

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

2. Uitslag Dames 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	84 Bente Moller	DN1	17	O	43.17		
	28 Esther Withagen	DN1	18	O	43.17		
3	2 Annick van der Woude	DN4	18	I	44.52		
4	62 Lieve Bunt	DA2	17	I	44.91		
5	76 Tess ten Dolle	DN2	16	O	45.72		
6	73 Alessandra Primavera	DSA	15	I	46.56		
7	53 Anne Schermer	DN2	14	O	48.05	PR	
8	47 Hiltje Gerritsma	DSA	15	O	48.24	PR	
9	1 Quirine Krommendijk	DN3	14	I	48.66		
10	56 Sonia Schipper	DSA	12	O	48.68	PR	
11	58 Eeke Weenink	DN1	13	O	48.70		
12	82 Aniek Hesselink	DN2	11	O	49.03		
13	38 Amélie Coremans	DN3	10	O	49.27		
14	34 Marleen de Boer	DN3	16	I	49.93		
15	71 Rosanne van der Post	DSA	13	I	50.24		
16	94 Robin Geesken	DSA	9	I	52.34		
17	25 Marijke de Jong	DN3	10	I	52.89		
18	19 Geanne Stol	DN1	11	I	53.51		
19	8 Paulien Abma	DN3	8	O	53.57		
20	70 Reinate Bathoorn	DN4	12	I	53.76		
21	80 Saline Verkerk	DN4	9	O	54.39		
22	75 Iris van Duinen	DSA	5	O	55.20	PR	
23	29 Leonie Jelsma	DSA	7	I	55.46	PR	
24	35 Juliana Bruil	DSA	7	O	55.92		
25	74 Lisa Elzinga	DSA	8	I	57.25		
26	77 Edmee Witmer	DN3	3	I	58.45	PR	
27	40 Marianne Westerhof	DSA	5	I	1:01.10		
28	43 Nynke Anjema	DSA	1	I	1:01.47		
29	55 Danique Hoevers	DN4	4	I	1:02.89	PR	
30	63 Feline Waardenburg	DSA	4	O	1:04.78	PR	
31	10 Annabel Rodewijk	DN1	3	O	1:05.38		
32	23 Celine van der Vinne	DSA	6	I	1:08.50		
33	45 Marith Wijtenhorst	DN2	6	O	1:09.24	FL	
34	91 Emma Janssen	DN1	19	I	1:18.93	PR	
35	17 Leonie Nijs	DSA	2	O	1:33.85	FL	

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

2. Rituitslag Dames 500 meter

		Naam		Cat		PR		Tijd	Info
1	wt rd	43	Nynke Anjema		DSA			1:01.47	
			Nynke Anjema						
			100m	15.62	(15.62)		m		
			500m	1:01.47	(45.85)				

		Naam		Cat		PR		Tijd	Info
2	gl bl	17	Leonie Nijs		DSA			1:33.85	FL
			Leonie Nijs						
			m						
			100m	20.03	(20.03)				
			500m	1:33.85	(73.82)				

		Naam		Cat		PR		Tijd	Info
3	wt rd	77	Edmee Witmer		DN3	1:01.24		58.45	PR
		10	Annabel Rodewijk		DN1	1:03.56		1:05.38	
			Edmee Witmer						
			100m	14.49	(14.49)				
			500m	58.45	(43.96)				
			Annabel Rodewijk						
			100m	15.80	(15.80)				
			500m	1:05.38	(49.58)				

		Naam		Cat		PR		Tijd	Info
4	gl bl	55	Danique HoEVERS		DN4	1:04.08		1:02.89	PR
		63	Feline Waardenburg		DSA	1:06.59		1:04.78	PR
			Danique HoEVERS						
			100m	15.05	(15.05)				
			500m	1:02.89	(47.84)				
			Feline Waardenburg						
			100m	15.49	(15.49)				
			500m	1:04.78	(49.29)				

		Naam		Cat		PR		Tijd	Info
5	wt rd	40	Marianne Westerhof		DSA	59.53		1:01.10	
		75	Iris van Duinen		DSA	55.52		55.20	PR
			Marianne Westerhof						
			100m	15.65	(15.65)				
			500m	1:01.10	(45.45)				
			Iris van Duinen						
			100m	14.23	(14.23)				
			500m	55.20	(40.97)				

NSK Allround

Ijsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
6	gl	23	Celine van der Vinne		DSA		1:03.40	1:08.50	
	bl	45	Marith Wijtenhorst		DN2		1:02.60	1:09.24	FL
		Celine van der Vinne			Marith Wijtenhorst				
		100m	16.30	(16.30)	100m	15.13	(15.13)		
		500m	1:08.50	(52.20)	500m	1:09.24	(54.11)		

		Naam		Cat		PR		Tijd	Info
7	wt	29	Leonie Jelsma		DSA		55.47	55.46	PR
	rd	35	Juliana Bruil		DSA		54.85	55.92	
		Leonie Jelsma			Juliana Bruil				
		100m	14.24	(14.24)	100m	14.75	(14.75)		
		500m	55.46	(41.22)	500m	55.92	(41.17)		

		Naam		Cat		PR		Tijd	Info
8	gl	74	Lisa Elzinga		DSA		54.78	57.25	
	bl	8	Paulien Abma		DN3		50.87	53.57	
		Lisa Elzinga			Paulien Abma				
		100m	15.35	(15.35)	100m	14.09	(14.09)		
		500m	57.25	(41.90)	500m	53.57	(39.48)		

		Naam		Cat		PR		Tijd	Info
9	wt	94	Robin Geesken		DSA		51.99	52.34	
	rd	80	Saline Verkerk		DN4		50.93	54.39	
		Robin Geesken			Saline Verkerk				
		100m	13.93	(13.93)	100m	14.81	(14.81)		
		500m	52.34	(38.41)	500m	54.39	(39.58)		

		Naam		Cat		PR		Tijd	Info
10	gl	25	Marijke de Jong		DN3		51.00	52.89	
	bl	38	Amélie Coremans		DN3		48.22	49.27	
		Marijke de Jong			Amélie Coremans				
		100m	13.88	(13.88)	100m	13.50	(13.50)		
		500m	52.89	(39.01)	500m	49.27	(35.77)		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
11	wt	19	Geanne Stol		DN1		50.84	53.51	
	rd	82	Aniek Hesselink		DN2		47.51	49.03	
		Geanne Stol			Aniek Hesselink				
		100m	14.62	(14.62)	100m	13.27	(13.27)		
		500m	53.51	(38.89)	500m	49.03	(35.76)		
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		Naam		Cat		PR		Tijd	Info
12	gl	70	Reinate Bathoorn		DN4		50.87	53.76	
	bl	56	Sonia Schipper		DSA		49.16	48.68	PR
		Reinate Bathoorn			Sonia Schipper				
		100m	14.10	(14.10)	100m	13.16	(13.16)		
		500m	53.76	(39.66)	500m	48.68	(35.52)		
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		Naam		Cat		PR		Tijd	Info
13	wt	71	Rosanne van der Post		DSA		49.15	50.24	
	rd	58	Eeke Weenink		DN1		45.43	48.70	
		Rosanne van der Post			Eeke Weenink				
		100m	13.49	(13.49)	100m	13.28	(13.28)		
		500m	50.24	(36.75)	500m	48.70	(35.42)		
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		Naam		Cat		PR		Tijd	Info
14	gl	1	Quirine Krommendijk		DN3		47.41	48.66	
	bl	53	Anne Schermer		DN2		49.00	48.05	PR
		Quirine Krommendijk			Anne Schermer				
		100m	12.94	(12.94)	100m	12.83	(12.83)		
		500m	48.66	(35.72)	500m	48.05	(35.22)		
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		Naam		Cat		PR		Tijd	Info
15	wt	73	Alessandra Primavera		DSA		45.10	46.56	
	rd	47	Hiltje Gerritsma		DSA		48.26	48.24	PR
		Alessandra Primavera			Hiltje Gerritsma				
		100m	12.74	(12.74)	100m	13.40	(13.40)		
		500m	46.56	(33.82)	500m	48.24	(34.84)		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
16	gl	34	Marleen de Boer		DN3			48.39	49.93	
	bl	76	Tess ten Dolle		DN2			44.42	45.72	
		Marleen de Boer			Tess ten Dolle					
		100m	13.52	(13.52)	100m	12.44	(12.44)			
		500m	49.93	(36.41)	500m	45.72	(33.28)			

		Naam			Cat			PR	Tijd	Info
17	wt	62	Lieve Bunt		DA2			43.24	44.91	
	rd	84	Bente Moller		DN1			42.98	43.17	
		Lieve Bunt			Bente Moller					
		100m	12.10	(12.10)	100m	11.94	(11.94)			
		500m	44.91	(32.81)	500m	43.17	(31.23)			

		Naam			Cat			PR	Tijd	Info
18	gl	2	Annick van der Woude		DN4			43.94	44.52	
	bl	28	Esther Withagen		DN1			41.95	43.17	
		Annick van der Woude			Esther Withagen					
		100m	12.22	(12.22)	100m	11.69	(11.69)			
		500m	44.52	(32.30)	500m	43.17	(31.48)			

		Naam			Cat			PR	Tijd	Info
19	wt	91	Emma Janssen		DN1			1:20.19	1:18.93	PR
	rd									
		Emma Janssen								
		100m	19.82	(19.82)	m					
		500m	1:18.93	(59.11)						

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

3. Uitslag Heren 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	72 Colin Schrijver	HSA	41	O	38.96		
2	49 Danny Heijkoop	HN4	39	O	39.28		
3	85 Wester Landman	HN3	41	I	39.57		
4	66 Donald Stappenbelt	HN2	42	I	39.83		
5	90 Jens Klootwijk	HN2	40	I	40.09		
6	30 Thomas Selles	HN3	40	O	40.32		
7	64 Udo van der Wier	HN2	38	I	40.46		
8	15 Arthur Zijlstra	HN3	38	O	40.54	PR	
9	16 Florian Meijer	HSA	37	I	40.75		
10	68 Lasse Hiddink	HSA	42	O	40.83		
11	14 Daan Voorhoeve	HSA	36	I	41.13		
12	57 Daniël Kooyman	HSA	35	I	41.26		
13	88 Mark Withagen	HN1	39	I	41.33		
14	65 Bram ten Berge	HA2	35	O	41.54		
15	83 Tjibbe Moller	HA1	36	O	41.69		
16	6 Peter van Buiten	HSA	33	I	41.98	PR	
17	4 Loek Hendriksen	HN4	34	O	42.16		
18	18 Stan Krewinkel	HSA	31	O	42.26		
19	81 Rens Hiddink	HN3	37	O	42.76		
20	44 Yoran Nijenhuis	HSA	33	O	42.90		
21	2 Fedor van der Laan	HSA	32	I	43.27		
22	1 Arthur Knibbe	HSA	34	I	43.38		
23	20 Sybe Weening	HN4	31	I	44.67		
24	78 Thijs Buisman	HN1	29	I	44.71		
25	48 Harmen Nanninga	HSA	29	O	44.79	PR	
26	9 Colin Koenderink	HN2	30	I	45.43	PR	
27	12 Menno Brink	HSA	28	O	45.75	PR	
28	79 Jelmer de Hoop	HN4	30	O	45.83	PR	
29	61 Jesper Kussendrager	HSA	28	I	46.47	PR	
30	31 Sytse Veersma	HSA	25	O	46.56	PR	
31	26 Ewout Vos	HN3	27	O	46.96	PR	
32	54 Dirk Grimm	HSA	32	O	47.22		
33	86 Luc Dekker	HN4	27	I	47.57		
34	1 Lars Huiting	HN3	26	I	47.62		
35	42 Sven Paternotte	HSA	23	I	47.80	PR	
36	22 Cas Smeets	HSA	21	O	48.88	PR	
37	13 Floris Naber	HSA	26	O	49.85		
38	11 Hasin Ayari	HN3	24	O	50.76		

NSK Allround

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30 november en 1 december 2024

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	67 Mats Verlaak	HSA	24	I	51.35		
40	39 Zevus Janssen	HSA	21	I	51.89	PR	
41	51 Teun Zwanenburg	HN1	22	I	52.07	PR	
42	59 Stan Rolfes	HN3	23	O	52.17		
43	33 Jelte van der Zwaag	HN2	20	I	52.25	PR	
44	89 Jelmer Venema	HN3	22	O	54.25	PR	
45	36 Thomas Hanhart	HSA	25	I	56.32		
46	92 Bernard den Boogert	HN1	19	I	56.86		
47	27 Rense Uitenbroek	HSA	20	O	59.53		
48	93 Joost Adams	HSA	19	O	1:00.09	PR	

NSK Allround

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30 november en 1 december 2024

3. Rituitslag Heren 500 meter

		Naam		Cat		PR		Tijd	Info
19	wt	92	Bernard den Boogert		HN1			56.86	
	rd	93	Joost Adams		HSA	1:00.26		1:00.09	PR
		Bernard den Boogert			Joost Adams				
		100m	13.84	(13.84)	100m	14.70	(14.70)		
		500m	56.86	(43.02)	500m	1:00.09	(45.39)		

		Naam		Cat		PR		Tijd	Info
20	gl	33	Jelte van der Zwaag		HN2	52.30		52.25	PR
	bl	27	Rense Uitenbroek		HSA	58.78		59.53	
		Jelte van der Zwaag			Rense Uitenbroek				
		100m	14.08	(14.08)	100m	15.15	(15.15)		
		500m	52.25	(38.17)	500m	59.53	(44.38)		

		Naam		Cat		PR		Tijd	Info
21	wt	39	Zevus Janssen		HSA	52.11		51.89	PR
	rd	22	Cas Smeets		HSA	50.91		48.88	PR
		Zevus Janssen			Cas Smeets				
		100m	13.06	(13.06)	100m	12.66	(12.66)		
		500m	51.89	(38.83)	500m	48.88	(36.22)		

