

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Britt van der Linden	10166362	DPA	YC STOKVIS	12.47	29.92	22.443
2	Tes Leferink	10157918	DPA	DYC	12.47	30.37	22.593
3	Myrthe Kuiper	10166052	DPA	DNIJ	12.50	30.42	22.640
4	Amber Loonstra	10212995	DPA	DNIJ	12.77	30.78	23.030
5	Kyara Pasman	10166000	DPA	YC STOKVIS	13.18	32.35	23.963
6	Janneke Bos	10180328	DPA	DYC	13.12	32.92	24.093
	Noa Handelzalts	10166722	DPB	TG SV ZWOLLE	13.34	32.26	24.093
8	Luna Blumink	10164298	DPA	DYC	13.21	33.39	24.340
9	Mette ten Cate	10209775	DPB	YC STOKVIS	13.19	33.83	24.466
10	Jette Beek	10171554	DPA	DNIJ	13.68	33.42	24.820
11	Iris Rietman	10165605	DPB	DYC	13.48	34.07	24.836
12	Dalanda Jalloh	10197887	DPA	DYC	13.49	34.54	25.003
13	Veerle Friso	10215224	DPC	DYC	13.51	35.01	25.180
14	Yonne Oonk	10208581	DPA	YC STOKVIS	14.00	33.75	25.250
15	Jasmijn ter Haar	10183884	DPC	SPORTIEF	13.64	35.46	25.460
16	Dilara Hultink	10216112	DPC	TG SV ZWOLLE	13.52	35.88	25.480
17	Annabel Weteringe	10206393	DPB	SPORTIEF	14.01	34.53	25.520
18	Imre ten Have	10167297	DPA	SPORTIEF	13.70	35.62	25.573
19	Eva Weultjes	10210210	DPB	TG DSO	13.78	35.83	25.723
20	Aafke Altena	10204412	DPD	SSV RIJSSEN	13.79	36.78	26.050
21	Nienke Krabbendam	10206450	DPB	DYC	13.96	36.45	26.110
22	Elena Ruijtenberg	10219470	DPC	TG SV ZWOLLE	13.91	37.22	26.316
23	Carice Boekema	10214208	DPA	DYC	14.34	36.01	26.343
24	Mirte Pelgrum	10171201	DPA	SPORTIEF	14.10	37.66	26.653
25	Elyse Zielman	10205453	DPC	YC ZWARTE WATER	14.20	37.58	26.726
26	Inge Blaakmeer	10196767	DPA	EIJV	14.52	37.89	27.150
27	Diede Salomons	10206634	DPD	DNIJ	14.65	37.99	27.313
28	Yfke Raadveld	10210205	DPD	TG DSO	15.00	38.36	27.786
29	Lisa Huis in 't veld	10221073	DPE	TG DSO	14.57	39.82	27.843
30	Charley Boekema	10214458	DPF	DYC	15.04	39.69	28.270
31	Bente van Bolhuis	10207663	DPC	TG SV ZWOLLE	15.09	40.21	28.493
32	Marthe Schalkwijk	10214463	DPC	SPORTIEF	15.31	39.85	28.593
33	Jil ter Agter	10206880	DPD	TG SV ZWOLLE	15.08	40.83	28.690
34	Imme Ooijman	10206453	DPC	DYC	15.11	40.90	28.743
35	Teuntje Möhlmann	10219914	DPE	DNIJ	15.39	40.53	28.900
36	Lise Koier	10171217	DPC	DYC	15.35	40.80	28.950
37	Isis van Til	10190344	DPB	SPORTIEF	14.95	42.20	29.016
38	Ineke Westra	10185331	DPA	DYC	15.30	41.33	29.076
39	Elin Varenbrink	10220922	DPD	DYC	15.19	43.47	29.680
40	Merle Markvoort	10217860	DPD	DYC	15.45	43.18	29.843
41	Senne Jorna	10216834	DPB	DYC	15.82	43.49	30.316

