

KV DE ZWETPLASSERS PRESENTEERT:

ZP SPRINTCUP

27 MEI 2017

100 200 EN 500 METER



PROGRAMMA

**RESERVEER NU VOOR DE PASTA PARTY
MEER INFO OP WWW.ZWETPLASSERS.NL**



Beste deelnemers en supporters,

Welkom op weer een nieuwe editie van de ZP Sprintcup. Het is alweer het derde opeenvolgende jaar dat de wedstrijd baan weer uit wordt gelegd in Wormer, welkom! Ons team enthousiaste vrijwilligers heeft de krachten weer gebundeld en goed weer is besteld dus wij zijn er klaar voor.

We wensen jullie heel veel plezier en succes tijdens de wedstrijden!

Vriendelijke groet,
de Zwetplassers

Deelnemende verenigingen

| | | |
|-------------------------------|------------------|-----|
| k.v. Argonauten | De Rijp | ARG |
| E.K.V. Beatrix | Eindhoven | BEA |
| Deventer Kano Vereniging | Deventer | DKV |
| k.v. Frisia | Amsterdam | FRI |
| k.v. de Geuzen | Zaandam | GEU |
| Groninger Kano Vereniging | Groningen | GKV |
| Kanovereniging Hardenberg | Hardenberg | KVH |
| Rotterdamse Cano Club | Rotterdam | RCC |
| ALKV Levitas | Leiden | LEV |
| Kanu Gemeinschaft München | München (DE) | KGM |
| k.v. Skonenvaarder | Kampen | SK |
| Twentse Watersport Vereniging | Hengelo | TWV |
| k.v. Viking | Amsterdam | VIK |
| k.v. de Zwetplassers | Wormer | ZP |
| Surfski Holland | Castricum | SSH |
| Wassersportverein Verden | Verden (DE) | WSV |
| VFK Saar | Saarbrücken (DE) | VFK |

Algemene wedstrijd bepalingen

Er wordt gevaren volgens het vlakwaterreglement van het Watersportverbond.

Het deelnemen aan wedstrijden geschiedt geheel voor eigen risico.

Alle minderjarige deelnemers dienen in het bezit te zijn van een zwemdiploma.

Het dragen van een zwemvest is verplicht voor pupillen en aspiranten B.

Iedereen mag per boottype per wedstrijd een klasse hoger starten. In de klasse die de vaarder heeft verlaten mag dan niet in dezelfde boottype gestart worden.

Pupillen en Adspiranten B mogen uitsluitend in de meerpersoonsboten een klasse hoger starten.

Na-inschrijvingen voor MK1 en K1 wedstrijden zijn nog mogelijk tot donderdag 25 mei 2015, 23:00 uur op e-mail adres zpsprintcup@zwetplassers.nl Meerpersoonsboten kunnen tijdens de leidersbespreking nog aangevuld worden maar bij voorkeur uiteraard ook vooraf per e-mail.

Op elk wedstrijdnummer kan worden na-ingeschreven tot de banen vol zijn. Bij meerdere na-inschrijvingen wordt geloot en direct per e-mail bevestigd. Er worden geen nieuwe wedstrijdnummers aan het programma toegevoegd.

Instructies voor de botenwagens

Indien u de botenwagen rijdt en op een navigatie vertrouwt om naar Wormer te komen, houd er dan rekening mee dat deze u voor de snelste route naar de afslag richting de Zaanse Schans kan sturen vanaf de A7. Deze route is erg ongeschikt om met een grote botenwagen te rijden. Wij raden u aan om de A8 volledig te volgen en zo naar Wormer te rijden.

De botenwagens kunnen naast elkaar in het gras links van de oprijlaan naar de kanovereniging geparkeerd worden.

Kamperen

Naast de kanovereniging is een grasveld waar gekampeerd kan worden. De toiletten blijven ook 's nachts toegankelijk.

Avondeten

Geen zin om na alle inspanningen van de ZP Sprintcup zelf nog de keuken in te duiken? Dat is ook niet nodig! Graag nodigen we jullie uit om na de wedstrijden aan te schuiven bij onze Pasta Party. Na afloop van de wedstrijden zal er een groot buffet klaar staan bestaande uit diverse warme en koude pasta's. De kosten zijn €3,50 per persoon en dit bedrag kun je op 27 mei betalen bij de bar waar je na betaling een bonnetje krijgt. We willen natuurlijk dat er voldoende te eten is voor iedereen.

Reserveer daarom alvast via deze link jouw plekje aan onze tafel zodat wij tijdig onze boodschappen kunnen doen. Ga naar <https://2017zppastaparty.eventbrite.nl>

Prijsuitreiking

Medailles zullen direct na de wedstrijd uitgereikt worden.

De Sprintcup wordt aan het einde van de dag om 18:30 uitgereikt aan de deelnemer die de beste resultaten heeft behaald in de K1 of MK1.

De Debutantenprijs wordt aansluitend uitgereikt aan de deelnemer die in 2017 zijn of haar eerste vlakwaterwedstrijd vaart en vandaag de beste resultaten heeft behaald in de K1 of MK1.

Wedstrijdorganisatie

| | |
|------------------------|--|
| Algemene leiding | Sandy Dekker |
| Wedstrijdsecretaris | Sandy Dekker |
| Financiën | Nicole Rem |
| Technische Dienst | Leden de Zwetplassers |
| Wedstrijdcommissie | Nicole Rem |
| Wedstrijdleider | Nicole Rem |
| Jury | Joke Vis Sandy Dekker Irene Rol |
| Starters | Sander van Mourik Robert Wielinga Nienke Blankestijn Dolph te Linde Ep Stormink Ferry Bon |
| Kamprechter | Ferry Bon |
| Commissie van aankomst | Bart de Graaff Joke Vis Nienke Blankestijn Nicole Rem |
| Wedstrijdbureau | Nicole Rem |
| Tijdwaarneming | Splittime |
| Exploitatie | Sascha Rem Roy Huijgen |
| EHBO | Irene Rol Job Siffels Jeroen Rol |

