LET OP, i.v.m. corona:

- **Iedereen die gebruik maakt van de ijs- en krachtfaciliteiten moet minimaal één keer per week een**

 **geldige negatieve uitslag van een Covid-19 test (PCR of antigeen) te kunnen overleggen aan**

**bondsarts@knsb.nl****.** Hierop zal een akkoord gegeven worden voor het gebruik van het ijs.

 Zie: [Aanvullende corona vereisten gebruik topsportfaciliteiten Thialf per 23-9-21.pdf](file:///D%3A%5CSchaatsen%2015-03-21%5CTopsportfaciliteiten%5C2021-2022%5CAanvullende%20corona%20vereisten%20gebruik%20topsportfaciliteiten%20Thialf%20per%2023-9-21.pdf)

- Aanmelden en betalen per ploeg door **één persoon** !

- Coaching toegestaan, **roepen en schreeuwen niet.**

Kosten € 15,00 vooraf, **in de centrale hal** bij de jury **gepast** betalen

Eigen armbandjes mee, Trainers, blokjes leggen en opruimen.

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| Voorlopige planning: |  |
| Inrijden |  | 16.35-16.45 |
| 500m |  | 16.45-17.09 |
| 3000m  |  | 17.12-17.23 |
| 5000m |  | 17.23-17.31 |
| Training |  | 17.31-18.03 |
| Baanverzorging | 18.03-18.18 |
| 1500m |  | 18.18-18.24 |
| 1000m |  | 18.30-18.53 |

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| **1. Loting 500 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 66 | **Sterre Jonkers** | DN4 |  | 41.95 | 42.20 |  |
| rd |  |  |  |  |  |  |  |
| 2 | gl | 28 | **Aveline Hijlkema** | DSA |  | 39.78 | 41.34 |  |
| bl | 29 | **Paulien Verhaar** | DN3 |  | 40.18 | 41.11 |  |
| 3 | wt | 32 | **Kim Talsma** | DN2 |  | 40.71 | 40.71 |  |
| rd | 67 | **Naomi van der Werf** | DN4 |  | 41.02 | 41.41 |  |
| 4 | gl | 22 | **Jildou Hoekstra** | DA1 |  | 39.61 | 39.61 |  |
| bl | 69 | **Sacha van der Weide** | DN1 |  | 39.35 | 39.79 |  |
| 5 | wt | 57 | **Ireen Wüst** | DSB |  | 38.44 | 39.54 |  |
| rd | 4 | **Gioya Lancee** | DN4 |  | 39.23 | 39.64 |  |
| 6 | gl | 80 | **Letitia de Jong** | DSA |  | 37.19 | 38.84 |  |
| bl | 1 | **Isabelle van Elst** | DSA |  | 38.03 | 39.53 |  |
| 7 | wt | 13 | **Femke Beuling** | DN3 |  | 38.22 | 38.97 |  |
| rd | 33 | **Marit van Beijnum** | DN2 |  | 38.90 | 39.30 |  |