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

Pos	Naam		Cat	Vereniging	100	300	Punten
42	Monique de Groot	10189893	DPD	EIJV	16.02	43.59	30.550
43	Sanna van der Velde	10213169	DPD	YC STOKVIS	15.68	44.74	30.593
44	Liss Phielix	10225954	DPC	YC STOKVIS	16.19	44.16	30.910
45	Kim Pelgrum	10213275	DPC	SPORTIEF	15.81	46.45	31.293
46	Veerle Zunnebeld	10221670	DPE	YC STOKVIS	16.81	43.66	31.363
47	Nova Tieke	10206876	DPC	YC STOKVIS	16.95	44.30	31.716
48	Laurien Jansen	10206449	DPC	DYC	16.30	46.33	31.743
49	Indy Schoppink	10215490	DPE	SPORTIEF	16.58	46.09	31.943
50	Blom Ooijman	10206454	DPD	DYC	17.14	45.58	32.333
51	Thea de Groot	10171244	DPA	EIJV	16.88	47.01	32.550
52	Emma van der Velde	10218654	DPF	YC STOKVIS	17.00	46.68	32.560
53	Jitske van de Hel	10219890	DPC	DNIJ	17.28	45.95	32.596
54	Noor Klunder	10214502	DPF	SPORTIEF	16.91	48.59	33.106
55	Isa van der Weerd	10224442	DPE	YC STOKVIS	17.63	47.92	33.603
56	Iris Noordman	10224461	DPE	YC STOKVIS	17.96	47.81	33.896
57	Coosje Sinke	10212869	DPE	DYC	17.40	50.23	34.143
58	Lise Cents	10223260	DPE	YC STOKVIS	17.58	50.59	34.443
59	Famke Aukema	10216188	DPD	SPORTIEF	18.48	48.60	34.680
60	Evi Canrinus	10225810	DPF	DYC	18.04	50.18	34.766
61	Yvonne van den Berg	10226020	DPD	DNIJ	18.43	49.44	34.910
62	Lois Vermeij	10225131	DPC	YC ZWARTE WATER	18.93	50.94	35.910
63	Joëlle van Drimmelen	10226961	DPF	YC STOKVIS	20.77	59.40	40.570
64	Elin Mak	10221106	DPF	DYC	23.20	1:01.56	43.720
65	Minke Nijenhuis	10225676	DPE	DYC	21.71	1:07.45	44.193
66	Myrthe Cents	10225779	DPF	YC STOKVIS	22.72	1:04.67	44.276
67	Lieke den Houdijker	10226875	DPF	DNIJ	27.09	1:05.56	48.943

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Maud Salomons	10157500	DC1	DNIJ	11.83	29.38	21.623
2	Elke ten Have	10164279	DC2	SPORTIEF	12.41	29.80	22.343
3	Daphne Olla	10188184	DC2	SPORTIEF	12.66	29.66	22.546
4	Noëmi de Boer	10162953	DC1	DYC	12.60	30.28	22.693
5	Julia Vredenberg	10164249	DC1	DYC	12.62	30.33	22.730
6	Céline Hagen	10166103	DC1	DYC	12.56	30.88	22.853
7	Suze Egbring	10163818	DC2	DYC	12.54	31.09	22.903
8	Lenneke Groot Koerkamp	10158934	DC1	DYC	12.73	31.49	23.226
9	Wietke van Raaij	10213382	DC1	DYC	12.92	32.99	23.916
10	Denice Burgmeijer	10165021	DC1	TG DSO	13.32	33.47	24.476
11	Eline Jansen	10198305	DC1	DYC	14.00	37.86	26.620
12	Tamar Kattenberg	10218830	DC1	YC ZWARTE WATER	15.04	39.60	28.240

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Yasmine Bouaziz	10157505	DB1	DNIJ	11.41	27.45	20.560
2	Quinty Vos	10161668	DB2	DNIJ	11.58	27.35	20.696
3	Lente Strijveen	10160411	DB2	DYC	12.04	28.51	21.543
4	Lotte van den Noort	10171660	DB1	DYC	12.81	30.51	22.980
5	Cheryl Buitenhuis	10161644	DB1	DYC	12.90	30.43	23.043
6	Noor Hettinga	10158557	DB1	DYC	12.82	30.85	23.103
7	Eline ten Have	10159210	DB2	SPORTIEF	13.52	32.95	24.503
8	Ymke Welgraven	10161066	DB1	DYC	14.20	34.80	25.800

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Zoë Tiemens	10162592	DA1	DNIJ	11.84	27.38	20.966
2	Nadine Schipper	10164471	DA2	IJCL	11.87	28.72	21.443
3	Demi Bartelds	10160322	DA1	DNIJ	13.02	31.59	23.550

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Jitte Gjaltema	10155064	DN3	DYC	11.53	27.56	20.716
2	Jasmijn Egers	10158188	DN1	DYC	12.78	30.97	23.103
3	Zelda Welgraven	10160241	DN1	DYC	12.86	33.07	23.883

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Marloes Westerhof	10155046	DSB	DYC	11.79	27.88	21.083
2	Antoinet van Essen-Prins	10155138	DSA	TG DSO	12.00	28.46	21.486
3	Wietske Bannink	10155055	DSB	DYC	12.26	29.76	22.180
4	Leonie Pol	10221415	DSB	LWSC	12.98	31.46	23.466
5	Anouk Dannenberg	10217243	DSA	DYC	12.95	32.10	23.650
6	Linda van Oosterom - Garritsen	10157428	DSB	DYC	13.68	31.82	24.286