		Naam		Cat		PR		Tijd	Info
22	gl	51	Teun Zwanenburg		HN1	54.26		52.07	PR
	bl	89	Jelmer Venema		HN3	54.38		54.25	PR
		Teun Zwanenburg			Jelmer Venema				
		100m	13.61	(13.61)	100m	14.48	(14.48)		
		500m	52.07	(38.46)	500m	54.25	(39.77)		

		Naam		Cat		PR		Tijd	Info
23	wt	42	Sven Paternotte		HSA	48.45		47.80	PR
	rd	59	Stan Rolfes		HN3	51.63		52.17	
		Sven Paternotte			Stan Rolfes				
		100m	12.97	(12.97)	100m	13.99	(13.99)		
		500m	47.80	(34.83)	500m	52.17	(38.18)		

NSK Allround

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30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
24	gl	67	Mats Verlaak		HSA		50.08	51.35	
	bl	11	Hasin Ayari		HN3		49.12	50.76	
		Mats Verlaak			Hasin Ayari				
		100m	13.56	(13.56)	100m	12.86	(12.86)		
		500m	51.35	(37.79)	500m	50.76	(37.90)		

		Naam		Cat		PR		Tijd	Info
25	wt	36	Thomas Hanhart		HSA		51.16	56.32	
	rd	31	Sytse Veersma		HSA		47.80	46.56	PR
		Thomas Hanhart			Sytse Veersma				
		100m	13.93	(13.93)	100m	12.37	(12.37)		
		500m	56.32	(42.39)	500m	46.56	(34.19)		

		Naam		Cat		PR		Tijd	Info
26	gl	1	Lars Huiting		HN3		47.53	47.62	
	bl	13	Floris Naber		HSA		49.67	49.85	
		Lars Huiting			Floris Naber				
		100m	12.84	(12.84)	100m	13.75	(13.75)		
		500m	47.62	(34.78)	500m	49.85	(36.10)		

		Naam		Cat		PR		Tijd	Info
27	wt	86	Luc Dekker		HN4		47.00	47.57	
	rd	26	Ewout Vos		HN3		47.44	46.96	PR
		Luc Dekker			Ewout Vos				
		100m	12.68	(12.68)	100m	12.54	(12.54)		
		500m	47.57	(34.89)	500m	46.96	(34.42)		

		Naam		Cat		PR		Tijd	Info
28	gl	61	Jesper Kussendrager		HSA		46.62	46.47	PR
	bl	12	Menno Brink		HSA		46.85	45.75	PR
		Jesper Kussendrager			Menno Brink				
		100m	12.62	(12.62)	100m	12.66	(12.66)		
		500m	46.47	(33.85)	500m	45.75	(33.09)		

NSK Allround

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30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
29	wt	78	Thijs Buisman		HN1		43.26	44.71	
	rd	48	Harmen Nanninga		HSA		46.12	44.79	PR
		Thijs Buisman			Harmen Nanninga				
		100m	11.87	(11.87)	100m	12.36	(12.36)		
		500m	44.71	(32.84)	500m	44.79	(32.43)		
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		Naam		Cat		PR		Tijd	Info
30	gl	9	Colin Koenderink		HN2		45.98	45.43	PR
	bl	79	Jelmer de Hoop		HN4		46.34	45.83	PR
		Colin Koenderink			Jelmer de Hoop				
		100m	11.95	(11.95)	100m	12.12	(12.12)		
		500m	45.43	(33.48)	500m	45.83	(33.71)		
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		Naam		Cat		PR		Tijd	Info
31	wt	20	Sybe Weening		HN4		43.68	44.67	
	rd	18	Stan Krewinkel		HSA		41.80	42.26	
		Sybe Weening			Stan Krewinkel				
		100m	11.93	(11.93)	100m	11.64	(11.64)		
		500m	44.67	(32.74)	500m	42.26	(30.62)		
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		Naam		Cat		PR		Tijd	Info
32	gl	2	Fedor van der Laan		HSA		43.17	43.27	
	bl	54	Dirk Grimm		HSA		45.01	47.22	
		Fedor van der Laan			Dirk Grimm				
		100m	11.70	(11.70)	100m	12.72	(12.72)		
		500m	43.27	(31.57)	500m	47.22	(34.50)		
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		Naam		Cat		PR		Tijd	Info
33	wt	6	Peter van Buiten		HSA		42.30	41.98	PR
	rd	44	Yoran Nijenhuis		HSA		41.96	42.90	
		Peter van Buiten			Yoran Nijenhuis				
		100m	11.46	(11.46)	100m	11.28	(11.28)		
		500m	41.98	(30.52)	500m	42.90	(31.62)		

NSK Allround

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30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
34	gl	1	Arthur Knibbe		HSA		42.94	43.38	
	bl	4	Loek Hendriksen		HN4		41.46	42.16	
		Arthur Knibbe			Loek Hendriksen				
		100m	11.59	(11.59)	100m	11.59	(11.59)		
		500m	43.38	(31.79)	500m	42.16	(30.57)		

		Naam		Cat		PR		Tijd	Info
35	wt	57	Daniël Kooyman		HSA		39.95	41.26	
	rd	65	Bram ten Berge		HA2		39.58	41.54	
		Daniël Kooyman			Bram ten Berge				
		100m	11.00	(11.00)	100m	11.04	(11.04)		
		500m	41.26	(30.26)	500m	41.54	(30.50)		

		Naam		Cat		PR		Tijd	Info
36	gl	14	Daan Voorhoeve		HSA		41.05	41.13	
	bl	83	Tjibbe Moller		HA1		41.66	41.69	
		Daan Voorhoeve			Tjibbe Moller				
		100m	11.13	(11.13)	100m	11.71	(11.71)		
		500m	41.13	(30.00)	500m	41.69	(29.98)		

		Naam		Cat		PR		Tijd	Info
37	wt	16	Florian Meijer		HSA		39.00	40.75	
	rd	81	Rens Hiddink		HN3		40.59	42.76	
		Florian Meijer			Rens Hiddink				
		100m	11.30	(11.30)	100m	11.45	(11.45)		
		500m	40.75	(29.45)	500m	42.76	(31.31)		

		Naam		Cat		PR		Tijd	Info
38	gl	64	Udo van der Wier		HN2		39.84	40.46	
	bl	15	Arthur Zijlstra		HN3		40.59	40.54	PR
		Udo van der Wier			Arthur Zijlstra				
		100m	11.16	(11.16)	100m	11.18	(11.18)		
		500m	40.46	(29.30)	500m	40.54	(29.36)		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
39	wt	88	Mark Withagen		HN1		38.35	41.33	
	rd	49	Danny Heijkoop		HN4		38.16	39.28	
		Mark Withagen			Danny Heijkoop				
		100m	11.57	(11.57)	100m	10.73	(10.73)		
		500m	41.33	(29.76)	500m	39.28	(28.55)		

		Naam		Cat		PR		Tijd	Info
40	gl	90	Jens Klootwijk		HN2		39.81	40.09	
	bl	30	Thomas Selles		HN3		39.25	40.32	
		Jens Klootwijk			Thomas Selles				
		100m	11.10	(11.10)	100m	10.87	(10.87)		
		500m	40.09	(28.99)	500m	40.32	(29.45)		

		Naam		Cat		PR		Tijd	Info
41	wt	85	Wester Landman		HN3		37.86	39.57	
	rd	72	Colin Schrijver		HSA		36.97	38.96	
		Wester Landman			Colin Schrijver				
		100m	10.94	(10.94)	100m	11.14	(11.14)		
		500m	39.57	(28.63)	500m	38.96	(27.82)		

		Naam		Cat		PR		Tijd	Info
42	gl	66	Donald Stappenbelt		HN2		38.22	39.83	
	bl	68	Lasse Hiddink		HSA		37.71	40.83	
		Donald Stappenbelt			Lasse Hiddink				
		100m	11.10	(11.10)	100m	11.16	(11.16)		
		500m	39.83	(28.73)	500m	40.83	(29.67)		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

5. Uitslag Dames 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	84 Bente Moller	DN1	60	O	2:14.02		
2	28 Esther Withagen	DN1	59	I	2:17.02		
3	2 Annick van der Woude	DN4	59	O	2:18.83		
4	76 Tess ten Dolle	DN2	58	O	2:23.72		
5	73 Alessandra Primavera	DSA	60	I	2:24.47		
6	58 Eeke Weenink	DN1	54	I	2:26.80		
7	56 Sonia Schipper	DSA	55	O	2:26.95	PR	
8	47 Hiltje Gerritsma	DSA	57	O	2:27.03		
9	62 Lieve Bunt	DA2	55	I	2:27.32		
10	82 Aniek Hesselink	DN2	58	I	2:27.56		
11	53 Anne Schermer	DN2	56	I	2:29.98		
12	38 Amélie Coremans	DN3	52	I	2:31.09		
13	34 Marleen de Boer	DN3	57	I	2:31.79		
14	71 Rosanne van der Post	DSA	54	O	2:38.65		
15	1 Quirine Krommendijk	DN3	53	I	2:39.06		
16	80 Saline Verkerk	DN4	56	O	2:40.49		
17	94 Robin Geesken	DSA	52	O	2:40.96		
18	19 Geanne Stol	DN1	53	O	2:43.10		
19	25 Marijke de Jong	DN3	51	I	2:50.87		
20	8 Paulien Abma	DN3	49	I	2:55.78		
21	35 Juliana Bruil	DSA	50	I	2:56.48		
22	74 Lisa Elzinga	DSA	50	O	2:57.20	PR	
23	70 Reinate Bathoorn	DN4	51	O	2:57.21		
24	29 Leonie Jelsma	DSA	44	O	2:58.19		
25	77 Edmee Witmer	DN3	46	O	3:07.53		
26	75 Iris van Duinen	DSA	49	O	3:08.53	PR	
27	55 Danique Hoervers	DN4	46	I	3:12.29		
28	45 Marith Wijtenhorst	DN2	44	I	3:16.17		
29	40 Marianne Westerhof	DSA	45	I	3:17.98		
30	43 Nynke Anjema	DSA	45	O	3:24.58		
31	63 Feline Waardenburg	DSA	48	I	3:30.92		
32	10 Annabel Rodewijk	DN1	47	O	3:53.77		
33	23 Celine van der Vinne	DSA	48	O	4:00.89		
34	91 Emma Janssen	DN1	47	I	4:09.06	PR	
35	17 Leonie Nijs	DSA	43	I	4:24.03		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

5. Rituitslag Dames 1500 meter

		Naam		Cat		PR		Tijd	Info	
43	wt rd	17	Leonie Nijs		DSA			4:24.03		
		Leonie Nijs								
		300m	54.54	(54.54)		m				
		700m	2:03.19	(68.65)						
		1100m	3:13.36	(70.17)						
		1500m	4:24.03	(70.67)						
<hr/>										
		Naam		Cat		PR		Tijd	Info	
44	gl bl	45	Marith Wijtenhorst		DN2			3:16.17		
		29	Leonie Jelsma		DSA			2:58.19		
		Marith Wijtenhorst		Leonie Jelsma						
		300m	42.32	(42.32)	300m	38.23	(38.23)			
		700m	1:32.64	(50.32)	700m	1:23.70	(45.47)			
		1100m	2:24.73	(52.09)	1100m	2:09.89	(46.19)			
		1500m	3:16.17	(51.44)	1500m	2:58.19	(48.30)			
<hr/>										
		Naam		Cat		PR		Tijd	Info	
45	wt rd	40	Marianne Westerhof		DSA			3:17.98		
		43	Nynke Anjema		DSA			3:24.58		
		Marianne Westerhof		Nynke Anjema						
		300m	41.66	(41.66)	300m	42.19	(42.19)			
		700m	1:32.35	(50.69)	700m	1:33.90	(51.71)			
		1100m	2:25.15	(52.80)	1100m	2:29.28	(55.38)			
		1500m	3:17.98	(52.83)	1500m	3:24.58	(55.30)			
<hr/>										
		Naam		Cat		PR		Tijd	Info	
46	gl bl	55	Danique Hoevers		DN4			3:12.29		
		77	Edmee Witmer		DN3			3:07.53		
		Danique Hoevers		Edmee Witmer						
		300m	38.60	(38.60)	300m	38.73	(38.73)			
		700m	1:27.80	(49.20)	700m	1:26.11	(47.38)			
		1100m	2:19.66	(51.86)	1100m	2:16.13	(50.02)			
		1500m	3:12.29	(52.63)	1500m	3:07.53	(51.40)			

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam			Cat	PR	Tijd	Info
47	wt	91	Emma Janssen		DN1	4:56.10	4:09.06	PR
	rd	10	Annabel Rodewijk		DN1	3:50.20	3:53.77	
		Emma Janssen			Annabel Rodewijk			
		300m	1:03.21	(63.21)	300m	48.98	(48.98)	
		700m	2:03.87	(60.66)	700m	1:49.75	(60.77)	
		1100m	3:04.54	(60.67)	1100m	2:52.04	(62.29)	
		1500m	4:09.06	(64.52)	1500m	3:53.77	(61.73)	
		Naam			Cat	PR	Tijd	Info
48	gl	63	Feline Waardenburg		DSA		3:30.92	
	bl	23	Celine van der Vinne		DSA	3:52.60	4:00.89	
		Feline Waardenburg			Celine van der Vinne			
		300m	31.92	(31.92)	300m	47.42	(47.42)	
		700m	1:35.11	(63.19)	700m	1:47.39	(59.97)	
		1100m	2:32.27	(57.16)	1100m	2:53.85	(66.46)	
		1500m	3:30.92	(58.65)	1500m	4:00.89	(67.04)	
		Naam			Cat	PR	Tijd	Info
49	wt	8	Paulien Abma		DN3	2:38.85	2:55.78	
	rd	75	Iris van Duinen		DSA	3:09.12	3:08.53	PR
		Paulien Abma			Iris van Duinen			
		300m	35.60	(35.60)	300m	38.28	(38.28)	
		700m	1:19.91	(44.31)	700m	1:25.58	(47.30)	
		1100m	2:07.42	(47.51)	1100m	2:16.26	(50.68)	
		1500m	2:55.78	(48.36)	1500m	3:08.53	(52.27)	
		Naam			Cat	PR	Tijd	Info
50	gl	35	Juliana Bruil		DSA	2:54.89	2:56.48	
	bl	74	Lisa Elzinga		DSA	3:07.00	2:57.20	PR
		Juliana Bruil			Lisa Elzinga			
		300m	37.07	(37.07)	300m	37.91	(37.91)	
		700m	1:20.84	(43.77)	700m	1:23.09	(45.18)	
		1100m	2:07.90	(47.06)	1100m	2:09.71	(46.62)	
		1500m	2:56.48	(48.58)	1500m	2:57.20	(47.49)	

