

500 + 1500 + 3000m - 1-7-2021, 31-3-2022, Category: DPF, DPE, DPD, DPC, DPB, DPA, DC1, DC2, DB1, DB2, DA1, DA2, DN1, DN2, DN3, DN4, DSA, DSB, D40, D45, D50, D55, D60, D65, D70, D75, D80, D85, HPF, HPE, HPD, HPC, HPB, HPA, HC1, HC2, HB1, HB2, HA1, HA2, HN1, HN2, HN3, HN4, HSA, HSB, H40, H45, H50, H55, H60, H65, H70, H75, H80, H85, District: ZHL, Venue: DNH

Pos	Naam		Cat	Cat 2022-2023	Vereniging	500	1500	3000	Punten
1	Colin James Duivenvoorden	10165420	HA2	HN1	YV WOUBRUGGE	38.65	1:54.89	3:57.96	116,606
2	Michiel de Groot	10179670	HB2	HA1	SV LANSLED	39.52	1:57.15	4:05.09	119,418
3	Roy Hoogendoorn	10158338	HN1	HN2	GOUWE STREEK	40.45	1:57.69	4:04.83	120,485
4	Jeroen van Voorden	10158074	HSA	HSA	IJVZ	39.42	1:58.89	4:09.39	120,615
5	Yoeri van Bostelen	10193090	HB2	HA1	YC ALKEMADE	39.24	1:58.30	4:13.88	120,986
6	Joost de Jong	10163621	HN1	HN2	STV LEKSTREEK	39.34	1:58.46	4:15.54	121,416
7	Tygo Kompier	10166296	HB1	HB2	YV KDK	39.13	2:00.78	4:20.20	122,756
8	Angel Daleman	10166092	DC2	DB1	VIJL	39.84	2:01.59	4:23.04	124,210
9	Wouter van der Geer	10159400	HN4	HSA	TG Bollenstreek-WYC	39.50	2:01.69	4:29.10	124,913
10	Jeremy Brinkers	10162261	HA2	HN1	SV LANSLED	40.07	2:04.89	4:19.30	124,916
11	Thijs van Bostelen	10206523	HB2	HA1	YV KDK	40.47	2:03.03	4:21.14	125,003
12	Kees de Ruijter	10205332	HB2	HA1	YV KDK	40.64	2:03.14	4:29.25	126,561
13	Wessel de Haas	10167396	HA1	HA2	RYC	39.99	2:04.80	4:30.61	126,691
14	Sem Spruit	10185087	HC1	HC2	STC RIJNSTR	40.46	2:05.47	4:33.96	127,943
15	Niels Ras	10188182	HB2	HA1	HVHW	41.23	2:08.02	4:31.13	129,091
16	Joes van Deursen	10179357	HA1	HA2	YV WOUBRUGGE	40.29	2:08.31	4:38.33	129,448
17	Jelmer Kraaijeveld	10179881	HSA	HSA	ELS DELFT	41.57	2:07.60	4:34.09	129,784
18	Arjan Bakker	10156759	H60	H60	STV LEKSTREEK	43.25	2:07.95	4:24.14	129,923
19	Dion van Hal	10194538	HB1	HB2	DVIJC	42.32	2:08.03	4:30.02	129,999
20	Alexander Boon	10223223	HC2	HB1	HVHW	40.84	2:09.53	4:39.16	130,542
21	Remco Boere	10164717	HSA	HSA	ELS DELFT	41.02	2:09.03	4:39.25	130,571
22	Karel Dijkers	10202953	HC2	HB1	HVHW	42.31	2:08.91	4:41.24	132,153
23	Hugo de Jonge	10180422	HA1	HA2	DKIJV	41.28	2:08.52	4:50.67	132,565
24	Mark Veenstra	10158956	HSB	HSB	DKIJV	43.81	2:11.10	4:34.22	133,213
25	Sacha van der Weide	10157443	DN1	DN2	STV LEKSTREEK	40.32	2:10.24	4:59.44	133,639
26	Lieke Hoogendoorn	10166004	DB1	DB2	YV WOUBRUGGE	43.16	2:13.50	4:36.05	133,668
27	Guus Gelderblom	10185568	HB2	HA1	SV ROTTERDAM	42.42	2:11.77	4:46.24	134,049
28	Emma Noz	10165898	DB2	DA1	SV LANSLED	43.72	2:13.67	4:37.78	134,572
