

1. Draw 100 meter

| | | Name | Cat | Personal | Season | Time |
|----|----|--------------------------------|------------|-----------------|---------------|-------------|
| 1 | wt | 56 Olle Klunder | HPF | 18.33 | 18.33 | |
| | rd | 40 Sylvan Markvoort | HPF | 19.85 | 19.85 | |
| 2 | wt | 43 Famke Aukema | DPD | 17.45 | 17.45 | |
| | rd | 45 Tirza Stenneke | DPF | 18.09 | 18.09 | |
| 3 | wt | 28 Evi Canrinus | DPF | 17.43 | 17.43 | |
| | rd | 53 Iris Noordman | DPE | 17.08 | 17.08 | |
| 4 | wt | 31 Emma van der Velde | DPF | 15.89 | 15.89 | |
| | rd | 54 Isa van der Weerd | DPE | 15.78 | 15.78 | |
| 5 | wt | 18 Noor Klunder | DPF | 15.70 | 15.70 | |
| | rd | 8 Just Klunder | HPE | 15.42 | 15.42 | |
| 6 | wt | 27 Veerle Zunnabeld | DPE | 15.15 | 15.15 | |
| | rd | 32 Sanna van der Velde | DPD | 15.15 | 15.15 | |
| 7 | wt | 47 Niels Everts | HPF | 14.86 | 14.86 | |
| | rd | 41 Merle Markvoort | DPD | 14.93 | 14.93 | |
| 8 | wt | 16 Charley Boekema | DPF | 14.43 | 14.43 | |
| | rd | 51 Diede Salomons | DPD | 14.40 | 14.40 | |
| 9 | wt | 21 Noortje Kappers | DPE | 14.29 | 14.29 | |
| | rd | 44 David Stenneke | HPD | 14.20 | 14.20 | |
| 10 | wt | 19 Mees Klunder | HPC | 13.40 | 13.40 | |
| | rd | 39 Dalanda Jalloh | DPA | 13.49 | 13.49 | |
| 11 | wt | 46 Veerle Friso | DPC | 13.06 | 13.06 | |
| | rd | 48 Stefan Everts | HPD | 13.16 | 13.16 | |
| 12 | wt | 1 Noëmi de Boer | DC1 | 12.52 | 12.52 | |
| | rd | 15 Jack Boekema | HPC | 12.30 | 12.30 | |
| 13 | wt | 58 Britt van der Linden | DPA | 12.25 | 12.25 | |
| | rd | 20 Tim Hoogkamer | HN3 | 10.12 | 10.12 | |

2. Draw 100 meter

| | | Name | Cat | Personal | Season | Time |
|----|----|----------------------------------|------------|-----------------|---------------|-------------|
| 14 | wt | 23 Arjen Esselink | H50 | | | |
| | rd | 52 Marit Noordman | DPB | 15.43 | 15.43 | |
| 15 | wt | 30 Tristan Swenne | HPA | 14.22 | 14.22 | |
| | rd | 49 Annabel Weteringe | DPB | 13.54 | 13.54 | |
| 16 | wt | 57 Huub Smeets | HPA | 13.50 | 13.50 | |
| | rd | 3 Iris Rietman | DPB | 13.34 | 13.34 | |
| 17 | wt | 13 Beau Kappers | HPA | 13.16 | 13.16 | |
| | rd | 12 Marcel Bloemenkamp | H50 | 12.86 | 13.16 | |
| 18 | wt | 10 Danique Dellink | DN1 | 12.59 | 13.14 | |
| | rd | 36 Hans ten Hag | H70 | 12.50 | 12.92 | |
| 19 | wt | 11 Lenneke Groot Koerkamp | DC1 | 12.45 | 12.73 | |
| | rd | 7 Lex de Boom | HSB | 12.53 | 12.87 | |
| 20 | wt | 55 Wim Brand | H75 | 12.53 | | |
| | rd | 4 Alex van Gelderen | H45 | 12.48 | 12.62 | |
| 21 | wt | 50 Rianne Gemmink | DSB | 12.48 | | |
| | rd | 37 Gerben Hettinga | H50 | 12.12 | 12.30 | |
| 22 | wt | 26 Wietske Bannink | DSB | 11.76 | 12.26 | |
| | rd | 33 Ruben de Rijk | HPA | 12.17 | 12.17 | |

| | | | | | | |
|----|----|----|-------------------------|-----|-------|-------|
| 23 | wt | 5 | Rudie Assink | H50 | 11.93 | 12.04 |
| | rd | 22 | Joanne Spliethof | DSA | 12.02 | 12.02 |
| 24 | wt | 34 | Wiebe de Rijk | HC2 | 11.59 | 11.59 |
| | rd | 6 | Gerwin Boschloo | H45 | 11.93 | |
| 25 | wt | 35 | Evert Hof | H50 | 11.39 | |
| | rd | 14 | Rens Hiddink | HB2 | 11.10 | 11.10 |

