

1: Dames en Heren C - 500 meter.

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|---------------------|---------|---------|----------------|
| 1 | I | 41 | Lilian de Kort | LACUSTR | 58.02 | PB |
| 1. | | 167m | 22.40 (22.4) | 1. | | |
| 2. | | 500m | 58.02 (35.6) | 2. | | |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 2 | I | 16 | Frédérique Bouwman | LACUSTR | 1:00.08 | PB |
| | O | 76 | Femke Knoop | SOFTIJS | 58.95 | PB |
| 1. | | 167m | 22.51 (22.5) | 1. | 167m | 23.18 (23.1) |
| 2. | | 500m | 1:00.08 (37.5) | 2. | 500m | 58.95 (35.7) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 3 | I | 55 | Rachelle Dahlmans | LACUSTR | 59.16 | PB |
| | O | 64 | Joep de Groot | ISIS | 56.61 | PB |
| 1. | | 167m | 22.72 (22.7) | 1. | 167m | 22.10 (22.1) |
| 2. | | 500m | 59.16 (36.4) | 2. | 500m | 56.61 (34.5) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 4 | I | 59 | Jeroen van Kuringen | G-BL | 51.10 | PB |
| | O | 10 | Ron Hendrix | ISIS | 1:06.76 | PB |
| 1. | | 167m | 19.91 (19.9) | 1. | 167m | 25.05 (25.0) |
| 2. | | 500m | 51.10 (31.1) | 2. | 500m | 1:06.76 (41.7) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 5 | I | 22 | Miriam de Boer | LACUSTR | 1:03.13 | PB |
| | O | 24 | Paul Brussee | LACUSTR | 1:06.94 | PB |
| 1. | | 167m | 24.32 (24.3) | 1. | 167m | 20.85 (20.8) |
| 2. | | 500m | 1:03.13 (38.8) | 2. | 500m | 1:06.94 (46.0) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 6 | I | 60 | Fortuné Elekonawo | LACUSTR | 53.76 | PB |
| | O | 42 | Theo Wegman | ISIS | DNS | DNS |
| 1. | | 167m | 20.33 (20.3) | 1. | | |
| 2. | | 500m | 53.76 (33.4) | 2. | | |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 7 | I | 46 | Bram van der Vlist | ISIS | 54.83 | PB |
| | O | 63 | Lars van Heijst | G-BL | 53.16 | PB |
| 1. | | 167m | 21.46 (21.4) | 1. | 167m | 19.97 (19.9) |
| 2. | | 500m | 54.83 (33.3) | 2. | 500m | 53.16 (33.1) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 8 | I | 48 | Marieke van Lith | LACUSTR | 1:09.47 | PB |
| | O | 75 | Jochem van de Beld | SOFTIJS | 53.38 | PB |
| 1. | | 167m | 25.30 (25.3) | 1. | 167m | 20.04 (20.0) |
| 2. | | 500m | 1:09.47 (44.1) | 2. | 500m | 53.38 (33.3) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 9 | I | 25 | Janine van Asselt | LACUSTR | 1:04.70 | PB |
| | O | 61 | Jantine de Jong | ISIS | 58.80 | PB |
| 1. | | 167m | 24.03 (24.0) | 1. | 167m | 23.11 (23.1) |
| 2. | | 500m | 1:04.70 (40.6) | 2. | 500m | 58.80 (35.6) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|-----------------|---------|---------|--------------|
| 10 | I | 70 | Imre Dehner | LACUSTR | 1:00.53 | PB |
| | O | 62 | Rens-Jan Gossen | LACUSTR | 58.78 | PB |
| 1. | | 167m | 22.55 (22.5) | 1. | 167m | 21.64 (21.6) |
| 2. | | 500m | 1:00.53 (37.9) | 2. | 500m | 58.78 (37.1) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|-------------------|---------|-------|--------------|
| 11 | I | 2 | Frank van der Loo | LACUSTR | 53.70 | |
| | O | 30 | Michael Severs | LACUSTR | 41.42 | |
| 1. | | 167m | 20.37 (20.3) | 1. | 167m | 16.22 (16.2) |
| 2. | | 500m | 53.70 (33.3) | 2. | 500m | 41.42 (25.2) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|---------------------|---------|---------|----------------|
| 12 | I | 18 | Machiel van Zutphen | LACUSTR | 41.88 | |
| | O | 73 | Sent Wierda | LACUSTR | 1:02.52 | FL |
| 1. | | 167m | 16.76 (16.7) | 1. | 167m | 19.52 (19.5) |
| 2. | | 500m | 41.88 (25.1) | 2. | 500m | 1:02.52 (43.0) |

2: Dames en Heren A - 500 meter.

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|------------------|---------|-------|--------------|
| 1 | I | 43 | Joey Twaalfhoven | LACUSTR | 40.55 | PB |
| | O | 8 | Suze Lubberdink | LACUSTR | 52.14 | |
| 1. | | 167m | 16.05 (16.0) | 1. | 167m | 20.67 (20.6) |
| 2. | | 500m | 40.55 (24.5) | 2. | 500m | 52.14 (31.4) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|-----------------|---------|-------|--------------|
| 2 | I | 11 | Sandra Kouijzer | ISIS | 50.58 | |
| | O | 7 | Hugo Kruk | LACUSTR | 40.05 | |
| 1. | | 167m | 20.02 (20.0) | 1. | 167m | 15.89 (15.8) |
| 2. | | 500m | 50.58 (30.5) | 2. | 500m | 40.05 (24.1) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|--------------------|---------|-------|--------------|
| 3 | I | 50 | Sanne van Dartel | LACUSTR | 46.42 | |
| | O | 81 | Suzan van den Belt | LACUSTR | 48.01 | |
| 1. | | 167m | 18.58 (18.5) | 1. | 167m | 19.29 (19.2) |
| 2. | | 500m | 46.42 (27.8) | 2. | 500m | 48.01 (28.7) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|----------------------|---------|-------|--------------|
| 4 | I | 12 | Renske van den Elzen | LACUSTR | 46.07 | |
| | O | 58 | Annelies Wesselink | LACUSTR | 48.41 | |
| 1. | | 167m | 18.43 (18.4) | 1. | 167m | 19.34 (19.3) |
| 2. | | 500m | 46.07 (27.6) | 2. | 500m | 48.41 (29.0) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|-----------------------|---------|-------|--------------|
| 5 | I | 34 | Ruth Dobbelseen | LACUSTR | 45.95 | |
| | O | 80 | Berber van den Hengel | GSSVTJA | 46.47 | |
| 1. | | 167m | 18.01 (18.0) | 1. | 167m | 18.53 (18.5) |
| 2. | | 500m | 45.95 (27.9) | 2. | 500m | 46.47 (27.9) |

Triavium Nijmegen, IUT Lacustris

Datum: 25-03-2010

UITSLAG OP RITVOLGORDE

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----------|----------|-----------|-------------------------------|----------------|--------------|--------------|
| 6 | I | 23 | Timme van der Lugt | STW | 44.74 | |
| | O | 15 | Imme Lammertink | LACUSTR | 45.53 | |
| 1. | | 167m | 18.07 (18.0) | 1. | 167m | 18.52 (18.5) |
| 2. | | 500m | 44.74 (26.6) | 2. | 500m | 45.53 (27.0) |
| 7 | I | 5 | Rik Koppelaar | ISIS | 40.90 | PB |
| | O | 13 | Linda Klein | LACUSTR | 44.40 | |
| 1. | | 167m | 16.48 (16.4) | 1. | 167m | 17.87 (17.8) |
| 2. | | 500m | 40.90 (24.4) | 2. | 500m | 44.40 (26.5) |
| 8 | I | 74 | Marijn Zwier | SKEUVEL | 41.23 | |
| | O | 84 | Niels Leliveld | AYV | 41.32 | PB |
| 1. | | 167m | 16.27 (16.2) | 1. | 167m | 16.55 (16.5) |
| 2. | | 500m | 41.23 (24.9) | 2. | 500m | 41.32 (24.7) |
| 9 | I | 20 | Reindert de Leeuw | LACUSTR | 40.88 | |
| | O | 65 | Bart van Vliet | LACUSTR | 40.72 | |
| 1. | | 167m | 16.47 (16.4) | 1. | 167m | 16.46 (16.4) |
| 2. | | 500m | 40.88 (24.4) | 2. | 500m | 40.72 (24.2) |
| 10 | I | 69 | Jelle Koudstaal | SKITS | 40.15 | PB |
| | O | 31 | Peter de Vries | DELFTSE | 41.69 | |
| 1. | | 167m | 15.86 (15.8) | 1. | 167m | 16.77 (16.7) |
| 2. | | 500m | 40.15 (24.2) | 2. | 500m | 41.69 (24.9) |
| 11 | I | 44 | Rutger Kroes | LACUSTR | 40.51 | |
| | O | 1 | Tjark Verhoeven | LACUSTR | 40.23 | |
| 1. | | 167m | 16.34 (16.3) | 1. | 167m | 16.07 (16.0) |
| 2. | | 500m | 40.51 (24.1) | 2. | 500m | 40.23 (24.1) |
| 12 | I | 3 | Juliën van Velthoven | ISIS | 38.89 | |
| | O | 82 | Sjoerd Geraets | RSNL | 38.26 | |
| 1. | | 167m | 15.48 (15.4) | 1. | 167m | 15.39 (15.3) |
| 2. | | 500m | 38.89 (23.4) | 2. | 500m | 38.26 (22.8) |
| 13 | I | 85 | Henk-Jan van den Hoorn | SKEUVEL | 41.89 | |
| | | | | | | |
| 1. | | 167m | 16.72 (16.7) | 1. | | |
| 2. | | 500m | 41.89 (25.1) | 2. | | |

