

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: DPF, DPE, DPD, DPC, DPB, DPA,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Britt van der Linden	10166362	DPA	YC STOKVIS	12.47	29.92	46.51	31.745
2	Tes Leferink	10157918	DPA	DYC	12.47	30.37	46.88	31.969
3	Myrthe Kuiper	10166052	DPA	DNIJ	12.50	30.42	46.80	32.000
4	Amber Loonstra	10212995	DPA	DNIJ	12.77	30.78	49.73	32.976
5	Kyara Pasman	10166000	DPA	YC STOKVIS	13.18	32.35	52.33	34.429
6	Noa Handelzalts	10166722	DPB	TG SV ZWOLLE	13.34	32.26	52.16	34.525
7	Janneke Bos	10180328	DPA	DYC	13.12	32.92	52.19	34.531
8	Luna Blumink	10164298	DPA	DYC	13.21	33.39	52.29	34.798
9	Jette Beek	10171554	DPA	DNIJ	13.68	33.42	51.89	35.198
10	Mette ten Cate	10209775	DPB	YC STOKVIS	13.19	33.83	55.52	35.570
11	Yonne Oonk	10208581	DPA	YC STOKVIS	14.00	33.75	54.13	36.076
12	Iris Rietman	10165605	DPB	DYC	13.48	34.07	56.45	36.126
13	Dalanda Jalloh	10197887	DPA	DYC	13.49	34.54	55.83	36.169
14	Annabel Weteringe	10206393	DPB	SPORTIEF	14.01	34.53	55.85	36.690
15	Imre ten Have	10167297	DPA	SPORTIEF	13.70	35.62	56.33	36.839
16	Dilara Hultink	10216112	DPC	TG SV ZWOLLE	13.52	35.88	57.92	37.064
17	Veerle Friso	10215224	DPC	DYC	13.51	35.01	59.91	37.162
18	Eva Weultjes	10210210	DPB	TG DSO	13.78	35.83	57.55	37.233
19	Jasmijn ter Haar	10183884	DPC	SPORTIEF	13.64	35.46	1:00.84	37.628
20	Nienke Krabbendam	10206450	DPB	DYC	13.96	36.45	58.54	37.818
21	Carice Boekema	10214208	DPA	DYC	14.34	36.01	1:00.84	38.511
22	Mirte Pelgrum	10171201	DPA	SPORTIEF	14.10	37.66	1:00.98	38.849
23	Elyse Zielman	10205453	DPC	YC ZWARTE WATER	14.20	37.58	1:01.86	39.098
24	Inge Blaakmeer	10196767	DPA	EIJV	14.52	37.89	1:00.70	39.290
25	Diede Salomons	10206634	DPD	DNIJ	14.65	37.99	1:03.83	40.079
26	Charley Boekema	10214458	DPF	DYC	15.04	39.69	1:06.45	41.560
27	Isis van Til	10190344	DPB	SPORTIEF	14.95	42.20	1:04.12	41.840
28	Lise Koier	10171217	DPC	DYC	15.35	40.80	1:06.52	42.254
29	Imme Ooijman	10206453	DPC	DYC	15.11	40.90	1:10.40	42.823
30	Merle Markvoort	10217860	DPD	DYC	15.45	43.18	1:12.30	44.303
31	Ineke Westra	10185331	DPA	DYC	15.30	41.33	1:17.75	44.626
32	Senne Jorna	10216834	DPB	DYC	15.82	43.49	1:12.56	44.828
33	Sanna van der Velde	10213169	DPD	YC STOKVIS	15.68	44.74	1:12.49	45.091
34	Monique de Groot	10189893	DPD	EIJV	16.02	43.59	1:16.17	45.784
35	Kim Pelgrum	10213275	DPC	SPORTIEF	15.81	46.45	1:17.06	46.705
36	Indy Schoppink	10215490	DPE	SPORTIEF	16.58	46.09	1:16.67	47.277
37	Blom Ooijman	10206454	DPD	DYC	17.14	45.58	1:16.00	47.533
38	Thea de Groot	10171244	DPA	EIJV	16.88	47.01	1:19.15	48.380
39	Emma van der Velde	10218654	DPF	YC STOKVIS	17.00	46.68	1:19.69	48.498
40	Jitske van de Hel	10219890	DPC	DNIJ	17.28	45.95	1:21.07	48.810

