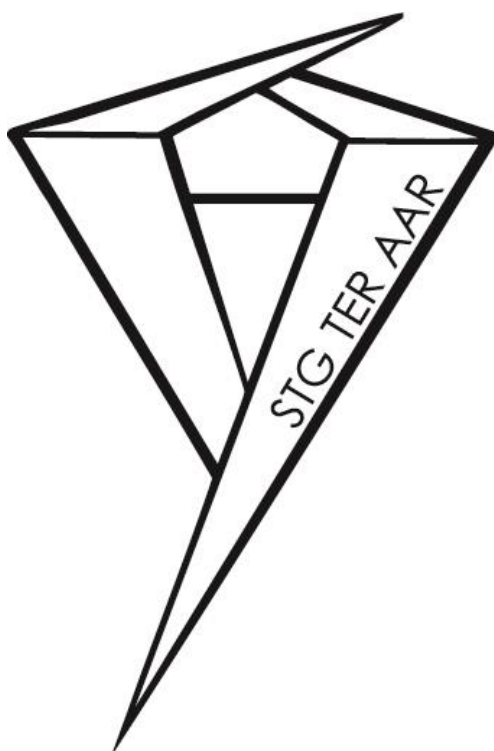


Clubkampioenschap STG Ter Aar 2016



19 maart 2016



Uitslagen

Onze sponsoren van vandaag:

**JAN VAN DER HOORN
SCHAATSSPORT**



De schaats en skeeler specialist bij uitstek!

10% KORTING
op adviesprijs

Alle topmerken voor schaatsen, skates & skeelers
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Jan van der Hoorn Schaatsport

| | | |
|-------------------|--------------------|-------------|
| Westkanaalweg 10e | ma t/m vrij: | 9.00-17.30 |
| 2461 EC TER AAR | vrijdag koopavond: | 18.30-20.30 |
| 0172 60 2677 | zaterdag: | 9.00-16.30 |

BOSMAN AUTO'S



Bedankt!

Vrijwilligers

Dankzij de medewerking van onderstaande vrijwilligers is het mogelijk om dit clubkampioenschap te organiseren.

| | |
|----------------------|-------------------------------------|
| Hennie de Oude | Scheidsrechter |
| Wim Biemans | Starter |
| Gerard van der Hoorn | Speaker |
| Wouter ten Wolde | Wedstrijdleider/Programma/Uitslagen |
| Frederi Hettinga | Elektronisch tijdwaarnemer |
| Ton Slof | Elektronisch tijdwaarnemer |
| Wil Boland | Handtijdwaarnemer |
| Ton van Tol | Handtijdwaarnemer |
| Adrie de Jong | Handtijdwaarnemer |
| Thomas Lek | Handtijdwaarnemer |
| Marian Wijfje | Handtijdwaarnemer |
| Bianca Zuiver | Hulpstarter |
| Ellen van der Hoorn | Hulpstarter |
| Hanny de Rooij | EHBO |
| Mary Lek | Rondenbord |
| Gerard Borghols | Catering |
| Antoinette Borghols | Catering |
| John van der Vlucht | Jurycoördinator |
| Hans Pietersen | Coach |
| Leon van Harten | Coach |
| Gerard Visser | Coach |
| Hein Jan Bocxe | Coach |
| Hans van Leeuwen | Coach |
| Erik Valentijn | Prijzen/bloemen |
| Jos Speet | Sponsors/Foto's |

STG-agenda

25 maart Zwemfestijn Jeugdschaatsers in Zwembad "De Wel", Nieuwkoop.
 9 april Jaarvergadering STG Ter Aar/Ter Aarse IJclub in Restaurant De Dyck

Verbeterde clubrecords

Jongens Junioren B

| | | | | |
|-----------------------|--------------------------|--------------------|----------------------|--------------------|
| 5000 meter | Wabe de Rooij | Haarlem | 14-2-2016 | 7:36.80 |
| 5000 meter | Wabe de Rooij | Heerenveen | 19-3-2016 | 7:16.27 |

Dames Masters

| | | | | |
|-----------------------|-----------------------------|-----------------------|-----------------------|--------------------|
| 500 meter | Plonie de Koning | Haarlem | 31-10-2015 | 48.31 |
| 500 meter | Plonie de Koning | Heerenveen | 19-3-2016 | 47.14 |
| 1500 meter | Plonie de Koning | Haarlem | 27-2-2016 | 2:24.51 |
| 1500 meter | Plonie de Koning | Heerenveen | 19-3-2016 | 2:23.07 |
| 3000 meter | Plonie de Koning | Heerenveen | 13-3-2013 | 5:07.70 |
| 3000 meter | Sandra Könst | Heerenveen | 19-3-2016 | 5:04.50 |



