



Paul Veenemans Prijs

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#	St. nr.	Cat.		Ploegnaam	Deelnemer	R	Wielrennen		Schaatsen		Hardlopen		Roeien		Totaal Punten
1	13	H		Willem III	Rik Rienks	1x	13:44.6	110.0	0.0	17:50.8	108.4	11:31.1	110.0	328.401	
2	41	HM	A	Tromp	Martijn Veling	1x	14:09.8	109.0	06:35.6	110.0	17:08.4	109.7	13:09.8	103.7	323.444
3	21	HM	A	DDS 2	Sander van Dijk	1x	15:21.3	106.2	0.0	17:01.1	109.9	12:39.0	105.7	321.831	
4	4	H		Orca 2	Pieter Haijtema	2-	15:02.7	106.9	0.0	18:43.6	106.8	12:12.5 11:34.3	107.4	321.068	
5	20	HM	A	Gyas	Koen Luppess	1x	14:54.4	107.3	07:12.7	105.3	18:31.6	107.1	12:31.4	106.2	320.565
6	5	H		Oxford	Tom Schwantje	1x	15:00.3	107.0	09:30.7	87.8	16:59.2	110.0	13:28.1	102.6	319.595
7	14	H		Laga	Pim Kloet	1x	14:27.0	108.3	0.0	19:07.7	106.0	12:58.9	104.4	318.775	
8	10	HM	D	ARC/Gyas	Bas Nieuwenhuis	2-	15:32.5	105.8	06:38.9	109.6	0.0	13:19.7 12:38.0	103.1	318.445	
9	1	H		Zwolsche/Phocas	Erwin Huzen	2-	14:18.5	108.7	09:12.3	90.1	22:15.8	100.2	12:35.7 11:56.3	105.9	314.754
10	60	D		Nereus	Martine Veldhuis	1x	15:41.9	105.4	0.0	20:20.0	103.8	12:47.3	105.2	314.331	
11	8	HM	A	Proteus	Stefan van den Toorn	2-	16:03.6	104.5	0.0	20:41.8	103.1	12:41.2 12:01.5	105.5	313.191	
12	46	HM	C	Daventria 1	Johan Arnold	1x	16:27.2	103.6	0.0	18:52.3	106.5	13:21.1	103.0	313.123	
13	3	H		Orca 2	Pim Mathijssen	2-	17:09.8	101.9	0.0	20:22.3	103.7	12:12.5 11:34.3	107.4	313.019	
14	7	HM	A	Proteus	Jiri de Vos	2-	16:19.5	103.9	0.0	20:55.7	102.7	12:41.2 12:01.5	105.5	312.136	
15	23	HM	C	ARC 2	Jurriaan Hamstra	1x	18:41.3	98.4	06:50.0	108.2	20:17.2	103.9	14:23.1	99.1	311.109
16	50	J18		Daventria	Thada de Bruijne	1x	16:38.1	103.2	0.0	19:46.7	104.8	13:23.6	102.9	310.850	
17	61	D		Zwolsche	Benita de Man	1x	17:19.3	101.6	07:01.5	106.7	0.0	13:34.7	102.1	310.431	
18	16	H		RIC	Sep Gieskens	1x	15:38.2	105.5	07:44.0	101.3	0.0	13:12.5	103.6	310.417	
19	38	HM	D	Beatrix	Ignace van den Heuvel	1x	16:08.7	104.3	0.0	20:15.9	103.9	13:36.2	102.1	310.299	
20	17	H		Zwolsche	Robert Orsel	1x	17:29.0	101.2	0.0	19:14.5	105.8	13:16.7	103.3	310.288	
21	22	HM	C	Alkmaarsche	Frank Al	1x	16:32.9	103.4	07:25.2	103.7	0.0	13:37.2	102.0	309.086	
22	39	HM	A	De Hunze 3	Anne Wiebe Hoekstra	1x	17:04.7	102.1	0.0	20:38.5	103.2	13:15.0	103.4	308.747	
23	15	H		Alkmaarsche	Mads Ottenbros	1x	16:15.4	104.1	07:55.6	99.8	20:42.8	103.1	13:46.8	101.4	308.529
24	2	H		Zwolsche/Phocas	Benjamin Beekman	2-	15:50.1	105.1	08:15.2	97.4	0.0	12:35.7 11:56.3	105.9	308.329	