Starttabel

| | | | | | | | |
|----|-------|----------|--------------------|-----------------------------------|---|------------------|---------------|
| 1 | 9:00 | KI | Heren Senioren | 1/2 Finale | 500 m | 2 naar finale 11 | |
| 2 | 9:05 | KI | Heren Senioren | 1/2 Finale | 500 m | 2 naar finale 11 | |
| 3 | 9:10 | KI | Heren Senioren | 1/2 Finale | 500 m | 2 naar finale 11 | |
| 4 | 9:15 | KI | Dames Aspiranten B | Finale | 500 m | | |
| 5 | 9:20 | KII | Heren Aspiranten B | Finale | 500 m | | |
| 6 | 9:25 | KI | Dames Aspiranten A | Finale | 500 m | | |
| 7 | 9:30 | KIV | Heren Aspiranten A | Finale | 500 m | | |
| 8 | 9:35 | KI | Dames Junioren B | 1/2 Finale | 500 m | 3 naar finale 30 | |
| 9 | 9:40 | KI | Dames Junioren B | 1/2 Finale | 500 m | 3 naar finale 30 | |
| 10 | 9:45 | KII | Heren Junioren B | Finale | 500 m | | |
| 11 | 9:50 | KI | Heren Senioren | Finale | 500 m | | |
| 12 | 9:55 | KI | Dames Senioren | 1/2 finale | 500 m | 3 naar finale 23 | |
| 13 | 10:00 | KI | Dames Senioren | 1/2 finale | 500 m | 3 naar finale 23 | |
| 14 | 10:05 | KI | Heren Junioren A | Finale | 500 m | | |
| 15 | 10:10 | KII | Dames Junioren A | Finale | 500 m | | |
| 16 | 10:15 | KI | Heren Aspiranten B | Finale | 500 m | | |
| 17 | 10:20 | KI | Heren Aspiranten A | 1/2 Finale | 500 m | 3 naar finale 26 | |
| 18 | 10:25 | KI | Heren Aspiranten A | 1/2 Finale | 500 m | 3 naar finale 26 | |
| 19 | 10:30 | KII | Heren Senioren | 1/2 Finale | 500 m | 3 naar finale 35 | |
| 20 | 10:35 | KII | Heren Senioren | 1/2 Finale | 500 m | 3 naar finale 35 | |
| 21 | 10:40 | KI | Heren Junioren B | 1/2 Finale | 500 m | 3 naar finale 34 | |
| 22 | 10:45 | KI | Heren Junioren B | 1/2 Finale | 500 m | 3 naar finale 34 | |
| 23 | 10:50 | KI | Dames Senioren | Finale | 500 m | | |
| 24 | 10:55 | KII | Dames Junioren B | Finale | 500 m | | |
| 25 | 11:00 | KII | Dames Aspiranten B | Finale | 500 m | | |
| 26 | 11:05 | KI | Heren Aspiranten A | Finale | 500 m | | |
| 27 | 11:10 | KIV | Heren Senioren | Finale | 500 m | | |
| 28 | 11:15 | KIV | Heren Junioren B | Finale | 500 m | | |
| 29 | 11:20 | KI | Dames Junioren A | Finale | 500 m | | |
| 30 | 11:25 | KI | Dames Junioren B | Finale | 500 m | | |
| 31 | 11:30 | KII | Dames Senioren | Finale | 500 m | | |
| 32 | 11:35 | KII | Heren Aspiranten A | Finale | 500 m | | |
| 33 | 11:40 | KI | Dames Veteranen | Finale | 500 m | | |
| 34 | 11:45 | KI | Heren Junioren B | Finale | 500 m | | |
| 35 | 11:50 | KII | Heren Senioren | Finale | 500 m | | |
| s1 | 12:00 | 1e Serie | | Scholencampetitie | | | 2 naar finale |
| s2 | 12:08 | 2e Serie | | Scholencampetitie | | | 2 naar finale |
| s3 | 12:16 | 3e Serie | | Scholencampetitie | | | 2 naar finale |
| s4 | 12:24 | Finale | | Scholencampetitie | | | |
| . | 12:30 | | | Prijzuitreiking scholencampetitie | | | |
| . | 12:35 | | | Pauze | Mogelijkheid tot inschrijven voor avonden | | |
| 36 | 13:00 | KII | Heren Senioren | 1/2 Finale | 200 m | 3 naar finale 65 | |
| 37 | 13:04 | KII | Heren Senioren | 1/2 Finale | 200 m | 3 naar finale 65 | |
| 38 | 13:08 | KI | Dames Senioren | 1/2 finale | 200 m | 3 naar finale 54 | |
| 39 | 13:12 | KI | Dames Senioren | 1/2 finale | 200 m | 3 naar finale 54 | |
| 40 | 13:16 | KIV | Dames Junioren A | Finale | 200 m | | |
| 41 | 13:20 | KII | Heren Aspiranten A | Finale | 200 m | | |
| 42 | 13:24 | KI | Heren Junioren B | 1/2 Finale | 200 m | 3 naar Finale 62 | |
| 43 | 13:28 | KI | Heren Junioren B | 1/2 Finale | 200 m | 3 naar Finale 62 | |
| 44 | 13:32 | KII | Heren Aspiranten B | Finale | 200 m | | |
| 45 | 13:36 | KI | Dames Aspiranten A | Finale | 200 m | | |
| 46 | 13:40 | KI | Dames Aspiranten B | Finale | 200 m | | |
| 47 | 13:44 | KI | Heren Senioren | 1/2 Finale | 200 m | 2 naar Finale 50 | |
| 48 | 13:48 | KI | Heren Senioren | 1/2 Finale | 200 m | 2 naar Finale 50 | |
| 49 | 13:52 | KI | Heren Senioren | 1/2 Finale | 200 m | 2 naar Finale 50 | |
| 50 | 13:56 | KI | Heren Senioren | 1/2 Finale | 200 m | 2 naar Finale 50 | |
| 51 | 14:00 | KIV | Heren Aspiranten A | Finale | 200 m | | |
| 52 | 14:04 | KI | Dames Junioren B | Finale | 200 m | | |
| 53 | 14:08 | KII | Heren Junioren B | Finale | 200 m | | |
| 54 | 14:12 | KI | Dames Senioren | Finale | 200 m | | |

Starttabel

| | | | | | | | |
|-----|-------|-----|--|------------|-------|---|--|
| 55 | 14:16 | KII | Dames Aspiranten B | Finale | 200 m | | |
| 56 | 14:20 | KI | Heren Junioren A | Finale | 200 m | | |
| 57 | 14:24 | KII | Dames Junioren A | Finale | 200 m | | |
| 58 | 14:28 | KI | Heren Senioren | Finale | 200 m | | |
| 59 | 14:32 | KI | Heren Aspiranten B | Finale | 200 m | | |
| 60 | 14:36 | KI | Heren Aspiranten A | 1/2 Finale | 200 m | 3 naar Finale 67 | |
| 61 | 14:40 | KI | Heren Aspiranten A | 1/2 Finale | 200 m | 3 naar Finale 67 | |
| 62 | 14:44 | KI | Heren Junioren B | Finale | 200 m | | |
| 63 | 14:48 | KII | Dames Junioren B | Finale | 200 m | | |
| 64 | 14:52 | KI | Dames Veteranen | Finale | 200 m | | |
| 65 | 14:56 | KII | Heren Senioren | Finale | 200 m | | |
| 66 | 15:00 | KI | Heren Veteranen | Finale | 200 m | Finale | |
| 67 | 15:04 | KI | Heren Aspiranten A | Finale | 200 m | | |
| 68 | 15:08 | KII | Dames Senioren | Finale | 200 m | | |
| 69 | 15:12 | KI | Dames Junioren A | Finale | 200 m | | |
| 70 | 15:16 | KIV | Heren Junioren B | Finale | 200 m | | |
| 71 | 15:20 | KIV | Heren Senioren | Finale | 200 m | | |
| . | 15:24 | | Pauze | | | Laatste mogelijkheid tot inschrijven voor avondeten | |
| 72 | 15:45 | KI | Heren Aspiranten A | 1/2 Finale | 100 m | 3 naar Finale 97 | |
| 73 | 15:49 | KI | Heren Aspiranten A | 1/2 Finale | 100 m | 3 naar Finale 97 | |
| 74 | 15:53 | KII | Heren Senioren | 1/2 Finale | 100 m | 3 naar finale 102 | |
| 75 | 15:57 | KII | Heren Senioren | 1/2 Finale | 100 m | 3 naar finale 102 | |
| 76 | 16:01 | KI | Heren Veteranen | Finale | 100 m | Finale | |
| 77 | 16:05 | KII | Heren Aspiranten B | Finale | 100 m | | |
| 78 | 16:09 | KI | Dames Aspiranten A | Finale | 100 m | | |
| 79 | 16:13 | KI | Dames Aspiranten B | Finale | 100 m | | |
| 80 | 16:17 | KI | Dames Senioren | 1/2 finale | 100 m | 3 naar finale 91 | |
| 81 | 16:21 | KI | Dames Senioren | 1/2 finale | 100 m | 3 naar finale 91 | |
| 82 | 16:25 | KI | Heren Junioren B | 1/2 Finale | 100 m | 3 naar Finale 98 | |
| 83 | 16:29 | KI | Heren Junioren B | 1/2 Finale | 100 m | 3 naar Finale 98 | |
| 84 | 16:33 | KI | Heren Senioren | 1/2 Finale | 100 m | 2 naar Finale 94 | |
| 85 | 16:37 | KI | Heren Senioren | 1/2 Finale | 100 m | 2 naar Finale 94 | |
| 86 | 16:41 | KI | Heren Senioren | 1/2 Finale | 100 m | 2 naar Finale 94 | |
| 87 | 16:45 | KI | Heren Senioren | 1/2 Finale | 100 m | 2 naar Finale 94 | |
| 88 | 16:49 | KIV | Heren Aspiranten A | Finale | 100 m | | |
| 89 | 16:53 | KI | Dames Junioren B | Finale | 100 m | | |
| 90 | 16:57 | KII | Heren Junioren B | Finale | 100 m | | |
| 91 | 17:01 | KI | Dames Senioren | Finale | 100 m | | |
| 92 | 17:05 | KI | Heren Junioren A | Finale | 100 m | | |
| 93 | 17:09 | KII | Dames Junioren A | Finale | 100 m | | |
| 94 | 17:13 | KI | Heren Senioren | Finale | 100 m | | |
| 95 | 17:17 | KI | Heren Aspiranten B | Finale | 100 m | | |
| 96 | 17:21 | KII | Dames Aspiranten B | Finale | 100 m | | |
| 97 | 17:25 | KI | Heren Aspiranten A | Finale | 100 m | | |
| 98 | 17:29 | KI | Heren Junioren B | Finale | 100 m | | |
| 99 | 17:33 | KII | Dames Junioren B | Finale | 100 m | | |
| 100 | 17:37 | KI | Dames Veteranen | Finale | 100 m | | |
| 101 | 17:41 | KII | Dames Aspiranten A | Finale | 100 m | | |
| 102 | 17:45 | KII | Heren Senioren | Finale | 100 m | | |
| 103 | 17:49 | KIV | Heren Junioren B | Finale | 100 m | | |
| 104 | 17:53 | KII | Dames Senioren | Finale | 100 m | | |
| 105 | 17:57 | KI | Dames Junioren A | Finale | 100 m | | |
| 106 | 18:01 | KII | Heren Aspiranten A | Finale | 100 m | | |
| 107 | 18:05 | KIV | Heren Senioren | Finale | 100 m | | |
| . | 18:30 | | Uitreiking ZP Sprintcup en Debutantenprijs | | | | |
| . | 18:45 | | Avondeten - ZP Pasta party | | | | |