3: Dames en Heren B - 500 meter.

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|------|-------------------------|---------|-------|--------------|
| 1 | I | 67 | Merlin Vollenbroek | LACUSTR | 56.60 | PB |
| | O | 17 | Roos de Ridder | LACUSTR | 49.71 | PB |
| 1. | | 167m | 21.94 (21.9) | 1. | 167m | 19.69 (19.6) |
| 2. | | 500m | 56.60 (34.6) | 2. | 500m | 49.71 (30.0) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 2 | | | | | | |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 3 | I | 9 | Marijn Koop | LACUSTR | 54.31 | PB |
| | O | 33 | Hanneke van Houwelingen | LACUSTR | 59.95 | PB |
| 1. | | 167m | 23.08 (23.0) | 1. | 167m | 20.98 (20.9) |
| 2. | | 500m | 54.31 (31.2) | 2. | 500m | 59.95 (38.9) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 4 | I | 71 | Huub Besten | SKEUVEL | 49.56 | PB |
| | O | 47 | Sondra Roelofs | LACUSTR | 55.23 | PB |
| 1. | | 167m | () | 1. | 167m | 21.66 (21.6) |
| 2. | | 500m | 49.56 () | 2. | 500m | 55.23 (33.5) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 5 | I | 39 | Jon Wijnakker | LACUSTR | 46.75 | PB |
| | O | 37 | Kevin Gideonse | LACUSTR | 46.61 | PB |
| 1. | | 167m | 18.75 (18.7) | 1. | 167m | 18.81 (18.8) |
| 2. | | 500m | 46.75 (28.0) | 2. | 500m | 46.61 (27.8) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 6 | I | 83 | Victor van der Have | SOFTIJS | 48.12 | PB |
| | O | 68 | Rutger Bloemendaal | GSSVTJA | 46.06 | PB |
| 1. | | 167m | 18.50 (18.5) | 1. | 167m | 17.63 (17.6) |
| 2. | | 500m | 48.12 (29.6) | 2. | 500m | 46.06 (28.4) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 7 | I | 54 | Adriaan van der Zee | SKITS | 48.21 | PB |
| | O | 52 | Karen Faber | LACUSTR | 52.77 | PB |
| 1. | | 167m | 18.75 (18.7) | 1. | 167m | 20.67 (20.6) |
| 2. | | 500m | 48.21 (29.4) | 2. | 500m | 52.77 (32.1) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 8 | I | 14 | Rik Weeting | LACUSTR | 46.14 | PB |
| | O | 72 | Inge Duine | G-BL | 56.72 | PB |
| 1. | | 167m | 17.94 (17.9) | 1. | 167m | 22.18 (22.1) |
| 2. | | 500m | 46.14 (28.2) | 2. | 500m | 56.72 (34.5) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 9 | I | 4 | Anne Hafkemeijer | LACUSTR | 55.64 | PB |
| | O | 66 | Eelco de Groot | DELFTSE | 49.98 | |
| 1. | | 167m | 20.89 (20.8) | 1. | 167m | 19.49 (19.4) |
| 2. | | 500m | 55.64 (34.7) | 2. | 500m | 49.98 (30.4) |

Datum: 25-03-2010

UITSLAG OP RITVOLGORDE

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----------|----------|-----------|----------------------------|----------------|--------------|--------------|
| 10 | I | 26 | Lineke Oosterwechel | LACUSTR | 51.07 | PB |
| | O | 6 | Tineke Paas | LACUSTR | 56.02 | |
| 1. | | 167m | 19.60 (19.6) | 1. | 167m | 22.68 (22.6) |
| 2. | | 500m | 51.07 (31.4) | 2. | 500m | 56.02 (33.3) |
| 11 | I | 49 | Hetty Zuring | ISIS | 53.25 | |
| | O | 19 | Teije van Prooije | LACUSTR | 47.31 | |
| 1. | | 167m | 20.91 (20.9) | 1. | 167m | 18.89 (18.8) |
| 2. | | 500m | 53.25 (32.3) | 2. | 500m | 47.31 (28.4) |
| 12 | I | 27 | Koen Halfwerk | LACUSTR | 48.87 | |
| | O | 53 | Meike Hoogeboom | SCHOORL | 50.24 | |
| 1. | | 167m | 19.22 (19.2) | 1. | 167m | 19.57 (19.5) |
| 2. | | 500m | 48.87 (29.6) | 2. | 500m | 50.24 (30.6) |
| 13 | I | 21 | Rasmus Berghoef | LACUSTR | 43.37 | PB |
| | O | 79 | Daan Oerlemans | SSVB | 47.54 | |
| 1. | | 167m | 17.03 (17.0) | 1. | 167m | 19.29 (19.2) |
| 2. | | 500m | 43.37 (26.3) | 2. | 500m | 47.54 (28.2) |
| 14 | I | 40 | Rico van Genugten | ISIS | 47.12 | |
| | O | 51 | Niek Vos | STW | 45.97 | PB |
| 1. | | 167m | 18.75 (18.7) | 1. | 167m | 18.31 (18.3) |
| 2. | | 500m | 47.12 (28.3) | 2. | 500m | 45.97 (27.6) |
| 15 | I | 77 | Ben Kloosterboer | GSSVTJA | 43.28 | |
| | O | 35 | Tjerk Bakker | DELFTSE | 44.38 | |
| 1. | | 167m | 16.73 (16.7) | 1. | 167m | 17.39 (17.3) |
| 2. | | 500m | 43.28 (26.5) | 2. | 500m | 44.38 (26.9) |
| 16 | I | 78 | Stefan Resodiwirjo | SSVB | 42.08 | |
| | O | 38 | Martijn Schiphouwer | LACUSTR | 42.53 | |
| 1. | | 167m | 16.40 (16.4) | 1. | 167m | 17.07 (17.0) |
| 2. | | 500m | 42.08 (25.6) | 2. | 500m | 42.53 (25.4) |

4: Dames en Heren C - 2e 500 meter.

