

500 + 1500 + 3000m - 1-7-2023, 1-4-2024, 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	Sem Spruit	10185087	HB1	STC RIJNSTR	38.53	1:54.90	4:02.79	117,295
2	Jasper van der Marel	10165150	HA2	STG NINO	39.84	1:56.19	4:03.48	119,150
3	Tygo Kompier	10166296	HA1	YV KDK	38.07	1:56.68	4:14.39	119,361
4	Yoeri van Bostelen	10193090	HA2	YC ALKEMADE	38.58	1:58.21	4:18.87	121,128
5	Mathijs Molenaar	10201955	HA1	GOUWE STREEK	38.33	2:00.21	4:22.44	122,140
6	Taeke Jongbloed	10209865	HB1	HVHW	39.89	2:02.03	4:17.93	123,554
7	Paddy Smit	10157590	HN2	HVHW	39.07	2:03.52	4:21.93	123,898
8	Daan van Zwiene	10205357	HB2	STV LEKSTREEK	38.37	2:03.79	4:25.93	123,954
9	Dion van Hal	10194538	HA1	DVIJC	40.80	2:02.36	4:15.11	124,104
10	Junior de Blois	10201364	HB2	STC RIJNSTR	39.13	2:03.20	4:24.47	124,274
11	Wouter van der Geer	10159400	HSA	TG Bollenstreek	39.28	2:04.47	4:22.41	124,505
12	Luke Bavius	10183258	HB1	IJZ	39.79	2:06.06	4:26.19	126,175
13	Matthijs de Haan	10203889	HC2	HVHW	39.21	2:07.00	4:35.93	127,531
14	Stian van Etten	10200832	HC2	DKIJV	41.13	2:08.51	4:24.09	127,981
15	Jarno van der Ent	10158462	HN3	SV ROTTERDAM	39.92	2:09.82	4:32.76	128,653
16	Tijn van Til	10158864	HN2	SV ROTTERDAM	40.25	2:06.44	4:39.57	128,991
17	Joppe Kleiweg	10163949	HN4	DKIJV	41.33	2:09.08	4:29.36	129,249
18	Berto Anker	10211626	HA2	STV LEKSTREEK	41.52	2:07.18	4:32.64	129,353
19	Lieke Hoogendoorn	10166004	DA1	YV WOUBRUGGE	41.84	2:07.81	4:34.58	130,206
20	Alexander Doornekamp	10159075	HN4	STC RIJNSTR	41.18	2:11.61	4:34.88	130,863
21	Patricia Koot	10162179	DA2	TG Bollenstreek	42.37	2:09.77	4:32.04	130,966
22	Quinten de Jong	10228527	HB1	STC RIJNSTR	40.89	2:09.63	4:41.41	131,001
23	Freek Bennis	10163417	HN3	YC STOMPWIJK	41.56	2:08.04	4:42.92	131,393
24	Guus Gelderblom	10185568	HA2	SV ROTTERDAM	42.03	2:09.66	4:37.32	131,470
25	Bram van der Hoeven	10201937	HB1	DKIJV	41.76	2:11.43	4:36.01	131,571
26	Remco Boere	10164717	HSA	STV LEKSTREEK	41.76	2:11.14	4:39.94	132,129
27	Hugo de Jonge	10180422	HN1	ELS DELFT	40.95	2:08.89	4:53.31	132,798
28	Dong Yang Plugge	10210832	HB2	HVHW	40.83	2:10.87	4:50.16	132,813
29	Thijs Langeveld	10166739	HN4	DKIJV	41.98	2:11.37	4:42.64	132,876
30	Sven Pera	10185170	HA2	YV PIJNACKER	42.41	2:13.85	4:35.22	132,896
31	Arjan Bakker	10156759	H60	STV LEKSTREEK	43.75	2:11.21	4:33.73	133,107
32	Susanne Prins	10205334	DA2	STV LEKSTREEK	42.40	2:11.83	4:40.91	133,161
33	Mark Veenstra	10158956	HSB	DKIJV	43.81	2:11.07	4:35.64	133,440
34	Jillian Knook	10179522	DA2	STV LEKSTREEK	40.57	2:12.33	4:53.74	133,636
35	Evi de Ruijter	10211866	DB2	YA	43.27	2:11.13	4:40.04	133,653
36	Kyenno Fredrikze	10187665	HB2	TG Bollenstreek	42.69	2:12.82	4:40.99	133,794
37	Joey van den Berg	10213929	HB2	IJZ	41.36	2:13.36	4:50.70	134,263
