

## AT 100 M (F)

SONS Haarlem 2026

Preliminary

Division: F01	11:05:00	Division: F03	11:13:00	Division: F04	11:17:00
<b>63</b> Holleman, Ester F Age: 14 AV Gouda Previous: 0 min, 30.00 sec	Lane: 2	<b>221</b> Matthew, Michele F Age: 31 Special Olympics Bonaire Previous: 0 min, 30.00 sec	Lane: 1	<b>30</b> Voorthuis, Paulien van F Age: 32 AV Climax Previous: 0 min, 25.68 sec	Lane: 1
<b>203</b> Rossenaar, Rosalynn F Age: 11 Only Friends Previous: 0 min, 27.14 sec	Lane: 3	<b>211</b> Nijsink, Danielle van de F Age: 27 Only Friends Twente Atletiek Previous: 0 min, 28.85 sec	Lane: 2	<b>59</b> Kuik, Jolanda van F Age: 58 AV Generaal Michaëlis Previous: 0 min, 25.25 sec	Lane: 2
<b>217</b> Schilt, Meike van F Age: 14 Only Friends Twente Atletiek	Lane: 4	<b>88</b> Bos, Ingrid F Age: 41 AV Lycurgus Previous: 0 min, 27.00 sec	Lane: 3	<b>110</b> Weema, Sandra F Age: 40 AV Lycurgus Previous: 0 min, 25.00 sec	Lane: 3
<b>213</b> Otten, Julia F Age: 13 Only Friends Twente Atletiek Previous: 0 min, 22.84 sec	Lane: 5	<b>87</b> Boot, Sabrina F Age: 36 AV Lycurgus Previous: 0 min, 26.50 sec	Lane: 4	<b>202</b> Lamur, Jamilla F Age: 28 Only Friends Previous: 0 min, 24.67 sec	Lane: 4
<b>199</b> Endedijk, Fenne F Age: 13 Only Friends Previous: 0 min, 28.70 sec	Lane: 6	<b>94</b> Dekker, Minette F Age: 41 AV Lycurgus Previous: 0 min, 26.60 sec	Lane: 5	<b>165</b> Lunenburg, Agnes F Age: 24 HAC '63 Previous: 0 min, 24.91 sec	Lane: 5
<b>Division: F02</b>	<b>11:09:00</b>	<b>225</b> Beemsterboer, Rianne F Age: 42 SV Veendam Atletiek Previous: 0 min, 28.30 sec	Lane: 6	<b>21</b> Smid, Josia F Age: 32 AV '34 Previous: 0 min, 25.22 sec	Lane: 6
<b>56</b> Erp, Carlijn van F Age: 23 AV Generaal Michaëlis Previous: 0 min, 35.47 sec	Lane: 2	<b>126</b> Sodaar, Soeraya F Age: 28 AV Spark Spijkenisse Previous: 0 min, 29.50 sec	Lane: 7	<b>1</b> Berg, Marloes van den F Age: 46 AAV '36 Previous: 0 min, 25.57 sec	Lane: 7
<b>222</b> Matthew, Shalimar F Age: 30 Special Olympics Bonaire Previous: 0 min, 33.00 sec	Lane: 3			<b>Division: F05</b>	<b>11:21:00</b>
<b>184</b> Scheffer, Fleur F Age: 45 Hellas Utrecht Previous: 0 min, 31.30 sec	Lane: 4			<b>2</b> Berkel, Fleur van F Age: 33 AAV '36 Previous: 0 min, 22.69 sec	Lane: 2
<b>121</b> Kalfs, Francesca F Age: 39 AV Spark Spijkenisse Previous: 0 min, 32.93 sec	Lane: 5			<b>39</b> Mentjens, Lara F Age: 19 AV Dokev Previous: 0 min, 21.97 sec	Lane: 3
<b>127</b> Steenvoorden, Fanny F Age: 54 AV Spark Spijkenisse Previous: 0 min, 33.78 sec	Lane: 6			<b>8</b> Rietdijk, Frieda F Age: 49 AAV '36 Previous: 0 min, 21.50 sec	Lane: 4
<b>11</b> Beekman, Babette F Age: 30 AV '34 Previous: 0 min, 40.00 sec	Lane: 7			<b>4</b> Gareman, Judith F Age: 49 AAV '36 Previous: 0 min, 21.80 sec	Lane: 5
				<b>117</b> Wijsevelde, Nathalie F Age: 41 AV Scheldesport Previous: 0 min, 22.26 sec	Lane: 6
				<b>206</b> Brink, Marjolein van den F Age: 38 Only Friends Twente Atletiek Previous: 0 min, 22.97 sec	Lane: 7

Division: F06	11:25:00	Division: F08	11:33:00
<b>170</b> Pastoor, Iris F Age: 19 HAC '63 Previous: 0 min, 21.14 sec	Lane: 2	<b>113</b> Braal, Nikita de F Age: 18 AV Scheldesport Previous: 0 min, 18.25 sec	Lane: 1
<b>104</b> Schorsij, Katinka F Age: 23 AV Lycurgus Previous: 0 min, 21.00 sec	Lane: 3	<b>212</b> Noort, Fien van de F Age: 17 Only Friends Twente Atletiek Previous: 0 min, 17.59 sec	Lane: 2
<b>169</b> Oving, Heleen F Age: 17 HAC '63 Previous: 0 min, 19.22 sec	Lane: 4	<b>20</b> Simons, Luka F Age: 17 AV '34 Previous: 0 min, 15.60 sec	Lane: 3
<b>204</b> Beltman, Lisa F Age: 16 Only Friends Twente Atletiek Previous: 0 min, 19.48 sec	Lane: 5	<b>230</b> Majoor, Demi F Age: 28 SV Veendam Atletiek Previous: 0 min, 10.80 sec	Lane: 4
<b>205</b> Borkent, Anne F Age: 22 Only Friends Twente Atletiek Previous: 0 min, 21.12 sec	Lane: 6	<b>232</b> Blokker, Nina F Age: 24 Vughtse Sportclub Prins Hendrik Previous: 0 min, 13.54 sec	Lane: 5
<b>Division: F07</b>	<b>11:29:00</b>	<b>89</b> Boven, Sascha van F Age: 30 AV Lycurgus Previous: 0 min, 16.00 sec	Lane: 6
<b>133</b> Haans, Kelsey F Age: 31 AV Sprint Previous: 0 min, 18.99 sec	Lane: 2	<b>19</b> Kraaijenhof, Samantha F Age: 17 AV '34 Previous: 0 min, 17.60 sec	Lane: 7
<b>73</b> Visser, Judith F Age: 37 AV Gouda Previous: 0 min, 18.50 sec	Lane: 3		
<b>226</b> Bosman, Melanie F Age: 24 SV Veendam Atletiek Previous: 0 min, 18.37 sec	Lane: 4		
<b>5</b> Kempen, Lotte F Age: 32 AAV '36 Previous: 0 min, 18.44 sec	Lane: 5		
<b>214</b> Pas, Manoa F Age: 21 Only Friends Twente Atletiek Previous: 0 min, 18.69 sec	Lane: 6		
<b>101</b> Knijn, Rosalie F Age: 32 AV Lycurgus Previous: 0 min, 19.00 sec	Lane: 7		

# AT 100 M (M)

SONS Haarlem 2026

Preliminary

Division: M01	09:30:00	Division: M03	09:38:00	Division: M05	09:46:00
<b>62</b> Wouters, Jelte M Age: 12 AV Generaal Michaëlis Previous: 0 min, 26.86 sec	Lane: 3	<b>120</b> Jaspers, Jeroen M Age: 39 AV Spark Spijkenisse Previous: 0 min, 35.61 sec	Lane: 3	<b>27</b> Berkhout, Tim M Age: 28 AV Climax Previous: 0 min, 21.90 sec	Lane: 1
<b>52</b> Rijkenberg, Lex M Age: 15 AV Edam Previous: 0 min, 19.23 sec	Lane: 4	<b>9</b> Schenk, Remi M Age: 40 AAV '36 Previous: 0 min, 28.25 sec	Lane: 4	<b>161</b> Boertien, Tygo M Age: 20 HAC '63 Previous: 0 min, 21.33 sec	Lane: 2
<b>208</b> Haar, Gijs op den M Age: 15 Only Friends Twente Atletiek Previous: 0 min, 19.93 sec	Lane: 5	<b>58</b> Kuijk, Mike van M Age: 37 AV Generaal Michaëlis Previous: 0 min, 35.29 sec	Lane: 5	<b>92</b> Carper, Max M Age: 35 AV Lycurgus Previous: 0 min, 21.00 sec	Lane: 3
<b>65</b> Klink, Fabian van der M Age: 13 AV Gouda Previous: 0 min, 30.00 sec	Lane: 6	<b>148</b> Lasker, Leroy M Age: 36 E.A.C. de Sperwers Previous: 1 min, 39.06 sec	Lane: 6	<b>150</b> Pastoor, Daan M Age: 29 E.A.C. de Sperwers Previous: 0 min, 19.21 sec	Lane: 4
Division: M02	09:34:00	Division: M04	09:42:00	<b>57</b> Heuvel, Sjoerd van den M Age: 45 AV Generaal Michaëlis Previous: 0 min, 20.96 sec	Lane: 5
<b>109</b> Vlugt, Demian van der M Age: 14 AV Lycurgus Previous: 0 min, 18.50 sec	Lane: 1	<b>84</b> Bakker, Patrick M Age: 53 AV Lycurgus Previous: 0 min, 27.00 sec	Lane: 1	<b>22</b> Spindler, Tom M Age: 27 AV '34 Previous: 0 min, 21.11 sec	Lane: 6
<b>195</b> Adelina, Qianu M Age: 14 Only Friends Previous: 0 min, 17.80 sec	Lane: 2	<b>142</b> Bruins, Ralph M Age: 43 E.A.C. de Sperwers Previous: 0 min, 24.49 sec	Lane: 2	<b>124</b> Noort, Niels van M Age: 23 AV Spark Spijkenisse Previous: 0 min, 21.36 sec	Lane: 7
<b>90</b> Broer, Finley M Age: 10 AV Lycurgus Previous: 0 min, 17.50 sec	Lane: 3	<b>219</b> Wes, Teun M Age: 16 Only Friends Twente Atletiek Previous: 0 min, 23.01 sec	Lane: 3		
<b>216</b> Schepers, Lux M Age: 8 Only Friends Twente Atletiek	Lane: 4	<b>98</b> Jak, Julien M Age: 31 AV Lycurgus Previous: 0 min, 22.00 sec	Lane: 4		
<b>196</b> Biervliet, Jamiro M Age: 14 Only Friends Previous: 0 min, 16.10 sec	Lane: 5	<b>128</b> Tjokoredjo, James M Age: 52 AV Spark Spijkenisse Previous: 0 min, 22.01 sec	Lane: 5		
<b>48</b> Boer, Mikaylo de M Age: 12 AV Edam Previous: 0 min, 17.77 sec	Lane: 6	<b>114</b> Dierckx, Dyon M Age: 27 AV Scheldesport Previous: 0 min, 24.30 sec	Lane: 6		
<b>201</b> Horst, Niek ter M Age: 14 Only Friends Previous: 0 min, 18.05 sec	Lane: 7	<b>122</b> Korte, Danny de M Age: 22 AV Spark Spijkenisse Previous: 0 min, 26.29 sec	Lane: 7		
		<b>108</b> Velde, Sebastiaan van de M Age: 43 AV Lycurgus Previous: 0 min, 27.00 sec	Lane: 8		