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|----------|----------|-----------|---------------------------|----------------|----------------|--------------|
| 1 | I | 25 | Janine van Asselt | LACUSTR | 1:05.52 | |
| 1. | | 167m | 24.29 (24.2) | 1. | | |
| 2. | | 500m | 1:05.52 (41.2) | 2. | | |
| 2 | I | 22 | Miriam de Boer | LACUSTR | 1:21.48 | FL |
| | O | 16 | Frédérique Bouwman | LACUSTR | 58.18 | PB |
| 1. | | 167m | 23.85 (23.8) | 1. | 167m | 23.39 (23.3) |
| 2. | | 500m | 1:21.48 (57.6) | 2. | 500m | 58.18 (34.7) |

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|-----------|----------|-----------|----------------------------|----------------|----------------|----------------|
| 3 | I | 59 | Jeroen van Kuringen | G-BL | 50.90 | PB |
| | O | 75 | Jochem van de Beld | SOFTIJS | 1:07.61 | |
| 1. | | 167m | 20.14 (20.1) | 1. | 167m | 20.09 (20.0) |
| 2. | | 500m | 50.90 (30.7) | 2. | 500m | 1:07.61 (47.5) |
| 4 | I | 70 | Imre Dehner | LACUSTR | 1:00.94 | |
| | O | 48 | Marieke van Lith | LACUSTR | 1:09.71 | |
| 1. | | 167m | 22.48 (22.4) | 1. | 167m | 26.56 (26.5) |
| 2. | | 500m | 1:00.94 (38.4) | 2. | 500m | 1:09.71 (43.1) |
| 5 | I | 41 | Lilian de Kort | LACUSTR | 55.93 | PB |
| | O | 42 | Theo Wegman | ISIS | DNS | DNS |
| 1. | | 167m | 21.65 (21.6) | 1. | | |
| 2. | | 500m | 55.93 (34.2) | 2. | | |
| 6 | I | 64 | Joep de Groot | ISIS | 54.09 | PB |
| | O | 61 | Jantine de Jong | ISIS | 58.62 | PB |
| 1. | | 167m | 20.86 (20.8) | 1. | 167m | 22.83 (22.8) |
| 2. | | 500m | 54.09 (33.2) | 2. | 500m | 58.62 (35.7) |
| 7 | I | 63 | Lars van Heijst | G-BL | 51.47 | PB |
| | O | 24 | Paul Brussee | LACUSTR | 54.52 | PB |
| 1. | | 167m | 19.19 (19.1) | 1. | 167m | 20.85 (20.8) |
| 2. | | 500m | 51.47 (32.2) | 2. | 500m | 54.52 (33.6) |
| 8 | I | 10 | Ron Hendrix | ISIS | 1:17.04 | FL |
| | O | 46 | Bram van der Vlist | ISIS | 55.56 | |
| 1. | | 167m | 24.99 (24.9) | 1. | 167m | 21.73 (21.7) |
| 2. | | 500m | 1:17.04 (52.0) | 2. | 500m | 55.56 (33.8) |
| 9 | I | 62 | Rens-Jan Gossen | LACUSTR | 1:08.09 | |
| | O | 55 | Rachelle Dahlmans | LACUSTR | 59.37 | FL |
| 1. | | 167m | 20.60 (20.6) | 1. | 167m | 22.86 (22.8) |
| 2. | | 500m | 1:08.09 (47.4) | 2. | 500m | 59.37 (36.5) |
| 10 | I | 60 | Fortuné Elekonawo | LACUSTR | 53.89 | |
| | O | 76 | Femke Knoop | SOFTIJS | 1:00.86 | MT |
| 1. | | 167m | 19.90 (19.9) | 1. | 167m | 23.95 (23.9) |
| 2. | | 500m | 53.89 (33.9) | 2. | 500m | 1:00.86 (36.9) |
| 11 | I | 18 | Machiel van Zutphen | LACUSTR | 42.38 | |
| | O | 30 | Michael Severs | LACUSTR | 41.70 | |
| 1. | | 167m | 16.78 (16.7) | 1. | 167m | 16.61 (16.6) |
| 2. | | 500m | 42.38 (25.6) | 2. | 500m | 41.70 (25.0) |

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|-----|-----|------|-------------------|---------|-------|--------------|
| 12 | I | 73 | Sent Wierda | LACUSTR | 48.85 | PB |
| | O | 2 | Frank van der Loo | LACUSTR | 54.21 | |
| 1. | | 167m | 19.23 (19.2) | 1. | 167m | 20.29 (20.2) |
| 2. | | 500m | 48.85 (29.6) | 2. | 500m | 54.21 (33.9) |

5: Dames en Heren A - 1500 meter.

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|-----------------|---------|---------|----------------|
| 1 | I | 7 | Hugo Kruk | LACUSTR | 2:10.17 | PB |
| | O | 8 | Suze Lubberdink | LACUSTR | 2:34.21 | |
| 1. | | 167m | 16.11 (16.1) | 1. | 167m | 19.68 (19.6) |
| 2. | | 500m | 42.06 (25.9) | 2. | 500m | 51.13 (31.4) |
| 3. | | 833m | 1:10.36 (28.3) | 3. | 833m | 1:24.09 (32.9) |
| 4. | | 1167m | 1:39.68 (29.3) | 4. | 1167m | 1:58.53 (34.4) |
| 5. | | 1500m | 2:10.17 (30.4) | 5. | 1500m | 2:34.21 (35.6) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|--------------------|---------|---------|----------------|
| 2 | I | 43 | Joey Twaalfhoven | LACUSTR | 2:08.23 | PB |
| | O | 58 | Annelies Wesselink | LACUSTR | 2:28.87 | |
| 1. | | 167m | 16.32 (16.3) | 1. | 167m | 19.71 (19.7) |
| 2. | | 500m | 41.82 (25.5) | 2. | 500m | 50.34 (30.6) |
| 3. | | 833m | 1:08.98 (27.1) | 3. | 833m | 1:22.12 (31.7) |
| 4. | | 1167m | 1:38.00 (29.0) | 4. | 1167m | 1:54.85 (32.7) |
| 5. | | 1500m | 2:08.23 (30.2) | 5. | 1500m | 2:28.87 (34.0) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|--------------------|---------|---------|----------------|
| 3 | I | 81 | Suzan van den Belt | LACUSTR | 2:24.60 | PB |
| | O | 11 | Sandra Kouijzer | ISIS | 2:29.48 | |
| 1. | | 167m | 19.35 (19.3) | 1. | 167m | 20.41 (20.4) |
| 2. | | 500m | 49.40 (30.0) | 2. | 500m | 51.56 (31.1) |
| 3. | | 833m | 1:19.91 (30.5) | 3. | 833m | 1:23.05 (31.4) |
| 4. | | 1167m | 1:51.67 (31.7) | 4. | 1167m | 1:56.04 (32.9) |
| 5. | | 1500m | 2:24.60 (32.9) | 5. | 1500m | 2:29.48 (33.4) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|----------------------|---------|---------|----------------|
| 4 | I | 34 | Ruth Dobbelsteen | LACUSTR | 2:27.99 | |
| | O | 12 | Renske van den Elzen | LACUSTR | 2:20.51 | |
| 1. | | 167m | 18.79 (18.7) | 1. | 167m | 19.51 (19.5) |
| 2. | | 500m | 49.27 (30.4) | 2. | 500m | 48.84 (29.3) |
| 3. | | 833m | 1:21.34 (32.0) | 3. | 833m | 1:18.57 (29.7) |
| 4. | | 1167m | 1:54.35 (33.0) | 4. | 1167m | 1:49.22 (30.6) |
| 5. | | 1500m | 2:27.99 (33.6) | 5. | 1500m | 2:20.51 (31.2) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|--------------------|---------|---------|----------------|
| 5 | I | 15 | Imme Lammertink | LACUSTR | 2:15.68 | PB |
| | O | 23 | Timme van der Lugt | STW | 2:17.44 | |
| 1. | | 167m | 18.61 (18.6) | 1. | 167m | 18.85 (18.8) |
| 2. | | 500m | 46.91 (28.3) | 2. | 500m | 47.01 (28.1) |
| 3. | | 833m | 1:15.19 (28.2) | 3. | 833m | 1:15.65 (28.6) |
| 4. | | 1167m | 1:44.87 (29.6) | 4. | 1167m | 1:46.24 (30.5) |
| 5. | | 1500m | 2:15.68 (30.8) | 5. | 1500m | 2:17.44 (31.2) |