Programma

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|----------|-------------|-------------|---|-------------------|--------------|-------------------------|-----|
| 1 | 9:00 | KI | Heren Senioren | 1/2 Finale | 500 m | 2 naar finale 11 | |
| | | 1 Jordy | Buijs | BEA | | | |
| | | 2 Mark | Greveling | DKV | | | |
| | | 3 Piet | Kuijt | GEU | | | |
| | | 4 Robin | Koenders | ZP | | | |
| | | 5 Job | Siffels | ZP | | | |
| | | 6 Lennard | Bal | SSH | | | |
| | | 7 Jasper | Hoogers | FRI | | | |
| | | 8 Marvin | Strunk | VFK | | | |
| 2 | 9:05 | KI | Heren Senioren | 1/2 Finale | 500 m | 2 naar finale 11 | |
| | | 1 Olaf | Heijne | BEA | | | |
| | | 2 Lennard | Vaandrager | DKV | | | |
| | | 3 Maik | Hoogesteger | LEV | | | |
| | | 4 Albart | Flier | SK | | | |
| | | 5 Mark | Schopman | TWV | | | |
| | | 6 Tjeerd | Commandeur | ZP | | | |
| | | 7 Hugo | Pos | GEU | | | |
| | | 8 | | | | | |
| 3 | 9:10 | KI | Heren Senioren | 1/2 Finale | 500 m | 2 naar finale 11 | |
| | | 1 Mark | Hofman | ARG | | | |
| | | 2 Niels | Krouwel | FRI | | | |
| | | 3 William | Bos | SK | | | |
| | | 4 Bram | Brandjes | VIK | | | |
| | | 5 Pepijn | Rippen | SK | | | |
| | | 6 Arjan | Bloem | ZP | | | |
| | | 7 Niels | Bosch | GEU | | | |
| | | 8 | | | | | |
| 4 | 9:15 | KI | Dames Aspiranten B | Finale | 500 m | | |
| | | 1 Elise | Nielen | ARG | | | |
| | | 2 Marit | Heijne | BEA | | | |
| | | 3 Jette | de Rooij | ZP | | | |
| | | 4 Nicolette | Luinge | GKV | | | |
| | | 5 Elise | de Rooij | ZP | | | |
| | | 6 Annemé | Dijkhuis | KVH | | | |
| | | 7 | | | | | |
| | | 8 | | | | | |
| 5 | 9:20 | KII | Heren Aspiranten B | Finale | 500 m | | |
| | | 1 Luke | Andrews | ARG | Oliver | Andrews | ARG |
| | | 2 Kiran | Mars | ARG | | | |
| | | 3 Sebastian | ten Haaf | GKV | | | |
| | | 4 | | | | | |
| | | 5 | | | | | |
| | | 6 | | | | | |
| | | 7 | | | | | |
| | | 8 | | | | | |
| 6 | 9:25 | KI | Dames Aspiranten A | Finale | 500 m | | |
| | | 1 Iris | van Bommel | VIK | | | |
| | | 2 Saraï | Bounaanaa | GKV | | | |
| | | 3 Lisa | Klinkien | KVH | | | |
| | | 4 Scarlett | Bugenhagen | VIK | | | |
| | | 5 Sabine | Dekker | ZP | | | |
| | | 6 | | | | | |
| | | 7 | | | | | |
| | | 8 | | | | | |
| 7 | 9:30 | KIV | Heren Aspiranten A | Finale | 500 m | | |
| | | 1 | Cornell Nielen ARG, Björn Cramer ARG, Sipko Metselaar ARG, Zilt Roelofsen ARG | | | | |
| | | 2 | Corné Jansen GEU, Lance Looij ZP, Rik te Linde ZP, Wessel Konings ZP | | | | |
| | | 3 | Robbie Kock SK, Jesse Penninkhof SK, Sil Hellendoorn SK, Jessin Kroes SK | | | | |
| | | 4 | Luke Andrews ARG, Oliver Andrews ARG, Kiran Mars ARG, | | | | |
| | | 5 | Sebastian ten Haaf GKV, | | | | |
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|-----------|--------------|------------|-------------------------|-------------------|--------------|-------------------------|-----|
| 8 | 9:35 | KI | Dames Junioren B | 1/2 Finale | 500 m | VERVALT | |
| | | 1 | | | | | |
| | | 2 | | | | | |
| | | 3 | | | | | |
| | | 4 | DIRECT FINALE | | | | |
| | | 5 | | | | | |
| | | 6 | | | | | |
| | | 7 | | | | | |
| | | 8 | | | | | |
| 9 | 9:40 | KI | Dames Junioren B | 1/2 Finale | 500 m | VERVALT | |
| | | 1 | | | | | |
| | | 2 | | | | | |
| | | 3 | DIRECT FINALE | | | | |
| | | 4 | | | | | |
| | | 5 | | | | | |
| | | 6 | | | | | |
| | | 7 | | | | | |
| | | 8 | | | | | |
| 10 | 9:45 | KII | Heren Junioren B | Finale | 500 m | | |
| | | 1 Kevin | Cramer | ARG | Darius | v/d Plaat | ARG |
| | | 2 Johan | Vonk | FRI | Yuri | Aarnoudse | FRI |
| | | 3 | | | | | |
| | | 4 Igor | Mars | ARG | | | |
| | | 5 Wessel | van Dieren | SK | | | |
| | | 6 Onno | Hellendoorn | SK | | | |
| | | 7 Sander | de Boer | ZP | | | |
| | | 8 Ot | Kleiterp | ZP | | | |
| 11 | 9:50 | KI | Heren Senioren | Finale | 500 m | | |
| | | 1 | | | | | |
| | | 2 | | | | | |
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| | | 7 | | | | | |
| | | 8 | | | | | |
| 12 | 9:55 | KI | Dames Senioren | 1/2 finale | 500 m | 3 naar finale 23 | |
| | | 1 Kirsten | de Koning | LEV | | | |
| | | 2 Pascale | Loocks | ZP | | | |
| | | 3 Linda | Szabo | KGM | | | |
| | | 4 Alinka | Osinga | FRI | | | |
| | | 5 Ruth | Vorsselman | SK | | | |
| | | 6 | | | | | |
| | | 7 | | | | | |
| | | 8 | | | | | |
| 13 | 10:00 | KI | Dames Senioren | 1/2 finale | 500 m | 3 naar finale 23 | |
| | | 1 Anouk | Brust | GEU | | | |
| | | 2 Jitta | van der Laan | BEA | | | |
| | | 3 Nienke | Blankestijn | ZP | | | |
| | | 4 Demi | Zoetewei | LEV | | | |
| | | 5 Kitty | Schiphorst Preuper | BEA | | | |
| | | 6 | | | | | |
| | | 7 | | | | | |
| | | 8 | | | | | |
| 14 | 10:05 | KI | Heren Junioren A | Finale | 500 m | | |
| | | 1 Wouter | de Boer | ZP | | | |
| | | 2 Olaf | Muskee | TWV | | | |
| | | 3 Arno | Blankemeijer | KVH | | | |
| | | 4 Hidde | v/d Plaat | ARG | | | |
| | | 5 Jesper | Konings | ZP | | | |
| | | 6 Caelin | Hamming | GKV | | | |
| | | 7 Bennet | Ellenberg | WSV | | | |
| | | 8 | | | | | |

