LET OP, i.v.m. corona:

- **Testen voor toegang via de Coronacheckapp is van kracht (ID mee!).** Een eventueel noodzakelijke test

 kan via een locatie van Testen voor toegang verkregen worden.

- **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 |  | 17.15-17.25 |
| 500m |  | 17.25-18.09 |
| Baanverzorging | 18.09-18.24 |
| 1000m |  | 18.24-18.47 |
| 1500m |  | 18.53-19.20 |
| Baanverzorging | 19.20-19.35 |
| 3000m  |  | 19.35-20.19 |
| 5000m |  | 20.19-20.27 |

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| **1. Loting 500 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 8 | **Cornelius Kersten** | HSA |  | 35.72 |  |  |
| rd | 101 | **Mika van Essen** | HN3 |  | 35.85 |  |  |
| 2 | gl | 104 | **Elwin Jongman** | HN3 |  | 35.81 |  |  |
| bl | 9 | **Thomas Geerdinck** | HSA |  | 35.50 |  |  |
| 3 | wt | 83 | **Joep Wennemars** | HA2 |  | 36.32 | 36.89 |  |
| rd | 85 | **Sebas Diniz** | HN1 |  | 35.90 | 36.65 |  |
| 4 | gl | 66 | **Tim Prins** | HA1 |  | 36.42 |  |  |
| bl | 81 | **Mats Siemons** | HA2 |  | 36.49 | 37.02 |  |
| 5 | wt | 15 | **Pim Stuij** | HA2 |  | 37.05 |  |  |
| rd | 82 | **Chris Fredriks** | HA2 |  | 37.08 |  |  |
| 6 | gl | 19 | **Daan Spruit** | HN1 |  | 37.06 |  |  |
| bl | 18 | **Niels d' Huy** | HN1 |  | 37.16 |  |  |
| 7 | wt | 17 | **Armand Broos** | HN2 |  | 36.71 | 37.17 |  |
| rd | 55 | **Stein de Wit** | HA1 |  | 37.40 | 37.40 |  |
| 8 | gl | 65 | **Matthieu Hollaar** | HA2 |  | 37.16 | 37.31 |  |
| bl | 14 | **Jelle Rieff** | HA2 |  | 37.38 |  |  |
| 9 | wt | 1 | **Jutta Leerdam** | DN4 |  | 37.24 |  |  |
| rd | 70 | **Suzanne Schulting** | DSA |  | 37.71 |  |  |
| 10 | gl | 33 | **Ivo de la Porte** | HA2 |  | 37.67 |  |  |
| bl | 102 | **Jur Veenje** | HN2 |  | 36.88 | 37.44 |  |
| 11 | wt | 29 | **Tom Egbertsen** | HA1 |  | 37.39 | 37.83 |  |
| rd | 62 | **Gijs Kamp** | HA1 |  | 38.02 | 38.02 |  |
| 12 | gl | 95 | **Bart Valentijn** | HN4 |  | 37.91 | 37.91 |  |
| bl | 13 | **Max Bergsma** | HA1 |  | 38.09 |  |  |
| 13 | wt | 3 | **Isabelle van Elst** | DSA |  | 38.03 |  |  |
| rd | 2 | **Dione Voskamp** | DSA |  | 37.93 |  |  |
| 14 | gl | 79 | **Sijmen Egberts** | HA1 |  | 37.20 | 38.03 |  |
| bl | 50 | **Jorian ten Cate** | HA2 |  | 38.16 |  |  |
| 15 | wt | 38 | **Stan van Vliet** | HA2 |  | 37.53 | 38.28 |  |
| rd | 34 | **Stan Springer** | HN1 |  | 38.35 | 38.52 |  |
| 16 | gl | 10 | **Daan van der Elst** | HN1 |  | 37.74 | 38.20 |  |
| bl | 54 | **Loek van Vilsteren** | HA1 |  | 38.43 | 38.43 |  |
| 17 | wt | 103 | **Maud Lugters** | DN2 |  | 38.53 |  |  |
| rd | 16 | **Colin Duivenvoorden** | HA2 |  | 38.69 |  |  |
| 18 | gl | 35 | **Jorn de Vries** | HA1 |  | 38.72 | 38.72 |  |
| bl | 94 | **Nino van Dijk** | HSA |  | 38.43 | 38.57 |  |
| 19 | wt | 84 | **Lars Woelders** | HN1 |  | 38.92 | 38.92 |  |
| rd | 64 | **Martijn Takens** | HN1 |  | 37.98 | 39.03 |  |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 20 | gl | 68 | **Sille Hut** | HB2 |  | 38.84 |  |  |
| bl | 32 | **Nick Luijten** | HA1 |  | 39.27 | 39.29 |  |