Clubkampioenschap STG Ter Aar 2016

Thialf - Heerenveen

19 maart 2016

Klassement Meisjes Pupillen E & F

| | Naam | Cat | Vereniging | 100 | 500 | 300 | Punten |
|---|-----------------------|-----|--------------|-----------|-------------|-----------|---------|
| 1 | 15 Emma van der Hoorn | DPF | TER AARSE YC | 16.62 (1) | 1:17.02 (1) | 46.55 (2) | 237.703 |
| 2 | 28 Mette van Leeuwen | DPE | TER AARSE YC | 17.06 (2) | 1:18.90 (2) | 45.94 (1) | 240.766 |
| 3 | 58 Sterre de Bruijn | DPE | TER AARSE YC | 17.09 (3) | 1:24.96 (3) | 48.45 (3) | 251.160 |
| 4 | 47 Emilie Fransen | DPF | TER AARSE YC | 17.17 (4) | 1:31.27 (4) | 49.09 (4) | 258.936 |
| | 24 Maartje Karens | DPE | TER AARSE YC | DNS | | | |

Klassement Jongens Pupillen E & F

| | Naam | Cat | Vereniging | 100 | 500 | 300 | Punten |
|----|-----------------------|-----|--------------|------------|--------------|------------|---------|
| 1 | 62 Jonas de Jong | HPE | TER AARSE YC | 13.37 (1) | 53.94 (1) | 33.91 (1) | 177.306 |
| 2 | 30 Mik van Harten | HPE | TER AARSE YC | 14.67 (2) | 1:07.18 (2) | 39.23 (2) | 205.913 |
| 3 | 13 Koen Bocxe | HPE | TER AARSE YC | 14.87 (3) | 1:11.21 (3) | 41.73 (3) | 215.110 |
| 4 | 34 Kevin Langejans | HPE | TER AARSE YC | 15.95 (4) | 1:14.39 (4) | 45.60 (4) | 230.140 |
| 5 | 4 Ming Valentijn | HPF | TER AARSE YC | 16.32 (5) | 1:20.49 (5) | 46.65 (5) | 239.840 |
| 6 | 5 Jun Valentijn | HPF | TER AARSE YC | 16.62 (6) | 1:24.75 (8) | 51.44 (8) | 253.583 |
| 7 | 31 Tijn van Harten | HPF | TER AARSE YC | 17.22 (7) | 1:24.62 (7) | 49.91 (6) | 253.903 |
| 8 | 20 Daan Blokzijl | HPF | TER AARSE YC | 19.28 (8) | 1:23.18 (6) | 51.09 (7) | 264.730 |
| 9 | 38 Thijmen de Jong | HPE | TER AARSE YC | 19.65 (9) | 1:28.99 (9) | 53.14 (9) | 275.806 |
| 10 | 16 Guus van der Hoorn | HPF | TER AARSE YC | 20.53 (10) | 1:44.49 (10) | 58.47 (10) | 304.590 |

Klassement Meisjes Pupillen C & D

| | Naam | Cat | Vereniging | 100 | 500 | 300 | Punten |
|---|----------------------|-----|--------------|-----------|-------------|-----------|---------|
| 1 | 17 Sterre van Schaik | DPC | TER AARSE YC | 12.82 (2) | 50.70 (1) | 31.96 (2) | 168.066 |
| 2 | 63 Mijntje de Jong | DPC | TER AARSE YC | 12.77 (1) | 51.22 (2) | 31.81 (1) | 168.086 |
| 3 | 33 Julia Groeneveld | DPD | TER AARSE YC | 15.70 (4) | 1:12.94 (4) | 43.04 (4) | 223.173 |
| 4 | 8 Anouk Könst | DPD | TER AARSE YC | 15.39 (3) | 1:14.50 (5) | 43.70 (5) | 224.283 |
| 5 | 39 Carlijn Mol | DPD | TER AARSE YC | 20.25 (5) | 1:10.27 (3) | 41.83 (3) | 241.236 |

