

500 + 1500 + 3000m - 1-7-2022, 17-4-2023, 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	Vereniging	500	1500	3000	Punten	
1	Colin James Duivenvoorden	10165420	HN1	YV WOUBRUGGE	39.42	1:56.99	3:58.73	118,204
2	Yoeri van Bostelen	10193090	HA1	YC ALKEMADE	38.37	1:57.11	4:17.30	120,289
3	Thijs van Bostelen	10206523	HA1	YV KDK	39.66	1:59.02	4:13.76	121,626
4	Mathijs Molenaar	10201955	HB2	GOUWE STREEK	38.46	1:59.70	4:21.02	121,863
5	Jeroen van Voorden	10158074	HSA	IJYZ	39.38	2:00.07	4:15.31	121,954
6	Tygo Kompier	10166296	HB2	YV KDK	38.74	2:00.05	4:19.29	121,971
7	Sem Spruit	10185087	HC2	STC RIJNSTR	39.92	1:59.56	4:22.00	123,439
8	Wouter van der Geer	10159400	HSA	TG Bollenstreek	39.71	2:02.76	4:23.40	124,530
9	Kees de Ruijter	10205332	HA1	YV KDK	40.08	2:00.56	4:25.85	124,574
10	Chloé Hoogendoorn	10166003	DA2	YV WOUBRUGGE	40.15	2:04.00	4:28.65	126,258
11	Alexander Boon	10223223	HB1	HVHW	39.72	2:05.05	4:33.91	127,054
12	Yannick van Hagen	10163574	HSB	SIL	41.24	2:05.79	4:24.16	127,196
13	Joes van Deursen	10179357	HA2	YV WOUBRUGGE	39.62	2:09.05	4:28.72	127,422
14	Dion van Hal	10194538	HB2	DVIJC	41.53	2:06.99	4:22.32	127,580
15	Taeke Jongbloed	10209865	HC2	HVHW	41.36	2:06.43	4:28.96	128,329
16	Hidde Bart	10160985	HSA	DKIJV	39.74	2:06.20	4:39.33	128,361
17	Daan van Zwiene	10205357	HB1	STV LEKSTREEK	39.33	2:06.58	4:42.87	128,668
18	Paddy Smit	10157590	HN1	HVHW	41.58	2:05.88	4:32.86	129,016
19	Karel Dijkers	10202953	HB1	HVHW	41.60	2:07.02	4:32.97	129,435
20	Jelmer Kraaijeveld	10179881	HSB	ELS DELFT	41.94	2:08.26	4:29.18	129,556
21	Dion Verhoog	10164695	HSA	YC ZOETERWOUDE	40.13	2:08.13	4:43.32	130,060
22	Arjan Bakker	10156759	H60	STV LEKSTREEK	43.83	2:09.32	4:21.45	130,511
23	Patricia Koot	10162179	DA1	TG Bollenstreek	41.95	2:07.70	4:36.20	130,549
24	Berto Anker	10211626	HA1	STV LEKSTREEK	41.91	2:07.10	4:38.13	130,631
25	Sophie Kraaijeveld	10166657	DA2	YV WOUBRUGGE	43.11	2:06.75	4:32.15	130,718
26	Lieke Hoogendoorn	10166004	DB2	YV WOUBRUGGE	42.11	2:07.68	4:39.76	131,296
27	Tijn van Til	10158864	HN1	SV ROTTERDAM	41.09	2:09.70	4:43.97	131,651
28	Thomas Jansen	10162790	HN4	HVHW	42.45	2:08.05	4:40.94	131,956
29	Boet Groenewegen	10190559	HC2	HVHW	42.16	2:10.60	4:37.88	132,006
30	Alexander Doornekamp	10159075	HN3	STC RIJNSTR	41.69	2:12.99	4:36.86	132,163
31	Jens van Leeuwen	10184925	HB2	YC HOOGMAD	40.04	2:08.56	4:56.83	132,364
32	Bart Oostdam	10156895	HSA	YC ZOETERWOUDE	42.80	2:09.73	4:38.91	132,528
33	Remco Boere	10164717	HSA	ELS DELFT	41.71	2:11.07	4:42.95	132,558
