



2015
2016

NEDERLANDS KAMPIOENSCHAP NK MASTERS

Allround-Afstanden

Hoorn 20-21 februari 2016

NK Masters **Allround + afstanden**

20 - 21 februari, vanaf 13.00 uur
IJsbaan de Westfries Hoorn



www.langebaan.bchoom.nl

Gewestelijke
Technische Commissie
Langebaan - Kortebaam
2015 2016

NK ALLROUND DAMES SB

Naam	Cat	Baan	500	1500	1000	3000	Punten
1 Renske Winters	DSB	DEV	44.39 (1)	2:19.73 (1)	1:32.00 (1)	5:06.66 (3)	188,076
2 Manouk van Emmerik	DSB	HAA	45.09 (5)	2:20.65 (2)	1:33.97 (4)	4:57.07 (1)	188,469
3 Suzanne Mulder	DSB	AMS	45.37 (6)	2:21.07 (3)	1:33.28 (2)	5:00.67 (2)	189,144
4 Linda van Oosten	DSB	GRO	44.88 (4)	2:22.58 (4)	1:33.67 (3)	5:14.95 (4)	191,732
5 Jeanette ten Hag	DSB	DEV	44.51 (2)	2:25.67 (6)	1:35.03 (6)	5:29.52 (7)	195,501
6 Janette de Groot - Bron	DSB	HVN	46.44 (7)	2:25.77 (7)	1:37.08 (7)	5:22.38 (5)	197,300
7 Imme Kampen	DSB	AMS	47.75 (9)	2:26.81 (8)	1:38.19 (8)	5:22.54 (6)	199,537
8 Sandra van Bijlert	DSB	AMS	47.69 (8)	2:30.13 (10)	1:39.52 (10)	5:31.43 (8)	202,731
9 Marloes Westerhof	DSB	DEV	44.63 (3)	2:25.48 (5)	1:34.51 (5)		140,378
10 Shirley Jaarsma	DSB	DNH	48.08 (10)	2:29.91 (9)	1:39.05 (9)		147,575

NK ALLROUND DAMES 40

Naam	Cat	Baan	500	1500	1000	3000	Punten
1 Anke Jannie Landman	D40	ASS	43.81 (1)	2:16.78 (1)	1:28.47 (1)	5:08.95 (1)	185,129
2 Dorian Schoonderwoerd	D40	UTR	45.97 (2)	2:22.75 (2)	1:34.01 (2)	5:12.19 (2)	192,589
3 Wendy van der Ham	D40	UTR	48.56 (4)	2:35.17 (3)	1:43.23 (3)	5:56.79 (4)	211,363
4 Linda Krikke	D40	UTR	49.93 (5)	2:38.08 (4)	1:43.80 (4)	5:41.52 (3)	211,443
5 Karin van der Sar	D40	UTR	48.13 (3)	2:41.88 (5)	1:45.80 (5)		154,990

NK ALLROUND DAMES 45

Naam	Cat	Baan	500	1500	1000	3000	Punten
1 Kaska Rogulska	D45	ASS	44.05 (1)	2:17.49 (1)	1:32.29 (1)	5:00.77 (1)	186,153
2 Jolanda Grimbergen	D45	ALK	45.62 (3)	2:22.79 (2)	1:33.89 (2)	5:08.79 (2)	191,626
3 Erica Della Guardia - de Jong	D45	AMS	48.25 (4)	2:25.95 (3)	1:38.70 (4)	5:19.92 (3)	199,570
4 Evelien Mager	D45	AMS	48.46 (5)	2:28.37 (4)	1:38.81 (5)	5:33.60 (4)	202,921
5 Hedri Vrieling	D45	UTR	50.26 (6)	2:32.61 (5)	1:40.67 (6)		151,465
6 Tialda Gerritsma	D45	BRE	50.79 (7)	2:33.47 (6)	1:42.32 (7)		153,106
7 Rian Buitendijk	D45	BRE	51.19 (8)	2:39.90 (7)	1:45.78 (8)		157,380
8 Goikje Salverda-Postma	D45	HVN	52.37 (9)	2:40.26 (8)	1:47.18 (9)		159,380
Irma Woud	D45	UTR	44.97 (2)	DQ	1:34.79 (3)		92,365

NK ALLROUND DAMES 50

	Naam	Cat	Baan	500	1500	1000	3000	Punten
1	Gerdien Meijer	D50	AMS	44.79 (1)	2:21.88 (2)	1:33.39 (1)	5:16.78 (2)	191,574
2	Lijnie Boele	D50	DNH	45.96 (3)	2:21.74 (1)	1:34.84 (2)	5:19.37 (3)	193,854
3	Lian van Dongen	D50	BRE	47.56 (5)	2:23.86 (3)	1:35.59 (3)	5:14.44 (1)	195,714
4	Henriëtte Goede	D50	AMS	45.49 (2)	2:24.80 (4)	1:35.79 (4)	5:26.24 (4)	196,024
5	Monique Boerema	D50	HAA	46.60 (4)	2:25.86 (5)	1:36.10 (5)		143,270
6	Ciska Stark	D50	UTR	48.13 (7)	2:33.15 (7)	1:38.77 (6)		148,565
7	Marlies de Jong	D50	HVN	49.35 (9)	2:28.06 (6)	1:39.90 (7)		148,653
8	Astrid Janssen	D50	AMS	48.04 (6)	2:33.49 (8)	1:40.84 (9)		149,623
9	Anita Smit-Groot	D50	ALK	48.59 (8)	2:33.76 (9)	1:40.74 (8)		150,213
10	Marja Roos	D50	AMS	49.97 (10)	2:38.33 (10)	1:42.88 (10)		154,186

NK ALLROUND DAMES 55-60

	Naam	Cat	Baan	500	1500	1000	3000	Punten
1	Barbara Heerschop	D60	LEE	50.23 (4)	2:42.97 (4)	1:45.70 (4)	5:59.15 (1)	217,261
2	Betsie Slaghuis	D55	DEV	56.81 (5)	3:01.04 (5)	1:58.03 (5)		176,171
3	Noor van der Ster	D60	BRE	48.96 (1)	2:31.74 (1)	1:40.80 (2)		204,455
4	Lettie Zwanenburg	D55	UTR	49.78 (3)	2:32.42 (2)	1:40.70 (1)		206,477
5	Marianne de Neeling	D55	DNH	49.11 (2)	2:33.32 (3)	1:42.24 (3)		207,896

NK AFSTANDEN 500 METER DAMES

	Naam	Cat	Baan	500	Punten
1	Renske Winters	DSB	DEV	44.39 (1)	44,390
2	Jeanette ten Hag	DSB	DEV	44.51 (2)	44,510
3	Marloes Westerhof	DSB	DEV	44.63 (3)	44,630
4	Linda van Oosten	DSB	GRO	44.88 (4)	44,880
5	Manouk van Emmerik	DSB	HAA	45.09 (5)	45,090
6	Suzanne Mulder	DSB	AMS	45.37 (6)	45,370
7	Janette de Groot - Bron	DSB	HVN	46.44 (7)	46,440
8	Sandra van Bijlert	DSB	AMS	47.69 (8)	47,690
9	Imme Kampen	DSB	AMS	47.75 (9)	47,750
10	Shirley Jaarsma	DSB	DNH	48.08 (10)	48,080

