

**500 + 1500 + 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	500	1500	3000	Punten
1	Hidde Bart	10160985	HSA DKIJV	39.91	2:05.83	4:42.63	128,958
2	Berto Anker	10211626	HN1 STV LEKSTREEK	41.40	2:08.36	4:32.27	129,564
3	Jules van Winden	10219852	HA1 YV PIJNACKER	40.75	2:10.29	4:32.54	129,603
4	Wouter van der Geer	10159400	HSA TG BOLLENSTREEK	40.73	2:08.37	4:40.55	130,278
5	Joppe Kleiweg	10163949	HSA DKIJV	41.57	2:11.37	4:32.62	130,796
6	Freek Bennis	10163417	HN4 YC STOMPWIJK	41.49	2:09.76	4:37.46	130,986
7	Guus Gelderblom	10185568	HN1 SV ROTTERDAM	42.17	2:11.42	4:34.33	131,697
8	Alexander Doornekamp	10159075	HSA STC RIJNSTR	41.99	2:12.43	4:38.64	132,573
9	Thomas van Herk	10163635	HN4 STV LEKSTREEK	41.02	2:12.19	4:47.64	133,023
10	Thijs Langeveld	10166739	HSA DKIJV	42.36	2:11.98	4:42.15	133,378
11	Remco Boere	10164717	HSA STV LEKSTREEK	42.62	2:11.64	4:42.92	133,653
12	Bram van der Hoeven	10201937	HB2 YV PIJNACKER	42.36	2:13.65	4:49.57	135,171
13	Joey van den Berg	10213929	HA1 IJVZ	42.12	2:17.89	4:43.64	135,356
14	Mark Veenstra	10158956	HSB DKIJV	45.17	2:13.13	4:39.20	136,079
15	Giel Hermans	10179030	H60 DVIJC	44.41	2:15.15	4:51.71	138,078
16	Joep van Leeuwen	10212207	HB1 YC ZOETERWOUDE	43.23	2:17.30	4:56.12	138,349
17	Tom Hoogenboom	10164801	HSA SV ROTTERDAM	44.48	2:16.66	4:53.47	138,944
18	Bart Groot	10165822	H55 SV ROTTERDAM	45.54	2:15.03	4:52.03	139,221
19	Boaz de Gast	10220310	HB1 IJVL	42.81	2:22.35	4:56.96	139,753
20	Roland ten Klooster	10156659	H60 DKIJV	43.31	2:17.20	5:04.98	139,873
21	Martijn van der Horst	10220070	H50 HVHW	44.13	2:16.14	5:02.67	139,955
22	Isabelle Hersbach	10157587	DSA HVHW	43.30	2:19.40	5:05.18	140,629
23	Julian Broos	10202933	HB2 HVHW	44.25	2:26.31	4:59.38	142,916
24	Indy Kromokario	10183352	HA2 IJVZ	41.78	2:18.56	5:33.11	143,484
25	Thijs Heezen	10162746	HN4 SIL	45.35	2:21.16	5:07.24	143,609
26	Tiemen Haaring	10194537	HA2 DVIJC	43.81	2:21.20	5:20.87	144,354
27	Mariska van Zon	10159945	DSA DKIJV	47.81	2:27.18	5:06.97	148,031
28	Feline Solleveld	10218094	DB1 HVHW	47.20	2:25.66	5:17.05	148,594
29	Richard Heikoop	10156664	H55 DKIJV	49.39	2:24.26	5:07.08	148,656
30	Bo Hoogvorst	10186124	DB1 STC RIJNSTR	46.77	2:27.48	5:25.91	150,248
31	Ilse Veuger	10230416	DB1 RYC	47.08	2:30.83	5:19.80	150,656
32	Peter van den Bos	10157591	H40 HVHW	48.12	2:28.09	5:20.41	150,884
33	Frank Steenkamp	10157183	H70 IJVL	50.34	2:30.72	5:11.20	152,446
34	Ferd Veelenturf	10156783	H65 STV LEKSTREEK	48.27	2:31.00	5:31.72	153,889
35	Lex van Tol	10178918	H65 IJVZ	49.52	2:32.44	5:27.02	154,836
36	Famke Hogenboom	10197004	DN1 YV KDK	48.18	2:35.68	5:33.75	155,698
37	Jan Floor	10209963	H45 SV ROTTERDAM	51.34	2:37.15	5:39.12	160,243
38	Lindsey Eijgermans	10202958	DB1 HVHW	49.70	2:41.93	5:42.66	160,786
39	Danique Verhoeve	10185098	DB1 YC ZOETERWOUDE	50.81	2:39.50	5:43.26	161,186
40	Menco van den Berg	10212339	H55 DVIJC	53.85	2:39.48	5:33.17	162,538
41	Lisa de Koster	10231978	DB1 DVIJC	49.82	2:45.59	5:56.28	164,396
42	Mirthe Wijnakker	10222543	DB1 HVHW	51.31	2:44.85	5:51.24	164,800
43	Edwin van Leeuwen	10228689	H40 DKIJV	54.87	2:43.48	5:38.96	165,856

44 Clover van Zeijl	10225610	DB1	HVHW	51.82	2:45.30	6:14.17	169,281
45 Annewil Stelloo	10228688	D40	DKIJV	55.63	2:51.31	6:02.26	173,109
46 Nico Woldendorp	10156676	H80	IJZ	57.46	2:55.05	6:08.94	177,300
47 Lutske Lindeman	10182029	D50	DKIJV	59.96	2:59.68	5:56.32	179,239
48 Inge Rotteveel	10237207	DSA	YC STOMPWIJK	1:11.44	2:49.14	6:09.20	189,353