

## 500 + 3000 + 1500 + 5000m - 1-7-2019, 1-7-2020, Category: DSA, DSB, Continent:

Pos	Naam		Cat	Vereniging	500	3000	1500	5000	Punten
1	Carlijn Achtereekte	10154965	DSA	DYC	39.99	1:57.04	4:00.51	6:59.25	161.013

## 500 + 3000 + 1500 + 5000m - 1-7-2019, 1-7-2020, Category: D40, D45, Continent:

Pos	Naam		Cat	Vereniging	500	3000	1500	5000	Punten
1	Chantal Rietman-Herms	10171804	D45	DYC	47.97	2:32.64	5:26.76	9:20.37	209.347

## 500 + 3000 + 1500 + 5000m - 1-7-2019, 1-7-2020, Category: HA1, HA2, Continent:

Pos	Naam		Cat	Vereniging	500	3000	1500	5000	Punten
1	Lasse Hiddink	10158216	HA2	DYC	38.40	1:53.74	3:55.76	6:52.49	156.855
2	Lars Woelders	10181890	HA1	CSV VRIEZENVEEN	39.40	1:59.08	3:59.36	7:09.30	161.916
3	Koen Flokstra	10158759	HA1	DYC	46.94	2:30.88	5:06.11	8:35.04	199.755

## 500 + 3000 + 1500 + 5000m - 1-7-2019, 1-7-2020, Category: H40, H45, Continent:

Pos	Naam		Cat	Vereniging	500	3000	1500	5000	Punten
1	Gerwin Boschloo	10165737	H45	DYC	43.84	2:15.08	4:46.28	8:45.01	189.080
2	Jan-Willem van Velsen	10198584	H45	DYC	45.93	2:19.57	5:03.80	8:42.98	195.384

## 500 + 3000 + 1500 + 5000m - 1-7-2019, 1-7-2020, Category: H50, H55, Continent:

Pos	Naam		Cat	Vereniging	500	3000	1500	5000	Punten
1	Gerben Hettinga	10166704	H50	DYC	43.98	2:07.37	4:37.64	8:11.64	181.873
2	Rudie Assink	10165711	H50	DYC	44.38	2:20.16	5:11.28	8:55.26	196.506
3	Arjen Esselink	10198420	H50	DYC	49.01	2:28.51	5:10.63	8:52.09	203.493