Division: M06	09:50:00	Division: M07	09:54:00	Division: M08	09:58:00
<b>149</b> Nijenbanning, Jurgen M Age: 29 E.A.C. de Sperwers Previous: 0 min, 20.11 sec	Lane: 1	<b>93</b> Cornelisse, Rick M Age: 21 AV Lycurgus Previous: 0 min, 19.00 sec	Lane: 1	<b>176</b> Aken, Wesley van M Age: 39 Hellas Utrecht Previous: 0 min, 18.01 sec	Lane: 1
<b>180</b> Haberland, Jamie M Age: 31 Hellas Utrecht Previous: 0 min, 19.90 sec	Lane: 2	<b>162</b> Dekker, Steve M Age: 40 HAC '63 Previous: 0 min, 18.80 sec	Lane: 2	<b>7</b> Ridder, Lars de M Age: 33 AAV '36 Previous: 0 min, 17.92 sec	Lane: 2
<b>111</b> Winkelaar, Jeffrey M Age: 34 AV Lycurgus Previous: 0 min, 19.20 sec	Lane: 3	<b>69</b> Rahbi, Badr M Age: 29 AV Gouda Previous: 0 min, 18.50 sec	Lane: 3	<b>129</b> Tromp, Calvin M Age: 30 AV Spark Spijkenisse Previous: 0 min, 17.82 sec	Lane: 3
<b>28</b> Copier, Thijmen M Age: 20 AV Climax Previous: 0 min, 19.05 sec	Lane: 4	<b>29</b> Verschragen, Luuk M Age: 33 AV Climax Previous: 0 min, 18.39 sec	Lane: 4	<b>83</b> Bakker, Marthijn M Age: 34 AV Lycurgus Previous: 0 min, 17.50 sec	Lane: 4
<b>60</b> Laat, Martijn de M Age: 35 AV Generaal Michaëlis Previous: 0 min, 19.06 sec	Lane: 5	<b>99</b> Jak, Sebastian M Age: 34 AV Lycurgus Previous: 0 min, 18.50 sec	Lane: 5	<b>24</b> Visser, Thijs M Age: 25 AV '34 Previous: 0 min, 17.69 sec	Lane: 5
<b>177</b> Camerijk, Tobias van M Age: 39 Hellas Utrecht Previous: 0 min, 19.30 sec	Lane: 6	<b>209</b> Hietbrink, Ties M Age: 26 Only Friends Twente Atletiek Previous: 0 min, 18.70 sec	Lane: 6	<b>186</b> Dorgelo, Wijnhold M Age: 25 Isala '96 Previous: 0 min, 17.85 sec	Lane: 6
<b>86</b> Bom, Niels M Age: 20 AV Lycurgus Previous: 0 min, 20.00 sec	Lane: 7	<b>228</b> Kers, Ferdinand M Age: 38 SV Veendam Atletiek Previous: 0 min, 18.90 sec	Lane: 7	<b>106</b> Servaas, Frank M Age: 36 AV Lycurgus Previous: 0 min, 18.00 sec	Lane: 7
		<b>97</b> Havik, Jayden M Age: 18 AV Lycurgus Previous: 0 min, 19.00 sec	Lane: 8	<b>231</b> Riemen, Tim M Age: 31 SV Veendam Atletiek Previous: 0 min, 18.10 sec	Lane: 8

# AT 100 M (M)

SONS Haarlem 2026

Preliminary

Division: M09	10:02:00	Division: M10	10:06:00	Division: M11	10:10:00
<b>152</b> Winkelman, Erik M Age: 26 E.A.C. de Sperwers Previous: 0 min, 17.25 sec	Lane: 1	<b>229</b> Laan, Ernesto van der M Age: 26 SV Veendam Atletiek Previous: 0 min, 16.80 sec	Lane: 1	<b>123</b> Nadort, Sander van de M Age: 45 AV Spark Spijkenisse Previous: 0 min, 15.90 sec	Lane: 1
<b>105</b> Schurink, Steven M Age: 56 AV Lycurgus Previous: 0 min, 17.00 sec	Lane: 2	<b>100</b> Jong, Rogier Maarten de M Age: 51 AV Lycurgus Previous: 0 min, 16.50 sec	Lane: 2	<b>76</b> Hussaerts, Ruben M Age: 36 AV Haarlemmermeer Previous: 0 min, 15.68 sec	Lane: 2
<b>85</b> Barros Lima, Mishell de M Age: 26 AV Lycurgus Previous: 0 min, 17.00 sec	Lane: 3	<b>75</b> Hofman, Quinn M Age: 18 AV Haarlemmermeer Previous: 0 min, 16.46 sec	Lane: 3	<b>174</b> Veneberg, Jesse M Age: 17 HAC '63 Previous: 0 min, 15.54 sec	Lane: 3
<b>6</b> Leeuwen, Tom van M Age: 27 AAV '36 Previous: 0 min, 16.91 sec	Lane: 4	<b>223</b> Mauricio, Lixsandro M Age: 30 Special Olympics Bonaire Previous: 0 min, 16.16 sec	Lane: 4	<b>118</b> Ende, Youri van den M Age: 20 AV Spark Spijkenisse Previous: 0 min, 15.50 sec	Lane: 4
<b>13</b> Groen, Mike van M Age: 27 AV '34 Previous: 0 min, 16.96 sec	Lane: 5	<b>51</b> Nuij, Sebastiaan M Age: 41 AV Edam Previous: 0 min, 16.30 sec	Lane: 5	<b>103</b> Logt, Glenn van der M Age: 24 AV Lycurgus Previous: 0 min, 15.50 sec	Lane: 5
<b>10</b> Scholma, Valentijn M Age: 28 AAV '36 Previous: 0 min, 17.00 sec	Lane: 6	<b>91</b> Broer, Youri M Age: 19 AV Lycurgus Previous: 0 min, 16.50 sec	Lane: 6	<b>16</b> Huisman, Fernando M Age: 25 AV '34 Previous: 0 min, 15.61 sec	Lane: 6
<b>145</b> Garming, Hendri M Age: 37 E.A.C. de Sperwers Previous: 0 min, 17.14 sec	Lane: 7	<b>139</b> Stoop, Joury M Age: 28 AV Sprint Previous: 0 min, 16.50 sec	Lane: 7	<b>3</b> Forwida, Marvin M Age: 34 AAV '36 Previous: 0 min, 15.90 sec	Lane: 7
<b>46</b> Boer, Lorenzo de M Age: 34 AV Edam Previous: 0 min, 17.31 sec	Lane: 8	<b>190</b> Tennekes, Luke M Age: 24 Isala '96 Previous: 0 min, 16.90 sec	Lane: 8	<b>224</b> Scherptong, Roel M Age: 28 Special Olympics Bonaire Previous: 0 min, 16.00 sec	Lane: 8

Division: M12		10:14:00	Division: M13		10:18:00
159	Bezghinov, Vladyslav M Age: 16 HAC '63 Previous: 0 min, 15.10 sec	Lane: 1	66	Koolmees, Michael M Age: 37 AV Gouda Previous: 0 min, 14.50 sec	Lane: 1
96	Grin, Remon M Age: 33 AV Lycurgus Previous: 0 min, 15.00 sec	Lane: 2	42	Bakker, Robin M Age: 28 AV Edam Previous: 0 min, 14.45 sec	Lane: 2
182	Maassen, Jaap M Age: 30 Hellas Utrecht Previous: 0 min, 14.95 sec	Lane: 3	25	Vliet, Berend van M Age: 25 AV '34 Previous: 0 min, 13.85 sec	Lane: 3
119	Groen, Sem M Age: 19 AV Spark Spijkenisse Previous: 0 min, 14.77 sec	Lane: 4	55	Zanten, Frank van M Age: 34 AV Edam Previous: 0 min, 13.56 sec	Lane: 4
41	Bakker, Mathijs M Age: 23 AV Edam Previous: 0 min, 14.89 sec	Lane: 5	26	Vliet, Marijn van M Age: 24 AV '34 Previous: 0 min, 13.70 sec	Lane: 5
215	Rouwendal, Maarten M Age: 24 Only Friends Twente Atletiek Previous: 0 min, 14.99 sec	Lane: 6	12	Donselaar, Karel van M Age: 31 AV '34 Previous: 0 min, 14.24 sec	Lane: 6
71	Schwiebbe, Wouter M Age: 37 AV Gouda Previous: 0 min, 15.00 sec	Lane: 7	125	Schouten, Björn M Age: 34 AV Spark Spijkenisse Previous: 0 min, 14.48 sec	Lane: 7
102	Kreulen, Jeroen M Age: 35 AV Lycurgus Previous: 0 min, 15.50 sec	Lane: 8	189	Stuij, Symon M Age: 30 Isala '96 Previous: 0 min, 14.50 sec	Lane: 8

Division: M14		10:22:00
18	Jonker, Milan M Age: 20 AV '34 Previous: 0 min, 12.70 sec	Lane: 3
68	Rabouw, Stefan M Age: 30 AV Gouda Previous: 0 min, 12.30 sec	Lane: 4
227	Hut, Robin M Age: 24 SV Veendam Atletiek Previous: 0 min, 12.56 sec	Lane: 5

<b>Division: F01</b>		<b>10:40:00</b>	<b>Division: F05</b>		<b>11:00:00</b>
<b>218</b>	<b>Strampel, Lauren</b>	<b>Lane: 2</b>	<b>207</b>	<b>Broeke, Gabrielle ten</b>	<b>Lane: 2</b>
F	Age: 13		F	Age: 29	
	Only Friends Twente Atletiek			Only Friends Twente Atletiek	
	Previous: 0 min, 26.21 sec				
<b>158</b>	<b>Werff, Wendy van der</b>	<b>Lane: 4</b>	<b>194</b>	<b>Hubers, Gwenn</b>	<b>Lane: 4</b>
F	Age: 8		F	Age: 16	
	Groningen Atletiek			MPM Hengelo Frame Runners	
	Previous: 1 min, 5.93 sec			Previous: 0 min, 20.10 sec	
<b>80</b>	<b>Korenhof, Isabel</b>	<b>Lane: 6</b>	<b>192</b>	<b>Bolscher, Sterre</b>	<b>Lane: 6</b>
F	Age: 12		F	Age: 16	
	AV Hanzesport			MPM Hengelo Frame Runners	
	Previous: 0 min, 38.80 sec			Previous: 0 min, 16.94 sec	
<b>Division: F02</b>		<b>10:45:00</b>			
<b>210</b>	<b>Klieverik, Isabel</b>	<b>Lane: 4</b>			
F	Age: 12				
	Only Friends Twente Atletiek				
<b>156</b>	<b>Mulder, Esmey</b>	<b>Lane: 6</b>			
F	Age: 15				
	Groningen Atletiek				
	Previous: 0 min, 23.40 sec				
<b>Division: F03</b>		<b>10:50:00</b>			
<b>43</b>	<b>Beersma, Antje</b>	<b>Lane: 2</b>			
F	Age: 35				
	AV Edam				
	Previous: 0 min, 21.44 sec				
<b>54</b>	<b>Visser, Jackie</b>	<b>Lane: 4</b>			
F	Age: 28				
	AV Edam				
	Previous: 0 min, 30.21 sec				
<b>185</b>	<b>Ellenkamp, Maartje</b>	<b>Lane: 6</b>			
F	Age: 38				
	Hengelose IJclub				
	Previous: 0 min, 22.30 sec				
<b>77</b>	<b>Meel, Amy van der</b>	<b>Lane: 8</b>			
F	Age: 27				
	AV Haarlemmermeer				
	Previous: 0 min, 45.35 sec				
<b>Division: F04</b>		<b>10:55:00</b>			
<b>193</b>	<b>Doeve, Isis</b>	<b>Lane: 2</b>			
F	Age: 16				
	MPM Hengelo Frame Runners				
	Previous: 0 min, 20.44 sec				
<b>157</b>	<b>Specken, Benthe</b>	<b>Lane: 4</b>			
F	Age: 16				
	Groningen Atletiek				
	Previous: 0 min, 21.38 sec				
<b>45</b>	<b>Boer, Elvira de</b>	<b>Lane: 6</b>			
F	Age: 35				
	AV Edam				
	Previous: 0 min, 20.93 sec				