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam	Cat	PR	Tijd	Info
51	wt	25 Marijke de Jong	DN3	2:44.00	2:50.87	
	rd	70 Reinate Bathoorn	DN4	2:47.89	2:57.21	
		Marijke de Jong		Reinate Bathoorn		
		300m	35.20 (35.20)	300m	36.81 (36.81)	
		700m	1:17.55 (42.35)	700m	1:21.37 (44.56)	
		1100m	2:03.28 (45.73)	1100m	2:09.07 (47.70)	
		1500m	2:50.87 (47.59)	1500m	2:57.21 (48.14)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
52	gl	38 Amélie Coremans	DN3	2:26.50	2:31.09	
	bl	94 Robin Geesken	DSA	2:40.39	2:40.96	
		Amélie Coremans		Robin Geesken		
		300m	32.03 (32.03)	300m	34.43 (34.43)	
		700m	1:09.16 (37.13)	700m	1:14.91 (40.48)	
		1100m	1:49.13 (39.97)	1100m	1:57.83 (42.92)	
		1500m	2:31.09 (41.96)	1500m	2:40.96 (43.13)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
53	wt	1 Quirine Krommendijk	DN3	2:35.65	2:39.06	
	rd	19 Geanne Stol	DN1	2:34.18	2:43.10	
		Quirine Krommendijk		Geanne Stol		
		300m	32.40 (32.40)	300m	35.42 (35.42)	
		700m	1:12.16 (39.76)	700m	1:17.00 (41.58)	
		1100m	1:54.70 (42.54)	1100m	1:59.98 (42.98)	
		1500m	2:39.06 (44.36)	1500m	2:43.10 (43.12)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
54	gl	58 Eeke Weenink	DN1	2:18.95	2:26.80	
	bl	71 Rosanne van der Post	DSA	2:34.49	2:38.65	
		Eeke Weenink		Rosanne van der Post		
		300m	31.85 (31.85)	300m	33.20 (33.20)	
		700m	1:08.53 (36.68)	700m	1:12.05 (38.85)	
		1100m	1:46.78 (38.25)	1100m	1:54.52 (42.47)	
		1500m	2:26.80 (40.02)	1500m	2:38.65 (44.13)	

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat	PR	Tijd	Info
55	wt	62	Lieve Bunt		DA2	2:23.61	2:27.32	
	rd	56	Sonia Schipper		DSA	2:29.01	2:26.95	PR
		Lieve Bunt			Sonia Schipper			
		300m	29.12	(29.12)	300m	31.73	(31.73)	
		700m	1:05.88	(36.76)	700m	1:08.00	(36.27)	
		1100m	1:46.38	(40.50)	1100m	1:46.76	(38.76)	
		1500m	2:27.32	(40.94)	1500m	2:26.95	(40.19)	
		Naam			Cat	PR	Tijd	Info
56	gl	53	Anne Schermer		DN2	2:29.25	2:29.98	
	bl	80	Saline Verkerk		DN4	2:28.52	2:40.49	
		Anne Schermer			Saline Verkerk			
		300m	32.19	(32.19)	300m	35.56	(35.56)	
		700m	1:10.47	(38.28)	700m	1:16.44	(40.88)	
		1100m	1:49.78	(39.31)	1100m	1:58.32	(41.88)	
		1500m	2:29.98	(40.20)	1500m	2:40.49	(42.17)	
		Naam			Cat	PR	Tijd	Info
57	wt	34	Marleen de Boer		DN3	2:28.47	2:31.79	
	rd	47	Hiltje Gerritsma		DSA	2:26.08	2:27.03	
		Marleen de Boer			Hiltje Gerritsma			
		300m	32.73	(32.73)	300m	32.74	(32.74)	
		700m	1:10.60	(37.87)	700m	1:09.02	(36.28)	
		1100m	1:50.41	(39.81)	1100m	1:47.47	(38.45)	
		1500m	2:31.79	(41.38)	1500m	2:27.03	(39.56)	
		Naam			Cat	PR	Tijd	Info
58	gl	82	Aniek Hesselink		DN2	2:25.83	2:27.56	
	bl	76	Tess ten Dolle		DN2	2:18.12	2:23.72	
		Aniek Hesselink			Tess ten Dolle			
		300m	32.12	(32.12)	300m	30.46	(30.46)	
		700m	1:09.09	(36.97)	700m	1:05.85	(35.39)	
		1100m	1:47.70	(38.61)	1100m	1:44.28	(38.43)	
		1500m	2:27.56	(39.86)	1500m	2:23.72	(39.44)	

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
59	wt	28	Esther Withagen		DN1			2:12.85	2:17.02	
	rd	2	Annick van der Woude		DN4			2:15.06	2:18.83	
		Esther Withagen			Annick van der Woude					
		300m	28.80	(28.80)	300m	29.38	(29.38)			
		700m	1:02.59	(33.79)	700m	1:03.74	(34.36)			
		1100m	1:38.75	(36.16)	1100m	1:40.56	(36.82)			
		1500m	2:17.02	(38.27)	1500m	2:18.83	(38.27)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
60	gl	73	Alessandra Primavera		DSA			2:12.73	2:24.47	
	bl	84	Bente Moller		DN1			2:09.96	2:14.02	
		Alessandra Primavera			Bente Moller					
		300m	30.47	(30.47)	300m	28.28	(28.28)			
		700m	1:05.85	(35.38)	700m	1:00.90	(32.62)			
		1100m	1:44.23	(38.38)	1100m	1:35.98	(35.08)			
		1500m	2:24.47	(40.24)	1500m	2:14.02	(38.04)			

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

6. Uitslag Heren 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	72 Colin Schrijver	HSA	85	O	4:08.58	PR	
2	85 Wester Landman	HN3	83	O	4:13.19	PR	
3	90 Jens Klootwijk	HN2	84	I	4:17.81		
4	49 Danny Heijkoop	HN4	86	O	4:20.29		
5	88 Mark Withagen	HN1	83	I	4:23.93		
6	15 Arthur Zijlstra	HN3	82	I	4:25.00	PR	
7	68 Lasse Hiddink	HSA	85	I	4:25.22		
8	66 Donald Stappenbelt	HN2	86	I	4:29.36		
9	64 Udo van der Wier	HN2	81	O	4:30.12		
10	2 Fedor van der Laan	HSA	79	O	4:32.64		
11	57 Daniël Kooyman	HSA	81	I	4:35.37		
12	18 Stan Krewinkel	HSA	80	I	4:39.08	PR	
13	83 Tjibbe Moller	HA1	80	O	4:39.51		
14	65 Bram ten Berge	HA2	84	O	4:39.74		
15	14 Daan Voorhoeve	HSA	78	I	4:40.14	PR	
16	44 Yoran Nijenhuis	HSA	79	I	4:41.95		
17	81 Rens Hiddink	HN3	77	I	4:43.12	PR	
18	30 Thomas Selles	HN3	77	O	4:43.61	PR	
19	16 Florian Meijer	HSA	82	O	4:47.29		
20	6 Peter van Buiten	HSA	75	I	4:47.84	PR	
21	4 Loek Hendriksen	HN4	78	O	4:50.72		
22	78 Thijs Buisman	HN1	76	O	4:55.12	PR	
23	9 Colin Koenderink	HN2	76	I	5:00.29	PR	
24	48 Harmen Nanninga	HSA	64	O	5:07.94		
25	1 Arthur Knibbe	HSA	74	I	5:09.48	PR	
26	12 Menno Brink	HSA	65	I	5:10.53		
27	26 Ewout Vos	HN3	66	I	5:11.22		
28	79 Jelmer de Hoop	HN4	75	O	5:11.32		
29	86 Luc Dekker	HN4	73	I	5:14.55	PR	
30	54 Dirk Grimm	HSA	67	I	5:14.71	PR	
31	13 Floris Naber	HSA	72	I	5:17.94	PR	
32	20 Sybe Weening	HN4	73	O	5:19.77		
33	42 Sven Paternotte	HSA	71	O	5:20.86	PR	
34	67 Mats Verlaak	HSA	71	I	5:23.97	PR	
35	33 Jelte van der Zwaag	HN2	63	I	5:34.65		
36	61 Jesper Kussendrager	HSA	74	O	5:36.38		
37	51 Teun Zwanenburg	HN1	63	O	5:49.07		
38	1 Lars Huiting	HN3	72	O	5:49.29		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	27 Rense Uitenbroek	HSA	70	O	5:54.12	PR	
40	59 Stan Rolfes	HN3	65	O	6:04.53		
41	89 Jelmer Venema	HN3	69	I	6:10.32	PR	
42	22 Cas Smeets	HSA	68	I	6:17.55	PR	
43	11 Hasin Ayari	HN3	70	I	6:17.87	PR	
44	39 Zevus Janssen	HSA	67	O	7:10.36	PR	
45	93 Joost Adams	HSA	68	O	7:12.39	PR	
	92 Bernard den Boogert	HN1	64	I	DNF		
	36 Thomas Hanhart	HSA	66	O	DNF		
	31 Sytse Veersma	HSA	69	O	DNF		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

6. Rituitslag Heren 3000 meter

		Naam		Cat		PR		Tijd	Info
63	wt	33	Jelte van der Zwaag		HN2			5:34.65	
	rd	51	Teun Zwanenburg		HN1			5:49.07	
		Jelte van der Zwaag			Teun Zwanenburg				
		200m	26.56	(26.56)	200m	27.40	(27.40)		
		600m	1:11.19	(44.63)	600m	1:11.49	(44.09)		
		1000m	1:54.64	(43.45)	1000m	1:57.09	(45.60)		
		1400m	2:38.54	(43.90)	1400m	2:42.73	(45.64)		
		1800m	3:23.17	(44.63)	1800m	3:28.68	(45.95)		
		2200m	4:07.07	(43.90)	2200m	4:14.63	(45.95)		
		2600m	4:52.45	(45.38)	2600m	5:02.05	(47.42)		
		3000m	5:34.65	(42.20)	3000m	5:49.07	(47.02)		

		Naam		Cat		PR		Tijd	Info
64	gl	92	Bernard den Boogert		HN1			DNF	
	bl	48	Harmen Nanninga		HSA			5:07.94	
		Bernard den Boogert			Harmen Nanninga				
		200m	27.71	(27.71)	200m	22.30	(22.30)		
		600m	1:13.56	(45.85)	600m	58.78	(36.48)		
		1000m	2:01.98	(48.42)	1000m	1:38.03	(39.25)		
		1400m	3:00.53	(58.55)	1400m	2:18.93	(40.90)		
					1800m	3:05.73	(46.80)		
					2200m	3:42.78	(37.05)		
					2600m	4:25.59	(42.81)		
					3000m	5:07.94	(42.35)		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR	Tijd	Info
65	wt	12	Menno Brink		HSA		5:10.53	
	rd	59	Stan Rolfes		HN3		6:04.53	
		Menno Brink			Stan Rolfes			
		200m	23.23	(23.23)	200m	26.13	(26.13)	
		600m	59.36	(36.13)	600m	1:09.86	(43.73)	
		1000m	1:38.36	(39.00)	1000m	1:56.11	(46.25)	
		1400m	2:19.65	(41.29)	1400m	2:44.69	(48.58)	
		1800m	3:01.79	(42.14)	1800m	3:33.42	(48.73)	
		2200m	3:44.54	(42.75)	2200m	4:23.59	(50.17)	
		2600m	4:27.57	(43.03)	2600m	5:14.43	(50.84)	
		3000m	5:10.53	(42.96)	3000m	6:04.53	(50.10)	

		Naam		Cat		PR	Tijd	Info
66	gl	26	Ewout Vos		HN3		5:11.22	
	bl	36	Thomas Hanhart		HSA		DNF	
		Ewout Vos			Thomas Hanhart			
		200m	24.48	(24.48)	200m	27.13	(27.13)	
		600m	1:02.82	(38.34)	600m	1:14.82	(47.69)	
		1000m	1:42.84	(40.02)	1000m	2:07.28	(52.46)	
		1400m	2:23.89	(41.05)	1400m	3:03.77	(56.49)	
		1800m	3:05.18	(41.29)	1800m	4:02.79	(59.02)	
		2200m	3:47.63	(42.45)	2200m	5:05.11	(62.32)	
		2600m	4:29.86	(42.23)				
		3000m	5:11.22	(41.36)				

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
67	wt	54	Dirk Grimm		HSA		6:38.39	5:14.71	PR
	rd	39	Zevus Janssen		HSA		8:15.60	7:10.36	PR
		Dirk Grimm			Zevus Janssen				
		200m	29.92	(29.92)	200m	38.70	(38.70)		
		600m	59.85	(29.93)	600m	1:17.41	(38.71)		
		1000m	1:38.73	(38.88)	1000m	2:11.47	(54.06)		
		1400m	2:18.97	(40.24)	1400m	3:08.75	(57.28)		
		1800m	3:00.55	(41.58)	1800m	4:08.40	(59.65)		
		2200m	3:44.41	(43.86)	2200m	5:09.19	(60.79)		
		2600m	4:30.46	(46.05)	2600m	6:09.81	(60.62)		
		3000m	5:14.71	(44.25)	3000m	7:10.36	(60.55)		

