

| Pos | Naam | | Cat | Vereniging | 500 | 1500 | Punten |
|-----|-------------------|----------|-----|----------------|-------|---------|---------|
| 1 | Loes Busser | 10160459 | DC2 | YC IN BEWEGING | 42.94 | 2:11.74 | 86.853 |
| 2 | Yasmine Bouaziz | 10157505 | DC2 | DNIJ | 43.58 | 2:16.78 | 89.173 |
| 3 | Birte Tellegen | 10162885 | DC1 | YC STOKVIS | 46.16 | 2:23.69 | 94.056 |
| 4 | Noor Hettinga | 10158557 | DC2 | DYC | 50.20 | 2:39.85 | 103.483 |
| 5 | Suze Egbring | 10163818 | DC1 | DYC | 50.38 | 2:50.01 | 107.050 |
| 6 | Cheryl Buitenhuis | 10161644 | DC2 | DYC | 49.31 | 2:53.44 | 107.123 |

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|-----|---------------------|----------|-----|-------------|-------|---------|---------|
| 1 | Famke Minnee | 10163921 | DB2 | YC STOKVIS | 41.94 | 2:09.99 | 85.270 |
| 2 | Zoë Tiemens | 10162592 | DB2 | DNIJ | 42.10 | 2:10.11 | 85.470 |
| 3 | Eline Jansen | 10161500 | DB2 | SPORTIEF | 44.22 | 2:07.84 | 86.833 |
| 4 | Quinty Vos | 10161668 | DB1 | DNIJ | 42.50 | 2:15.60 | 87.700 |
| 5 | Zefina de Bruin | 10157787 | DB2 | THLF ARNHEM | 45.14 | 2:15.92 | 90.446 |
| 6 | Lente Strijtveen | 10160411 | DB1 | DYC | 46.89 | 2:31.12 | 97.263 |
| 7 | Lisa Isfordink | 10165801 | DB1 | DYC | 47.54 | 2:33.25 | 98.623 |
| 8 | Sanne Loozeman | 10161501 | DB1 | SPORTIEF | 48.46 | 2:31.77 | 99.050 |
| 9 | Ellen van Kernebeek | 10160278 | DB2 | DYC | 49.05 | 2:31.17 | 99.440 |
| 10 | Megan Bootsveld | 10179347 | DB2 | DYC | 49.38 | 2:37.59 | 101.910 |
| 11 | Demi Bartelds | 10160322 | DB2 | DNIJ | 49.46 | 2:41.23 | 103.203 |
| 12 | Ilse Hofstee | 10161442 | DB2 | YC STOKVIS | 53.69 | 2:49.74 | 110.270 |

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|-----|-----------------|----------|-----|------------|-------|---------|---------|
| 1 | Femke Assink | 10161397 | DA1 | DYC | 45.04 | 2:16.00 | 90.373 |
| 2 | Minke Schipper | 10161621 | DA1 | DYC | 47.73 | 2:28.80 | 97.330 |
| 3 | Danique Dellink | 10160237 | DA2 | DYC | 47.42 | 2:33.96 | 98.740 |
| 4 | Jasmijn Egers | 10158188 | DA2 | DYC | 49.05 | 2:33.29 | 100.146 |
| 5 | Sacha Vos | 10161634 | DA1 | DYC | 50.14 | 2:42.85 | 104.423 |

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|-----|-----------------|----------|-----|------------|-------|---------|---------|
| 1 | Elisa Dul | 10161830 | DN1 | SKOV | 39.84 | 1:59.62 | 79.713 |
| 2 | Sanne in 't Hof | 10161831 | DN2 | DNIJ | 41.26 | 2:01.45 | 81.743 |
| 3 | Muriël Meijer | 10160449 | DN1 | DYC | 41.32 | 2:04.42 | 82.793 |
| 4 | Jitte Gjaltema | 10155064 | DN2 | DYC | 41.79 | 2:11.02 | 85.463 |
| 5 | Floor Hoevers | 10166626 | DN1 | TJAS | 51.13 | 2:37.71 | 103.700 |