| 21 | wt | 30 | **Jelle Koeleman** | HA1 |  | 39.37 | 39.37 |  |
| rd | 31 | **Matthe Pronk** | HA1 |  | 39.36 | 39.36 |  |
| 22 | gl | 67 | **Tom Nijdam** | HA1 |  | 39.40 | 39.49 |  |
| bl | 98 | **Bart Seffinga** | H40 |  | 37.10 | 39.29 |  |
| 23 | wt | 61 | **Eskil Huiting** | HA1 |  | 39.62 |  |  |
| rd | 71 | **Selma Poutsma** | DN4 |  | 38.17 | 39.62 |  |
| 24 | gl | 25 | **Pien Smit** | DA1 |  | 39.52 | 39.81 |  |
| bl | 27 | **Isabel Grevelt** | DN1 |  | 39.16 | 39.74 |  |
| 25 | wt | 24 | **Pien Hersman** | DA1 |  | 40.36 |  |  |
| rd |  |  |  |  |  |  |  |
| 26 | gl | 12 | **Remco Stam** | HA1 |  | 40.14 |  |  |
| bl | 45 | **Ties van Seumeren** | HB2 |  | 40.52 |  |  |
| 27 | wt | 77 | **Evelien Vijn** | DA2 |  | 40.62 |  |  |
| rd | 60 | **Myrthe de Boer** | DN1 |  | 39.91 | 40.60 |  |
| 28 | gl | 58 | **Jildou Hoekstra** | DA1 |  | 40.59 |  |  |
| bl | 59 | **Leonie Bats** | DN1 |  | 39.60 | 40.56 |  |
| 29 | wt | 26 | **Yael Prenger** | DA2 |  | 40.72 |  |  |
| rd | 96 | **Vishwaraj Jadeja** | HSB |  | 40.11 | 40.83 |  |
| 30 | gl | 92 | **Tijs van Gennip** | HB1 |  | 40.77 |  |  |
| bl | 28 | **Sylke Kas** | DN1 |  | 40.81 | 40.81 |  |
| 31 | wt | 56 | **Alec Nauta** | HB2 |  | 41.15 |  |  |
| rd | 78 | **Jade Groenewoud** | DA1 |  | 40.23 | 41.17 |  |
| 32 | gl | 22 | **Sacha van der Weide** | DN1 |  | 39.35 | 40.83 |  |
| bl | 44 | **Joep Stubbe** | HB2 |  | 41.11 |  |  |
| 33 | wt | 39 | **Sanne Oosterwijk** | DB2 |  | 42.26 |  |  |
| rd | 93 | **Bram ten Berge** | HB1 |  | 42.37 |  |  |
| 34 | gl | 46 | **Amee Hollanders** | DA2 |  | 41.18 | 42.46 |  |
| bl | 23 | **Eline van Voorden** | DN2 |  | 41.41 | 42.12 |  |
| 35 | wt | 100 | **Liotte Smits** | DN2 |  | 42.64 | 42.64 |  |
| rd | 90 | **Eise van Schijndel** | HB1 |  | 42.64 |  |  |
| 36 | gl | 20 | **Sophie Kraaijeveld** | DA1 |  | 42.68 |  |  |
| bl | 11 | **Danielle van Zanten** | DA2 |  | 42.73 |  |  |
| 37 | wt | 48 | **Quinty Vos** | DA2 |  | 41.45 | 42.91 |  |
| rd | 40 | **Semmie Bakker** | DA1 |  | 42.87 | 43.09 |  |
| 38 | gl | 89 | **Ibe Hoedeman** | HB1 |  | 42.91 |  |  |
| bl | 69 | **Sylvia de Vries** | DB2 |  | 42.98 |  |  |
| 39 | wt | 106 | **Emma Engbers** | DSB |  | 43.30 |  |  |
| rd | 91 | **Lianne van Gammeren** | DB1 |  | 43.30 |  |  |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 40 | gl | 36 | **Vera van Ditshuizen** | DA2 |  | 43.09 | 43.15 |  |
| bl | 105 | **Veerle van Koppen** | DA1 |  | 43.09 |  |  |
| 41 | wt | 47 | **Tosca Mulder** | DA1 |  | 43.22 | 43.86 |  |
| rd | 49 | **Lièn van Dasselaar** | DA1 |  | 43.22 | 44.27 |  |
| 42 | gl | 87 | **Bo Mengerink** | DB2 |  | 43.95 |  |  |
| bl | 41 | **Janna Bolsius** | DB2 |  | 43.55 |  |  |
| 43 | wt | 42 | **Emma Kole** | DA1 |  | 44.27 | 44.28 |  |
| rd | 97 | **Quinty van Klink** | DN2 |  | 44.81 | 44.81 |  |
| 44 | gl | 86 | **Kaat van Steekelenburg** | DA1 |  | 47.17 |  |  |
| bl | 73 | **Daphne Alderts** | DSA |  | 44.69 |  |  |
| 45 | wt |  |  |  |  |  |  |  |
| rd |  |  |  |  |  |  |  |
| 46 | gl | 88 | **Rinse Franken** | HB1 |  |  |  |  |
| bl |  |  |  |  |  |  |  |