38	Dion Verhoog	10164695	HSA	YC ZOETERWOUDE	40.45	2:12.79	4:58.06	134,389
39	Maarten Pennings	10197018	HA1	YV KDK	42.45	2:16.60	4:39.00	134,483
40	Sebastiaan Scargo	10157177	H45	IJVL	43.16	2:11.47	4:45.53	134,571
41	Hans van der Does	10156656	H55	DKIJV	43.86	2:11.63	4:41.84	134,709
42	Emma Noz	10165898	DA2	SIL	43.25	2:13.16	4:44.60	135,069
43	Gio Kromokario	10202756	HB1	IJZ	40.55	2:16.81	4:53.51	135,071

44	Jim Hartveld	10213239	HB1	YC ZOETERWOUDE	42.35	2:11.99	4:53.65	135,287
45	Milou de Lange	10198029	DA1	YC OTWEG	42.05	2:11.47	4:57.21	135,408
46	Dennis Vergeer	10165959	HN2	STV LEKSTREEK	43.39	2:15.99	4:41.63	135,658
47	Liam Dias d'Ullois	10224031	HB2	DKIJV	42.92	2:16.51	4:43.59	135,688
48	Paul Robijn	10156631	H55	HVHW	43.71	2:14.20	4:44.70	135,893
49	Ymke Wubben	10185190	DB1	YV PIJNACKER	44.13	2:14.29	4:47.14	136,749
50	Arne Wendt	10209811	HN3	SV ROTTERDAM	43.43	2:15.13	4:49.83	136,778
51	Willem Jan Molleman	10163412	H45	YC STOMPWIJK	43.45	2:16.13	4:48.92	136,979
52	Giel Hermans	10179030	H60	DVIJC	43.77	2:15.02	4:49.34	136,999
53	Mees Blaauw	10184992	HC2	STC RIJNSTR	44.25	2:17.42	4:42.50	137,139
54	Bart Oostdam	10156895	HSA	YC ZOETERWOUDE	44.27	2:15.15	4:47.03	137,158
55	Elanne de Vries	10198327	DA1	SV ROTTERDAM	42.23	2:14.95	5:01.11	137,398
56	Tiemen Haaring	10194537	HA1	DVIJC	43.40	2:16.97	4:50.35	137,447
57	Bart Groot	10165822	H55	SV ROTTERDAM	45.05	2:16.66	4:42.62	137,706
58	Ties Moerman	10225608	HC1	HVHW	43.24	2:19.82	4:50.10	138,196
59	Boaz de Gast	10220310	HC2	IJVL	43.26	2:18.14	4:53.37	138,201
60	Ben Lispet	10211464	HB1	DKIJV	41.54	2:19.25	5:01.88	138,269
61	Amber Koetsier	10201947	DB1	GOUWE STREEK	44.08	2:19.19	4:51.39	139,041
62	Roland ten Klooster	10156659	H60	DKIJV	42.92	2:16.79	5:04.01	139,184
63	Tygo Blom	10210881	HC1	STC RIJNSTR	43.11	2:20.57	4:55.66	139,242
64	Peter de Bruin	10210969	HC1	STV LEKSTREEK	45.11	2:20.37	4:48.84	140,040
65	Ruben Star	10211694	HC1	HVHW	43.12	2:22.81	4:57.08	140,236
66	Indy Kromokario	10183352	HA1	IJVZ	41.42	2:19.69	5:15.03	140,488
67	Teije Hekkema	10217749	HC2	STC RIJNSTR	43.91	2:21.58	5:02.59	141,534
68	Isabelle Hersbach	10157587	DN4	HVHW	43.38	2:22.55	5:05.68	141,842
69	Lenthe Jansen	10209842	DB2	HVHW	45.46	2:22.13	4:54.31	141,887
70	Niels Pennings	10197019	HB2	YV KDK	43.95	2:24.06	5:01.63	142,241
71	Gerard Snel	10160017	H60	IJVL	46.35	2:24.86	4:45.76	142,262
72	Sven Kompier	10197008	HC2	YV KDK	44.77	2:21.10	5:05.45	142,711
73	Niels Vlagsma	10163590	HSA	TG Bollenstreek	42.43	2:20.82	5:20.45	142,778
74	Jeroen Kuiper	10201950	HA2	GOUWE STREEK	46.69	2:20.14	4:57.64	143,009
75	Robbert-Jan Neven	10209227	H45	STV LEKSTREEK	44.01	2:20.79	5:12.79	143,071
76	Hilde Houtzager	10165706	DN2	YC OTWEG	44.87	2:21.08	5:08.13	143,251