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Jeanette ten Hag	10161505	D40	DYC	12.25	29.10	21.950

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Luuk van de Pol	10165668	HPA	YC STOKVIS	11.71	27.84	20.990
2	Ruben de Rijk	10191316	HPA	TG DSO	12.35	29.75	22.266
3	Bodhi Smeele	10205956	HPA	YC STOKVIS	12.23	30.37	22.353
4	Jack Boekema	10197867	HPC	DYC	12.55	29.89	22.513
5	Jonas Bakker	10198057	HPA	TG SV ZWOLLE	12.52	30.90	22.820
6	Govert van der Weijden	10157594	HPA	DYC	13.07	31.74	23.650
7	Joris Mulder	10179514	HPB	DNIJ	12.91	32.37	23.700
8	Niels Teunissen	10206660	HPA	EIJV	13.23	31.73	23.806
9	Beau Kappers	10190337	HPA	SPORTIEF	13.16	32.47	23.983
10	Djem Smeele	10210024	HPC	YC STOKVIS	13.20	32.95	24.183
11	Etienne Tournier	10197891	HPA	DYC	13.19	33.26	24.276
12	Noam van de Koppel	10167301	HPB	DYC	13.27	33.29	24.366
13	Wietse Salomons	10206635	HPB	DNIJ	13.50	34.32	24.940
14	Jelle Kleinlugtenbeld	10208905	HPB	YC STOKVIS	13.36	34.75	24.943
15	Gijs Poppe	10223454	HPA	SPORTIEF	13.39	34.83	25.000
16	Stefan Everts	10206356	HPD	YC STOKVIS	13.67	34.33	25.113
17	Mees Klunder	10190338	HPC	SPORTIEF	13.40	35.21	25.136
18	Justin Bols	10218774	HPB	YC ZWARTE WATER	13.36	36.01	25.363
19	Huub Smeets	10213294	HPA	SPORTIEF	13.91	35.63	25.786
20	Sam Bebelaar	10214919	HPC	TG DSO	13.76	36.56	25.946
21	Marijn van Roekel	10166401	HPB	EIJV	14.12	36.31	26.223
22	Niels Bakker	10219388	HPC	DNIJ	14.14	37.04	26.486
23	Tobi Kiers	10187800	HPB	DYC	14.08	38.02	26.753
24	Niels de Leeuw	10218833	HPD	YC ZWARTE WATER	13.79	39.40	26.923
25	Tristan Swenne	10222184	HPA	SPORTIEF	14.22	38.30	26.986
26	Finn Brouwer	10207921	HPB	TG SV ZWOLLE	14.57	38.26	27.323
27	Casper Hekkert	10180398	HPC	SPORTIEF	14.70	38.56	27.553
28	Thymen Bleuel	10211972	HPC	YC ZWARTE WATER	14.76	39.04	27.773
29	Thijmen van Haaf	10207573	HPA	SPORTIEF	14.56	39.83	27.836
30	Caspian Alexander	10220758	HPE	DYC	14.63	39.71	27.866
31	Julian Neef	10189848	HPA	DYC	14.40	40.69	27.963
32	Herre Mak	10206673	HPD	DYC	15.25	39.73	28.493
33	Sjoerd de Haan	10219875	HPD	DYC	15.14	40.87	28.763
34	Luca Batterink	10217315	HPD	DYC	14.99	41.46	28.810
35	Loïc de Vries	10206756	HPC	DYC	15.19	41.19	28.920
36	Jasper van Roekel	10202221	HPD	EIJV	15.28	41.21	29.016
37	Rens Edelij	10188645	HPB	SPORTIEF	15.10	42.14	29.146
38	Paul de Leeuw	10225616	HPD	DYC	14.83	43.12	29.203
39	Dennis van der Steege	10215008	HPD	YC STOKVIS	15.71	41.32	29.483
40	Joost Smeets	10223216	HPC	SPORTIEF	15.46	42.11	29.496

