

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Loes Busser	10160459	DC1	YC IN BEWEGING	44.01	2:15.64	89.223
2	Yasmine Bouaziz	10157505	DC1	DNIJ	43.34	2:17.89	89.303
3	Quinty Vos	10161668	DC2	DNIJ	44.32	2:19.32	90.760
4	Sanne Loozeman	10161501	DC2	SPORTIEF	47.00	2:23.24	94.746
5	Luka Egbring	10163816	DC1	DYC	46.39	2:27.35	95.506
6	Rosa Eldering	10162575	DC2	DYC	46.76	2:30.78	97.020
7	Puk Gerdes	10184923	DC1	DYC	47.14	2:30.38	97.266
8	Lente Strijtveen	10160411	DC2	DYC	46.84	2:37.18	99.233
9	Anna Grotentraast	10160334	DC1	SPORTIEF	48.37	2:39.55	101.553
10	Noor Hettinga	10158557	DC1	DYC	50.88	2:36.53	103.056
11	Lisa Isfordink	10165801	DC2	DYC	49.67	2:41.58	103.530
12	Cheryl Buitenhuis	10161644	DC1	DYC	50.84	3:05.78	112.766
13	Lotte van den Noord	10171660	DC1	DYC	53.88	3:03.20	114.946
14	Sophie Doornebos	10180890	DC2	DYC	1:07.00	3:39.04	140.013

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Famke Minnee	10163921	DB1	YC HATTEM	42.31	2:09.51	85.480
2	Zoë Tiemens	10162592	DB1	DNIJ	42.57	2:12.21	86.640
3	Eline Jansen	10161500	DB1	SPORTIEF	43.75	2:09.40	86.883
4	Femke Assink	10161397	DB2	DYC	43.48	2:14.86	88.433
5	Zefina de Bruin	10157787	DB1	THLF ARNHEM	44.39	2:16.49	89.886
6	Iris van Beek	10162589	DB1	DNIJ	45.72	2:19.62	92.260
7	Minke Schipper	10161621	DB2	DYC	46.98	2:28.62	96.520
8	Nadine Schipper	10164471	DB2	YSC HAAKSBERGEN	45.31	2:33.95	96.626
9	Charlene Schreuder	10163879	DB1	DNIJ	47.84	2:27.07	96.863
10	Megan Bootsveld	10179347	DB1	DYC	47.90	2:32.64	98.780
11	Ellen van Kernebeek	10160278	DB1	DYC	48.36	2:35.10	100.060
12	Demi Bartelds	10160322	DB1	DNIJ	49.66	2:35.59	101.523
13	Sacha Vos	10161634	DB2	DYC	49.26	2:46.35	104.710
14	Sara Egers	10161058	DB2	DYC	53.77	2:57.86	113.056

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Elisa Dul	10161830	DA2	SKOV	39.72	1:59.84	79.666
2	Muriël Meijer	10160449	DA2	DYC	40.66	2:03.73	81.903
3	Anke Breunis	10154928	DA2	YC STOKVIS	43.40	2:15.69	88.630
4	Linde Maatman	10165997	DA1	SPORTIEF	45.77	2:31.06	96.123
5	Danique Dellink	10160237	DA1	DYC	47.88	2:35.42	99.686
6	Daniek Meul	10166038	DA1	SPORTIEF	47.81	2:38.43	100.620
7	Jasmijn Egers	10158188	DA1	DYC	50.13	2:31.96	100.783
8	Floor Hoevers	10166626	DA2	SSC de Graafschap	51.24	2:43.91	105.876
9	Anouk Kraa	10161370	DA2	TG SV ZWOLLE	52.10	2:45.85	107.383
10	Nikki Winter	10205958	DA1	TG SV ZWOLLE	55.33	3:03.37	116.453

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Sanne in 't Hof	10161831	DN1	DNIJ	40.93	2:00.19	80.993
2	Jitte Gjaltema	10155064	DN1	DYC	43.39	2:13.75	87.973
3	Thirza Gorkink	10155082	DN3	SPORTIEF	45.21	2:23.99	93.206
4	Talita van Hartskamp	10161321	DN2	SOFTIJS	46.28	2:22.10	93.646
5	Dorianne Kok	10179888	DN4	TG SV ZWOLLE	46.12	2:28.39	95.583