77	Rune Stoel	10213830	HC1	DKIJV	43.94	2:21.70	5:13.24	143,379
78	Martijn van der Zwaard	10240251	HSA	ELS DELFT	45.72	2:20.38	5:06.53	143,601
79	Olivier Wennekes	10219860	HC1	YV PIJNACKER	44.89	2:25.28	5:02.49	143,731
80	Thijs Heezen	10162746	HN3	SIL	45.41	2:21.28	5:10.53	144,258
81	Scarlett de Bruijn	10212161	DC2	HVHW	44.04	2:20.91	5:20.00	144,343
82	Isa Oudenes	10215338	DB1	STV LEKSTREEK	44.37	2:25.33	5:10.17	144,508
83	Marco van Koppen	10156671	H50	DKIJV	47.12	2:20.63	5:03.59	144,594
84	Leon van Kooten	10229406	HSB	SV ROTTERDAM	44.85	2:23.92	5:12.09	144,838
85	Bert-Jan Mostert	10156644	H55	YV PIJNACKER	47.39	2:20.27	5:04.30	144,862
86	Joep van Leeuwen	10212207	HC2	YC ZOETERWOUDE	44.22	2:23.02	5:19.69	145,174
87	Mariska van Zon	10159945	DN4	DKIJV	47.02	2:23.63	5:02.72	145,349
88	Julian Ras	10203043	HC1	HVHW	45.16	2:27.34	5:07.90	145,589
89	Duco Kuper	10197009	HA1	YV KDK	44.96	2:33.04	4:58.55	145,731
90	Mathieu van der Horst	10211807	HC1	HVHW	46.39	2:28.71	4:59.00	145,793
91	Pauline Tas	10205089	DC2	SIL	44.80	2:25.94	5:14.16	145,806
92	Esmee van Randeraat	10213418	DC1	STC RIJNSTR	44.17	2:25.96	5:20.86	146,299
93	Merel Busscher	10171505	DN2	HVHW	46.73	2:23.93	5:10.51	146,457

94	Bo Hoogvorst	10186124	DC2	STC RIJNSTR	46.63	2:24.52	5:10.01	146,471
95	Nouschka Steenks	10219680	DC1	DKIJV	46.96	2:25.35	5:07.42	146,646
96	Nerena van Vuuren	10157811	DN3	DVIJC	47.17	2:26.06	5:04.83	146,661
97	Esmee Zijderlaan	10215312	DB2	STV LEKSTREEK	45.06	2:27.96	5:15.70	146,996
98	Richard Stolwijk	10156794	H60	STV LEKSTREEK	44.23	2:29.22	5:20.87	147,448
99	Richard Heikoop	10156664	H55	DKIJV	47.18	2:25.88	5:13.09	147,987
100	Lisanne Vreugdenhil	10194302	DC2	SIL	47.01	2:25.83	5:15.75	148,245
101	Feline Solleveld	10218094	DC2	HVHW	46.71	2:26.76	5:15.84	148,270
102	Maaïke Helleman	10217862	DC1	HVHW	48.08	2:29.09	5:03.64	148,382
103	Keira Vissenberg	10219868	DC2	YV PIJNACKER	46.99	2:27.30	5:16.37	148,818
104	Lieke van Ooij	10185062	DB2	STC RIJNSTR	46.42	2:27.59	5:20.90	149,099
105	Lara Castro Nortier	10220300	DC2	STC RIJNSTR	46.28	2:28.92	5:20.18	149,283
106	Guusje van Santen	10166127	DA2	YC STOMPWIJK	47.32	2:25.66	5:20.97	149,368
107	Julian Broos	10202933	HB1	HVHW	46.00	2:33.24	5:16.45	149,821
108	Martin van Bostelen	10166301	H50	YV KDK	50.12	2:25.97	5:07.40	150,009
109	Tycho Petri	10202176	HC1	HVHW	47.10	2:27.99	5:27.39	150,995
110	Nora de Graaf	10195456	DB2	YV KDK	47.53	2:30.58	5:21.02	151,226
111	Melle Zweers	10237557	HC1	SV ROTTERDAM	48.30	2:30.95	5:19.53	151,871
112	Ferd Veelenturf	10156783	H65	STV LEKSTREEK	47.68	2:32.79	5:19.88	151,923
113	Frank Steenkamp	10157183	H65	IJVL	50.25	2:28.36	5:15.22	152,239
114	Arjan Vijverberg	10168079	H45	SIL	47.65	2:28.05	5:34.07	152,678