		Naam		Cat		PR		Tijd	Info
68	gl	22	Cas Smeets		HSA		6:31.87	6:17.55	PR
	bl	93	Joost Adams		HSA		7:25.63	7:12.39	PR
		Cas Smeets			Joost Adams				
		200m	26.32	(26.32)	200m	31.71	(31.71)		
		600m	1:10.74	(44.42)	600m	1:26.30	(54.59)		
		1000m	1:57.11	(46.37)	1000m	2:22.62	(56.32)		
		1400m	2:45.31	(48.20)	1400m	3:19.50	(56.88)		
		1800m	3:34.95	(49.64)	1800m	4:17.98	(58.48)		
		2200m	4:26.94	(51.99)	2200m	5:17.06	(59.08)		
		2600m	5:21.50	(54.56)	2600m	6:15.80	(58.74)		
		3000m	6:17.55	(56.05)	3000m	7:12.39	(56.59)		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
69	wt	89	Jelmer Venema		HN3			6:31.04	6:10.32 PR
	rd	31	Sytse Veersma		HSA			6:23.22	DNF
		Jelmer Venema			Sytse Veersma				
		200m	27.87	(27.87)	200m	23.43	(23.43)		
		600m	1:13.52	(45.65)	600m	1:03.17	(39.74)		
		1000m	2:00.14	(46.62)	1000m	1:45.08	(41.91)		
		1400m	2:47.50	(47.36)	1400m	2:30.09	(45.01)		
		1800m	3:35.77	(48.27)	1800m	3:15.22	(45.13)		
		2200m	4:25.71	(49.94)	2200m	4:01.14	(45.92)		
		2600m	5:17.26	(51.55)	2600m	4:55.12	(53.98)		
		3000m	6:10.32	(53.06)					

		Naam		Cat		PR		Tijd	Info
70	gl	11	Hasin Ayari		HN3			6:28.59	6:17.87 PR
	bl	27	Rense Uitenbroek		HSA			6:26.22	5:54.12 PR
		Hasin Ayari			Rense Uitenbroek				
		200m	28.22	(28.22)	200m	28.02	(28.02)		
		600m	1:13.68	(45.46)	600m	1:12.11	(44.09)		
		1000m	2:00.81	(47.13)	1000m	1:57.84	(45.73)		
		1400m	2:48.62	(47.81)	1400m	2:45.50	(47.66)		
		1800m	3:38.20	(49.58)	1800m	3:33.76	(48.26)		
		2200m	4:29.38	(51.18)	2200m	4:21.12	(47.36)		
		2600m	5:22.96	(53.58)	2600m	5:08.14	(47.02)		
		3000m	6:17.87	(54.91)	3000m	5:54.12	(45.98)		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
71	wt	67	Mats Verlaak		HSA			6:21.79	5:23.97	PR
	rd	42	Sven Paternotte		HSA			5:45.67	5:20.86	PR
		Mats Verlaak			Sven Paternotte					
		200m	25.48	(25.48)	200m	24.59	(24.59)			
		600m	1:07.46	(41.98)	600m	1:04.23	(39.64)			
		1000m	1:50.22	(42.76)	1000m	1:45.66	(41.43)			
		1400m	2:32.82	(42.60)	1400m	2:27.98	(42.32)			
		1800m	3:15.07	(42.25)	1800m	3:10.99	(43.01)			
		2200m	3:57.65	(42.58)	2200m	3:54.29	(43.30)			
		2600m	4:41.25	(43.60)	2600m	4:37.84	(43.55)			
		3000m	5:23.97	(42.72)	3000m	5:20.86	(43.02)			

		Naam			Cat			PR	Tijd	Info
72	gl	13	Floris Naber		HSA			5:53.11	5:17.94	PR
	bl	1	Lars Huiting		HN3			5:43.61	5:49.29	
		Floris Naber			Lars Huiting					
		200m	24.78	(24.78)	200m	24.78	(24.78)			
		600m	1:03.69	(38.91)	600m	1:03.27	(38.49)			
		1000m	1:44.26	(40.57)	1000m	1:44.37	(41.10)			
		1400m	2:27.08	(42.82)	1400m	2:28.71	(44.34)			
		1800m	3:09.86	(42.78)	1800m	3:15.98	(47.27)			
		2200m	3:52.38	(42.52)	2200m	4:04.78	(48.80)			
		2600m	4:35.38	(43.00)	2600m	4:56.27	(51.49)			
		3000m	5:17.94	(42.56)	3000m	5:49.29	(53.02)			

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
73	wt	86	Luc Dekker		HN4			5:32.09	5:14.55	PR
	rd	20	Sybe Weening		HN4			5:16.37	5:19.77	
		Luc Dekker			Sybe Weening					
		200m	23.92	(23.92)	200m	22.80	(22.80)			
		600m	1:03.67	(39.75)	600m	1:02.19	(39.39)			
		1000m	1:45.27	(41.60)	1000m	1:43.63	(41.44)			
		1400m	2:26.60	(41.33)	1400m	2:25.26	(41.63)			
		1800m	3:08.62	(42.02)	1800m	3:08.28	(43.02)			
		2200m	3:51.50	(42.88)	2200m	3:51.48	(43.20)			
		2600m	4:33.66	(42.16)	2600m	4:35.73	(44.25)			
		3000m	5:14.55	(40.89)	3000m	5:19.77	(44.04)			

		Naam			Cat			PR	Tijd	Info
74	gl	1	Arthur Knibbe		HSA			5:17.04	5:09.48	PR
	bl	61	Jesper Kussendrager		HSA			5:27.99	5:36.38	
		Arthur Knibbe			Jesper Kussendrager					
		200m	21.86	(21.86)	200m	23.78	(23.78)			
		600m	59.82	(37.96)	600m	1:03.76	(39.98)			
		1000m	1:39.92	(40.10)	1000m	1:46.36	(42.60)			
		1400m	2:21.29	(41.37)	1400m	2:30.87	(44.51)			
		1800m	3:03.45	(42.16)	1800m	3:15.79	(44.92)			
		2200m	3:45.40	(41.95)	2200m	4:02.70	(46.91)			
		2600m	4:28.10	(42.70)	2600m	4:49.56	(46.86)			
		3000m	5:09.48	(41.38)	3000m	5:36.38	(46.82)			

NSK Allround

Ijsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
75	wt	6	Peter van Buiten		HSA		4:48.38	4:47.84	PR
	rd	79	Jelmer de Hoop		HN4		5:10.41	5:11.32	
		Peter van Buiten			Jelmer de Hoop				
		200m	21.54	(21.54)	200m	23.35	(23.35)		
		600m	57.48	(35.94)	600m	1:01.27	(37.92)		
		1000m	1:34.21	(36.73)	1000m	1:42.05	(40.78)		
		1400m	2:12.03	(37.82)	1400m	2:23.13	(41.08)		
		1800m	2:50.01	(37.98)	1800m	3:04.26	(41.13)		
		2200m	3:29.03	(39.02)	2200m	3:45.96	(41.70)		
		2600m	4:08.52	(39.49)	2600m	4:28.44	(42.48)		
		3000m	4:47.84	(39.32)	3000m	5:11.32	(42.88)		

		Naam		Cat		PR		Tijd	Info
76	gl	9	Colin Koenderink		HN2		5:01.10	5:00.29	PR
	bl	78	Thijs Buisman		HN1		5:05.16	4:55.12	PR
		Colin Koenderink			Thijs Buisman				
		200m	22.51	(22.51)	200m	22.27	(22.27)		
		600m	59.65	(37.14)	600m	58.08	(35.81)		
		1000m	1:39.02	(39.37)	1000m	1:35.62	(37.54)		
		1400m	2:19.20	(40.18)	1400m	2:14.54	(38.92)		
		1800m	2:59.29	(40.09)	1800m	2:54.11	(39.57)		
		2200m	3:40.05	(40.76)	2200m	3:33.88	(39.77)		
		2600m	4:20.57	(40.52)	2600m	4:14.36	(40.48)		
		3000m	5:00.29	(39.72)	3000m	4:55.12	(40.76)		

NSK Allround

Ijsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
77	wt	81	Rens Hiddink		HN3			4:44.21	4:43.12 PR
	rd	30	Thomas Selles		HN3			4:45.62	4:43.61 PR
		Rens Hiddink			Thomas Selles				
		200m	21.23	(21.23)	200m	20.97	(20.97)		
		600m	57.00	(35.77)	600m	54.57	(33.60)		
		1000m	1:31.95	(34.95)	1000m	1:29.84	(35.27)		
		1400m	2:08.95	(37.00)	1400m	2:06.57	(36.73)		
		1800m	2:46.86	(37.91)	1800m	2:44.37	(37.80)		
		2200m	3:25.33	(38.47)	2200m	3:23.06	(38.69)		
		2600m	4:04.53	(39.20)	2600m	4:02.93	(39.87)		
		3000m	4:43.12	(38.59)	3000m	4:43.61	(40.68)		

		Naam		Cat		PR		Tijd	Info
78	gl	14	Daan Voorhoeve		HSA			4:47.96	4:40.14 PR
	bl	4	Loek Hendriksen		HN4			4:44.14	4:50.72
		Daan Voorhoeve			Loek Hendriksen				
		200m	20.65	(20.65)	200m	21.88	(21.88)		
		600m	55.04	(34.39)	600m	56.84	(34.96)		
		1000m	1:30.32	(35.28)	1000m	1:34.10	(37.26)		
		1400m	2:06.89	(36.57)	1400m	2:11.65	(37.55)		
		1800m	2:43.58	(36.69)	1800m	2:49.66	(38.01)		
		2200m	3:21.87	(38.29)	2200m	3:28.91	(39.25)		
		2600m	4:00.34	(38.47)	2600m	4:09.45	(40.54)		
		3000m	4:40.14	(39.80)	3000m	4:50.72	(41.27)		

NSK Allround

Ijsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
79	wt	44	Yoran Nijenhuis		HSA			4:36.87	4:41.95
	rd	2	Fedor van der Laan		HSA			4:31.15	4:32.64
		Yoran Nijenhuis			Fedor van der Laan				
		200m	21.45	(21.45)	200m	21.28	(21.28)		
		600m	57.11	(35.66)	600m	54.95	(33.67)		
		1000m	1:33.11	(36.00)	1000m	1:30.85	(35.90)		
		1400m	2:09.45	(36.34)	1400m	2:06.80	(35.95)		
		1800m	2:45.86	(36.41)	1800m	2:42.98	(36.18)		
		2200m	3:23.23	(37.37)	2200m	3:19.28	(36.30)		
		2600m	4:01.61	(38.38)	2600m	3:55.78	(36.50)		
		3000m	4:41.95	(40.34)	3000m	4:32.64	(36.86)		

		Naam		Cat		PR		Tijd	Info
80	gl	18	Stan Krewinkel		HSA			4:43.98	4:39.08 PR
	bl	83	Tjibbe Moller		HA1			4:31.56	4:39.51
		Stan Krewinkel			Tjibbe Moller				
		200m	21.45	(21.45)	200m	20.99	(20.99)		
		600m	55.55	(34.10)	600m	55.37	(34.38)		
		1000m	1:30.49	(34.94)	1000m	1:31.64	(36.27)		
		1400m	2:07.18	(36.69)	1400m	2:08.16	(36.52)		
		1800m	2:44.03	(36.85)	1800m	2:45.88	(37.72)		
		2200m	3:21.63	(37.60)	2200m	3:23.60	(37.72)		
		2600m	4:00.21	(38.58)	2600m	4:01.48	(37.88)		
		3000m	4:39.08	(38.87)	3000m	4:39.51	(38.03)		

NSK Allround

Ijsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
81	wt	57	Daniël Kooyman		HSA			4:27.87	4:35.37
	rd	64	Udo van der Wier		HN2			4:24.04	4:30.12
		Daniël Kooyman			Udo van der Wier				
		200m	20.97	(20.97)	200m	20.69	(20.69)		
		600m	54.97	(34.00)	600m	52.80	(32.11)		
		1000m	1:29.62	(34.65)	1000m	1:25.11	(32.31)		
		1400m	2:05.19	(35.57)	1400m	1:58.88	(33.77)		
		1800m	2:41.56	(36.37)	1800m	2:34.56	(35.68)		
		2200m	3:18.85	(37.29)	2200m	3:12.08	(37.52)		
		2600m	3:56.72	(37.87)	2600m	3:50.73	(38.65)		
		3000m	4:35.37	(38.65)	3000m	4:30.12	(39.39)		

		Naam		Cat		PR		Tijd	Info
82	gl	15	Arthur Zijlstra		HN3			4:30.08	4:25.00 PR
	bl	16	Florian Meijer		HSA			4:26.84	4:47.29
		Arthur Zijlstra			Florian Meijer				
		200m	20.41	(20.41)	200m	21.94	(21.94)		
		600m	52.96	(32.55)	600m	57.86	(35.92)		
		1000m	1:26.56	(33.60)	1000m	1:35.09	(37.23)		
		1400m	2:01.11	(34.55)	1400m	2:11.77	(36.68)		
		1800m	2:35.92	(34.81)	1800m	2:48.99	(37.22)		
		2200m	3:11.92	(36.00)	2200m	3:27.16	(38.17)		
		2600m	3:48.17	(36.25)	2600m	4:07.47	(40.31)		
		3000m	4:25.00	(36.83)	3000m	4:47.29	(39.82)		

NSK Allround

Ijsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
83	wt	88	Mark Withagen		HN1			4:20.56	4:23.93
	rd	85	Wester Landman		HN3			4:16.55	4:13.19 PR
		Mark Withagen			Wester Landman				
		200m	20.32	(20.32)	200m	20.24	(20.24)		
		600m	52.64	(32.32)	600m	52.15	(31.91)		
		1000m	1:25.70	(33.06)	1000m	1:25.06	(32.91)		
		1400m	2:00.30	(34.60)	1400m	1:57.72	(32.66)		
		1800m	2:35.42	(35.12)	1800m	2:30.94	(33.22)		
		2200m	3:11.11	(35.69)	2200m	3:04.46	(33.52)		
		2600m	3:47.61	(36.50)	2600m	3:38.61	(34.15)		
		3000m	4:23.93	(36.32)	3000m	4:13.19	(34.58)		

