

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Loes Busser	10160459	DC1	YC IN BEWEGING	44.01	2:15.64	4:52.66	137.999
2	Quinty Vos	10161668	DC2	DNIJ	44.08	2:16.79	4:57.51	139.261
3	Sanne Loozeman	10161501	DC2	SPORTIEF	47.00	2:23.24	5:10.45	146.487
4	Lotte van den Noort	10171660	DC1	DYC	52.08	2:47.52	6:10.07	169.598

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Famke Minnee	10163921	DB1	YC HATTEM	42.31	2:09.51	4:36.55	131.571
2	Eline Jansen	10161500	DB1	SPORTIEF	43.75	2:09.40	4:29.91	131.868
3	Zoë Tiemens	10162592	DB1	DNIJ	42.57	2:12.21	5:00.91	136.791
4	Femke Assink	10161397	DB2	DYC	43.48	2:14.86	5:01.47	138.678
5	Zefina de Bruin	10157787	DB1	THLF ARNHEM	44.39	2:16.49	4:55.17	139.081
6	Iris van Beek	10162589	DB1	DNIJ	45.72	2:19.62	4:57.82	141.896
7	Minke Schipper	10161621	DB2	DYC	46.98	2:26.64	5:20.51	149.278
8	Charlene Schreuder	10163879	DB1	DNIJ	47.65	2:27.07	5:18.71	149.791
9	Demi Bartelds	10160322	DB1	DNIJ	49.20	2:32.44	5:37.59	156.278

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Elisa Dul	10161830	DA2	SKOV	39.72	1:59.84	4:18.47	122.744
2	Muriël Meijer	10160449	DA2	DYC	40.66	2:03.73	4:23.43	125.808
3	Anke Breunis	10154928	DA2	YC STOKVIS	43.40	2:15.69	4:46.41	136.365
4	Babette Buitenhuis	10162572	DA1	DYC	45.67	2:20.42	4:44.30	139.859
5	Jasmijn Egers	10158188	DA1	DYC	47.78	2:26.68	5:13.06	148.849
6	Floor Hoevers	10166626	DA2	SSC de Graafschap	51.24	2:43.91	5:51.39	164.441

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Sanne in 't Hof	10161831	DN1	DNIJ	40.93	2:00.19	4:13.07	123.171
2	Jitte Gjaltema	10155064	DN1	DYC	43.29	2:13.75	5:01.96	138.199

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Pien Keulstra	10154943	DSA	YC STOKVIS	41.96	2:05.14	4:16.98	126.503
2	Stephanie Bunte	10155135	DSA	TG DSO	43.12	2:11.58	4:43.78	134.276
3	Marloes Westerhof	10155046	DSB	DYC	43.20	2:15.38	5:09.79	139.957
4	Antoinet Prins	10155138	DSA	TG DSO	43.73	2:19.36	5:01.64	140.456
5	Rianne Gemmink	10155049	DSB	DYC	45.82	2:21.18	5:19.03	146.051
6	Linda van Oosterom - Garritsen	10157428	DSB	DYC	48.60	2:28.16	5:07.36	149.212

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Renske Winters	10163814	D40	SSC de Graafschap	43.51	2:12.14	4:59.54	137.479
2	Jeanette ten Hag	10161505	D40	DYC	44.74	2:23.15	5:15.56	145.049

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Chris Fredriks	10160239	HC2	DYC	37.82	1:54.79	4:03.22	116.619
2	Ruben Ligtenberg	10162888	HC2	DYC	40.66	2:04.43	4:34.60	127.902
3	Niels Meijer	10161443	HC2	YC STOKVIS	42.48	2:07.32	4:29.44	129.826
4	Jelle Stienstra	10162692	HC2	EIJV	42.10	2:10.63	4:39.85	132.284
5	Loek van Vilsteren	10158004	HC1	YC STOKVIS	42.48	2:11.01	4:49.02	134.320
6	Ruben Ribbink	10162796	HC1	SPORTIEF	42.18	2:12.01	4:56.55	135.608
7	Stan Kleinlugtenbeld	10163636	HC2	YC STOKVIS	44.40	2:11.24	4:45.21	135.681
8	Sander Liefvering	10165995	HC2	SPORTIEF	43.72	2:19.75	4:51.88	138.949
9	Mart Weuljtes	10171774	HC2	DYC	43.36	2:21.81	5:10.58	142.393
10	Daniël van Velsen	10161645	HC1	DYC	47.16	2:22.26	5:04.91	145.398
11	Koen Bos	10165530	HC1	DYC	47.23	2:26.36	5:27.61	150.617
12	Arne ter Beek	10158938	HC1	DYC	47.48	2:27.07	5:28.78	151.299

