

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Eline Jansen	10161500	DC2	SPORTIEF	43.22	2:08.79	4:41.45	133.058
2	Zoë Tiemens	10162592	DC2	DNIJ	42.86	2:13.84	5:06.71	138.591
3	Iris van Beek	10162589	DC2	DNIJ	44.30	2:15.40	4:55.37	138.661
4	Fleur Koopman	10161608	DC2	DYC	46.63	2:33.55	5:20.65	151.254
5	Charlene Schreuder	10163879	DC2	DNIJ	48.71	2:26.55	5:30.77	152.688
6	Sanne Loozeman	10161501	DC1	SPORTIEF	47.78	2:30.09	5:46.94	155.633

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Babette Buitenhuis	10162572	DB2	DYC	44.66	2:15.76	4:43.83	137.218
2	Femke Assink	10161397	DB1	DYC	44.74	2:19.42	4:58.38	140.943
3	Daniek Meul	10166038	DB2	SPORTIEF	46.62	2:25.99	5:15.84	147.923
4	Juul Hilberink	10159409	DB2	DYC	48.13	2:26.84	5:15.70	149.692
5	Linde Maatman	10165997	DB2	SPORTIEF	46.22	2:27.99	5:30.28	150.596
6	Minke Schipper	10161621	DB1	DYC	48.00	2:31.12	5:29.60	153.306
7	Jasmijn Egers	10158188	DB2	DYC	49.32	2:33.98	5:16.21	153.347
8	Anouk Eggink	10166049	DB1	DYC	58.45	2:58.80	6:20.99	181.548

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Sanne in 't Hof	10161831	DA2	DNIJ	40.70	2:00.76	4:15.03	123.458
2	Elisa Dul	10161830	DA1	SKOV	40.23	2:02.33	4:23.02	124.842
3	Muriël Meijer	10160449	DA1	DYC	41.20	2:06.12	4:28.63	128.011
4	Anke Breunis	10154928	DA1	YC STOKVIS	43.03	2:13.51	4:45.26	135.076
5	Jitte Gjaltema	10155064	DA2	DYC	43.89	2:18.68	4:56.68	139.562
6	Milou Berends	10161131	DA1	DYC	48.17	2:25.68	4:51.87	145.375
7	Floor Hoevers	10166626	DA1	SSC de Graafschap	51.59	2:40.31	5:53.04	163.866

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Loes Adegeest	10154924	DN1	YC STOKVIS	41.65	2:04.17	4:22.31	126.758
2	Pien Keulstra	10154943	DN4	YC STOKVIS	42.86	2:05.38	4:21.24	128.193
3	Thirza Gorkink	10155082	DN2	SPORTIEF	45.38	2:20.62	4:50.94	140.743
4	Talita van Hartkamp	10161321	DN1	SOFTIJS	46.64	2:21.17	5:01.98	144.026

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Lotte van Beek	10155057	DSA	DYC	39.93	2:00.70	4:23.00	123.996
2	Paulien Westerhof	10154923	DSA	YC STOKVIS	41.39	2:06.13	4:31.99	128.764
3	Marloes Westerhof	10155046	DSB	DYC	42.69	2:14.21	5:03.88	138.072
4	Antoinet Prins	10155138	DSA	TG DSO	43.65	2:22.79	5:04.28	141.959
5	Inge van Essen	10155058	DSA	DYC	45.34	2:21.58	5:05.86	143.509
6	Linda van Oosterom - Garritsen	10157428	DSB	DYC	48.23	2:27.15	5:06.19	148.311

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Renske Winters	10163814	D40	LOCHEM	43.34	2:14.73	4:53.26	137.126
2	Jeanette ten Hag	10161505	D40	DYC	43.88	2:26.44	5:12.63	144.798

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Chris Fredriks	10160239	HC1	DYC	39.68	2:00.90	4:27.35	124.538
2	Mervin Maatman	10165996	HC2	SPORTIEF	39.63	1:59.60	4:31.00	124.662
3	Mees Hulst	10161118	HC1	YC STOKVIS	41.19	2:08.44	4:39.77	130.631
4	Luca Heesen	10161059	HC2	DYC	42.47	2:14.43	4:50.30	135.663
5	Ferenc Nijland	10164066	HC2	DYC	41.12	2:10.44	5:06.93	135.755
6	Niels Meijer	10161443	HC1	YC STOKVIS	44.29	2:10.95	4:48.36	136.000
7	Djamell van Veen	10164266	HC1	SPORTIEF	43.48	2:13.70	4:53.65	136.987
8	Joost Dekkers	10159910	HC2	TG SV ZWOLLE	42.99	2:16.75	4:50.51	136.991
9	Tjalle de Bruin	10162635	HC2	SPORTIEF	42.52	2:18.94	4:53.03	137.671
10	Jorian ten Cate	10157503	HC1	DNIJ	43.05	2:14.96	4:59.10	137.886
11	Sander Lieferring	10165995	HC1	SPORTIEF	44.93	2:19.74	4:52.87	140.321
12	Matthijs van Bolhuis	10160223	HC2	TG SV ZWOLLE	44.69	2:17.33	5:03.71	141.084
13	Stan Kleinlugtenbeld	10163636	HC1	YC STOKVIS	46.66	2:23.85	5:01.03	144.781
14	Willem Jan Keppels	10162732	HC2	LOCHEM	46.31	2:28.74	5:22.57	149.651
15	Siemen Visser	10163880	HC2	DNIJ	48.58	2:29.84	5:13.71	150.811
16	Koen Flokstra	10158759	HC2	DYC	48.91	2:32.69	5:23.97	153.801