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: DC1, DC2, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Maud Salomons	10157500	DC1	DNIJ	11.83	29.38	47.14	31.051
2	Elke ten Have	10164279	DC2	SPORTIEF	12.41	29.80	46.66	31.675
3	Daphne Olla	10188184	DC2	SPORTIEF	12.66	29.66	45.94	31.734
4	Julia Vredenberg	10164249	DC1	DYC	12.62	30.33	46.19	31.968
5	Noëmi de Boer	10162953	DC1	DYC	12.60	30.28	47.03	32.099
6	Suze Egbring	10163818	DC2	DYC	12.54	31.09	48.03	32.509
7	Céline Hagen	10166103	DC1	DYC	12.56	30.88	49.53	32.759
8	Lenneke Groot Koerkamp	10158934	DC1	DYC	12.73	31.49	50.17	33.260
9	Wietke van Raaij	10213382	DC1	DYC	12.92	32.99	53.05	34.526
10	Denice Burgmeijer	10165021	DC1	TG DSO	13.32	33.47	54.51	35.378

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: DB1, DB2, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Yasmine Bouaziz	10157505	DB1	DNIJ	11.41	27.45	42.18	28.996
2	Quinty Vos	10161668	DB2	DNIJ	11.58	27.35	42.56	29.208
3	Lente Strijveen	10160411	DB2	DYC	12.04	28.51	45.27	30.597
4	Lotte van den Noort	10171660	DB1	DYC	12.81	30.51	48.34	32.648
5	Noor Hettinga	10158557	DB1	DYC	12.82	30.85	48.00	32.703
6	Cheryl Buitenhuis	10161644	DB1	DYC	12.90	30.43	49.24	32.891
7	Eline ten Have	10159210	DB2	SPORTIEF	13.52	32.95	52.38	34.979
8	Ymke Welgraven	10161066	DB1	DYC	14.20	34.80	54.16	36.632

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: DA1, DA2, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Zoë Tiemens	10162592	DA1	DNIJ	11.84	27.38	41.44	29.254
2	Nadine Schipper	10164471	DA2	IJCL	11.87	28.72	44.53	30.349
3	Demi Bartelds	10160322	DA1	DNIJ	13.02	31.59	48.98	33.346

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: DN1, DN2, DN3, DN4,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Jitte Gjaltema	10155064	DN3	DYC	11.53	27.56	42.09	29.134
2	Jasmijn Egers	10158188	DN1	DYC	12.78	30.97	49.35	32.973
3	Zelda Welgraven	10160241	DN1	DYC	12.86	33.07	53.12	34.507

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: DSA, DSB, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Marloes Westerhof	10155046	DSB	DYC	11.79	27.88	43.46	29.775
2	Antoinet van Essen-Prins	10155138	DSA	TG DSO	12.00	28.46	44.34	30.354
3	Wietske Bannink	10155055	DSB	DYC	12.26	29.76	47.91	31.762
4	Leonie Pol	10221415	DSB	LWSC	12.98	31.46	51.25	33.716
5	Anouk Dannenberg	10217243	DSA	DYC	12.95	32.10	51.48	33.946
6	Linda van Oosterom - Garritsen	10157428	DSB	DYC	13.68	31.82	49.66	34.218

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: D40, D45, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Jeanette ten Hag	10161505	D40	DYC	12.25	29.10	45.12	30.974

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: HPF, HPE, HPD, HPC, HPB, HPA,