# AT 100 M FR (M)

SONS Haarlem 2026  
Preliminary

Division: M1 10:30:00

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220 Wilps, Thijs Lane: 4

M Age: 13

Only Friends Twente Atletiek

155 Grootveld, Lucas Lane: 6

M Age: 12

Groningen Atletiek

Previous: 0 min, 22.51 sec

Division: M2 10:35:00

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44 Boer, Diego de Lane: 4

M Age: 32

AV Edam

Previous: 0 min, 16.73 sec

154 Freerks, Mateusz Lane: 6

M Age: 20

Groningen Atletiek

Previous: 0 min, 18.72 sec

Division: M1	15:00:00	Division: M3	15:20:00	
<b>107</b> Timmers, Jakko M Age: 60 AV Lycurgus Previous: 7 min, 35.00 sec	Lane: 3	<b>146</b> Hilbrands, Stephen M Age: 25 E.A.C. de Sperwers Previous: 6 min, 32.33 sec	Lane: 2	
<b>95</b> Eijben, Bart M Age: 22 AV Lycurgus Previous: 7 min, 20.00 sec	Lane: 4	<b>47</b> Boer, Malco de M Age: 25 AV Edam Previous: 6 min, 17.97 sec	Lane: 3	
<b>171</b> Seubers, Jorian M Age: 30 HAC '63 Previous: 7 min, 24.00 sec	Lane: 5	<b>115</b> Fermont, Sebastian M Age: 26 AV Scheldesport Previous: 5 min, 59.77 sec	Lane: 4	
<b>168</b> Nijmeijer, Peter M Age: 46 HAC '63 Previous: 7 min, 40.00 sec	Lane: 6	<b>16</b> Huisman, Fernando M Age: 25 AV '34 Previous: 6 min, 0.00 sec	Lane: 5	
Division: M2	15:10:00	125	Schouten, Björn	Lane: 6
<b>160</b> Bisschop, Reinier M Age: 14 HAC '63 Previous: 7 min, 16.38 sec	Lane: 1	M Age: 34 AV Spark Spijkenisse Previous: 6 min, 21.68 sec		
<b>136</b> Maastricht, Arie van M Age: 28 AV Sprint Previous: 7 min, 10.08 sec	Lane: 2	<b>123</b> Nadort, Sander van de M Age: 45 AV Spark Spijkenisse Previous: 6 min, 34.04 sec	Lane: 7	
<b>167</b> Nijmeijer, Berend Jan M Age: 46 HAC '63 Previous: 7 min, 4.00 sec	Lane: 3	Division: M4	15:30:00	
<b>15</b> Hoekstra, Ruben M Age: 17 AV '34 Previous: 7 min, 0.00 sec	Lane: 4	<b>53</b> Rijswijk, Ralf M Age: 39 AV Edam Previous: 5 min, 56.53 sec	Lane: 1	
<b>164</b> Kroesen, Joran M Age: 31 HAC '63 Previous: 7 min, 4.00 sec	Lane: 5	<b>23</b> Veeken, Job-Anton van der M Age: 46 AV '34 Previous: 5 min, 30.04 sec	Lane: 2	
<b>141</b> Voermans, Thom M Age: 23 AV Sprint Previous: 7 min, 8.44 sec	Lane: 6	<b>116</b> Timmner, Maarten M Age: 27 AV Scheldesport Previous: 5 min, 22.06 sec	Lane: 3	
<b>143</b> Burik, Robert van M Age: 58 E.A.C. de Sperwers Previous: 7 min, 11.60 sec	Lane: 7	<b>188</b> Kerke, Nathan van de M Age: 21 Isala '96 Previous: 5 min, 3.00 sec	Lane: 4	
		<b>17</b> Jager, Tim M Age: 20 AV '34 Previous: 5 min, 30.04 sec	Lane: 6	
		<b>140</b> Visscher, Dennis M Age: 29 AV Sprint Previous: 5 min, 48.11 sec	Lane: 7	

<b>Division: F1</b>	<b>11:45:00</b>	<b>Division: F5</b>	<b>12:05:00</b>
<b>80</b> Korenhof, Isabel	Lane: 4	<b>185</b> Ellenkamp, Maartje	Lane: 3
F Age: 12		F Age: 38	
AV Hanzesport		Hengelose IJclub	
Previous: 1 min, 23.70 sec		Previous: 0 min, 38.10 sec	
<b>158</b> Werff, Wendy van der	Lane: 5	<b>207</b> Broeke, Gabrielle ten	Lane: 4
F Age: 8		F Age: 29	
Groningen Atletiek		Only Friends Twente Atletiek	
Previous: 2 min, 40.87 sec			
<b>Division: F2</b>	<b>11:50:00</b>	<b>192</b> Bolscher, Sterre	Lane: 5
<b>218</b> Strampel, Lauren	Lane: 3	F Age: 16	
F Age: 13		MPM Hengelo Frame Runners	
Only Friends Twente Atletiek		Previous: 0 min, 32.51 sec	
Previous: 0 min, 51.11 sec			
<b>210</b> Klieverik, Isabel	Lane: 4		
F Age: 12			
Only Friends Twente Atletiek			
<b>156</b> Mulder, Esmey	Lane: 5		
F Age: 15			
Groningen Atletiek			
Previous: 0 min, 47.78 sec			
<b>Division: F3</b>	<b>11:55:00</b>		
<b>157</b> Specken, Benthe	Lane: 3		
F Age: 16			
Groningen Atletiek			
Previous: 0 min, 52.00 sec			
<b>43</b> Beersma, Antje	Lane: 4		
F Age: 35			
AV Edam			
Previous: 0 min, 47.18 sec			
<b>54</b> Visser, Jackie	Lane: 5		
F Age: 28			
AV Edam			
Previous: 0 min, 50.38 sec			
<b>77</b> Meel, Amy van der	Lane: 6		
F Age: 27			
AV Haarlemmermeer			
Previous: 1 min, 36.54 sec			
<b>Division: F4</b>	<b>12:00:00</b>		
<b>45</b> Boer, Elvira de	Lane: 3		
F Age: 35			
AV Edam			
Previous: 0 min, 42.24 sec			
<b>193</b> Doeve, Isis	Lane: 4		
F Age: 16			
MPM Hengelo Frame Runners			
Previous: 0 min, 41.20 sec			
<b>194</b> Hubers, Gwenn	Lane: 5		
F Age: 16			
MPM Hengelo Frame Runners			
Previous: 0 min, 41.67 sec			

# AT 200 M FR (M)

Division: M1 12:50:00

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220 Wilps, Thijs Lane: 2

M Age: 13

Only Friends Twente Atletiek

155 Grootveld, Lucas Lane: 4

M Age: 12

Groningen Atletiek

Previous: 0 min, 50.45 sec

Division: M2 12:55:00

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44 Boer, Diego de Lane: 2

M Age: 32

AV Edam

Previous: 0 min, 33.95 sec

154 Freerks, Mateusz Lane: 4

M Age: 20

Groningen Atletiek

Previous: 0 min, 43.53 sec

# AT 200 M Run (F)

SONS Haarlem 2026

Preliminary

Division: F01		12:10:00	Division: F03		12:18:00	Division: F05		12:26:00
199	Endedijk, Fenne F Age: 13 Only Friends Previous: 1 min, 2.70 sec	Lane: 2	127	Steenvoorden, Fanny F Age: 54 AV Spark Spijkenisse Previous: 1 min, 19.35 sec	Lane: 2	94	Dekker, Minette F Age: 41 AV Lycurgus Previous: 0 min, 56.00 sec	Lane: 2
203	Rossenaar, Rosalynn F Age: 11 Only Friends Previous: 0 min, 46.70 sec	Lane: 3	30	Voorthuis, Paulien van F Age: 32 AV Climax Previous: 1 min, 14.33 sec	Lane: 3	225	Beemsterboer, Rianne F Age: 42 SV Veendam Atletiek Previous: 0 min, 54.73 sec	Lane: 3
217	Schilt, Meike van F Age: 14 Only Friends Twente Atletiek	Lane: 4	126	Sodaar, Soeraya F Age: 28 AV Spark Spijkenisse Previous: 1 min, 6.41 sec	Lane: 4	87	Boot, Sabrina F Age: 36 AV Lycurgus Previous: 0 min, 53.00 sec	Lane: 4
63	Holleman, Ester F Age: 14 AV Gouda Previous: 0 min, 44.50 sec	Lane: 5	121	Kalfs, Francesca F Age: 39 AV Spark Spijkenisse Previous: 1 min, 10.45 sec	Lane: 5	39	Mentjens, Lara F Age: 19 AV Dokev Previous: 0 min, 54.67 sec	Lane: 5
213	Otten, Julia F Age: 13 Only Friends Twente Atletiek Previous: 0 min, 51.77 sec	Lane: 6	56	Erp, Carlijn van F Age: 23 AV Generaal Michaëlis Previous: 1 min, 17.70 sec	Lane: 6	59	Kuik, Jolanda van F Age: 58 AV Generaal Michaëlis Previous: 0 min, 54.99 sec	Lane: 6
36	Schoorl, Margriet F Age: 61 AV DEM Previous: 1 min, 45.00 sec	Lane: 7	Division: F04		12:22:00	206	Brink, Marjolein van den F Age: 38 Only Friends Twente Atletiek Previous: 0 min, 56.22 sec	Lane: 7
Division: F02		12:14:00	221	Matthew, Michele F Age: 31 Special Olympics Bonaire Previous: 1 min, 0.00 sec	Lane: 2	Division: F06		12:30:00
166	Molen, Alette van der F Age: 54 HAC '63 Previous: 1 min, 40.00 sec	Lane: 2	21	Smid, Josia F Age: 32 AV '34 Previous: 0 min, 58.88 sec	Lane: 3	2	Berkel, Fleur van F Age: 33 AAV '36 Previous: 0 min, 51.33 sec	Lane: 2
175	Winkels, Naomie F Age: 26 HAC '63 Previous: 1 min, 30.00 sec	Lane: 3	110	Weema, Sandra F Age: 40 AV Lycurgus Previous: 0 min, 58.00 sec	Lane: 4	205	Borkent, Anne F Age: 22 Only Friends Twente Atletiek Previous: 0 min, 49.70 sec	Lane: 3
1	Berg, Marloes van den F Age: 46 AAV '36 Previous: 1 min, 20.00 sec	Lane: 4	135	Kwaak, Arianne van der F Age: 37 AV Sprint Previous: 0 min, 58.10 sec	Lane: 5	172	Siebelink, Nicol F Age: 31 HAC '63 Previous: 0 min, 48.00 sec	Lane: 4
163	Kamps, Regina F Age: 26 HAC '63 Previous: 1 min, 20.00 sec	Lane: 5	88	Bos, Ingrid F Age: 41 AV Lycurgus Previous: 0 min, 59.00 sec	Lane: 6	170	Pastoor, Iris F Age: 19 HAC '63 Previous: 0 min, 48.62 sec	Lane: 5
11	Beekman, Babette F Age: 30 AV '34 Previous: 1 min, 31.53 sec	Lane: 6	222	Matthew, Shalimar F Age: 30 Special Olympics Bonaire Previous: 1 min, 5.00 sec	Lane: 7	137	Machielse, Marloes F Age: 37 AV Sprint Previous: 0 min, 51.18 sec	Lane: 6

