

# Holland Cup 4 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

3 en 4 februari 2024

## 4. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
43	wt	59	<b>Finn ten Hove</b>		HSA		4:03.85	<b>4:12.16</b>	
	rd	25	<b>Ole ten Hove</b>		HSA		4:06.73	<b>4:17.17</b>	
		<b>Finn ten Hove</b>			<b>Ole ten Hove</b>				
		200m	20.20	(20.20)	200m	20.27	(20.27)		
		600m	51.86	(31.66)	600m	51.69	(31.42)		
		1000m	1:23.59	(31.73)	1000m	1:24.25	(32.56)		
		1400m	1:56.34	(32.75)	1400m	1:57.52	(33.27)		
		1800m	2:29.47	(33.13)	1800m	2:31.51	(33.99)		
		2200m	3:03.51	(34.04)	2200m	3:06.38	(34.87)		
		2600m	3:37.61	(34.10)	2600m	3:41.89	(35.51)		
		3000m	4:12.16	(34.55)	3000m	4:17.17	(35.28)		

		Naam		Cat		PR		Tijd	Info
44	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
45	wt	17	<b>Rinse Franken</b>		HA1		4:00.24	<b>4:11.81</b>	
	rd	37	<b>Tom Nijdam</b>		HN1		4:01.74	<b>4:19.68</b>	
		<b>Rinse Franken</b>			<b>Tom Nijdam</b>				
		200m	20.11	(20.11)	200m	19.53	(19.53)		
		600m	52.63	(32.52)	600m	51.89	(32.36)		
		1000m	1:25.67	(33.04)	1000m	1:24.95	(33.06)		
		1400m	1:58.87	(33.20)	1400m	1:58.11	(33.16)		
		1800m	2:32.23	(33.36)	1800m	2:31.90	(33.79)		
		2200m	3:05.44	(33.21)	2200m	3:06.80	(34.90)		
		2600m	3:38.63	(33.19)	2600m	3:42.94	(36.14)		
		3000m	4:11.81	(33.18)	3000m	4:19.68	(36.74)		

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		Naam		Cat		PR		Tijd	Info
46	gl	41	<b>Colin Schrijver</b>		HN4			4:12.18	<b>4:12.69</b>
	bl	48	<b>Dyon Talsma</b>		HN3			4:04.67	<b>4:11.84</b>
		<b>Colin Schrijver</b>				<b>Dyon Talsma</b>			
		200m	19.63	(19.63)		200m	19.52	(19.52)	
		600m	51.64	(32.01)		600m	51.72	(32.20)	
		1000m	1:24.46	(32.82)		1000m	1:25.09	(33.37)	
		1400m	1:57.80	(33.34)		1400m	1:58.44	(33.35)	
		1800m	2:31.13	(33.33)		1800m	2:32.03	(33.59)	
		2200m	3:04.71	(33.58)		2200m	3:05.36	(33.33)	
		2600m	3:38.39	(33.68)		2600m	3:37.79	(32.43)	
		3000m	4:12.69	(34.30)		3000m	4:11.84	(34.05)	

		Naam		Cat		PR		Tijd	Info
47	wt	10	<b>Jornt Dijk</b>		HN4			4:04.13	<b>4:12.09</b>
	rd	6	<b>Chris Brommersma</b>		HA2			4:00.24	<b>4:05.98</b>
		<b>Jornt Dijk</b>				<b>Chris Brommersma</b>			
		200m	19.92	(19.92)		200m	20.32	(20.32)	
		600m	51.48	(31.56)		600m	51.87	(31.55)	
		1000m	1:23.27	(31.79)		1000m	1:23.39	(31.52)	
		1400m	1:55.81	(32.54)		1400m	1:55.28	(31.89)	
		1800m	2:29.21	(33.40)		1800m	2:27.29	(32.01)	
		2200m	3:02.90	(33.69)		2200m	3:00.03	(32.74)	
		2600m	3:37.54	(34.64)		2600m	3:32.73	(32.70)	
		3000m	4:12.09	(34.55)		3000m	4:05.98	(33.25)	