34	Maarten Pennings	10197018	HB2	YV KDK	42.13	2:10.22	4:43.64	132,809
35	Mark Veenstra	10158956	HSB	DKIJV	43.84	2:09.73	4:35.72	133,036
36	Amber van der Meijden	10157585	DB2	HVHW	42.36	2:11.57	4:41.07	133,061
37	Jules van Winden	10219852	HB1	YV PIJNACKER	41.69	2:09.69	4:49.10	133,103
38	Guus Gelderblom	10185568	HA1	SV ROTTERDAM	42.47	2:10.71	4:45.23	133,578
39	Jim Hartveld	10213239	HC2	STC RIJNSTR	42.58	2:11.89	4:43.13	133,731
40	Sil Bergsma	10166369	HB1	HVHW	41.35	2:13.19	4:49.86	134,056
41	Paul Robijn	10156631	H55	HVHW	43.43	2:12.12	4:39.95	134,128
42	Sebastiaan Scargo	10157177	H40	IJVL	43.23	2:11.64	4:43.93	134,431
43	Valerie Aarts	10171231	DB2	IJVL	44.39	2:12.57	4:35.92	134,566
44	Joppe Kleiweg	10163949	HN3	DKIJV	42.55	2:12.46	4:47.90	134,686

45	Veerle van Koppen	10158399	DA2	TJAS	44.10	2:12.15	4:40.68	134,930
46	Freek Bennis	10163417	HN2	YC STOMPWIJK	42.47	2:13.82	4:48.21	135,111
47	Susanne Prins	10205334	DA1	STV LEKSTREEK	43.32	2:13.99	4:42.82	135,119
48	Willem Jan Molleman	10163412	H45	YC STOMPWIJK	43.59	2:13.70	4:42.12	135,176
49	Evi de Ruijter	10211866	DB1	YV KDK	43.47	2:10.42	4:49.59	135,208
50	Jillian Knook	10179522	DA1	STV LEKSTREEK	41.38	2:12.36	4:59.84	135,473
51	Bart Groot	10165822	H55	SV ROTTERDAM	44.51	2:13.07	4:40.21	135,567
52	Emma Noz	10165898	DA1	SIL	43.23	2:11.85	4:51.09	135,695
53	Luke Bavius	10183258	HC2	IJVZ	42.24	2:16.84	4:47.48	135,766
54	Sven Pera	10185170	HA1	YV PIJNACKER	43.65	2:16.09	4:41.12	135,866
55	Matthijs de Haan	10203889	HC1	HVHW	41.25	2:17.35	4:53.03	135,871
56	Peng Shen Plugge	10210831	HC1	HVHW	42.05	2:13.34	4:56.47	135,907
57	Nick Barendse	10183254	HC2	IJVZ	42.47	2:12.66	4:55.37	135,918
58	Giel Hermans	10179030	H60	DVIJC	44.12	2:15.53	4:43.42	136,532
59	Arne Wendt	10209811	HN2	SV ROTTERDAM	42.69	2:16.20	4:52.45	136,831
60	Ymke Wubben	10185190	DC2	YV PIJNACKER	43.42	2:15.79	4:51.37	137,244
61	Iris Mulder	10165962	DN1	STV LEKSTREEK	44.09	2:16.46	4:48.79	137,707
62	Roland ten Klooster	10156659	H60	DKIJV	43.02	2:14.90	4:58.42	137,722
	Rick Loos	10193167	HB1	YC ALKEMADE	43.88	2:13.01	4:57.04	137,722
64	Liam Tap	10229460	HA1	ELS DELFT	43.74	2:17.05	4:52.65	138,198
65	Joey van den Berg	10213929	HB1	IJVZ	42.13	2:18.55	4:59.41	138,214
66	Aidan Verhoeve	10185097	HB1	STC RIJNSTR	42.91	2:17.80	4:58.14	138,533
67	Tiemen Haaring	10194537	HB2	DVIJC	43.30	2:17.23	4:58.35	138,768
68	Bram van der Hoeven	10201937	HC2	DKIJV	44.74	2:14.33	4:57.31	139,067
69	Jos Drabbels	10157185	H55	IJVL	45.97	2:17.72	4:45.35	139,434
70	Isabelle Hersbach	10157587	DN3	HVHW	43.25	2:19.52	4:58.15	139,447
