

pos	Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	aantal	km/u	min/km
400 meter															
1	12	Tess Huijing	v	Westdorp	2017	400m	02:01	02:01					1	11.9	5:01
2	40	Bilal Omer	m	Assen	2016	400m	02:05	02:05					1	11.5	5:10
3	10	Marni Evertse	v	Borger	2017	400m	02:18	02:18					1	10.4	5:43
4	9	Femke van Dijk	v	Assen	2018	400m	02:30	02:30					1	9.6	6:13
5	15	Rens van Dijk	m	Assen	2018	400m	02:49	02:49					1	8.5	7:02
6	14	Thijs de Vos	m	Zeijen	2018	400m	03:04	03:04					1	7.8	7:38
7	13	Lotte de Vos	v	Zeijen	2020	400m	03:25	03:25					1	7.0	8:30
800 meter															
1	42	Bent Hoogendoorn	m	Assen	2015	800m	03:32	01:49	01:43				2	13.6	4:24
2	59	Jarne Warringa	m	Nooitgedacht	2015	800m	03:36	01:50	01:46				2	13.3	4:28
3	38	Mick Evertse	m	Borger	2015	800m	03:36	01:51	01:46				2	13.3	4:29
4	41	Qalib Omer	m	Assen	2015	800m	03:53	01:46	02:08				2	12.3	4:51
5	35	Vera de Vos	v	Zeijen	2015	800m	05:04	02:17	02:48				2	9.4	6:19
6	34	Annelynn de Vos	v	Zeijen	2016	800m	05:19	02:36	02:43				2	9.0	6:37
1200 meter															
1	63	Veerle Maas	v	Assen	2013	1200m	06:18	02:06	02:19	01:55			3	11.4	5:14
2	64	Iris van den Bosch	v	Assen	2015	1200m	06:26	02:08	02:21	01:58			3	11.1	5:21
3	945	Nick Vos	m	Grolloo	2015	1200m	06:34	02:04	02:23	02:08			3	10.9	5:28
3 kilometer															
1	80	Owen Nijenhuis	m	Assen	2009	3 km	12:11	12:11					1	14.7	4:03
2	874	Mark Bouma	m	Assen	2006	3 km	12:19	12:19					1	14.6	4:06
3	843	Kyle Inwards	m	Assen	2006	3 km	12:42	12:42					1	14.1	4:13
4	57	Joël Koning	m	Assen	2007	3 km	12:53	12:53					1	13.9	4:17
5	878	Norah Bakkeland	v	Assen	2010	3 km	13:23	13:23					1	13.4	4:27
6	69	Jason Wallet	m	Assen	2013	3 km	13:25	13:25					1	13.3	4:29
7	811	Patrick Wallet	m	Assen	1980	3 km	13:26	13:26					1	13.3	4:29
8	51	Bjorn Nijenhuis	m	Assen	2012	3 km	14:28	14:28					1	12.4	4:49
9	54	Elin kok	v	Assen	2010	3 km	14:33	14:33					1	12.3	4:51
10	940	Twan Vos	m	Grolloo	2012	3 km	14:39	14:39					1	12.2	4:52
11	45	Douwe Feenstra	m	Assen	2012	3 km	14:40	14:40					1	12.2	4:53
12	53	Ben Andriessen	m	Assen	1984	3 km	14:51	14:51					1	12.0	4:57

pos	Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	aantal	km/u	min/km
13	50	Jurre Bousema	m	Assen	2013	3 km	14:55	14:55					1	12.0	4:58
14	47	Tim van der Vinne	m	Assen	2012	3 km	17:04	17:04					1	10.4	5:43
15	48	Janita van der Vinne	v	Assen	1985	3 km	17:14	17:14					1	10.3	5:46
16	876	Merel Ubels	v	Asseb	2009	3 km	18:42	18:42					1	9.5	6:15
17	49	Yvette Baas	v	Assen	1974	3 km	22:19	22:19					1	8.0	7:28

