	02-013	2:32.35	4	31.73	41.33	41.49	37.80
24. Lisette Wolbers	98	03-022	2:34.18	4	31.53	41.73	38.10	42.82
25. Anouk Poelstra	98	04-023	2:34.96	4	32.48	45.92	36.80	39.76
26. Anna Koper	99	04-023	2:38.16	4	34.54	45.64	38.80	39.18
27. Danique Voortman	98	04-020	2:40.28	4	34.77	44.64	39.67	41.20
28. Nicole Zijlstra	99	04-035	2:41.92	4	32.16	44.42	45.30*	37.04
29. Lianne Hansman	98	04-044	2:42.55	4	34.02	43.78	42.39	39.36*
30. Esther Mijnheer	99	04-035	2:49.47	4	34.26	48.89	44.56*	38.76
31. Anna Werkman	98	04-023	2:52.14	4	35.92	51.69	41.31	43.22
32. Lotte de Vente	99	04-020	2:54.10	4	35.67	47.02	44.58	46.83
33. Chanien Gras	98	04-025	2:57.40	4	34.64	48.58	45.92	48.26
34. Manon Veenstra	98	04-025	3:07.35	4	38.73	56.16	47.76	44.70
35. Lummieke Kolk	98	04-053	3:10.51	4	33.97	43.64	1:06.23*	43.67
36. Marinke Hummelen	99	04-023	3:21.51	4	41.81	53.80	56.26	49.64
37. Manuela Doeve	99	04-023	3:29.16	4	43.78	48.29	1:06.23	50.86

Jongens, Junioren 3 en 4

				50 vs	50 ss	50 vls	50 ru	
1. Gauke Eilander	98	03-008	1:54.50	4	25.35	33.68	26.87	28.60
2. Thomas Kappe	98	03-008	1:54.91	4	25.04	32.22	27.29	30.36
3. Luuk Veldman	99	02-013	1:55.12	4	24.52	33.68	27.60	29.32
4. Albert Jan van Slooten	98	04-035	2:01.56	4	25.95	34.30	29.56	31.75
5. Luc Nieuwenhuis	98	04-020	2:04.17	4	26.76	33.23	30.48	33.70
6. Wouter de Lang	98	03-008	2:06.47	4	28.74	35.42	30.64	31.67
7. Erik van der Linden	99	04-044	2:07.91	4	27.51	37.06	32.21	31.13
8. Gideon Teeuw	98	04-065	2:10.33	4	28.59	37.06	30.98	33.70
9. Nick van Scherrenburg	99	04-035	2:17.48	4	29.50	36.01	35.81	36.16
10. Thomas Lok	98	04-044	2:17.66	4	29.50	41.23	32.21	34.72
11. Jeroen van Eisden	98	03-021	2:18.17	4	28.56	38.50*	33.39	34.72
12. Alex Huizenga	98	04-044	2:18.92	4	28.13	36.70	36.20	37.89
13. Emiel Meinen	98	04-023	2:19.00	4	28.74	38.50	35.49	36.27
14. Remco Witteveen	99	02-013	2:20.95	4	30.04	38.17	34.51	38.23
15. Kylian Kooyman	99	04-025	2:21.13	4	30.36	38.48	35.81	36.48
16. Timo de Vries	99	04-025	2:24.38	4	29.42	40.02	39.63	35.31
17. Auke Jan Ytsma	99	02-013	2:25.99	4	30.34	43.10	35.39	37.16
18. Bas Hurink	98	04-002	2:30.78	4	31.65	43.86	37.29	37.98
19. Gerritjan Kolk	98	04-053	2:32.56	4	29.38	39.02	40.79*	40.37
20. Remco Koelewijn	99	04-023	2:34.52	4	31.63	44.94	40.79	37.16
21. Marijn Heetkamp	99	04-020	2:37.85	4	32.54	44.94	40.48	39.89
22. Andy Oort	99	03-021	2:41.13	4	33.43	43.11	40.79	43.80

Meisjes, Junioren 1

				50 vs	50 ss	50 vls	50 ru	
1.Jil Fischer	02	2970	2:47.11	4	34.38	47.92	40.20	44.61
2.Esmee Greydanus	02	03-021	2:47.92	4	35.07	43.74	45.35	43.76
3.Harryelle Eenkhoorn	02	04-053	2:53.24	4	36.20	47.58	48.82	40.64
4.Esmee Kijk in de Vegte	02	04-044	3:11.46	4	45.95*	49.36	48.13	45.02
5.Isa van Ijsselmuiden	02	03-021	3:22.99	4	38.80	51.89	1:01.57*	47.73
6.Sophie Heuker	02	03-021	3:36.21	4	43.92	53.32	59.89	56.08*
7.Sanne van Luyk	02	04-053	3:38.17	4	45.95	56.70	1:01.57	53.95