| 8 | gl | 65 | **Marrit Fledderus** | DN2 |  | 38.05 | 38.25 |  |
| bl | 21 | **Esme Stollenga** | DSA |  | 38.18 | 38.65 |  |
| 9 | wt | 10 | **Dione Voskamp** | DSA |  | 37.93 | 38.43 |  |
| rd | 19 | **Helga Drost** | DN4 |  | 38.34 | 38.71 |  |
| 10 | gl | 8 | **Jutta Leerdam** | DN4 |  | 37.24 | 38.25 |  |
| bl | 58 | **Michelle de Jong** | DN3 |  | 37.76 | 38.07 |  |
| 11 | wt | 55 | **Femke Kok** | DN2 |  | 37.08 | 37.88 |  |
| rd | 37 | **Sijmen Egberts** | HA1 |  | 37.53 | 37.53 |  |
| 12 | gl | 68 | **Joep Kalverdijk** | HSA |  | 36.21 | 36.53 |  |
| bl | 71 | **Niels d' Huy** | HN1 |  | 36.55 | 36.55 |  |
| 13 | wt | 12 | **Elwin Jongman** | HN3 |  | 35.83 | 36.44 |  |
| rd | 39 | **Chris Fredriks** | HA2 |  | 37.02 | 37.02 |  |
| 14 | gl | 40 | **Joep Wennemars** | HA2 |  | 36.18 | 36.18 |  |
| bl | 23 | **Kayo Vos** | HA2 |  | 36.31 | 36.31 |  |
| 15 | wt | 74 | **Louis Hollaar** | HN4 |  | 35.76 | 36.18 |  |
| rd |  |  |  |  |  |  |  |
| 16 | gl | 16 | **Mika van Essen** | HN3 |  | 35.85 | 36.05 |  |
| bl | 81 | **Aron Romeijn** | HSA |  | 35.08 | 36.14 |  |
| 17 | wt | 34 | **Sven Kemp** | HN2 |  | 36.16 | 36.16 |  |
| rd | 70 | **Armand Broos** | HN2 |  | 36.03 | 36.03 |  |
| 18 | gl | 5 | **Thomas Geerdinck** | HSA |  | 35.50 | 36.00 |  |
| bl | 73 | **Marten Liiv** | HSA |  | 34.91 | 35.51 |  |
| 19 | wt | 18 | **Jesper Hospes** | HSB |  | 34.50 | 35.79 |  |
| rd | 41 | **Sebas Diniz** | HN1 |  | 35.72 | 35.72 |  |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 20 | gl | 62 | **Kjeld Nuis** | HSB |  | 34.79 | 35.67 |  |
| bl | 15 | **Joost van Dobbenburgh** | HSA |  | 35.61 | 35.90 |  |
| 21 | wt | 6 | **Cornelius Kersten** | HSA |  | 35.60 | 35.60 |  |
| rd | 56 | **Ronald Mulder** | HSB |  | 34.08 | 35.50 |  |
| 22 | gl | 54 | **Serge Yoro** | HN3 |  | 35.38 | 35.55 |  |
| bl | 64 | **Stefan Westenbroek** | HN1 |  | 35.36 | 35.63 |  |
| 23 | wt | 52 | **Dai Dai N'tab** | HSA |  | 34.15 | 34.72 |  |
| rd | 63 | **Hein Otterspeer** | HSB |  | 34.48 | 35.30 |  |
| 24 | gl | 51 | **Kai Verbij** | HSA |  | 34.13 | 35.05 |  |
| bl | 53 | **Merijn Scheperkamp** | HN3 |  | 34.91 | 34.91 |  |