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		Naam		Cat		PR		Tijd	Info
48	gl	16	<b>Bram van Essen</b>		HN3		4:00.02	<b>4:14.24</b>	
	bl	4	<b>Yoeri van Bostelen</b>		HA2		4:02.22	<b>4:17.81</b>	
		<b>Bram van Essen</b>			<b>Yoeri van Bostelen</b>				
		200m	18.66	(18.66)	200m	19.22	(19.22)		
		600m	49.04	(30.38)	600m	50.90	(31.68)		
		1000m	1:21.41	(32.37)	1000m	1:23.71	(32.81)		
		1400m	1:55.10	(33.69)	1400m	1:57.31	(33.60)		
		1800m	2:29.37	(34.27)	1800m	2:31.58	(34.27)		
		2200m	3:03.73	(34.36)	2200m	3:06.55	(34.97)		
		2600m	3:39.22	(35.49)	2600m	3:41.75	(35.20)		
		3000m	4:14.24	(35.02)	3000m	4:17.81	(36.06)		

		Naam		Cat		PR		Tijd	Info
49	wt	35	<b>Jasper van der Marel</b>		HA2		3:56.65	<b>4:10.34</b>	
	rd	53	<b>Sietse de Vries</b>		HA1		3:57.73	<b>4:07.88</b>	
		<b>Jasper van der Marel</b>			<b>Sietse de Vries</b>				
		200m	19.98	(19.98)	200m	20.49	(20.49)		
		600m	52.94	(32.96)	600m	52.84	(32.35)		
		1000m	1:25.35	(32.41)	1000m	1:25.40	(32.56)		
		1400m	1:58.33	(32.98)	1400m	1:57.59	(32.19)		
		1800m	2:30.94	(32.61)	1800m	2:29.93	(32.34)		
		2200m	3:04.01	(33.07)	2200m	3:02.37	(32.44)		
		2600m	3:36.97	(32.96)	2600m	3:34.89	(32.52)		
		3000m	4:10.34	(33.37)	3000m	4:07.88	(32.99)		

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		Naam		Cat		PR		Tijd	Info
50	gl	40	<b>Eise van Schijndel</b>		HA1		3:57.46	<b>4:11.40</b>	
	bl	54	<b>Olaf Vunderink</b>		HA1		3:56.48	<b>4:12.62</b>	
		<b>Eise van Schijndel</b>			<b>Olaf Vunderink</b>				
		200m	20.45	(20.45)	200m	20.52	(20.52)		
		600m	53.53	(33.08)	600m	53.46	(32.94)		
		1000m	1:26.21	(32.68)	1000m	1:26.57	(33.11)		
		1400m	1:59.09	(32.88)	1400m	1:59.74	(33.17)		
		1800m	2:31.95	(32.86)	1800m	2:33.21	(33.47)		
		2200m	3:04.63	(32.68)	2200m	3:06.74	(33.53)		
		2600m	3:37.94	(33.31)	2600m	3:39.94	(33.20)		
		3000m	4:11.40	(33.46)	3000m	4:12.62	(32.68)		

		Naam		Cat		PR		Tijd	Info
51	wt	39	<b>Niels van Reeuwijk</b>		HA2		3:56.30	<b>4:09.55</b>	
	rd	38	<b>Matthé Pronk</b>		HN1		3:56.42	<b>4:11.63</b>	
		<b>Niels van Reeuwijk</b>			<b>Matthé Pronk</b>				
		200m	20.01	(20.01)	200m	20.02	(20.02)		
		600m	51.33	(31.32)	600m	51.66	(31.64)		
		1000m	1:22.87	(31.54)	1000m	1:23.58	(31.92)		
		1400m	1:55.24	(32.37)	1400m	1:55.77	(32.19)		
		1800m	2:27.95	(32.71)	1800m	2:28.77	(33.00)		
		2200m	3:01.12	(33.17)	2200m	3:02.28	(33.51)		
		2600m	3:34.74	(33.62)	2600m	3:36.50	(34.22)		
		3000m	4:09.55	(34.81)	3000m	4:11.63	(35.13)		