# AT 200 M Run (F)

SONS Haarlem 2026  
Preliminary

Division: F07		12:34:00	Division: F09		12:42:00
211	Nijsink, Danielle van de F Age: 27 Only Friends Twente Atletiek Previous: 1 min, 19.87 sec	Lane: 1	67	Orlebeke, Ellen F Age: 24 AV Gouda Previous: 0 min, 40.00 sec	Lane: 3
230	Majoer, Demi F Age: 28 SV Veendam Atletiek Previous: 0 min, 47.54 sec	Lane: 2	212	Noort, Fien van de F Age: 17 Only Friends Twente Atletiek Previous: 0 min, 37.82 sec	Lane: 4
169	Oving, Heleen F Age: 17 HAC '63 Previous: 0 min, 45.31 sec	Lane: 3	19	Kraaijenhof, Samantha F Age: 17 AV '34 Previous: 0 min, 39.15 sec	Lane: 5
101	Knijn, Rosalie F Age: 32 AV Lycurgus Previous: 0 min, 44.00 sec	Lane: 4	73	Visser, Judith F Age: 37 AV Gouda Previous: 0 min, 40.00 sec	Lane: 6
226	Bosman, Melanie F Age: 24 SV Veendam Atletiek Previous: 0 min, 44.56 sec	Lane: 5	Division: F10		12:46:00
117	Wijsevelde, Nathalie F Age: 41 AV Scheldesport Previous: 0 min, 46.26 sec	Lane: 6	61	Verdonk, Marianne F Age: 39 AV Generaal Michaëlis Previous: 0 min, 37.20 sec	Lane: 2
144	Feijen, Melissa F Age: 32 E.A.C. de Sperwers Previous: 0 min, 47.66 sec	Lane: 7	112	Zandwijk, Ghysandra van F Age: 28 AV Lycurgus Previous: 0 min, 36.00 sec	Lane: 3
Division: F08		12:38:00	33	Egmond, Elina van F Age: 18 AV DEM	Lane: 4
14	Hoekstra, Merel F Age: 19 AV '34 Previous: 0 min, 42.71 sec	Lane: 2	178	Emmerik, Nicole van F Age: 33 Hellas Utrecht Previous: 0 min, 35.00 sec	Lane: 5
151	Stielkel, Meike F Age: 36 E.A.C. de Sperwers Previous: 0 min, 42.40 sec	Lane: 3	187	Hoekman, Cheyenne F Age: 18 Isala '96 Previous: 0 min, 37.20 sec	Lane: 6
214	Pas, Manoa F Age: 21 Only Friends Twente Atletiek Previous: 0 min, 40.95 sec	Lane: 4			
82	Vergers, Romy F Age: 28 AV Hanzesport Previous: 0 min, 41.32 sec	Lane: 5			
204	Beltman, Lisa F Age: 16 Only Friends Twente Atletiek Previous: 0 min, 42.64 sec	Lane: 6			

# AT 200 M Run (M)

SONS Haarlem 2026

Preliminary

Division: M01		13:45:00	Division: M04		13:57:00	Division: M06		14:05:00
65	Klink, Fabian van der M Age: 13 AV Gouda Previous: 1 min, 0.00 sec	Lane: 3	58	Kuijk, Mike van M Age: 37 AV Generaal Michaëlis Previous: 1 min, 28.24 sec	Lane: 3	224	Scherptong, Roel M Age: 28 Special Olympics Bonaire Previous: 0 min, 50.00 sec	Lane: 2
201	Horst, Niek ter M Age: 14 Only Friends Previous: 0 min, 42.38 sec	Lane: 4	120	Jaspers, Jeroen M Age: 39 AV Spark Spijkenisse Previous: 1 min, 9.38 sec	Lane: 4	92	Carper, Max M Age: 35 AV Lycurgus Previous: 0 min, 50.00 sec	Lane: 3
208	Haar, Gijs op den M Age: 15 Only Friends Twente Atletiek Previous: 0 min, 43.87 sec	Lane: 5	122	Korte, Danny de M Age: 22 AV Spark Spijkenisse Previous: 1 min, 9.60 sec	Lane: 5	142	Bruins, Ralph M Age: 43 E.A.C. de Sperwers Previous: 0 min, 49.31 sec	Lane: 4
62	Wouters, Jelte M Age: 12 AV Generaal Michaëlis Previous: 1 min, 52.00 sec	Lane: 6	148	Lasker, Leroy M Age: 36 E.A.C. de Sperwers Previous: 3 min, 10.09 sec	Lane: 6	128	Tjokoredjo, James M Age: 52 AV Spark Spijkenisse Previous: 0 min, 49.67 sec	Lane: 5
Division: M02		13:49:00	Division: M05		14:01:00	162	Dekker, Steve M Age: 40 HAC '63 Previous: 0 min, 50.00 sec	Lane: 6
195	Adelina, Qianu M Age: 14 Only Friends Previous: 0 min, 40.79 sec	Lane: 3	108	Velde, Sebastiaan van de M Age: 43 AV Lycurgus Previous: 0 min, 59.00 sec	Lane: 2	219	Wes, Teun M Age: 16 Only Friends Twente Atletiek Previous: 0 min, 50.51 sec	Lane: 7
160	Bisschop, Reinier M Age: 14 HAC '63 Previous: 0 min, 38.80 sec	Lane: 4	131	Dijk, Dion van M Age: 17 AV Sprint Previous: 1 min, 4.18 sec	Lane: 2	Division: M07		14:09:00
198	Breedijk, Jorn M Age: 11 Only Friends Previous: 0 min, 39.12 sec	Lane: 5	114	Dierckx, Dyon M Age: 27 AV Scheldesport Previous: 0 min, 51.40 sec	Lane: 3	98	Jak, Julien M Age: 31 AV Lycurgus Previous: 0 min, 48.00 sec	Lane: 2
109	Vlucht, Demian van der M Age: 14 AV Lycurgus Previous: 0 min, 42.00 sec	Lane: 6	197	Boerlijst, Lorenzo M Age: 24 Only Friends Previous: 0 min, 50.56 sec	Lane: 4	124	Noort, Niels van M Age: 23 AV Spark Spijkenisse Previous: 0 min, 46.03 sec	Lane: 3
Division: M03		13:53:00	138	Pellicaan, Jeffrey M Age: 30 AV Sprint Previous: 0 min, 51.35 sec	Lane: 5	86	Bom, Niels M Age: 20 AV Lycurgus Previous: 0 min, 45.00 sec	Lane: 4
90	Broer, Finley M Age: 10 AV Lycurgus Previous: 0 min, 37.00 sec	Lane: 3	223	Mauricio, Lixsandro M Age: 30 Special Olympics Bonaire Previous: 0 min, 55.00 sec	Lane: 6	149	Nijenbanning, Jurgen M Age: 29 E.A.C. de Sperwers Previous: 0 min, 45.73 sec	Lane: 5
216	Schepers, Lux M Age: 8 Only Friends Twente Atletiek	Lane: 4				57	Heuvel, Sjoerd van den M Age: 45 AV Generaal Michaëlis Previous: 0 min, 46.92 sec	Lane: 6
200	Hihi, Jayvie M Age: 14 Only Friends Previous: 0 min, 35.78 sec	Lane: 5				27	Berkhout, Tim M Age: 28 AV Climax Previous: 0 min, 48.63 sec	Lane: 7
196	Biervliet, Jamiro M Age: 14 Only Friends Previous: 0 min, 37.23 sec	Lane: 6						

## AT 200 M Run (M)

SONS Haarlem 2026

Preliminary

Division: M08	14:13:00	Division: M10	14:21:00	Division: M12	14:29:00
<b>70</b> Rijk, Peter M Age: 43 AV Gouda Previous: 0 min, 44.50 sec	Lane: 2	<b>105</b> Schurink, Steven M Age: 56 AV Lycurgus Previous: 0 min, 38.00 sec	Lane: 2	<b>51</b> Nuij, Sebastiaan M Age: 41 AV Edam Previous: 0 min, 35.19 sec	Lane: 2
<b>180</b> Haberland, Jamie M Age: 31 Hellas Utrecht Previous: 0 min, 42.90 sec	Lane: 3	<b>186</b> Dorgelo, Wijnold M Age: 25 Isala '96 Previous: 0 min, 37.13 sec	Lane: 3	<b>229</b> Laan, Ernesto van der M Age: 26 SV Veendam Atletiek Previous: 0 min, 34.82 sec	Lane: 3
<b>28</b> Copier, Thijmen M Age: 20 AV Climax Previous: 0 min, 41.77 sec	Lane: 4	<b>46</b> Boer, Lorenzo de M Age: 34 AV Edam Previous: 0 min, 36.89 sec	Lane: 4	<b>130</b> Beute, Jordan M Age: 22 AV Sprint Previous: 0 min, 33.12 sec	Lane: 4
<b>99</b> Jak, Sebastian M Age: 34 AV Lycurgus Previous: 0 min, 42.00 sec	Lane: 5	<b>179</b> Gulick, Robin van M Age: 23 Hellas Utrecht Previous: 0 min, 37.00 sec	Lane: 5	<b>100</b> Jong, Rogier Maarten de M Age: 51 AV Lycurgus Previous: 0 min, 34.50 sec	Lane: 5
<b>85</b> Barros Lima, Mishell de M Age: 26 AV Lycurgus Previous: 0 min, 44.00 sec	Lane: 6	<b>228</b> Kers, Ferdinand M Age: 38 SV Veendam Atletiek Previous: 0 min, 37.80 sec	Lane: 6	<b>181</b> Hoogaerts, Desmond M Age: 34 Hellas Utrecht Previous: 0 min, 35.10 sec	Lane: 6
<b>93</b> Cornelisse, Rick M Age: 21 AV Lycurgus Previous: 0 min, 45.00 sec	Lane: 7	<b>83</b> Bakker, Marthijn M Age: 34 AV Lycurgus Previous: 0 min, 39.00 sec	Lane: 7	<b>183</b> Oude Wansink, Alwin M Age: 34 Hellas Utrecht Previous: 0 min, 35.40 sec	Lane: 7
Division: M09	14:17:00	Division: M11	14:25:00	Division: M13	14:33:00
<b>147</b> Jonkman, Bas M Age: 36 E.A.C. de Sperwers Previous: 0 min, 41.20 sec	Lane: 2	<b>24</b> Visser, Thijs M Age: 25 AV '34 Previous: 0 min, 36.75 sec	Lane: 2	<b>132</b> Graumans, Sander M Age: 25 AV Sprint Previous: 0 min, 32.83 sec	Lane: 2
<b>152</b> Winkelman, Erik M Age: 26 E.A.C. de Sperwers Previous: 0 min, 40.45 sec	Lane: 3	<b>91</b> Broer, Youri M Age: 19 AV Lycurgus Previous: 0 min, 36.00 sec	Lane: 3	<b>215</b> Rouwendal, Maarten M Age: 24 Only Friends Twente Atletiek Previous: 0 min, 32.57 sec	Lane: 3
<b>49</b> Bond, Tom M Age: 22 AV Edam Previous: 0 min, 39.26 sec	Lane: 4	<b>13</b> Groen, Mike van M Age: 27 AV '34 Previous: 0 min, 35.85 sec	Lane: 4	<b>159</b> Bezghinov, Vladyslav M Age: 16 HAC '63 Previous: 0 min, 32.20 sec	Lane: 4
<b>177</b> Camerijk, Tobias van M Age: 39 Hellas Utrecht Previous: 0 min, 40.30 sec	Lane: 5	<b>190</b> Tennekas, Luke M Age: 24 Isala '96 Previous: 0 min, 35.90 sec	Lane: 5	<b>96</b> Grin, Remon M Age: 33 AV Lycurgus Previous: 0 min, 32.50 sec	Lane: 5
<b>40</b> Bakels, Wim M Age: 68 AV Edam Previous: 0 min, 40.66 sec	Lane: 6	<b>139</b> Stoop, Joury M Age: 28 AV Sprint Previous: 0 min, 36.36 sec	Lane: 6	<b>75</b> Hofman, Quinn M Age: 18 AV Haarlemmermeer Previous: 0 min, 32.64 sec	Lane: 6
<b>176</b> Aken, Wesley van M Age: 39 Hellas Utrecht Previous: 0 min, 41.75 sec	Lane: 7	<b>231</b> Riemen, Tim M Age: 31 SV Veendam Atletiek Previous: 0 min, 36.80 sec	Lane: 7	<b>72</b> Tanoti, Amine M Age: 23 AV Gouda Previous: 0 min, 33.00 sec	Lane: 7

