

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Loes Busser	10160459	DC1	YC IN BEWEGING	44.01	2:15.80	4:52.66	138.052

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Famke Minnee	10163921	DB1	YC HATTEM	42.31	2:09.85	4:36.55	131.684
2	Eline Jansen	10161500	DB1	SPORTIEF	43.99	2:09.40	4:30.44	132.196
3	Zefina de Bruin	10157787	DB1	THLF ARNHEM	44.64	2:16.49	4:57.95	139.794
4	Zoë Tiemens	10162592	DB1	DNIJ	42.74	2:18.67	5:07.81	140.264
5	Iris van Beek	10162589	DB1	DNIJ	45.72	2:19.62	4:57.82	141.896
6	Femke Assink	10161397	DB2	DYC	44.88	2:21.03	5:14.54	144.313
7	Charlene Schreuder	10163879	DB1	DNIJ	48.54	2:28.45	5:24.72	152.143
8	Minke Schipper	10161621	DB2	DYC	48.44	2:36.44	5:20.51	154.004

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Elisa Dul	10161830	DA2	SKOV	39.72	2:00.00	4:18.47	122.798
2	Muriël Meijer	10160449	DA2	DYC	41.08	2:03.73	4:25.33	126.544
3	Anke Breunis	10154928	DA2	YC STOKVIS	43.99	2:15.69	4:46.41	136.955
4	Jasmijn Egers	10158188	DA1	DYC	50.44	2:37.87	5:20.15	156.421

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Sanne in 't Hof	10161831	DN1	DNIJ	41.95	2:01.03	4:13.53	124.548
2	Jitte Gjaltema	10155064	DN1	DYC	43.92	2:22.08	5:01.96	141.606

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	44.03	2:13.48	4:43.78	135.819
3	Linda van Oosterom - Garritsen	10157428	DSB	DYC	50.46	2:31.77	5:07.36	152.276

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Jeanette ten Hag	10161505	D40	DYC	45.03	2:23.15	5:15.56	145.339

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Jelle Stienstra	10162692	HC2	EIJV	42.24	2:12.97	4:39.85	133.204
2	Mart Weuljtes	10171774	HC2	DYC	44.20	2:21.81	5:10.58	143.233

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Stefan Westenbroek	10166005	HB1	YC STOKVIS	37.67	1:58.46	4:15.15	119.681
2	Lasse Hiddink	10158216	HB2	DYC	39.34	1:56.33	4:12.23	120.154
3	Mervin Maatman	10165996	HB1	SPORTIEF	39.07	1:59.29	4:16.12	121.519
4	Stijn Verhoeff	10163357	HB2	EIJV	41.15	2:06.75	4:30.56	128.493
5	Chaim Boer	10161726	HB2	EIJV	39.97	2:07.72	4:40.16	129.236
6	Ferenc Nijland	10164066	HB1	DYC	40.96	2:10.12	4:47.06	132.176
7	Luca Heesen	10161059	HB1	DYC	41.20	2:13.45	4:52.14	134.373
8	Daniël ten Cate	10157504	HB2	DNIJ	44.27	2:17.81	4:59.66	140.149
9	Siemen Visser	10163880	HB1	DNIJ	48.21	2:24.05	5:08.07	147.571
10	Koen Flokstra	10158759	HB1	DYC	47.53	2:29.93	5:10.31	149.224



Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Adriaan de Kluiver	10161430	HA2	DYC	39.06	1:56.40	4:04.77	118.655
2	Jan Hein Verhoeff	10163359	HA2	SKEUVEL	38.50	1:55.93	4:12.96	119.303
3	Lars van Bommel	10161725	HA1	DYC	42.03	2:11.58	4:32.60	131.323
4	Hermen Velthuis	10163914	HA2	YC STOKVIS	43.00	2:09.48	4:33.45	131.735

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Thomas Krol	10155093	HSA	SPORTIEF	36.05	1:45.35	3:42.86	108.309
2	Jurre Kranenburg	10155050	HSB	DYC	41.18	2:01.18	4:19.67	124.851
3	Lex de Boom	10165802	HSA	DYC	47.00	2:25.00	5:14.92	147.819

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	42.98	2:06.03	4:27.60	129.590
3	Evert Hof	10180601	H45	YC STOKVIS	41.98	2:10.92	4:49.52	133.873
4	Gerben Hettinga	10166704	H45	DYC	44.51	2:15.96	4:40.58	136.593
5	Wilfred Loozeman	10155079	H45	SPORTIEF	46.46	2:18.61	4:59.26	142.539
6	Gerwin Boschloo	10165737	H45	DYC	46.06	2:19.56	5:01.56	142.840
7	Alex van Gelderen	10165531	H45	DYC	46.13	2:21.58	5:08.25	144.698
8	Jan-Willem van Velsen	10198584	H45	DYC	49.36	2:28.79	5:12.95	151.114

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Rudie Assink	10165711	H50	DYC	45.14	2:22.27	5:08.22	143.933
2	Martin Strijtveen	10198565	H55	DYC	53.69	2:46.85	5:52.95	168.131

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Henk Veneman	10155168	H65	DNIJ	47.15	2:30.17	5:23.86	151.182