Klassement Jongens Pupillen C & D

| | Naam | Cat | Vereniging | 100 | 500 | 300 | Punten |
|---|-----------------|-----|--------------|-----------|-------------|-----------|---------|
| 1 | 12 Stein Bocxe | HPC | TER AARSE YC | 14.03 (1) | 56.89 (1) | 35.29 (1) | 185.856 |
| 2 | 43 Sil Lek | HPD | TER AARSE YC | 15.60 (2) | 1:07.41 (2) | 40.75 (2) | 213.326 |
| 3 | 19 Bas Blokzijl | HPD | TER AARSE YC | 15.68 (3) | 1:09.40 (3) | 42.37 (3) | 218.416 |



Clubkampioenschap STG Ter Aar 2016

Thialf - Heerenveen

19 maart 2016

Klassement Meisjes Pupillen A & B

| | Naam | Cat | Vereniging | 100 | 500 | 1000 | Punten |
|---|-----------------------------|-----|--------------|-----------|-----------|-------------|---------|
| 1 | 9 Demi Könst | DPB | TER AARSE YC | 13.30 (1) | 53.46 (1) | 1:49.11 (1) | 174.515 |
| 2 | 27 Milou van Leeuwen | DPA | TER AARSE YC | 13.38 (2) | 56.68 (2) | 1:57.03 (2) | 182.095 |

Klassement Jongens Pupillen A & B

| | Naam | Cat | Vereniging | 100 | 500 | 1000 | Punten |
|---|-----------------------------------|-----|------------------|-----------|-------------|-------------|---------|
| 1 | 61 Abel van der Hoorn | HPA | VZOD KUDELSTR | 12.51 (1) | 49.44 (1) | 1:43.14 (1) | 163.560 |
| 2 | 45 Sietse Kool | HPB | TER AARSE YC | 13.49 (5) | 52.29 (2) | 1:48.97 (3) | 174.225 |
| 3 | 3 Jelle Koeleman | HPB | TER AARSE YC | 12.70 (2) | 1:05.56 (6) | 1:44.64 (2) | 181.380 |
| 4 | 29 Jop van Harten | HPB | TER AARSE YC | 12.75 (3) | 58.35 (3) | 2:02.72 (4) | 183.460 |
| 5 | 50 Sander Wijfjes | HPA | TER AARSE YC | 13.19 (4) | 1:02.41 (5) | 2:16.24 (6) | 196.480 |
| 6 | 70 Clarck Groen in 't Woud | HPB | TER AARSE YC | 14.24 (6) | 1:00.75 (4) | 2:12.71 (5) | 198.305 |

Klassement Meisjes Junioren C

| | Naam | Cat | Vereniging | 500 | 1500 | 1000 | Punten |
|---|----------------------|-----|--------------|-----------|-------------|-------------|---------|
| 1 | 73 Senna Vonk | DC1 | TER AARSE YC | 51.28 (1) | 2:54.64 (1) | 1:45.76 (1) | 162.373 |

Klassement Jongens Junioren C

| | Naam | Cat | Vereniging | 500 | 1500 | 1000 | Punten |
|---|------------------------------|-----|--------------|-----------|-------------|-------------|---------|
| 1 | 44 Daan Kool | HC2 | TER AARSE YC | 38.78 (1) | 2:01.40 (1) | 1:17.33 (1) | 117.911 |
| 2 | 64 Jesper de Jong | HC2 | TER AARSE YC | 41.85 (2) | 2:08.84 (2) | 1:23.70 (2) | 126.646 |
| 3 | 71 Dion de Kreij | HC2 | TER AARSE YC | 43.84 (3) | 2:16.31 (3) | 1:28.51 (3) | 133.531 |
| 4 | 42 Sietse Lek | HC1 | TER AARSE YC | 45.07 (4) | 2:21.03 (4) | 1:34.63 (4) | 139.395 |
| 5 | 26 Hidde van Leeuwen | HC1 | TER AARSE YC | 49.01 (5) | 2:33.85 (6) | 1:40.52 (5) | 150.553 |
| 6 | 1 Joeri Ubink | HC1 | TER AARSE YC | 49.82 (6) | 2:31.68 (5) | 1:41.05 (6) | 150.905 |
| 7 | 21 Timo van der Vlugt | HC1 | TER AARSE YC | 56.12 (7) | 3:00.00 (7) | 1:57.89 (7) | 175.065 |



Clubkampioenschap STG Ter Aar 2016

Thialf - Heerenveen

19 maart 2016

Klassement Dames Junioren A & B

| | Naam | Cat | 500 | 1500 | 3000 | Punten |
|---|---------------------|-----|-----------|-------------|-------------|---------|
| 1 | 7 Kim Zuiver | DB1 | 45.81 (2) | 2:20.52 (2) | 4:57.93 (1) | 142.305 |
| 2 | 41 Femke Lek | DB2 | 50.77 (3) | 2:40.29 (3) | 5:45.16 (2) | 161.726 |
| 3 | 65 Madelief de Jong | DB1 | 43.81 (1) | 2:14.76 (1) | | 88.730 |