29	Boet Groenewegen	10190559	HC1	HC2	HVHW	43.17	2:11.98	4:44.82	134,633
30	Elanne de Vries	10198327	DB1	DB2	SV ROTTERDAM	42.94	2:13.97	4:43.45	134,837
31	Junior de Blois	10201364	HC2	HB1	STC RIJNSTR	42.12	2:14.78	4:46.84	134,852
32	Amber van der Meijden	10157585	DB1	DB2	HVHW	43.17	2:14.81	4:41.42	135,009
33	Willem Jan Molleman	10163412	H45	H45	YC STOMPWIJK	43.30	2:11.47	4:47.99	135,121
34	Sebastiaan Scargo	10157177	H40	H40	IJVL	43.32	2:15.70	4:42.27	135,598
35	Joppe Kleiweg	10163949	HN2	HN3	DKIJV	43.09	2:15.20	4:47.08	136,002
36	Sven Pera	10185170	HB2	HA1	YV PIJNACKER	43.75	2:15.93	4:42.17	136,088
37	Valerie Aarts	10171231	DB1	DB2	IJVL	44.24	2:14.04	4:45.27	136,465
38	Hans van der Does	10156656	H55	H55	DKIJV	43.30	2:10.46	5:00.04	136,792
39	Taeke Jongbloed	10209865	HC1	HC2	HVHW	43.27	2:15.47	4:50.50	136,842
40	Maarten Pennings	10197018	HB1	HB2	YV KDK	44.36	2:17.09	4:47.13	137,911
41	Sil Bergsma	10166369	HC2	HB1	HVHW	43.35	2:18.07	4:52.09	138,054
42	Gerard Snel	10160017	H55	H55	IJVL	45.51	2:17.13	4:41.19	138,085
43	Bert-Jan Mostert	10156644	H50	H50	YV PIJNACKER	45.56	2:15.11	4:52.65	139,371
44	Berto Anker	10211626	HB2	HA1	STV LEKSTREEK	42.68	2:16.32	5:07.96	139,446
45	Evi de Ruijter	10211866	DC2	DB1	YV KDK	45.12	2:15.92	4:54.36	139,486
46	Bart Oostdam	10156895	HSA	HSA	YC ZOETERWOUDE	43.42	2:11.01	5:14.53	139,511
47	Sarp Visser	10200905	HB1	HB2	IHCL	41.62	2:13.29	5:24.54	140,140
48	Hilde Houtzager	10165706	DA2	DN1	YC OTWEG	44.56	2:19.99	4:54.18	140,253
49	Susanne Prins	10205334	DB2	DA1	STV LEKSTREEK	44.58	2:20.93	4:53.90	140,539
50	Thijs Heezen	10162746	HN1	HN2	SV LANSLED	44.79	2:19.72	4:57.59	140,961
51	Joey van den Berg	10213929	HC2	HB1	IJVZ	43.69	2:21.65	5:01.53	141,161
52	Joy de Moedt	10229461	HB1	HB2	HVHW	43.68	2:18.68	5:14.72	142,359
53	Birgit Radt	10187814	DC2	DB1	DKIJV	44.47	2:22.14	5:10.81	143,651

54	Meerle van den Berg	10157662	DN1	DN2	DVIJC	46.06	2:24.47	4:57.91	143,867
55	Féline van Klink	10193158	DB2	DA1	YC ALKEMADE	45.64	2:23.34	5:03.48	144,000
56	Guusje van Santen	10166127	DB2	DA1	YC STOMPWIJK	45.48	2:20.78	5:10.64	144,179
57	Kiki van Schaik	10194826	DB2	DA1	HVHW	45.73	2:21.05	5:09.28	144,292
58	Luke Bavius	10183258	HC1	HC2	IJVZ	45.42	2:25.31	5:07.90	145,172
59	Aidan Verhoeve	10185097	HC2	HB1	STC RIJNSTR	45.04	2:26.27	5:08.31	145,181
60	Jos Drabbels	10157185	H55	H55	IJVL	46.85	2:31.10	4:49.31	145,434
61	Rosa Buijs	10204445	DB2	DA1	SV ROTTERDAM	47.21	2:25.85	4:59.13	145,681
62	Nick Barendse	10183254	HC1	HC2	IJVZ	45.85	2:24.64	5:10.05	145,738