71	Dong Yang Plugge	10210832	HB1	HVHW	42.83	2:14.32	5:11.51	139,521
72	Robbert-Jan Neven	10209227	H45	STV LEKSTREEK	43.43	2:16.52	5:03.61	139,537
73	Hilde Houtzager	10165706	DN1	YC OTWEG	44.47	2:19.22	4:55.13	140,064
74	Thijs Heezen	10162746	HN2	SIL	44.45	2:16.31	5:01.10	140,069
75	Martijn van der Horst	10220070	H50	HVHW	44.69	2:17.62	4:58.19	140,261
76	Gerard Snel	10160017	H55	IJVL	46.11	2:20.04	4:45.20	140,323
77	Quinten de Jong	10228527	HC2	STC RIJNSTR	43.54	2:14.88	5:13.46	140,743
78	Tolle Steijn	10220997	HB1	DKIJV	42.06	2:18.51	5:15.98	140,893
79	Meerle van den Berg	10157662	DN2	DVIJC	45.53	2:18.94	4:54.36	140,903
80	Liam Dias d'Ullois	10224031	HB1	DKIJV	44.41	2:17.24	5:05.77	141,117
81	Bert-Jan Mostert	10156644	H55	YV PIJNACKER	46.69	2:18.22	4:55.34	141,986
82	Lenthe Jansen	10209842	DB1	HVHW	45.33	2:21.36	4:58.94	142,273
83	Kyenno Fredrikze	10187665	HB1	TG Bollenstreek	45.15	2:22.87	5:00.17	142,801
84	Birgit Radt	10187814	DB1	DKIJV	44.89	2:23.88	5:02.98	143,346
85	Jan Terpstra	10162560	H50	HVHW	45.48	2:24.21	5:00.05	143,558
86	Marco van Koppen	10156671	H50	DKIJV	47.18	2:18.61	5:02.61	143,818
87	Niels Pennings	10197019	HB1	YV KDK	45.69	2:21.67	5:05.67	143,858
88	Ben Lispet	10211464	HC2	DKIJV	43.17	2:25.09	5:14.76	143,993
89	Tom Loos	10217967	HB1	YC ALKEMADE	45.05	2:21.98	5:11.70	144,326
90	Gio Kromokario	10202756	HC2	IJVZ	42.06	2:24.04	5:27.42	144,643
91	Kiki van Schaik	10194826	DA1	HVHW	46.17	2:24.25	5:03.18	144,783
92	Jeroen Kuiper	10201950	HA1	GOUWE STREEK	46.29	2:21.77	5:07.54	144,802
93	Merel Busscher	10171505	DN1	HVHW	46.59	2:21.65	5:07.45	145,047
94	Mariska van Zon	10159945	DN3	DKIJV	46.26	2:25.20	5:04.31	145,378
95	Leon van Kooten	10229406	HSB	SV ROTTERDAM	45.87	2:22.21	5:12.69	145,388

96 Bo Hoogvorst	10186124	DC1	STC RIJNSTR	45.82	2:20.99	5:19.95	146,141
97 Mees Blaauw	10184992	HC1	STC RIJNSTR	46.84	2:20.47	5:16.02	146,333
98 Guusje van Santen	10166127	DA1	YC STOMPWIJK	45.80	2:20.60	5:24.28	146,712
99 Amber Koetsier	10201947	DC2	GOUWE STREEK	46.63	2:21.58	5:17.63	146,761
100 Marien Harkes	10156725	H55	SV ROTTERDAM	47.91	2:26.10	5:01.64	146,883
101 Nerena van Vuuren	10157811	DN2	DVIJC	46.60	2:28.05	5:05.89	146,931
102 Rens de Heer	10204222	HB2	GOUWE STREEK	44.14	2:23.62	5:31.22	147,216
103 Frank Steenkamp	10157183	H65	IJVL	48.48	2:25.65	5:03.73	147,651
104 Matthijs Wijk	10201342	HB1	DKIJV	45.55	2:30.36	5:12.31	147,721
105 Indy Kromokario	10183352	HB2	IJVZ	42.96	2:22.45	5:43.78	147,739
106 Isa Oudenes	10215338	DC2	STV LEKSTREEK	45.14	2:27.65	5:21.75	147,981