	Naam	Cat	Baan	500	Punten
1	Anke Jannie Landman	D40	ASS	43.81 (1)	43,810
2	Dorian Schoonderwoerd	D40	UTR	45.97 (2)	45,970
3	Karin van der Sar	D40	UTR	48.13 (3)	48,130
4	Wendy van der Ham	D40	UTR	48.56 (4)	48,560
5	Linda Krikke	D40	UTR	49.93 (5)	49,930

NK AFSTANDEN 500 METER DAMES

Naam	Cat	Baan	1500	Punten
1 Kaska Rogulska	D45	ASS	2:17.49 (1)	45,830
2 Jolanda Grimbergen	D45	ALK	2:22.79 (2)	47,596
3 Erica Della Guardia - de Jong	D45	AMS	2:25.95 (3)	48,650
4 Evelien Mager	D45	AMS	2:28.37 (4)	49,456
5 Plonie de Koning	D45	HAA	2:30.68 (5)	50,226
6 Hedri Vrieling	D45	UTR	2:32.61 (6)	50,870
7 Tialda Gerritsma	D45	BRE	2:33.47 (7)	51,156
8 Rian Buitendijk	D45	BRE	2:39.90 (8)	53,300
9 Goikje Salverda-Postma	D45	HVN	2:40.26 (9)	53,420
Irma Woud	D45	UTR	DQ	

Naam	Cat	Baan	500	Punten
1 Gerdien Meijer	D50	AMS	44.79 (1)	44,790
2 Henriëtte Goede	D50	AMS	45.49 (2)	45,490
3 Lijnie Boele	D50	DNH	45.96 (3)	45,960
4 Monique Boerema	D50	HAA	46.60 (4)	46,600
5 Lian van Dongen	D50	BRE	47.56 (5)	47,560
6 Astrid Janssen	D50	AMS	48.04 (6)	48,040
7 Ciska Stark	D50	UTR	48.13 (7)	48,130
8 Anita Smit-Groot	D50	ALK	48.59 (8)	48,590
9 Marlies de Jong	D50	HVN	49.35 (9)	49,350
10 Marja Roos	D50	AMS	49.97 (10)	49,970

Naam	Cat	Baan	500	Punten
1 Noor van der Ster	D60	BRE	48.96 (1)	48,960
2 Marianne de Neeling	D55	DNH	49.11 (2)	49,110
3 Lettie Zwanenburg	D55	UTR	49.78 (3)	49,780
4 Barbara Heerschop	D60	LEE	50.23 (4)	50,230
5 José van Beek	D55	AMS	54.40 (5)	54,400
6 Betsie Slaghuis	D55	DEV	56.81 (6)	56,810

NK AFSTANDEN 1500 METER DAMES

Naam	Cat	Baan	1500	Punten
1 Renske Winters	DSB	DEV	2:19.73 (1)	46,576
2 Manouk van Emmerik	DSB	HAA	2:20.65 (2)	46,883
3 Suzanne Mulder	DSB	AMS	2:21.07 (3)	47,023
4 Linda van Oosten	DSB	GRO	2:22.58 (4)	47,526
5 Marloes Westerhof	DSB	DEV	2:25.48 (5)	48,493
6 Jeanette ten Hag	DSB	DEV	2:25.67 (6)	48,556
7 Janette de Groot - Bron	DSB	HVN	2:25.77 (7)	48,590
8 Imme Kampen	DSB	AMS	2:26.81 (8)	48,936
9 Shirley Jaarsma	DSB	DNH	2:29.91 (9)	49,970
10 Sandra van Bijlert	DSB	AMS	2:30.13 (10)	50,043

NK AFSTANDEN 1500 METER DAMES

Naam	Cat	Baan	1500	Punten
1 Anke Jannie Landman	D40	ASS	2:16.78 (1)	45,593
2 Dorian Schoonderwoerd	D40	UTR	2:22.75 (2)	47,583
3 Wendy van der Ham	D40	UTR	2:35.17 (3)	51,723
4 Linda Krikke	D40	UTR	2:38.08 (4)	52,693
5 Karin van der Sar	D40	UTR	2:41.88 (5)	53,960

Naam	Cat	Baan	1500	Punten
1 Kaska Rogulska	D45	ASS	2:17.49 (1)	45,830
2 Jolanda Grimbergen	D45	ALK	2:22.79 (2)	47,596
3 Erica Della Guardia - de Jong	D45	AMS	2:25.95 (3)	48,650
4 Evelien Mager	D45	AMS	2:28.37 (4)	49,456
5 Plonie de Koning	D45	HAA	2:30.68 (5)	50,226
6 Hedri Vrieling	D45	UTR	2:32.61 (6)	50,870
7 Tialda Gerritsma	D45	BRE	2:33.47 (7)	51,156
8 Rian Buitendijk	D45	BRE	2:39.90 (8)	53,300
9 Goikje Salverda-Postma	D45	HVN	2:40.26 (9)	53,420
Irma Woud	D45	UTR	DQ	

Naam	Cat	Baan	1500	Punten
1 Lijnie Boele	D50	DNH	2:21.74 (1)	47,246
2 Gerdien Meijer	D50	AMS	2:21.88 (2)	47,293
3 Lian van Dongen	D50	BRE	2:23.86 (3)	47,953
4 Henriëtte Goede	D50	AMS	2:24.80 (4)	48,266
5 Monique Boerema	D50	HAA	2:25.86 (5)	48,620
6 Marlies de Jong	D50	HVN	2:28.06 (6)	49,353
7 Ciska Stark	D50	UTR	2:33.15 (7)	51,050
8 Astrid Janssen	D50	AMS	2:33.49 (8)	51,163
9 Anita Smit-Groot	D50	ALK	2:33.76 (9)	51,253
10 Marja Roos	D50	AMS	2:38.33 (10)	52,776

Naam	Cat	Baan	1500	Punten
1 Noor van der Ster	D60	BRE	2:31.74 (1)	50,580
2 Lettie Zwanenburg	D55	UTR	2:32.42 (2)	50,806
3 Marianne de Neeling	D55	DNH	2:33.32 (3)	51,106
4 Barbara Heerschop	D60	LEE	2:42.97 (4)	54,323
5 Betsie Slaghuis	D55	DEV	3:01.04 (5)	60,346
José van Beek	D55	AMS	DQ	
Thea Kroontje	D70	HVN	DNS	

NK AFSTANDEN 1000 METER DAMES

Naam	Cat	Baan	1000	Punten
1 Renske Winters	DSB	DEV	1:32.00 (1)	46,000
2 Suzanne Mulder	DSB	AMS	1:33.28 (2)	46,640
3 Linda van Oosten	DSB	GRO	1:33.67 (3)	46,835
4 Manouk van Emmerik	DSB	HAA	1:33.97 (4)	46,985
5 Marloes Westerhof	DSB	DEV	1:34.51 (5)	47,255
6 Jeanette ten Hag	DSB	DEV	1:35.03 (6)	47,515
7 Janette de Groot - Bron	DSB	HVN	1:37.08 (7)	48,540
8 Imme Kampen	DSB	AMS	1:38.19 (8)	49,095
9 Shirley Jaarsma	DSB	DNH	1:39.05 (9)	49,525
10 Sandra van Bijlert	DSB	AMS	1:39.52 (10)	49,760

Naam	Cat	Baan	1000	Punten
1 Anke Jannie Landman	D40	ASS	1:28.47 (1)	44,235
2 Dorian Schoonderwoerd	D40	UTR	1:34.01 (2)	47,005
3 Wendy van der Ham	D40	UTR	1:43.23 (3)	51,615
4 Linda Krikke	D40	UTR	1:43.80 (4)	51,900
5 Karin van der Sar	D40	UTR	1:45.80 (5)	52,900