Klassement Heren Junioren A & B

| | Naam | Cat | 500 | 1500 | 3000 | Punten |
|---|-------------------------|-----|-----------|-------------|-------------|---------|
| 1 | 67 Ramon van der Zwaan | HA2 | 42.36 (2) | 2:13.03 (1) | 4:51.26 (3) | 135.246 |
| 2 | 57 Sietse de Koning | HA1 | 45.54 (3) | 2:17.66 (2) | 4:50.43 (2) | 139.831 |
| 3 | 68 Luc Nieuwenhuijzen | HB2 | 52.51 (4) | 2:35.89 (3) | 5:16.45 (4) | 157.214 |
| | 60 Jurgen van der Hoorn | HC2 | 40.22 (1) | WDR | 4:16.89 (1) | 83.035 |

Klassement Dames

| | Naam | Cat | 500 | 1500 | 3000 | Punten |
|---|---------------------|-----|-----------|-------------|-------------|---------|
| 1 | 54 Plonie de Koning | D45 | 47.14 (1) | 2:23.07 (1) | 5:07.89 (2) | 146.145 |
| 2 | 10 Sandra Könst | D40 | 48.41 (3) | 2:24.26 (2) | 5:04.50 (1) | 147.246 |
| 3 | 37 Karin Bos | DSA | 47.83 (2) | 2:30.54 (3) | 5:29.08 (3) | 152.856 |
| 4 | 55 Iris de Koning | DN1 | 52.44 (5) | 2:38.40 (4) | 5:31.55 (4) | 160.498 |
| | 35 Claudia Verkerk | DN3 | 50.06 (4) | 2:55.27 (5) | WDR | 108.483 |

Klassement Heren

| | Naam | Cat | 500 | 1500 | 3000 | Punten |
|---|-----------------------|-----|-----------|-------------|-------------|---------|
| 1 | 23 Stef van der Hoorn | HSA | 39.66 (1) | 2:00.49 (1) | 4:12.78 (1) | 121.953 |
| 2 | 52 Hidde Schelling | HN3 | 42.78 (3) | 2:08.47 (2) | 4:32.56 (2) | 131.029 |
| 3 | 49 Tim de Rooij | HN3 | 41.56 (2) | 2:15.36 (3) | 5:21.17 (3) | 140.208 |



Clubkampioenschap STG Ter Aar 2016

Thialf - Heerenveen

19 maart 2016

Klassement Heren Masters 40-50

| | Naam | Cat | 500 | 1500 | 3000 | Punten |
|---|-----------------------|-----|-------------|-------------|-------------|---------|
| 1 | 18 Erik Valentijn | H45 | 40.12 (1) | 2:00.27 (1) | 4:16.83 (1) | 123.015 |
| 2 | 32 Leon van Harten | H40 | 43.77 (2) | 2:17.89 (2) | 5:03.25 (3) | 140.274 |
| 3 | 6 Martin Zuiver | H45 | 45.58 (3) | 2:17.90 (3) | 4:56.15 (2) | 140.904 |
| 4 | 72 Marcel de Kreij | H40 | 48.05 (4) | 2:35.76 (4) | 5:37.71 (4) | 156.255 |
| 5 | 46 John Fransen | H45 | 55.71 (5) | 2:48.07 (5) | 5:54.55 (5) | 170.824 |
| 6 | 69 Jan Nieuwenhuijzen | H45 | 1:02.69 (6) | 3:02.31 (6) | 6:14.75 (6) | 185.918 |

Klassement Heren Masters 50+

| | Naam | Cat | 500 | 1500 | 3000 | Punten |
|---|-----------------------|-----|-----------|-------------|-------------|---------|
| 1 | 22 John van der Vlugt | H55 | 45.04 (2) | 2:12.91 (1) | 4:35.30 (1) | 135.226 |
| 2 | 51 Cock Baas | H50 | 44.86 (1) | 2:13.95 (2) | 4:46.02 (3) | 137.180 |
| 3 | 56 Jos de Koning | H50 | 46.31 (3) | 2:16.16 (3) | 4:43.31 (2) | 138.914 |
| 4 | 36 Jan Bos | H65 | 53.11 (4) | 2:43.82 (4) | 5:52.11 (4) | 166.401 |