| | | | | | | | |
|-----------|--------------|-------------|---------------------------|-------------------|--------------|-------------------------|-----|
| 15 | 10:10 | KII | Dames Junioren A | Finale | 500 m | | |
| | | 1 Karen | Bus | ZP | Jetske | Blankestijn | ZP |
| | | 2 Jennely | Bos | SK | Marit | Kattenberg | SK |
| | | 3 Isa | Vorsselman | SK | Selma | Konijn | ARG |
| | | 4 Fleur | van Brouwershaven | DKV | | | |
| | | 5 | | | | | |
| | | 6 | | | | | |
| | | 7 | | | | | |
| | | 8 | | | | | |
| 16 | 10:15 | KI | Heren Aspiranten B | Finale | 500 m | | |
| | | 1 Luke | Andrews | ARG | | | |
| | | 2 Sebastian | ten Haaf | GKV | | | |
| | | 3 Oliver | Andrews | ARG | | | |
| | | 4 Rik | te Linde | ZP | | | |
| | | 5 Kiran | Mars | ARG | | | |
| | | 6 Gideon | Dijkhuis | KVH | | | |
| | | 7 | | | | | |
| | | 8 | | | | | |
| 17 | 10:20 | KI | Heren Aspiranten A | 1/2 Finale | 500 m | 3 naar finale 26 | |
| | | 1 Cornell | Nielen | ARG | | | |
| | | 2 | | | | | |
| | | 3 Robbie | Kock | SK | | | |
| | | 4 Ben | Kerssens | ZP | | | |
| | | 5 Sipko | Metselaar | ARG | | | |
| | | 6 Sil | Hellendoorn | SK | | | |
| | | 7 Lance | Looij | ZP | | | |
| | | 8 Corné | Jansen | GEU | | | |
| 18 | 10:25 | KI | Heren Aspiranten A | 1/2 Finale | 500 m | 3 naar finale 26 | |
| | | 1 Björn | Cramer | ARG | | | |
| | | 2 Karst | Klinkien | KVH | | | |
| | | 3 Jessin | Kroes | SK | | | |
| | | 4 Connor | Kerssens | ZP | | | |
| | | 5 Zilt | Roelofsen | ARG | | | |
| | | 6 Jesse | Penninkhof | SK | | | |
| | | 7 Wessel | Konings | ZP | | | |
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| 19 | 10:30 | KII | Heren Senioren | 1/2 Finale | 500 m | 3 naar finale 35 | |
| | | 1 Maik | Hoogesteger | LEV | | | |
| | | 2 Eddy | Wiegiers | TWV | Mark | Schopman | TWV |
| | | 3 Niels | Krouwel | FRI | Vincent | Kalf | FRI |
| | | 4 Albart | Flier | SK | William | Bos | SK |
| | | 5 Piet | Kuijt | GEU | | | |
| | | 6 Hidde | v/d Plaat | ARG | | | |
| | | 7 Milan | Dekker | ZP | Bennet | Ellenberg | WSV |
| | | 8 | | | | | |
| 20 | 10:35 | KII | Heren Senioren | 1/2 Finale | 500 m | 3 naar finale 35 | |
| | | 1 Thomas | Hofman | ARG | Mark | Hofman | ARG |
| | | 2 Mark | Greveling | DKV | Dylan | Kollen | DKV |
| | | 3 Olaf | Heijne | BEA | Chris | Flier | SK |
| | | 4 Lennard | Vaandrager | DKV | Jasper | Hoogens | FRI |
| | | 5 Pepijn | Rippen | SK | | | |
| | | 6 Wouter | de Boer | ZP | Jesper | Konings | ZP |
| | | 7 Sandy | Dekker | ZP | Robin | Koenders | ZP |
| | | 8 | | | | | |
| 21 | 10:40 | KI | Heren Junioren B | 1/2 Finale | 500 m | 3 naar finale 34 | |
| | | 1 Igor | Mars | ARG | | | |
| | | 2 Milos | Ristic | RCC | | | |
| | | 3 Johan | Vonk | FRI | | | |
| | | 4 Wessel | van Dieren | SK | | | |
| | | 5 Sander | de Boer | ZP | | | |
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| 22 | 10:45 | KI | Heren Junioren B | 1/2 Finale | 500 m | 3 naar finale 34 | |
| | | | 1 Kevin Cramer | ARG | | | |
| | | | 2 Yuri Aarnoudse | FRI | | | |
| | | | 3 Onno Hellendoorn | SK | | | |
| | | | 4 Ot Kleiterp | ZP | | | |
| | | | 5 Darius v/d Plaat | ARG | | | |
| | | | 6 Milan Dekker | ZP | | | |
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| 23 | 10:50 | KI | Dames Senioren | Finale | 500 m | | |
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| 24 | 10:55 | KII | Dames Junioren B | Finale | 500 m | | |
| | | | 1 Odette van Voorst | BEA | Sabine Dekker | ZP | |
| | | | 2 Femke Jansen | GEU | Wies Siffels | ZP | |
| | | | 3 Luna van der Velden | GEU | Pien van der Helm | ARG | |
| | | | 4 Thura Breedt Bruijn | GKV | Isa Rol | ZP | |
| | | | 5 Iris van Bommel | VIK | Saraï Bounaanaa | GKV | |
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| 25 | 11:00 | KII | Dames Aspiranten B | Finale | 500 m | | |
| | | | 1 Marit Heijne | BEA | Elise Nielen | ARG | |
| | | | 2 Jette de Rooij | ZP | Elise de Rooij | ZP | |
| | | | 3 Nicolette Luinge | GKV | | | |
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| 26 | 11:05 | KI | Heren Aspiranten A | Finale | 500 m | | |
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| 27 | 11:10 | KIV | Heren Senioren | Finale | 500 m | | |
| | | | 1 Eddy Wiegers TWV, Mark Schopman TWV, Dragan Bijelic TWV, Olaf Muskee TWV | | | | |
| | | | 2 Chris Flier SK, William Bos SK, Albart Flier SK, Pepijn Rippen SK | | | | |
| | | | 3 Lennard Vaandrager DKV, Mark Greveling DKV, Dylan Kollen DKV, | | | | |
| | | | 4 Thomas Hofman ARG, Mark Hofman ARG, Jordy Buijs BEA, Olaf Heijne BEA | | | | |
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| | | | 6 Piet Kuijt GEU, , , | | | | |
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| 28 | 11:15 | KIV | Heren Junioren B | Finale | 500 m | | |
| | | | 1 Igor Mars ARG, Kevin Cramer ARG, Darius v/d Plaat ARG, | | | | |
| | | | 2 Wessel van Dieren SK, Onno Hellendoorn SK, , | | | | |
| | | | 3 Ot Kleiterp ZP, ? , ? , ? , ? ? | | | | |
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| 29 | 11:20 | KI | Dames Junioren A | Finale | 500 m | | |
| | | 1 Jetske | Blankestijn | ZP | | | |
| | | 2 Jennely | Bos | SK | | | |
| | | 3 Karen | Bus | ZP | | | |
| | | 4 Marit | Kattenberg | SK | | | |
| | | 5 Selma | Konijn | ARG | | | |
| | | 6 Fleur | van Brouwershaven | DKV | | | |
| | | 7 Isa | Vorsselman | SK | | | |
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| 30 | 11:25 | KI | Dames Junioren B | Finale | 500 m | | |
| | | 1 Pien | v/d Helm | ARG | | | |
| | | 2 Femke | Jansen | GEU | | | |
| | | 3 Isa | Rol | ZP | | | |
| | | 4 Thura | Breedt Bruijn | GKV | | | |
| | | 5 Lianne | Bus | ZP | | | |
| | | 6 Wies | Siffels | ZP | | | |
| | | 7 Luna | van der Velden | GEU | | | |
| | | 8 Odette | van Voorst | BEA | | | |
| 31 | 11:30 | KII | Dames Senioren | Finale | 500 m | | |
| | | 1 Kirsten | de Koning | LEV | Linda | Szabo | KGM |
| | | 2 Anouk | Brust | GEU | Naomi | Westra | VIK |
| | | 3 Naomi | Westra | VIK | Anouk | Brust | GEU |
| | | 4 Demi | Zoetewei | LEV | Macha | Dreu | LEV |
| | | 5 Ruth | Vorsselman | SK | Jitta | van der Laan | BEA |
| | | 6 Marjolein | Uitham | GKV | | | |
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| 32 | 11:35 | KII | Heren Aspiranten A | Finale | 500 m | | |
| | | 1 Cornell | Nielen | ARG | Zilt | Roelofsen | ARG |
| | | 2 Corné | Jansen | GEU | Lance | Looij | ZP |
| | | 3 Robbie | Kock | SK | Jesse | Penninkhof | SK |
| | | 4 Björn | Cramer | ARG | Sipko | Metselaar | ARG |
| | | 5 Sil | Hellendoorn | SK | Jessin | Kroes | SK |
| | | 6 Rik | te Linde | ZP | Wessel | Konings | ZP |
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| 33 | 11:40 | KI | Dames Veteranen | Finale | 500 m | | |
| | | 1 Marjolein | Uitham | GKV | | | |
| | | 2 Yvet | de Rooij | ZP | | | |
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| 34 | 11:45 | KI | Heren Junioren B | Finale | 500 m | | |
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| 35 | 11:50 | KII | Heren Senioren | Finale | 500 m | | |
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| s1 | 12:00 | 1e Serie | | Scholencompetitie | 2 naar finale |
| | | 1 Lois | Manhave | WormerWieken | |
| | | 2 Jahliya | van Sorgen | de Eendragt | |
| | | 3 Bryan | Groen | de Harpoen | |
| | | 4 Tjibbe | de Wit | Weremere | |
| | | 5 Evio | Simons | de Eendragt | |
| | | 6 Eline | Snoek | Weremere | |
| | | 7 | | | |
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| s2 | 12:08 | 2e Serie | | Scholencompetitie | 2 naar finale |
| | | 1 Jort | Hooijschuur | WormerWieken | |
| | | 2 Raoul | Strengman | de Eendragt | |
| | | 3 Xavier | Sio | de Harpoen | |
| | | 4 Joep | de Wit | Weremere | |
| | | 5 Cristian | ten Cate | WormerWieken | |
| | | 6 Jasmijn | Prins | de Eendragt | |
| | | 7 | | | |
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| s3 | 12:16 | 3e Serie | | Scholencompetitie | 2 naar finale |
| | | 1 Lotus | Roes | WormerWieken | |
| | | 2 Tijs | Sint | de Eendragt | |
| | | 3 Ferron | Sio | de Harpoen | |
| | | 4 Jelmer | Looij | de Eendragt | |
| | | 5 Lucas | Been | Weremere | |
| | | 6 Tygo | van 't Oever | de Eendragt | |
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| s4 | 12:24 | Finale | | Scholencompetitie | |
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| . | 12:30 | | | Prijsuitreiking scholencompetitie | |
| . | 12:35 | | | Pauze | Mogelijkheid tot inschrijven voor avondeten |