107 Lars van Klink	10193160	HC2	YC ALKEMADE	46.39	2:27.08	5:16.76	148,209
108 Britt Post	10194231	DC1	HVHW	46.85	2:28.22	5:12.73	148,377
109 Ferd Veelenturf	10156783	H65	STV LEKSTREEK	47.36	2:27.39	5:13.01	148,658
110 Kira Kramer	10211816	DC2	HVHW	44.64	2:33.57	5:17.61	148,765
111 Job van Dongen	10193101	HB1	YC ALKEMADE	46.31	2:26.84	5:21.97	148,917
112 Martin van Bostelen	10166301	H50	YV KDK	48.82	2:26.09	5:10.98	149,346
113 Lieke van Ooij	10185062	DB1	STC RIJNSTR	47.41	2:26.10	5:21.72	149,730
114 Féline van Klink	10193158	DA1	YC ALKEMADE	47.18	2:28.55	5:22.20	150,396
115 Arjan Vijverberg	10168079	H45	SIL	48.23	2:29.73	5:14.94	150,630
116 Richard Bennis	10165353	H50	YC STOMPWIJK	49.48	2:25.82	5:16.20	150,786
117 Famke Hogenboom	10197004	DA1	YV KDK	47.48	2:28.42	5:27.48	151,533
118 Lex van Tol	10178918	H60	IJVZ	48.70	2:29.75	5:19.79	151,914
119 Shirley Jaarsma	10164000	D40	HVHW	48.17	2:31.93	5:22.17	152,508
120 Carl von Lindern	10164930	H55	STV LEKSTREEK	50.30	2:29.09	5:18.05	153,004
121 Janneke van den Bos	10166230	DSB	HVHW	49.07	2:32.35	5:21.22	153,389
122 Anne Spruijt	10216589	DC2	YC STOMPWIJK	46.98	2:27.99	5:44.44	153,716
123 Leo Schoenmeijer	10156617	H75	HVHW	49.54	2:32.13	5:23.77	154,211
124 Stef Voermans	10206274	H50	MYV	51.07	2:28.94	5:23.19	154,581
125 Patrick Delanghe	10236487	H55	MYV	51.49	2:33.02	5:20.87	155,974
126 Sietse Kerkvliet	10231653	HSA	IJVL	48.04	2:35.18	5:40.58	156,529
127 Marcella van de Weem	10203082	DN1	HVHW	48.25	2:34.22	5:44.94	157,146
128 Ravi de Jong	10237761	HB2	YC ALKEMADE	47.81	2:39.45	5:39.72	157,580
129 Kees Hofwegen	10156774	H55	STV LEKSTREEK	51.08	2:35.21	5:30.73	157,937
130 Wendy Oostdam	10160350	DSA	YC ZOETERWOUDE	50.99	2:37.14	5:30.73	158,491
131 Marianne de Neeling	10157132	D60	SIL	50.39	2:41.87	5:30.20	159,379
132 Bente Barendse	10212160	DC2	HVHW	48.57	2:35.36	5:56.80	159,822
133 Jaap Wijnia	10222128	H55	DVIJC	51.25	2:38.17	5:39.05	160,481
134 Menco van den Berg	10212339	H55	DVIJC	52.29	2:39.65	5:40.36	162,232
135 Pip Ypenburg	10182138	DB2	DKIJV	51.08	2:40.97	5:50.62	163,172
136 Amanda van Leeuwen	10166113	DB2	DKIJV	51.41	2:41.03	5:57.80	164,719
137 Caitlin Koenen	10200562	DA1	DKIJV	50.23	2:44.17	6:01.00	165,119
138 Lindsey Eijgermans	10202958	DC1	HVHW	51.89	2:40.05	6:00.13	165,261
139 Femke Govers	10185159	DA1	YV PIJNACKER	48.74	2:45.18	6:25.13	167,988
140 Nico Woldendorp	10156676	H80	IJVZ	53.47	2:51.24	5:51.77	169,178
141 Aad van Kleef	10157125	H65	SIL	56.44	2:43.85	5:49.55	169,314
142 Sophie Nugteren	10230669	DB2	YC OTWEG	56.92	3:02.89	7:51.46	196,459