Pos	Naam	Cat	Vereniging	100	300	500	Punten
1	Luuk van de Pol	HPA	YC STOKVIS	11.71	27.84	44.46	29.882
2	Ruben de Rijk	HPA	TG DSO	12.35	29.75	46.69	31.604
3	Jack Boekema	HPC	DYC	12.55	29.89	46.57	31.827
4	Bodhi Smeele	HPA	YC STOKVIS	12.23	30.37	48.23	31.999
5	Jonas Bakker	HPA	TG SV ZWOLLE	12.52	30.90	48.29	32.478
6	Joris Mulder	HPB	DNIJ	12.91	32.37	49.92	33.684
7	Niels Teunissen	HPA	EIJV	13.23	31.73	50.43	33.892
8	Govert van der Weijden	HPA	DYC	13.07	31.74	52.04	34.058
9	Beau Kappers	HPA	SPORTIEF	13.16	32.47	51.53	34.289
10	Etienne Tournier	HPA	DYC	13.19	33.26	52.38	34.752
11	Noam van de Koppel	HPB	DYC	13.27	33.29	52.37	34.840
12	Djem Smeele	HPC	YC STOKVIS	13.20	32.95	53.68	34.919
13	Stefan Everts	HPD	YC STOKVIS	13.67	34.33	54.69	36.051
14	Gijs Poppe	HPA	SPORTIEF	13.39	34.83	56.03	36.206
15	Jelle Kleinlugtenbeld	HPB	YC STOKVIS	13.36	34.75	56.52	36.247
16	Wietse Salomons	HPB	DNIJ	13.50	34.32	56.89	36.318
17	Huub Smeets	HPA	SPORTIEF	13.91	35.63	56.69	37.124
18	Mees Klunder	HPC	SPORTIEF	13.40	35.21	1:00.15	37.166
19	Marijn van Roekel	HPB	EIJV	14.12	36.31	59.92	38.207
20	Tobi Kiers	HPB	DYC	14.08	38.02	58.11	38.375
21	Niels Bakker	HPC	DNIJ	14.14	37.04	1:01.52	38.790
22	Julian Neef	HPA	DYC	14.40	40.69	1:03.86	40.735
23	Finn Brouwer	HPB	TG SV ZWOLLE	14.57	38.26	1:07.36	40.795
24	Thijmen van Haaf	HPA	SPORTIEF	14.56	39.83	1:05.60	40.956
25	Caspian Alexander	HPE	DYC	14.63	39.71	1:06.21	41.108
26	Thymen Bleuel	HPC	YC ZWARTE WATER	14.76	39.04	1:06.88	41.149
27	Herre Mak	HPD	DYC	15.25	39.73	1:06.30	41.753
28	Rens Edelijm	HPB	SPORTIEF	15.10	42.14	1:06.74	42.494
29	Sjoerd de Haan	HPD	DYC	15.14	40.87	1:09.11	42.585
30	Loïc de Vries	HPC	DYC	15.19	41.19	1:11.31	43.182
31	Paul de Leeuw	HPD	DYC	14.83	43.12	1:11.55	43.513
32	Joost Smeets	HPC	SPORTIEF	15.46	42.11	1:10.93	43.682
33	Niels Everts	HPF	YC STOKVIS	15.47	43.83	1:11.07	44.294
34	Daan Edelijm	HPD	SPORTIEF	15.99	43.52	1:14.51	45.398
35	Sven Bosman	HPC	DYC	16.32	46.77	1:19.37	47.784

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: HC1, HC2, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Jelle Wagenaar	10164098	HC2	YC STOKVIS	11.15	26.64	41.34	28.298
2	Corné van Dooren	10158242	HC2	EIJV	11.16	26.90	41.89	28.504
3	Wiebe de Rijk	10184346	HC2	TG DSO	11.63	27.65	43.16	29.478
4	Foma Komarov	10157987	HC2	DYC	11.39	28.36	45.93	30.029
5	Marick Tonnaer	10162311	HC2	DYC	12.53	30.82	48.34	32.471
6	Lesley Bartelds	10157686	HC2	DNIJ	12.95	30.71	47.12	32.610
7	Jonah van de Koppel	10166711	HC2	DYC	12.72	31.34	49.30	33.026
8	Jeroen Stiekema	10220794	HC1	DNIJ	12.84	32.09	52.53	34.042