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		Naam		Cat		PR		Tijd	Info
52	gl	30	<b>Mika Kolder</b>		HA1			3:52.19	<b>4:10.30</b>
	bl	8	<b>Jorian ten Cate</b>		HN2			3:56.71	<b>4:08.48</b>
		<b>Mika Kolder</b>			<b>Jorian ten Cate</b>				
		200m	19.79	(19.79)	200m	19.84	(19.84)		
		600m	51.23	(31.44)	600m	51.37	(31.53)		
		1000m	1:23.54	(32.31)	1000m	1:23.51	(32.14)		
		1400m	1:56.17	(32.63)	1400m	1:55.26	(31.75)		
		1800m	2:29.20	(33.03)	1800m	2:28.33	(33.07)		
		2200m	3:02.32	(33.12)	2200m	3:01.62	(33.29)		
		2600m	3:35.82	(33.50)	2600m	3:34.49	(32.87)		
		3000m	4:10.30	(34.48)	3000m	4:08.48	(33.99)		

		Naam		Cat		PR		Tijd	Info
53	wt	57	<b>Mathijs van Zwieten</b>		HN3			3:55.67	<b>4:03.30</b>
	rd	49	<b>Jasper Tinga</b>		HN1			3:57.07	<b>4:09.76</b>
		<b>Mathijs van Zwieten</b>			<b>Jasper Tinga</b>				
		200m	18.91	(18.91)	200m	19.27	(19.27)		
		600m	48.82	(29.91)	600m	51.53	(32.26)		
		1000m	1:20.53	(31.71)	1000m	1:25.26	(33.73)		
		1400m	1:52.19	(31.66)	1400m	1:58.55	(33.29)		
		1800m	2:24.70	(32.51)	1800m	2:31.25	(32.70)		
		2200m	2:57.13	(32.43)	2200m	3:04.02	(32.77)		
		2600m	3:30.29	(33.16)	2600m	3:36.93	(32.91)		
		3000m	4:03.30	(33.01)	3000m	4:09.76	(32.83)		

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		Naam		Cat		PR		Tijd	Info
54	gl	31	<b>Jasper Krommenhoek</b>		HN1			3:52.07	<b>4:00.32</b>
	bl	3	<b>Joël Bom</b>		HA2			3:54.63	<b>4:05.52</b>
		<b>Jasper Krommenhoek</b>			<b>Joël Bom</b>				
		200m	19.60	(19.60)	200m	19.82	(19.82)		
		600m	51.00	(31.40)	600m	51.53	(31.71)		
		1000m	1:22.59	(31.59)	1000m	1:23.60	(32.07)		
		1400m	1:53.90	(31.31)	1400m	1:55.56	(31.96)		
		1800m	2:24.87	(30.97)	1800m	2:27.44	(31.88)		
		2200m	2:56.09	(31.22)	2200m	2:59.90	(32.46)		
		2600m	3:28.11	(32.02)	2600m	3:32.57	(32.67)		
		3000m	4:00.32	(32.21)	3000m	4:05.52	(32.95)		

		Naam		Cat		PR		Tijd	Info
55	wt	33	<b>Jesse de Lange</b>		HN3			4:01.67	<b>4:05.95</b>
	rd	34	<b>Thomas de Lange</b>		HN2			3:52.55	<b>4:06.83</b>
		<b>Jesse de Lange</b>			<b>Thomas de Lange</b>				
		200m	19.51	(19.51)	200m	19.75	(19.75)		
		600m	51.28	(31.77)	600m	52.14	(32.39)		
		1000m	1:23.16	(31.88)	1000m	1:24.38	(32.24)		
		1400m	1:55.20	(32.04)	1400m	1:56.29	(31.91)		
		1800m	2:27.61	(32.41)	1800m	2:28.47	(32.18)		
		2200m	3:00.46	(32.85)	2200m	3:00.49	(32.02)		
		2600m	3:33.33	(32.87)	2600m	3:33.14	(32.65)		
		3000m	4:05.95	(32.62)	3000m	4:06.83	(33.69)		

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		Naam		Cat		PR		Tijd	Info
56	gl	26	<b>Jeroen Janissen</b>		HSA		3:47.20	<b>3:58.81</b>	
	bl	55	<b>Hidde Westra</b>		HN1		3:52.43	<b>4:12.52</b>	
		<b>Jeroen Janissen</b>			<b>Hidde Westra</b>				
		200m	19.39	(19.39)	200m	19.52	(19.52)		
		600m	50.28	(30.89)	600m	50.60	(31.08)		
		1000m	1:21.39	(31.11)	1000m	1:22.19	(31.59)		
		1400m	1:52.68	(31.29)	1400m	1:54.52	(32.33)		
		1800m	2:24.01	(31.33)	1800m	2:27.53	(33.01)		
		2200m	2:55.11	(31.10)	2200m	3:01.53	(34.00)		
		2600m	3:26.74	(31.63)	2600m	3:36.21	(34.68)		
		3000m	3:58.81	(32.07)	3000m	4:12.52	(36.31)		