Clubkampioenschap STG Ter Aar 2016

Thialf - Heerenveen

19 maart 2016

Klassement Dames Overall

| | Naam | Cat | 500 | 1500 | 3000 | Punten |
|---|---------------------|-----|-----------|-------------|-------------|---------|
| 1 | 7 Kim Zuiver | DB1 | 45.81 (2) | 2:20.52 (2) | 4:57.93 (1) | 142.305 |
| 2 | 54 Plonie de Koning | D45 | 47.14 (3) | 2:23.07 (3) | 5:07.89 (3) | 146.145 |
| 3 | 10 Sandra Könst | D40 | 48.41 (5) | 2:24.26 (4) | 5:04.50 (2) | 147.246 |
| 4 | 37 Karin Bos | DSA | 47.83 (4) | 2:30.54 (5) | 5:29.08 (4) | 152.856 |
| 5 | 55 Iris de Koning | DN1 | 52.44 (8) | 2:38.40 (6) | 5:31.55 (5) | 160.498 |
| 6 | 41 Femke Lek | DB2 | 50.77 (7) | 2:40.29 (7) | 5:45.16 (6) | 161.726 |
| | 35 Claudia Verkerk | DN3 | 50.06 (6) | 2:55.27 (8) | WDR | 108.483 |
| | 65 Madelief de Jong | DB1 | 43.81 (1) | 2:14.76 (1) | | 88.730 |

Klassement Heren Overall

| | Naam | Cat | 500 | 1500 | 3000 | Punten |
|----|-------------------------|-----|--------------|--------------|--------------|---------|
| 1 | 23 Stef van der Hoorn | HSA | 39.66 (1) | 2:00.49 (2) | 4:12.78 (1) | 121.953 |
| 2 | 18 Erik Valentijn | H45 | 40.12 (2) | 2:00.27 (1) | 4:16.83 (2) | 123.015 |
| 3 | 52 Hidde Schelling | HN3 | 42.78 (6) | 2:08.47 (3) | 4:32.56 (4) | 131.029 |
| 4 | 22 John van der Vlugt | H55 | 45.04 (9) | 2:12.91 (4) | 4:35.30 (5) | 135.226 |
| 5 | 67 Ramon van der Zwaan | HA2 | 42.36 (5) | 2:13.03 (5) | 4:51.26 (9) | 135.246 |
| 6 | 51 Cock Baas | H50 | 44.86 (8) | 2:13.95 (6) | 4:46.02 (7) | 137.180 |
| 7 | 56 Jos de Koning | H50 | 46.31 (12) | 2:16.16 (8) | 4:43.31 (6) | 138.914 |
| 8 | 57 Sietse de Koning | HA1 | 45.54 (10) | 2:17.66 (9) | 4:50.43 (8) | 139.831 |
| 9 | 49 Tim de Rooij | HN3 | 41.56 (4) | 2:15.36 (7) | 5:21.17 (13) | 140.208 |
| 10 | 32 Leon van Harten | H40 | 43.77 (7) | 2:17.89 (10) | 5:03.25 (11) | 140.274 |
| 11 | 6 Martin Zuiver | H45 | 45.58 (11) | 2:17.90 (11) | 4:56.15 (10) | 140.904 |
| 12 | 72 Marcel de Kreij | H40 | 48.05 (13) | 2:35.76 (12) | 5:37.71 (14) | 156.255 |
| 13 | 68 Luc Nieuwenhuijzen | HB2 | 52.51 (14) | 2:35.89 (13) | 5:16.45 (12) | 157.214 |
| 14 | 36 Jan Bos | H65 | 53.11 (15) | 2:43.82 (14) | 5:52.11 (15) | 166.401 |
| 15 | 46 John Fransen | H45 | 55.71 (16) | 2:48.07 (15) | 5:54.55 (16) | 170.824 |
| 16 | 69 Jan Nieuwenhuijzen | H45 | 1:02.69 (17) | 3:02.31 (16) | 6:14.75 (17) | 185.918 |
| | 60 Jurgen van der Hoorn | HC2 | 40.22 (3) | WDR | 4:16.89 (3) | 83.035 |



Clubkampioenschap STG Ter Aar 2016

Thialf - Heerenveen

19 maart 2016

Klassement 100-300-500

| | Naam | Cat | Vereniging | 100 | 500 | 300 | Punten |
|---|-----------------------|-----|------------------|-----------|-------------|-----------|---------|
| 1 | 84 Tim Rewijk | HPA | YC NUTVERMAAK | 12.68 (1) | 52.83 (1) | 32.34 (1) | 170.130 |
| 2 | 85 Roos Aarsen | DPC | VZOD KUDELSTR | | 1:21.21 (2) | 43.10 (2) | 153.043 |