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| **2. Loting 1000 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 66 | **Tim Prins** | HA1 |  | 1:11.83 |  |  |
| rd | 18 | **Niels d' Huy** | HN1 |  | 1:12.62 |  |  |
| 2 | gl | 104 | **Elwin Jongman** | HN3 |  | 1:10.39 |  |  |
| bl | 85 | **Sebas Diniz** | HN1 |  | 1:11.54 | 1:13.58 |  |
| 3 | wt | 33 | **Ivo de la Porte** | HA2 |  | 1:13.44 |  |  |
| rd | 65 | **Matthieu Hollaar** | HA2 |  | 1:14.86 |  |  |
| 4 | gl | 17 | **Armand Broos** | HN2 |  | 1:13.46 |  |  |
| bl | 19 | **Daan Spruit** | HN1 |  | 1:13.59 |  |  |
| 5 | wt | 70 | **Suzanne Schulting** | DSA |  | 1:13.97 |  |  |
| rd | 1 | **Jutta Leerdam** | DN4 |  | 1:11.84 |  |  |
| 6 | gl | 10 | **Daan van der Elst** | HN1 |  | 1:13.78 |  |  |
| bl | 15 | **Pim Stuij** | HA2 |  | 1:13.73 |  |  |
| 7 | wt | 13 | **Max Bergsma** | HA1 |  | 1:14.93 |  |  |
| rd | 64 | **Martijn Takens** | HN1 |  | 1:15.37 |  |  |
| 8 | gl | 14 | **Jelle Rieff** | HA2 |  | 1:14.93 |  |  |
| bl | 3 | **Isabelle van Elst** | DSA |  | 1:15.58 |  |  |
| 9 | wt | 35 | **Jorn de Vries** | HA1 |  | 1:16.43 | 1:16.89 |  |
| rd | 62 | **Gijs Kamp** | HA1 |  | 1:18.86 |  |  |
| 10 | gl | 55 | **Stein de Wit** | HA1 |  | 1:15.44 | 1:16.53 |  |
| bl | 98 | **Bart Seffinga** | H40 |  | 1:12.16 | 1:17.80 |  |
| 11 | wt | 92 | **Tijs van Gennip** | HB1 |  | 1:22.20 |  |  |
| rd | 78 | **Jade Groenewoud** | DA1 |  | 1:19.14 |  |  |
| 12 | gl | 77 | **Evelien Vijn** | DA2 |  | 1:19.67 |  |  |
| bl | 22 | **Sacha van der Weide** | DN1 |  | 1:20.50 |  |  |
| 13 | wt | 58 | **Jildou Hoekstra** | DA1 |  | 1:23.49 |  |  |
| rd | 24 | **Pien Hersman** | DA1 |  | 1:23.66 |  |  |
| 14 | gl | 28 | **Sylke Kas** | DN1 |  | 1:22.90 | 1:23.97 |  |
| bl | 105 | **Veerle van Koppen** | DA1 |  | 1:24.62 |  |  |
| 15 | wt | 93 | **Bram ten Berge** | HB1 |  | 1:25.76 |  |  |
| rd | 46 | **Amee Hollanders** | DA2 |  | 1:22.98 | 1:26.00 |  |
| 16 | gl | 87 | **Bo Mengerink** | DB2 |  | 1:27.41 |  |  |
| bl | 90 | **Eise van Schijndel** | HB1 |  | 1:25.22 |  |  |
| 17 | wt | 89 | **Ibe Hoedeman** | HB1 |  | 1:29.31 |  |  |
| rd | 88 | **Rinse Franken** | HB1 |  |  |  |  |
| 18 | gl | 91 | **Lianne van Gammeren** | DB1 |  | 1:28.85 |  |  |
| bl |  |  |  |  |  |  |  |