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| 36 | 13:00 | KII | Heren Senioren | 1/2 Finale | 200 m | 3 naar finale 65 | |
| | | 1 Maik | Hoogesteger | LEV | | | |
| | | 2 Eddy | Wiegers | TWV | Mark | Schopman | TWV |
| | | 3 Niels | Krouwel | FRI | Vincent | Kalf | FRI |
| | | 4 Olaf | Heijne | BEA | Chris | Flier | SK |
| | | 5 Piet | Kuijt | GEU | | | |
| | | 6 Wouter | de Boer | ZP | Jesper | Konings | ZP |
| | | 7 Milan | Dekker | ZP | Bennet | Ellenberg | WSV |
| | | 8 | | | | | |
| 37 | 13:04 | KII | Heren Senioren | 1/2 Finale | 200 m | 3 naar finale 65 | |
| | | 1 Thomas | Hofman | ARG | Mark | Hofman | ARG |
| | | 2 Mark | Greveling | DKV | Dylan | Kollen | DKV |
| | | 3 Lennard | Vaandrager | DKV | Jasper | Hoogens | FRI |
| | | 4 Albart | Flier | SK | William | Bos | SK |
| | | 5 Pepijn | Rippen | SK | | | |
| | | 6 Hidde | v/d Plaat | ARG | | | |
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| 38 | 13:08 | KI | Dames Senioren | 1/2 finale | 200 m | 3 naar finale 54 | |
| | | 1 Anouk | Brust | GEU | | | |
| | | 2 Naomi | Westra | VIK | | | |
| | | 3 Kirsten | de Koning | LEV | | | |
| | | 4 Linda | Szabo | KGM | | | |
| | | 5 Nienke | Blankestijn | ZP | | | |
| | | 6 Kitty | Schiphorst Preuper | BEA | | | |
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| 39 | 13:12 | KI | Dames Senioren | 1/2 finale | 200 m | 3 naar finale 54 | |
| | | 1 Pascale | Looks | ZP | | | |
| | | 2 Alinka | Osinga | FRI | | | |
| | | 3 Ruth | Vorsselman | SK | | | |
| | | 4 Demi | Zoetewei | LEV | | | |
| | | 5 Jitta | van der Laan | BEA | | | |
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| 40 | 13:16 | KIV | Dames Junioren A | Finale | 200 m | | |
| | | 1 Fleur van Brouwershaven | DKV, , , | | | | |
| | | 2 Isa Rol | ZP,Thura Breedts Bruijn | GKV, | | | |
| | | 3 Isa Vorsselman | SK,Marit Kattenberg | SK, , | | | |
| | | 4 Karen Bus | ZP,Jetske Blankestijn | ZP,Wies Siffels | ZP,Femke Jansen | GEU | |
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| 41 | 13:20 | KII | Heren Aspiranten A | Finale | 200 m | | |
| | | 1 Sil | Hellendoorn | SK | Jesse | Penninkhof | SK |
| | | 2 Rik | te Linde | ZP | Wessel | Konings | ZP |
| | | 3 Cornell | Nielen | ARG | Sipko | Metselaar | ARG |
| | | 4 Corné | Jansen | GEU | Lance | Looij | ZP |
| | | 5 Robbie | Kock | SK | Jessin | Kroes | SK |
| | | 6 Björn | Cramer | ARG | Zilt | Roelofsen | ARG |
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| 42 | 13:24 | KI | Heren Junioren B | 1/2 Finale | 200 m | 3 naar Finale 62 | |
| | | 1 Igor | Mars | ARG | | | |
| | | 2 Milos | Ristic | RCC | | | |
| | | 3 Ot | Kleiterp | ZP | | | |
| | | 4 Johan | Vonk | FRI | | | |
| | | 5 Onno | Hellendoorn | SK | | | |
| | | 6 Milan | Dekker | ZP | | | |
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| 43 | 13:28 | KI | Heren Junioren B | 1/2 Finale | 200 m | 3 naar Finale 62 | |
| | | 1 Yuri | Aarnoudse | FRI | | | |
| | | 2 Wessel | van Dieren | SK | | | |
| | | 3 Kevin | Cramer | ARG | | | |
| | | 4 Wessel | van Dieren | SK | | | |
| | | 5 Sander | de Boer | ZP | | | |
| | | 6 Darius | v/d Plaat | ARG | | | |
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| 44 | 13:32 | KII | Heren Aspiranten B | Finale | 200 m | | |
| | | 1 Luke | Andrews | ARG | Oliver | Andrews | ARG |
| | | 2 Sebastian | ten Haaf | GKV | | | |
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| | | 4 Kiran | Mars | ARG | | | |
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| 45 | 13:36 | KI | Dames Aspiranten A | Finale | 200 m | | |
| | | 1 Sabine | Dekker | ZP | | | |
| | | 2 Lisa | Klinkien | KVH | | | |
| | | 3 Scarlett | Bugenhagen | VIK | | | |
| | | 4 Sarai | Bounaanaa | GKV | | | |
| | | 5 Iris | van Bommel | VIK | | | |
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| 56 | 13:40 | KI | Dames Aspiranten B | Finale | 200 m | | |
| | | 1 Marit | Heijne | BEA | | | |
| | | 2 Jette | de Rooij | ZP | | | |
| | | 3 Elise | Nielen | ARG | | | |
| | | 4 Nicolette | Luinge | GKV | | | |
| | | 5 Elise | de Rooij | ZP | | | |
| | | 6 Annemé | Dijkhuis | KVH | | | Baan 5 en 6 pupillen, eigen prijzen! |
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| 47 | 13:44 | KI | Heren Senioren | 1/2 Finale | 200 m | 2 naar Finale 50 | |
| | | 1 Mark | Schopman | TWV | | | |
| | | 2 Olaf | Heijne | BEA | | | |
| | | 3 Piet | Kuijt | GEU | | | |
| | | 4 Bram | Brandjes | VIK | | | |
| | | 5 William | Bos | SK | | | |
| | | 6 Jasper | Hoogers | FRI | | | |
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| 48 | 13:48 | KI | Heren Senioren | 1/2 Finale | 200 m | 2 naar Finale 50 | |
| | | 1 Niels | Krouwel | FRI | | | |
| | | 2 Niels | Bosch | GEU | | | |
| | | 3 Mark | Schopman | TWV | | | |
| | | 4 Lennard | Vaandrager | DKV | | | |
| | | 5 Tjeerd | Commandeur | ZP | | | |
| | | 6 Marvin | Strunk | VFK | | | |
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| 49 | 13:52 | KI | Heren Senioren | 1/2 Finale | 200 m | 2 naar Finale 50 | |
| | | 1 Pepijn | Rippen | SK | | | |
| | | 2 Job | Siffels | ZP | | | |
| | | 3 Dylan | Kollen | DKV | | | |
| | | 4 Jordy | Buijs | BEA | | | |
| | | 5 Mark | Hofman | ARG | | | |
| | | 6 Hugo | Pos | GEU | | | |
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| 50 | 13:56 | KI | Heren Senioren | 1/2 Finale | 200 m | 2 naar Finale 50 | |
| | | 1 | Mark Greveling | DKV | | | |
| | | 2 | Maurits de Rooij | ZP | | | |
| | | 3 | Albart Flier | SK | | | |
| | | 4 | Maik Hoogesteger | LEV | | | |
| | | 5 | Thomas Hofman | ARG | | | |
| | | 6 | Eddy Wiegers | TWV | | | |
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| 51 | 14:00 | KIV | Heren Aspiranten A | Finale | 200 m | | |
| | | 1 | Cornell Nielen ARG, Björn Cramer ARG, Sipko Metselaar ARG, Zilt Roelofsen ARG | | | | |
| | | 2 | Corné Jansen GEU, Lance Looij ZP, Rik te Linde ZP, Wessel Konings ZP | | | | |
| | | 3 | Robbie Kock SK, Jesse Penninkhof SK, Sil Hellendoorn SK, Jessin Kroes SK | | | | |
| | | 4 | Luke Andrews ARG, Oliver Andrews ARG, Kiran Mars ARG, | | | | |
| | | 5 | Sebastian ten Haaf GKV | | | | |
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| 52 | 14:04 | KI | Dames Junioren B | Finale | 200 m | | |
| | | 1 | Pien v/d Helm | ARG | | | |
| | | 2 | Odette van Voorst | BEA | | | |
| | | 3 | Wies Siffels | ZP | | | |