6 kilometer

1	68	Thimar Tattje	m	Assen	2007	6 km	28:14	13:49	14:26				2	12.7	4:42
2	131	Nynke Kwak	v	Groningen	2008	6 km	28:34	13:49	14:46				2	12.6	4:45
3	78	Johnny Jeurissen	m	Winschoten	1979	6 km	31:08	15:30	15:39				2	11.5	5:11
4	939	Jan de Jonge	m	Assen	1959	6 km	31:43	15:50	15:54				2	11.3	5:17
5	74	Sem Koekoek	m	Assen	2011	6 km	34:39	17:26	17:14				2	10.3	5:46
6	76	Ingrid de Rijber	v	Assen	1982	6 km	34:39	17:26	17:14				2	10.3	5:46
7	83	Yoline Hoekstra	v	Groningen	2001	6 km	36:32	18:40	17:52				2	9.8	6:05
8	82	Henk Hoekstra	m	Assen	1963	6 km	37:10	18:47	18:23				2	9.6	6:11
9	73	Janny Eissen	v	Blokzijl	1955	6 km	37:29	18:56	18:34				2	9.6	6:14
10	81	Norah Huisjes	v	Assen	2009	6 km	38:13	19:00	19:13				2	9.4	6:22
11	86	Jedidja Elders	v	Assen	1985	6 km	38:21	19:13	19:08				2	9.3	6:23
12	72	Geertje Philips	v	Assen	1958	6 km	40:41	20:16	20:26				2	8.8	6:46
13	77	Marije Vriesema	v	Winschoten	1978	6 km	41:14	20:50	20:25				2	8.7	6:52
14	84	Ingrid Molensky	v	Assen	1948	6 km	43:56	22:12	21:45				2	8.1	7:19

9 kilometer

1	104	Thomas Berends	m	Assen	2008	9 km	36:48	11:45	12:31	12:34			3	14.6	4:05
2	90	Martin Baas	m	Assen	1976	9 km	40:39	14:07	13:21	13:12			3	13.2	4:30
3	94	Gert-Jan Nijenhuis	m	Assen	1980	9 km	45:48	15:00	15:32	15:17			3	11.7	5:05
4	110	Melle Hamstra	m	Assen	1967	9 km	45:53	15:25	15:22	15:07			3	11.7	5:05
5	109	Sanne Scheltens	v	Assen	1994	9 km	48:09	15:50	16:06	16:14			3	11.2	5:20
6	107	Trea Dekker	v	Smilde	1965	9 km	48:24	15:50	16:07	16:28			3	11.1	5:22
7	92	Ronald Bousema	m	Assen	1976	9 km	49:23	15:42	16:45	16:57			3	10.9	5:29
8	98	Wim van Oosterom	m	Assen	1959	9 km	49:26	16:59	16:33	15:55			3	10.9	5:29
9	106	Daan Den Hartog	m	Assen	1959	9 km	50:47	16:45	16:59	17:04			3	10.6	5:38
10	88	Aukje Meulenaar	v	Assen	1981	9 km	51:34	17:13	17:18	17:03			3	10.4	5:43
11	89	Janneke Bergsma	v	Hoogezand	1991	9 km	52:56	18:25	17:48	16:44			3	10.2	5:52

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pos	Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	aantal	km/u	min/km
12	99	Dagmar Eelman	v	Amsterdam	2004	9 km	55:16	17:58	18:42	18:36			3	9.7	6:08
13	91	Margreet Habes	v	Assen	1960	9 km	56:28	18:57	18:48	18:45			3	9.5	6:16
14	95	Inge Mekkes	v	Assen	1972	9 km	56:29	18:57	18:47	18:46			3	9.5	6:16
15	85	Leo Muusers	m	Assen	1960	9 km	56:39	18:58	18:53	18:48			3	9.5	6:17
16	97	Hanna van Hilten	v	Assen	1961	9 km	56:40	18:56	18:47	18:59			3	9.5	6:17
17	100	Dieuwertje Schoenmakers	v	Assen	2007	9 km	56:51	19:20	19:42	17:50			3	9.5	6:18
18	103	Nina Hovenga	v	Assen	1971	9 km	57:06	19:20	19:42	18:05			3	9.4	6:20