Triavium Nijmegen, IUT Lacustris

Datum: 25-03-2010

UITSLAG OP RITVOLGORDE

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----------|----------|-----------|------------------------------|----------------|----------------|----------------|
| 6 | I | 50 | Sanne van Dartel | LACUSTR | 2:25.33 | |
| | O | 80 | Berber van den Hengel | GSSVTJA | 2:24.04 | |
| 1. | | 167m | 19.37 (19.3) | 1. | 167m | 19.19 (19.1) |
| 2. | | 500m | 49.50 (30.1) | 2. | 500m | 47.99 (28.8) |
| 3. | | 833m | 1:21.12 (31.6) | 3. | 833m | 1:18.25 (30.2) |
| 4. | | 1167m | 1:53.37 (32.2) | 4. | 1167m | 1:50.81 (32.5) |
| 5. | | 1500m | 2:25.33 (31.9) | 5. | 1500m | 2:24.04 (33.2) |
| <hr/> | | | | | | |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 7 | I | 13 | Linda Klein | LACUSTR | 2:17.17 | |
| | O | 31 | Peter de Vries | DELFTSE | 2:11.56 | |
| 1. | | 167m | 17.95 (17.9) | 1. | 167m | 17.17 (17.1) |
| 2. | | 500m | 45.68 (27.7) | 2. | 500m | 43.94 (26.7) |
| 3. | | 833m | 1:14.67 (28.9) | 3. | 833m | 1:11.93 (27.9) |
| 4. | | 1167m | 1:45.37 (30.7) | 4. | 1167m | 1:41.30 (29.3) |
| 5. | | 1500m | 2:17.17 (31.8) | 5. | 1500m | 2:11.56 (30.2) |
| <hr/> | | | | | | |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 8 | I | 74 | Marijn Zwier | SKEUVEL | 2:10.66 | |
| | O | 84 | Niels Leliveld | AYV | 2:05.93 | |
| 1. | | 167m | 16.62 (16.6) | 1. | 167m | 16.93 (16.9) |
| 2. | | 500m | 42.97 (26.3) | 2. | 500m | 43.06 (26.1) |
| 3. | | 833m | 1:10.44 (27.4) | 3. | 833m | 1:10.46 (27.4) |
| 4. | | 1167m | 1:39.75 (29.3) | 4. | 1167m | 1:38.29 (27.8) |
| 5. | | 1500m | 2:10.66 (30.9) | 5. | 1500m | 2:05.93 (27.6) |
| <hr/> | | | | | | |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 9 | I | 1 | Tjark Verhoeven | LACUSTR | 2:04.37 | |
| | O | 20 | Reindert de Leeuw | LACUSTR | 2:04.55 | |
| 1. | | 167m | 16.56 (16.5) | 1. | 167m | 16.97 (16.9) |
| 2. | | 500m | 42.26 (25.7) | 2. | 500m | 42.56 (25.5) |
| 3. | | 833m | 1:08.26 (26.0) | 3. | 833m | 1:08.94 (26.3) |
| 4. | | 1167m | 1:35.61 (27.3) | 4. | 1167m | 1:36.43 (27.4) |
| 5. | | 1500m | 2:04.37 (28.7) | 5. | 1500m | 2:04.55 (28.1) |
| <hr/> | | | | | | |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 10 | I | 69 | Jelle Koudstaal | SKITS | 2:04.54 | |
| | O | 3 | Juliën van Velthoven | ISIS | 2:08.29 | |
| 1. | | 167m | 16.69 (16.6) | 1. | 167m | 16.30 (16.3) |
| 2. | | 500m | 42.14 (25.4) | 2. | 500m | 41.65 (25.3) |
| 3. | | 833m | 1:08.16 (26.0) | 3. | 833m | 1:08.14 (26.4) |
| 4. | | 1167m | 1:35.62 (27.4) | 4. | 1167m | 1:37.13 (28.9) |
| 5. | | 1500m | 2:04.54 (28.9) | 5. | 1500m | 2:08.29 (31.1) |
| <hr/> | | | | | | |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 11 | I | 65 | Bart van Vliet | LACUSTR | 2:04.38 | |
| | O | 5 | Rik Koppelaar | ISIS | 2:01.61 | PB |
| 1. | | 167m | 16.14 (16.1) | 1. | 167m | 16.53 (16.5) |
| 2. | | 500m | 41.53 (25.3) | 2. | 500m | 41.19 (24.6) |
| 3. | | 833m | 1:07.55 (26.0) | 3. | 833m | 1:06.72 (25.5) |
| 4. | | 1167m | 1:35.29 (27.7) | 4. | 1167m | 1:33.66 (26.9) |
| 5. | | 1500m | 2:04.38 (29.0) | 5. | 1500m | 2:01.61 (27.9) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|----------------|---------|---------|----------------|
| 12 | I | 44 | Rutger Kroes | LACUSTR | 2:02.76 | |
| | O | 82 | Sjoerd Geraets | RSNL | 1:58.07 | |
| 1. | | 167m | 16.48 (16.4) | 1. | 167m | 15.79 (15.7) |
| 2. | | 500m | 41.28 (24.8) | 2. | 500m | 39.69 (23.9) |
| 3. | | 833m | 1:07.08 (25.8) | 3. | 833m | 1:04.80 (25.1) |
| 4. | | 1167m | 1:34.22 (27.1) | 4. | 1167m | 1:30.75 (25.9) |
| 5. | | 1500m | 2:02.76 (28.5) | 5. | 1500m | 1:58.07 (27.3) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|------------------------|---------|---------|------|
| 13 | I | 85 | Henk-Jan van den Hoorn | SKEUVEL | 2:10.03 | |
| | O | | | | | |
| 1. | | 167m | 16.88 (16.8) | 1. | | |
| 2. | | 500m | 42.85 (25.9) | 2. | | |
| 3. | | 833m | 1:10.57 (27.7) | 3. | | |
| 4. | | 1167m | 1:39.93 (29.3) | 4. | | |
| 5. | | 1500m | 2:10.03 (30.1) | 5. | | |

6: Dames en Heren B - 1000 meter.

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|--------------------|---------|---------|----------------|
| 1 | I | 71 | Huub Besten | SKEUVEL | 1:39.79 | PB |
| | O | 67 | Merlin Vollenbroek | LACUSTR | 1:55.35 | PB |
| 1. | | 333m | 34.47 (34.4) | 1. | 333m | 41.32 (41.3) |
| 2. | | 667m | 1:06.04 (31.5) | 2. | 667m | 1:17.78 (36.4) |
| 3. | | 1000m | 1:39.79 (33.7) | 3. | 1000m | 1:55.35 (37.5) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-----|-----------|------|------|------|
| 2 | | | | | | |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|---------------------|---------|---------|----------------|
| 3 | I | 83 | Victor van der Have | SOFTIJS | 1:34.85 | PB |
| | O | 37 | Kevin Gideonse | LACUSTR | 1:31.79 | PB |
| 1. | | 333m | 33.50 (33.5) | 1. | 333m | 32.35 (32.3) |
| 2. | | 667m | 1:03.67 (30.1) | 2. | 667m | 1:00.77 (28.4) |
| 3. | | 1000m | 1:34.85 (31.1) | 3. | 1000m | 1:31.79 (31.0) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|----------------|---------|---------|----------------|
| 4 | I | 39 | Jon Wijnakker | LACUSTR | 1:33.56 | PB |
| | O | 17 | Roos de Ridder | LACUSTR | 1:39.67 | PB |
| 1. | | 333m | 34.06 (34.0) | 1. | 333m | 35.24 (35.2) |
| 2. | | 667m | 1:03.09 (29.0) | 2. | 667m | 1:05.85 (30.6) |
| 3. | | 1000m | 1:33.56 (30.4) | 3. | 1000m | 1:39.67 (33.8) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|-------------------------|---------|---------|----------------|
| 5 | I | 33 | Hanneke van Houwelingen | LACUSTR | 2:00.31 | PB |
| | O | 9 | Marijn Koop | LACUSTR | 1:51.72 | PB |
| 1. | | 333m | 41.81 (41.8) | 1. | 333m | 38.97 (38.9) |
| 2. | | 667m | 1:20.23 (38.4) | 2. | 667m | 1:14.20 (35.2) |
| 3. | | 1000m | 2:00.31 (40.0) | 3. | 1000m | 1:51.72 (37.5) |

