Kosten € 15,00 vooraf, **boven** bij de jury **gepast** betalen

Eigen armbandjes mee, Trainers, blokjes leggen en opruimen.

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| Voorlopige planning |  |
| Inrijden |  | 16.45-16.50 |
| 500m |  | 16.50-17.04 |
| 5000m  |  | 17.07-17,15 |
| Trainng |  | 17.15.17.45 |
| Baanverzorging | 17.55-18.00 |
| 3000m |  | 18.00-18.17 |
| 1500m |  | 18.20-18.29 |
| 1000m |  | 18.35-18.45 |

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| **1. Draw 500 meter** |
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|  |  |  | **Name** | **Cat** |  | **Personal Best** | **Season Time** | **Time** |
| 1 | wt | 10 | **Melissa Wijfje** | DSA |  | 38.83 | 40.95 |  |
| rd | 33 | **Naomi van der Werf** | DSA |  | 40.41 | 41.52 |  |
| 2 | yw | 18 | **Kim Talsma** | DN3 |  | 40.35 | 41.76 |  |
| bl | 31 | **Aveline Hijlkema** | DSA |  | 39.78 | 41.42 |  |
| 3 | wt | 17 | **Robin Groot** | DN3 |  | 39.36 | 40.56 |  |
| rd | 7 | **Irene Schouten** | DSB |  | 39.24 | 40.71 |  |
| 4 | yw | 6 | **Elisa Dul** | DSA |  | 38.66 | 39.78 |  |
| bl | 5 | **Myrthe de Boer** | DN2 |  | 38.82 | 40.11 |  |
| 5 | wt | 30 | **Jeroen Janissen** | HSA |  | 37.64 | 38.22 |  |
| rd | 9 | **Marijke Groenewoud** | DSA |  | 38.57 | 39.70 |  |
| 6 | yw | 15 | **Lex Dijkstra** | HSA |  | 37.37 | 38.59 |  |
| bl | 12 | **Marwin Talsma** | HSA |  | 37.96 | 39.17 |  |
| 7 | wt | 24 | **Sijmen Egberts** | HA2 |  | 37.34 | 38.17 |  |
| rd | 11 | **Gert Wierda** | HN1 |  | 36.92 | 38.01 |  |
| 8 | yw | 16 | **Jesse Speijers** | HN2 |  | 37.13 | 37.90 |  |
| bl | 14 | **Victor Ramler** | HSA |  | 37.43 | 38.14 |  |
| 9 | wt | 23 | **Yves Vergeer** | HN3 |  | 37.03 |  |  |
| rd | 26 | **Mika van Essen** | HN4 |  | 35.85 | 36.26 |  |
| 10 | yw | 35 | **Thijs Govers** | HSA |  | 35.43 | 36.29 |  |
| bl | 8 | **Tjerk de Boer** | HSA |  | 36.17 | 37.31 |  |
| 11 | wt | 34 | **Elwin Jongman** | HN4 |  | 35.62 | 35.73 |  |
| rd | 27 | **Joost van Dobbenburgh** | HSA |  | 35.49 | 36.00 |  |
| 12 | yw | 13 | **Mats Siemons** | HN1 |  | 35.54 | 35.54 |  |
| bl | 28 | **Rem de Hair** | HN3 |  | 35.65 | 35.65 |  |
| 13 | wt | 21 | **Sebas Diniz** | HN2 |  | 35.10 | 35.10 |  |
| rd | 22 | **Armand Broos** | HN3 |  | 35.45 | 35.45 |  |
| 14 | yw | 20 | **Gijs Esders** | HSB |  | 34.99 | 35.22 |  |
| bl | 19 | **Kayo Vos** | HN1 |  | 35.45 | 35.45 |  |

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| **2. Draw 5000 meter** |
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|  |  |  | **Name** | **Cat** |  | **Personal Best** | **Season Time** | **Time** |
| 1 | wt | 39 | **Tijs van Gennip** | HB2 |  |  |  |  |
| rd | 50 | **Olaf Vunderink** | HB2 |  |  |  |  |
| 2 | yw | 44 | **Jelle Koeleman** | HA2 |  | 6:48.56 | 6:48.56 |  |
| bl | 48 | **Sil van der Veen** | HB2 |  | 6:49.44 |  |  |