| | | 4 | Luna van der Velden | GEU | | | |
| | | 5 | Thura Breedt Bruijn | GKV | | | |
| | | 6 | Isa Rol | ZP | | | |
| | | 7 | Femke Jansen | GEU | | | |
| | | 8 | Lianne Bus | ZP | | | |
| 53 | 14:08 | KII | Heren Junioren B | Finale | 200 m | | |
| | | 1 | | | | | |
| | | 2 | Igor Mars | ARG | Darius | v/d Plaat | ARG |
| | | 3 | Johan Vonk | FRI | Yuri | Aarnoudse | FRI |
| | | 4 | Kevin Cramer | ARG | | | |
| | | 5 | Wessel van Dieren | SK | | | |
| | | 6 | Onno Hellendoorn | SK | | | |
| | | 7 | Sander de Boer | ZP | | | |
| | | 8 | Ot Kleiterp | ZP | | | |
| 54 | 14:12 | KI | Dames Senioren | Finale | 200 m | | |
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| 55 | 14:16 | KII | Dames Aspiranten B | Finale | 200 m | | |
| | | 1 | Marit Heijne | BEA | Elise | Nielen | ARG |
| | | 2 | Jette de Rooij | ZP | Elise | de Rooij | ZP |
| | | 3 | Nicolette Luinge | GKV | | | |
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| 56 | 14:20 | KI | Heren Junioren A | Finale | 200 m | | |
| | | 1 | Olaf Muskee | TWV | | | |
| | | 2 | Jesper Konings | ZP | | | |
| | | 3 | Arno Blankemeijer | KVH | | | |
| | | 4 | Wouter de Boer | ZP | | | |
| | | 5 | Hidde v/d Plaat | ARG | | | |
| | | 6 | Caelin Hamming | GKV | | | |
| | | 7 | Bennet Ellenberg | WSV | | | |
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| 57 | 14:24 | KII | Dames Junioren A | Finale | 200 m | | |
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| | | 2 Jennely | Bos | SK | Marit | Kattenberg | SK |
| | | 3 Karen | Bus | ZP | Jetske | Blankestijn | ZP |
| | | 4 Isa | Vorsselman | SK | Selma | Konijn | ARG |
| | | 5 Fleur | van Brouwershaven | DKV | | | |
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| 58 | 14:28 | KI | Heren Senioren | Finale | 200 m | | |
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| 59 | 14:32 | KI | Heren Aspiranten B | Finale | 200 m | | |
| | | 1 Rik | te Linde | ZP | | | |
| | | 2 Oliver | Andrews | ARG | | | |
| | | 3 Gideon | Dijkhuis | KVH | | | |
| | | 4 Kiran | Mars | ARG | | | |
| | | 5 Sebastian | ten Haaf | GKV | | | |
| | | 6 Luke | Andrews | ARG | | | |
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| 60 | 14:36 | KI | Heren Aspiranten A | 1/2 Finale | 200 m | 3 naar Finale 67 | |
| | | 1 Jessin | Kroes | SK | | | |
| | | 2 Cornell | Nielen | ARG | | | |
| | | 3 Corné | Jansen | GEU | | | |
| | | 4 Karst | Klinkien | KVH | | | |
| | | 5 Sipko | Metselaar | ARG | | | |
| | | 6 Ben | Kerssens | ZP | | | |
| | | 7 Jesse | Penninkhof | SK | | | |
| | | 8 Wessel | Konings | ZP | | | |
| 61 | 14:40 | KI | Heren Aspiranten A | 1/2 Finale | 200 m | 3 naar Finale 67 | |
| | | 1 Sil | Hellendoorn | SK | | | |
| | | 2 Björn | Cramer | ARG | | | |
| | | 3 Connor | Kerssens | ZP | | | |
| | | 4 Zilt | Roelofsen | ARG | | | |
| | | 5 Robbie | Kock | SK | | | |
| | | 6 Lance | Looij | ZP | | | |
| | | 7 Zilt | Roelofsen | ARG | | | |
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| 62 | 14:44 | KI | Heren Junioren B | Finale | 200 m | | |
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| 63 | 14:48 | KII | Dames Junioren B | Finale | 200 m | | |
| | | 1 Femke | Jansen | GEU | Wies | Siffels | ZP |
| | | 2 Luna | van der Velden | GEU | Pien | van der Helm | ARG |
| | | 3 Isa | Rol | ZP | Thura | Breedt Bruijn | GKV |
| | | 4 Luna | van der Velden | GEU | Pien | van der Helm | ARG |
| | | 5 Odette | van Voorst | BEA | Sabine | Dekker | ZP |
| | | 6 Iris | van Bommel | VIK | Sarai | Bounaanaa | GKV |
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| 64 | 14:52 | KI | Dames Veteranen | Finale | 200 m | | |
| | | 1 | Marjolein Uitham | GKV | | | |
| | | 2 | Yvet de Rooij | ZP | | | |
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| 65 | 14:56 | KII | Heren Senioren | Finale | 200 m | | |
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| 66 | 15:00 | KI | Heren Veteranen | Finale | 200 m | VERVALT | |
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| 67 | 15:04 | KI | Heren Aspiranten A | Finale | 200 m | | |
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| 68 | 15:08 | KII | Dames Senioren | Finale | 200 m | | |
| | | 1 | Anouk Brust | GEU | Naomi Westra | VIK | |
| | | 2 | Kitty Schiphorst | BEA | Jitta van der Laan | BEA | |
| | | 3 | Kirsten de Koning | LEV | Linda Szabo | KGM | |
| | | 4 | Naomi Westra | VIK | Anouk Brust | GEU | |
| | | 5 | Demi Zoetewei | LEV | Macha Dreu | LEV | |
| | | 6 | Marjolein Uitham | GKV | | | |
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| 69 | 15:12 | KI | Dames Junioren A | Finale | 200 m | | |
| | | 1 | Selma Konijn | ARG | | | |
| | | 2 | Fleur van Brouwershaven | DKV | | | |
| | | 3 | Isa Vorsselman | SK | | | |
| | | 4 | Karen Bus | ZP | | | |
| | | 5 | Jennely Bos | SK | | | |
| | | 6 | Jetske Blankestijn | ZP | | | |
| | | 7 | Marit Kattenberg | SK | | | |
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| 70 | 15:16 | KIV | Heren Junioren B | Finale | 200 m | | |
| | | 1 | Igor Mars ARG, Kevin Cramer ARG, Darius v/d Plaat ARG, | | | | |
| | | 2 | Wessel van Dieren SK, Onno Hellendoorn SK, , | | | | |
| | | 3 | Ot Kleiterp ZP, ? , ? , ? , ? ? | | | | |
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| 71 | 15:20 | KIV | Heren Senioren | Finale | 200 m | | |
| | | 1 | Eddy Wiegers TWV, Mark Schopman TWV, Dragan Bijelic TWV, Olaf Muskee TWV | | | | |
| | | 2 | Lennard Vaandrager DKV, Mark Greveling DKV, Dylan Kollen DKV, | | | | |
| | | 3 | Chris Flier SK, William Bos SK, Albart Flier SK, Pepijn Rippen SK | | | | |
| | | 4 | Piet Kuijt GEU, , , | | | | |
| | | 5 | Jordy Buijs BEA, Olaf Heijne BEA, Thomas Hofman ARG, Mark Hofman ARG | | | | |
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| . | 15:24 | | Pauze | | | Laatste mogelijkheid tot inschrijven voor avondeten | |
| 72 | 15:45 | KI | Heren Aspiranten A | 1/2 Finale | 100 m | 3 naar Finale 97 | |
| | | 1 | Wessel Konings | ZP | | | |
| | | 2 | Björn Cramer | ARG | | | |
| | | 3 | Robbie Kock | SK | | | |
| | | 4 | Lance Looij | ZP | | | |
| | | 5 | Jesse Penninkhof | SK | | | |
| | | 6 | Corné Jansen | GEU | | | |
| | | 7 | Cornell Nielen | ARG | | | |
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| 73 | 15:49 | KI | Heren Aspiranten A | 1/2 Finale | 100 m | 3 naar Finale 97 | |