Triavium Nijmegen, IUT Lacustris

Datum: 25-03-2010

UITSLAG OP RITVOLGORDE

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----------|----------|-----------|----------------------------|----------------|----------------|----------------|
| 6 | I | 52 | Karen Faber | LACUSTR | 1:45.67 | PB |
| | O | 47 | Sondra Roelofs | LACUSTR | 1:48.85 | PB |
| 1. | | 333m | 36.91 (36.9) | 1. | 333m | 38.48 (38.4) |
| 2. | | 667m | 1:10.50 (33.5) | 2. | 667m | 1:12.68 (34.2) |
| 3. | | 1000m | 1:45.67 (35.1) | 3. | 1000m | 1:48.85 (36.1) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 7 | I | 14 | Rik Weeting | LACUSTR | 1:31.17 | PB |
| | O | 72 | Inge Duine | G-BL | 1:51.70 | PB |
| 1. | | 333m | 32.15 (32.1) | 1. | 333m | 38.57 (38.5) |
| 2. | | 667m | 1:00.90 (28.7) | 2. | 667m | 1:13.02 (34.4) |
| 3. | | 1000m | 1:31.17 (30.2) | 3. | 1000m | 1:51.70 (38.6) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 8 | I | 68 | Rutger Bloemendaal | GSSVTJA | 1:31.69 | PB |
| | O | 54 | Adriaan van der Zee | SKITS | 1:37.12 | PB |
| 1. | | 333m | 31.80 (31.8) | 1. | 333m | 34.05 (34.0) |
| 2. | | 667m | 1:00.71 (28.9) | 2. | 667m | 1:04.44 (30.3) |
| 3. | | 1000m | 1:31.69 (30.9) | 3. | 1000m | 1:37.12 (32.6) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 9 | I | 26 | Lineke Oosterwechel | LACUSTR | 1:44.81 | |
| | O | 6 | Tineke Paas | LACUSTR | 1:48.91 | |
| 1. | | 333m | 36.53 (36.5) | 1. | 333m | 39.81 (39.8) |
| 2. | | 667m | 1:10.08 (33.5) | 2. | 667m | 1:13.94 (34.1) |
| 3. | | 1000m | 1:44.81 (34.7) | 3. | 1000m | 1:48.91 (34.9) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 10 | I | 66 | Eelco de Groot | DELFTSE | 1:43.46 | |
| | O | 4 | Anne Hafkemeijer | LACUSTR | 1:56.49 | PB |
| 1. | | 333m | 35.11 (35.1) | 1. | 333m | 40.25 (40.2) |
| 2. | | 667m | 1:07.77 (32.6) | 2. | 667m | 1:17.42 (37.1) |
| 3. | | 1000m | 1:43.46 (35.6) | 3. | 1000m | 1:56.49 (39.0) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 11 | I | 51 | Niek Vos | STW | 1:33.11 | PB |
| | O | 49 | Hetty Zuring | ISIS | DNF | DNF |
| 1. | | 333m | 33.07 (33.0) | 1. | | |
| 2. | | 667m | 1:02.16 (29.0) | 2. | | |
| 3. | | 1000m | 1:33.11 (30.9) | 3. | | |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 12 | I | 27 | Koen Halfwerk | LACUSTR | 1:38.84 | PB |
| | O | 53 | Meike Hoogeboom | SCHOORL | 1:43.86 | |
| 1. | | 333m | 34.82 (34.8) | 1. | 333m | 35.15 (35.1) |
| 2. | | 667m | 1:05.78 (30.9) | 2. | 667m | 1:07.75 (32.6) |
| 3. | | 1000m | 1:38.84 (33.0) | 3. | 1000m | 1:43.86 (36.1) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----------|----------|-----------|----------------------------|----------------|----------------|----------------|
| 13 | I | 35 | Tjerk Bakker | DELFTSE | 1:28.35 | PB |
| | O | 79 | Daan Oerlemans | SSVB | 1:31.43 | |
| 1. | | 333m | 30.70 (30.7) | 1. | 333m | 33.22 (33.2) |
| 2. | | 667m | 58.72 (28.0) | 2. | 667m | 1:01.74 (28.5) |
| 3. | | 1000m | 1:28.35 (29.6) | 3. | 1000m | 1:31.43 (29.6) |
| 14 | I | 40 | Rico van Genugten | ISIS | 1:32.36 | PB |
| | O | 19 | Teije van Prooije | LACUSTR | 1:32.29 | |
| 1. | | 333m | 32.95 (32.9) | 1. | 333m | 32.89 (32.8) |
| 2. | | 667m | 1:02.11 (29.1) | 2. | 667m | 1:02.04 (29.1) |
| 3. | | 1000m | 1:32.36 (30.2) | 3. | 1000m | 1:32.29 (30.2) |
| 15 | I | 38 | Martijn Schiphouwer | LACUSTR | 1:24.24 | MT |
| | O | 21 | Rasmus Berghoef | LACUSTR | 1:25.81 | PB |
| 1. | | 333m | () | 1. | 333m | 30.33 (30.3) |
| 2. | | 667m | () | 2. | 667m | 1:25.81 (55.4) |
| 3. | | 1000m | 1:24.24 () | 3. | 1000m | 1:25.81 () |
| 16 | I | 77 | Ben Kloosterboer | GSSVTJA | DQ | DQ |
| | O | 78 | Stefan Resodiwirjo | SSVB | 1:28.00 | |
| 1. | | | | 1. | 333m | 29.36 (29.3) |
| 2. | | | | 2. | 667m | 56.44 (27.0) |
| 3. | | | | 3. | 1000m | 1:28.00 (31.5) |

7: Dames en Heren C - 1000 meter.

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|----------|----------|-----------|------------------------|----------------|----------------|----------------|
| 1 | I | 24 | Paul Brussee | LACUSTR | 1:44.77 | PB |
| 1. | | 333m | 36.91 (36.9) | 1. | | |
| 2. | | 667m | 1:10.04 (33.1) | 2. | | |
| 3. | | 1000m | 1:44.77 (34.7) | 3. | | |
| 2 | I | 76 | Femke Knoop | SOFTIJS | 1:58.78 | PB |
| | O | 22 | Miriam de Boer | LACUSTR | 2:10.45 | PB |
| 1. | | 333m | 41.15 (41.1) | 1. | 333m | 44.79 (44.7) |
| 2. | | 667m | | 2. | 667m | 1:29.77 (44.9) |
| 3. | | 1000m | 1:58.78 | 3. | 1000m | 2:10.45 (40.6) |
| 3 | I | 10 | Ron Hendrix | ISIS | 2:26.45 | PB |
| | O | 61 | Jantine de Jong | ISIS | 1:59.47 | PB |
| 1. | | 333m | 46.21 (46.2) | 1. | 333m | 42.72 (42.7) |
| 2. | | 667m | 1:40.78 (54.5) | 2. | 667m | 1:19.86 (37.1) |
| 3. | | 1000m | 2:26.45 (45.6) | 3. | 1000m | 1:59.47 (39.6) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----------|----------|-----------|----------------------------|----------------|----------------|----------------|
| 4 | I | 73 | Sent Wierda | LACUSTR | 1:36.90 | PB |
| | O | 42 | Theo Wegman | ISIS | DNS | DNS |
| 1. | | 333m | 34.56 (34.5) | 1. | | |
| 2. | | 667m | 1:05.25 (30.6) | 2. | | |
| 3. | | 1000m | 1:36.90 (31.6) | 3. | | |
| 5 | I | 46 | Bram van der Vlist | ISIS | 1:50.41 | PB |
| | O | 55 | Rachelle Dahlmans | LACUSTR | DNS | DNS |
| 1. | | 333m | 38.84 (38.8) | 1. | | |
| 2. | | 667m | 1:14.01 (35.1) | 2. | | |
| 3. | | 1000m | 1:50.41 (36.4) | 3. | | |
| 6 | I | 48 | Marieke van Lith | LACUSTR | 2:23.78 | PB |
| | O | 75 | Jochem van de Beld | SOFTIJS | 1:46.98 | PB |
| 1. | | 333m | 49.21 (49.2) | 1. | 333m | 36.31 (36.3) |
| 2. | | 667m | 1:36.31 (47.1) | 2. | 667m | 1:10.44 (34.1) |
| 3. | | 1000m | 2:23.78 (47.4) | 3. | 1000m | 1:46.98 (36.5) |
| 7 | I | 2 | Frank van der Loo | LACUSTR | 1:46.56 | PB |
| | O | 64 | Joep de Groot | ISIS | 1:54.90 | PB |
| 1. | | 333m | 36.66 (36.6) | 1. | 333m | 40.18 (40.1) |
| 2. | | 667m | 1:11.15 (34.4) | 2. | 667m | 1:16.23 (36.0) |
| 3. | | 1000m | 1:46.56 (35.4) | 3. | 1000m | 1:54.90 (38.6) |
| 8 | I | 59 | Jeroen van Kuringen | G-BL | 1:41.30 | PB |
| | O | 25 | Janine van Asselt | LACUSTR | 2:14.02 | PB |
| 1. | | 333m | 36.40 (36.4) | 1. | 333m | 45.36 (45.3) |
| 2. | | 667m | 1:08.46 (32.0) | 2. | 667m | 1:28.01 (42.6) |
| 3. | | 1000m | 1:41.30 (32.8) | 3. | 1000m | 2:14.02 (46.0) |
| 9 | I | 70 | Imre Dehner | LACUSTR | 2:10.71 | PB |
| | O | 62 | Rens-Jan Gossen | LACUSTR | 2:05.02 | PB |
| 1. | | 333m | 46.03 (46.0) | 1. | 333m | 42.60 (42.6) |
| 2. | | 667m | 1:29.66 (43.6) | 2. | 667m | 1:22.82 (40.2) |
| 3. | | 1000m | 2:10.71 (41.0) | 3. | 1000m | 2:05.02 (42.2) |
| 10 | I | 16 | Frédérique Bouwman | LACUSTR | 2:02.80 | PB |
| | O | 60 | Fortuné Elekonawo | LACUSTR | 1:51.49 | PB |
| 1. | | 333m | 41.67 (41.6) | 1. | 333m | 38.91 (38.9) |
| 2. | | 667m | 1:21.32 (39.6) | 2. | 667m | 1:14.21 (35.3) |
| 3. | | 1000m | 2:02.80 (41.4) | 3. | 1000m | 1:51.49 (37.2) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|----------------|---------|---------|----------------|
| 11 | I | 41 | Lilian de Kort | LACUSTR | 1:55.68 | PB |
| | O | 30 | Michael Severs | LACUSTR | 1:25.07 | |
| 1. | | 333m | 38.68 (38.6) | 1. | 333m | 29.91 (29.9) |
| 2. | | 667m | 1:14.75 (36.0) | 2. | 667m | 56.50 (26.5) |
| 3. | | 1000m | 1:55.68 (40.9) | 3. | 1000m | 1:25.07 (28.5) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|---------------------|---------|---------|----------------|
| 12 | I | 63 | Lars van Heijst | G-BL | 1:48.84 | PB |
| | O | 18 | Machiel van Zutphen | LACUSTR | 1:25.78 | |
| 1. | | 333m | 35.79 (35.7) | 1. | 333m | 29.77 (29.7) |
| 2. | | 667m | 1:10.69 (34.9) | 2. | 667m | 56.35 (26.5) |
| 3. | | 1000m | 1:48.84 (38.1) | 3. | 1000m | 1:25.78 (29.4) |