# AT 200 M Run (M)

SONS Haarlem 2026  
Preliminary

Division: M14		14:37:00	Division: M16		14:45:00
<b>182</b>	Maassen, Jaap M Age: 30 Hellas Utrecht Previous: 0 min, 31.40 sec	Lane: 2	<b>115</b>	Fermont, Sebastian M Age: 26 AV Scheldesport Previous: 0 min, 28.68 sec	Lane: 2
<b>78</b>	Wolters, Fabian M Age: 28 AV Haarlemmermeer Previous: 0 min, 31.05 sec	Lane: 3	<b>227</b>	Hut, Robin M Age: 24 SV Veendam Atletiek Previous: 0 min, 27.06 sec	Lane: 4
<b>66</b>	Koolmees, Michael M Age: 37 AV Gouda Previous: 0 min, 31.00 sec	Lane: 4	<b>18</b>	Jonker, Milan M Age: 20 AV '34 Previous: 0 min, 27.20 sec	Lane: 5
<b>102</b>	Kreulen, Jeroen M Age: 35 AV Lycurgus Previous: 0 min, 31.00 sec	Lane: 5	<b>42</b>	Bakker, Robin M Age: 28 AV Edam Previous: 0 min, 28.47 sec	Lane: 6
<b>76</b>	Hussaerts, Ruben M Age: 36 AV Haarlemmermeer Previous: 0 min, 31.24 sec	Lane: 6	<b>25</b>	Vliet, Berend van M Age: 25 AV '34 Previous: 0 min, 28.75 sec	Lane: 7
<b>191</b>	Willemssen, Tristan M Age: 19 Isala '96 Previous: 0 min, 32.00 sec	Lane: 7	<b>Division: M17</b>		14:49:00
<b>Division: M15</b>		14:41:00	<b>68</b>	Rabouw, Stefan M Age: 30 AV Gouda Previous: 0 min, 26.20 sec	Lane: 2
<b>41</b>	Bakker, Mathijs M Age: 23 AV Edam Previous: 0 min, 30.56 sec	Lane: 3	<b>37</b>	Schurkov, Slava M Age: 17 AV DEM	Lane: 3
<b>55</b>	Zanten, Frank van M Age: 34 AV Edam Previous: 0 min, 29.16 sec	Lane: 4	<b>31</b>	Bierman, Willem M Age: 28 AV DEM	Lane: 4
<b>12</b>	Donselaar, Karel van M Age: 31 AV '34 Previous: 0 min, 30.55 sec	Lane: 5	<b>32</b>	Bleeker, Vince M Age: 27 AV DEM	Lane: 5
<b>189</b>	Stuij, Symon M Age: 30 Isala '96 Previous: 0 min, 30.70 sec	Lane: 6	<b>153</b>	Pieters, Joey M Age: 24 Eindhoven Atletiek Previous: 0 min, 26.00 sec	Lane: 6
			<b>69</b>	Rahbi, Badr M Age: 29 AV Gouda Previous: 0 min, 26.20 sec	Lane: 7

Division: F1		16:00:00	Division: F3		16:10:00
36	Schoorl, Margriet F Age: 61 AV DEM Previous: 3 min, 35.12 sec	Lane: 1	173	Snijder, Patty F Age: 25 HAC '63 Previous: 1 min, 53.00 sec	Lane: 2
163	Kamps, Regina F Age: 26 HAC '63 Previous: 2 min, 50.00 sec	Lane: 2	67	Orlebeke, Ellen F Age: 24 AV Gouda Previous: 1 min, 45.00 sec	Lane: 3
202	Lamur, Jamilla F Age: 28 Only Friends Previous: 2 min, 33.25 sec	Lane: 3	82	Vergers, Romy F Age: 28 AV Hanzesport Previous: 1 min, 40.86 sec	Lane: 4
33	Egmond, Elina van F Age: 18 AV DEM	Lane: 4	133	Haans, Kelsey F Age: 31 AV Sprint Previous: 1 min, 44.12 sec	Lane: 5
135	Kwaak, Arianne van der F Age: 37 AV Sprint Previous: 2 min, 30.57 sec	Lane: 5	104	Schorsij, Katinka F Age: 23 AV Lycurgus Previous: 1 min, 52.00 sec	Lane: 6
184	Scheffer, Fleur F Age: 45 Hellas Utrecht Previous: 2 min, 36.00 sec	Lane: 6	151	Stiekel, Meike F Age: 36 E.A.C. de Sperwers Previous: 2 min, 2.60 sec	Lane: 7
166	Molen, Alette van der F Age: 54 HAC '63 Previous: 3 min, 5.00 sec	Lane: 7	Division: F4		16:15:00
Division: F2		16:05:00	14	Hoekstra, Merel F Age: 19 AV '34 Previous: 1 min, 35.92 sec	Lane: 3
165	Lunenborg, Agnes F Age: 24 HAC '63 Previous: 2 min, 12.08 sec	Lane: 2	113	Braal, Nikita de F Age: 18 AV Scheldesport Previous: 1 min, 32.23 sec	Lane: 4
4	Gareman, Judith F Age: 49 AAV '36 Previous: 2 min, 7.50 sec	Lane: 3	134	Klerx, Ginni F Age: 16 AV Sprint Previous: 1 min, 32.40 sec	Lane: 5
137	Machielse, Marloes F Age: 37 AV Sprint Previous: 2 min, 3.61 sec	Lane: 4	Division: F5		16:20:00
8	Rietdijk, Frieda F Age: 49 AAV '36 Previous: 2 min, 4.00 sec	Lane: 5	178	Emmerik, Nicole van F Age: 33 Hellas Utrecht Previous: 1 min, 20.10 sec	Lane: 3
144	Feijen, Melissa F Age: 32 E.A.C. de Sperwers Previous: 2 min, 10.43 sec	Lane: 6	232	Blokker, Nina F Age: 24 Vughtse Sportclub Prins Hendrik Previous: 1 min, 6.85 sec	Lane: 4
175	Winkels, Naomie F Age: 26 HAC '63 Previous: 2 min, 15.00 sec	Lane: 7	20	Simons, Luka F Age: 17 AV '34 Previous: 1 min, 15.08 sec	Lane: 5
			112	Zandwijk, Ghysandra van F Age: 28 AV Lycurgus Previous: 1 min, 30.00 sec	Lane: 6

## AT 400 M (M)

SONS Haarlem 2026

Preliminary

Division: M01	16:25:00	Division: M03	16:35:00	Division: M05	16:45:00		
<b>52</b> Rijkenberg, Lex M Age: 15 AV Edam Previous: 1 min, 28.75 sec	Lane: 3	<b>37</b> Schurkov, Slava M Age: 17 AV DEM Previous: 2 min, 12.23 sec	Lane: 2	<b>7</b> Ridder, Lars de M Age: 33 AAV '36 Previous: 1 min, 40.34 sec	Lane: 2		
<b>200</b> Hihi, Jayvie M Age: 14 Only Friends Previous: 1 min, 17.87 sec	Lane: 4	<b>29</b> Verschragen, Luuk M Age: 33 AV Climax Previous: 2 min, 10.00 sec	Lane: 3	<b>168</b> Nijmeijer, Peter M Age: 46 HAC '63 Previous: 1 min, 40.00 sec	Lane: 3		
<b>48</b> Boer, Mikaylo de M Age: 12 AV Edam Previous: 1 min, 24.94 sec	Lane: 5	<b>70</b> Rijk, Peter M Age: 43 AV Gouda Previous: 1 min, 55.00 sec	Lane: 4	<b>107</b> Timmers, Jakko M Age: 60 AV Lycurgus Previous: 1 min, 38.00 sec	Lane: 4		
<b>198</b> Breedijk, Jorn M Age: 11 Only Friends Previous: 1 min, 42.75 sec	Lane: 6	<b>111</b> Winkelaar, Jeffrey M Age: 34 AV Lycurgus Previous: 1 min, 55.00 sec	Lane: 5	<b>164</b> Kroesen, Joran M Age: 31 HAC '63 Previous: 1 min, 40.00 sec	Lane: 5		
Division: M02	16:30:00	32	Bleeker, Vince	Lane: 6	145	Garming, Hendri	Lane: 6
<b>22</b> Spindler, Tom M Age: 27 AV '34 Previous: 2 min, 30.00 sec	Lane: 2	M	Age: 27 AV DEM Previous: 2 min, 12.07 sec		M	Age: 37 E.A.C. de Sperwers Previous: 1 min, 40.16 sec	
161	Boertien, Tygo	Lane: 3	Division: M04	16:40:00	Division: M06	16:50:00	
M	Age: 20 HAC '63 Previous: 2 min, 16.22 sec		<b>106</b> Servaas, Frank M Age: 36 AV Lycurgus Previous: 1 min, 52.00 sec	Lane: 3	<b>143</b> Burik, Robert van M Age: 58 E.A.C. de Sperwers Previous: 1 min, 34.20 sec	Lane: 2	
<b>131</b> Dijk, Dion van M Age: 17 AV Sprint Previous: 2 min, 14.10 sec	Lane: 4	<b>171</b> Seubers, Jorian M Age: 30 HAC '63 Previous: 1 min, 50.00 sec	Lane: 4	<b>136</b> Maastricht, Arie van M Age: 28 AV Sprint Previous: 1 min, 31.10 sec	Lane: 3		
<b>197</b> Boerlijst, Lorenzo M Age: 24 Only Friends Previous: 2 min, 15.23 sec	Lane: 5	<b>138</b> Pellicaan, Jeffrey M Age: 30 AV Sprint Previous: 1 min, 51.50 sec	Lane: 5	<b>179</b> Gulick, Robin van M Age: 23 Hellas Utrecht Previous: 1 min, 30.60 sec	Lane: 4		
<b>9</b> Schenk, Remi M Age: 40 AAV '36 Previous: 2 min, 27.00 sec	Lane: 6	<b>150</b> Pastoor, Daan M Age: 29 E.A.C. de Sperwers Previous: 1 min, 54.12 sec	Lane: 6	<b>183</b> Oude Wansink, Alwin M Age: 34 Hellas Utrecht Previous: 1 min, 30.60 sec	Lane: 5		
<b>31</b> Bierman, Willem M Age: 28 AV DEM Previous: 3 min, 12.05 sec	Lane: 7			<b>3</b> Forwida, Marvin M Age: 34 AAV '36 Previous: 1 min, 34.00 sec	Lane: 6		
				<b>147</b> Jonkman, Bas M Age: 36 E.A.C. de Sperwers Previous: 1 min, 35.30 sec	Lane: 7		