Naam	Cat	Baan	1000	Punten
1 Kaska Rogulska	D45	ASS	1:32.29 (1)	46,145
2 Jolanda Grimbergen	D45	ALK	1:33.89 (2)	46,945
3 Irma Woud	D45	UTR	1:34.79 (3)	47,395
4 Erica Della Guardia - de Jong	D45	AMS	1:38.70 (4)	49,350
5 Evelien Mager	D45	AMS	1:38.81 (5)	49,405
6 Hedri Vrieling	D45	UTR	1:40.67 (6)	50,335
7 Tialda Gerritsma	D45	BRE	1:42.32 (7)	51,160
8 Rian Buitendijk	D45	BRE	1:45.78 (8)	52,890
9 Goikje Salverda-Postma	D45	HVN	1:47.18 (9)	53,590

Naam	Cat	Baan	1000	Punten
1 Gerdien Meijer	D50	AMS	1:33.39 (1)	46,695
2 Lijnie Boele	D50	DNH	1:34.84 (2)	47,420
3 Lian van Dongen	D50	BRE	1:35.59 (3)	47,795
4 Henriëtte Goede	D50	AMS	1:35.79 (4)	47,895
5 Monique Boerema	D50	HAA	1:36.10 (5)	48,050
6 Ciska Stark	D50	UTR	1:38.77 (6)	49,385
7 Marlies de Jong	D50	HVN	1:39.90 (7)	49,950
8 Anita Smit-Groot	D50	ALK	1:40.74 (8)	50,370
9 Astrid Janssen	D50	AMS	1:40.84 (9)	50,420
10 Marja Roos	D50	AMS	1:42.88 (10)	51,440

NK AFSTANDEN 1000 METER DAMES

Naam	Cat	Baan	1000	Punten
1 Lettie Zwanenburg	D55	UTR	1:40.70 (1)	50,350
2 Noor van der Ster	D60	BRE	1:40.80 (2)	50,400
3 Marianne de Neeling	D55	DNH	1:42.24 (3)	51,120
4 Barbara Heerschop	D60	LEE	1:45.70 (4)	52,850
5 Betsie Slaghuis	D55	DEV	1:58.03 (5)	59,015

NK AFSTANDEN 3000 METER DAMES

Naam	Cat	Baan	3000	Punten
1 Birgit Witte	DSB	AMS	4:37.78 (1)	46,296
2 Manouk van Emmerik	DSB	HAA	4:57.07 (2)	49,511
3 Suzanne Mulder	DSB	AMS	5:00.67 (3)	50,111
4 Renske Winters	DSB	DEV	5:06.66 (4)	51,110
5 Linda van Oosten	DSB	GRO	5:14.95 (5)	52,491
6 Janette de Groot - Bron	DSB	HVN	5:22.38 (6)	53,730
7 Imme Kampen	DSB	AMS	5:22.54 (7)	53,756
8 Jeanette ten Hag	DSB	DEV	5:29.52 (8)	54,920
9 Sandra van Bijlert	DSB	AMS	5:31.43 (9)	55,238

Naam	Cat	Baan	3000	Punten
1 Anke Jannie Landman	D40	ASS	5:08.95 (1)	51,491
2 Dorian Schoonderwoerd	D40	UTR	5:12.19 (2)	52,031

Naam	Cat	Baan	3000	Punten
1 Kaska Rogulska	D45	ASS	5:00.77	50,128
2 Jolanda Grimbergen	D45	ALK	5:08.79	51,465
3 Erica Della Guardia - de Jong	D45	AMS	5:19.92	53,320
4 Tialda Gerritsma	D45	BRE	5:21.91	53,651
5 Hedri Vrieling	D45	UTR	5:25.85	54,308
6 Jelly Bakker	D45	HVN	5:26.21	54,368
7 Evelien Mager	D45	AMS	5:33.60	55,600

Naam	Cat	Baan	3000	Punten
1 Jolanda Voskamp-Vollebregt	D50	DNH	5:15.22 (1)	52,536
2 Ciska Stark	D50	UTR	5:24.49 (2)	54,081
3 Marlies de Jong	D50	HVN	5:27.87 (3)	54,645
4 Maura Weller	D50	BRE	5:47.10 (4)	57,850
Astrid Janssen	D50	AMS	DQ	
Mariska v Haften-	D50	UTR	DQ	

NK AFSTANDEN 3000 METER DAMES

Naam	Cat	Baan	3000	Punten
1 Noor van der Ster	D60	BRE	5:27.09 (1)	54,515
2 Lettie Zwanenburg	D55	UTR	5:33.25 (2)	55,541
3 Marianne de Neeling	D55	DNH	5:39.36 (3)	56,560

NK ALLROUND HEREN SB

Naam	Cat	Baan	500	3000	1500	5000	Punten
1 Johannes de Groot	HSB	HVN	39.20 (2)	4:11.13 (1)	2:02.43 (1)	7:40.12 (1)	167,877
2 Jeroen Schoppink	HSB	ENS	38.87 (1)	4:21.71 (3)	2:03.89 (2)	8:06.08 (3)	172,392
3 Jurre Kranenburg	HSB	DEV	40.84 (4)	4:18.19 (2)	2:07.71 (3)	7:56.03 (2)	174,044
4 Job Bohnen	HSB	AMS	40.59 (3)	4:40.54 (5)	2:13.46 (4)	8:41.77 (6)	184,009
5 Laurens Taekema	HSB	HVN	42.92 (6)	4:36.27 (4)	2:15.14 (5)	8:23.43 (4)	184,354
6 Bart van Vliet	HSB	DNH	41.87 (5)	4:43.24 (6)	2:18.62 (6)	8:37.44 (5)	187,026

NK ALLROUND HEREN 40

Naam	Cat	Baan	500	3000	1500	5000	Punten
1 Arjan Elferink	H40	GRO	40.67 (1)	4:12.76 (2)	2:04.77 (1)	7:26.49 (1)	169,035
2 Kees Hooft	H40	AMS	41.84 (3)	4:11.86 (1)	2:06.91 (2)	7:31.28 (2)	171,247
3 Olaf Wit	H40	AMS	40.81 (2)	4:23.09 (3)	2:07.68 (3)	8:04.42 (3)	175,660
4 Michel du Crocq	H40	TIL	45.12 (6)	4:29.58 (4)	2:13.71 (4)	8:11.20 (4)	183,740
5 Geert Fekken	H40	HVN	44.31 (5)	4:40.17 (5)	2:18.99 (5)	8:33.90 (5)	188,725
6 Arjen Keuning	H40	DNH	42.64 (4)	4:47.74 (7)	2:19.15 (6)		136,979
Marc Schuddemat	H40	UTR	DQ	4:42.00 (6)	DNS		47,000