8: Dames A - 3000 meter.

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|-----------------|---------|---------|----------------|
| 1 | I | 11 | Sandra Kouijzer | ISIS | 5:13.95 | |
| | O | 8 | Suze Lubberdink | LACUSTR | 5:29.04 | |
| 1. | | 333m | 38.47 (38.4) | 1. | 333m | 37.51 (37.5) |
| 2. | | 667m | | 2. | 667m | |
| 3. | | 1000m | 1:50.20 | 3. | 1000m | 1:50.02 |
| 4. | | 1333m | 2:19.95 (29.7) | 4. | 1333m | 2:23.29 (33.2) |
| 5. | | 1667m | 2:54.28 (34.3) | 5. | 1667m | 2:59.81 (36.5) |
| 6. | | 2000m | 3:28.89 (34.6) | 6. | 2000m | 3:36.53 (36.7) |
| 7. | | 2333m | 4:03.66 (34.7) | 7. | 2333m | 4:13.78 (37.2) |
| 8. | | 2667m | 4:38.95 (35.2) | 8. | 2667m | 4:51.67 (37.8) |
| 9. | | 3000m | 5:13.95 (35.0) | 9. | 3000m | 5:29.04 (37.3) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|--------------------|---------|---------|----------------|
| 2 | I | 81 | Suzan van den Belt | LACUSTR | 5:12.30 | |
| | O | 58 | Annelies Wesselink | LACUSTR | 5:23.81 | |
| 1. | | 333m | 36.53 (36.5) | 1. | 333m | 35.78 (35.7) |
| 2. | | 667m | 1:09.83 (33.3) | 2. | 667m | 1:08.90 (33.1) |
| 3. | | 1000m | 1:43.60 (33.7) | 3. | 1000m | 1:43.70 (34.8) |
| 4. | | 1333m | 2:18.15 (34.5) | 4. | 1333m | 2:19.91 (36.2) |
| 5. | | 1667m | 2:52.88 (34.7) | 5. | 1667m | 2:55.58 (35.6) |
| 6. | | 2000m | 3:27.95 (35.0) | 6. | 2000m | 3:31.54 (35.9) |
| 7. | | 2333m | 4:02.84 (34.8) | 7. | 2333m | 4:08.62 (37.0) |
| 8. | | 2667m | 4:37.78 (34.9) | 8. | 2667m | 4:46.27 (37.6) |
| 9. | | 3000m | 5:12.30 (34.5) | 9. | 3000m | 5:23.81 (37.5) |

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|-----------------------|---------|---------|----------------|
| 3 | I | 80 | Berber van den Hengel | GSSVTJA | 5:08.86 | |
| | O | 34 | Ruth Dobbelsesteen | LACUSTR | 5:18.12 | |
| 1. | | 333m | 34.04 (34.0) | 1. | 333m | 35.72 (35.7) |
| 2. | | 667m | 1:06.34 (32.3) | 2. | 667m | 1:10.19 (34.4) |
| 3. | | 1000m | 1:40.31 (33.9) | 3. | 1000m | 1:46.21 (36.0) |
| 4. | | 1333m | 2:15.39 (35.0) | 4. | 1333m | 2:22.09 (35.8) |
| 5. | | 1667m | 2:49.80 (34.4) | 5. | 1667m | 2:57.60 (35.5) |
| 6. | | 2000m | 3:23.95 (34.1) | 6. | 2000m | 3:32.93 (35.3) |
| 7. | | 2333m | 3:58.65 (34.7) | 7. | 2333m | 4:08.00 (35.0) |
| 8. | | 2667m | 4:33.96 (35.3) | 8. | 2667m | 4:42.97 (34.9) |
| 9. | | 3000m | 5:08.86 (34.9) | 9. | 3000m | 5:18.12 (35.1) |

Triavium Nijmegen, IUT Lacustris

Datum: 25-03-2010

UITSLAG OP RITVOLGORDE

| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|----------------------|---------|---------|----------------|
| 4 | I | 15 | Imme Lammertink | LACUSTR | 4:59.41 | |
| | O | 12 | Renske van den Elzen | LACUSTR | 5:05.92 | |
| 1. | | 333m | 35.18 (35.1) | 1. | 333m | 35.95 (35.9) |
| 2. | | 667m | 1:06.87 (31.6) | 2. | 667m | 1:08.55 (32.6) |
| 3. | | 1000m | 1:39.46 (32.5) | 3. | 1000m | 1:41.69 (33.1) |
| 4. | | 1333m | 2:12.84 (33.3) | 4. | 1333m | 2:15.70 (34.0) |
| 5. | | 1667m | 2:46.07 (33.2) | 5. | 1667m | 2:49.73 (34.0) |
| 6. | | 2000m | 3:19.40 (33.3) | 6. | 2000m | 3:23.73 (34.0) |
| 7. | | 2333m | 3:52.73 (33.3) | 7. | 2333m | 3:58.04 (34.3) |
| 8. | | 2667m | 4:26.46 (33.7) | 8. | 2667m | 4:32.13 (34.0) |
| 9. | | 3000m | 4:59.41 (32.9) | 9. | 3000m | 5:05.92 (33.7) |

| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|--------------------|---------|---------|----------------|
| 5 | I | 13 | Linda Klein | LACUSTR | 4:48.31 | |
| | O | 23 | Timme van der Lugt | STW | 4:53.47 | |
| 1. | | 333m | 34.41 (34.4) | 1. | 333m | 33.92 (33.9) |
| 2. | | 667m | 1:04.20 (29.7) | 2. | 667m | 1:04.90 (30.9) |
| 3. | | 1000m | 1:35.68 (31.4) | 3. | 1000m | 1:36.20 (31.3) |
| 4. | | 1333m | 2:07.30 (31.6) | 4. | 1333m | 2:07.78 (31.5) |
| 5. | | 1667m | 2:39.17 (31.8) | 5. | 1667m | 2:40.65 (32.8) |
| 6. | | 2000m | 3:10.87 (31.7) | 6. | 2000m | 3:13.50 (32.8) |
| 7. | | 2333m | 3:42.75 (31.8) | 7. | 2333m | 3:46.79 (33.2) |
| 8. | | 2667m | 4:15.46 (32.7) | 8. | 2667m | 4:20.34 (33.5) |
| 9. | | 3000m | 4:48.31 (32.8) | 9. | 3000m | 4:53.47 (33.1) |