12 kilometer

1	130	Sanne Niestijl	v	Assen	2002	12 km	56:25	13:50	14:44	14:12	13:40		4	12.7	4:42
2	161	Marco Bakker	m	Assen	1973	12 km	56:52	13:39	14:10	14:33	14:32		4	12.6	4:44
3	124	Edwin Blaauw	m	Assen	1971	12 km	57:36	14:07	14:23	14:44	14:24		4	12.5	4:47
4	126	Tadesse Kinret	m	Assen	1984	12 km	57:50	14:40	14:38	14:30	14:04		4	12.4	4:49
5	121	Michelle Timmer	v	Assen	2007	12 km	1:00:34	15:17	15:31	15:14	14:34		4	11.8	5:02
6	123	Gerjanne Veurman	v	Assen	1992	12 km	1:03:04	15:48	16:06	16:14	14:58		4	11.4	5:15
7	119	Hanneke Verheul	v	Assen	1955	12 km	1:06:36	16:58	16:45	16:36	16:18		4	10.8	5:32
8	120	Sonja Hamming	v	Assen	1979	12 km	1:08:57	17:23	17:05	17:16	17:14		4	10.4	5:44
9	129	Nico Brugman	m	Eext	1959	12 km	1:09:13	17:54	17:13	17:21	16:47		4	10.4	5:46
10	125	Patrick de Groot	m	Assen	1975	12 km	1:10:45	17:13	17:21	17:53	18:20		4	10.1	5:53
11	93	Lieke Niestijl	v	Assen	2005	12 km	1:14:30	18:01	18:39	18:47	19:04		4	9.6	6:12
12	96	Eva Bos	v	Assen	2005	12 km	1:14:31	17:59	18:42	18:47	19:04		4	9.6	6:12
13	127	Jildert Visser	m	Assen	1965	12 km	1:15:23	18:55	18:47	18:55	18:48		4	9.5	6:16
14	122	Ginus Geuzinge	m	Assen	1948	12 km	1:15:26	18:57	18:47	18:56	18:48		4	9.5	6:17
15	133	Niels Schuiling	m	Assen	1988	12 km	1:21:41	20:52	20:19	20:55	19:36		4	8.8	6:48
16	128	Sjoerd Frenay	m	Groningen	1989	12 km	1:21:42	20:52	20:19	20:52	19:40		4	8.8	6:48

15 kilometer

1	164	Roel Strijker	m	Assen	1987	15 km	59:08	11:42	11:48	11:54	11:54	11:53	5	15.2	3:56
2	153	Erik van Deelen	m	Assen	1988	15 km	1:01:55	12:16	12:30	12:27	12:30	12:14	5	14.5	4:07
3	152	Niels Norg	m	Assen	1988	15 km	1:12:18	14:41	14:37	14:30	14:18	14:14	5	12.4	4:49
4	165	Jan Koning	m	Assen	1962	15 km	1:13:53	14:06	14:24	14:43	15:07	15:35	5	12.1	4:55
5	155	Wim Bart Knol	m	Groningen	1963	15 km	1:15:14	14:49	14:53	15:00	15:12	15:23	5	11.9	5:00
6	160	Kevin Eefting	m	Grolloo	1991	15 km	1:17:47	14:51	15:52	16:09	15:46	15:11	5	11.5	5:11
7	159	Freddie Kalsbeek	m	Assen	1959	15 km	1:21:32	16:33	16:38	16:00	16:14	16:10	5	11.0	5:26

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pos	Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	aantal	km/u	min/km
8	151	Alex Schonewille	m	Hoogeveen	1967	15 km	1:25:14	17:28	16:54	17:12	17:26	16:17	5	10.5	5:40
9	156	Evelien Kuntz	v	Assen	1965	15 km	1:34:16	18:55	18:47	18:59	18:46	18:51	5	9.5	6:17
10	162	Johan van der Leij	m	St.-Annaparochie	1964	15 km	1:34:18	18:44	19:03	18:57	18:46	18:50	5	9.5	6:17
11	157	Joke Kuntz	v	Assen	1960	15 km	1:34:18	18:55	18:48	18:59	18:46	18:52	5	9.5	6:17

Aantal gefinished: 92