NK ALLROUND HEREN 45

Naam	Cat	Baan	500	3000	1500	5000	Punten
1 Piet Hijlkema	H45	HVN	41.40 (1)	4:32.10 (1)	2:09.20 (1)	7:49.95 (1)	176,811
2 Paul Robijn	H45	DNH	43.00 (2)	4:33.48 (2)	2:12.57 (3)	8:15.31 (5)	182,301
3 Gert vd Scheer	H45	ASS	43.56 (6)	4:33.56 (3)	2:15.26 (7)	8:09.62 (4)	183,201
4 Ard Neven	H45	DNH	43.78 (8)	4:41.72 (5)	2:14.33 (6)	8:01.48 (2)	183,657
5 Marco Bottelier	H45	ALK	43.58 (7)	4:42.80 (6)	2:14.23 (5)	8:02.53 (3)	183,709
6 Vincent v Wersch	H45	BRE	43.05 (3)	4:40.04 (4)	2:11.75 (2)	9:08.44 (6)	188,483
7 Arjan vd Meer	H45	HAA	43.28 (5)	4:46.18 (10)	2:14.21 (4)		135,712
8 Eddy van Dijk	H45	UTR	43.82 (9)	4:46.05 (9)	2:16.22 (8)		136,901
9 Rob Wartenhorst	H45	ALK	44.56 (12)	4:45.81 (8)	2:16.61 (9)		137,731
10 Pieter Pennings	H45	BRE	44.76 (13)	4:44.27 (7)	2:18.72 (10)		138,378
11 Jaap Pereboom	H45	HRN	44.10 (10)	4:47.16 (11)	2:19.43 (11)		138,436
12 Aart v Beuzekom	H45	UTR	44.38 (11)	5:07.89 (14)	2:25.17 (12)		144,085
Frans Verhoeve	H45	HAA	43.13 (4)	4:50.72 (12)	DNS		91,583
Guus Olijerhoek	H45	GRO	46.14 (14)	4:55.49 (13)	DNS		95,388

NK ALLROUND HEREN 50

Naam	Cat	Baan	500	3000	1500	5000	Punten
1 Mario Hagen	H50	AMS	42.28 (3)	4:32.85 (2)	2:10.18 (1)	8:08.26 (4)	179,974
2 Wijnand Kooiman	H50	DNH	42.81 (6)	4:29.65 (1)	2:13.08 (4)	8:06.73 (3)	180,784
3 Hans Spil	H50	UTR	42.43 (5)	4:36.85 (5)	2:11.38 (3)	8:16.69 (5)	182,033
4 Sjaak Botman	H50	HRN	43.70 (9)	4:33.58 (3)	2:14.25 (6)	8:05.90 (2)	182,636
5 Gerard Snel	H50	DNH	44.44 (10)	4:35.40 (4)	2:16.78 (9)	8:03.09 (1)	184,242
6 Jan vd Stouwe	H50	HVN	40.90 (1)	4:39.06 (6)	2:10.67 (2)	9:23.01 (6)	187,267
7 Ruud Bouwmeester	H50	AMS	42.31 (4)	4:51.25 (10)	2:14.35 (7)		135,634
8 Jos Drabbels	H50	DNH	44.45 (11)	4:41.55 (8)	2:14.04 (5)		136,055
9 Roland ten Klooster	H50	DNH	42.12 (2)	4:54.53 (13)	2:15.18 (8)		136,268
10 Ivo Meijer	H50	HRN	43.23 (7)	4:39.63 (7)	2:21.00 (12)		136,835
11 Jim Verdurmen	H50	HAA	45.45 (13)	4:51.29 (11)	2:19.19 (11)		140,394
12 Jan Buisman	H50	HAA	45.65 (14)	4:52.53 (12)	2:18.81 (10)		140,675
13 Marco Roos	H50	AMS	45.21 (12)	4:58.99 (14)	2:21.23 (13)		142,117
Fred Louter	H50	ALK	43.68 (8)	4:45.79 (9)	DNS		91,311

NK ALLROUND HEREN 55

Naam	Cat	Baan	500	3000	1500	5000	Punten
1 Arjan Bakker	H55	DNH	42.84 (1)	4:27.55 (1)	2:09.26 (1)	7:37.12 (1)	176,229
2 Herman Vermeer	H55	UTR	44.18 (3)	4:32.25 (2)	2:13.88 (2)	8:01.47 (4)	182,328
3 Harm Smit	H55	NYM	44.41 (4)	4:32.81 (3)	2:14.96 (4)	8:01.36 (3)	183,000
4 John vd Vlugt	H55	HAA	44.47 (6)	4:35.04 (4)	2:14.37 (3)	8:00.24 (2)	183,124
5 Bart Brinksma	H55	AMS	43.66 (2)	4:48.53 (8)	2:15.99 (5)	8:13.78 (6)	186,456
6 Ton van Klooster	H55	UTR	45.10 (9)	4:37.58 (5)	2:20.99 (9)	8:04.53 (5)	186,812
7 Jan Smid	H55	GRO	45.05 (7)	4:46.02 (6)	2:17.74 (6)		138,633
8 Rennie Verloop	H55	HRN	44.45 (5)	4:50.85 (11)	2:19.11 (7)		139,295
9 Cock Groot	H55	ALK	45.09 (8)	4:50.47 (9)	2:22.40 (10)		140,967
10 Jan Mein	H55	GRO	46.13 (11)	4:50.77 (10)	2:19.50 (8)		141,091
11 Adriaan Provoost	H55	BRE	46.42 (12)	4:47.67 (7)	2:24.22 (12)		142,438
12 Kees Langeveld	H55	HAA	46.90 (13)	4:56.69 (12)	2:22.75 (11)		143,931
13 Ad Groot	H55	ALK	46.11 (10)	5:01.65 (13)	2:27.75 (13)		145,635

NK ALLROUND HEREN 60

Naam	Cat	Baan	500	3000	1500	5000	Punten
1 Victor vd Hoff	H60	HAA	43.50 (1)	4:44.17 (1)	2:15.91 (1)	8:38.32 (2)	187,996
2 Sallo Spetter	H60	HAA	45.32 (5)	4:51.30 (4)	2:21.23 (3)	8:43.66 (3)	193,312
3 Sietse vd Werff	H60	AMS	45.56 (6)	4:57.59 (6)	2:22.83 (5)	8:31.39 (1)	193,907
4 Pieter Siemonsma	H60	HVN	44.74 (3)	4:55.71 (5)	2:23.15 (6)	8:48.50 (4)	194,591
5 Dirk van Leen	H60	HRN	45.19 (4)	4:50.74 (3)	2:22.65 (4)	8:59.66 (5)	195,162
Hans van Peperstraten	H60	UTR	44.49 (2)	4:44.84 (2)	2:19.44 (2)	DQ	138,443
6 Kees Versluis	H60	UTR	45.79 (8)	5:00.53 (10)	2:25.00 (8)		144,211
7 Simon Salome	H60	AMS	47.40 (11)	4:59.05 (7)	2:25.07 (9)		145,597
8 Twan den Braber	H60	BRE	46.86 (10)	5:00.17 (9)	2:26.35 (11)		145,671
9 Bert Keizer	H60	DEV	45.61 (7)	5:13.33 (12)	2:26.20 (10)		146,564
10 Koos Polak	H60	BRE	46.51 (9)	5:11.45 (11)	2:31.77 (12)		149,008
Frank Steenkamp	H60	DNH	DQ	4:59.12 (8)	2:24.97 (7)		98,176

NK ALLROUND HEREN 65

Naam	Cat	Baan	500	1500	1000	3000	Punten
1 Wibe Veenbaas	H65	UTR	46.34 (2)	2:20.89 (1)	1:34.15 (1)	5:08.51 (1)	191,796
2 Pieter den Dunnen	H65	BRE	48.04 (4)	2:25.97 (3)	1:35.37 (2)	5:16.52 (2)	197,134
3 Gerke Corstiaensen	H65	UTR	48.24 (5)	2:30.65 (7)	1:36.34 (4)	5:28.45 (3)	201,367
4 Thomas Hoekstra	H65	UTR	49.01 (6)	2:29.41 (4)	1:39.23 (5)	5:32.84 (4)	203,901
5 Hans ten Hag	H65	DEV	47.50 (3)	2:29.67 (5)	1:41.48 (7)	5:35.38 (5)	204,026
Jan Zijp	H65	ALK	46.22 (1)	2:24.25 (2)	1:35.78 (3)	DQ	142,193
6 Daan van der Have	H65	DNH	50.21 (7)	2:30.22 (6)	1:40.05 (6)		150,308
7 Ton Morsch	H65	ALK	52.05 (8)	2:35.40 (8)	1:44.54 (8)		156,120