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Lasse Hiddink	10158216	HB2	DYC	38.39	1:56.23	4:06.31	118.184
2	Stefan Westenbroek	10166005	HB1	YC STOKVIS	36.97	1:56.59	4:15.15	118.358
3	Mervin Maatman	10165996	HB1	SPORTIEF	38.52	1:58.77	4:16.12	120.796
4	Stijn Verhoeff	10163357	HB2	EIJV	40.13	2:06.75	4:30.56	127.473
5	Chaim Boer	10161726	HB2	EIJV	39.93	2:07.35	4:36.42	128.450
6	Sybren Kemper	10163887	HB2	YC STOKVIS	43.93	2:08.96	4:26.60	131.349
7	Ferenc Nijland	10164066	HB1	DYC	40.96	2:08.71	4:47.06	131.706
8	Joost Dekkers	10159910	HB1	TG SV ZWOLLE	42.84	2:11.86	4:35.29	132.674
9	Luca Heesen	10161059	HB1	DYC	40.95	2:13.45	4:48.80	133.566
10	Daniël ten Cate	10157504	HB2	DNIJ	44.27	2:17.81	4:58.20	139.906
11	Willem Jan Keppels	10162732	HB1	SSC de Graafschap	44.78	2:19.35	4:58.86	141.040
12	Koen Flokstra	10158759	HB1	DYC	45.83	2:21.61	5:03.97	143.694
13	Siemen Visser	10163880	HB1	DNIJ	46.65	2:24.05	4:59.17	144.527

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Adriaan de Kluiver	10161430	HA2	DYC	39.06	1:56.40	4:00.95	118.018
2	Jan Hein Verhoeff	10163359	HA2	SKEUVEL	37.77	1:55.93	4:12.96	118.573
3	Stijn Hulst	10161117	HA2	YC STOKVIS	38.17	2:02.33	4:24.70	123.062
4	Lars van Bommel	10161725	HA1	DYC	40.42	2:06.79	4:32.60	128.116
5	Hermen Velthuis	10163914	HA2	YC STOKVIS	42.83	2:06.80	4:31.47	130.341
6	Igor Vunderink	10159912	HA1	TG SV ZWOLLE	42.77	2:08.50	4:48.22	133.639
7	Thomas Hoogers	10163868	HA2	YC STOKVIS	44.74	2:24.56	5:01.33	143.147

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Tijmen Kruiper	10206823	HN2	DYC	46.15	2:27.73	5:11.06	147.236
2	Sjors Hissink	10155062	HN1	DYC	51.62	2:46.28	6:17.05	169.887

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Thomas Krol	10155093	HSA	SPORTIEF	35.36	1:45.20	3:42.86	107.569
2	Jurre Kranenburg	10155050	HSB	DYC	41.18	2:01.18	4:19.67	124.851
3	Frank Veltkamp	10214278	HSB	DYC	42.60	2:15.67	4:59.31	137.708
4	Lex de Boom	10165802	HSA	DYC	45.86	2:20.11	5:10.73	144.351

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Harry Pardijs	10155152	H40	SSC de Graafschap	38.69	2:04.25	4:44.78	127.569
2	Roberto van Goor	10155132	H45	TG DSO	42.52	2:06.03	4:21.17	128.058
3	Evert Hof	10180601	H45	YC STOKVIS	41.98	2:09.34	4:49.19	133.291
4	Gerben Hettinga	10166704	H45	DYC	44.28	2:09.66	4:40.25	134.208
5	Gerwin Boschloo	10165737	H45	DYC	44.15	2:16.47	5:01.56	139.900
6	Wilfred Loozeman	10155079	H45	SPORTIEF	46.09	2:18.61	4:57.19	141.824
7	Jan-Willem van Velsen	10198584	H45	DYC	46.91	2:20.44	4:56.90	143.206
8	Alex van Gelderen	10165531	H45	DYC	45.75	2:21.58	5:08.25	144.318
9	Dennis Jansen	10180173	H40	SPORTIEF	50.00	2:35.17	5:31.95	157.048

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Rudie Assink	10165711	H50	DYC	44.63	2:22.03	5:08.22	143.343
2	Martin Strijtveen	10198565	H55	DYC	53.69	2:41.66	5:52.95	166.401

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Bert Keizer	10155129	H65	TG DSO	44.33	2:17.55	4:54.68	139.293
2	Henk Veneman	10155168	H65	DNIJ	47.15	2:30.13	5:23.86	151.169

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Wim Brand	10155096	H75	DYC	50.15	2:36.25	5:29.78	157.196