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Lotte van Beek	10155057	DSA	DYC	39.36	1:55.51	77.863
2	Pien Keulstra	10154943	DSA	YC STOKVIS	41.96	2:05.14	83.673
3	Stephanie Bunte	10155135	DSA	TG DSO	43.12	2:11.58	86.980
4	Marloes Westerhof	10155046	DSB	DYC	43.69	2:19.02	90.030
5	Antoinet Prins	10155138	DSA	TG DSO	43.73	2:19.36	90.183
6	Rianne Gemmink	10155049	DSB	DYC	46.43	2:22.87	94.053
7	Linda van Oosterom - Garritsen	10157428	DSB	DYC	50.13	2:31.77	100.720

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Renske Winters	10163814	D40	SSC de Graafschap	43.65	2:12.14	87.696
2	Jeanette ten Hag	10161505	D40	DYC	44.88	2:23.15	92.596
3	Chantal Rietman-Herms	10171804	D40	DYC	47.56	2:33.15	98.610

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Betsie Slaghuis	10160229	D60	DYC	55.25	2:52.43	112.726

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Chris Fredriks	10160239	HC2	DYC	37.82	1:56.65	76.703
2	Joep Wennemars	10160123	HC2	YC STOKVIS	39.54	2:04.41	81.010
3	Mees Hulst	10161118	HC2	YC STOKVIS	39.54	2:05.73	81.450
4	Ruben Ligtenberg	10162888	HC2	DYC	40.66	2:04.43	82.136
5	Jorian ten Cate	10157503	HC2	DNIJ	41.01	2:06.17	83.066
6	Niels Meijer	10161443	HC2	YC STOKVIS	42.54	2:07.32	84.980
7	Bauke van Beek	10159379	HC2	EIJV	42.68	2:08.16	85.400
8	Jelle Stienstra	10162692	HC2	EIJV	42.10	2:10.63	85.643
9	Loek van Vilsteren	10158004	HC1	YC STOKVIS	42.48	2:11.01	86.150
10	Djamell van Veen	10164266	HC2	SPORTIEF	43.03	2:09.70	86.263
11	Joep Hofstede	10157584	HC2	SSC de Graafschap	42.42	2:16.37	87.876
12	Mats ten Cate	10159146	HC1	YC STOKVIS	43.90	2:12.30	88.000
13	Stan Kleinlugtenbeld	10163636	HC2	YC STOKVIS	44.40	2:11.24	88.146
14	Ruben Ribbink	10162796	HC1	SPORTIEF	42.94	2:15.92	88.246
15	Wester Landman	10166544	HC2	TG SV ZWOLLE	43.85	2:14.10	88.550
16	Daan van de Pol	10162573	HC2	YC STOKVIS	43.37	2:20.59	90.233
17	Sander Liefvering	10165995	HC2	SPORTIEF	43.72	2:19.75	90.303
18	Mart Weuljtes	10171774	HC2	DYC	43.36	2:21.81	90.630
19	Jelle Langevoort	10166079	HC1	TG DSO	46.34	2:18.64	92.553
20	Daniël van Velsen	10161645	HC1	DYC	47.74	2:25.59	96.270
21	Rens Hiddink	10162442	HC2	DYC	45.66	2:32.79	96.590
22	Donald Stappenbelt	10165979	HC1	YC STOKVIS	47.39	2:28.91	97.026
23	Arne ter Beek	10158938	HC1	DYC	47.48	2:32.06	98.166
24	Niek Burgmeijer	10167046	HC2	TG DSO	48.04	2:38.34	100.820
25	Koen Bos	10165530	HC1	DYC	49.29	2:34.78	100.883
26	Tijn Berghenhenegouwen	10162601	HC1	SSC de Graafschap	48.98	2:36.66	101.200
27	Thom van de Pol	10163672	HC1	YC STOKVIS	49.07	2:40.61	102.606
28	Bjorn Bos	10165936	HC2	YC STOKVIS	49.18	2:41.91	103.150