NK ALLROUND HEREN 70

Naam	Cat	Baan	500	1500	1000	3000	Punten
1 Kees Verdouw	H70	UTR	47.26 (1)	2:22.18 (1)	1:34.61 (1)	5:07.48 (1)	193,204
2 Jan van der Meulen	H70	EVN	47.42 (2)	2:27.59 (3)	1:38.19 (2)	5:27.81 (4)	200,346
3 Wim Brand	H70	DEV	48.06 (4)	2:27.18 (2)	1:40.39 (4)	5:24.13 (2)	201,336
4 Jan Boelen	H70	HVN	48.02 (3)	2:29.85 (4)	1:38.94 (3)	5:25.97 (3)	201,768
5 Nico Woldendorp	H70	DNH	49.10 (5)	2:35.78 (5)	1:43.48 (5)	5:41.17 (5)	209,627
6 Toon Kooijmans	H70	EVN	53.12 (9)	2:38.62 (6)	1:46.36 (7)	5:45.11 (6)	216,691
7 Ypke Bouma	H70	LEE	50.58 (8)	2:39.09 (7)	1:43.84 (6)		155,530
8 Cees Stoop	H70	ALK	49.97 (6)	2:40.36 (8)	1:49.07 (9)		157,958
9 Bram de Vries	H70	AMS	50.56 (7)	2:46.14 (9)	1:48.71 (8)		160,295

NK AFSTANDEN 500 HEREN

Naam	Cat	Baan	500	Punten
1 Bart Seffinga	HSB	ASS	38.86 (1)	38,860
2 Jeroen Schoppink	HSB	ENS	38.87 (2)	38,870
3 Johannes de Groot	HSB	HVN	39.20 (3)	39,200
4 Brian Boelen	HSB	HVN	40.33 (4)	40,330
5 Piet Pruijsen	HSB	DNH	40.40 (5)	40,400
6 Job Bohnen	HSB	AMS	40.59 (6)	40,590
7 Jurre Kranenburg	HSB	DEV	40.84 (7)	40,840
8 Henk Bos	HSB	HVN	41.29 (8)	41,290
9 Bart van Vliet	HSB	DNH	41.87 (9)	41,870
10 Mark Reiling	HSB	ENS	41.97 (10)	41,970
11 JeroenBroekhuizen	HSB	DEV	42.26 (11)	42,260
12 Laurens Taekema	HSB	HVN	42.92 (12)	42,920
Juliën v Velthoven	HSB	EVN	DQ	

Naam	Cat	Baan	500	Punten
1 Harry Pardijs	H40	DEV	39.25 (1)	39,250
2 Arjan Elferink	H40	GRO	40.67 (2)	40,670
3 Olaf Wit	H40	AMS	40.81 (3)	40,810
4 Kees Hooft	H40	AMS	41.84 (4)	41,840
5 Eric van den Berg	H40	UTR	41.99 (5)	41,990
6 Arjen Keuning	H40	DNH	42.64 (6)	42,640
7 Jerry van Herk	H40	DNH	43.16 (7)	43,160
8 Geert Fekken	H40	HVN	44.31 (8)	44,310
9 Eelco vd Meer	H40	UTR	44.92 (9)	44,920
10 Michel du Crocq	H40	TIL	45.12 (10)	45,120
Marc Schuddemat	H40	UTR	DQ	

Naam	Cat	Baan	500	Punten
1 Piet Hijlkema	H45	HVN	41.40 (1)	41,400
2 Han Kamminga	H45	HAA	42.30 (2)	42,300
3 Koos Dijkstra	H45	ASS	42.38 (3)	42,380
4 Paul Robijn	H45	DNH	43.00 (4)	43,000
5 Vincent v Wersch	H45	BRE	43.05 (5)	43,050
6 Frans Verhoeve	H45	HAA	43.13 (6)	43,130
7 Arjan vd Meer	H45	HAA	43.28 (7)	43,280
8 Klaas Jan vd Veen	H45	DEV	43.35 (8)	43,350
9 Gert vd Scheer	H45	ASS	43.56 (9)	43,560
10 Marco Bottelier	H45	ALK	43.58 (10)	43,580
11 Ard Neven	H45	DNH	43.78 (11)	43,780
12 Eddy van Dijk	H45	UTR	43.82 (12)	43,820
13 Jaap Pereboom	H45	HRN	44.10 (13)	44,100
14 Aart v Beuzekom	H45	UTR	44.38 (14)	44,380
15 Rob Wartenhorst	H45	ALK	44.56 (15)	44,560
16 Pieter Pennings	H45	BRE	44.76 (16)	44,760
17 Martijn Kos	H45	HRN	44.77 (17)	44,770

NK AFSTANDEN HEREN 500 METER

	Naam	Cat	Baan	500	Punten
1	Jan vd Stouwe	H50	HVN	40.90 (1)	40,900
2	Roland ten Klooster	H50	DNH	42.12 (2)	42,120
3	Mario Hagen	H50	AMS	42.28 (3)	42,280
4	Ruud Bouwmeester	H50	AMS	42.31 (4)	42,310
5	Hans Spil	H50	UTR	42.43 (5)	42,430
6	Wijnand Kooiman	H50	DNH	42.81 (6)	42,810
7	Bart Makaske	H50	UTR	42.92 (7)	42,920
8	Ivo Meijer	H50	HRN	43.23 (8)	43,230
9	Klaas van den Berg	H50	UTR	43.63 (9)	43,630
10	Fred Louter	H50	ALK	43.68 (10)	43,680
11	Sjaak Botman	H50	HRN	43.70 (11)	43,700
12	Gerard Snel	H50	DNH	44.44 (12)	44,440
13	Jos Drabbels	H50	DNH	44.45 (13)	44,450
14	Marco Roos	H50	AMS	45.21 (14)	45,210
15	Jim Verdurmen	H50	HAA	45.45 (15)	45,450
16	Jan Buisman	H50	HAA	45.65 (16)	45,650

	Naam	Cat	Baan	500	Punten
1	Arjan Bakker	H55	DNH	42.84 (1)	42,840
2	Bart Brinksma	H55	AMS	43.66 (2)	43,660
3	Herman Vermeer	H55	UTR	44.18 (3)	44,180
4	Harm Smit	H55	NYM	44.41 (4)	44,410
5	Rennie Verloop	H55	HRN	44.45 (5)	44,450
6	John van der Vlugt	H55	HAA	44.47 (6)	44,470
7	Jan Smid	H55	GRO	45.05 (7)	45,050
8	Bert Piek	H55	LEE	45.09 (8)	45,090
	Cock Groot	H55	ALK	45.09 (8)	45,090
10	Ton van Klooster	H55	UTR	45.10 (10)	45,100
11	Lucas Melchior	H55	HAA	45.11 (11)	45,110
12	Matthijs de Vries	H55	LEE	45.92 (12)	45,920
13	Ad Groot	H55	ALK	46.11 (13)	46,110
14	Jan Mein	H55	GRO	46.13 (14)	46,130
15	Adriaan Provoost	H55	BRE	46.42 (15)	46,420
16	Kees Langeveld	H55	HAA	46.90 (16)	46,900