# AT 400 M (M)

SONS Haarlem 2026

Preliminary

Division: M07		16:55:00	Division: M09		17:05:00	Division: M11		17:15:00
95	Eijben, Bart M Age: 22 AV Lycurgus Previous: 1 min, 30.50 sec	Lane: 2	181	Hoogaerts, Desmond M Age: 34 Hellas Utrecht Previous: 1 min, 21.00 sec	Lane: 2	118	Ende, Youri van den M Age: 20 AV Spark Spijkenisse Previous: 1 min, 10.16 sec	Lane: 2
15	Hoekstra, Ruben M Age: 17 AV '34 Previous: 1 min, 29.02 sec	Lane: 3	72	Tanoti, Amine M Age: 23 AV Gouda Previous: 1 min, 15.00 sec	Lane: 3	129	Tromp, Calvin M Age: 30 AV Spark Spijkenisse Previous: 1 min, 9.10 sec	Lane: 3
60	Laat, Martijn de M Age: 35 AV Generaal Michaëlis Previous: 1 min, 28.24 sec	Lane: 4	53	Rijswijk, Ralf M Age: 39 AV Edam Previous: 1 min, 12.77 sec	Lane: 4	47	Boer, Maico de M Age: 25 AV Edam Previous: 1 min, 6.65 sec	Lane: 4
141	Voermans, Thom M Age: 23 AV Sprint Previous: 1 min, 29.01 sec	Lane: 5	130	Beute, Jordan M Age: 22 AV Sprint Previous: 1 min, 14.94 sec	Lane: 5	119	Groen, Sem M Age: 19 AV Spark Spijkenisse Previous: 1 min, 6.81 sec	Lane: 5
10	Scholma, Valentijn M Age: 28 AAV '36 Previous: 1 min, 30.32 sec	Lane: 6	174	Veneberg, Jesse M Age: 17 HAC '63 Previous: 1 min, 16.24 sec	Lane: 6	191	Willemsen, Tristan M Age: 19 Isala '96 Previous: 1 min, 10.00 sec	Lane: 6
Division: M08		17:00:00	Division: M10		17:10:00	Division: M12		17:20:00
146	Hilbrands, Stephen M Age: 25 E.A.C. de Sperwers Previous: 1 min, 26.27 sec	Lane: 2	23	Veeken, Job-Anton van der M Age: 46 AV '34 Previous: 1 min, 12.04 sec	Lane: 2	26	Vliet, Marijn van M Age: 24 AV '34 Previous: 1 min, 6.00 sec	Lane: 2
71	Schwiebbe, Wouter M Age: 37 AV Gouda Previous: 1 min, 25.00 sec	Lane: 3	140	Visscher, Dennis M Age: 29 AV Sprint Previous: 1 min, 12.02 sec	Lane: 3	188	Kerke, Nathan van de M Age: 21 Isala '96 Previous: 1 min, 2.23 sec	Lane: 3
49	Bond, Tom M Age: 22 AV Edam Previous: 1 min, 23.42 sec	Lane: 4	116	Timmner, Maarten M Age: 27 AV Scheldesport Previous: 1 min, 10.62 sec	Lane: 4	209	Hietbrink, Ties M Age: 26 Only Friends Twente Atletiek	Lane: 4
167	Nijmeijer, Berend Jan M Age: 46 HAC '63 Previous: 1 min, 25.00 sec	Lane: 5	103	Logt, Glenn van der M Age: 24 AV Lycurgus Previous: 1 min, 12.00 sec	Lane: 5	153	Pieters, Joey M Age: 24 Eindhoven Atletiek Previous: 1 min, 1.30 sec	Lane: 5
6	Leeuwen, Tom van M Age: 27 AAV '36 Previous: 1 min, 26.00 sec	Lane: 6	17	Jager, Tim M Age: 20 AV '34 Previous: 1 min, 12.04 sec	Lane: 6	132	Graumans, Sander M Age: 25 AV Sprint Previous: 1 min, 4.10 sec	Lane: 6
78	Wolters, Fabian M Age: 28 AV Haarlemmermeer Previous: 1 min, 27.00 sec	Lane: 7						

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**Division: C1** 15:45:00

**74** Waal, Wouter de Lane: 3  
M Age: 46  
AV Gouda  
Previous: 0 min, 30.00 sec

**35** Kamphuis, Berengere Lane: 4  
F Age: 51  
AV DEM  
Previous: 0 min, 26.12 sec

**64** Karssen, Freek Lane: 5  
M Age: 23  
AV Gouda  
Previous: 0 min, 30.00 sec

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**Division: M1** 15:50:00

**50** Mol, Mark Lane: 2  
M Age: 26  
AV Edam  
Previous: 0 min, 14.09 sec

**81** Rutten, Tim Lane: 3  
M Age: 28  
AV Hanzesport  
Previous: 0 min, 12.15 sec

**34** Jansen, Kevin Lane: 4  
M Age: 29  
AV DEM

**38** Zijl, Ruben Lane: 5  
M Age: 29  
AV DEM

**79** Kolk, Mattis van der Lane: 6  
M Age: 20  
AV Hanzesport  
Previous: 0 min, 12.50 sec

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**Division: F1** 17:25:00**5** Kempen, Lotte Lane: 3

F Age: 32

AAV '36

Previous: 4 min, 30.00 sec

**172** Siebelink, Nicol Lane: 4

F Age: 31

HAC '63

Previous: 4 min, 10.90 sec

**173** Snijder, Patty Lane: 5

F Age: 25

HAC '63

Previous: 4 min, 18.20 sec

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**Division: F2** 17:33:00**134** Klerx, Ginni Lane: 3