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|-----|-----------------------------------|----------|-----|------------|-------|---------|---------|
| 1 | Lotte van Beek | 10155057 | DSA | DYC | 39.68 | 1:58.12 | 79.053 |
| 2 | Marloes Westerhof | 10155046 | DSB | DYC | 44.02 | 2:18.97 | 90.343 |
| 3 | Antoinet van Essen-Prins | 10155138 | DSA | TG DSO | 44.17 | 2:21.34 | 91.283 |
| 4 | Rianne Gemmink | 10155049 | DSB | DYC | 47.25 | 2:26.23 | 95.993 |
| 5 | Joanne Spliethof | 10217297 | DSA | DYC | 46.66 | 2:32.11 | 97.363 |
| 6 | Linda van Oosterom - Garritsen | 10157428 | DSB | DYC | 50.57 | 2:32.76 | 101.490 |

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|-----|-----------------------|----------|-----|-------------------|-------|---------|---------|
| 1 | Renske Winters | 10163814 | D40 | SSC de Graafschap | 44.29 | 2:14.95 | 89.273 |
| 2 | Jeanette ten Hag | 10161505 | D40 | DYC | 44.27 | 2:23.43 | 92.080 |
| 3 | Chantal Rietman-Herms | 10171804 | D40 | DYC | 47.62 | 2:30.77 | 97.876 |
| 4 | Inge den Hartogh | 10198445 | D45 | DYC | 50.28 | 2:50.92 | 107.253 |

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| 1 | Betsie Slaghuis | 10160229 | D60 | DYC | 56.46 | 2:58.12 | 115.833 |

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|-----|-----------------------|----------|-----|-------------------|-------|---------|---------|
| 1 | Ruben Ribbink | 10162796 | HC2 | SPORTIEF | 40.62 | 2:08.07 | 83.310 |
| 2 | Loek van Vilsteren | 10158004 | HC2 | YC STOKVIS | 41.08 | 2:07.24 | 83.493 |
| 3 | Mats ten Cate | 10159146 | HC2 | YC STOKVIS | 42.03 | 2:05.55 | 83.880 |
| 4 | Jelle Langevoort | 10166079 | HC2 | TG DSO | 44.27 | 2:16.05 | 89.620 |
| 5 | Donald Stappenbelt | 10165979 | HC2 | YC STOKVIS | 44.37 | 2:17.41 | 90.173 |
| 6 | Wiebe de Rijk | 10184346 | HC1 | TG DSO | 45.77 | 2:25.28 | 94.196 |
| 7 | Daniël van Velsen | 10161645 | HC2 | DYC | 46.31 | 2:23.88 | 94.270 |
| 8 | Koen Bos | 10165530 | HC2 | DYC | 46.57 | 2:25.20 | 94.970 |
| 9 | Arne ter Beek | 10158938 | HC2 | DYC | 46.87 | 2:24.65 | 95.086 |
| 10 | Corné van Dooren | 10158242 | HC1 | EIJV | 46.48 | 2:34.79 | 98.076 |
| 11 | Tijn Bergenhenegouwen | 10162601 | HC2 | SSC de Graafschap | 47.45 | 2:36.03 | 99.460 |
| 12 | Foma Komarov | 10157987 | HC1 | DYC | 47.06 | 2:44.90 | 102.026 |
| 13 | Thom van de Pol | 10163672 | HC2 | STG LELYSTAD | 50.25 | 2:47.63 | 106.126 |