NK AFSTANDEN HEREN 500 METER

	Naam	Cat	Baan	500	Punten
1	Victor vd Hoff	H60	HAA	43.50 (1)	43,500
2	Hans van Peperstraten	H60	UTR	44.49 (2)	44,490
3	Pieter Siemonsma	H60	HVN	44.74 (3)	44,740
4	Dirk van Leen	H60	HRN	45.19 (4)	45,190
5	Sallo Spetter	H60	HAA	45.32 (5)	45,320
6	Sietse vd Werff	H60	AMS	45.56 (6)	45,560
7	Bert Keizer	H60	DEV	45.61 (7)	45,610
8	Kees Versluis	H60	UTR	45.79 (8)	45,790
9	Koos Polak	H60	BRE	46.51 (9)	46,510
10	Twan den Braber	H60	BRE	46.86 (10)	46,860
11	Simon Salome	H60	AMS	47.40 (11)	47,400
	Frank Steenkamp	H60	DNH	DQ	

	Naam	Cat	Baan	500	Punten
1	Jan Zijp	H65	ALK	46.22 (1)	46,220
2	Wibe Veenbaas	H65	UTR	46.34 (2)	46,340
3	Hans ten Hag	H65	DEV	47.50 (3)	47,500
4	Pieter den Dunnen	H65	BRE	48.04 (4)	48,040
5	Gerke Corstiaensen	H65	UTR	48.24 (5)	48,240
6	Jan Rodewijk	H65	DNH	48.28 (6)	48,280
7	Thomas Hoekstra	H65	UTR	49.01 (7)	49,010
8	Daan van der Have	H65	DNH	50.21 (8)	50,210
9	Ton Morsch	H65	ALK	52.05 (9)	52,050

	Naam	Cat	Baan	500	Punten
1	Kees Verdouw	H70	UTR	47.26 (1)	47,260
2	Jan vd Meulen	H70	EVN	47.42 (2)	47,420
3	Jan Boelen	H70	HVN	48.02 (3)	48,020
4	Wim Brand	H70	DEV	48.06 (4)	48,060
5	Nico Woldendorp	H70	DNH	49.10 (5)	49,100
6	Cees Stoop	H70	ALK	49.97 (6)	49,970
7	Bram de Vries	H70	AMS	50.56 (7)	50,560
8	Ypke Bouma	H70	LEE	50.58 (8)	50,580
9	Klaas Hulst	H70	ASS	51.87 (9)	51,870
10	Toon Kooijmans	H70	EVN	53.12 (10)	53,120

NK AFSTANDEN 1000 HEREN

	Naam	Cat	Baan	1000	Punten
1	Wibe Veenbaas	H65	UTR	1:34.15 (1)	47,075
2	Pieter den Dunnen	H65	BRE	1:35.37 (2)	47,685
3	Jan Zijp	H65	ALK	1:35.78 (3)	47,890
4	Gerke Corstiaensen	H65	UTR	1:36.34 (4)	48,170
5	Thomas Hoekstra	H65	UTR	1:39.23 (5)	49,615
6	Daan van der Have	H65	DNH	1:40.05 (6)	50,025
7	Hans ten Hag	H65	DEV	1:41.48 (7)	50,740
8	Ton Morsch	H65	ALK	1:44.54 (8)	52,270

	Naam	Cat	Baan	1000	Punten
1	Kees Verdouw	H70	UTR	1:34.61 (1)	47,305
2	Jan vd Meulen	H70	EVN	1:38.19 (2)	49,095
3	Jan Boelen	H70	HVN	1:38.94 (3)	49,470
4	Wim Brand	H70	DEV	1:40.39 (4)	50,195
5	Nico Woldendorp	H70	DNH	1:43.48 (5)	51,740
6	Ypke Bouma	H70	LEE	1:43.84 (6)	51,920
7	Toon Kooijmans	H70	EVN	1:46.36 (7)	53,180
8	Bram de Vries	H70	AMS	1:48.71 (8)	54,355
9	Cees Stoop	H70	ALK	1:49.07 (9)	54,535

NK AFSTANDEN 1500 HEREN

	Naam	Cat	Baan	1500	Punten
1	Johannes de Groot	HSB	HVN	2:02.43 (1)	40,810
2	Jeroen Schoppink	HSB	ENS	2:03.89 (2)	41,296
3	Jurre Kranenborg	HSB	DEV	2:07.71 (3)	42,570
4	Piet Pruijsen	HSB	DNH	2:08.90 (4)	42,966
5	Bas van Nispen	HSB	AMS	2:11.19 (5)	43,730
6	Henk Bos	HSB	HVN	2:11.20 (6)	43,733
7	Eelco Kooistra	HSB	HVN	2:11.56 (7)	43,853
8	Job Bohnen	HSB	AMS	2:13.46 (8)	44,486
9	Laurens Taekema	HSB	HVN	2:15.14 (9)	45,046
10	Bart van Vliet	HSB	DNH	2:18.62 (10)	46,206
	Brian Boelen	HSB	HVN	DNS	

	Naam	Cat	Baan	1500	Punten
1	Arjan Elferink	H40	GRO	2:04.77 (1)	41,590
2	Kees Hooft	H40	AMS	2:06.91 (2)	42,303
3	Olaf Wit	H40	AMS	2:07.68 (3)	42,560
4	Harry Pardijs	H40	DEV	2:12.80 (4)	44,266
5	Michel du Crocq	H40	TIL	2:13.71 (5)	44,570
6	Geert Fekken	H40	HVN	2:18.99 (6)	46,330
7	Arjen Keuning	H40	DNH	2:19.15 (7)	46,383
8	Martijn Willemsen	H40	EVN	2:22.54 (8)	47,513

NK AFSTANDEN HEREN 1500 METER

Naam	Cat	Baan	1500	Punten
1 Piet Hijlkema	H45	HVN	2:09.20 (1)	43,066
2 Vincent v Wersch	H45	BRE	2:11.75 (2)	43,916
3 Paul Robijn	H45	DNH	2:12.57 (3)	44,190
4 Arjan vd Meer	H45	HAA	2:14.21 (4)	44,736
5 Marco Bottelier	H45	ALK	2:14.23 (5)	44,743
6 Ard Neven	H45	DNH	2:14.33 (6)	44,776
7 Gert vd Scheer	H45	ASS	2:15.26 (7)	45,086
8 Eddy van Dijk	H45	UTR	2:16.22 (8)	45,406
9 Rob Wartenhorst	H45	ALK	2:16.61 (9)	45,536
10 Pieter Pennings	H45	BRE	2:18.72 (10)	46,240
11 Hans Brink	H45	DEV	2:19.11 (11)	46,370
12 Jaap Pereboom	H45	HRN	2:19.43 (12)	46,476
13 Koos Dijkstra	H45	ASS	2:19.75 (13)	46,583
14 Aart v Beuzekom	H45	UTR	2:25.17 (14)	48,390
Guus Olijerhoek	H45	GRO	DNS	
Frans Verhoeve	H45	HAA	DNS	