25	49	J18		De Hunze	Simon van Dijk	1x	17:10.4	101.9	0.0	21:57.5	100.8	12:47.3	105.2	307.835	
26	62	D		Laga	Inger van Dok	1x	18:00.9	99.9	07:04.8	106.3	0.0	13:48.2	101.3	307.521	
27	45	HM	A	ARC 1	Bouke Lubach	1x	15:19.3	106.3	07:53.2	100.2	0.0	13:55.5	100.8	307.260	
28	25	HM	A	Breda	Freek de Groot	1x	17:15.8	101.7	08:28.3	95.7	21:13.6	102.1	13:34.8	102.1	305.965
29	30	HM	C	De Hunze 4	Ewoud ter Avest	1x	16:06.7	104.4	07:22.5	104.0	21:13.6	102.1	14:53.1	97.2	305.636
30	52	D		Skoll	Minke Holleboom	2-	16:59.5	102.3	10:38.4	79.2	20:46.9	102.9	14:12.1 13:27.7	99.8	305.063
31	43	HM	E	Hemus 1	Jantinus Ziengs	1x	17:10.9	101.9	0.0	21:07.7	102.3	13:58.7	100.6	304.822	
32	40	HM	E	De Hunze 1	Marten Imelman	1x	18:41.4	98.3	07:30.9	103.0	0.0	13:15.4	103.4	304.703	
33	34	HM	E	Viking	Gerard van Bruggen	1x	0.0	07:49.7	100.6	21:03.3	102.4	13:58.7	100.6	303.655	
34	76	DM	E	Rijnland 4	Willeke van der Weide	1x	17:13.1	101.8	07:29.4	103.2	0.0	14:30.3	98.6	303.601	
35	48	J18		Spaarne	Tomer Havivi	1x	18:52.6	97.9	0.0	19:48.8	104.7	13:58.0	100.7	303.319	
36	44	HM	C	Euros	Lars Hoeksel	1x	17:45.1	100.6	07:24.9	103.7	0.0	14:39.9	98.0	302.306	
37	42	HM	A	De Hunze 2	Joost Kuiper	1x	18:09.5	99.6	0.0	22:05.2	100.5	13:37.2	102.0	302.106	
38	35	HM	A	Hemus 2	Thomas Voswinkel	1x	17:05.5	102.1	07:07.9	105.9	0.0	15:43.4	94.0	301.984	
39	83	DM	C	Rijnland 2	Hedi van Dijk	1x	17:03.8	102.2	09:55.7	84.6	22:05.3	100.5	14:32.7	98.5	301.156
40	65	D		Proteus 1	Ingmar Visser	1x	17:07.4	102.0	08:30.2	95.5	23:22.6	98.1	13:54.8	100.9	301.027
41	47	HM	A	Zwolsche 2	Sander Heijkoop	1x	17:20.1	101.5	0.0	23:53.6	97.2	13:36.7	102.0	300.718	
42	55	D		Laak	Isa van Rijswijk	2-	18:27.9	98.9	0.0	21:20.1	101.9	14:11.6 13:27.2	99.8	300.595	
43	18	H		Proteus	Wouter Breedveld	1x	17:52.1	100.3	10:10.0	82.8	23:53.2	97.2	13:19.8	103.1	300.547

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44	51	J18		De Hunze	Daan Munneke	1x	18:31.4	98.7		0.0	22:45.7	99.3	13:30.0	102.4	300.448
45	72	DM	B	Hemus	Helma Kniest-de Jong	1x	18:00.9	99.9	07:40.0	101.8		0.0	14:35.3	98.3	300.062
46	36	HM	A	De Hunze 7	Steven Russcher	1x	18:22.6	99.1		0.0	23:39.7	97.6	13:26.0	102.7	299.374
47	37	HM	F	De Hunze 8	Willem Larmoyeur	1x	18:44.6	98.2		0.0	22:24.2	99.9	13:51.0	101.1	299.262
48	66	D		RIC 2	Mila Burger	1x	17:57.4	100.1	07:29.8	103.1		0.0	15:12.6	95.9	299.124