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| **3. Loting 1500 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 7 | **Lex Dijkstra** | HSA |  | 1:48.94 |  |  |
| rd | 72 | **Jeroen Janissen** | HSA |  | 1:49.06 |  |  |
| 2 | gl | 52 | **Ruben Ligtenberg** | HA2 |  | 1:52.28 |  |  |
| bl | 50 | **Jorian ten Cate** | HA2 |  | 1:53.08 |  |  |
| 3 | wt | 68 | **Sille Hut** | HB2 |  | 1:56.03 |  |  |
| rd | 94 | **Nino van Dijk** | HSA |  | 1:51.37 | 1:54.92 |  |
| 4 | gl | 54 | **Loek van Vilsteren** | HA1 |  | 1:55.36 | 1:55.36 |  |
| bl | 81 | **Mats Siemons** | HA2 |  | 1:54.57 |  |  |
| 5 | wt | 76 | **Klaas Poortinga** | HN2 |  | 1:59.15 |  |  |
| rd | 12 | **Remco Stam** | HA1 |  | 1:57.25 |  |  |
| 6 | gl | 60 | **Myrthe de Boer** | DN1 |  | 2:00.31 |  |  |
| bl | 96 | **Vishwaraj Jadeja** | HSB |  | 2:01.71 | 2:01.71 |  |
| 7 | wt | 25 | **Pien Smit** | DA1 |  | 2:02.50 |  |  |
| rd |  |  |  |  |  |  |  |
| 8 | gl | 61 | **Eskil Huiting** | HA1 |  | 2:02.28 |  |  |
| bl | 56 | **Alec Nauta** | HB2 |  | 2:02.97 |  |  |
| 9 | wt | 44 | **Joep Stubbe** | HB2 |  | 2:03.98 |  |  |
| rd | 26 | **Yael Prenger** | DA2 |  | 2:04.56 |  |  |
| 10 | gl | 59 | **Leonie Bats** | DN1 |  | 1:59.31 | 2:03.33 |  |
| bl | 45 | **Ties van Seumeren** | HB2 |  | 2:04.06 |  |  |
| 11 | wt | 48 | **Quinty Vos** | DA2 |  | 2:08.73 |  |  |
| rd | 39 | **Sanne Oosterwijk** | DB2 |  | 2:08.51 |  |  |
| 12 | gl | 27 | **Isabel Grevelt** | DN1 |  | 2:05.68 |  |  |
| bl | 20 | **Sophie Kraaijeveld** | DA1 |  | 2:05.42 |  |  |
| 13 | wt | 69 | **Sylvia de Vries** | DB2 |  | 2:11.30 |  |  |
| rd | 11 | **Danielle van Zanten** | DA2 |  | 2:10.31 |  |  |
| 14 | gl | 73 | **Daphne Alderts** | DSA |  | 2:10.48 |  |  |
| bl | 36 | **Vera van Ditshuizen** | DA2 |  | 2:10.09 | 2:11.44 |  |
| 15 | wt | 47 | **Tosca Mulder** | DA1 |  | 2:11.95 | 2:13.73 |  |
| rd | 40 | **Semmie Bakker** | DA1 |  | 2:14.97 |  |  |
| 16 | gl | 42 | **Emma Kole** | DA1 |  | 2:13.66 |  |  |
| bl | 41 | **Janna Bolsius** | DB2 |  | 2:12.02 |  |  |
| 17 | wt | 49 | **Lièn van Dasselaar** | DA1 |  | 2:12.84 | 2:15.60 |  |
| rd |  |  |  |  |  |  |  |

