

**500 + 1500 + 3000m - 1-7-2024, 13-1-2025, 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, D90, 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, H90, District: ZHL, Venue: DNH**

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Bjarne den Besten	10224977	HC1	YV PIJNACKER	41.06	2:06.27	4:31.20	128,350
2	Berto Anker	10211626	HN1	STV LEKSTREEK	41.22	2:05.49	4:32.27	128,428
3	Hidde Bart	10160985	HSA	DKIJV	39.91	2:05.83	4:42.63	128,958
4	Jules van Winden	10219852	HA1	YV PIJNACKER	40.66	2:10.29	4:32.54	129,513
5	Wouter van der Geer	10159400	HSA	TG BOLLENSTREEK	40.73	2:08.37	4:40.55	130,278
6	Joppe Kleiweg	10163949	HSA	DKIJV	41.46	2:10.88	4:32.62	130,522
7	Freek Bennis	10163417	HN4	YC STOMPWIJK	41.49	2:09.76	4:37.46	130,986
8	Guus Gelderblom	10185568	HN1	SV ROTTERDAM	42.17	2:11.42	4:34.33	131,697
9	Alexander Doornekamp	10159075	HSA	STC RIJNSTR	41.99	2:11.48	4:38.64	132,256
10	Thomas van Herk	10163635	HN4	STV LEKSTREEK	41.02	2:12.19	4:47.64	133,023
11	Thijs Langeveld	10166739	HSA	DKIJV	42.36	2:11.98	4:42.15	133,378
12	Remco Boere	10164717	HSA	STV LEKSTREEK	42.37	2:11.64	4:42.92	133,403
13	Joey van den Berg	10213929	HA1	IJYZ	42.12	2:16.80	4:43.64	134,993
14	Bram van der Hoeven	10201937	HB2	YV PIJNACKER	42.36	2:13.65	4:49.57	135,171
15	Boaz de Gast	10220310	HB1	IJVL	41.76	2:13.40	4:56.96	135,719
16	Mark Veenstra	10158956	HSB	DKIJV	45.17	2:13.13	4:39.20	136,079
17	Teije Hekkema	10217749	HB1	STC RIJNSTR	42.23	2:13.92	4:58.34	136,593
18	Giel Hermans	10179030	H60	DVIJC	44.41	2:15.15	4:51.71	138,078
19	Bart Groot	10165822	H55	SV ROTTERDAM	45.31	2:15.03	4:46.62	138,090
20	Joep van Leeuwen	10212207	HB1	YC ZOETERWOUDE	43.23	2:17.30	4:56.12	138,349
21	Tom Hoogenboom	10164801	HSA	SV ROTTERDAM	44.48	2:16.66	4:53.47	138,944
22	Roland ten Klooster	10156659	H60	DKIJV	43.31	2:17.20	5:04.98	139,873
23	Martijn van der Horst	10220070	H50	HVHW	44.13	2:16.14	5:02.67	139,955
24	Isabelle Hersbach	10157587	DSA	HVHW	43.30	2:19.40	5:05.18	140,629
25	Olivier Wennekes	10219860	HC2	YV PIJNACKER	44.44	2:19.48	4:59.87	140,911
26	Hilde Houtzager	10165706	DN3	YC OTWEG	45.13	2:22.66	4:52.30	141,399
27	Julian Broos	10202933	HB2	HVHW	44.25	2:26.31	4:59.38	142,916
28	Indy Kromokario	10183352	HA2	IJYZ	41.78	2:18.56	5:33.11	143,484
29	Thijs Heezen	10162746	HN4	SIL	45.35	2:21.16	5:07.24	143,609
30	Tiemen Haaring	10194537	HA2	DVIJC	43.81	2:21.20	5:20.87	144,354
31	Meerle van den Berg	10157662	DN4	DVIJC	47.23	2:23.75	5:03.13	145,667
32	Mariska van Zon	10159945	DSA	DKIJV	47.68	2:27.18	5:06.97	147,901
33	Bo Hoogvorst	10186124	DB1	STC RIJNSTR	46.77	2:27.48	5:14.85	148,405
34	Feline Solleveld	10218094	DB1	HVHW	47.20	2:25.66	5:17.05	148,594
35	Richard Heikoop	10156664	H55	DKIJV	49.39	2:24.26	5:07.08	148,656
36	Anne Spruijt	10216589	DB2	YC STOMPWIJK	46.90	2:28.11	5:15.42	148,840
37	Lieke van Ooij	10185062	DA1	STC RIJNSTR	47.00	2:30.63	5:16.60	149,976
38	Ilse Veuger	10230416	DB1	RYC	47.08	2:30.83	5:19.80	150,656
39	Peter van den Bos	10157591	H40	HVHW	48.12	2:28.09	5:20.41	150,884
40	Frank Steenkamp	10157183	H70	IJVL	50.34	2:30.72	5:11.20	152,446
41	Mare Damsma	10226272	DC2	IJYZ	46.95	2:34.53	5:29.34	153,350
42	Zino Van Os	10220782	HC2	SIL	47.91	2:31.47	5:30.31	153,451
43	Ferd Veelenturf	10156783	H65	STV LEKSTREEK	48.27	2:31.00	5:31.72	153,889