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| **2. Loting 3000 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 79 | **Esmee Visser** | DSA |  | 3:54.02 |  |  |
| rd | 25 | **Rinze-Bart de Glee** | HA1 |  | 4:06.76 | 4:06.76 |  |
| 2 | gl | 7 | **Lex Dijkstra** | HSA |  | 3:44.72 | 3:46.13 |  |
| bl | 42 | **Kars Jansman** | HSA |  | 3:44.13 | 3:48.86 |  |
| 3 | wt | 48 | **Patrick Roest** | HSA |  | 3:38.06 | 3:38.87 |  |
| rd | 27 | **Marvin Talsma** | HSA |  | 3:44.55 | 3:45.35 |  |
| 4 | gl | 45 | **Sven Kramer** | HSB |  | 3:37.39 | 3:42.08 |  |
| bl | 49 | **Marcel Bosker** | HSA |  | 3:36.33 | 3:39.74 |  |

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| **3. Loting 5000 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 26 | **Matthieu Hollaar** | HA2 |  |  |  |  |
| rd | 84 | **Tim Prins** | HA1 |  |  |  |  |
| 2 | gl | 83 | **Lars Woelders** | HN1 |  | 6:45.89 | 6:45.89 |  |
| bl |  |  |  |  |  |  |  |

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| **4. Loting 1500 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 31 | **Eline Jansen** | DN1 |  | 2:03.77 | 2:06.37 |  |
| rd | 67 | **Naomi van der Werf** | DN4 |  | 2:03.47 | 2:04.43 |  |
| 2 | gl | 66 | **Sterre Jonkers** | DN4 |  | 2:00.85 | 2:05.51 |  |
| bl | 29 | **Paulien Verhaar** | DN3 |  | 1:59.73 | 2:03.61 |  |
| 3 | wt | 77 | **Yves Vergeer** | HN2 |  | 1:47.65 | 1:47.65 |  |
| rd |  |  |  |  |  |  |  |
| 4 | gl | 12 | **Elwin Jongman** | HN3 |  | 1:51.46 | 1:53.21 |  |
| bl | 39 | **Chris Fredriks** | HA2 |  | 1:51.20 | 1:51.22 |  |
| 5 | wt | 75 | **Jan Blokhuijsen** | HSB |  | 1:43.78 | 1:46.57 |  |
| rd | 76 | **Bart Swings** | HSB |  | 1:42.48 | 1:47.24 |  |

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| **5. Loting 1000 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 69 | **Sacha van der Weide** | DN1 |  | 1:20.47 | 1:20.47 |  |
| rd | 28 | **Aveline Hijlkema** | DSA |  | 1:18.12 | 1:20.62 |  |
| 2 | gl |  |  |  |  |  |  |  |
| bl |  |  |  |  |  |  |  |
| 3 | wt | 35 | **Evelien Vijn** | DA2 |  | 1:19.78 | 1:20.36 |  |
| rd | 50 | **Reina Anema** | DSA |  | 1:19.07 |  |  |
| 4 | gl | 30 | **Naomi Verkerk** | DN3 |  | 1:18.76 | 1:18.76 |  |
| bl |  |  |  |  |  |  |  |
| 5 | wt | 43 | **Robin Groot** | DN2 |  | 1:17.78 |  |  |
| rd | 36 | **Jade Groenewoud** | DA1 |  | 1:18.05 | 1:18.05 |  |
| 6 | gl | 2 | **Merel Conijn** | DN1 |  | 1:18.17 | 1:18.17 |  |
| bl | 11 | **Maud Lugters** | DN2 |  | 1:17.16 | 1:18.75 |  |
| 7 | wt | 14 | **Sanneke de Neeling** | DSA |  | 1:13.74 | 1:15.24 |  |
| rd | 17 | **Lotte van Beek** | DSA |  | 1:13.36 | 1:16.28 |  |
| 8 | gl | 24 | **Myrthe de Boer** | DN1 |  | 1:16.36 | 1:16.36 |  |
| bl | 4 | **Gioya Lancee** | DN4 |  | 1:16.03 | 1:17.75 |  |
| 9 | wt | 57 | **Ireen Wüst** | DSB |  | 1:12.64 | 1:14.84 |  |
| rd | 78 | **Jorien ter Mors** | DSB |  | 1:12.53 |  |  |
| 10 | gl | 71 | **Niels d' Huy** | HN1 |  | 1:12.62 | 1:12.78 |  |
| bl | 70 | **Armand Broos** | HN2 |  | 1:11.78 | 1:11.78 |  |
| 11 | wt | 44 | **Jordy van Workum** | HN2 |  | 1:12.85 |  |  |
| rd | 82 | **Jesse Speijers** | HN1 |  | 1:13.38 |  |  |
| 12 | gl | 61 | **Mathias Vosté** | HSA |  | 1:07.79 | 1:10.17 |  |
| bl | 20 | **Gijs Esders** | HSA |  | 1:08.67 | 1:11.07 |  |
| 13 | wt | 59 | **Janno Botman** | HN3 |  | 1:09.61 | 1:09.78 |  |
| rd | 6 | **Cornelius Kersten** | HSA |  | 1:09.30 | 1:09.62 |  |
| 14 | gl | 72 | **Lennart Velema** | HSA |  | 1:07.75 |  |  |
| bl | 73 | **Marten Liiv** | HSA |  | 1:08.42 | 1:08.94 |  |
| 15 | wt | 46 | **Tijmen Snel** | HSA |  | 1:08.48 | 1:09.63 |  |
| rd | 47 | **Thomas Krol** | HSA |  | 1:06.25 | 1:08.67 |  |
| 16 | gl | 51 | **Kai Verbij** | HSA |  | 1:06.34 | 1:08.92 |  |
| bl | 60 | **Wesly Dijs** | HSA |  | 1:08.23 |  |  |

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