Meisjes, Junioren 2

				50 vs	50 ss	50 vls	50 ru	
1.Brit Brandsma	01	04-035	2:24.27	4	30.70	42.39	35.23	35.95
2.Janneke Weiland	01	02-013	2:25.16	4	31.19	41.95	35.61	36.41
3.Paulien Wesseling	01	03-008	2:25.65	4	30.86	40.42	37.70	36.67
4.Lize Janna de Vries	01	02-013	2:26.62	4	31.39	40.80	36.57	37.86
5.Eva Willebrands	01	02-021	2:30.27	4	30.11	47.17	36.60	36.39
6.Jasmijn Steenbergen	01	03-008	2:31.34	4	32.16	42.39	38.99	37.80
7.Manon Post	01	04-035	2:32.91	4	32.12	43.51	38.79	38.49
8.Mayke Smit	01	04-065	2:38.61	4	33.51	44.26	40.54	40.30
9.Demi Visscher	01	04-053	2:40.89	4	34.02	47.17	39.88	39.82
10.Rosanne Kuilder	01	04-065	2:44.30	4	33.20	48.95	43.51	38.64
11.Kyra Wooldrik	01	03-008	2:45.07	4	33.36	48.14	42.39	41.18
12.Naomi Broekman	01	03-021	2:55.37	4	47.43*	42.20	40.02	42.72
13.Andrea van Dalfsen	01	04-053	3:20.99	4	37.72	50.60	1:00.86*	48.81
14.Janine ter Schure	01	04-025	3:37.71	4	41.79	1:01.04	1:00.86*	51.02
15.Corinne Leusink	01	04-053	3:48.30	4	47.43	58.51	1:07.34	55.02

Meisjes, Junioren 3

				50 vs	50 ss	50 vls	50 ru	
1.Marit Boxum	00	04-044	2:15.83	4	29.48	39.64	33.67	33.04
2.Alinda Dingshoff	00	03-008	2:16.18	4	28.95	42.86	30.70	33.67
3.Anique Coelingh	00	03-008	2:18.88	4	29.76	40.76	35.20	33.16
4.Lindy Elkerbout	00	04-065	2:20.07	4	31.04	37.72	34.92	36.39
5.Arita Tolman	00	03-022	2:25.22	4	31.64	41.91	35.66	36.01
6.Anouschka Steenbergen	00	03-008	2:25.36	4	31.51	43.49	36.13	34.23
7.Danieke van der Kooi	00	02-013	2:26.26	4	31.06	43.32	34.08	37.80
8.Kayleigh Westenberg	00	04-065	2:29.63	4	32.34	42.04	37.39	37.86
9.Melissa van Raalte	00	04-002	2:30.61	4	32.80	42.45	37.07	38.29
10.Theresa Rohling	00	2970	2:32.21	4	31.51	42.45	38.02	40.23
11.Imke Hurink	00	04-002	2:49.66	4	34.88	47.17	44.89	42.72
12.Chantal Kattenberg	00	04-053	3:02.79	4	36.95	50.60	48.32	46.92

Jongens, Minioren 6

				50 vs	50 ss	50 vls	50 ru	
1.Tristan Scholten	02	04-002	2:42.41	4	32.82	49.20	40.72	39.67
2.Thijs van Erp	02	04-002	2:58.10	4	35.92	51.39	46.32	44.47
3.Maikel ter Wal	02	04-023	3:12.35	4	38.46	54.46*	48.54	47.89
4.Lennard Beens	02	04-053	3:16.72	4	39.40	54.46	52.54*	47.32
5.Geert de Haan	02	04-025	3:20.55	4	37.94	49.92	57.89*	51.80

Jongens, Junioren 1

				50 vs	50 ss	50 vls	50 ru	
1.Chris van der Linden	01	04-044	2:30.21	4	31.36	42.13	37.92	38.80
2.Otmar Lesscher	01	04-065	2:36.69	4	33.57	43.29	41.04	38.79
3.Jelmer Lesscher	01	04-065	2:37.10	4	34.55	46.76	38.10	37.69
4.Daan Rienties	01	04-002	2:37.46	4	33.13	43.92	42.72	37.69
5.Floris Nederburgh	01	04-035	2:45.60	4	39.28*	46.16	38.36	38.80
6.Stefan Kiburg	01	04-023	2:57.33	4	35.70	49.70	44.83	44.10*
7.Kars de Nijs	01	04-035	3:05.32	4	36.03	46.89	54.36*	45.04
8.Lukas Veldhuizen	01	04-025	3:06.96	4	34.45	52.66*	54.36	42.49
9.Ype Durk van der Werf	01	04-023	3:10.61	4	39.28	52.66	50.60	48.07

Jongens, Junioren 2

				50 vs	50 ss	50 vls	50 ru	
1.David Kuipers	00	02-013	2:18.66	4	29.24	39.02	33.80	36.60
2.Junior de Bruin	00	03-008	2:23.45	4	39.10*	36.17	30.48	34.70
3.Bas Kost	00	03-008	2:24.70	4	39.10*	35.23	32.67	34.70
4.Thon Naberman	00	04-053	2:31.27	4	31.57	41.92	41.04	36.74
5.Thomas van Scheepen	00	04-023	2:34.91	4	31.51	43.62	41.49	38.29
6.Jelle Heijman	00	04-025	2:35.79	4	32.07	47.64	37.29	38.79
7.Wouter van Asperen	00	03-021	2:36.74	4	31.95	44.13	42.74	37.92
8.Diederik de Boer	00	04-023	2:41.83	4	33.90	43.50	44.48	39.95
9.Julian Hansman	00	04-044	2:49.51	4	33.41	45.41	46.89	43.80
10.Frank Beens	00	04-053	2:52.40	4	34.23	47.86	48.58	41.73
11.Herman Kolk	00	04-053	3:21.34	4	39.10	52.15	57.23	52.86

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