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: HB1, HB2, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Mees Hulst	10161118	HB2	YC STOKVIS	10.53	24.56	38.01	26.318
2	Ruben Ribbink	10162796	HB1	SPORTIEF	10.93	25.52	38.98	27.232
3	Mart Weuljtes	10171774	HB2	DYC	11.04	26.62	41.54	28.221
4	Rens Hiddink	10162442	HB2	DYC	11.62	27.01	42.41	29.105
5	Daniël van Velsen	10161645	HB1	DYC	11.54	27.70	43.20	29.413
6	Koen Bos	10165530	HB1	DYC	11.73	27.92	44.39	29.914
7	Niek Burgmeijer	10167046	HB2	TG DSO	11.99	28.20	43.16	30.022
8	Arne ter Beek	10158938	HB1	DYC	11.99	28.85	43.85	30.376
9	Tijn Bergenhenegouwen	10162601	HB1	DNIJ	11.99	29.18	45.93	30.902
10	Thom van de Pol	10163672	HB1	STG LELYSTAD	12.27	29.53	45.95	31.303
11	Guido Loonstra	10222651	HB1	DNIJ	12.97	31.12	47.49	32.841

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: HA1, HA2, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Lasse Hiddink	10158216	HA2	DYC	10.87	25.26	38.40	26.970
2	Rens Gietema	10161618	HA1	DYC	11.40	28.64	44.72	29.890
3	Daniël ten Cate	10157504	HA2	DNIJ	12.06	28.17	43.59	30.168

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: HN1, HN2, HN3, HN4,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Thijs Govers	10158179	HN3	HCH	10.11	23.50	36.02	25.147
2	Mika van Essen	10163873	HN1	DNIJ	10.24	23.37	35.85	25.200
3	Tim Hoogkamer	10163831	HN3	DYC	10.26	24.19	37.55	25.833
4	Jan Hein Verhoeff	10163359	HN2	SKEUVEL	10.45	24.25	37.40	26.013
5	Stijn Hulst	10161117	HN2	YC STOKVIS	10.65	25.23	38.84	26.828
6	Bas Elst	10161802	HN4	YC STOKVIS	11.67	26.20	39.56	28.315

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: HSA, HSB, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Michel Mulder	10160079	HSB	TG SV ZWOLLE	9.77	22.88	35.14	24.424
2	Jurjen van Dijk	10222937	HSB	SPORTIEF	13.06	30.43	48.23	32.849
3	Ewald van Bussel	10155083	HSA	SPORTIEF	13.03	33.16	53.50	34.783

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: H40, H45, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Harry Pardijs	10155152	H40	DNIJ	10.88	25.85	39.22	27.340
2	Alex van Gelderen	10165531	H45	DYC	12.78	30.93	47.10	32.510

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: H50, H55, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Dirk Gjaltema	10160224	H50	DYC	11.65	28.56	43.34	29.838
2	Klaas Jan van der Veen	10161657	H50	DYC	11.81	28.48	44.64	30.231
3	Bas Hagen	10198441	H50	DYC	12.60	30.69	47.06	32.242
4	Marcel Bloemenkamp	10165998	H50	SPORTIEF	13.16	31.30	48.43	33.279

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: H60, H65, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Sikko Kranenborg	10155060	H65	DYC	13.92	34.42	54.13	36.219

100 + 300 + 500m - 1-7-2019, 1-7-2020, Category: H70, H75, Continent: EUR,

Pos	Naam		Cat	Vereniging	100	300	500	Punten
1	Hans ten Hag	10157917	H70	DYC	12.92	31.79	47.37	32.990