44 Lex van Tol	10178918	H65	IJZ	49.52	2:32.44	5:27.02	154,836
45 Famke Hogenboom	10197004	DN1	YV KDK	48.18	2:34.64	5:33.75	155,351
46 Sanne Kool	10234089	DC1	HVHW	48.50	2:30.64	5:39.84	155,353
47 Francis de Bruijn	10212162	DC1	HVHW	48.28	2:34.61	5:34.14	155,506
48 Anne-Lotte Köhler	10225603	DB1	DKIJV	48.31	2:34.91	5:41.55	156,871
49 Kian Van Nierop	10220779	HC2	SIL	49.26	2:34.95	5:50.97	159,405
50 Jan Floor	10209963	H45	SV ROTTERDAM	51.06	2:35.53	5:39.12	159,423
51 Leo Schoenmeijer	10156617	H75	HVHW	52.76	2:38.93	5:29.32	160,622
52 Lindsey Eijgermans	10202958	DB1	HVHW	49.70	2:41.93	5:42.66	160,786
53 Menco van den Berg	10212339	H55	DVIJC	52.63	2:39.06	5:33.17	161,178
54 Danique Verhoeve	10185098	DB1	YC ZOETERWOUDE	50.81	2:39.50	5:43.26	161,186
55 Lisa de Koster	10231978	DB1	DVIJC	48.36	2:41.53	5:56.28	161,583
56 Mirthe Wijnakker	10222543	DB1	HVHW	51.31	2:44.85	5:51.24	164,800
57 Edwin van Leeuwen	10228689	H40	DKIJV	54.27	2:43.39	5:38.96	165,226
58 Rutger van Gerven	10233480	HB1	SIL	49.95	2:46.82	6:01.58	165,819
59 Clover van Zeijl	10225610	DB1	HVHW	51.82	2:45.30	6:14.17	169,281
60 Annika Kaper	10287645	DB2	HVHW	51.85	2:52.99	6:01.06	169,689
61 Inge Rotteveel	10237207	DSA	YC STOMPWIJK	53.65	2:46.60	6:09.20	170,716
62 Annewil Stelloo	10228688	D40	DKIJV	55.38	2:51.31	6:02.26	172,859
63 Lieke van der Meer	10203968	DN1	YC ZOETERWOUDE	59.96	2:47.58	5:45.97	173,481
64 Margot van Schie	10221514	DC2	STC RIJNSTR	54.86	2:55.31	6:08.48	174,709
65 Nico Woldendorp	10156676	H80	IJZ	57.41	2:55.05	6:08.94	177,250
66 Lutske Lindeman	10182029	D50	DKIJV	59.96	2:59.68	5:56.32	179,239