Naam	Cat	Baan	1500	Punten
1 Mario Hagen	H50	AMS	2:10.18 (1)	43,393
2 Jan vdStouwe	H50	HVN	2:10.67 (2)	43,556
3 Hans Spil	H50	UTR	2:11.38 (3)	43,793
4 Wijnand Kooiman	H50	DNH	2:13.08 (4)	44,360
5 Jos Drabbels	H50	DNH	2:14.04 (5)	44,680
6 Sjaak Botman	H50	HRN	2:14.25 (6)	44,750
7 Ruud Bouwmeester	H50	AMS	2:14.35 (7)	44,783
8 Roland ten Klooster	H50	DNH	2:15.18 (8)	45,060
9 Gerard Snel	H50	DNH	2:16.78 (9)	45,593
10 Jan Buisman	H50	HAA	2:18.81 (10)	46,270
11 Jim Verdurmen	H50	HAA	2:19.19 (11)	46,396
12 Ivo Meijer	H50	HRN	2:21.00 (12)	47,000
13 Marco Roos	H50	AMS	2:21.23 (13)	47,076
14 Gerlof Zwaga	H50	ALK	2:21.34 (14)	47,113
Fred Louter	H50	ALK	DNS	

NK AFSTANDEN HEREN 1500 METER

Naam	Cat	Baan	1500	Punten
1 Arjan Bakker	H55	DNH	2:09.26 (1)	43,086
2 Herman Vermeer	H55	UTR	2:13.88 (2)	44,626
3 John van der Vlugt	H55	HAA	2:14.37 (3)	44,790
4 Harm Smit	H55	NYM	2:14.96 (4)	44,986
5 Bart Brinksma	H55	AMS	2:15.99 (5)	45,330
6 Henk van Walderveen	H55	UTR	2:17.01 (6)	45,670
7 Jan Smid	H55	GRO	2:17.74 (7)	45,913
8 Rennie Verloop	H55	HRN	2:19.11 (8)	46,370
9 Jan Mein	H55	GRO	2:19.50 (9)	46,500
10 Ton van Klooster	H55	UTR	2:20.99 (10)	46,996
11 Cock Groot	H55	ALK	2:22.40 (11)	47,466
12 Kees Langeveld	H55	HAA	2:22.75 (12)	47,583
13 Adriaan Provoost	H55	BRE	2:24.22 (13)	48,073
14 Ad Groot	H55	ALK	2:27.75 (14)	49,250

Naam	Cat	Baan	1500	Punten
1 Victor vd Hoff	H60	HAA	2:15.91 (1)	45,303
2 Hans van Peperstraten	H60	UTR	2:19.44 (2)	46,480
3 Sallo Spetter	H60	HAA	2:21.23 (3)	47,076
4 Dirk van Leen	H60	HRN	2:22.65 (4)	47,550
5 Sietse van der Werff	H60	AMS	2:22.83 (5)	47,610
6 Pieter Siemonsma	H60	HVN	2:23.15 (6)	47,716
7 Frank Steenkamp	H60	DNH	2:24.97 (7)	48,323
8 Kees Versluis	H60	UTR	2:25.00 (8)	48,333
9 Simon Salome	H60	AMS	2:25.07 (9)	48,356
10 Bert Keizer	H60	DEV	2:26.20 (10)	48,733
11 Twan den Braber	H60	BRE	2:26.35 (11)	48,783
12 Koos Polak	H60	BRE	2:31.77 (12)	50,590

Naam	Cat	Baan	1500	Punten
1 Wibe Veenbaas	H65	UTR	2:20.89 (1)	46,963
2 Jan Zijp	H65	ALK	2:24.25 (2)	48,083
3 Pieter den Dunnen	H65	BRE	2:25.97 (3)	48,656
4 Thomas Hoekstra	H65	UTR	2:29.41 (4)	49,803
5 Hans ten Hag	H65	DEV	2:29.67 (5)	49,890
6 Daan van der Have	H65	DNH	2:30.22 (6)	50,073
7 Gerke Corstiaensen	H65	UTR	2:30.65 (7)	50,216
8 Ton van Velzen	H65	HAA	2:30.74 (8)	50,246
9 Ton Morsch	H65	ALK	2:35.40 (9)	51,800
Jan Rodewijk	H65	DNH	DQ	

NK AFSTANDEN HEREN 1500 METER

Naam	Cat	Baan	1500	Punten
1 Kees Verdouw	H70	UTR	2:22.18 (1)	47,393
2 Wim Brand	H70	DEV	2:27.18 (2)	49,060
3 Jan vd Meulen	H70	EVN	2:27.59 (3)	49,196
4 Jan Boelen	H70	HVN	2:29.85 (4)	49,950
5 Nico Woldendorp	H70	DNH	2:35.78 (5)	51,926
6 Toon Kooijmans	H70	EVN	2:38.62 (6)	52,873
7 Ypke Bouma	H70	LEE	2:39.09 (7)	53,030
8 Cees Stoop	H70	ALK	2:40.36 (8)	53,453
9 Klaas Hulst	H70	ASS	2:46.11 (9)	55,370
10 Bram de Vries	H70	AMS	2:46.14 (10)	55,380

NK AFSTANDEN 3000 HEREN

Naam	Cat	Baan	3000	Punten
1 Johannes de Groot	HSB	HVN	4:11.13 (1)	41,855
2 Jurre Kranenburg	HSB	DEV	4:18.19 (2)	43,031
3 Jeroen Schoppink	HSB	ENS	4:21.71 (3)	43,618
4 Laurens Taekema	HSB	HVN	4:36.27 (4)	46,045
5 Job Bohnen	HSB	AMS	4:40.54 (5)	46,756
6 Bart van Vliet	HSB	DNH	4:43.24 (6)	47,206

Naam	Cat	Baan	3000	Punten
1 Kees Hooft	H40	AMS	4:11.86 (1)	41,976
2 Arjan Elferink	H40	GRO	4:12.76 (2)	42,126
3 Olaf Wit	H40	AMS	4:23.09 (3)	43,848
4 Michel du Crocq	H40	TIL	4:29.58 (4)	44,930
5 Eric van den Berg	H40	UTR	4:31.10 (5)	45,183
6 Geert Fekken	H40	HVN	4:40.17 (6)	46,695
7 Marc Schuddemat	H40	UTR	4:42.00 (7)	47,000
8 Arjen Keuning	H40	DNH	4:47.74 (8)	47,956

NK AFSTANDEN HEREN 3000 METER

	Naam	Cat	Baan	3000	Punten
1	Piet Hijlkema	H45	HVN	4:32.10 (1)	45,350
2	Paul Robijn	H45	DNH	4:33.48 (2)	45,580
3	Gert vd Scheer	H45	ASS	4:33.56 (3)	45,593
4	Vincent v Wersch	H45	BRE	4:40.04 (4)	46,673
5	Ard Neven	H45	DNH	4:41.72 (5)	46,953
6	Marco Bottelier	H45	ALK	4:42.80 (6)	47,133
7	Robert Schouwenaar	H45	HAA	4:43.05 (7)	47,175
8	Pieter Pennings	H45	BRE	4:44.27 (8)	47,378
9	Rob Wartenhorst	H45	ALK	4:45.81 (9)	47,635
10	Eddy van Dijk	H45	UTR	4:46.05 (10)	47,675
11	Arjan vd Meer	H45	HAA	4:46.18 (11)	47,696
12	Sebastiaan van Leeuwen	H45	DNH	4:46.54 (12)	47,756
13	Jaap Pereboom	H45	HRN	4:47.16 (13)	47,860
14	Frans Verhoeve	H45	HAA	4:50.72 (14)	48,453
15	Guus Olijerhoek	H45	GRO	4:55.49 (15)	49,248
16	Aart v Beuzekom	H45	UTR	5:07.89 (16)	51,315