Klassement 100-500-1000

| | Naam | Cat | Vereniging | 100 | 500 | 1000 | Punten |
|---|--------------------------------|-----|------------------|-----------|-----------|-------------|---------|
| 1 | 77 Sijmen Egberts | HPB | VZOD KUDELSTR | 11.97 (1) | 45.08 (1) | 1:30.05 (1) | 149.955 |
| 2 | 83 Jasper van der Hoorn | HPA | VZOD KUDELSTR | 12.47 (2) | 49.81 (2) | 1:45.35 (2) | 164.835 |
| 3 | 81 Tim Jilesen | HPA | VZOD KUDELSTR | 12.77 (3) | 51.74 (3) | 1:49.26 (3) | 170.220 |
| 4 | 82 Lucas van der Hoorn | HPC | VZOD KUDELSTR | 13.81 (4) | 56.86 (4) | 2:01.46 (4) | 186.640 |

Klassement 500-1500-1000

| | Naam | Cat | Vereniging | 500 | 1500 | 1000 | Punten |
|---|----------------------------------|-----|------------------|-----------|-------------|-------------|---------|
| 1 | 59 Manouk van Tol | DSA | HCH | 40.62 (1) | 2:05.15 (1) | 1:19.86 (1) | 122.266 |
| 2 | 76 Mees Egberts | HC1 | VZOD KUDELSTR | 45.56 (2) | 2:19.23 (2) | 1:33.19 (2) | 138.565 |
| 3 | 2 Eline van der Zwaard | DSA | VZOD KUDELSTR | 46.42 (3) | 2:27.43 (3) | 1:37.66 (4) | 144.393 |
| 4 | 80 Gijs Aarsen | HA1 | VZOD KUDELSTR | 47.50 (4) | 2:29.36 (4) | 1:36.75 (3) | 145.661 |
| 5 | 40 Paula Groen in 't Woud | DSA | TER AARSE YC | 52.36 (6) | 2:33.72 (5) | 1:43.19 (5) | 155.195 |
| 6 | 79 Olaf van der Zwaard | HB2 | VZOD KUDELSTR | 49.65 (5) | 2:40.74 (6) | 1:45.12 (6) | 155.790 |
| 7 | 53 Thinka Lek | DB1 | TER AARSE YC | 54.58 (8) | 3:00.03 (7) | 1:51.94 (7) | 170.560 |
| 8 | 48 Amber Hoogeveen | DB1 | TER AARSE YC | 53.87 (7) | 3:14.90 (8) | 1:55.62 (8) | 176.646 |



Clubkampioenschap STG Ter Aar 2016

Thialf - Heerenveen

19 maart 2016

Klassement 500-1500-3000

| | Naam | Cat | Vereniging | 500 | 1500 | 3000 | Punten |
|---|------------------------|-----|------------------|-----------|-------------|-------------|---------|
| 1 | 75 Jerry Schuurman | HA1 | VZOD KUDELSTR | 46.41 (1) | 2:18.18 (1) | 5:03.21 (1) | 143.005 |
| 2 | 74 Arie van der Zwaard | H55 | VZOD KUDELSTR | 47.03 (2) | 2:22.85 (2) | 5:21.04 (2) | 148.152 |
| 3 | 78 Lio Aarsen | H55 | VZOD KUDELSTR | 49.44 (3) | 2:35.04 (3) | 5:38.10 (3) | 157.470 |

Klassement 500-1500-5000

| | Naam | Cat | 500 | 1500 | 5000 | Punten |
|---|-------------------|-----|-----------|-------------|-------------|---------|
| 1 | 14 Wabe de Rooij | HB1 | 42.13 (1) | 2:05.81 (2) | 7:16.27 (1) | 127.693 |
| 2 | 11 Melissa Wijfje | DN1 | 43.53 (3) | 1:59.73 (1) | 7:25.24 (2) | 127.964 |
| 3 | 66 Roy van Es | HSA | 42.82 (2) | 2:07.65 (3) | 7:32.30 (3) | 130.600 |

Klassement 3000

| | Naam | Cat | 3000 | Punten |
|---|-------------------|-----|-------------|--------|
| 1 | 64 Jesper de Jong | HC2 | 4:30.71 (1) | 45.118 |