

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Elke ten Have	10164279	DC2	SPORTIEF	46.66	2:30.06	5:25.95	151.005
2	Suze Egbring	10163818	DC2	DYC	48.03	2:37.39	5:29.97	155.488

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Quinty Vos	10161668	DB2	DNIJ	42.56	2:08.73	4:50.57	133.898
2	Loes Busser	10160459	DB1	YC IN BEWEGING	42.97	2:12.93	4:42.66	134.390
3	Bo Meijer	10162793	DB1	YC STOKVIS	48.17	2:33.66	5:29.36	154.283

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Eline Jansen	10161500	DA1	SPORTIEF	42.77	2:05.30	4:20.20	127.902
2	Famke Minnee	10163921	DA1	YC STOKVIS	41.86	2:04.39	4:31.76	128.616
3	Charlene Schreuder	10163879	DA1	DNIJ	48.51	2:26.90	5:10.49	149.224
4	Minke Schipper	10161621	DA2	DYC	48.02	2:25.68	5:17.05	149.421

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Muriël Meijer	10160449	DN2	SKEUVEL	40.62	2:02.05	4:21.78	124.933
2	Sanne in 't Hof	10161831	DN3	DNIJ	40.87	1:59.67	4:26.66	125.203
3	Jitte Gjaltema	10155064	DN3	DYC	42.09	2:10.41	4:49.47	133.805
4	Jasmijn Egers	10158188	DN1	DYC	49.35	2:30.01	5:12.57	151.448
5	Danique Dellink	10160237	DN1	DYC	47.21	2:29.30	5:29.29	151.857
6	Floor Hoevers	10166626	DN2	TJAS	50.87	2:43.33	5:39.76	161.939

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Carlijn Achtereekte	10154965	DSA	DYC	39.99	1:57.04	4:00.51	119.088
2	Linda van Oosterom - Garritsen	10157428	DSB	DYC	49.66	2:26.90	5:17.60	151.559

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Chantal Rietman-Herms	10171804	D45	DYC	47.97	2:32.64	5:26.76	153.310

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Chris Fredriks	10160239	HB2	DYC	37.64	1:52.98	4:02.86	115.776
2	Joep Wennemars	10160123	HB2	YC STOKVIS	37.74	1:54.88	4:07.08	117.213
3	Jorian ten Cate	10157503	HB2	DNIJ	38.16	1:56.42	4:07.73	118.254
4	Mees Hulst	10161118	HB2	YC STOKVIS	38.01	1:59.03	4:15.39	120.251
5	Stan Kleinlugtenbeld	10163636	HB2	YC STOKVIS	41.12	2:01.61	4:10.63	123.427
6	Niels Meijer	10161443	HB2	YC STOKVIS	41.04	2:02.05	4:11.82	123.693
7	Ruben Ribbink	10162796	HB1	SPORTIEF	38.98	2:03.50	4:29.59	125.077
8	Joep Hofstede	10157584	HB2	DNIJ	40.02	2:02.05	4:27.54	125.293
9	Wester Landman	10166544	HB2	TG SV ZWOLLE	40.32	2:02.89	4:25.16	125.476
10	Loek van Vilsteren	10158004	HB1	YC STOKVIS	39.94	2:01.05	4:32.91	125.775
11	Mats ten Cate	10159146	HB1	YC STOKVIS	40.90	2:05.91	4:18.82	126.006
12	Jelle Langevoort	10166079	HB1	YC STOKVIS	42.46	2:09.13	4:28.11	130.188
13	Daniël van Velsen	10161645	HB1	DYC	43.20	2:11.54	4:33.31	132.597
14	Arne ter Beek	10158938	HB1	DYC	43.85	2:18.75	4:42.92	137.253
15	Koen Bos	10165530	HB1	DYC	44.39	2:23.10	4:59.88	142.070

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Lasse Hiddink	10158216	HA2	DYC	38.40	1:53.74	3:55.76	115.606
2	Lars Woelders	10181890	HA1	CSV VRIEZENVEEN	39.40	1:59.08	3:59.36	118.986
3	Mervin Maatman	10165996	HA1	SPORTIEF	37.86	1:56.61	4:16.49	119.478
4	Luca Heesen	10161059	HA1	DYC	38.68	1:59.25	4:19.49	121.678
5	Joost Dekkers	10159910	HA1	TG SV ZWOLLE	40.47	2:00.69	4:21.89	124.348
6	Koen Flokstra	10158759	HA1	DYC	46.94	2:30.88	5:06.11	148.251



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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Bas Elst	10161802	HN4	YC STOKVIS	39.56	1:57.74	4:11.87	120.784
2	Tijmen Kruiper	10206823	HN4	DYC	44.12	2:14.57	4:44.11	136.327

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

Pos	Naam	Cat	Vereniging	500	1500	3000	Punten	
1	Lex de Boom	10165802	HSB	DYC	47.24	2:29.64	5:18.72	150.240

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Harry Pardijs	10155152	H40	DNIJ	39.22	2:04.83	4:49.92	129.150
2	Roberto van Goor	10155132	H45	TG DSO	42.70	2:08.95	4:25.06	129.859
3	Gerwin Boschloo	10165737	H45	DYC	43.84	2:15.08	4:46.28	136.579
4	Jan-Willem van Velsen	10198584	H45	DYC	45.93	2:19.57	5:03.80	143.086

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

Pos	Naam		Cat	Vereniging	500	1500	3000	Punten
1	Evert Hof	10180601	H50	YC STOKVIS	41.46	2:10.01	4:41.22	131.666
2	Gerben Hettinga	10166704	H50	DYC	43.98	2:07.37	4:37.64	132.709
3	Rudie Assink	10165711	H50	DYC	44.38	2:20.16	5:11.28	142.980
4	Frank Dekkers	10158737	H50	TG SV ZWOLLE	47.17	2:22.10	4:55.80	143.836
5	Arjen Esselink	10198420	H50	DYC	49.01	2:28.51	5:10.63	150.284