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Mika van Essen	10163873	HB2	DNIJ	37.64	1:57.31	4:18.18	119.773
2	Lasse Hiddink	10158216	HB1	DYC	39.96	1:59.47	4:15.51	122.368
3	Florian Meijer	10161062	HB1	DYC	39.70	2:02.75	4:26.84	125.089
4	Lars van Bommel	10161725	HB2	DYC	41.63	2:09.74	4:39.42	131.446
5	Jurre Nijhoff	10160235	HB1	SSC de Graafschap	42.08	2:09.25	4:41.13	132.018
6	Sybren Kemper	10163887	HB1	YC STOKVIS	43.81	2:09.67	4:31.72	132.319
7	Stijn Verhoeff	10163357	HB1	EIJV	41.42	2:13.12	4:40.36	132.519
8	Chaim Boer	10161726	HB1	EIJV	40.90	2:09.26	4:51.44	132.559
9	Igor Vunderink	10159912	HB2	TG SV ZWOLLE	44.70	2:15.15	4:47.77	137.711
10	Lucas Albers	10163972	HB2	SSC de Graafschap	43.60	2:17.47	4:54.92	138.576
11	Joute Donderwinkel	10161564	HB2	SSC de Graafschap	47.52	2:24.97	5:21.47	149.421
12	Daniël ten Cate	10157504	HB1	DNIJ	46.59	2:26.34	5:28.90	150.186

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Thijs Govers	10158179	HA2	LOCHEM	36.35	1:52.72	4:14.71	116.374
2	Jan Hein Verhoeff	10163359	HA1	EIJV	38.63	1:56.67	4:19.20	120.720
3	Stijn Hulst	10161117	HA1	YC STOKVIS	38.31	1:59.75	4:21.33	121.781
4	Mark Broekman	10155074	HA1	DYC	37.39	1:59.84	4:30.87	122.481
5	Adriaan de Kluiver	10161430	HA1	DYC	40.44	2:01.45	4:20.05	124.264
6	Ingmar Hof	10154927	HA1	YC STOKVIS	39.38	2:00.81	4:33.77	125.278
7	Sander van der Meer	10161061	HA2	DYC	40.91	2:05.66	4:29.00	127.629
8	Maas Penninkhof	10155061	HA1	DYC	39.82	2:05.82	4:51.78	130.390
9	Hermen Velthuis	10163914	HA1	YC STOKVIS	43.31	2:07.38	4:29.29	130.651
10	Jochem Nieuwenhuis	10155137	HA2	TG DSO	42.05	2:09.41	4:47.06	133.029
11	Thomas Hoogers	10163868	HA1	DNIJ	42.96	2:12.58	4:52.32	135.873

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Bart Hulst	10161736	HN1	YC STOKVIS	38.37	1:58.59	4:18.62	121.003
2	Bas Elst	10161802	HN1	YC STOKVIS	39.91	1:59.05	4:19.29	122.808
3	Douwe Clarijs	10161129	HN1	DYC	41.39	2:09.00	4:55.05	133.565

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Jurre Kranenburg	10155050	HSB	DYC	40.77	2:03.61	4:17.88	124.953
2	Willem van Essen	10155131	HSA	TG DSO	41.93	2:05.90	4:42.06	130.906
3	Gerbert Krukerink	10155148	HSB	SSC de Graafschap	44.21	2:13.94	4:53.11	137.707
4	Lex de Boom	10165802	HSA	DYC	46.89	2:23.66	5:05.26	145.652

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Harry Pardijs	10155152	H40	SSC de Graafschap	38.61	2:02.96	4:40.53	126.351
2	Roberto van Goor	10155132	H40	TG DSO	43.35	2:07.24	4:21.40	129.329
3	Evert Hof	10180601	H45	YC STOKVIS	42.02	2:11.26	4:51.95	134.431
4	Klaas Jan van der Veen	10161657	H45	DYC	41.97	2:12.83	5:01.01	136.414
5	Gerben Hettinga	10166704	H45	DYC	44.33	2:13.39	4:48.00	136.793
6	Dirk Gjaltema	10160224	H45	DYC	43.36	2:15.08	5:03.60	138.986
7	Wilfred Loozeman	10155079	H45	SPORTIEF	47.24	2:21.10	4:44.61	141.708
8	Gerwin Boschloo	10165737	H45	DYC	48.11	2:24.93	5:05.98	147.416
9	Dennis Jansen	10180173	H40	SPORTIEF	50.40	2:32.36	5:31.77	156.481

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Rudie Assink	10165711	H50	DYC	44.32	2:16.44	5:02.18	140.163
2	Antoon van Doorn	10161690	H55	SPORTIEF	45.86	2:19.03	4:58.86	142.013

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Bert Keizer	10155129	H60	TG DSO	44.42	2:16.92	4:58.81	139.861
2	Sikko Kranenburg	10155060	H65	DYC	51.76	2:35.38	5:43.68	160.833