63	Nerena van Vuuren	10157811	DN1	DN2	DVIJC	47.03	2:27.47	5:01.04	146,359
64	Rens de Heer	10204222	HB1	HB2	GOUWE STREEK	44.40	2:23.15	5:27.68	146,729
65	Peter van den Bos	10157591	H40	H40	HVHW	47.47	2:25.03	5:08.68	147,259
66	Jarno Huls	10185035	HA1	HA2	STC RIJNSTR	46.16	2:26.21	5:14.89	147,377
67	Luuk Jonker	10203941	HB1	HB2	YC ZOETERWOUDE	45.28	2:24.58	5:27.74	148,096
68	Sebastiaan Herlé	10165897	HB2	HA1	SV LANSLD	43.19	2:27.74	5:37.13	148,624
69	Amber Koetsier	10201947	DC1	DC2	GOUWE STREEK	46.49	2:28.37	5:16.58	148,709
70	Lenthe Jansen	10209842	DC2	DB1	HVHW	46.66	2:29.01	5:19.73	149,618
71	Richard Bennis	10165353	H50	H50	YC STOMPWIJK	49.40	2:25.93	5:09.52	149,629
72	Lieke Speijers	10157684	DA1	DA2	IJVZ	46.25	2:30.96	5:23.11	150,421
73	Lex van Tol	10178918	H60	H60	IJVZ	48.39	2:28.94	5:14.34	150,426
74	Esmee Zijderlaan	10215312	DC2	DB1	STV LEKSTREEK	46.50	2:32.49	5:18.61	150,431
75	Koen van Dissel	10217743	HC2	HB1	STC RIJNSTR	46.47	2:33.30	5:17.71	150,521
76	Jeroen Kuiper	10201950	HB2	HA1	GOUWE STREEK	47.69	2:27.45	5:24.11	150,858
77	Vera op den Brouw	10204920	DB2	DA1	DVIJC	47.25	2:30.59	5:21.43	151,017
78	Ezra Loman	10182030	HB1	HB2	DKIJV	48.35	2:29.56	5:20.08	151,549
79	Gio Kromokario	10202756	HC1	HC2	IJVZ	44.39	2:28.78	5:48.66	152,093
80	Isa Oudenes	10215338	DC1	DC2	STV LEKSTREEK	46.80	2:31.43	5:32.07	152,621
81	Tiemen Haaring	10194537	HB1	HB2	DVIJC	47.37	2:34.95	5:21.65	152,628
82	Jules van Winden	10219852	HC2	HB1	YV PIJNACKER	45.08	2:35.51	5:43.58	154,179
83	Maxime van Stam	10163632	DN3	DN4	STV LEKSTREEK	46.38	2:34.97	5:41.11	154,887
84	Patrick Delanghe	10236487	H55	H55	MYV	52.06	2:32.84	5:16.29	155,721
85	Evelien Ras	10203042	DC2	DB1	HVHW	48.54	2:35.93	5:36.22	156,552
86	Bodine Vollering	10163462	DA1	DA2	SV LANSLD	47.79	2:43.95	5:25.51	156,691
87	Marianne de Neeling	10157132	D60	D60	SV LANSLD	49.44	2:40.75	5:27.88	157,669
88	Amanda van Leeuwen	10166113	DB1	DB2	DKIJV	48.97	2:39.79	5:36.69	158,348
89	Janneke van den Bos	10166230	DSB	DSB	HVHW	49.99	2:41.21	5:33.15	159,251
90	Pol Kruidering	10194339	HB1	HB2	YC ZOETERWOUDE	49.19	2:38.85	5:51.93	160,795
91	Famke Hogenboom	10197004	DB2	DA1	YV KDK	49.51	2:37.18	6:04.67	162,681
92	Pip Ypenburg	10182138	DB1	DB2	DKIJV	50.51	2:46.19	5:52.55	164,664
93	Steven Voerknecht	10185186	HB2	HA1	YV PIJNACKER	48.48	2:37.10	6:26.89	165,327
94	Aad van Kleef	10157125	H60	H60	SV LANSLD	55.31	2:40.91	5:39.10	165,462
95	Bas van der Klaauw	10187776	H45	H45	YC ZOETERWOUDE	54.11	2:40.43	5:58.72	167,372
96	Nico Woldendorp	10156676	H75	H75	IJVZ	53.32	2:49.11	5:49.56	167,950