

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Birte Tellegen	10162885	DC1	YC STOKVIS	44.38	2:23.69	5:05.22	143.146
2	Noor Hettinga	10158557	DC2	DYC	48.00	2:39.85	5:32.25	156.658

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Famke Minnee	10163921	DB2	YC STOKVIS	41.36	2:07.22	4:33.02	129.269
2	Eline Jansen	10161500	DB2	SPORTIEF	43.98	2:07.82	4:18.86	129.729
3	Quinty Vos	10161668	DB1	DNIJ	42.50	2:12.95	4:44.02	134.152
4	Zoë Tiemens	10162592	DB2	DNIJ	41.93	2:10.11	4:58.88	135.113
5	Zefina de Bruin	10157787	DB2	THLF ARNHEM	44.42	2:14.43	4:43.23	136.435
6	Ellen van Kernebeek	10160278	DB2	DYC	46.70	2:31.17	5:31.06	152.266
7	Lente Strijtveen	10160411	DB1	DYC	45.10	2:31.12	5:51.32	154.026
8	Sanne Loozeman	10161501	DB1	SPORTIEF	47.70	2:31.77	5:36.79	154.421
9	Lisa Isfordink	10165801	DB1	DYC	47.23	2:33.25	5:40.75	155.104

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Babette Buitenhuis	10162572	DA2	DYC	45.33	2:20.34	4:37.11	138.295
2	Jasmijn Egers	10158188	DA2	DYC	47.87	2:23.41	5:13.23	147.878
3	Minke Schipper	10161621	DA1	DYC	47.62	2:22.11	5:21.37	148.551
4	Danique Dellink	10160237	DA2	DYC	46.53	2:31.93	5:33.37	152.734
5	Lieke ten Voorde	10163033	DA2	SPORTIEF	51.31	2:36.09	5:24.01	157.341
6	Sacha Vos	10161634	DA1	DYC	48.51	2:39.96	5:57.87	161.475

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Sanne in 't Hof	10161831	DN2	DNIJ	40.54	1:59.50	4:09.56	121.966
2	Muriël Meijer	10160449	DN1	SKEUVEL	40.39	2:01.22	4:21.83	124.434
3	Jitte Gjaltema	10155064	DN2	DYC	41.79	2:08.91	4:47.24	132.633
4	Iris Jansen	10162591	DN1	DNIJ	45.37	2:26.85	5:18.05	147.328

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Lotte van Beek	10155057	DSA	DYC	38.98	1:55.20	4:09.04	118.886
2	Antoinet van Essen-Prins	10155138	DSA	TG DSO	43.49	2:16.14	5:05.07	139.715
3	Marloes Westerhof	10155046	DSB	DYC	43.00	2:17.68	5:05.81	139.861
4	Joanne Spliethof	10217297	DSA	DYC	44.73	2:21.53	5:34.18	147.602
5	Rianne Gemmink	10155049	DSB	DYC	46.48	2:22.75	5:28.61	148.831
6	Linda van Oosterom - Garritsen	10157428	DSB	DYC	49.22	2:26.70	5:19.75	151.411

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Jeanette ten Hag	10161505	D40	DYC	43.89	2:23.43	5:22.59	145.465
2	Chantal Rietman-Herms	10171804	D40	DYC	46.19	2:26.15	5:21.81	148.541

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Betsie Slaghuis	10160229	D60	DYC	56.46	2:52.93	6:09.49	175.684

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Loek van Vilsteren	10158004	HC2	YC STOKVIS	39.98	2:02.25	4:37.31	126.948
2	Mats ten Cate	10159146	HC2	YC STOKVIS	41.23	2:05.09	4:28.66	127.702
3	Ruben Ribbink	10162796	HC2	SPORTIEF	39.81	2:04.66	4:47.24	129.236
4	Jelle Langevoort	10166079	HC2		42.81	2:13.64	4:39.36	133.916
5	Daniël van Velsen	10161645	HC2	DYC	44.26	2:16.61	4:55.37	139.024
6	Wiebe de Rijk	10184346	HC1	TG DSO	44.06	2:20.89	4:59.74	140.979
7	Arne ter Beek	10158938	HC2	DYC	45.09	2:17.46	5:03.95	141.568
8	Koen Bos	10165530	HC2	DYC	45.54	2:20.59	5:05.57	143.331
9	Corné van Dooren	10158242	HC1	EIJV	45.53	2:23.29	5:01.53	143.548