| | | 1 | Ben Kerssens | ZP | | | |
| | | 2 | Zilt Roelofsen | ARG | | | |
| | | 3 | Sil Hellendoorn | SK | | | |
| | | 4 | Connor Kerssens | ZP | | | |
| | | 5 | Jessin Kroes | SK | | | |
| | | 6 | Sipko Metselaar | ARG | | | |
| | | 7 | Karst Klinkien | KVH | | | |
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| 74 | 15:53 | KII | Heren Senioren | 1/2 Finale | 100 m | 3 naar finale 102 | |
| | | 1 | Thomas Hofman | ARG | Mark Hofman | ARG | |
| | | 2 | Lennard Vaandrager | DKV | Jasper Hoogens | FRI | |
| | | 3 | Maik Hoogesteger | LEV | | | |
| | | 4 | Niels Krouwel | FRI | Vincent Kalf | FRI | |
| | | 5 | Piet Kuijt | GEU | | | |
| | | 6 | Pepijn Rippen | SK | | | |
| | | 7 | Milan Dekker | ZP | Bennet Ellenberg | WSV | |
| | | 8 | | | | | |
| 75 | 15:57 | KII | Heren Senioren | 1/2 Finale | 100 m | 3 naar finale 102 | |
| | | 1 | Mark Greveling | DKV | Dylan Kollen | DKV | |
| | | 2 | Olaf Heijne | BEA | Chris Flier | SK | |
| | | 3 | Eddy Wiegers | TWV | Mark Schopman | TWV | |
| | | 4 | Albart Flier | SK | William Bos | SK | |
| | | 5 | Wouter de Boer | ZP | Jesper Konings | ZP | |
| | | 6 | Hidde v/d Plaat | ARG | | | |
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| 76 | 16:01 | KI | Heren Veteranen | Finale | 100 m | VERVALT | |
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| 77 | 16:05 | KII | Heren Aspiranten B | Finale | 100 m | | |
| | | 1 Sebastian | ten Haaf | GKV | | | |
| | | 2 Luke | Andrews | ARG | Oliver | Andrews | ARG |
| | | 3 Kiran | Mars | ARG | | | |
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| 78 | 16:09 | KI | Dames Aspiranten A | Finale | 100 m | | |
| | | 1 | | | | | |
| | | 2 Lisa | Klinkien | KVH | | | |
| | | 3 Sabine | Dekker | ZP | | | |
| | | 4 Scarlett | Bugenhagen | VIK | | | |
| | | 5 Saraï | Bounaanaa | GKV | | | |
| | | 6 Iris | van Bommel | VIK | | | |
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| 79 | 16:13 | KI | Dames Aspiranten B | Finale | 100 m | | |
| | | 1 Jette | de Rooij | ZP | | | |
| | | 2 Elise | Nielen | ARG | | | |
| | | 3 Marit | Heijne | BEA | | | |
| | | 4 Nicolete | Luinge | GKV | | | |
| | | 5 Elise | de Rooij | ZP | | | |
| | | 6 Annemé | Dijkhuis | KVH | | | Baan 5 en 6 pupillen, eigen prijzen! |
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| 80 | 16:17 | KI | Dames Senioren | 1/2 finale | 100 m | 3 naar finale 91 | |
| | | 1 Anouk | Brust | GEU | | | |
| | | 2 Pascale | Loocks | ZP | | | |
| | | 3 Ruth | Vorsselman | SK | | | |
| | | 4 Demi | Zoetewei | LEV | | | |
| | | 5 Jitta | van der Laan | BEA | | | |
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| 81 | 16:21 | KI | Dames Senioren | 1/2 finale | 100 m | 3 naar finale 91 | |
| | | 1 Kirsten | de Koning | LEV | | | |
| | | 2 Linda | Szabo | KGM | | | |
| | | 3 Nienke | Blankestijn | ZP | | | |
| | | 4 Naomi | Westra | VIK | | | |
| | | 5 Alinka | Osinga | FRI | | | |
| | | 6 Kitty | Schiphorst Preuper | BEA | | | |
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| 82 | 16:25 | KI | Heren Junioren B | 1/2 Finale | 100 m | 3 naar Finale 98 | |
| | | 1 Darius | v/d Plaat | ARG | | | |
| | | 2 Milos | Ristic | RCC | | | |
| | | 3 Johan | Vonk | FRI | | | |
| | | 4 Onno | Hellendoorn | SK | | | |
| | | 5 Milan | Dekker | ZP | | | |
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| 83 | 16:29 | KI | Heren Junioren B | 1/2 Finale | 100 m | 3 naar Finale 98 | |
| | | 1 Yuri | Aarnoudse | FRI | | | |
| | | 2 Ot | Kleiterp | ZP | | | |
| | | 3 Igor | Mars | ARG | | | |
| | | 4 Wessel | van Dieren | SK | | | |
| | | 5 Sander | de Boer | ZP | | | |
| | | 6 Kevin | Cramer | ARG | | | |
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| 84 | 16:33 | KI | Heren Senioren | 1/2 Finale | 100 m | 2 naar Finale 94 | |
| | | 1 Niels | Bosch | GEU | | | |
| | | 2 Hugo | Pos | GEU | | | |
| | | 3 Job | Siffels | ZP | | | |
| | | 4 Dylan | Kollen | DKV | | | |
| | | 5 Thomas | Hofman | ARG | | | |
| | | 6 Eddy | Wiegers | TWV | | | |
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| 85 | 16:37 | KI | Heren Senioren | 1/2 Finale | 100 m | 2 naar Finale 94 | |
| | | 1 Piet | Kuijt | GEU | | | |
| | | 2 Albart | Flier | SK | | | |
| | | 3 Maurits | de Rooij | ZP | | | |
| | | 4 Jordy | Buijs | BEA | | | |
| | | 5 Mark | Schopman | TWV | | | |
| | | 6 Jasper | Hoogers | FRI | | | |
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| 86 | 16:41 | KI | Heren Senioren | 1/2 Finale | 100 m | 2 naar Finale 94 | |
| | | 1 Maik | Hoogesteger | LEV | | | |
| | | 2 William | Bos | SK | | | |
| | | 3 Mark | Greveling | DKV | | | |
| | | 4 Olaf | Heijne | BEA | | | |
| | | 5 Niels | Krouwel | FRI | | | |
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| 87 | 16:45 | KI | Heren Senioren | 1/2 Finale | 100 m | 2 naar Finale 94 | |
| | | 1 Pepijn | Rippen | SK | | | |
| | | 2 Lennard | Vaandrager | DKV | | | |
| | | 3 Bram | Brandjes | VIK | | | |
| | | 4 Mark | Hofman | ARG | | | |
| | | 5 Marvin | Strunk | VFK | | | |
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| 88 | 16:49 | KIV | Heren Aspiranten A | Finale | 100 m | | |
| | | 1 Robbie Kock SK, Jessin Kroes SK, Sil Hellendoorn SK, Jesse Penninkhof SK | | | | | |
| | | 2 Cornell Nielen ARG, Björn Cramer ARG, Sipko Metselaar ARG, Zilt Roelofsen ARG | | | | | |
| | | 3 Corné Jansen GEU, Lance Looij ZP, Rik te Linde ZP, Wessel Konings ZP | | | | | |
| | | 4 Luke Andrews ARG, Oliver Andrews ARG, Kiran Mars ARG, | | | | | |
| | | 5 Sebastian ten Haaf GKV | | | | | |
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| 89 | 16:53 | KI | Dames Junioren B | Finale | 100 m | | |
| | | 1 Pien | v/d Helm | ARG | | | |
| | | 2 Odette | van Voorst | BEA | | | |
| | | 3 Femke | Jansen | GEU | | | |
| | | 4 Luna | van der Velden | GEU | | | |
| | | 5 Wies | Siffels | ZP | | | |
| | | 6 Isa | Rol | ZP | | | |
| | | 7 Lianne | Bus | ZP | | | |
| | | 8 Thura | Breedt Bruijn | GKV | | | |
| 90 | 16:57 | KII | Heren Junioren B | Finale | 100 m | | |
| | | 1 Johan | Vonk | FRI | Yuri | Aarnoudse | FRI |
| | | 2 Igor | Mars | ARG | Kevin | Cramer | ARG |
| | | 3 | | | | | |
| | | 4 Wessel | van Dieren | SK | | | |
| | | 5 Darius | v/d Plaat | ARG | | | |
| | | 6 Onno | Hellendoorn | SK | | | |
| | | 7 Sander | de Boer | ZP | | | |
| | | 8 Ot | Kleiterp | ZP | | | |