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

Pos	Naam		Cat	Vereniging	100	300	Punten
41	Just Klunder	10214765	HPE	DYC	15.42	42.64	29.633
42	Niels Everts	10216971	HPF	YC STOKVIS	15.47	43.83	30.080
43	Douwe de Haan	10221683	HPC	YC STOKVIS	16.09	42.96	30.410
44	Daan Edelijm	10214695	HPD	SPORTIEF	15.99	43.52	30.496
45	Julian Herms	10219649	HPD	DNIJ	15.55	45.50	30.716
46	Daan Cents	10223261	HPC	YC STOKVIS	15.99	44.67	30.880
47	Jelmer van Leussen	10222371	HPE	YC STOKVIS	16.40	44.18	31.126
48	Sven Bosman	10214702	HPC	DYC	16.32	46.77	31.910
49	Lars Bruins	10224670	HPC	TG SV ZWOLLE	16.99	45.33	32.100
50	Ilja Kremers	10214360	HPD	DYC	17.08	48.65	33.296
51	Joas Kattenberg	10225129	HPE	YC ZWARTE WATER	18.27	52.31	35.706
52	Sylvan Markvoort	10224029	HPF	DYC	19.97	58.76	39.556
53	Bas Ellenbroek	10219695	HPD	DNIJ	21.74	53.81	39.676
54	Kars Oosting	10227118	HPC	YC STOKVIS	21.72	1:02.20	42.453
55	Lucas Torrenga	10225681	HPE	DYC	21.31	1:03.83	42.586

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Jelle Wagenaar	10164098	HC2	YC STOKVIS	11.15	26.64	20.030
2	Corné van Dooren	10158242	HC2	EIJV	11.16	26.90	20.126
3	Foma Komarov	10157987	HC2	DYC	11.39	28.36	20.843
4	Wiebe de Rijk	10184346	HC2	TG DSO	11.63	27.65	20.846
5	Marick Tonnaer	10162311	HC2	DYC	12.53	30.82	22.803
6	Jonah van de Koppel	10166711	HC2	DYC	12.72	31.34	23.166
7	Lesley Bartelds	10157686	HC2	DNIJ	12.95	30.71	23.186
8	Jeroen Stiekema	10220794	HC1	DNIJ	12.84	32.09	23.536

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Mees Hulst	10161118	HB2	YC STOKVIS	10.53	24.56	18.716
2	Ruben Ribbink	10162796	HB1	SPORTIEF	10.93	25.52	19.436
3	Mart Weuljtes	10171774	HB2	DYC	11.04	26.62	19.913
4	Rens Hiddink	10162442	HB2	DYC	11.62	27.01	20.623
5	Daniël van Velsen	10161645	HB1	DYC	11.54	27.70	20.773
6	Koen Bos	10165530	HB1	DYC	11.73	27.92	21.036
7	Niek Burgmeijer	10167046	HB2	TG DSO	11.99	28.20	21.390
8	Arne ter Beek	10158938	HB1	DYC	11.99	28.85	21.606
9	Tijn Bergenhenegouwen	10162601	HB1	DNIJ	11.99	29.18	21.716
10	Thom van de Pol	10163672	HB1	STG LELYSTAD	12.27	29.53	22.113
11	Guido Loonstra	10222651	HB1	DNIJ	12.97	31.12	23.343

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Lasse Hiddink	10158216	HA2	DYC	10.87	25.26	19.290
2	Rens Gietema	10161618	HA1	DYC	11.40	28.64	20.946
3	Daniël ten Cate	10157504	HA2	DNIJ	12.06	28.17	21.450

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Thijs Govers	10158179	HN3	HCH	10.11	23.50	17.943
2	Mika van Essen	10163873	HN1	DNIJ	10.24	23.37	18.030
3	Tim Hoogkamer	10163831	HN3	DYC	10.26	24.19	18.323
4	Jan Hein Verhoeff	10163359	HN2	SKEUVEL	10.45	24.25	18.533
5	Stijn Hulst	10161117	HN2	YC STOKVIS	10.65	25.23	19.060
6	Bas Elst	10161802	HN4	YC STOKVIS	11.67	26.20	20.403

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Michel Mulder	10160079	HSB	TG SV ZWOLLE	9.77	22.88	17.396
2	Jurjen van Dijk	10222937	HSB	SPORTIEF	13.06	30.43	23.203
3	Ewald van Bussel	10155083	HSA	SPORTIEF	13.03	33.16	24.083

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Harry Pardijs	10155152	H40	DNIJ	10.88	25.85	19.496
2	Alex van Gelderen	10165531	H45	DYC	12.78	30.93	23.090

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Dirk Gjaltema	10160224	H50	DYC	11.65	28.56	21.170
2	Klaas Jan van der Veen	10161657	H50	DYC	11.81	28.48	21.303
3	Bas Hagen	10198441	H50	DYC	12.60	30.69	22.830
4	Marcel Bloemenkamp	10165998	H50	SPORTIEF	13.16	31.30	23.593

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

Pos	Naam	Cat	Vereniging	100	300	Punten	
1	Sikko Kranenborg	10155060	H65	DYC	13.92	34.42	25.393

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

Pos	Naam		Cat	Vereniging	100	300	Punten
1	Hans ten Hag	10157917	H70	DYC	12.92	31.79	23.516