

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: DC1, DC2, Continent:

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Elke ten Have	10164279	DC2	SPORTIEF	46.66	1:33.04	2:30.06	5:25.95	197.525
2	Suze Egbring	10163818	DC2	DYC	48.03	1:39.91	2:37.39	5:29.97	205.443

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: DB1, DB2, Continent:

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Quinty Vos	10161668	DB2	DNIJ	42.56	1:24.34	2:08.73	4:50.57	176.068
2	Loes Busser	10160459	DB1	YC IN BEWEGING	42.97	1:25.49	2:12.93	4:42.66	177.135
3	Bo Meijer	10162793	DB1	YC STOKVIS	48.17	1:39.44	2:33.66	5:29.36	204.003

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: DA1, DA2, Continent:

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Famke Minnee	10163921	DA1	YC STOKVIS	41.86	1:21.17	2:04.39	4:31.76	169.201
2	Eline Jansen	10161500	DA1	SPORTIEF	42.77	1:23.20	2:05.30	4:20.20	169.502

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: DN1, DN2, DN3, DN4,

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Muriël Meijer	10160449	DN2	SKEUVEL	40.62	1:18.94	2:02.05	4:21.78	164.403
2	Jitte Gjaltema	10155064	DN3	DYC	42.09	1:23.95	2:10.41	4:49.47	175.780
3	Danique Dellink	10160237	DN1	DYC	47.21	1:39.06	2:29.30	5:29.29	201.387
4	Floor Hoevers	10166626	DN2	TJAS	50.87	1:41.38	2:43.33	5:39.76	212.629

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: DSA, DSB, Continent:

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Carlijn Achtereekte	10154965	DSA	DYC	39.99	1:18.66	1:57.04	4:00.51	158.418

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: D40, D45, Continent:

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Chantal Rietman-Herms	10171804	D45	DYC	47.97	1:37.45	2:32.64	5:26.76	202.035

**500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: HB1, HB2, Continent:**

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Chris Fredriks	10160239	HB2	DYC	37.64	1:14.05	1:52.98	4:02.86	152.801
2	Joep Wennemars	10160123	HB2	YC STOKVIS	37.74	1:15.14	1:54.88	4:07.08	154.783
3	Jorian ten Cate	10157503	HB2	DNIJ	38.16	1:15.20	1:56.42	4:07.73	155.854
4	Mees Hulst	10161118	HB2	YC STOKVIS	38.01	1:16.02	1:59.03	4:15.39	158.261
5	Niels Meijer	10161443	HB2	YC STOKVIS	41.04	1:20.56	2:02.05	4:11.82	163.973
6	Joep Hofstede	10157584	HB2	DNIJ	40.02	1:19.52	2:02.05	4:27.54	165.053
7	Ruben Ribbink	10162796	HB1	SPORTIEF	38.98	1:20.09	2:03.50	4:29.59	165.122
8	Stan Kleinlugtenbeld	10163636	HB2	YC STOKVIS	41.12	1:23.67	2:01.61	4:10.63	165.262
9	Loek van Vilsteren	10158004	HB1	YC STOKVIS	39.94	1:19.96	2:01.05	4:32.91	165.755
10	Mats ten Cate	10159146	HB1	YC STOKVIS	40.90	1:20.47	2:05.91	4:18.82	166.241
11	Wester Landman	10166544	HB2	TG SV ZWOLLE	40.32	1:22.47	2:02.89	4:25.16	166.711
12	Jelle Langevoort	10166079	HB1	YC STOKVIS	42.46	1:24.25	2:09.13	4:28.11	172.313
13	Daniël van Velsen	10161645	HB1	DYC	43.20	1:26.99	2:11.54	4:33.31	176.092
14	Arne ter Beek	10158938	HB1	DYC	43.85	1:26.76	2:18.75	4:42.92	180.633
15	Koen Bos	10165530	HB1	DYC	44.39	1:32.09	2:23.10	4:59.88	188.115

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: HA1, HA2, Continent:

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Lasse Hiddink	10158216	HA2	DYC	38.40	1:15.67	1:53.74	3:55.76	153.441
2	Mervin Maatman	10165996	HA1	SPORTIEF	37.86	1:14.79	1:56.61	4:16.49	156.873
3	Lars Woelders	10181890	HA1	CSV VRIEZENVEEN	39.40	1:19.02	1:59.08	3:59.36	158.496
4	Luca Heesen	10161059	HA1	DYC	38.68	1:18.38	1:59.25	4:19.49	160.868
5	Joost Dekkers	10159910	HA1	TG SV ZWOLLE	40.47	1:20.46	2:00.69	4:21.89	164.578



## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: HN1, HN2, HN3, HN4,

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Bas Elst	10161802	HN4	YC STOKVIS	39.56	1:17.93	1:57.74	4:11.87	159.749
2	Tijmen Kruiper	10206823	HN4	DYC	44.12	1:26.64	2:14.57	4:44.11	179.647

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: HSA, HSB, Continent:

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Lex de Boom	10165802	HSB	DYC	47.24	1:36.69	2:29.64	5:18.72	198.585

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: H40, H45, Continent:

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Harry Pardijs	10155152	H40	DNIJ	39.22	1:20.49	2:04.83	4:49.92	169.395
2	Roberto van Goor	10155132	H45	TG DSO	42.70	1:26.00	2:08.95	4:25.06	172.859
3	Jan-Willem van Velsen	10198584	H45	DYC	45.93	1:30.97	2:19.57	5:03.80	188.571

## 500 + 1500 + 1000 + 3000m - 1-7-2019, 1-7-2020, Category: H50, H55, Continent:

Pos	Naam		Cat	Vereniging	500	1500	1000	3000	Punten
1	Evert Hof	10180601	H50	YC STOKVIS	41.46	1:25.24	2:10.01	4:41.22	174.286
2	Gerben Hettinga	10166704	H50	DYC	43.98	1:25.69	2:07.37	4:37.64	175.554
3	Rudie Assink	10165711	H50	DYC	44.38	1:33.24	2:20.16	5:11.28	189.600
4	Frank Dekkers	10158737	H50	TG SV ZWOLLE	47.17	1:35.41	2:22.10	4:55.80	191.541