F Age: 16

AV Sprint

Previous: 3 min, 30.10 sec

**89** Boven, Sascha van Lane: 4

F Age: 30

AV Lycurgus

Previous: 3 min, 30.00 sec

**61** Verdonk, Marianne Lane: 5

F Age: 39

AV Generaal Michaëlis

Previous: 3 min, 30.00 sec

**187** Hoekman, Cheyenne Lane: 6

F Age: 18

Isala '96

Previous: 3 min, 38.90 sec

# AT High Jump

SONS Haarlem 2026  
Preliminary

Division: M1 11:20:00

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**55** Zanten, Frank van

M Age: 34

AV Edam

Previous: 1m, 10.00cm

**181** Hoogaerts, Desmond

M Age: 34

Hellas Utrecht

Previous: 1m, 15.00cm

**215** Rouwendal, Maarten

M Age: 24

Only Friends Twente Atletiek

**189** Stuij, Symon

M Age: 30

Isala '96

Previous: 1m, 25.00cm

**49** Bond, Tom

M Age: 22

AV Edam

Previous: 1m, 25.00cm

Division: M2 12:10:00

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**32** Bleeker, Vince

M Age: 27

AV DEM

Previous: 1m, 30.00cm

**140** Visscher, Dennis

M Age: 29

AV Sprint

Previous: 1m, 45.00cm

**103** Logt, Glenn van der

M Age: 24

AV Lycurgus

Previous: 1m, 40.00cm

**190** Tennekes, Luke

M Age: 24

Isala '96

Previous: 1m, 30.00cm

# AT Long Jump (F)

SONS Haarlem 2026

Preliminary

Division: F01 13:45:00

**210** Klieverik, Isabel  
F Age: 12  
Only Friends Twente Atletiek

**203** Rossenaar, Rosalynn  
F Age: 11  
Only Friends  
Previous: 1m, 60.00cm

**217** Schilt, Meike van  
F Age: 14  
Only Friends Twente Atletiek

**63** Holleman, Ester  
F Age: 14  
AV Gouda  
Previous: 3m, 50.00cm

Division: F02 14:00:00

**20** Simons, Luka  
F Age: 17  
AV '34  
Previous: 3m, 59.00cm

**19** Kraaijenhof, Samantha  
F Age: 17  
AV '34  
Previous: 3m, 10.00cm

**232** Blokker, Nina  
F Age: 24  
Vughtse Sportclub Prins Hendrik  
Previous: 4m, 8.00cm

**226** Bosman, Melanie  
F Age: 24  
SV Veendam Atletiek  
Previous: 3m, 6.00cm

Division: F03 14:15:00

**151** Stielck, Meike  
F Age: 36  
E.A.C. de Sperwers  
Previous: 2m, 20.00cm

**133** Haans, Kelsey  
F Age: 31  
AV Sprint  
Previous: 2m, 45.00cm

**134** Klerx, Ginni  
F Age: 16  
AV Sprint  
Previous: 2m, 60.00cm

**89** Boven, Sascha van  
F Age: 30  
AV Lycurgus  
Previous: 3m, 60.00cm

**170** Pastoor, Iris  
F Age: 19  
HAC '63  
Previous: 2m, 16.00cm

Division: F04 14:30:00

**173** Snijder, Patty  
F Age: 25  
HAC '63  
Previous: 2m, 90.00cm

**33** Egmond, Elina van  
F Age: 18  
AV DEM

**36** Schoorl, Margriet  
F Age: 61  
AV DEM

**175** Winkels, Naomie  
F Age: 26  
HAC '63  
Previous: 2m, 0.00cm

**113** Braal, Nikita de  
F Age: 18  
AV Scheldesport  
Previous: 1m, 69.00cm

# AT Long Jump (M)

SONS Haarlem 2026

Preliminary

Division: M01	10:30:00	Division: M04	11:15:00	Division: M06	12:00:00
216 Schepers, Lux M Age: 8 Only Friends Twente Atletiek		27 Berkhout, Tim M Age: 28 AV Climax Previous: 2m, 12.00cm		10 Scholma, Valentijn M Age: 28 AAV '36 Previous: 3m, 10.00cm	
62 Wouters, Jelte M Age: 12 AV Generaal Michaëlis Previous: 2m, 4.00cm		219 Wes, Teun M Age: 16 Only Friends Twente Atletiek Previous: 1m, 92.00cm		72 Tanoti, Amine M Age: 23 AV Gouda Previous: 3m, 50.00cm	
160 Bisschop, Reinier M Age: 14 HAC '63 Previous: 2m, 33.00cm		31 Bierman, Willem M Age: 28 AV DEM		191 Willemsen, Tristan M Age: 19 Isala '96 Previous: 3m, 33.00cm	
Division: M02	10:45:00	186 Dorgelo, Wijnold		53 Rijswijk, Ralf	
201 Horst, Niek ter M Age: 14 Only Friends Previous: 3m, 30.00cm		M Age: 25 Isala '96 Previous: 2m, 10.00cm		M Age: 39 AV Edam Previous: 3m, 62.00cm	
52 Rijkenberg, Lex M Age: 15 AV Edam Previous: 3m, 18.00cm		86 Bom, Niels M Age: 20 AV Lycurgus Previous: 2m, 20.00cm		130 Beute, Jordan M Age: 22 AV Sprint Previous: 3m, 60.00cm	
48 Boer, Mikaylo de M Age: 12 AV Edam Previous: 3m, 6.00cm		153 Pieters, Joey M Age: 24 Eindhoven Atletiek		6 Leeuwen, Tom van M Age: 27 AAV '36 Previous: 3m, 10.00cm	
90 Broer, Finley M Age: 10 AV Lycurgus Previous: 3m, 30.00cm		Division: M05	11:35:00	96 Grin, Remon	
		60 Laat, Martijn de M Age: 35 AV Generaal Michaëlis Previous: 2m, 58.00cm		M Age: 33 AV Lycurgus Previous: 3m, 30.00cm	
Division: M03	11:00:00	149 Nijenbanning, Jurgen M Age: 29 E.A.C. de Sperwers Previous: 2m, 70.00cm		Division: M07	12:25:00
195 Adelina, Qianu M Age: 14 Only Friends Previous: 3m, 90.00cm		197 Boerlijst, Lorenzo M Age: 24 Only Friends Previous: 2m, 50.00cm		85 Barros Lima, Mishell de M Age: 26 AV Lycurgus Previous: 4m, 0.00cm	
200 Hihi, Jayvie M Age: 14 Only Friends Previous: 3m, 67.00cm		136 Maastricht, Arie van M Age: 28 AV Sprint Previous: 2m, 70.00cm		118 Ende, Youri van den M Age: 20 AV Spark Spijkenisse Previous: 4m, 0.00cm	
196 Biervliet, Jamiro M Age: 14 Only Friends Previous: 3m, 31.00cm		141 Voermans, Thom M Age: 23 AV Sprint Previous: 2m, 53.00cm		66 Koolmees, Michael M Age: 37 AV Gouda Previous: 4m, 20.00cm	
		145 Garming, Hendri M Age: 37 E.A.C. de Sperwers Previous: 2m, 65.00cm		78 Wolters, Fabian M Age: 28 AV Haarlemmermeer Previous: 3m, 75.00cm	
		139 Stoop, Joury M Age: 28 AV Sprint Previous: 2m, 65.00cm		132 Graumans, Sander M Age: 25 AV Sprint Previous: 3m, 81.00cm	

# AT Long Jump (M)

SONS Haarlem 2026  
Preliminary

Division: M08

12:40:00

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**18** Jonker, Milan

M Age: 20

AV '34

Previous: 4m, 80.00cm

**68** Rabouw, Stefan

M Age: 30

AV Gouda

Previous: 5m, 70.00cm

**227** Hut, Robin

M Age: 24

SV Veendam Atletiek

Previous: 5m, 26.00cm

**119** Groen, Sem

M Age: 19

AV Spark Spijkensisse

Previous: 4m, 62.00cm

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Division: F1 14:55:00

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30 Voorthuis, Paulien van

F Age: 32

AV Climax

Previous: 4m, 79.00cm

193 Doeve, Isis

F Age: 16

MPM Hengelo Frame Runners

Previous: 4m, 40.00cm

212 Noort, Fien van de

F Age: 17

Only Friends Twente Atletiek

121 Kalfs, Francesca

F Age: 39

AV Spark Spijkenisse

207 Broeke, Gabrielle ten

F Age: 29

Only Friends Twente Atletiek

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Division: F2 15:10:00

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194 Hubers, Gwenn

F Age: 16

MPM Hengelo Frame Runners

Previous: 6m, 81.00cm

187 Hoekman, Cheyenne

F Age: 18

Isala '96

Previous: 14m, 67.00cm

192 Bolscher, Sterre

F Age: 16

MPM Hengelo Frame Runners

Previous: 6m, 93.00cm

211 Nijssink, Danielle van de

F Age: 27

Only Friends Twente Atletiek

Previous: 8m, 13.00cm

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Division: C01 15:25:00

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80 Korenhof, Isabel

F Age: 12

AV Hanzesport

Previous: 1m, 50.00cm

218 Strampel, Lauren

F Age: 13

Only Friends Twente Atletiek

220 Wilps, Thijs

M Age: 13

Only Friends Twente Atletiek

# AT Mini Javelin 400gr (M)

SONS Haarlem 2026  
Preliminary

Division: M1 15:40:00

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174 Veneberg, Jesse

M Age: 17

HAC '63

Previous: 8m, 0.00cm

114 Dierckx, Dyon

M Age: 27

AV Scheldesport

Previous: 6m, 51.00cm

29 Verschragen, Luuk

M Age: 33

AV Climax

Previous: 9m, 7.00cm

209 Hietbrink, Ties

M Age: 26

Only Friends Twente Atletiek

Division: M2 15:55:00

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116 Timmner, Maarten

M Age: 27

AV Scheldesport

Previous: 13m, 8.00cm

28 Copier, Thijmen

M Age: 20

AV Climax

Previous: 12m, 80.00cm

7 Ridder, Lars de

M Age: 33

AAV '36

Previous: 13m, 0.00cm

37 Schurkov, Slava

M Age: 17

AV DEM

Previous: 18m, 12.00cm

# AT Shot Put - Men 4Kg

SONS Haarlem 2026

Preliminary

Division: M01	10:45:00	Division: M02	10:55:00	Division: M03	11:10:00
<b>65</b> Klink, Fabian van der M Age: 13 AV Gouda Previous: 5m, 0.00cm		<b>131</b> Dijk, Dion van M Age: 17 AV Sprint Previous: 2m, 85.00cm		<b>150</b> Pastoor, Daan M Age: 29 E.A.C. de Sperwers Previous: 3m, 80.00cm	
<b>208</b> Haar, Gijs op den M Age: 15 Only Friends Twente Atletiek Previous: 3m, 30.00cm		<b>58</b> Kuijk, Mike van M Age: 37 AV Generaal Michaëlis Previous: 2m, 94.00cm		<b>138</b> Pellicaan, Jeffrey M Age: 30 AV Sprint Previous: 3m, 44.00cm	
<b>109</b> Vlugt, Demian van der M Age: 14 AV Lycurgus		<b>9</b> Schenk, Remi M Age: 40 AAV '36 Previous: 2m, 50.00cm		<b>231</b> Riemen, Tim M Age: 31 SV Veendam Atletiek Previous: 4m, 10.00cm	
Division: M07	10:45:00	23	11:05:00	57	
<b>183</b> Oude Wansink, Alwin M Age: 34 Hellas Utrecht Previous: 5m, 30.00cm		<b>Veeken, Job-Anton van der</b> M Age: 46 AV '34 Previous: 2m, 50.00cm		<b>Heuvel, Sjoerd van den</b> M Age: 45 AV Generaal Michaëlis Previous: 4m, 0.00cm	
<b>168</b> Nijmeijer, Peter M Age: 46 HAC '63 Previous: 5m, 75.00cm		<b>148</b> Lasker, Leroy M Age: 36 E.A.C. de Sperwers Previous: 3m, 10.00cm		<b>98</b> Jak, Julien M Age: 31 AV Lycurgus Previous: 4m, 0.00cm	
<b>41</b> Bakker, Mathijs M Age: 23 AV Edam Previous: 5m, 65.00cm		Division: M08	11:05:00	<b>95</b> Eijben, Bart M Age: 22 AV Lycurgus Previous: 4m, 0.00cm	
<b>159</b> Bezghinov, Vladyslav M Age: 16 HAC '63 Previous: 5m, 96.00cm		<b>17</b> Jager, Tim M Age: 20 AV '34 Previous: 6m, 50.00cm		<b>22</b> Spindler, Tom M Age: 27 AV '34 Previous: 4m, 10.00cm	
<b>24</b> Visser, Thijs M Age: 25 AV '34 Previous: 5m, 50.00cm		<b>75</b> Hofman, Quinn M Age: 18 AV Haarlemmermeer Previous: 6m, 65.00cm		<b>106</b> Servaas, Frank M Age: 36 AV Lycurgus Previous: 4m, 0.00cm	
<b>143</b> Burik, Robert van M Age: 58 E.A.C. de Sperwers Previous: 5m, 95.00cm		<b>146</b> Hilbrands, Stephen M Age: 25 E.A.C. de Sperwers Previous: 6m, 0.00cm			
<b>40</b> Bakels, Wim M Age: 68 AV Edam Previous: 5m, 93.00cm		<b>71</b> Schwiebbe, Wouter M Age: 37 AV Gouda Previous: 6m, 50.00cm			
<b>42</b> Bakker, Robin M Age: 28 AV Edam Previous: 5m, 60.00cm		<b>167</b> Nijmeijer, Berend Jan M Age: 46 HAC '63 Previous: 6m, 0.00cm			
		<b>13</b> Groen, Mike van M Age: 27 AV '34 Previous: 6m, 50.00cm			

# AT Shot Put - Men 4Kg

SONS Haarlem 2026

Preliminary

Division: M09	11:20:00	Division: M04	11:30:00	Division: M10	11:40:00
<b>83</b> Bakker, Marthijn M Age: 34 AV Lycurgus Previous: 7m, 0.00cm		<b>128</b> Tjokoredjo, James M Age: 52 AV Spark Spijkenisse Previous: 4m, 48.00cm		<b>105</b> Schurink, Steven M Age: 56 AV Lycurgus Previous: 8m, 0.00cm	
<b>97</b> Havik, Jayden M Age: 18 AV Lycurgus Previous: 7m, 0.00cm		<b>15</b> Hoekstra, Ruben M Age: 17 AV '34 Previous: 4m, 49.00cm		<b>92</b> Carper, Max M Age: 35 AV Lycurgus Previous: 8m, 0.00cm	
<b>108</b> Velde, Sebastiaan van de M Age: 43 AV Lycurgus Previous: 7m, 50.00cm		<b>124</b> Noort, Niels van M Age: 23 AV Spark Spijkenisse Previous: 4m, 39.00cm		<b>3</b> Forwida, Marvin M Age: 34 AAV '36 Previous: 8m, 0.00cm	
<b>51</b> Nuij, Sebastiaan M Age: 41 AV Edam Previous: 7m, 33.00cm		<b>129</b> Tromp, Calvin M Age: 30 AV Spark Spijkenisse Previous: 4m, 20.00cm		<b>100</b> Jong, Rogier Maarten de M Age: 51 AV Lycurgus Previous: 8m, 0.00cm	
<b>16</b> Huisman, Fernando M Age: 25 AV '34 Previous: 7m, 40.00cm		<b>161</b> Boertien, Tygo M Age: 20 HAC '63 Previous: 4m, 54.00cm		<b>123</b> Nadort, Sander van de M Age: 45 AV Spark Spijkenisse Previous: 7m, 62.00cm	
<b>44</b> Boer, Diego de M Age: 32 AV Edam Previous: 6m, 96.00cm		<b>120</b> Jaspers, Jeroen M Age: 39 AV Spark Spijkenisse Previous: 4m, 42.00cm		<b>46</b> Boer, Lorenzo de M Age: 34 AV Edam Previous: 7m, 98.00cm	
<b>91</b> Broer, Youri M Age: 19 AV Lycurgus Previous: 7m, 50.00cm		<b>122</b> Korte, Danny de M Age: 22 AV Spark Spijkenisse Previous: 4m, 34.00cm		<b>229</b> Laan, Ernesto van der M Age: 26 SV Veendam Atletiek Previous: 7m, 67.00cm	
		<b>93</b> Cornelisse, Rick M Age: 21 AV Lycurgus Previous: 4m, 20.00cm			

