

Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	km/u	min/km
<b>400 meter</b>													
213	Cataleya N'Gouan	v	Oosterwolde	2020	400m	01:47	01:47					13.5	4:25
271	Eline Spijkerman	v	Assen	2017	400m	02:11	02:11					11.0	5:25
221	Marit Spijkerman	v	Assen	2020	400m	02:14	02:14					10.7	5:34
222	Leonie Spijkerman	v	Assen	2020	400m	02:19	02:19					10.3	5:47
214	Idris N'Gouan	m	Oosterwolde	2023	400m	02:54	02:54					8.3	7:13
224	Ilya Dijkman	m	Assen	2018	400m	04:29	04:29					5.3	11:10
<b>800 meter</b>													
219	Senn Kerstholt	m	Smilde	2018	800m	03:47	01:44	02:04				12.6	4:43
233	Romy Brink	v	Hoogersmilde	2019	800m	03:56	01:52	02:05				12.2	4:54
234	Ilja Stoffer	v	Assen	2019	800m	05:07	02:25	02:42				9.4	6:22
<b>1200 meter</b>													
273	Jan Komen	m	Assen	2017	1200m	05:19	01:41	01:51	01:49			13.5	4:25
272	Jalou Roos Nijboer	v	Assen	2017	1200m	06:06	01:53	02:12	02:01			11.8	5:04
210	Naomi Wallet	v	Assen	2015	1200m	06:07	01:56	02:12	02:00			11.7	5:05
<b>3 kilometer</b>													
122	Bjorn Nijenhuis	m	Assen	2012	3 km	11:53	11:53					15.1	3:57
145	Domeniek Christerus	m	Assen	2008	3 km	13:05	13:05					13.7	4:21
139	Sarah Wallet	v	Assen	2012	3 km	13:15	13:15					13.5	4:24
121	Jurre Bousema	m	Assen	2013	3 km	13:32	13:32					13.3	4:30
119	Ben van den Bosch	m	Assen	2017	3 km	13:35	13:35					13.2	4:31
107	Sophia Alberts	v	Assen	2014	3 km	13:50	13:50					13.0	4:36
138	Vera van der Ploeg	v	Assen	2014	3 km	14:04	14:04					12.8	4:41
149	Aron Meima	m	Assen	2011	3 km	14:09	14:09					12.7	4:42
114	Maurits Groenhof	m	Assen	2012	3 km	14:55	14:55					12.0	4:58
136	Patrick de Jonge	m	Assen	1975	3 km	15:00	15:00					12.0	4:59
127	Laurens Groen	m	Assen	2012	3 km	16:13	16:13					11.1	5:24
126	Robin Jager	m	Assen	2017	3 km	16:16	16:16					11.0	5:25
125	Scott Robertson	m	Assen	2013	3 km	16:31	16:31					10.9	5:30
142	Nova Meima	v	Assen	2015	3 km	16:33	16:33					10.8	5:30
120	Iris van den Bosch	v	Assen	2015	3 km	16:33	16:33					10.8	5:30
146	Adji Mbaye	v	Assen	2009	3 km	16:51	16:51					10.6	5:36

Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	km/u	min/km
131	Luna Jans	v	Assen	2009	3 km	16:52	16:52					10.6	5:37
128	Boaz Strijbosch	m	Assen	2012	3 km	16:54	16:54					10.6	5:37
116	Sterre van Yperen	v	Assen	2017	3 km	18:43	18:43					9.6	6:14
135	Gerrit van Yperen	m	Assen	1979	3 km	18:45	18:45					9.6	6:14
130	Tijmen Tuin	m	Assen	2017	3 km	19:04	19:04					9.4	6:21
37	Margreet Habes	v	Assen	1960	3 km	19:13	19:13					9.3	6:24
143	Eva Meima	m	Assen	2015	3 km	19:22	19:22					9.2	6:27
123	Romy Nijenhuis	v	Assen	1980	3 km	19:26	19:26					9.2	6:28
124	Gert-Jan Nijenhuis	m	Assen	1980	3 km	19:26	19:26					9.2	6:28
147	Alie Dussel	v	Assen	1971	3 km	22:40	22:40					7.9	7:33
<b>6 kilometer</b>													
92	Douwe Feenstra	m	Assen	2012	6 km	25:56	12:47	13:09				13.8	4:19
97	Noa Venema	v	Assen	2014	6 km	26:22	12:42	13:41				13.6	4:23
71	Ginus Geuzinge	m	Assen	1948	6 km	26:58	22:27	04:32				13.3	4:29
98	Adriaan van Den Bosch	m	Assen	1983	6 km	27:16	13:39	13:38				13.2	4:32
81	Julian Groen	m	Assen	2008	6 km	28:03	13:46	14:18				12.8	4:40
83	Jan Ettema	m	Assen	1956	6 km	29:50	15:07	14:43				12.0	4:58
73	Vincent Jager	m	Assen	1977	6 km	29:56	16:22	13:35				12.0	4:59
129	Peter Strijbosch	m	Assen	1975	6 km	31:09	16:57	14:13				11.5	5:11
82	Ronald Bousema	m	Assen	1976	6 km	31:54	15:34	16:20				11.2	5:18
72	Joas Veenstra	m	Assen	1990	6 km	32:30	16:32	15:58				11.0	5:24
65	Josie Polfliet	v	Bovensmilde	1991	6 km	32:32	16:35	15:57				11.0	5:25
93	Siebe Feenstra	m	Assen	1980	6 km	32:58	16:34	16:25				10.9	5:29
64	Leendert Timmer	m	Coevorden	1981	6 km	33:31	17:08	16:23				10.7	5:35
91	Arjan Tuin	m	Assen	1982	6 km	33:34	19:04	14:30				10.7	5:35
62	Bert Gierveld	m	Assen	1957	6 km	33:41	16:57	16:45				10.6	5:36
74	René Ubels	m	Assen	1969	6 km	34:04	17:01	17:04				10.5	5:40
90	Arjen Wijnja	m	Appelscha	1987	6 km	34:28	17:29	17:00				10.4	5:44
88	Hilda Land Wijnja	v	IJlst	1989	6 km	34:30	17:30	17:01				10.4	5:44
87	Ans Bosma	v	Beilen	1989	6 km	34:31	17:30	17:01				10.4	5:45
99	Hilde Boerema	v	Assen	1971	6 km	36:13	18:22	17:51				9.9	6:02
77	Norah Huisjes	v	Assen	2009	6 km	36:38	18:42	17:56				9.8	6:06
100	Eline Hamstra	v	Assen	2009	6 km	37:04	18:52	18:13				9.7	6:10

Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	km/u	min/km
96	Yvonne Boers	v	Assen	1971	6 km	37:16	18:49	18:27				9.6	6:12
78	Lisa Hoeks	v	Assen	2011	6 km	37:30	18:43	18:47				9.6	6:14
66	Marlies Mulder	v	Beilen	1993	6 km	37:37	19:02	18:35				9.5	6:16
80	Nicolien Hoeks	v	Assen	1979	6 km	37:46	18:42	19:05				9.5	6:17
63	Piet Kerstholt	m	Groningen	1947	6 km	38:17	19:13	19:05				9.4	6:22
23	Geert Dussel	m	Assen	1963	6 km	38:26	19:08	19:19				9.3	6:24
67	Marina Brinkman-Zuidema	v	Beilen	1990	6 km	39:38	19:49	19:49				9.0	6:36
95	Viola de Lange	v	ASSEN	1980	6 km	39:54	19:46	20:09				9.0	6:38
75	Merel Ubels	v	Assen	2009	6 km	40:06	19:57	20:10				8.9	6:40
68	Gerard IJzermans	m	Assen	1948	6 km	41:42	20:42	21:01				8.6	6:56
94	Tamar Sijstra	v	Groningen	2004	6 km	43:42	20:59	22:44				8.2	7:16
76	Jannie Betsema	v	Gasteren	1953	6 km	43:52	22:16	21:36				8.2	7:18
109	Angela de Haas	v	Assen	1972	6 km	45:40	22:40	23:01				7.8	7:36
34	Marjon De Ruiter	v	Kolham	1974	6 km	46:49	22:09	24:40				7.6	7:48