115	Famke Hogenboom	10197004	DA2	YV KDK	47.83	2:30.52	5:30.25	153,044
116	Thijs Breugem	10194055	HC1	SIL	48.02	2:33.82	5:24.35	153,351
117	Caitlin Koenen	10200562	DA2	DKIJV	48.23	2:34.40	5:21.94	153,352
118	Stef Voermans	10206274	H50	MYV	50.30	2:30.22	5:17.95	153,364
119	Emma Boon	10219870	DC2	YV PIJNACKER	48.01	2:32.53	5:27.97	153,514
120	Valerie Gerritse	10218093	DC1	HVHW	47.52	2:29.92	5:40.00	154,159
121	Ilse Veuger	10230416	DC2	RYC	48.63	2:36.93	5:22.58	154,703
122	Tippi Verbree	10210689	DC1	DKIJV	48.40	2:36.08	5:26.36	154,819
123	Anne-Lotte Köhler	10225603	DC2	DKIJV	47.67	2:36.47	5:38.51	156,244
124	Lindsey Eijgermans	10202958	DC2	HVHW	49.56	2:35.99	5:28.31	156,274
125	Luna Beks	10228962	DC1	STV LEKSTREEK	48.19	2:36.63	5:37.43	156,638
126	Leo Schoenmeijer	10156617	H75	HVHW	50.18	2:36.91	5:26.38	156,879
127	Vera van der Leden	10213414	DB2	STC RIJNSTR	47.99	2:36.55	5:42.43	157,244
128	Lex van Tol	10178918	H65	IJVZ	50.28	2:37.03	5:28.79	157,421
129	Mare Damsma	10226272	DC1	IJVZ	48.95	2:38.62	5:34.14	157,513
130	Janneke van den Bos	10166230	DSB	HVHW	50.15	2:37.34	5:42.53	159,684
131	Menco van den Berg	10212339	H55	DVIJC	51.71	2:36.24	5:35.49	159,705
132	Simone Gravesteyn	10219829	DB1	YV PIJNACKER	47.12	2:40.35	5:55.80	159,870
133	Martin Huls	10185036	HB1	STC RIJNSTR	49.30	2:38.05	5:47.95	159,974
134	Evi Lagerwerf	10224170	DC2	HVHW	48.19	2:35.34	6:02.23	160,341
135	Lisa de Koster	10231978	DC2	DVIJC	49.16	2:42.00	5:46.46	160,903
136	Rinske Hogenboom	10212263	DC1	YV KDK	51.12	2:40.43	5:38.07	160,941
137	Marianne de Neeling	10157132	D60	SIL	51.04	2:40.90	5:37.62	160,943
138	Marcella van de Weem	10203082	DN2	HVHW	47.66	2:44.20	5:53.19	161,258
139	Clover van Zeijl	10225610	DC2	HVHW	49.78	2:38.79	5:54.25	161,751
140	Noortje de Nie	10194550	DC1	DVIJC	51.74	2:38.56	5:44.32	161,979
141	Wendy Oostdam	10160350	DSA	YC ZOETERWOUDE	52.19	2:40.13	5:39.64	162,172
142	Pip Ypenburg	10182138	DA1	DKIJV	51.78	2:42.70	5:39.00	162,513
143	Jan Rodewijk	10156884	H70	YC ALKEMADE	52.50	2:43.38	5:35.09	162,808
144	Mirthe Wijnakker	10222543	DC2	HVHW	51.22	2:41.46	5:48.76	163,166

145 Sara de Jong	10183332	DB1	IJZ	50.71	2:44.04	5:49.49	163,638
146 Inge Rotteveel	10237207	DN4	YC STOMPWIJK	53.55	2:39.15	5:51.03	165,105
147 Millicent Kaper	10284234	DC2	HVHW	51.90	2:50.56	6:01.17	168,948
148 Annwil Stelloo	10228688	D40	DKIJV	54.03	2:45.66	5:58.77	169,045
149 Nico Woldendorp	10156676	H80	IJZ	53.06	2:50.45	6:00.46	169,952
150 Pien de Jong	10213935	DC2	IJZ	52.36	2:44.19	6:21.61	170,691
151 Renate van Koppen	10166150	D50	DKIJV	55.29	2:47.18	6:10.14	172,706
152 Noa van Leeuwen	10223116	DC1	DKIJV	52.68	2:55.86	6:20.01	174,635
153 Ge Scholten	10225838	H55	DKIJV	59.21	2:51.36	6:00.66	176,440