

➔ What victory are you most proud?

It's hard to choose. To have some rainbowstripes (scratch, track) is amazing. But it was not the victory I worked the hardest for, so I think I pick Qatar.

➔ What is your favorite memory of a road race?

My first world championships as a junior in Verona. Everything was new and very exciting. I surprisingly won a bronze medal and that all together makes it my favourite memory.

➔ In 2007, Yumari González is world champion on the scratch. In 2009, this same girl won the title again. During your title, what did you think in first: I win against Yumari González and I am world champion on the scratch?

I wasn't focused on Yumari Gonzalez in particular. I knew she was one of the fastest sprinters and if I wanted to win I had to be gone before the sprint. I was super happy to become world champion.

➔ What is your second favorite memory of a race track, unless your title of World Champion in the scratch is not your best memory?

The worldcup serie in Copenhagen in 2009. I was in good shape and won the pursuit, pointsrace and we became second in the teamspursuit.

➔ 2008 was your fourth year professional, is what the great success you released or put pressure?

Of course you always want to improve and become better. That's not easy, but that's the challenge of being an athlete. I don't see succès as pressure, but more as motivation to keep going for it

➔ 2011, you took part in the world championships on the track, in your country, but you started the season with a double success on the Ladies Tour of Qatar, is that you could combine the road and the track to prepare this deadline? Is it a goal for you?

Track and road are hard to combine, it's a far from idéal situation. But I like both disciplines a lot and I think with a balanced program it's possible to be good in both. The track is a goal for me regarding the Olympic games in London.

➔ At the beginning of the season on road, you started with 2 victories, the second stage and the overall of the Ladies Tour of Qatar. The climatic conditions in Qatar have contributed to your success there? How did you win the overall?

The weathercircumstances did help me win the tour. Before the tour we had a tough trainingcamp with the team on Mallorca. We came straight from Mallorca and were all in very good shape. Because there was a lot of wind in Qatar we could really make a difference with the strong team. We put it in the gather in the 2<sup>nd</sup> stage and I could win the sprint from the break away. The next day the team worked hard to keep the bunch together and I could hold on my overall lead.

➔ Why didn't make the Energy Wacht Tour, while the race is made for rolling machines?

I did ride the Energiewacht tour but was not in good shape because I came just from the track. Fortunately my teammate Adrie Visser was in a very good shape and I

could help to defend her jersey.

- ➔ The months of April, May, June were difficult. During the Dutch championships of chrono, you have the second fastest time, did you prepare your start to the season to win the title, or national championships provide extra motivation?

The national championships TT were a big goal for me, because I really wanted to ride the world championships TT in Copenhagen. The nationals were an important selection moment for this.

- ➔ This second place, followed by Giro which put you in good condition, we could see you take a fifth place, helped launch your second half of the season, which traditionally you do best. Are you happy with what you've done since (A win in the TTT and a second place in the race Sunday)?

Yes, I was very happy with my performance in Sweden. The second part of my season is going well and at the moment I'm training for the world championships TT. Hopefully this will be a nice end of the season for me.

- ➔ After the Giro Donne, you did a training camp in the Alpes, is that you have made a very specific work to address the best two rounds of the World Cup, or have you done this training camp to prepare for the second half of the season as a whole?

Both. I wanted to be in good shape in Sweden because I like those worldcup races and also because it was very important for the team. In France I also worked on my base level, so I'll profit from that in the second half of the season.

- ➔ Did you think that the breakaway had the chance to go on the finish line and win?

I was never sure, because the break never have a big advantage. But because we still had our sprinter (Ina-yoko Teutenberg) in the peloton, I did not have to worry.

- ➔ Did you feel as a form of fear, of stress when the peloton came back on the breakaway?

Of course I felt some stress when the peloton came back, but as I said we still had our sprinter in the peloton so that made me a bit more relaxed.

- ➔ In the final 900 meters, is that your track racer's skills were invaluable/precious?

Not my specific track skills, more skills in général I think. It is important that you can ride fast for about 1km in such a final. And there was a tricky corner as well.

- ➔ What did you feel in passing the finish line of the race Open of Suede-Vårgårda?

First I was disappointed, because I lost the chance to win a worldcup race. Later I was happy, because the winner -Annemiek van Vleuten- was simply better.

- ➔ What is the best podium did you like: the podium with your teammates or this of your second podium of the week end?

Both podiums were very different. The win in the TTT felt more as a relief, because the whole team really wanted to win it this year and we did put quite some pressure on ourselves. The podium in the road race was more of a surprise.

- You're selected for the time trial for women during the World Championships in Copenhagen, it is your fourth time. You are twice European champion in the U23 in time trial. During this two last year, you participated at Chrono Champenois. The 10<sup>th</sup> stage of Giro Donne was an individual time trial, you took the 5<sup>th</sup> place. Time trial is an exercise that you prepared. Do you know the Copenhagen's circuit? And is it an objective?

I haven't been in Copenhagen yet, but I have seen the course on internet and heard some stories from people who have been there. It is a big objective for me, cause it is the first time the worldchampionships TT is flat.

- Others World Championships, them of Melbourne on track, do you thinking to participate?

I'm not sure yet, after the worldchampionships on the road I will decide about my winter program and the préparation for the Olympic Games.

- Do you know this track?

I have done the worldcup in Melbourne three times and I assume the worldchampionships are on the same track.

- What is this world championship could be part of your calendar, following the championships of Australia, the Ladies Tour of Qatar, an early season, so in Oceania?

I will decide this later

- You're pre-selected for the Olympic Game, time trial & road race. Your selector recognized your qualities, but you can't go on. Is what you will to recognize the circuit of your will or be content with a video recognition?

I couldn't go with them, because I'm preparing for the worldchampionships in an altitude camp. That is a shame, but London is not far, so if I want I can always go later.

If you have one advice to a young cyclistine, what is it? Persevere to win in the future? Believe in herself? What quality must develop a cyclistine?

The most important thing is that you enjoy cycling. So enjoy what you do, work hard and the success will come.