3. Draw 100 meter

| | | | Name | Cat | Personal | Season | Time |
|----|----|----|-----------------------------|------------|-----------------|---------------|-------------|
| 26 | wt | 43 | Famke Aukema | DPD | 17.45 | 17.45 | |
| | rd | 56 | Olle Klunder | HPF | 18.33 | 18.33 | |
| 27 | wt | 40 | Sylvan Markvoort | HPF | 19.85 | 19.85 | |
| | rd | 53 | Iris Noordman | DPE | 17.08 | 17.08 | |
| 28 | wt | 28 | Evi Canrinus | DPF | 17.43 | 17.43 | |
| | rd | 45 | Tirza Stenneke | DPF | 18.09 | 18.09 | |
| 29 | wt | 18 | Noor Klunder | DPF | 15.70 | 15.70 | |
| | rd | 31 | Emma van der Velde | DPF | 15.89 | 15.89 | |
| 30 | wt | 54 | Isa van der Weerd | DPE | 15.78 | 15.78 | |
| | rd | 8 | Just Klunder | HPE | 15.42 | 15.42 | |
| 31 | wt | 32 | Sanna van der Velde | DPD | 15.15 | 15.15 | |
| | rd | 27 | Veerle Zunnabeld | DPE | 15.15 | 15.15 | |
| 32 | wt | 41 | Merle Markvoort | DPD | 14.93 | 14.93 | |
| | rd | 47 | Niels Everts | HPF | 14.86 | 14.86 | |
| 33 | wt | 44 | David Stenneke | HPD | 14.20 | 14.20 | |
| | rd | 16 | Charley Boekema | DPF | 14.43 | 14.43 | |
| 34 | wt | 51 | Diede Salomons | DPD | 14.40 | 14.40 | |
| | rd | 21 | Noortje Kappers | DPE | 14.29 | 14.29 | |
| 35 | wt | 48 | Stefan Everts | HPD | 13.16 | 13.16 | |
| | rd | 39 | Dalanda Jalloh | DPA | 13.49 | 13.49 | |
| 36 | wt | 46 | Veerle Friso | DPC | 13.06 | 13.06 | |
| | rd | 19 | Mees Klunder | HPC | 13.40 | 13.40 | |
| 37 | wt | 58 | Britt van der Linden | DPA | 12.25 | 12.25 | |
| | rd | 15 | Jack Boekema | HPC | 12.30 | 12.30 | |
| 38 | wt | 1 | Noëmi de Boer | DC1 | 12.52 | 12.52 | |
| | rd | 20 | Tim Hoogkamer | HN3 | 10.12 | 10.12 | |

nu graag blokjes in de baan leggen door de volgende rijders:

**Dalanda Jalloh, Veerle Friso, Mees Klunder,
Britt van der Linden en Jack Boekema en hun trainers**

daarna baanverzorging

4. Draw 300 meter

| | | | Name | Cat | Personal | Season | Time |
|----|----|----|-------------------------------|------------|-----------------|---------------|-------------|
| 39 | wt | 23 | Arjen Esselink | H50 | | | |
| | rd | 52 | Marit Noordman | DPB | 42.23 | 42.23 | |
| 40 | wt | 30 | Tristan Swenne | HPA | 38.30 | 38.30 | |
| | rd | 57 | Huub Smeets | HPA | 33.94 | 33.94 | |
| 41 | wt | 49 | Annabel Weteringe | DPB | 33.41 | 33.41 | |
| | rd | 3 | Iris Rietman | DPB | 33.15 | 33.15 | |
| 42 | wt | 13 | Beau Kappers | HPA | 31.95 | 31.95 | |
| | rd | 11 | Lenneke Groot Koerkamp | DC1 | 30.99 | 31.39 | |
| 43 | wt | 10 | Danique Dellink | DN1 | 30.34 | 30.85 | |
| | rd | 36 | Hans ten Hag | H70 | 29.37 | 30.82 | |

| | | | | | | |
|----|----|----|---------------------------|-----|-------|-------|
| 44 | wt | 7 | Lex de Boom | HSB | 30.05 | 30.05 |
| | rd | 12 | Marcel Bloemenkamp | H50 | 30.68 | 30.68 |
| 45 | wt | 4 | Alex van Gelderen | H45 | 29.65 | 29.65 |
| | rd | 26 | Wietske Bannink | DSB | 28.09 | 29.61 |
| 46 | wt | 55 | Wim Brand | H75 | 29.30 | |
| | rd | 50 | Rianne Gemmink | DSB | 29.59 | |
| 47 | wt | 33 | Ruben de Rijk | HPA | 29.14 | 29.14 |
| | rd | 5 | Rudie Assink | H50 | 28.53 | 28.91 |
| 48 | wt | 37 | Gerben Hettinga | H50 | 28.27 | |
| | rd | 22 | Joanne Spliethof | DSA | 28.64 | 28.64 |
| 49 | wt | 6 | Gerwin Boschloo | H45 | 28.06 | |
| | rd | 34 | Wiebe de Rijk | HC2 | 27.40 | 27.40 |
| 50 | wt | 35 | Evert Hof | H50 | 26.85 | |
| | rd | 14 | Rens Hiddink | HB2 | 26.62 | 26.62 |