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| **4. Loting 3000 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 6 | **Koen Verweij** | HSB |  | 3:42.86 |  |  |
| rd | 16 | **Colin Duivenvoorden** | HA2 |  | 3:52.91 |  |  |
| 2 | gl | 83 | **Joep Wennemars** | HA2 |  | 3:52.21 |  |  |
| bl | 79 | **Sijmen Egberts** | HA1 |  | 3:52.94 | 3:52.94 |  |
| 3 | wt | 84 | **Lars Woelders** | HN1 |  | 3:56.76 |  |  |
| rd | 63 | **Kayo Vos** | HA2 |  | 3:55.32 |  |  |
| 4 | gl | 80 | **Stijn van de Bunt** | HA1 |  | 3:58.04 |  |  |
| bl | 38 | **Stan van Vliet** | HA2 |  | 3:56.47 |  |  |
| 5 | wt | 29 | **Tom Egbertsen** | HA1 |  | 4:05.47 |  |  |
| rd | 4 | **Merel Conijn** | DN1 |  | 4:08.03 |  |  |
| 6 | gl | 5 | **Esther Kiel** | DSA |  | 4:07.88 |  |  |
| bl | 82 | **Chris Fredriks** | HA2 |  | 3:58.40 | 3:59.09 |  |
| 7 | wt | 57 | **Evi Gelling** | DA2 |  | 4:20.47 |  |  |
| rd | 37 | **Stijn Beekelaar** | HA1 |  | 4:12.38 |  |  |
| 8 | gl | 30 | **Jelle Koeleman** | HA1 |  | 4:11.83 |  |  |
| bl | 31 | **Matthe Pronk** | HA1 |  | 4:11.93 |  |  |
| 9 | wt | 23 | **Eline van Voorden** | DN2 |  | 4:20.75 |  |  |
| rd | 32 | **Nick Luijten** | HA1 |  | 4:22.22 |  |  |
| 10 | gl | 74 | **Elsemieke van Maaren** | DSA |  | 4:27.39 |  |  |
| bl | 67 | **Tom Nijdam** | HA1 |  | 4:20.86 |  |  |
| 11 | wt | 75 | **Tjilde Bennis** | DSA |  | 4:32.44 |  |  |
| rd | 100 | **Liotte Smits** | DN2 |  | 4:35.81 | 4:35.81 |  |
| 12 | gl | 106 | **Emma Engbers** | DSB |  | 4:27.86 |  |  |
| bl | 99 | **Luna Jonkers** | DN3 |  | 4:21.09 | 4:30.55 |  |
| 13 | wt | 43 | **Rosalie van Vliet** | DB1 |  |  |  |  |
| rd | 97 | **Quinty van Klink** | DN2 |  | 4:36.66 | 4:37.63 |  |
| 14 | gl | 86 | **Kaat van Steekelenburg** | DA1 |  | 5:03.24 |  |  |
| bl |  |  |  |  |  |  |  |

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| **5. Loting 5000 meter** |
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|  |  |  | **Naam** | **Cat** |  | **PR** | **ST** | **Tijd** |
| 1 | wt | 95 | **Bart Valentijn** | HN4 |  | 6:51.58 | 6:53.64 |  |
| rd | 34 | **Stan Springer** | HN1 |  | 6:54.61 |  |  |
| 2 | gl | 51 | **Thomas de Lange** | HA2 |  | 7:30.82 |  |  |
| bl | 53 | **Rick Meijer** | HA2 |  | 7:12.05 |  |  |

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