

**3000m - 1-7-2024, 2-12-2024, 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 | Tijd            | Datum   | Baan           |
|-----|-----------------------|----------|------------|-----------------|---------|----------------|
| 1   | Dion van Hal          | 10194538 | HA2        | DVIJC           | 4:24.53 | 3-11-2024 DNH  |
| 2   | Berto Anker           | 10211626 | HN1        | STV LEKSTREEK   | 4:32.27 | 16-11-2024 DNH |
| 3   | Jules van Winden      | 10219852 | HA1        | YV PIJNACKER    | 4:32.54 | 3-11-2024 DNH  |
| 4   | Joppe Kleiweg         | 10163949 | HSA        | DKIJV           | 4:32.62 | 16-11-2024 DNH |
| 5   | Guus Gelderblom       | 10185568 | HN1        | SV ROTTERDAM    | 4:34.33 | 20-10-2024 DNH |
| 6   | Freek Bennis          | 10163417 | HN4        | YC STOMPWIJK    | 4:37.46 | 16-11-2024 DNH |
| 7   | Alexander Doornekamp  | 10159075 | HSA        | STC RIJNSTR     | 4:38.64 | 20-10-2024 DNH |
| 8   | Mark Veenstra         | 10158956 | HSB        | DKIJV           | 4:39.20 | 16-11-2024 DNH |
| 9   | Wouter van der Geer   | 10159400 | HSA        | TG BOLLENSTREEK | 4:40.55 | 16-11-2024 DNH |
| 10  | Thijs Langeveld       | 10166739 | HSA        | DKIJV           | 4:42.15 | 20-10-2024 DNH |
| 11  | Hidde Bart            | 10160985 | HSA        | DKIJV           | 4:42.63 | 16-11-2024 DNH |
| 12  | Remco Boere           | 10164717 | HSA        | STV LEKSTREEK   | 4:42.92 | 16-11-2024 DNH |
| 13  | Joey van den Berg     | 10213929 | HA1        | IJVZ            | 4:43.64 | 16-11-2024 DNH |
| 14  | Sven Pera             | 10185170 | HN1        | YV PIJNACKER    | 4:44.89 | 20-10-2024 DNH |
| 15  | Thomas van Herk       | 10163635 | HN4        | STV LEKSTREEK   | 4:47.64 | 20-10-2024 DNH |
| 16  | Bram van der Hoeven   | 10201937 | HB2        | YV PIJNACKER    | 4:49.57 | 3-11-2024 DNH  |
| 17  | Giel Hermans          | 10179030 | H60        | DVIJC           | 4:51.71 | 20-10-2024 DNH |
| 18  | Bart Groot            | 10165822 | H55        | SV ROTTERDAM    | 4:52.03 | 16-11-2024 DNH |
| 19  | Hilde Houtzager       | 10165706 | DN3        | YC OTWEG        | 4:52.30 | 20-10-2024 DNH |
| 20  | Tom Hoogenboom        | 10164801 | HSA        | SV ROTTERDAM    | 4:53.47 | 20-10-2024 DNH |
| 21  | Bart Oostdam          | 10156895 | HSB        | YC ZOETERWOUDE  | 4:54.97 | 20-10-2024 DNH |
| 22  | Joep van Leeuwen      | 10212207 | HB1        | YC ZOETERWOUDE  | 4:56.12 | 3-11-2024 DNH  |
| 23  | Boaz de Gast          | 10220310 | HB1        | IJVL            | 4:56.96 | 3-11-2024 DNH  |
| 24  | Teije Hekkema         | 10217749 | HB1        | STC RIJNSTR     | 4:58.34 | 3-11-2024 DNH  |
| 25  | Julian Broos          | 10202933 | HB2        | HVHW            | 4:59.38 | 3-11-2024 DNH  |
| 26  | Gerard Snel           | 10160017 | H60        | IJVL            | 5:00.73 | 16-11-2024 DNH |
| 27  | Martijn van der Horst | 10220070 | H50        | HVHW            | 5:02.67 | 16-11-2024 DNH |
| 28  | Meerle van den Berg   | 10157662 | DN4        | DVIJC           | 5:03.13 | 20-10-2024 DNH |
| 29  | Roland ten Klooster   | 10156659 | H60        | DKIJV           | 5:04.98 | 16-11-2024 DNH |