		Naam		Cat		PR		Tijd	Info
57	wt	52	<b>Loek van Vilsteren</b>		HN1		3:58.01	<b>4:12.28</b>	
	rd	50	<b>Jur Veenje</b>		HN4		3:54.92	<b>4:11.04</b>	
		<b>Loek van Vilsteren</b>			<b>Jur Veenje</b>				
		200m	19.13	(19.13)	200m	19.29	(19.29)		
		600m	51.27	(32.14)	600m	50.50	(31.21)		
		1000m	1:23.74	(32.47)	1000m	1:23.50	(33.00)		
		1400m	1:57.25	(33.51)	1400m	1:57.01	(33.51)		
		1800m	2:30.79	(33.54)	1800m	2:30.86	(33.85)		
		2200m	3:04.51	(33.72)	2200m	3:04.17	(33.31)		
		2600m	3:37.96	(33.45)	2600m	3:37.66	(33.49)		
		3000m	4:12.28	(34.32)	3000m	4:11.04	(33.38)		

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		Naam		Cat		PR		Tijd	Info
58	gl	27	<b>Kars Jansman</b>		HSA			3:42.14	<b>3:55.44</b>
	bl	7	<b>Stijn van de Bunt</b>		HN1			3:47.04	<b>3:55.19</b>
		<b>Kars Jansman</b>			<b>Stijn van de Bunt</b>				
		200m	19.51	(19.51)	200m	19.26	(19.26)		
		600m	49.69	(30.18)	600m	49.34	(30.08)		
		1000m	1:20.26	(30.57)	1000m	1:19.83	(30.49)		
		1400m	1:51.11	(30.85)	1400m	1:50.80	(30.97)		
		1800m	2:22.24	(31.13)	1800m	2:22.00	(31.20)		
		2200m	2:53.39	(31.15)	2200m	2:53.02	(31.02)		
		2600m	3:24.37	(30.98)	2600m	3:24.26	(31.24)		
		3000m	3:55.44	(31.07)	3000m	3:55.19	(30.93)		

		Naam		Cat		PR		Tijd	Info
59	wt	29	<b>Jelle Koeleman</b>		HN1			3:53.69	<b>4:05.05</b>
	rd	14	<b>Sijmen Egberts</b>		HN1			3:45.17	<b>3:59.90</b>
		<b>Jelle Koeleman</b>			<b>Sijmen Egberts</b>				
		200m	19.57	(19.57)	200m	19.72	(19.72)		
		600m	51.17	(31.60)	600m	51.25	(31.53)		
		1000m	1:22.59	(31.42)	1000m	1:22.67	(31.42)		
		1400m	1:54.25	(31.66)	1400m	1:52.98	(30.31)		
		1800m	2:26.00	(31.75)	1800m	2:23.50	(30.52)		
		2200m	2:58.30	(32.30)	2200m	2:54.68	(31.18)		
		2600m	3:31.30	(33.00)	2600m	3:26.79	(32.11)		
		3000m	4:05.05	(33.75)	3000m	3:59.90	(33.11)		



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		Naam		Cat		PR		Tijd	Info
60	gl	45	<b>Remo Slotegraaf</b>		HN3			3:42.63	<b>3:58.15</b>
	bl	11	<b>Lex Dijkstra</b>		HSA			3:43.67	<b>3:56.64</b>
		<b>Remo Slotegraaf</b>			<b>Lex Dijkstra</b>				
		200m	19.42	(19.42)	200m	19.13	(19.13)		
		600m	50.28	(30.86)	600m	49.36	(30.23)		
		1000m	1:21.45	(31.17)	1000m	1:20.06	(30.70)		
		1400m	1:52.46	(31.01)	1400m	1:51.01	(30.95)		
		1800m	2:23.58	(31.12)	1800m	2:22.10	(31.09)		
		2200m	2:55.24	(31.66)	2200m	2:53.79	(31.69)		
		2600m	3:26.41	(31.17)	2600m	3:25.35	(31.56)		
		3000m	3:58.15	(31.74)	3000m	3:56.64	(31.29)		