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|-----|----------------------|----------|-----|-------------------|-------|---------|---------|
| 1 | Stefan Westenbroek | 10166005 | HB2 | YC STOKVIS | 36.59 | 1:56.51 | 75.426 |
| 2 | Chris Fredriks | 10160239 | HB1 | DYC | 38.14 | 1:56.48 | 76.966 |
| 3 | Ruben Ligtenberg | 10162888 | HB1 | DYC | 38.26 | 1:56.13 | 76.970 |
| 4 | Mervin Maatman | 10165996 | HB2 | SPORTIEF | 38.30 | 1:56.14 | 77.013 |
| 5 | Joep Wennemars | 10160123 | HB1 | YC STOKVIS | 38.12 | 1:58.44 | 77.600 |
| 6 | Jorian ten Cate | 10157503 | HB1 | DNIJ | 39.18 | 2:01.13 | 79.556 |
| 7 | Lars Woelders | 10181890 | HB2 | CSV VRIEZENVEEN | 40.11 | 2:02.58 | 80.970 |
| 8 | Luca Heesen | 10161059 | HB2 | DYC | 40.31 | 2:05.39 | 82.106 |
| 9 | Mees Hulst | 10161118 | HB1 | YC STOKVIS | 38.88 | 2:09.70 | 82.113 |
| 10 | Niels Meijer | 10161443 | HB1 | YC STOKVIS | 41.33 | 2:03.37 | 82.453 |
| 11 | Ferenc Nijland | 10164066 | HB2 | DYC | 39.91 | 2:07.69 | 82.473 |
| 12 | Joep Hofstede | 10157584 | HB1 | SSC de Graafschap | 40.73 | 2:11.53 | 84.573 |
| 13 | Joost Dekkers | 10159910 | HB2 | TG SV ZWOLLE | 41.53 | 2:10.81 | 85.133 |
| 14 | Stan Kleinlugtenbeld | 10163636 | HB1 | YC STOKVIS | 42.70 | 2:08.40 | 85.500 |
| 15 | Wester Landman | 10166544 | HB1 | TG SV ZWOLLE | 42.07 | 2:11.69 | 85.966 |
| 16 | Quinten Meerveld | 10164065 | HB2 | YC STOKVIS | 43.98 | 2:13.26 | 88.400 |
| 17 | Mart Weuljtes | 10171774 | HB1 | DYC | 42.01 | 2:20.04 | 88.690 |
| 18 | Daan van de Pol | 10162573 | HB1 | YC STOKVIS | 42.34 | 2:22.81 | 89.943 |
| 19 | Siemen Visser | 10163880 | HB2 | DNIJ | 44.32 | 2:19.22 | 90.726 |
| 20 | Rens Hiddink | 10162442 | HB1 | DYC | 44.21 | 2:22.89 | 91.840 |
| 21 | Robbin Besten | 10162830 | HB2 | YC STOKVIS | 44.24 | 2:25.80 | 92.840 |
| 22 | Koen Flokstra | 10158759 | HB2 | DYC | 47.53 | 2:19.33 | 93.973 |
| 23 | Lars Marsman | 10163911 | HB1 | YC STOKVIS | 48.38 | 2:36.63 | 100.590 |

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|-----|--------------------|----------|-----|------------|-------|---------|--------|
| 1 | Mika van Essen | 10163873 | HA2 | DNIJ | 36.44 | 1:51.97 | 73.763 |
| 2 | Lasse Hiddink | 10158216 | HA1 | DYC | 38.78 | 1:55.44 | 77.260 |
| 3 | Lars van Bommel | 10161725 | HA2 | DYC | 39.77 | 1:58.93 | 79.413 |
| 4 | Chaim Boer | 10161726 | HA1 | EIJV | 39.48 | 2:05.68 | 81.373 |
| 5 | Stijn Verhoeff | 10163357 | HA1 | EIJV | 40.37 | 2:10.03 | 83.713 |
| 6 | Sybren Kemper | 10163887 | HA1 | YC STOKVIS | 43.01 | 2:09.70 | 86.243 |
| 7 | Igor Vunderink | 10159912 | HA2 | YC STOKVIS | 43.93 | 2:13.93 | 88.573 |
| 8 | Maxim van Marle | 10161441 | HA1 | YC STOKVIS | 44.61 | 2:21.99 | 91.940 |
| 9 | Timo van Vilsteren | 10161620 | HA1 | YC STOKVIS | 46.00 | 2:29.34 | 95.780 |
| 10 | Sjoerd Riezebos | 10188258 | HA1 | YC STOKVIS | 47.68 | 2:28.48 | 97.173 |