		Naam		Cat		PR		Tijd	Info
84	gl	90	Jens Klootwijk		HN2			4:12.78	4:17.81
	bl	65	Bram ten Berge		HA2			4:19.21	4:39.74
		Jens Klootwijk			Bram ten Berge				
		200m	20.00	(20.00)	200m	20.95	(20.95)		
		600m	51.68	(31.68)	600m	57.31	(36.36)		
		1000m	1:23.99	(32.31)	1000m	1:33.76	(36.45)		
		1400m	1:57.58	(33.59)	1400m	2:10.71	(36.95)		
		1800m	2:31.68	(34.10)	1800m	2:47.70	(36.99)		
		2200m	3:06.39	(34.71)	2200m	3:24.83	(37.13)		
		2600m	3:41.73	(35.34)	2600m	4:02.26	(37.43)		
		3000m	4:17.81	(36.08)	3000m	4:39.74	(37.48)		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
85	wt	68	Lasse Hiddink		HSA		3:55.76	4:25.22	
	rd	72	Colin Schrijver		HSA		4:12.18	4:08.58	PR
		Lasse Hiddink			Colin Schrijver				
		200m	20.13	(20.13)	200m	19.95	(19.95)		
		600m	55.13	(35.00)	600m	51.69	(31.74)		
		1000m	1:30.20	(35.07)	1000m	1:24.35	(32.66)		
		1400m	2:05.04	(34.84)	1400m	1:57.14	(32.79)		
		1800m	2:40.00	(34.96)	1800m	2:29.86	(32.72)		
		2200m	3:14.98	(34.98)	2200m	3:02.51	(32.65)		
		2600m	3:50.04	(35.06)	2600m	3:35.34	(32.83)		
		3000m	4:25.22	(35.18)	3000m	4:08.58	(33.24)		

		Naam		Cat		PR		Tijd	Info
86	gl	66	Donald Stappenbelt		HN2		4:12.19	4:29.36	
	bl	49	Danny Heijkoop		HN4		4:09.32	4:20.29	
		Donald Stappenbelt			Danny Heijkoop				
		200m	20.11	(20.11)	200m	19.96	(19.96)		
		600m	53.64	(33.53)	600m	52.52	(32.56)		
		1000m	1:27.20	(33.56)	1000m	1:26.58	(34.06)		
		1400m	2:01.51	(34.31)	1400m	2:00.77	(34.19)		
		1800m	2:36.71	(35.20)	1800m	2:35.08	(34.31)		
		2200m	2:57.05	(20.34)	2200m	3:09.71	(34.63)		
		2600m	3:13.33	(16.28)	2600m	3:44.92	(35.21)		
		3000m	4:29.36	(76.03)	3000m	4:20.29	(35.37)		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

7. Uitslag Dames 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	84 Bente Moller	DN1	104	I	1:26.75	PR	
2	28 Esther Withagen	DN1	104	O	1:26.78		
3	2 Annick van der Woude	DN4	103	I	1:29.74		
4	73 Alessandra Primavera	DSA	101	I	1:33.38		
5	62 Lieve Bunt	DA2	101	O	1:33.64		
6	82 Aniek Hesselink	DN2	100	O	1:36.26		
7	56 Sonia Schipper	DSA	99	O	1:36.42	PR	
8	53 Anne Schermer	DN2	99	I	1:36.44	PR	
9	47 Hiltje Gerritsma	DSA	102	O	1:36.53		
10	34 Marleen de Boer	DN3	98	I	1:37.43		
11	38 Amélie Coremans	DN3	100	I	1:37.47	PR	
12	58 Eeke Weenink	DN1	102	I	1:37.52		
13	71 Rosanne van der Post	DSA	97	O	1:41.64		
14	19 Geanne Stol	DN1	98	O	1:44.14		
15	94 Robin Geesken	DSA	97	I	1:44.92		
16	80 Saline Verkerk	DN4	95	O	1:44.98	PR	
17	8 Paulien Abma	DN3	95	I	1:46.82	PR	
18	25 Marijke de Jong	DN3	96	O	1:48.14	PR	
19	29 Leonie Jelsma	DSA	94	O	1:50.24	PR	
20	35 Juliana Bruil	DSA	96	I	1:50.99	PR	
21	75 Iris van Duinen	DSA	94	I	1:56.11		
22	77 Edmee Witmer	DN3	93	O	1:59.21	PR	
23	40 Marianne Westerhof	DSA	91	I	2:05.98		
24	43 Nynke Anjema	DSA	92	O	2:06.66		
25	55 Danique Hoever	DN4	91	O	2:08.42	PR	
26	45 Marith Wijtenhorst	DN2	92	I	2:12.47		
27	63 Feline Waardenburg	DSA	90	O	2:16.06		
28	10 Annabel Rodewijk	DN1	90	I	2:20.21		
29	91 Emma Janssen	DN1	89	I	2:41.42	PR	
30	17 Leonie Nijs	DSA	89	O	2:53.93		
	76 Tess ten Dolle	DN2	103	O	DQ		
	1 Quirine Krommendijk	DN3			WDR		
	23 Celine van der Vinne	DSA			WDR		
	74 Lisa Elzinga	DSA			WDR		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

7. Rituitslag Dames 1000 meter

		Naam	Cat	PR	Tijd	Info
87	wt	1 Quirine Krommendijk	DN3	1:40.07		WDR
	rd	23 Celine van der Vinne	DSA	2:14.83		WDR
		<u>Quirine Krommendijk</u>			<u>Celine van der Vinne</u>	

		Naam	Cat	PR	Tijd	Info
88	gl					
	bl					
		<u>m</u>			<u>m</u>	

		Naam	Cat	PR	Tijd	Info
89	wt	91 Emma Janssen	DN1	2:47.10		2:41.42 PR
	rd	17 Leonie Nijs	DSA			2:53.93
		<u>Emma Janssen</u>			<u>Leonie Nijs</u>	
		200m 35.57 (35.57)		200m 37.48 (37.48)		
		600m 1:38.27 (62.70)		600m 1:44.19 (66.71)		
		1000m 2:41.42 (63.15)		1000m 2:53.93 (69.74)		

		Naam	Cat	PR	Tijd	Info
90	gl	10 Annabel Rodewijk	DN1	2:14.40		2:20.21
	bl	63 Feline Waardenburg	DSA			2:16.06
		<u>Annabel Rodewijk</u>			<u>Feline Waardenburg</u>	
		200m 30.24 (30.24)		200m 30.66 (30.66)		
		600m 1:23.65 (53.41)		600m 1:22.03 (51.37)		
		1000m 2:20.21 (56.56)		1000m 2:16.06 (54.03)		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
91	wt	40	Marianne Westerhof		DSA			2:04.90	2:05.98
	rd	55	Danique HoEVERS		DN4			2:12.16	2:08.42 PR
		Marianne Westerhof			Danique HoEVERS				
		200m	28.01	(28.01)	200m	29.01	(29.01)		
		600m	1:15.24	(47.23)	600m	1:18.35	(49.34)		
		1000m	2:05.98	(50.74)	1000m	2:08.42	(50.07)		

		Naam		Cat		PR		Tijd	Info
92	gl	45	Marith Wijtenhorst		DN2			2:04.27	2:12.47
	bl	43	Nynke Anjema		DSA				2:06.66
		Marith Wijtenhorst			Nynke Anjema				
		200m	29.94	(29.94)	200m	28.52	(28.52)		
		600m	1:20.99	(51.05)	600m	1:14.65	(46.13)		
		1000m	2:12.47	(51.48)	1000m	2:06.66	(52.01)		

		Naam		Cat		PR		Tijd	Info
93	wt	74	Lisa Elzinga		DSA			1:48.65	WDR
	rd	77	Edmee Witmer		DN3			2:07.79	1:59.21 PR
		Lisa Elzinga			Edmee Witmer				
		200m			200m	26.51	(26.51)		
		600m			600m	1:11.73	(45.22)		
		1000m			1000m	1:59.21	(47.48)		

		Naam		Cat		PR		Tijd	Info
94	gl	75	Iris van Duinen		DSA			1:55.81	1:56.11
	bl	29	Leonie Jelsma		DSA			1:53.25	1:50.24 PR
		Iris van Duinen			Leonie Jelsma				
		200m	26.03	(26.03)	200m	25.75	(25.75)		
		600m	1:08.81	(42.78)	600m	1:07.26	(41.51)		
		1000m	1:56.11	(47.30)	1000m	1:50.24	(42.98)		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
95	wt	8	Paulien Abma		DN3			1:47.05	1:46.82	PR
	rd	80	Saline Verkerk		DN4			1:48.08	1:44.98	PR
		Paulien Abma			Saline Verkerk					
		200m	24.37	(24.37)	200m	25.27	(25.27)			
		600m	1:04.58	(40.21)	600m	1:04.69	(39.42)			
		1000m	1:46.82	(42.24)	1000m	1:44.98	(40.29)			

		Naam			Cat			PR	Tijd	Info
96	gl	35	Juliana Bruil		DSA			1:52.35	1:50.99	PR
	bl	25	Marijke de Jong		DN3			1:48.18	1:48.14	PR
		Juliana Bruil			Marijke de Jong					
		200m	25.79	(25.79)	200m	25.02	(25.02)			
		600m	1:07.12	(41.33)	600m	1:05.25	(40.23)			
		1000m	1:50.99	(43.87)	1000m	1:48.14	(42.89)			

		Naam			Cat			PR	Tijd	Info
97	wt	94	Robin Geesken		DSA			1:43.83	1:44.92	
	rd	71	Rosanne van der Post		DSA			1:40.56	1:41.64	
		Robin Geesken			Rosanne van der Post					
		200m	24.02	(24.02)	200m	23.34	(23.34)			
		600m	1:03.15	(39.13)	600m	1:00.96	(37.62)			
		1000m	1:44.92	(41.77)	1000m	1:41.64	(40.68)			

		Naam			Cat			PR	Tijd	Info
98	gl	34	Marleen de Boer		DN3			1:36.02	1:37.43	
	bl	19	Geanne Stol		DN1			1:41.43	1:44.14	
		Marleen de Boer			Geanne Stol					
		200m	23.03	(23.03)	200m	25.47	(25.47)			
		600m	59.08	(36.05)	600m	1:04.15	(38.68)			
		1000m	1:37.43	(38.35)	1000m	1:44.14	(39.99)			

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
99	wt	53	Anne Schermer		DN2		1:36.47	1:36.44	PR
	rd	56	Sonia Schipper		DSA		1:39.09	1:36.42	PR
		Anne Schermer			Sonia Schipper				
		200m	22.38	(22.38)	200m	22.39	(22.39)		
		600m	58.44	(36.06)	600m	58.04	(35.65)		
		1000m	1:36.44	(38.00)	1000m	1:36.42	(38.38)		

		Naam		Cat		PR		Tijd	Info
100	gl	38	Amélie Coremans		DN3		1:38.89	1:37.47	PR
	bl	82	Aniek Hesselink		DN2		1:35.05	1:36.26	
		Amélie Coremans			Aniek Hesselink				
		200m	22.97	(22.97)	200m	22.79	(22.79)		
		600m	58.76	(35.79)	600m	58.83	(36.04)		
		1000m	1:37.47	(38.71)	1000m	1:36.26	(37.43)		

		Naam		Cat		PR		Tijd	Info
101	wt	73	Alessandra Primavera		DSA		1:27.68	1:33.38	
	rd	62	Lieve Bunt		DA2		1:30.38	1:33.64	
		Alessandra Primavera			Lieve Bunt				
		200m	21.81	(21.81)	200m	20.67	(20.67)		
		600m	56.56	(34.75)	600m	55.59	(34.92)		
		1000m	1:33.38	(36.82)	1000m	1:33.64	(38.05)		

		Naam		Cat		PR		Tijd	Info
102	gl	58	Eeke Weenink		DN1		1:31.59	1:37.52	
	bl	47	Hiltje Gerritsma		DSA		1:36.11	1:36.53	
		Eeke Weenink			Hiltje Gerritsma				
		200m	22.98	(22.98)	200m	23.45	(23.45)		
		600m	58.96	(35.98)	600m	58.91	(35.46)		
		1000m	1:37.52	(38.56)	1000m	1:36.53	(37.62)		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
103	wt	2	Annick van der Woude		DN4			1:26.99	1:29.74
	rd	76	Tess ten Dolle		DN2			1:28.96	DQ
		Annick van der Woude			Tess ten Dolle				
		200m	20.95	(20.95)					
		600m	54.08	(33.13)					
		1000m	1:29.74	(35.66)					

		Naam		Cat		PR		Tijd	Info
104	gl	84	Bente Moller		DN1			1:26.82	1:26.75 PR
	bl	28	Esther Withagen		DN1			1:23.26	1:26.78
		Bente Moller			Esther Withagen				
		200m	20.48	(20.48)		200m	20.45	(20.45)	
		600m	52.25	(31.77)		600m	51.88	(31.43)	
		1000m	1:26.75	(34.50)		1000m	1:26.78	(34.90)	