9: Heren A - 3000 meter.

| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|------------------------|---------|---------|----------------|
| 1 | I | 85 | Henk-Jan van den Hoorn | SKEUVEL | 4:38.68 | |
| | O | 31 | Peter de Vries | DELFTSE | 4:47.12 | |
| 1. | | 333m | 33.07 (33.0) | 1. | 333m | 33.47 (33.4) |
| 2. | | 667m | 1:02.72 (29.6) | 2. | 667m | 1:02.80 (29.3) |
| 3. | | 1000m | 1:33.28 (30.5) | 3. | 1000m | 1:32.98 (30.1) |
| 4. | | 1333m | 2:04.15 (30.8) | 4. | 1333m | 2:04.02 (31.0) |
| 5. | | 1667m | 2:35.15 (31.0) | 5. | 1667m | 2:35.64 (31.6) |
| 6. | | 2000m | 3:06.16 (31.0) | 6. | 2000m | 3:07.44 (31.8) |
| 7. | | 2333m | 3:37.24 (31.0) | 7. | 2333m | 3:40.31 (32.8) |
| 8. | | 2667m | 4:08.14 (30.9) | 8. | 2667m | 4:13.36 (33.0) |
| 9. | | 3000m | 4:38.68 (30.5) | 9. | 3000m | 4:47.12 (33.7) |

| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|----------------|---------|---------|----------------|
| 2 | I | 84 | Niels Leliveld | AYV | 4:34.20 | |
| | O | 74 | Marijn Zwier | SKEUVEL | 4:45.97 | |
| 1. | | 333m | 32.98 (32.9) | 1. | 333m | 33.06 (33.0) |
| 2. | | 667m | 1:04.10 (31.1) | 2. | 667m | 1:03.59 (30.5) |
| 3. | | 1000m | 1:35.38 (31.2) | 3. | 1000m | 1:34.79 (31.2) |
| 4. | | 1333m | 2:06.71 (31.3) | 4. | 1333m | 2:06.86 (32.0) |
| 5. | | 1667m | 2:37.74 (31.0) | 5. | 1667m | 2:38.82 (31.9) |
| 6. | | 2000m | 3:08.11 (30.3) | 6. | 2000m | 3:10.41 (31.5) |
| 7. | | 2333m | 3:36.67 (28.5) | 7. | 2333m | 3:41.73 (31.3) |
| 8. | | 2667m | 4:05.43 (28.7) | 8. | 2667m | 4:13.57 (31.8) |
| 9. | | 3000m | 4:34.20 (28.7) | 9. | 3000m | 4:45.97 (32.4) |

Triavium Nijmegen, IUT Lacustris

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UITSLAG OP RITVOLGORDE

| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
|----------|----------|-----------|-----------------------------|----------------|----------------|----------------|
| 3 | I | 20 | Reindert de Leeuw | LACUSTR | 4:34.34 | |
| | O | 43 | Joey Twaalfhoven | LACUSTR | 4:30.31 | PB |
| 1. | | 333m | 32.46 (32.4) | 1. | 333m | 31.00 (31.0) |
| 2. | | 667m | 1:01.37 (28.9) | 2. | 667m | 59.79 (28.7) |
| 3. | | 1000m | 1:30.85 (29.4) | 3. | 1000m | 1:28.89 (29.1) |
| 4. | | 1333m | 2:00.65 (29.8) | 4. | 1333m | 1:58.07 (29.1) |
| 5. | | 1667m | 2:30.62 (29.9) | 5. | 1667m | 2:27.88 (29.8) |
| 6. | | 2000m | 3:01.02 (30.4) | 6. | 2000m | 2:57.79 (29.9) |
| 7. | | 2333m | 3:31.96 (30.9) | 7. | 2333m | 3:28.43 (30.6) |
| 8. | | 2667m | 4:02.97 (31.0) | 8. | 2667m | 3:59.30 (30.8) |
| 9. | | 3000m | 4:34.34 (31.3) | 9. | 3000m | 4:30.31 (31.0) |
| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
| 4 | I | 1 | Tjark Verhoeven | LACUSTR | 4:34.50 | |
| | O | 65 | Bart van Vliet | LACUSTR | 4:25.89 | |
| 1. | | 333m | 30.97 (30.9) | 1. | 333m | 30.79 (30.7) |
| 2. | | 667m | 59.99 (29.0) | 2. | 667m | 59.29 (28.5) |
| 3. | | 1000m | 1:29.75 (29.7) | 3. | 1000m | 1:28.35 (29.0) |
| 4. | | 1333m | 1:59.94 (30.1) | 4. | 1333m | 1:57.83 (29.4) |
| 5. | | 1667m | 2:29.99 (30.0) | 5. | 1667m | 2:27.58 (29.7) |
| 6. | | 2000m | 3:00.62 (30.6) | 6. | 2000m | 2:56.97 (29.3) |
| 7. | | 2333m | 3:31.35 (30.7) | 7. | 2333m | 3:26.40 (29.4) |
| 8. | | 2667m | 4:02.62 (31.2) | 8. | 2667m | 3:55.88 (29.4) |
| 9. | | 3000m | 4:34.50 (31.8) | 9. | 3000m | 4:25.89 (30.0) |
| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
| 5 | I | 3 | Juliën van Velthoven | ISIS | 4:45.53 | |
| | O | 69 | Jelle Koudstaal | SKITS | 4:29.99 | |
| 1. | | 333m | 32.14 (32.1) | 1. | 333m | 31.62 (31.6) |
| 2. | | 667m | 1:01.84 (29.7) | 2. | 667m | 59.30 (27.6) |
| 3. | | 1000m | 1:32.15 (30.3) | 3. | 1000m | 1:27.28 (27.9) |
| 4. | | 1333m | 2:03.45 (31.3) | 4. | 1333m | 1:55.71 (28.4) |
| 5. | | 1667m | 2:35.14 (31.6) | 5. | 1667m | 2:24.92 (29.2) |
| 6. | | 2000m | 3:07.60 (32.4) | 6. | 2000m | 2:54.97 (30.0) |
| 7. | | 2333m | 3:40.05 (32.4) | 7. | 2333m | 3:26.40 (31.4) |
| 8. | | 2667m | 4:13.15 (33.1) | 8. | 2667m | 3:58.39 (31.9) |
| 9. | | 3000m | 4:45.53 (32.3) | 9. | 3000m | 4:29.99 (31.6) |
| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
| 6 | I | 44 | Rutger Kroes | LACUSTR | 4:21.30 | |
| | O | 5 | Rik Koppelaar | ISIS | 4:15.27 | |
| 1. | | 333m | 30.70 (30.7) | 1. | 333m | 30.30 (30.3) |
| 2. | | 667m | 57.67 (26.9) | 2. | 667m | 57.55 (27.2) |
| 3. | | 1000m | 1:25.20 (27.5) | 3. | 1000m | 1:24.73 (27.1) |
| 4. | | 1333m | 1:53.42 (28.2) | 4. | 1333m | 1:52.65 (27.9) |
| 5. | | 1667m | 2:21.96 (28.5) | 5. | 1667m | 2:20.77 (28.1) |
| 6. | | 2000m | 2:51.05 (29.0) | 6. | 2000m | 2:49.09 (28.3) |
| 7. | | 2333m | 3:20.69 (29.6) | 7. | 2333m | 3:17.41 (28.3) |
| 8. | | 2667m | 3:50.82 (30.1) | 8. | 2667m | 3:46.27 (28.8) |
| 9. | | 3000m | 4:21.30 (30.4) | 9. | 3000m | 4:15.27 (29.0) |

10: Dames B - 1500 meter.

| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
|-----|-----|-------|-------------------------|---------|---------|----------------|
| 1 | I | 33 | Hanneke van Houwelingen | LACUSTR | 3:18.00 | PB |
| | O | 49 | Hetty Zuring | ISIS | 3:59.42 | |
| 1. | | 167m | 24.94 (24.9) | 1. | 167m | 27.66 (27.6) |
| 2. | | 500m | 1:08.60 (43.6) | 2. | 500m | 1:19.94 (52.2) |
| 3. | | 833m | 1:52.47 (43.8) | 3. | 833m | 2:14.17 (54.2) |
| 4. | | 1167m | 2:35.60 (43.1) | 4. | 1167m | 3:07.04 (52.8) |
| 5. | | 1500m | 3:18.00 (42.4) | 5. | 1500m | 3:59.42 (52.3) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 2 | I | 4 | Anne Hafkemeijer | LACUSTR | 3:17.23 | PB |
| | O | 67 | Merlin Vollenbroek | LACUSTR | 2:59.62 | PB |
| 1. | | 167m | 23.73 (23.7) | 1. | 167m | 23.53 (23.5) |
| 2. | | 500m | 1:04.49 (40.7) | 2. | 500m | 1:02.64 (39.1) |
| 3. | | 833m | 1:48.64 (44.1) | 3. | 833m | 1:42.07 (39.4) |
| 4. | | 1167m | 2:32.85 (44.2) | 4. | 1167m | 2:21.35 (39.2) |
| 5. | | 1500m | 3:17.23 (44.3) | 5. | 1500m | 2:59.62 (38.2) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 3 | I | 6 | Tineke Paas | LACUSTR | 2:47.52 | |
| | O | 72 | Inge Duine | G-BL | 2:52.83 | PB |
| 1. | | 167m | 22.89 (22.8) | 1. | 167m | 22.73 (22.7) |
| 2. | | 500m | 58.11 (35.2) | 2. | 500m | 58.25 (35.5) |
| 3. | | 833m | 1:33.83 (35.7) | 3. | 833m | 1:35.47 (37.2) |
| 4. | | 1167m | 2:10.39 (36.5) | 4. | 1167m | 2:14.29 (38.8) |
| 5. | | 1500m | 2:47.52 (37.1) | 5. | 1500m | 2:52.83 (38.5) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 4 | I | 47 | Sondra Roelofs | LACUSTR | 2:50.63 | PB |
| | O | 9 | Marijn Koop | LACUSTR | 2:51.68 | PB |
| 1. | | 167m | 21.64 (21.6) | 1. | 167m | 21.89 (21.8) |
| 2. | | 500m | 57.05 (35.4) | 2. | 500m | 56.58 (34.6) |
| 3. | | 833m | 1:33.85 (36.8) | 3. | 833m | 1:33.51 (36.9) |
| 4. | | 1167m | 2:12.49 (38.6) | 4. | 1167m | 2:12.79 (39.2) |
| 5. | | 1500m | 2:50.63 (38.1) | 5. | 1500m | 2:51.68 (38.8) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 5 | I | 26 | Lineke Oosterwechel | LACUSTR | 2:43.33 | |
| | O | 52 | Karen Faber | LACUSTR | 2:44.41 | PB |
| 1. | | 167m | 20.65 (20.6) | 1. | 167m | 21.57 (21.5) |
| 2. | | 500m | 54.80 (34.1) | 2. | 500m | 55.89 (34.3) |
| 3. | | 833m | 1:29.73 (34.9) | 3. | 833m | 1:31.42 (35.5) |
| 4. | | 1167m | 2:06.71 (36.9) | 4. | 1167m | 2:07.96 (36.5) |
| 5. | | 1500m | 2:43.33 (36.6) | 5. | 1500m | 2:44.41 (36.4) |
| Rit | I/O | DIn | Deelnemer | Club | Tijd | Info |
| 6 | I | 17 | Roos de Ridder | LACUSTR | 2:35.17 | PB |
| | O | 53 | Meike Hoogeboom | SCHOORL | 2:43.62 | |
| 1. | | 167m | 19.91 (19.9) | 1. | 167m | 20.41 (20.4) |
| 2. | | 500m | 51.42 (31.5) | 2. | 500m | 53.81 (33.4) |
| 3. | | 833m | 1:24.04 (32.6) | 3. | 833m | 1:29.59 (35.7) |
| 4. | | 1167m | 1:58.93 (34.8) | 4. | 1167m | 2:06.74 (37.1) |
| 5. | | 1500m | 2:35.17 (36.2) | 5. | 1500m | 2:43.62 (36.8) |

11: Heren B - 1500 meter.

| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
|----------|----------|-----------|----------------------------|----------------|----------------|----------------|
| 1 | I | 83 | Victor van der Have | SOFTIJS | 2:31.54 | PB |
| | O | 54 | Adriaan van der Zee | SKITS | 2:32.40 | PB |
| 1. | | 167m | 19.53 (19.5) | 1. | 167m | 19.38 (19.3) |
| 2. | | 500m | 52.32 (32.7) | 2. | 500m | 50.63 (31.2) |
| 3. | | 833m | 1:26.09 (33.7) | 3. | 833m | 1:24.21 (33.5) |
| 4. | | 1167m | 1:59.19 (33.1) | 4. | 1167m | 1:58.66 (34.4) |
| 5. | | 1500m | 2:31.54 (32.3) | 5. | 1500m | 2:32.40 (33.7) |
| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
| 2 | I | 19 | Teije van Prooije | LACUSTR | 2:23.88 | PB |
| | O | 39 | Jon Wijnakker | LACUSTR | 2:30.84 | PB |
| 1. | | 167m | 19.31 (19.3) | 1. | 167m | 19.63 (19.6) |
| 2. | | 500m | 48.98 (29.6) | 2. | 500m | 50.42 (30.7) |
| 3. | | 833m | 1:19.33 (30.3) | 3. | 833m | 1:21.95 (31.5) |
| 4. | | 1167m | 1:51.31 (31.9) | 4. | 1167m | 1:56.08 (34.1) |
| 5. | | 1500m | 2:23.88 (32.5) | 5. | 1500m | 2:30.84 (34.7) |
| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
| 3 | I | 51 | Niek Vos | STW | 2:27.82 | |
| | O | 40 | Rico van Genugten | ISIS | 2:24.83 | |
| 1. | | 167m | 19.35 (19.3) | 1. | 167m | 19.04 (19.0) |
| 2. | | 500m | 50.56 (31.2) | 2. | 500m | 49.47 (30.4) |
| 3. | | 833m | 1:21.84 (31.2) | 3. | 833m | 1:20.61 (31.1) |
| 4. | | 1167m | 1:54.70 (32.8) | 4. | 1167m | 1:52.53 (31.9) |
| 5. | | 1500m | 2:27.82 (33.1) | 5. | 1500m | 2:24.83 (32.3) |
| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
| 4 | I | 68 | Rutger Bloemendaal | GSSVTJA | 2:24.41 | PB |
| | O | 37 | Kevin Gideonse | LACUSTR | 2:22.50 | PB |
| 1. | | 167m | 18.49 (18.4) | 1. | 167m | 18.89 (18.8) |
| 2. | | 500m | 48.32 (29.8) | 2. | 500m | 47.82 (28.9) |
| 3. | | 833m | 1:18.96 (30.6) | 3. | 833m | 1:17.59 (29.7) |
| 4. | | 1167m | 1:51.18 (32.2) | 4. | 1167m | 1:49.56 (31.9) |
| 5. | | 1500m | 2:24.41 (33.2) | 5. | 1500m | 2:22.50 (32.9) |
| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
| 5 | I | 35 | Tjerk Bakker | DELFTSE | 2:22.87 | |
| | O | 14 | Rik Weeting | LACUSTR | 2:27.07 | PB |
| 1. | | 167m | 18.03 (18.0) | 1. | 167m | 18.91 (18.9) |
| 2. | | 500m | 46.98 (28.9) | 2. | 500m | 48.85 (29.9) |
| 3. | | 833m | 1:17.51 (30.5) | 3. | 833m | 1:20.10 (31.2) |
| 4. | | 1167m | 1:50.08 (32.5) | 4. | 1167m | 1:53.03 (32.9) |
| 5. | | 1500m | 2:22.87 (32.7) | 5. | 1500m | 2:27.07 (34.0) |
| Rit | I/O | Dln | Deelnemer | Club | Tijd | Info |
| 6 | I | 38 | Martijn Schiphouwer | LACUSTR | 2:13.62 | PB |
| | O | 21 | Rasmus Berghoef | LACUSTR | 2:13.12 | PB |
| 1. | | 167m | 17.44 (17.4) | 1. | 167m | 17.37 (17.3) |
| 2. | | 500m | 44.66 (27.2) | 2. | 500m | 44.25 (26.8) |
| 3. | | 833m | 1:13.34 (28.6) | 3. | 833m | 1:12.88 (28.6) |
| 4. | | 1167m | 1:43.55 (30.2) | 4. | 1167m | 1:42.88 (30.0) |
| 5. | | 1500m | 2:13.62 (30.0) | 5. | 1500m | 2:13.12 (30.2) |