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|-----|--------------------|----------|-----|-------------------|-------|---------|---------|
| 1 | Thijs Govers | 10158179 | HN2 | SSC de Graafschap | 36.10 | 1:55.29 | 74.530 |
| 2 | Jan Hein Verhoeff | 10163359 | HN1 | SKEUVEL | 37.62 | 1:56.32 | 76.393 |
| 3 | Tim Hoogkamer | 10163831 | HN2 | DYC | 37.59 | 1:57.54 | 76.770 |
| 4 | Adriaan de Kluiver | 10161430 | HN1 | DYC | 38.79 | 1:54.04 | 76.803 |
| 5 | Bas Elst | 10161802 | HN3 | YC STOKVIS | 40.08 | 2:00.18 | 80.140 |
| 6 | Stijn Hulst | 10161117 | HN1 | YC STOKVIS | 39.13 | 2:03.92 | 80.436 |
| 7 | Bart Hulst | 10161736 | HN3 | ELS DELFT | 39.53 | 2:07.30 | 81.963 |
| 8 | Hermen Velthuis | 10163914 | HN1 | YC STOKVIS | 42.28 | 2:04.10 | 83.646 |
| 9 | Tijmen Kruiper | 10206823 | HN3 | DYC | 44.12 | 2:16.28 | 89.546 |
| 10 | Sjors Hissink | 10155062 | HN2 | DYC | 51.30 | 2:50.85 | 108.250 |

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|-----|------------------|----------|-----|------------|-------|---------|--------|
| 1 | Thomas Krol | 10155093 | HSA | SPORTIEF | 36.00 | 1:45.38 | 71.126 |
| 2 | Jurre Kranenburg | 10155050 | HSB | DYC | 41.03 | 2:03.15 | 82.080 |
| 3 | Lex de Boom | 10165802 | HSA | DYC | 46.70 | 2:26.89 | 95.663 |

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|-----|------------------------|----------|-----|-------------------|-------|---------|--------|
| 1 | Harry Pardijs | 10155152 | H40 | SSC de Graafschap | 39.51 | 2:06.05 | 81.526 |
| 2 | Roberto van Goor | 10155132 | H45 | TG DSO | 43.43 | 2:08.70 | 86.330 |
| 3 | Gerwin Boschloo | 10165737 | H45 | DYC | 43.70 | 2:15.65 | 88.916 |
| 4 | Klaas Jan van der Veen | 10161657 | H45 | DYC | 43.87 | 2:20.73 | 90.780 |
| 5 | Wilfred Loozeman | 10155079 | H45 | SPORTIEF | 46.84 | 2:21.51 | 94.010 |
| 6 | Alex van Gelderen | 10165531 | H45 | DYC | 47.10 | 2:28.62 | 96.640 |

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|-----|--------------------|----------|-----|--------------|-------|---------|---------|
| 1 | Evert Hof | 10180601 | H50 | YC STOKVIS | 41.63 | 2:08.55 | 84.480 |
| 2 | Gerben Hettinga | 10166704 | H50 | DYC | 43.99 | 2:11.40 | 87.790 |
| 3 | Gert Jan Braas | 10165918 | H55 | DYC | 45.03 | 2:19.16 | 91.416 |
| 4 | Rudie Assink | 10165711 | H50 | DYC | 44.62 | 2:20.87 | 91.576 |
| 5 | Frank Dekkers | 10158737 | H50 | TG SV ZWOLLE | 47.33 | 2:26.17 | 96.053 |
| 6 | Marcel Bloemenkamp | 10165998 | H50 | SPORTIEF | 47.64 | 2:27.07 | 96.663 |
| 7 | Martin Strijtveen | 10198565 | H55 | DYC | 54.54 | 2:45.05 | 109.556 |

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|-----|------------------|----------|-----|------------|-------|---------|---------|
| 1 | Bert Keizer | 10155129 | H65 | TG DSO | 44.88 | 2:18.44 | 91.026 |
| 2 | Hans ten Hag | 10157917 | H65 | DYC | 46.43 | 2:25.84 | 95.043 |
| 3 | Sikko Kranenborg | 10155060 | H65 | DYC | 54.36 | 2:42.97 | 108.683 |