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)

**-** **Geen publiek/familie** in het stadion ! Per rijder max 1 sporttechnisch begeleider (Trainer/Fysio).

- 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 |  | 16.45-16.55 |
| 500m |  | 16.55-17.01 |
| 3000/5000m | 17.04-17.18 |
| Training |  | 17.18-17.58 |
| Baanverzorging | 17.58-18.13 |
| 1500m |  | 18.13-18.22 |
| 1000m |  | 18.28-18.43 |

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| **1. Loting 500 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 13 | **Lièn van Dasselaar** | DA1 |  | 41.86 | 41.86 |  |
| rd | 3 | **Semmie Bakker** | DA1 |  | 42.86 | 42.87 |  |
| 2 | gl | 19 | **Naomi Verkerk** | DN3 |  | 38.25 | 38.25 |  |
| bl | 23 | **Isabel Grevelt** | DN1 |  | 38.27 | 38.27 |  |
| 3 | wt | 7 | **Timo Lamme** | HA1 |  | 38.02 | 38.02 |  |
| rd | 34 | **Jarle Gerrits** | HN1 |  | 36.10 | 36.40 |  |
| 4 | gl | 8 | **Jorn de Vries** | HA1 |  | 38.47 | 38.47 |  |
| bl | 21 | **Jelmer Hendriks** | HA2 |  | 38.17 | 38.17 |  |
| 5 | wt | 42 | **Lennart Velema** | HSA |  | 34.74 | 35.72 |  |
| rd | 46 | **Ronald Mulder** | HSB |  | 34.08 | 35.32 |  |
| 6 | gl | 18 | **Thijs Govers** | HSA |  | 35.43 | 35.43 |  |
| bl | 47 | **Stefan Westenbroek** | HN1 |  | 35.22 | 35.22 |  |

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| **3. Loting 3000/5000 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 1 | **Stijn Beekelaar** | HA1 |  |  |  |  |
| rd | 6 | **Rosalie van Vliet** | DB1 |  |  |  |  |
| 2 | gl | 33 | **Tom Nijdam** | HA1 |  |  |  |  |
| bl | 31 | **Eskil Huiting** | HA1 |  |  |  |  |
| 3 | wt | 2 | **Stan van Vliet** | HA2 |  | 6:57.03 |  |  |
| rd | 38 | **Lex Dijkstra** | HSA |  | 6:19.79 | 6:19.79 |  |
| 4 | gl | 43 | **Esmee Visser (5000m)** | DSA |  | 6:45.73 | 7:03.27 |  |
| bl |  |  |  |  |  |  |  |

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| **4. Loting 1500 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 11 | **Tosca Mulder** | DA1 |  | 2:09.90 | 2:09.90 |  |
| rd | 22 | **Sanne Oosterwijk** | DB2 |  | 2:08.43 | 2:08.43 |  |
| 2 | gl | 32 | **Gijs Kamp** | HA1 |  | 1:59.15 | 1:59.15 |  |
| bl | 21 | **Jelmer Hendriks** | HA2 |  | 1:59.32 | 1:59.32 |  |
| 3 | wt | 27 | **Matthe Pronk** | HA1 |  | 1:55.57 | 1:55.57 |  |
| rd | 26 | **Jelle Koeleman** | HA1 |  | 1:55.61 | 1:55.61 |  |
| 4 | gl |  |  |  |  |  |  |  |
| bl | 9 | **Stein de Wit** | HA1 |  | 1:56.65 | 1:56.65 |  |
| 5 | wt | 14 | **Thomas de Lange** | HA2 |  | 1:53.90 | 1:53.90 |  |
| rd | 20 | **Daan van der Elst** | HN1 |  | 1:55.33 | 1:55.33 |  |
| 6 | gl | 15 | **Rick Meijer** | HA2 |  | 1:52.90 | 1:52.90 |  |
| bl | 30 | **Stan Springer** | HN1 |  | 1:53.12 | 1:53.16 |  |

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| **5. Loting 1000 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 10 | **Amee Hollanders** | DA2 |  | 1:23.30 | 1:25.33 |  |
| rd | 4 | **Emma Kole** | DA1 |  | 1:22.95 | 1:22.95 |  |
| 2 | gl | 3 | **Semmie Bakker** | DA1 |  | 1:26.42 | 1:26.42 |  |
| bl | 12 | **Quinty Vos** | DA2 |  | 1:23.50 | 1:23.50 |  |
| 3 | wt | 17 | **Sem Bodewes** | HB2 |  | 1:18.79 | 1:18.79 |  |
| rd | 25 | **Sylke Kas** | DN1 |  | 1:20.86 | 1:20.86 |  |
| 4 | gl | 16 | **Meike Veen** | DB2 |  | 1:22.76 | 1:22.76 |  |
| bl | 24 | **Pien Hersman** | DA1 |  | 1:22.12 | 1:22.12 |  |
| 5 | wt | 39 | **Isabelle van Elst** | DSA |  | 1:15.58 | 1:16.35 |  |
| rd | 35 | **Robin Groot** | DN2 |  | 1:17.78 | 1:18.57 |  |
| 6 | gl | 23 | **Isabel Grevelt** | DN1 |  | 1:16.14 | 1:16.14 |  |
| bl | 19 | **Naomi Verkerk** | DN3 |  | 1:16.68 | 1:16.68 |  |
| 7 | wt | 29 | **Ivo de la Porte** | HA2 |  | 1:13.44 | 1:14.73 |  |
| rd | 28 | **Nick Luijten** | HA1 |  | 1:15.91 | 1:15.91 |  |
| 8 | gl | 7 | **Timo Lamme** | HA1 |  | 1:15.52 | 1:15.52 |  |
| bl | 8 | **Jorn de Vries** | HA1 |  | 1:15.61 | 1:15.61 |  |
| 9 | wt | 34 | **Jarle Gerrits** | HN1 |  | 1:11.78 | 1:12.25 |  |
| rd | 47 | **Stefan Westenbroek** | HN1 |  | 1:11.13 |  |  |
| 10 | gl | 44 | **Aron Romeijn** | HSA |  | 1:08.88 | 1:13.79 |  |
| bl | 45 | **Rem de Hair** | HN2 |  | 1:12.81 | 1:12.81 |  |
| 11 | wt | 18 | **Thijs Govers** | HSA |  | 1:09.78 | 1:11.78 |  |
| rd | 36 | **Serge Yoro** | HN3 |  | 1:08.37 | 1:08.37 |  |
| 12 | gl | 42 | **Lennart Velema** | HSA |  | 1:07.75 | 1:09.36 |  |
| bl | 40 | **Thomas Geerdinck** | HSA |  | 1:09.55 | 1:09.55 |  |

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