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Stefan Westenbroek	10166005	HB1	YC STOKVIS	36.97	1:56.59	75.833
2	Lasse Hiddink	10158216	HB2	DYC	38.39	1:56.23	77.133
3	Mervin Maatman	10165996	HB1	SPORTIEF	38.52	1:58.77	78.110
4	Florian Meijer	10161062	HB2	DYC	39.00	2:07.48	81.493
5	Chaim Boer	10161726	HB2	EIJV	39.93	2:07.35	82.380
	Stijn Verhoeff	10163357	HB2	EIJV	40.13	2:06.75	82.380
7	Ferenc Nijland	10164066	HB1	DYC	40.96	2:09.50	84.126
8	Jurre Eldering	10179939	HB2	DYC	41.35	2:12.15	85.400
9	Luca Heesen	10161059	HB1	DYC	41.18	2:13.45	85.663
10	Joost Dekkers	10159910	HB1	TG SV ZWOLLE	42.84	2:11.86	86.793
11	Sybren Kemper	10163887	HB2	YC STOKVIS	43.93	2:08.96	86.916
12	Daniël ten Cate	10157504	HB2	DNIJ	44.27	2:17.81	90.206
13	Willem Jan Keppels	10162732	HB1	SSC de Graafschap	44.81	2:19.82	91.416
14	Jesse Lemstra	10161005	HB2	TG SV ZWOLLE	43.96	2:23.85	91.910
15	Quinten Meerveld	10164065	HB1	TG SV ZWOLLE	46.26	2:18.25	92.343
16	Koen Flokstra	10158759	HB1	DYC	45.89	2:21.61	93.093
17	Rens Gietema	10161618	HB1	DYC	45.52	2:23.78	93.446
18	Siemen Visser	10163880	HB1	DNIJ	46.65	2:24.05	94.666
19	Paul Saakes	10160497	HB2	DNIJ	46.47	2:26.81	95.406
20	Sven Bos	10159234	HB1	YC STOKVIS	47.95	2:33.26	99.036
21	Henk-Jan Keijzer	10164217	HB2	DYC	54.65	2:56.57	113.506
22	Nadim Schoot	10179949	HB1	TG SV ZWOLLE	1:06.72	3:46.32	142.160

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Mika van Essen	10163873	HA1	DNIJ	36.90	1:54.51	75.070
2	Jan Hein Verhoeff	10163359	HA2	SKEUVEL	37.77	1:55.93	76.413
3	Adriaan de Kluiver	10161430	HA2	DYC	39.06	1:56.40	77.860
4	Stijn Hulst	10161117	HA2	YC STOKVIS	38.17	2:02.33	78.946
5	Lars van Bommel	10161725	HA1	DYC	40.91	2:09.13	83.953
6	Ingmar Hof	10154927	HA2	YC STOKVIS	40.28	2:12.39	84.410
7	Hermen Velthuis	10163914	HA2	YC STOKVIS	42.83	2:06.80	85.096
8	Igor Vunderink	10159912	HA1	TG SV ZWOLLE	42.77	2:08.50	85.603
9	Lars Eghuizen	10160505	HA2	TG DSO	43.44	2:12.25	87.523
10	Jelmer Vorderman	10180119	HA2	DNIJ	42.96	2:16.16	88.346
11	Stijn de Jong	10163800	HA1	TG SV ZWOLLE	44.15	2:21.68	91.376
12	Thomas Hoogers	10163868	HA2	YC STOKVIS	44.74	2:24.56	92.926
13	Joute Donderwinkel	10161564	HA1	SSC de Graafschap	47.40	2:21.86	94.686

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Tim Hoogkamer	10163831	HN1	DYC	37.68	1:56.95	76.663
2	Bart Hulst	10161736	HN2	YC STOKVIS	39.18	2:03.47	80.336
3	Jochem Nieuwenhuis	10155137	HN1	TG DSO	42.59	2:12.87	86.880
4	Tijmen Kruiper	10206823	HN2	DYC	46.15	2:27.73	95.393
5	Sjors Hissink	10155062	HN1	DYC	53.38	2:51.88	110.673