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

9. Uitslag Heren 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	85 Wester Landman	HN3	130	O	1:56.96		
2	72 Colin Schrijver	HSA	130	I	1:57.28		
3	49 Danny Heijkoop	HN4	129	O	2:00.45		
4	90 Jens Klootwijk	HN2	129	I	2:01.26		
5	88 Mark Withagen	HN1	127	I	2:02.27		
6	66 Donald Stappenbelt	HN2	128	O	2:03.41		
7	68 Lasse Hiddink	HSA	128	I	2:03.55		
8	64 Udo van der Wier	HN2	125	O	2:04.53		
9	15 Arthur Zijlstra	HN3	127	O	2:04.90	PR	
10	16 Florian Meijer	HSA	123	I	2:06.45		
	18 Stan Krewinkel	HSA	124	I	2:06.45	PR	
12	83 Tjibbe Moller	HA1	124	O	2:07.12	PR	
13	57 Daniël Kooyman	HSA	126	I	2:07.62		
14	14 Daan Voorhoeve	HSA	125	I	2:08.19	PR	
15	44 Yoran Nijenhuis	HSA	122	O	2:08.82		
16	65 Bram ten Berge	HA2	123	O	2:09.43		
17	30 Thomas Selles	HN3	126	O	2:12.30		
18	6 Peter van Buiten	HSA	121	O	2:13.82	PR	
19	4 Loek Hendriksen	HN4	122	I	2:14.45		
20	78 Thijs Buisman	HN1	120	O	2:15.04	PR	
21	81 Rens Hiddink	HN3	121	I	2:17.54		
22	9 Colin Koenderink	HN2	119	O	2:20.59	PR	
23	26 Ewout Vos	HN3	118	O	2:20.81	PR	
24	48 Harmen Nanninga	HSA	120	I	2:20.85		
25	54 Dirk Grimm	HSA	118	I	2:22.00		
26	12 Menno Brink	HSA	119	I	2:23.34		
27	20 Sybe Weening	HN4	117	O	2:23.50		
28	79 Jelmer de Hoop	HN4	117	I	2:23.57	PR	
29	86 Luc Dekker	HN4	115	O	2:25.74	PR	
30	42 Sven Paternotte	HSA	116	I	2:26.48	PR	
31	13 Floris Naber	HSA	115	I	2:27.38	PR	
32	67 Mats Verlaak	HSA	114	I	2:28.51	PR	
33	1 Lars Huiting	HN3	114	O	2:29.60	PR	
34	61 Jesper Kussendrager	HSA	116	O	2:30.12		
35	31 Sytse Veersma	HSA	110	I	2:33.06	PR	
36	33 Jelte van der Zwaag	HN2	113	I	2:37.07		
37	51 Teun Zwanenburg	HN1	113	O	2:37.59		
38	22 Cas Smeets	HSA	112	O	2:42.75	PR	

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	59 Stan Rolfes	HN3	111	O	2:43.98		
40	11 Hasin Ayari	HN3	111	I	2:45.28	PR	
41	89 Jelmer Venema	HN3	112	I	2:50.69	PR	
42	27 Rense Uitenbroek	HSA	110	O	2:52.83	PR	
43	39 Zevus Janssen	HSA	109	I	2:57.19	PR	
44	93 Joost Adams	HSA	109	O	3:08.79		
45	36 Thomas Hanhart	HSA	108	O	3:09.71		
46	69 Roel Hoogeveen	HN3	107	I	3:49.65	PR	
	92 Bernard den Boogert	HN1	108	I	DQ		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

9. Rituitslag Heren 1500 meter

	Naam	Cat	PR	Tijd	Info
105	wt rd				
	m	m			

	Naam	Cat	PR	Tijd	Info
106	gl bl				
	m	m			

	Naam	Cat	PR	Tijd	Info
107	wt rd	69 Roel Hoogeveen	HN3	4:08.30	3:49.65 PR
		Roel Hoogeveen			
		300m	44.80	(44.80)	m
		700m	1:44.10	(59.30)	
		1100m	2:47.33	(63.23)	
		1500m	3:49.65	(62.32)	

	Naam	Cat	PR	Tijd	Info
108	gl bl	92 Bernard den Boogert	HN1		DQ
		36 Thomas Hanhart	HSA	2:49.41	3:09.71
		Bernard den Boogert			
		300m	38.26	(38.26)	
		700m	1:25.44	(47.18)	
		1100m	2:12.41	(46.97)	
		1500m	2:59.42	(47.01)	
		Thomas Hanhart			
		300m	36.94	(36.94)	
		700m	1:25.18	(48.24)	
		1100m	2:17.34	(52.16)	
		1500m	3:09.71	(52.37)	

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
109	wt	39	Zevus Janssen		HSA			2:57.36	2:57.19	PR
	rd	93	Joost Adams		HSA				3:08.79	
		Zevus Janssen			Joost Adams					
		300m	33.03	(33.03)	300m	39.32	(39.32)			
		700m	1:16.50	(43.47)	700m	1:27.69	(48.37)			
		1100m	2:05.29	(48.79)	1100m	2:18.11	(50.42)			
		1500m	2:57.19	(51.90)	1500m	3:08.79	(50.68)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
110	gl	31	Sytse Veersma		HSA			2:47.53	2:33.06	PR
	bl	27	Rense Uitenbroek		HSA			2:58.08	2:52.83	PR
		Sytse Veersma			Rense Uitenbroek					
		300m	30.99	(30.99)	300m	37.19	(37.19)			
		700m	1:08.64	(37.65)	700m	1:21.55	(44.36)			
		1100m	1:49.68	(41.04)	1100m	2:07.13	(45.58)			
		1500m	2:33.06	(43.38)	1500m	2:52.83	(45.70)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
111	wt	11	Hasin Ayari		HN3			2:47.40	2:45.28	PR
	rd	59	Stan Rolfes		HN3				2:43.98	
		Hasin Ayari			Stan Rolfes					
		300m	32.85	(32.85)	300m	34.43	(34.43)			
		700m	1:13.84	(40.99)	700m	1:15.50	(41.07)			
		1100m	1:58.43	(44.59)	1100m	1:59.40	(43.90)			
		1500m	2:45.28	(46.85)	1500m	2:43.98	(44.58)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
112	gl	89	Jelmer Venema		HN3			2:55.39	2:50.69	PR
	bl	22	Cas Smeets		HSA			2:59.19	2:42.75	PR
		Jelmer Venema			Cas Smeets					
		300m	36.17	(36.17)	300m	34.44	(34.44)			
		700m	1:17.97	(41.80)	700m	1:15.27	(40.83)			
		1100m	2:03.57	(45.60)	1100m	1:58.12	(42.85)			
		1500m	2:50.69	(47.12)	1500m	2:42.75	(44.63)			

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
113	wt	33	Jelte van der Zwaag		HN2				2:37.07	
	rd	51	Teun Zwanenburg		HN1				2:37.59	
		Jelte van der Zwaag			Teun Zwanenburg					
		300m	34.86	(34.86)	300m	33.66	(33.66)			
		700m	1:15.58	(40.72)	700m	1:13.41	(39.75)			
		1100m	1:56.31	(40.73)	1100m	1:54.93	(41.52)			
		1500m	2:37.07	(40.76)	1500m	2:37.59	(42.66)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
114	gl	67	Mats Verlaak		HSA			2:34.57	2:28.51	PR
	bl	1	Lars Huiting		HN3			2:34.09	2:29.60	PR
		Mats Verlaak			Lars Huiting					
		300m	32.45	(32.45)	300m	30.54	(30.54)			
		700m	1:10.27	(37.82)	700m	1:06.66	(36.12)			
		1100m	1:49.62	(39.35)	1100m	1:46.71	(40.05)			
		1500m	2:28.51	(38.89)	1500m	2:29.60	(42.89)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
115	wt	13	Floris Naber		HSA			2:42.63	2:27.38	PR
	rd	86	Luc Dekker		HN4			2:27.19	2:25.74	PR
		Floris Naber			Luc Dekker					
		300m	32.50	(32.50)	300m	32.19	(32.19)			
		700m	1:09.64	(37.14)	700m	1:09.45	(37.26)			
		1100m	1:48.06	(38.42)	1100m	1:47.98	(38.53)			
		1500m	2:27.38	(39.32)	1500m	2:25.74	(37.76)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
116	gl	42	Sven Paternotte		HSA			2:28.90	2:26.48	PR
	bl	61	Jesper Kussendrager		HSA			2:26.69	2:30.12	
		Sven Paternotte			Jesper Kussendrager					
		300m	31.18	(31.18)	300m	31.03	(31.03)			
		700m	1:06.96	(35.78)	700m	1:06.93	(35.90)			
		1100m	1:45.55	(38.59)	1100m	1:46.96	(40.03)			
		1500m	2:26.48	(40.93)	1500m	2:30.12	(43.16)			

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
117	wt	79	Jelmer de Hoop		HN4			2:27.78	2:23.57 PR
	rd	20	Sybe Weening		HN4			2:22.13	2:23.50
		Jelmer de Hoop			Sybe Weening				
		300m	30.22	(30.22)	300m	29.60	(29.60)		
		700m	1:06.09	(35.87)	700m	1:05.41	(35.81)		
		1100m	1:43.92	(37.83)	1100m	1:43.97	(38.56)		
		1500m	2:23.57	(39.65)	1500m	2:23.50	(39.53)		

		Naam		Cat		PR		Tijd	Info
118	gl	54	Dirk Grimm		HSA			2:18.23	2:22.00
	bl	26	Ewout Vos		HN3			2:30.24	2:20.81 PR
		Dirk Grimm			Ewout Vos				
		300m	31.17	(31.17)	300m	30.88	(30.88)		
		700m	1:06.46	(35.29)	700m	1:06.22	(35.34)		
		1100m	1:43.32	(36.86)	1100m	1:43.58	(37.36)		
		1500m	2:22.00	(38.68)	1500m	2:20.81	(37.23)		

		Naam		Cat		PR		Tijd	Info
119	wt	12	Menno Brink		HSA				2:23.34
	rd	9	Colin Koenderink		HN2			2:27.09	2:20.59 PR
		Menno Brink			Colin Koenderink				
		300m	30.42	(30.42)	300m	29.54	(29.54)		
		700m	1:05.67	(35.25)	700m	1:04.77	(35.23)		
		1100m	1:43.53	(37.86)	1100m	1:42.42	(37.65)		
		1500m	2:23.34	(39.81)	1500m	2:20.59	(38.17)		

		Naam		Cat		PR		Tijd	Info
120	gl	48	Harmen Nanninga		HSA				2:20.85
	bl	78	Thijs Buisman		HN1			2:15.88	2:15.04 PR
		Harmen Nanninga			Thijs Buisman				
		300m	29.78	(29.78)	300m	28.02	(28.02)		
		700m	1:04.48	(34.70)	700m	1:00.80	(32.78)		
		1100m	1:41.73	(37.25)	1100m	1:36.05	(35.25)		
		1500m	2:20.85	(39.12)	1500m	2:15.04	(38.99)		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
121	wt	81	Rens Hiddink		HN3			2:15.43	2:17.54
	rd	6	Peter van Buiten		HSA			2:14.12	2:13.82 PR
			Rens Hiddink						
			300m					29.65 (29.65)	
			700m					1:04.47 (34.82)	
			1100m					1:40.62 (36.15)	
			1500m					2:17.54 (36.92)	
			Peter van Buiten						
			300m					28.36 (28.36)	
			700m					1:02.30 (33.94)	
			1100m					1:38.16 (35.86)	
			1500m					2:13.82 (35.66)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
122	gl	4	Loek Hendriksen		HN4			2:11.16	2:14.45
	bl	44	Yoran Nijenhuis		HSA			2:04.37	2:08.82
			Loek Hendriksen						
			300m					27.79 (27.79)	
			700m					59.43 (31.64)	
			1100m					1:35.07 (35.64)	
			1500m					2:14.45 (39.38)	
			Yoran Nijenhuis						
			300m					27.23 (27.23)	
			700m					58.95 (31.72)	
			1100m					1:32.67 (33.72)	
			1500m					2:08.82 (36.15)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
123	wt	16	Florian Meijer		HSA			2:02.75	2:06.45
	rd	65	Bram ten Berge		HA2			2:02.30	2:09.43
			Florian Meijer						
			300m					27.19 (27.19)	
			700m					57.46 (30.27)	
			1100m					1:30.59 (33.13)	
			1500m					2:06.45 (35.86)	
			Bram ten Berge						
			300m					27.37 (27.37)	
			700m					59.55 (32.18)	
			1100m					1:33.62 (34.07)	
			1500m					2:09.43 (35.81)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
124	gl	18	Stan Krewinkel		HSA			2:07.96	2:06.45 PR
	bl	83	Tjibbe Moller		HA1			2:08.46	2:07.12 PR
			Stan Krewinkel						
			300m					27.42 (27.42)	
			700m					58.67 (31.25)	
			1100m					1:31.84 (33.17)	
			1500m					2:06.45 (34.61)	
			Tjibbe Moller						
			300m					26.99 (26.99)	
			700m					57.64 (30.65)	
			1100m					1:31.14 (33.50)	
			1500m					2:07.12 (35.98)	

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat	PR	Tijd	Info
125	wt	14	Daan Voorhoeve		HSA	2:09.24	2:08.19	PR
	rd	64	Udo van der Wier		HN2	2:02.00	2:04.53	
		Daan Voorhoeve			Udo van der Wier			
		300m	27.24	(27.24)	300m	26.81	(26.81)	
		700m	58.83	(31.59)	700m	56.66	(29.85)	
		1100m	1:32.42	(33.59)	1100m	1:28.90	(32.24)	
		1500m	2:08.19	(35.77)	1500m	2:04.53	(35.63)	
		Naam			Cat	PR	Tijd	Info
126	gl	57	Daniël Kooyman		HSA	2:03.46	2:07.62	
	bl	30	Thomas Selles		HN3	2:00.39	2:12.30	
		Daniël Kooyman			Thomas Selles			
		300m	26.83	(26.83)	300m	26.48	(26.48)	
		700m	58.14	(31.31)	700m	57.66	(31.18)	
		1100m	1:31.74	(33.60)	1100m	1:32.99	(35.33)	
		1500m	2:07.62	(35.88)	1500m	2:12.30	(39.31)	
		Naam			Cat	PR	Tijd	Info
127	wt	88	Mark Withagen		HN1	1:58.07	2:02.27	
	rd	15	Arthur Zijlstra		HN3	2:04.92	2:04.90	PR
		Mark Withagen			Arthur Zijlstra			
		300m	25.95	(25.95)	300m	26.73	(26.73)	
		700m	55.58	(29.63)	700m	57.25	(30.52)	
		1100m	1:27.65	(32.07)	1100m	1:30.19	(32.94)	
		1500m	2:02.27	(34.62)	1500m	2:04.90	(34.71)	
		Naam			Cat	PR	Tijd	Info
128	gl	68	Lasse Hiddink		HSA	1:51.41	2:03.55	
	bl	66	Donald Stappenbelt		HN2	1:55.00	2:03.41	
		Lasse Hiddink			Donald Stappenbelt			
		300m	26.97	(26.97)	300m	26.30	(26.30)	
		700m	57.73	(30.76)	700m	56.17	(29.87)	
		1100m	1:30.41	(32.68)	1100m	1:28.68	(32.51)	
		1500m	2:03.55	(33.14)	1500m	2:03.41	(34.73)	