# AT Shot Put - Men 4Kg

SONS Haarlem 2026

Preliminary

Division: M05	11:50:00	Division: M11	12:00:00	Division: M06	12:10:00
<b>180</b> Haberland, Jamie M Age: 31 Hellas Utrecht Previous: 4m, 70.00cm		<b>76</b> Hussaerts, Ruben M Age: 36 AV Haarlemmermeer Previous: 9m, 4.00cm		<b>111</b> Winkelaar, Jeffrey M Age: 34 AV Lycurgus Previous: 5m, 0.00cm	
<b>142</b> Bruins, Ralph M Age: 43 E.A.C. de Sperwers Previous: 4m, 80.00cm		<b>152</b> Winkelman, Erik M Age: 26 E.A.C. de Sperwers Previous: 8m, 50.00cm		<b>102</b> Kreulen, Jeroen M Age: 35 AV Lycurgus Previous: 5m, 0.00cm	
<b>176</b> Aken, Wesley van M Age: 39 Hellas Utrecht Previous: 4m, 80.00cm		<b>12</b> Donselaar, Karel van M Age: 31 AV '34 Previous: 9m, 10.00cm		<b>99</b> Jak, Sebastian M Age: 34 AV Lycurgus Previous: 5m, 0.00cm	
<b>179</b> Gulick, Robin van M Age: 23 Hellas Utrecht Previous: 4m, 70.00cm		<b>115</b> Fermont, Sebastian M Age: 26 AV Scheldesport Previous: 8m, 25.00cm		<b>69</b> Rahbi, Badr M Age: 29 AV Gouda Previous: 5m, 0.00cm	
<b>177</b> Camerijk, Tobias van M Age: 39 Hellas Utrecht Previous: 4m, 80.00cm		<b>47</b> Boer, Maico de M Age: 25 AV Edam Previous: 9m, 18.00cm		<b>84</b> Bakker, Patrick M Age: 53 AV Lycurgus Previous: 5m, 0.00cm	
<b>182</b> Maassen, Jaap M Age: 30 Hellas Utrecht Previous: 4m, 80.00cm		<b>228</b> Kers, Ferdinand M Age: 38 SV Veendam Atletiek Previous: 8m, 76.00cm		<b>107</b> Timmers, Jakko M Age: 60 AV Lycurgus Previous: 5m, 0.00cm	
<b>147</b> Jonkman, Bas M Age: 36 E.A.C. de Sperwers Previous: 4m, 75.00cm		<b>25</b> Vliet, Berend van M Age: 25 AV '34 Previous: 8m, 20.00cm		<b>70</b> Rijk, Peter M Age: 43 AV Gouda Previous: 5m, 0.00cm	

## Division: M12 12:20:00

<b>26</b> Vliet, Marijn van M Age: 24 AV '34 Previous: 9m, 55.00cm
<b>188</b> Kerke, Nathan van de M Age: 21 Isala '96 Previous: 12m, 0.00cm
<b>125</b> Schouten, Björn M Age: 34 AV Spark Spijkenisse Previous: 9m, 75.00cm

# AT Shot Put - Women 3Kg

SONS Haarlem 2026

Preliminary

Division: F05	14:00:00	Division: F02	14:15:00	Division: F03	14:35:00
<b>45</b> Boer, Elvira de F Age: 35 AV Edam Previous: 4m, 53.00cm		<b>126</b> Sodaar, Soeraya F Age: 28 AV Spark Spijkenisse Previous: 3m, 3.00cm		<b>204</b> Beltman, Lisa F Age: 16 Only Friends Twente Atletiek Previous: 3m, 20.00cm	
<b>163</b> Kamps, Regina F Age: 26 HAC '63 Previous: 4m, 75.00cm		<b>127</b> Steenvoorden, Fanny F Age: 54 AV Spark Spijkenisse Previous: 2m, 20.00cm		<b>230</b> Majoor, Demi F Age: 28 SV Veendam Atletiek Previous: 3m, 39.00cm	
<b>178</b> Emmerik, Nicole van F Age: 33 Hellas Utrecht Previous: 4m, 20.00cm		<b>135</b> Kwaak, Arianne van der F Age: 37 AV Sprint Previous: 2m, 87.00cm		<b>225</b> Beemsterboer, Rianne F Age: 42 SV Veendam Atletiek Previous: 3m, 16.00cm	
<b>169</b> Oving, Heleen F Age: 17 HAC '63 Previous: 4m, 12.00cm		<b>137</b> Machielse, Marloes F Age: 37 AV Sprint Previous: 2m, 95.00cm		<b>11</b> Beekman, Babette F Age: 30 AV '34 Previous: 3m, 15.00cm	
<b>4</b> Gareman, Judith F Age: 49 AAV '36 Previous: 4m, 30.00cm		<b>94</b> Dekker, Minette F Age: 41 AV Lycurgus Previous: 3m, 0.00cm		<b>59</b> Kuik, Jolanda van F Age: 58 AV Generaal Michaëlis Previous: 3m, 46.00cm	
<b>214</b> Pas, Manoa F Age: 21 Only Friends Twente Atletiek Previous: 4m, 15.00cm		<b>104</b> Schorsij, Katinka F Age: 23 AV Lycurgus Previous: 0m, 35.00cm		<b>165</b> Lunenburg, Agnes F Age: 24 HAC '63 Previous: 3m, 56.00cm	
<b>206</b> Brink, Marjolein van den F Age: 38 Only Friends Twente Atletiek Previous: 4m, 36.00cm		<b>Division: F06</b>	<b>14:25:00</b>	<b>Division: F07</b>	<b>14:50:00</b>
<b>5</b> Kempen, Lotte F Age: 32 AAV '36 Previous: 4m, 35.00cm		<b>8</b> Rietdijk, Frieda F Age: 49 AAV '36 Previous: 5m, 10.00cm		<b>82</b> Vergers, Romy F Age: 28 AV Hanzesport Previous: 5m, 59.00cm	
<b>Division: F01</b>	<b>14:05:00</b>	<b>205</b> Borkent, Anne F Age: 22 Only Friends Twente Atletiek Previous: 5m, 13.00cm		<b>144</b> Feijen, Melissa F Age: 32 E.A.C. de Sperwers Previous: 5m, 22.00cm	
<b>199</b> Endedijk, Fenne F Age: 13 Only Friends Previous: 2m, 80.00cm		<b>110</b> Weema, Sandra F Age: 40 AV Lycurgus Previous: 5m, 0.00cm		<b>67</b> Orlebeke, Ellen F Age: 24 AV Gouda Previous: 5m, 50.00cm	
<b>213</b> Otten, Julia F Age: 13 Only Friends Twente Atletiek		<b>101</b> Knijn, Rosalie F Age: 32 AV Lycurgus Previous: 5m, 0.00cm		<b>54</b> Visser, Jackie F Age: 28 AV Edam Previous: 5m, 31.00cm	
		<b>88</b> Bos, Ingrid F Age: 41 AV Lycurgus Previous: 5m, 0.00cm		<b>39</b> Mentjens, Lara F Age: 19 AV Dokev Previous: 5m, 59.00cm	
		<b>43</b> Beersma, Antje F Age: 35 AV Edam Previous: 5m, 2.00cm		<b>73</b> Visser, Judith F Age: 37 AV Gouda Previous: 5m, 50.00cm	
		<b>14</b> Hoekstra, Merel F Age: 19 AV '34 Previous: 4m, 84.00cm			

# AT Shot Put - Women 3Kg

SONS Haarlem 2026  
Preliminary

Division: F04 14:55:00

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**1** Berg, Marloes van den

F Age: 46

AAV '36

Previous: 3m, 90.00cm

**202** Lamur, Jamilla

F Age: 28

Only Friends

Previous: 3m, 80.00cm

**184** Scheffer, Fleur

F Age: 45

Hellas Utrecht

Previous: 3m, 80.00cm

**21** Smid, Josia

F Age: 32

AV '34

Previous: 4m, 12.00cm

**87** Boot, Sabrina

F Age: 36

AV Lycurgus

Previous: 4m, 0.00cm

**56** Erp, Carlijn van

F Age: 23

AV Generaal Michaëlis

Previous: 3m, 75.00cm

**2** Berkel, Fleur van

F Age: 33

AAV '36

Previous: 4m, 0.00cm

Division: F08 15:10:00

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**61** Verdonk, Marianne

F Age: 39

AV Generaal Michaëlis

Previous: 6m, 2.00cm

**112** Zandwijk, Ghysandra van

F Age: 28

AV Lycurgus

Previous: 6m, 0.00cm

**172** Siebelink, Nicol

F Age: 31

HAC '63

Previous: 8m, 70.00cm

**117** Wijsevelde, Nathalie

F Age: 41

AV Scheldesport

Previous: 7m, 78.00cm

# AT Softball Throw

SONS Haarlem 2026

Preliminary

Division: C01 13:45:00

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**64** Karszen, Freek

M Age: 23

AV Gouda

Previous: 4m, 0.00cm

**35** Kamphuis, Berengere

F Age: 51

AV DEM

**79** Kolk, Mattis van der

M Age: 20

AV Hanzesport

Previous: 7m, 55.00cm

**74** Waal, Wouter de

M Age: 46

AV Gouda

Previous: 5m, 0.00cm

**81** Rutten, Tim

M Age: 28

AV Hanzesport

Previous: 6m, 16.00cm

Division: M1 14:00:00

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**38** Zijl, Ruben

M Age: 29

AV DEM

Previous: 21m, 0.00cm

**34** Jansen, Kevin

M Age: 29

AV DEM

Previous: 18m, 4.00cm

**50** Mol, Mark

M Age: 26

AV Edam

Previous: 8m, 30.00cm

# AT Standing Long Jump

SONS Haarlem 2026

Preliminary

Division: C01 09:30:00

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**81** Rutten, Tim

M Age: 28

AV Hanzesport

Previous: 0m, 58.00cm

**35** Kamphuis, Berengere

F Age: 51

AV DEM

**34** Jansen, Kevin

M Age: 29

AV DEM

**79** Kolk, Mattis van der

M Age: 20

AV Hanzesport

Previous: 0m, 60.00cm

Division: M1 09:45:00

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**38** Zijl, Ruben

M Age: 29

AV DEM

Previous: 1m, 22.00cm

**50** Mol, Mark

M Age: 26

AV Edam

Previous: 0m, 98.00cm

**74** Waal, Wouter de

M Age: 46

AV Gouda

Previous: 0m, 75.00cm

**64** Karssen, Freek

M Age: 23

AV Gouda

Previous: 0m, 75.00cm