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Stefan Westenbroek	10166005	HB2	YC STOKVIS	35.65	1:50.92	3:57.69	112.238
2	Chris Fredriks	10160239	HB1	DYC	37.57	1:52.88	4:06.07	116.207
3	Ruben Ligtenberg	10162888	HB1	DYC	37.94	1:53.82	4:10.12	117.566
4	Mervin Maatman	10165996	HB2	SPORTIEF	38.27	1:56.14	4:11.00	118.816
5	Joep Wennemars	10160123	HB1	YC STOKVIS	38.12	1:57.70	4:17.46	120.263
6	Jorian ten Cate	10157503	HB1	DNIJ	38.62	1:57.16	4:16.53	120.428
7	Lars Woelders	10181890	HB2	CSV VRIEZENVEEN	40.11	2:00.31	4:09.03	121.718
8	Niels Meijer	10161443	HB1	YC STOKVIS	40.90	2:02.81	4:14.57	124.264
9	Mees Hulst	10161118	HB1	YC STOKVIS	38.88	2:05.23	4:22.57	124.384
10	Joost Dekkers	10159910	HB2	TG SV ZWOLLE	41.24	2:03.98	4:15.90	125.216
11	Luca Heesen	10161059	HB2	DYC	39.37	2:05.39	4:27.91	125.817
12	Ferenc Nijland	10164066	HB2	DYC	39.91	2:07.69	4:31.05	127.648
13	Joep Hofstede	10157584	HB1	SSC de Graafschap	40.73	2:07.59	4:40.37	129.988
14	Wester Landman	10166544	HB1	TG SV ZWOLLE	41.02	2:05.61	4:45.82	130.526
15	Stan Kleinlugtenbeld	10163636	HB1	YC STOKVIS	42.70	2:07.75	4:36.83	131.421
16	Quinten Meerveld	10164065	HB2	YC STOKVIS	43.98	2:11.41	4:31.58	133.046
17	Siemen Visser	10163880	HB2	DNIJ	44.32	2:14.08	4:38.90	135.496
18	Koen Flokstra	10158759	HB2	DYC	44.82	2:15.25	4:50.55	138.328
19	Willem Jan Keppels	10162732	HB2	SSC de Graafschap	43.56	2:14.00	5:00.68	138.339
20	Rens Hiddink	10162442	HB1	DYC	43.08	2:17.86	5:04.13	139.721
21	Mart Weuljtes	10171774	HB1	DYC	42.01	2:20.04	5:12.04	140.696
22	Rens Gietema	10161618	HB2	DYC	45.14	2:22.63	5:15.93	145.338

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Lasse Hiddink	10158216	HA1	DYC	38.56	1:52.76	4:03.27	116.691
2	Lars van Bommel	10161725	HA2	DYC	39.77	1:58.93	4:14.52	121.833
3	Igor Vunderink	10159912	HA2	YC STOKVIS	41.82	2:05.49	4:29.43	128.555
4	Jurre Eldering	10179939	HA1	DYC	40.52	2:03.46	4:44.26	129.049
5	Sybren Kemper	10163887	HA1	YC STOKVIS	43.01	2:07.03	4:23.60	129.286
6	Stijn Verhoeff	10163357	HA1	EIJV	39.92	2:06.56	4:43.32	129.326
7	Daniël ten Cate	10157504	HA1	DNIJ	43.29	2:11.49	4:47.70	135.070

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Adriaan de Kluiver	10161430	HN1	DYC	38.53	1:54.04	3:57.76	116.169
2	Hermen Velthuis	10163914	HN1	YC STOKVIS	41.77	2:04.10	4:35.19	129.001
3	Tijmen Kruiper	10206823	HN3	DYC	43.55	2:10.91	4:39.82	133.822
4	Sjors Hissink	10155062	HN2	DYC	51.30	2:50.85	5:54.56	167.343

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Jurre Kranenburg	10155050	HSB	DYC	41.03	2:03.15	4:20.28	125.460
2	Lex de Boom	10165802	HSA	DYC	44.98	2:26.89	5:06.95	145.101

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Roberto van Goor	10155132	H45	TG DSO	42.27	2:05.06	4:23.67	127.901
2	Harry Pardijs	10155152	H40	SSC de Graafschap	39.36	2:06.05	4:45.26	128.919
3	Gerwin Boschloo	10165737	H45	DYC	43.16	2:10.91	4:51.96	135.456
4	Jan-Willem van Velsen	10198584	H45	DYC	45.18	2:15.63	4:58.95	140.215
5	Dirk van Zoest	10155172	H45	DNIJ	45.57	2:14.41	5:02.54	140.796
6	Wilfred Loozeman	10155079	H45	SPORTIEF	46.77	2:17.15	4:58.88	142.299

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Evert Hof	10180601	H50	YC STOKVIS	41.30	2:08.55	4:36.73	130.271
2	Gerben Hettinga	10166704	H50	DYC	43.28	2:05.59	4:35.29	131.024
3	Gert Jan Braas	10165918	H55	DYC	43.08	2:10.84	4:44.67	134.138
4	Rudie Assink	10165711	H50	DYC	43.69	2:17.45	5:07.18	140.702
5	Frank Dekkers	10158737	H50	TG SV ZWOLLE	46.73	2:19.52	4:56.64	142.676
6	Marcel Bloemenkamp	10165998	H50	SPORTIEF	47.64	2:27.07	5:40.49	153.411

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Hans ten Hag	10157917	H65	DYC	46.05	2:25.84	5:30.57	149.758
2	Henk Veneman	10155168	H65	DNIJ	46.80	2:31.47	5:22.18	150.986