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
129	wt	90	Jens Klootwijk		HN2			1:59.46	2:01.26	
	rd	49	Danny Heijkoop		HN4			1:58.07	2:00.45	
		Jens Klootwijk			Danny Heijkoop					
		300m	26.37	(26.37)	300m	25.90	(25.90)			
		700m	55.47	(29.10)	700m	55.53	(29.63)			
		1100m	1:27.18	(31.71)	1100m	1:27.16	(31.63)			
		1500m	2:01.26	(34.08)	1500m	2:00.45	(33.29)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
130	gl	72	Colin Schrijver		HSA			1:53.74	1:57.28	
	bl	85	Wester Landman		HN3			1:55.57	1:56.96	
		Colin Schrijver			Wester Landman					
		300m	25.52	(25.52)	300m	25.62	(25.62)			
		700m	53.99	(28.47)	700m	54.30	(28.68)			
		1100m	1:24.24	(30.25)	1100m	1:24.58	(30.28)			
		1500m	1:57.28	(33.04)	1500m	1:56.96	(32.38)			

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

13. Uitslag Dames 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	84 Bente Moller	DN1	138	O	4:48.52		
2	2 Annick van der Woude	DN4	137	I	4:53.71		
3	47 Hiltje Gerritsma	DSA	136	O	4:56.33	PR	
4	28 Esther Withagen	DN1	138	I	5:01.88		
5	34 Marleen de Boer	DN3	134	I	5:09.34		
6	56 Sonia Schipper	DSA	136	I	5:10.65	PR	
7	73 Alessandra Primavera	DSA	135	O	5:12.22		
8	82 Aniek Hesselink	DN2	133	I	5:13.43		
9	58 Eeke Weenink	DN1	134	O	5:14.38		
10	62 Lieve Bunt	DA2	137	O	5:17.60		
11	53 Anne Schermer	DN2	135	I	5:17.61	PR	
12	38 Amélie Coremans	DN3	133	O	5:25.04	PR	
13	80 Saline Verkerk	DN4	131	O	5:36.60	PR	
14	94 Robin Geesken	DSA	132	I	5:44.81		
15	19 Geanne Stol	DN1	132	O	5:55.24		
	71 Rosanne van der Post	DSA	131	I	DNF		

NSK Allround

Ijsbaan Twente - Enschede
30 november en 1 december 2024

13. Rituitslag Dames 3000 meter

		Naam		Cat		PR		Tijd	Info
131	wt	71	Rosanne van der Post		DSA		5:54.42		DNF
	rd	80	Saline Verkerk		DN4		5:48.55		5:36.60 PR
		Rosanne van der Post			Saline Verkerk				
		200m	24.96	(24.96)	200m	26.48	(26.48)		
		600m	1:05.46	(40.50)	600m	1:08.83	(42.35)		
					1000m	1:52.31	(43.48)		
					1400m	2:36.91	(44.60)		
					1800m	3:21.35	(44.44)		
					2200m	4:06.43	(45.08)		
					2600m	4:51.44	(45.01)		
					3000m	5:36.60	(45.16)		

		Naam		Cat		PR		Tijd	Info
132	gl	94	Robin Geesken		DSA		5:34.19		5:44.81
	bl	19	Geanne Stol		DN1		5:33.01		5:55.24
		Robin Geesken			Geanne Stol				
		200m	26.93	(26.93)	200m	26.66	(26.66)		
		600m	1:09.84	(42.91)	600m	1:08.38	(41.72)		
		1000m	1:54.42	(44.58)	1000m	1:52.69	(44.31)		
		1400m	2:40.15	(45.73)	1400m	2:37.82	(45.13)		
		1800m	3:26.96	(46.81)	1800m	3:24.39	(46.57)		
		2200m	4:13.51	(46.55)	2200m	4:08.80	(44.41)		
		2600m	4:59.73	(46.22)	2600m	5:09.24	(60.44)		
		3000m	5:44.81	(45.08)	3000m	5:55.24	(46.00)		

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
133	wt	82	Aniek Hesselink		DN2			5:07.90	5:13.43	
	rd	38	Amélie Coremans		DN3			5:28.53	5:25.04	PR
		Aniek Hesselink			Amélie Coremans					
		200m	24.03	(24.03)	200m	24.35	(24.35)			
		600m	1:02.42	(38.39)	600m	1:02.24	(37.89)			
		1000m	1:41.79	(39.37)	1000m	1:42.95	(40.71)			
		1400m	2:22.74	(40.95)	1400m	2:25.29	(42.34)			
		1800m	3:04.56	(41.82)	1800m	3:08.90	(43.61)			
		2200m	3:47.25	(42.69)	2200m	3:53.85	(44.95)			
		2600m	4:30.35	(43.10)	2600m	4:39.42	(45.57)			
		3000m	5:13.43	(43.08)	3000m	5:25.04	(45.62)			

		Naam			Cat			PR	Tijd	Info
134	gl	34	Marleen de Boer		DN3			5:02.23	5:09.34	
	bl	58	Eeke Weenink		DN1			5:05.46	5:14.38	
		Marleen de Boer			Eeke Weenink					
		200m	24.05	(24.05)	200m	23.83	(23.83)			
		600m	1:02.62	(38.57)	600m	1:02.71	(38.88)			
		1000m	1:41.90	(39.28)	1000m	1:42.45	(39.74)			
		1400m	2:22.69	(40.79)	1400m	2:22.73	(40.28)			
		1800m	3:04.41	(41.72)	1800m	3:04.27	(41.54)			
		2200m	3:46.26	(41.85)	2200m	3:46.71	(42.44)			
		2600m	4:27.68	(41.42)	2600m	4:30.07	(43.36)			
		3000m	5:09.34	(41.66)	3000m	5:14.38	(44.31)			

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam		Cat		PR		Tijd	Info
135	wt	53	Anne Schermer		DN2			6:03.81	5:17.61 PR
	rd	73	Alessandra Primavera		DSA			4:40.95	5:12.22
		Anne Schermer				Alessandra Primavera			
		200m	24.29	(24.29)		200m	23.56	(23.56)	
		600m	1:03.53	(39.24)		600m	1:01.80	(38.24)	
		1000m	1:45.18	(41.65)		1000m	1:42.52	(40.72)	
		1400m	2:27.23	(42.05)		1400m	2:24.35	(41.83)	
		1800m	3:09.52	(42.29)		1800m	3:05.68	(41.33)	
		2200m	3:52.20	(42.68)		2200m	3:47.55	(41.87)	
		2600m	4:35.02	(42.82)		2600m	4:30.14	(42.59)	
		3000m	5:17.61	(42.59)		3000m	5:12.22	(42.08)	

		Naam		Cat		PR		Tijd	Info
136	gl	56	Sonia Schipper		DSA			5:22.93	5:10.65 PR
	bl	47	Hiltje Gerritsma		DSA			4:57.86	4:56.33 PR
		Sonia Schipper				Hiltje Gerritsma			
		200m	24.32	(24.32)		200m	24.68	(24.68)	
		600m	1:02.03	(37.71)		600m	1:01.59	(36.91)	
		1000m	1:40.71	(38.68)		1000m	1:39.29	(37.70)	
		1400m	2:21.00	(40.29)		1400m	2:18.11	(38.82)	
		1800m	3:02.38	(41.38)		1800m	2:57.68	(39.57)	
		2200m	3:44.71	(42.33)		2200m	3:37.74	(40.06)	
		2600m	4:27.67	(42.96)		2600m	4:17.32	(39.58)	
		3000m	5:10.65	(42.98)		3000m	4:56.33	(39.01)	

NSK Allround

Ijsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
137	wt	2	Annick van der Woude		DN4			4:49.09	4:53.71	
	rd	62	Lieve Bunt		DA2			5:11.01	5:17.60	
		Annick van der Woude			Lieve Bunt					
		200m	22.46	(22.46)	200m	22.88	(22.88)			
		600m	59.27	(36.81)	600m	1:02.46	(39.58)			
		1000m	1:37.11	(37.84)	1000m	1:43.82	(41.36)			
		1400m	2:15.55	(38.44)	1400m	2:26.45	(42.63)			
		1800m	2:54.87	(39.32)	1800m	3:09.48	(43.03)			
		2200m	3:34.24	(39.37)	2200m	3:53.31	(43.83)			
		2600m	4:13.78	(39.54)	2600m	4:37.95	(44.64)			
		3000m	4:53.71	(39.93)	3000m	5:17.60	(39.65)			

		Naam			Cat			PR	Tijd	Info
138	gl	28	Esther Withagen		DN1			4:57.79	5:01.88	
	bl	84	Bente Moller		DN1			4:46.16	4:48.52	
		Esther Withagen			Bente Moller					
		200m	21.28	(21.28)	200m	21.43	(21.43)			
		600m	56.66	(35.38)	600m	55.11	(33.68)			
		1000m	1:34.79	(38.13)	1000m	1:31.01	(35.90)			
		1400m	2:15.27	(40.48)	1400m	2:08.28	(37.27)			
		1800m	2:56.76	(41.49)	1800m	2:46.89	(38.61)			
		2200m	3:38.95	(42.19)	2200m	3:26.65	(39.76)			
		2600m	4:21.02	(42.07)	2600m	4:07.22	(40.57)			
		3000m	5:01.88	(40.86)	3000m	4:48.52	(41.30)			

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

15. Uitslag Heren 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	72 Colin Schrijver	HSA	143	O	7:06.01	PR	
2	85 Wester Landman	HN3	143	I	7:15.61		
3	90 Jens Klootwijk	HN2	142	I	7:29.34		
4	68 Lasse Hiddink	HSA	141	O	7:29.69		
5	49 Danny Heijkoop	HN4	142	O	7:30.46	PR	
6	15 Arthur Zijlstra	HN3	140	I	7:38.57	PR	
7	88 Mark Withagen	HN1	141	I	7:38.82	PR	
8	57 Daniël Kooyman	HSA	139	O	7:59.86		
9	64 Udo van der Wier	HN2	140	O	8:01.93	PR	
10	83 Tjibbe Moller	HA1	138	O	8:07.31		
11	18 Stan Krewinkel	HSA	138	I	8:11.94	PR	
12	65 Bram ten Berge	HA2	136	I	8:12.34		
13	14 Daan Voorhoeve	HSA	139	I	8:15.03	PR	
14	6 Peter van Buiten	HSA	137	O	8:15.99		
15	44 Yoran Nijenhuis	HSA	137	I	8:19.86	PR	
16	81 Rens Hiddink	HN3	134	O	8:27.20		
17	4 Loek Hendriksen	HN4	136	O	8:33.53		
18	9 Colin Koenderink	HN2	134	I	8:33.61	PR	
19	48 Harmen Nanninga	HSA	135	I	8:44.38		
20	78 Thijs Buisman	HN1	135	O	8:46.03		
21	79 Jelmer de Hoop	HN4	133	I	8:47.63		
22	12 Menno Brink	HSA	133	O	8:59.95		
23	26 Ewout Vos	HN3	132	I	9:07.40		
24	20 Sybe Weening	HN4	132	O	9:23.15	PR	

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

15. Rituitslag Heren 5000 meter

		Naam		Cat		PR		Tijd	Info
132	wt	26	Ewout Vos		HN3			9:07.40	
	rd	20	Sybe Weening		HN4	9:27.55		9:23.15	PR
		Ewout Vos			Sybe Weening				
		200m	24.95	(24.95)	200m	23.63	(23.63)		
		600m	1:05.62	(40.67)	600m	1:05.04	(41.41)		
		1000m	1:48.57	(42.95)	1000m	1:49.90	(44.86)		
		1400m	2:33.03	(44.46)	1400m	2:34.67	(44.77)		
		1800m	3:17.58	(44.55)	1800m	3:19.59	(44.92)		
		2200m	4:02.30	(44.72)	2200m	4:05.42	(45.83)		
		2600m	4:47.48	(45.18)	2600m	4:52.03	(46.61)		
		3000m	5:32.01	(44.53)	3000m	5:38.74	(46.71)		
		3400m	6:15.79	(43.78)	3400m	6:25.54	(46.80)		
		3800m	7:00.71	(44.92)	3800m	7:10.48	(44.94)		
		4200m	7:44.98	(44.27)	4200m	7:55.22	(44.74)		
		4600m	8:28.13	(43.15)	4600m	8:39.61	(44.39)		
		5000m	9:07.40	(39.27)	5000m	9:23.15	(43.54)		

		Naam		Cat		PR		Tijd	Info
133	gl	79	Jelmer de Hoop		HN4			8:47.63	
	bl	12	Menno Brink		HSA			8:59.95	
		Jelmer de Hoop			Menno Brink				
		200m	24.21	(24.21)	200m	26.15	(26.15)		
		600m	1:03.88	(39.67)	600m	1:07.65	(41.50)		
		1000m	1:44.18	(40.30)	1000m	1:49.68	(42.03)		
		1400m	2:25.72	(41.54)	1400m	2:32.11	(42.43)		
		1800m	3:07.25	(41.53)	1800m	3:15.23	(43.12)		
		2200m	3:48.83	(41.58)	2200m	3:58.36	(43.13)		
		2600m	4:30.59	(41.76)	2600m	4:41.10	(42.74)		
		3000m	5:12.40	(41.81)	3000m	5:23.84	(42.74)		
		3400m	5:54.26	(41.86)	3400m	6:06.59	(42.75)		
		3800m	6:37.59	(43.33)	3800m	6:50.02	(43.43)		
		4200m	7:21.20	(43.61)	4200m	7:33.12	(43.10)		
		4600m	8:04.52	(43.32)	4600m	8:16.98	(43.86)		
		5000m	8:47.63	(43.11)	5000m	8:59.95	(42.97)		