	Naam	Cat	Baan	3000	Punten
1	Wijnand Kooiman	H50	DNH	4:29.65 (1)	44,941
2	Mario Hagen	H50	AMS	4:32.85 (2)	45,475
3	Sjaak Botman	H50	HRN	4:33.58 (3)	45,596
4	Gerard Snel	H50	DNH	4:35.40 (4)	45,900
5	Hans Spil	H50	UTR	4:36.85 (5)	46,141
6	Jan van der Stouwe	H50	HVN	4:39.06 (6)	46,510
7	Ivo Meijer	H50	HRN	4:39.63 (7)	46,605
8	Jos Drabbels	H50	DNH	4:41.55 (8)	46,925
9	Fred Louter	H50	ALK	4:45.79 (9)	47,631
10	Klaas van den Berg	H50	UTR	4:51.24 (10)	48,540
11	Ruud Bouwmeester	H50	AMS	4:51.25 (11)	48,541
12	Jim Verdurmen	H50	HAA	4:51.29 (12)	48,548
13	Jan Buisman	H50	HAA	4:52.53 (13)	48,755
14	Roland ten Klooster	H50	DNH	4:54.53 (14)	49,088
15	Andre van Zaane	H50	AMS	4:57.87 (15)	49,645
16	Marco Roos	H50	AMS	4:58.99 (16)	49,831

NK AFSTANDEN HEREN 3000 METER

Naam	Cat	Baan	3000	Punten
1 Arjan Bakker	H55	DNH	4:27.55 (1)	44,591
2 Herman Vermeer	H55	UTR	4:32.25 (2)	45,375
3 Harm Smit	H55	NYM	4:32.81 (3)	45,468
4 John van der Vlugt	H55	HAA	4:35.04 (4)	45,840
5 Ton van Klooster	H55	UTR	4:37.58 (5)	46,263
6 Jan Smid	H55	GRO	4:46.02 (6)	47,670
7 Adriaan Provoost	H55	BRE	4:47.67 (7)	47,945
8 Bart Brinksma	H55	AMS	4:48.53 (8)	48,088
9 Cock Groot	H55	ALK	4:50.47 (9)	48,411
10 Jan Mein	H55	GRO	4:50.77 (10)	48,461
11 Rennie Verloop	H55	HRN	4:50.85 (11)	48,475
12 Kees Langeveld	H55	HAA	4:56.69 (12)	49,448
13 Jan Heeres	H55	NYM	4:58.32 (13)	49,720
14 Bert Piek	H55	LEE	4:58.54 (14)	49,756
15 Ad Groot	H55	ALK	5:01.65 (15)	50,275

Naam	Cat	Baan	3000	Punten
1 Victor vd Hoff	H60	HAA	4:44.17 (1)	47,361
2 Hans van Peperstraten	H60	UTR	4:44.84 (2)	47,473
3 Dirk van Leen	H60	HRN	4:50.74 (3)	48,456
4 Sallo Spetter	H60	HAA	4:51.30 (4)	48,550
5 Pieter Siemonsma	H60	HVN	4:55.71 (5)	49,285
6 Sietse vd Werff	H60	AMS	4:57.59 (6)	49,598
7 Simon Salome	H60	AMS	4:59.05 (7)	49,841
8 Frank Steenkamp	H60	DNH	4:59.12 (8)	49,853
9 Twan den Braber	H60	BRE	5:00.17 (9)	50,028
10 Kees Versluis	H60	UTR	5:00.53 (10)	50,088
11 Theo Heuzen	H60	AMS	5:00.74 (11)	50,123
12 Koos Polak	H60	BRE	5:11.45 (12)	51,908
13 Bert Keizer	H60	DEV	5:13.33 (13)	52,221

Naam	Cat	Baan	3000	Punten
1 Wibe Veenbaas	H65	UTR	5:08.51 (1)	51,418
2 Pieter den Dunnen	H65	BRE	5:16.52 (2)	52,753
3 Gerke Corstiaensen	H65	UTR	5:28.45 (3)	54,741
4 Wout Speksnijder	H65	DNH	5:32.77 (4)	55,461
5 Thomas Hoekstra	H65	UTR	5:32.84 (5)	55,473
6 Hans ten Hag	H65	DEV	5:35.38 (6)	55,896
7 Kees Hoek	H65	DNH	5:39.33 (7)	56,555
Jan Zijp	H65	ALK	DQ	

NK AFSTANDEN HEREN 3000 METER

	Naam	Cat	Baan	3000	Punten
1	Kees Verdouw	H70	UTR	5:07.48 (1)	51,246
2	Jan Boelen	H70	HVN	5:25.97 (2)	54,328
3	Jan van der Meulen	H70	EVN	5:27.81 (3)	54,635
4	Nico Woldendorp	H70	DNH	5:41.17 (4)	56,861
5	Toon Kooijmans	H70	EVN	5:45.11 (5)	57,518

NK AFSTANDEN 5000 HEREN

	Naam	Cat	Baan	5000	Punten
1	Johannes de Groot	HSB	HVN	7:40.12 (1)	46,012
2	Jurre Kranenburg	HSB	DEV	7:56.03 (2)	47,603
3	Jeroen Schoppink	HSB	ENS	8:06.08 (3)	48,608
4	Laurens Taekema	HSB	HVN	8:23.43 (4)	50,343
5	Bart van Vliet	HSB	DNH	8:37.44 (5)	51,744
6	Job Bohnen	HSB	AMS	8:41.77 (6)	52,177

	Naam	Cat	Baan	5000	Punten
1	Arjan Elferink	H40	GRO	7:26.49 (1)	44,649
2	Kees Hooft	H40	AMS	7:31.28 (2)	45,128
3	Olaf Wit	H40	AMS	8:04.42 (3)	48,442
4	Michel du Crocq	H40	TIL	8:11.20 (4)	49,120
5	Geert Fekken	H40	HVN	8:33.90 (5)	51,390

	Naam	Cat	Baan	5000	Punten
1	Piet Hijlkema	H45	HVN	7:49.95 (1)	46,995
2	Ard Neven	H45	DNH	8:01.48 (2)	48,148
3	Marco Bottelier	H45	ALK	8:02.53 (3)	48,253
4	Gert vd Scheer	H45	ASS	8:09.62 (4)	48,962
5	Paul Robijn	H45	DNH	8:15.31 (5)	49,531
6	Vincent v Wersch	H45	BRE	9:08.44 (6)	54,844

	Naam	Cat	Baan	5000	Punten
1	Gerard Snel	H50	DNH	8:03.09 (1)	48,309
2	Sjaak Botman	H50	HRN	8:05.90 (2)	48,590
3	Wijnand Kooiman	H50	DNH	8:06.73 (3)	48,673
4	Mario Hagen	H50	AMS	8:08.26 (4)	48,826
5	Hans Spil	H50	UTR	8:16.69 (5)	49,669
6	Jan van der Stouwe	H50	HVN	9:23.01 (6)	56,301

NK AFSTANDEN 5000 HEREN

	Naam	Cat	Baan	5000	Punten
1	Sietse vd Werff	H60	AMS	8:31.39 (1)	51,139
2	Victor vd Hoff	H60	HAA	8:38.32 (2)	51,832
3	Sallo Spetter	H60	HAA	8:43.66 (3)	52,366
4	Pieter Siemonsma	H60	HVN	8:48.50 (4)	52,850
5	Dirk van Leen	H60	HRN	8:59.66 (5)	53,966
	Hans van Peperstraten	H60	UTR	DQ	