5. Draw 300 meter

| | | | Name | Cat | Personal | Season | Time |
|----|----|----|-----------------------------|------------|-----------------|---------------|-------------|
| 51 | wt | 45 | Tirza Stenneke | DPF | 58.38 | | |
| | rd | 56 | Olle Klunder | HPF | | | |
| 52 | wt | 40 | Sylvan Markvoort | HPF | 57.87 | 57.87 | |
| | rd | 28 | Evi Canrinus | DPF | 50.18 | 50.18 | |
| 53 | wt | 43 | Famke Aukema | DPD | 48.03 | 48.03 | |
| | rd | 31 | Emma van der Velde | DPF | 46.23 | 46.23 | |
| 54 | wt | 53 | Iris Noordman | DPE | 46.05 | 46.05 | |
| | rd | 54 | Isa van der Weerd | DPE | 44.09 | 44.09 | |
| 55 | wt | 8 | Just Klunder | HPE | 42.64 | 42.64 | |
| | rd | 18 | Noor Klunder | DPF | 43.83 | 43.83 | |
| 56 | wt | 32 | Sanna van der Velde | DPD | 42.17 | 42.17 | |
| | rd | 41 | Merle Markvoort | DPD | 42.45 | 42.45 | |
| 57 | wt | 47 | Niels Everts | HPF | 41.13 | 41.13 | |
| | rd | 27 | Veerle Zunnebeld | DPE | 41.02 | 41.02 | |
| 58 | wt | 21 | Noortje Kappers | DPE | 39.90 | 39.90 | |
| | rd | 16 | Charley Boekema | DPF | 39.20 | 39.20 | |
| 59 | wt | 44 | David Stenneke | HPD | 37.80 | 37.80 | |
| | rd | 51 | Diede Salomons | DPD | 35.77 | 35.77 | |
| 60 | wt | 39 | Dalanda Jalloh | DPA | 33.76 | 33.76 | |
| | rd | 19 | Mees Klunder | HPC | 35.21 | 35.21 | |
| 61 | wt | 46 | Veerle Friso | DPC | 32.27 | 32.27 | |
| | rd | 48 | Stefan Everts | HPD | 32.71 | 32.71 | |
| 62 | wt | 1 | Noëmi de Boer | DC1 | 30.22 | 30.22 | |
| | rd | 58 | Britt van der Linden | DPA | 29.64 | 29.64 | |
| 63 | wt | 15 | Jack Boekema | HPC | 29.14 | 29.14 | |
| | rd | 20 | Tim Hoogkamer | HN3 | 23.92 | 24.06 | |

baanverzorging

7. Draw 500 meter

| | | Name | Cat | Personal | Season | Time |
|----|----------|--|------------|------------------|------------------|-------------|
| 64 | wt rd | 52 Marit Noordman | DPB | 1:12.36 | 1:12.36 | |
| 65 | wt rd | 30 Tristan Swenne 3 Iris Rietman | HPA DPB | 1:02.11 54.63 | 1:02.11 54.63 | |
| 66 | wt rd | 57 Huub Smeets 49 Annabel Weteringe | HPA DPB | 54.59 53.05 | 54.59 53.05 | |
| 67 | wt rd | 55 Wim Brand 13 Beau Kappers | H75 HPA | 44.26 51.18 | 51.88 51.18 | |
| 68 | wt rd | 23 Arjen Esselink 11 Lenneke Groot Koerkamp | H50 DC1 | 49.01 48.66 | 49.01 50.05 | |
| 69 | wt rd | 50 Rianne Gemmink 10 Danique Dellink | DSB DN1 | 45.76 46.32 | 47.48 47.21 | |
| 70 | wt rd | 36 Hans ten Hag 26 Wietske Bannink | H70 DSB | 45.87 43.81 | 47.19 47.06 | |
| 71 | wt rd | 12 Marcel Bloemenkamp 7 Lex de Boom | H50 HSB | 46.57 44.98 | 46.57 47.05 | |
| 72 | wt rd | 2 Chantal Rietman-Herms 22 Joanne Spliethof | D45 DSA | 46.19 44.73 | 46.56 46.43 | |
| 73 | wt rd | 4 Alex van Gelderen 33 Ruben de Rijk | H45 HPA | 45.75 45.83 | 46.27 45.83 | |
| 74 | wt rd | 6 Gerwin Boschloo 5 Rudie Assink | H45 H50 | 43.16 43.69 | 43.16 43.70 | |
| 75 | wt rd | 34 Wiebe de Rijk 37 Gerben Hettinga | HC2 H50 | 42.52 42.38 | 42.52 42.38 | |
| 76 | wt rd | 14 Rens Hiddink 35 Evert Hof | HB2 H50 | 41.39 41.30 | 41.39 41.46 | |

blokjes opruimen:

Alex van Gelderen, Ruben de Rijk, Gerwin Boschloo en Rudie Assink