NSK Allround

IJsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat	PR	Tijd	Info
134	wt	9	Colin Koenderink		HN2	9:15.93	8:33.61	PR
	rd	81	Rens Hiddink		HN3		8:27.20	
		Colin Koenderink			Rens Hiddink			
		200m	23.06	(23.06)	200m	23.30	(23.30)	
		600m	1:01.65	(38.59)	600m	1:02.49	(39.19)	
		1000m	1:41.81	(40.16)	1000m	1:41.77	(39.28)	
		1400m	2:22.75	(40.94)	1400m	2:21.26	(39.49)	
		1800m	3:03.76	(41.01)	1800m	3:02.24	(40.98)	
		2200m	3:44.92	(41.16)	2200m	3:42.64	(40.40)	
		2600m	4:26.28	(41.36)	2600m	4:23.68	(41.04)	
		3000m	5:08.02	(41.74)	3000m	5:04.01	(40.33)	
		3400m	5:49.89	(41.87)	3400m	5:45.09	(41.08)	
		3800m	6:31.52	(41.63)	3800m	6:26.57	(41.48)	
		4200m	7:12.59	(41.07)	4200m	7:07.62	(41.05)	
		4600m	7:53.50	(40.91)	4600m	7:47.99	(40.37)	
		5000m	8:33.61	(40.11)	5000m	8:27.20	(39.21)	

		Naam			Cat	PR	Tijd	Info
135	gl	48	Harmen Nanninga		HSA		8:44.38	
	bl	78	Thijs Buisman		HN1		8:46.03	
		Harmen Nanninga			Thijs Buisman			
		200m	22.34	(22.34)	200m	23.32	(23.32)	
		600m	1:01.55	(39.21)	600m	1:02.14	(38.82)	
		1000m	1:41.64	(40.09)	1000m	1:42.39	(40.25)	
		1400m	2:23.32	(41.68)	1400m	2:23.09	(40.70)	
		1800m	3:04.42	(41.10)	1800m	3:04.70	(41.61)	
		2200m	3:46.49	(42.07)	2200m	3:46.43	(41.73)	
		2600m	4:28.48	(41.99)	2600m	4:29.25	(42.82)	
		3000m	5:11.15	(42.67)	3000m	5:12.02	(42.77)	
		3400m	5:53.84	(42.69)	3400m	5:55.35	(43.33)	
		3800m	6:36.89	(43.05)	3800m	6:38.63	(43.28)	
		4200m	7:19.85	(42.96)	4200m	7:21.90	(43.27)	
		4600m	8:02.71	(42.86)	4600m	8:04.85	(42.95)	
		5000m	8:44.38	(41.67)	5000m	8:46.03	(41.18)	

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam			Cat	PR	Tijd	Info
136	wt	65	Bram ten Berge		HA2		8:12.34	
	rd	4	Loek Hendriksen		HN4	8:21.10	8:33.53	
		Bram ten Berge			Loek Hendriksen			
		200m	21.63	(21.63)	200m	23.58	(23.58)	
		600m	1:00.94	(39.31)	600m	1:03.16	(39.58)	
		1000m	1:39.73	(38.79)	1000m	1:43.25	(40.09)	
		1400m	2:19.40	(39.67)	1400m	2:23.72	(40.47)	
		1800m	2:58.38	(38.98)	1800m	3:04.37	(40.65)	
		2200m	3:37.76	(39.38)	2200m	3:45.57	(41.20)	
		2600m	4:17.06	(39.30)	2600m	4:27.03	(41.46)	
		3000m	4:56.29	(39.23)	3000m	5:08.88	(41.85)	
		3400m	5:35.43	(39.14)	3400m	5:49.53	(40.65)	
		3800m	6:14.71	(39.28)	3800m	6:30.13	(40.60)	
		4200m	6:53.80	(39.09)	4200m	7:10.59	(40.46)	
		4600m	7:33.11	(39.31)	4600m	7:52.54	(41.95)	
		5000m	8:12.34	(39.23)	5000m	8:33.53	(40.99)	

		Naam			Cat	PR	Tijd	Info
137	gl	44	Yoran Nijenhuis		HSA	8:23.97	8:19.86	PR
	bl	6	Peter van Buiten		HSA		8:15.99	
		Yoran Nijenhuis			Peter van Buiten			
		200m	22.06	(22.06)	200m	21.95	(21.95)	
		600m	1:00.55	(38.49)	600m	59.00	(37.05)	
		1000m	1:40.13	(39.58)	1000m	1:39.97	(40.97)	
		1400m	2:20.09	(39.96)	1400m	2:19.48	(39.51)	
		1800m	2:59.29	(39.20)	1800m	2:59.07	(39.59)	
		2200m	3:39.60	(40.31)	2200m	3:38.80	(39.73)	
		2600m	4:19.11	(39.51)	2600m	4:19.34	(40.54)	
		3000m	4:59.04	(39.93)	3000m	4:58.58	(39.24)	
		3400m	5:38.38	(39.34)	3400m	5:38.43	(39.85)	
		3800m	6:18.40	(40.02)	3800m	6:17.62	(39.19)	
		4200m	6:58.35	(39.95)	4200m	6:57.64	(40.02)	
		4600m	7:38.64	(40.29)	4600m	7:37.18	(39.54)	
		5000m	8:19.86	(41.22)	5000m	8:15.99	(38.81)	

NSK Allround

Ijsbaan Twente - Enschede
30 november en 1 december 2024

		Naam			Cat	PR	Tijd	Info
138	wt	18	Stan Krewinkel		HSA	8:25.22	8:11.94	PR
	rd	83	Tjibbe Moller		HA1		8:07.31	
		Stan Krewinkel			Tjibbe Moller			
		200m	21.89	(21.89)	200m	21.98	(21.98)	
		600m	57.84	(35.95)	600m	59.52	(37.54)	
		1000m	1:35.06	(37.22)	1000m	1:38.32	(38.80)	
		1400m	2:12.95	(37.89)	1400m	2:17.26	(38.94)	
		1800m	2:51.46	(38.51)	1800m	2:56.14	(38.88)	
		2200m	3:30.71	(39.25)	2200m	3:34.96	(38.82)	
		2600m	4:09.59	(38.88)	2600m	4:13.62	(38.66)	
		3000m	4:49.07	(39.48)	3000m	4:52.38	(38.76)	
		3400m	5:28.89	(39.82)	3400m	5:31.39	(39.01)	
		3800m	6:08.94	(40.05)	3800m	6:10.49	(39.10)	
		4200m	6:49.50	(40.56)	4200m	6:50.27	(39.78)	
		4600m	7:30.65	(41.15)	4600m	7:29.26	(38.99)	
		5000m	8:11.94	(41.29)	5000m	8:07.31	(38.05)	

		Naam			Cat	PR	Tijd	Info
139	gl	14	Daan Voorhoeve		HSA	8:47.28	8:15.03	PR
	bl	57	Daniël Kooyman		HSA	7:45.32	7:59.86	
		Daan Voorhoeve			Daniël Kooyman			
		200m	21.46	(21.46)	200m	22.37	(22.37)	
		600m	58.93	(37.47)	600m	59.23	(36.86)	
		1000m	1:36.87	(37.94)	1000m	1:36.56	(37.33)	
		1400m	2:15.23	(38.36)	1400m	2:13.42	(36.86)	
		1800m	2:53.40	(38.17)	1800m	2:50.79	(37.37)	
		2200m	3:32.47	(39.07)	2200m	3:28.47	(37.68)	
		2600m	4:11.60	(39.13)	2600m	4:06.01	(37.54)	
		3000m	4:50.97	(39.37)	3000m	4:44.19	(38.18)	
		3400m	5:30.85	(39.88)	3400m	5:22.78	(38.59)	
		3800m	6:11.17	(40.32)	3800m	6:01.93	(39.15)	
		4200m	6:52.27	(41.10)	4200m	6:41.46	(39.53)	
		4600m	7:33.45	(41.18)	4600m	7:20.80	(39.34)	
		5000m	8:15.03	(41.58)	5000m	7:59.86	(39.06)	

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
140	wt	15	Arthur Zijlstra		HN3			7:54.41	7:38.57	PR
	rd	64	Udo van der Wier		HN2			8:18.26	8:01.93	PR
		Arthur Zijlstra			Udo van der Wier					
		200m	20.92	(20.92)	200m	22.33	(22.33)			
		600m	54.79	(33.87)	600m	57.44	(35.11)			
		1000m	1:29.89	(35.10)	1000m	1:34.61	(37.17)			
		1400m	2:05.79	(35.90)	1400m	2:11.37	(36.76)			
		1800m	2:41.90	(36.11)	1800m	2:48.10	(36.73)			
		2200m	3:18.42	(36.52)	2200m	3:25.61	(37.51)			
		2600m	3:54.83	(36.41)	2600m	4:03.81	(38.20)			
		3000m	4:31.54	(36.71)	3000m	4:42.64	(38.83)			
		3400m	5:08.68	(37.14)	3400m	5:22.52	(39.88)			
		3800m	5:45.83	(37.15)	3800m	6:02.90	(40.38)			
		4200m	6:23.71	(37.88)	4200m	6:43.22	(40.32)			
		4600m	7:01.12	(37.41)	4600m	7:22.84	(39.62)			
		5000m	7:38.57	(37.45)	5000m	8:01.93	(39.09)			

		Naam			Cat			PR	Tijd	Info
141	gl	88	Mark Withagen		HN1			8:05.37	7:38.82	PR
	bl	68	Lasse Hiddink		HSA			6:47.61	7:29.69	
		Mark Withagen			Lasse Hiddink					
		200m	20.59	(20.59)	200m	20.24	(20.24)			
		600m	54.67	(34.08)	600m	54.52	(34.28)			
		1000m	1:29.42	(34.75)	1000m	1:30.29	(35.77)			
		1400m	2:04.90	(35.48)	1400m	2:05.75	(35.46)			
		1800m	2:40.41	(35.51)	1800m	2:41.82	(36.07)			
		2200m	3:16.19	(35.78)	2200m	3:17.50	(35.68)			
		2600m	3:52.66	(36.47)	2600m	3:53.39	(35.89)			
		3000m	4:29.65	(36.99)	3000m	4:29.47	(36.08)			
		3400m	5:07.11	(37.46)	3400m	5:05.69	(36.22)			
		3800m	5:44.99	(37.88)	3800m	5:42.30	(36.61)			
		4200m	6:22.97	(37.98)	4200m	6:18.92	(36.62)			
		4600m	7:01.12	(38.15)	4600m	6:54.91	(35.99)			
		5000m	7:38.82	(37.70)	5000m	7:29.69	(34.78)			

NSK Allround

IJsbahn Twente - Enschede
30 november en 1 december 2024

		Naam			Cat			PR	Tijd	Info
142	wt	90	Jens Klootwijk		HN2			7:26.62	7:29.34	
	rd	49	Danny Heijkoop		HN4			7:39.66	7:30.46	PR
		Jens Klootwijk			Danny Heijkoop					
		200m	20.81	(20.81)	200m	20.87	(20.87)			
		600m	53.68	(32.87)	600m	54.22	(33.35)			
		1000m	1:27.04	(33.36)	1000m	1:28.23	(34.01)			
		1400m	2:02.55	(35.51)	1400m	2:03.07	(34.84)			
		1800m	2:37.88	(35.33)	1800m	2:39.11	(36.04)			
		2200m	3:13.83	(35.95)	2200m	3:15.08	(35.97)			
		2600m	3:49.75	(35.92)	2600m	3:50.76	(35.68)			
		3000m	4:25.69	(35.94)	3000m	4:26.80	(36.04)			
		3400m	5:02.23	(36.54)	3400m	5:03.42	(36.62)			
		3800m	5:39.32	(37.09)	3800m	5:40.04	(36.62)			
		4200m	6:15.87	(36.55)	4200m	6:17.24	(37.20)			
		4600m	6:52.54	(36.67)	4600m	6:53.62	(36.38)			
		5000m	7:29.34	(36.80)	5000m	7:30.46	(36.84)			

		Naam			Cat			PR	Tijd	Info
143	gl	85	Wester Landman		HN3			7:06.10	7:15.61	
	bl	72	Colin Schrijver		HSA			7:14.24	7:06.01	PR
		Wester Landman			Colin Schrijver					
		200m	20.52	(20.52)	200m	20.26	(20.26)			
		600m	55.11	(34.59)	600m	53.24	(32.98)			
		1000m	1:30.03	(34.92)	1000m	1:27.20	(33.96)			
		1400m	2:04.36	(34.33)	1400m	2:01.50	(34.30)			
		1800m	2:38.75	(34.39)	1800m	2:35.61	(34.11)			
		2200m	3:13.01	(34.26)	2200m	3:09.89	(34.28)			
		2600m	3:47.29	(34.28)	2600m	3:44.03	(34.14)			
		3000m	4:21.36	(34.07)	3000m	4:17.99	(33.96)			
		3400m	4:55.27	(33.91)	3400m	4:51.78	(33.79)			
		3800m	5:29.39	(34.12)	3800m	5:25.18	(33.40)			
		4200m	6:04.01	(34.62)	4200m	5:58.36	(33.18)			
		4600m	6:39.38	(35.37)	4600m	6:31.93	(33.57)			
		5000m	7:15.61	(36.23)	5000m	7:06.01	(34.08)			