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Thomas Krol	10155093	HSA	SPORTIEF	35.36	1:45.20	70.426
2	Jurre Kranenburg	10155050	HSB	DYC	41.18	2:01.18	81.573
3	Jelmer van Vilsteren	10154969	HSB	TG SV ZWOLLE	41.14	2:09.48	84.300
4	Teunis Westerbroek	10159591	HSA	LWSC	42.00	2:08.17	84.723
5	Frank Veltkamp	10214278	HSB	DYC	43.34	2:15.67	88.563
6	Lex de Boom	10165802	HSA	DYC	46.41	2:25.00	94.743

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Harry Pardijs	10155152	H40	SSC de Graafschap	38.69	2:04.25	80.106
2	Roberto van Goor	10155132	H45	TG DSO	42.98	2:06.03	84.990
3	Evert Hof	10180601	H45	YC STOKVIS	41.98	2:09.34	85.093
4	Dirk Gjaltema	10160224	H45	DYC	43.12	2:13.34	87.566
5	Klaas Jan van der Veen	10161657	H45	DYC	42.48	2:16.56	88.000
6	Gerben Hettinga	10166704	H45	DYC	44.48	2:10.93	88.123
7	Floris Klunder	10216820	H40	DYC	43.60	2:15.68	88.826
8	Gerwin Boschloo	10165737	H45	DYC	44.66	2:19.56	91.180
9	Wilfred Loozeman	10155079	H45	SPORTIEF	46.46	2:18.61	92.663
10	Alex van Gelderen	10165531	H45	DYC	45.85	2:21.58	93.043
11	Jan-Willem van Velsen	10198584	H45	DYC	47.63	2:20.44	94.443
12	Bas Hagen	10198441	H45	DYC	49.57	2:29.03	99.246
13	Dennis Jansen	10180173	H40	SPORTIEF	50.00	2:35.17	101.723
14	Jeroen van de Nes	10163268	H45	TG SV ZWOLLE	50.76	2:34.48	102.253

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Ronald Horstman	10154977	H55	TG SV ZWOLLE	44.98	2:15.65	90.196
2	Hans Brink	10154979	H50	TG SV ZWOLLE	45.04	2:17.88	91.000
3	Eduard Vunderink	10159913	H50	TG SV ZWOLLE	46.74	2:14.43	91.550
4	Rudie Assink	10165711	H50	DYC	44.63	2:22.27	92.053
5	Derik Landman	10180725	H50	TG SV ZWOLLE	45.29	2:23.06	92.976
6	Frank Dekkers	10158737	H50	TG SV ZWOLLE	46.78	2:22.40	94.246
7	Johnny Jochems	10160225	H50	YC STOKVIS	48.34	2:24.72	96.580
8	Holger Peters	10159446	H50	SVW	47.66	2:27.17	96.716
9	Tijnis Verhoeff	10163358	H55	EIJV	47.96	2:31.50	98.460
10	Henk Jan Stuiver	10154978	H50	TG SV ZWOLLE	49.61	2:26.61	98.480
11	Patrick Degens	10160121	H50	YC STOKVIS	48.62	2:31.83	99.230
12	Arne Alphenaar	10155073	H55	DYC	49.31	2:31.80	99.910
13	Martin Strijtveen	10198565	H55	DYC	53.69	2:41.66	107.576

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Bert Keizer	10155129	H65	TG DSO	44.33	2:17.55	90.180
2	Hans ten Hag	10157917	H65	DYC	46.08	2:27.78	95.340
3	Henk Veneman	10155168	H65	DNIJ	47.15	2:30.17	97.206
4	Kees Lankester	10161610	H60	DYC	47.80	2:30.87	98.090
5	Sikko Kranenburg	10155060	H65	DYC	53.59	2:43.72	108.163
6	Gerard van Bussel	10162689	H65	TG DSO	55.92	2:50.14	112.633

Pos	Naam		Cat	Vereniging	500	1500	Punten
1	Wim Brand	10155096	H75	DYC	50.15	2:36.25	102.233