## 9 kilometer

14	Joran Brink	m	Assen	2005	9 km	36:39	12:09	12:11	12:20			14.7	4:04
16	Peter Petersen	m	Tynaarlo	1956	9 km	47:18	15:15	15:58	16:06			11.4	5:15
19	Nico Brugman	m	Eext	1959	9 km	49:58	17:28	16:43	15:48			10.8	5:33
17	Miriam Heijda	v	Bovensmilde	1992	9 km	50:17	16:55	16:54	16:30			10.7	5:35
15	Hanneke Verheul	v	Assen	1955	9 km	50:56	16:52	16:54	17:12			10.6	5:39
18	Harry Koenders	m	Assen	1959	9 km	51:03	17:28	16:45	16:51			10.5	5:40
86	Peter Boonstra	m	Assen	1974	9 km	52:45	16:48	17:30	18:29			10.2	5:51
22	Egbert Geertsma	m	Groningen	1961	9 km	52:53	17:32	17:41	17:41			10.2	5:52
13	Anny Ploeg	v	Grootegast	1964	9 km	56:01	18:36	18:37	18:48			9.6	6:13
12	Yvonne Ploeg	v	Rolde	1995	9 km	56:01	18:36	18:37	18:48			9.6	6:13
69	Janette Drenth	v	Bovensmilde	1964	9 km	56:48	19:12	19:01	18:36			9.5	6:18

## 12 kilometer

54	Jan Schaap	m	Assen	1954	12 km	54:53	13:44	13:41	13:45	13:44		13.1	4:34
40	Tadesse Kinret	m	Assen	1984	12 km	55:39	14:03	13:47	13:50	14:01		12.9	4:38
38	Frits Kremer	m	Assen	1968	12 km	56:00	13:42	13:43	14:14	14:23		12.8	4:39
259	Jeroen de Jonge	m	Assen	1969	12 km	1:12:40	18:49	18:31	17:40	17:41		9.9	6:03
39	Leo Muusers	m	Assen	1960	12 km	1:14:56	19:12	19:01	18:36	18:09		9.6	6:14

Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	km/u	min/km
15 kilometer													
46	Stephan Spijkerman	m	Assen	1980	15 km	1:06:59	13:17	13:35	13:36	13:35	12:57	13.4	4:27
52	Bert Schipper	m	Muntendam	1966	15 km	1:11:43	13:54	14:13	14:24	14:40	14:33	12.5	4:46
45	Edward de Ruiter	m	Kolham	1966	15 km	1:12:06	14:58	14:41	14:46	14:16	13:27	12.4	4:48
55	Sanne Scheltes	v	Assen	1994	15 km	1:12:29	15:12	15:21	15:21	13:46	12:50	12.4	4:49
51	Stephan Boomker	m	Assen	1991	15 km	1:14:05	14:37	14:55	14:56	15:09	14:30	12.1	4:56
260	Niels Schuiling	m	Assen	1988	15 km	1:14:19	15:12	15:22	15:20	14:14	14:14	12.1	4:57
53	Meine Hoitsma	m	Meerstad	1956	15 km	1:17:31	15:14	15:35	15:55	15:30	15:20	11.6	5:10
49	Harrie Bakker	m	Assen	1965	15 km	1:18:39	15:34	15:41	15:51	15:54	15:40	11.4	5:14
35	Wouter Brink	m	Groningen	1984	15 km	1:21:43	16:17	16:15	16:30	16:38	16:04	11.0	5:26
44	Joey Sorber	m	Assen	1993	15 km	1:26:39	17:37	17:20	17:02	19:28	15:14	10.3	5:46
47	Peter Brink	m	Groningen	1952	15 km	1:28:22	17:06	17:27	17:48	18:15	17:49	10.1	5:53

Aantal gefinished: 101