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| 91 | 17:01 | KI | Dames Senioren | Finale | 100 m | | |
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| 92 | 17:05 | KI | Heren Junioren A | Finale | 100 m | | |
| | | 1 | Wouter de Boer | ZP | | | |
| | | 2 | Hidde v/d Plaat | ARG | | | |
| | | 3 | Arno Blankemeijer | KVH | | | |
| | | 4 | Jesper Konings | ZP | | | |
| | | 5 | Bennet Ellenberg | WSV | | | |
| | | 6 | Olaf Muskee | TWV | | | |
| | | 7 | Cailin Hamming | GKV | | | |
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| 93 | 17:09 | KII | Dames Junioren A | Finale | 100 m | | |
| | | 1 | Karen Bus | ZP | Jetske Blankestijn | ZP | |
| | | 2 | Isa Vorsselman | SK | Selma Konijn | ARG | |
| | | 3 | Jennely Bos | SK | Marit Kattenberg | SK | |
| | | 4 | Fleur van Brouwershaven | DKV | | | |
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| 94 | 17:13 | KI | Heren Senioren | Finale | 100 m | | |
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| 95 | 17:17 | KI | Heren Aspiranten B | Finale | 100 m | | |
| | | 1 | Gideon Dijkhuis | KVH | | | |
| | | 2 | Luke Andrews | ARG | | | |
| | | 3 | Rik te Linde | ZP | | | |
| | | 4 | Kiran Mars | ARG | | | |
| | | 5 | Oliver Andrews | ARG | | | |
| | | 6 | Sebastian ten Haaf | GKV | | | |
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| 96 | 17:21 | KII | Dames Aspiranten B | Finale | 100 m | | |
| | | 1 | Marit Heijne | BEA | Elise Nielen | ARG | |
| | | 2 | Jette de Rooij | ZP | Elise de Rooij | ZP | |
| | | 3 | Nicolete Luinge | GKV | | | |
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| 97 | 17:25 | KI | Heren Aspiranten A | Finale | 100 m | | |
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| 105 | 17:57 | KI | Dames Junioren A | Finale | 100 m | | |
| | | 1 Jennely | Bos | SK | | | |
| | | 2 Karen | Bus | ZP | | | |
| | | 3 Fleur | van Brouwershaven | DKV | | | |
| | | 4 Jetske | Blankestijn | ZP | | | |
| | | 5 Isa | Vorsselman | SK | | | |
| | | 6 Selma | Konijn | ARG | | | |
| | | 7 Marit | Kattenberg | SK | | | |
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| 106 | 18:01 | KII | Heren Aspiranten A | Finale | 100 m | | |
| | | 1 Robbie | Kock | SK | Sil | Hellendoorn | SK |
| | | 2 Sipko | Metselaar | ARG | Zilt | Roelofsen | ARG |
| | | 3 Lance | Looij | ZP | Corne | Jansen | GEU |
| | | 4 Cornell | Nielen | ARG | Björn | Cramer | ARG |
| | | 5 Rik | te Linde | ZP | Wessel | Konings | ZP |
| | | 6 Jessin | Kroes | SK | Jesse | Penninkhof | SK |
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| 107 | 18:05 | KIV | Heren Senioren | Finale | 100 m | | |
| | | 1 Chris Flier SK,Albart Flier SK,William Bos SK,Pepijn Rippen SK | | | | | |
| | | 2 Lennard Vaandrager DKV,Mark Greveling DKV,Dylan Kollen DKV, | | | | | |
| | | 3 Eddy Wiegers TWV,Mark Schopman TWV,Dragan Bijelic TWV,Olaf Muskee TWV | | | | | |
| | | 4 Thomas Hofman ARG,Mark Hofman ARG, Jordy Buijs BEA,Olaf Heijne BEA | | | | | |
| | | 5 Piet Kuijt GEU, , , | | | | | |
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| . | 18:30 | Uitreiking ZP Sprintcup en Debutantenprijs | | | | | |
| . | 18:45 | Avondeten - ZP Pasta party | | | | | |