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| **3. Draw 3000 meter** |
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|  |  |  | **Name** | **Cat** |  | **Personal Best** | **Season Time** | **Time** |
| 1 | wt | 53 | **Sterre Jonkers** | DSA |  | 4:07.69 | 4:20.77 |  |
| rd | 42 | **Bente Kerkhoff** | DN2 |  | 4:14.61 | 4:19.80 |  |
| 2 | yw | 52 | **Sanne Westra** | DN1 |  | 4:27.29 | 4:28.84 |  |
| bl | 41 | **Yael Prenger** | DN1 |  | 4:20.74 | 4:28.31 |  |
| 3 | wt | 29 | **Lars Woelders** | HN2 |  | 3:49.32 |  |  |
| rd | 10 | **Melissa Wijfje** | DSA |  | 4:01.07 | 4:08.83 |  |
| 4 | yw | 23 | **Yves Vergeer** | HN3 |  | 3:44.38 | 3:50.83 |  |
| bl | 24 | **Sijmen Egberts** | HA2 |  | 3:45.17 | 3:53.01 |  |
| 5 | wt | 16 | **Jesse Speijers** | HN2 |  | 3:46.51 | 3:46.51 |  |
| rd | 14 | **Victor Ramler** | HSA |  | 3:47.98 | 3:47.98 |  |
| 6 | yw | 15 | **Lex Dijkstra** | HSA |  | 3:43.67 | 3:48.18 |  |
| bl | 8 | **Tjerk de Boer** | HSA |  | 3:48.31 |  |  |

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| **4. Draw 1500 meter** |
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|  |  |  | **Name** | **Cat** |  | **Personal Best** | **Season Time** | **Time** |
| 1 | wt | 55 | **Vera van Ditshuizen** | DN1 |  | 2:06.68 | 2:07.61 |  |
| rd | 49 | **Sofia Schilder** | DB2 |  | 2:10.53 | 2:10.53 |  |
| 2 | yw | 33 | **Naomi van der Werf** | DSA |  | 2:01.20 | 2:02.26 |  |
| bl | 43 | **Sylke Kas** | DN2 |  | 2:04.45 | 2:04.45 |  |
| 3 | wt | 31 | **Aveline Hijlkema** | DSA |  | 1:57.78 | 1:59.33 |  |
| rd | 17 | **Robin Groot** | DN3 |  | 1:57.14 | 1:59.16 |  |
| 4 | yw | 7 | **Irene Schouten** | DSB |  | 1:52.12 | 1:58.00 |  |
| bl | 6 | **Elisa Dul** | DSA |  | 1:54.68 | 1:59.70 |  |
| 5 | wt | 2 | **Tijmen Snel** | HSA |  | 1:45.16 | 1:46.80 |  |
| rd | 11 | **Gert Wierda** | HN1 |  | 1:46.38 | 1:48.54 |  |
| 6 | yw | 30 | **Jeroen Janissen** | HSA |  | 1:49.06 | 1:51.21 |  |
| bl | 12 | **Marwin Talsma** | HSA |  | 1:46.20 | 1:52.06 |  |

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| **5. Draw 1000 meter** |
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|  |  |  | **Name** | **Cat** |  | **Personal Best** | **Season Time** | **Time** |
| 1 | wt | 3 | **Evelien Vijn** | DN1 |  | 1:19.59 | 1:22.28 |  |
| rd | 51 | **Sanne Oosterwijk** | DA1 |  | 1:22.37 | 1:22.37 |  |
| 2 | yw | 40 | **Tess Postma** | DA1 |  | 1:23.10 | 1:25.78 |  |
| bl | 18 | **Kim Talsma** | DN3 |  | 1:17.24 | 1:21.51 |  |
| 3 | wt | 32 | **Paulien Verhaar** | DN4 |  | 1:18.55 | 1:19.13 |  |
| rd | 9 | **Marijke Groenewoud** | DSA |  | 1:15.20 | 1:15.99 |  |
| 4 | yw | 25 | **Sanneke de Neeling** | DSA |  | 1:13.74 | 1:15.76 |  |
| bl | 36 | **Lotte Groenen** | DA1 |  | 1:21.00 | 1:21.00 |  |
| 5 | wt | 45 | **Matthieu Hollaar** | HN1 |  | 1:11.70 | 1:11.70 |  |
| rd | 54 | **Pim Stuij** | HN1 |  | 1:12.22 | 1:12.22 |  |
| 6 | yw | 37 | **Swen Halferkamps** | HA1 |  | 1:14.73 | 1:14.73 |  |
| bl | 46 | **Mika Kolder** | HB2 |  | 1:14.64 | 1:14.64 |  |
| 7 | wt | 4 | **Jarle Gerrits** | HN2 |  | 1:11.28 | 1:11.28 |  |
| rd | 34 | **Elwin Jongman** | HN4 |  | 1:10.39 | 1:10.97 |  |
| 8 | yw | 13 | **Mats Siemons** | HN1 |  | 1:09.78 | 1:09.78 |  |
| bl | 1 | **Serge Yoro** | HN4 |  | 1:08.37 | 1:10.09 |  |

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