| 30  | Isabelle Hersbach     | 10157587 | DSA        | HVHW            | 5:05.18 | 16-11-2024 DNH |
| 31  | Mariska van Zon       | 10159945 | DSA        | DKIJV           | 5:06.97 | 16-11-2024 DNH |
| 32  | Richard Heikoop       | 10156664 | H55        | DKIJV           | 5:07.08 | 16-11-2024 DNH |
| 33  | Thijs Heezen          | 10162746 | HN4        | SIL             | 5:07.24 | 16-11-2024 DNH |
| 34  | Frank Steenkamp       | 10157183 | H70        | IJVL            | 5:11.20 | 16-11-2024 DNH |
| 35  | Nerena van Vuuren     | 10157811 | DN4        | DVIJC           | 5:15.89 | 20-10-2024 DNH |
| 36  | Feline Solleveld      | 10218094 | DB1        | HVHW            | 5:17.05 | 3-11-2024 DNH  |
| 37  | Ilse Veuger           | 10230416 | DB1        | RYC             | 5:19.80 | 3-11-2024 DNH  |
| 38  | Peter van den Bos     | 10157591 | H40        | HVHW            | 5:20.41 | 20-10-2024 DNH |
| 39  | Tiemen Haaring        | 10194537 | HA2        | DVIJC           | 5:20.87 | 3-11-2024 DNH  |
| 40  | Bo Hoogvorst          | 10186124 | DB1        | STC RIJNSTR     | 5:25.91 | 3-11-2024 DNH  |
| 41  | Lex van Tol           | 10178918 | H65        | IJVZ            | 5:27.02 | 16-11-2024 DNH |
| 42  | Leo Schoenmeijer      | 10156617 | H75        | HVHW            | 5:29.32 | 16-11-2024 DNH |
| 43  | Ferd Veelenturf       | 10156783 | H65        | STV LEKSTREEK   | 5:31.72 | 20-10-2024 DNH |
| 44  | Indy Kromokario       | 10183352 | HA2        | IJVZ            | 5:33.11 | 16-11-2024 DNH |

|                       |          |     |                |         |                |
|-----------------------|----------|-----|----------------|---------|----------------|
| 45 Menco van den Berg | 10212339 | H55 | DVIJC          | 5:33.17 | 16-11-2024 DNH |
| 46 Famke Hogenboom    | 10197004 | DN1 | YV KDK         | 5:33.75 | 20-10-2024 DNH |
| 47 Edwin van Leeuwen  | 10228689 | H40 | DKIJV          | 5:38.96 | 16-11-2024 DNH |
| 48 Jan Floor          | 10209963 | H45 | SV ROTTERDAM   | 5:39.12 | 16-11-2024 DNH |
| 49 Anne-Lotte Köhler  | 10225603 | DB1 | DKIJV          | 5:41.55 | 3-11-2024 DNH  |
| 50 Lindsey Eijgermans | 10202958 | DB1 | HVHW           | 5:42.66 | 3-11-2024 DNH  |
| 51 Danique Verhoeve   | 10185098 | DB1 | YC ZOETERWOUDE | 5:43.26 | 3-11-2024 DNH  |
| 52 Wendy Oostdam      | 10160350 | DSA | YC ZOETERWOUDE | 5:43.77 | 20-10-2024 DNH |
| 53 Lieke van der Meer | 10203968 | DN1 | YC ZOETERWOUDE | 5:45.97 | 20-10-2024 DNH |
| 54 Mirthe Wijnakker   | 10222543 | DB1 | HVHW           | 5:51.24 | 3-11-2024 DNH  |
| 55 Lisa de Koster     | 10231978 | DB1 | DVIJC          | 5:56.28 | 3-11-2024 DNH  |
| 56 Lutske Lindeman    | 10182029 | D50 | DKIJV          | 5:56.32 | 16-11-2024 DNH |
| 57 Annewil Stelloo    | 10228688 | D40 | DKIJV          | 6:02.26 | 16-11-2024 DNH |
| 58 Nico Woldendorp    | 10156676 | H80 | IJZ            | 6:08.94 | 16-11-2024 DNH |
| 59 Inge Rotteveel     | 10237207 | DSA | YC STOMPWIJK   | 6:09.20 | 20-10-2024 DNH |
| 60 Clover van Zeijl   | 10225610 | DB1 | HVHW           | 6:14.17 | 3-11-2024 DNH  |