49	54	D		Laak	Carlijn de Rooij	2-	18:13.3	99.5		0.0	23:27.1	98.0	14:11.6 13:27.2	99.8	297.233
50	89	M18		Aengwirden 1	Lieke Wiersma	1x	18:42.0	98.3	07:42.0	101.6		0.0	15:03.8	96.5	296.384
51	58	DM	A	Hunze	Cheryl Everlo	2-	18:30.2	98.8		0.0	23:31.2	97.9	14:20.5 13:35.6	99.2	295.877
52	68	DM	C	RIC 4	Nikki Mulder	1x	17:57.7	100.1		0.0	22:20.5	100.0	15:26.0	95.1	295.182
53	80	DM	D	De Hunze 1	Anneke Venema	1x	18:44.7	98.2		0.0	23:59.5	97.0	14:20.0	99.3	294.462
54	32	HM	C	DDS 1	Misha Nuis	1x	19:49.2	95.7		0.0	22:59.4	98.8	14:16.6	99.5	294.008
55	57	DM	C	VADA/Daventria	Marjolein Snippe	2-	19:35.8	96.2		0.0	21:44.4	101.2	15:21.0 14:33.0	95.4	292.767
56	11	J18		ARC	Floris van de Beek	2x	19:23.3	96.7		0.0	25:53.6	93.4	13:33.9 12:13.2	102.2	292.340
57	12	J18		ARC	Lars Lensen	2x	20:24.2	94.3		0.0	24:37.8	95.8	13:33.9 12:13.2	102.2	292.298
58	19	HM	E	RIC	Roel van der Steen	1x	18:52.7	97.9		0.0	25:24.1	94.4	14:11.5	99.8	292.067
59	74	DM	F	De Hunze 5	Tekla Admiraal-Kok	1x	18:41.5	98.3	08:06.9	98.4		0.0	15:30.0	94.8	291.579
60	53	D		Skoll	Maud Joostens	2-	19:27.2	96.5		0.0	25:08.9	94.8	14:12.1 13:27.7	99.8	291.145
61	79	DM	B	RIC 1	Ellen Maas	1x	19:55.5	95.4		0.0	24:47.6	95.5	14:08.5	100.0	290.923
62	63	D		Proteus 2	Julia Rademaker	1x		0.0	08:45.9	93.5	22:21.9	100.0	14:58.5	96.8	290.288
63	77	DM	D	Maas	Peggy Tolk	1x	18:38.1	98.5		0.0	23:45.5	97.4	15:40.3	94.2	290.054
64	78	DM	C	De Hunze 3	Janneke Bosch	1x	19:02.4	97.5		0.0	25:13.6	94.7	15:07.4	96.3	288.460
65	67	DM	E	Viking	Clarine Bronkhorst	1x	19:39.8	96.1	08:16.9	97.1	23:26.8	98.0	15:53.7	93.3	288.450
66	87	DM	A	De Hunze 4	Nienke Mekkes	1x	18:48.1	98.1		0.0	28:35.1	88.4	13:39.0	101.9	288.393
67	59	DM	A	Hunze	Anna Goldberg	2-	18:54.1	97.8		0.0	27:29.3	90.5	14:20.5 13:35.6	99.2	287.560
68	28	HM	E	De Hunze 5	Altinus Meijer	1x	18:04.4	99.8		0.0	25:24.9	94.3	16:03.0	92.7	286.854
69	29	HM	E	Zwolsche 1	Mathieu van der Veen	1x	20:48.5	93.4		0.0	24:45.2	95.6	15:06.1	96.3	285.257
70	56	DM	D	VADA/Daventria	Marieke de Lange	2-	20:53.4	93.2		0.0	24:35.1	95.9	15:21.0 14:33.0	95.4	284.431
71	75	DM	C	Rijnland 3	Lisette Elsinga	1x	19:44.9	95.9		0.0	27:47.7	89.9	14:45.2	97.7	283.426
72	31	HM	E	De Kogge	Arno Smit	1x	15:48.6	105.1	07:17.7	104.7	21:41.5	101.3	21:08.6	73.3	283.099
73	73	DM	B	De Hunze 2	Ilse Russcher	1x	19:09.6	97.2		0.0	25:18.1	94.5	16:29.4	91.0	282.828
74	84	DM	C	RIC 2	Floor van Gulik	1x	19:37.0	96.2		0.0	26:58.9	91.4	15:24.9	95.1	282.726
75	26	HM	G	Weesp	Frank van de Gender	1x	18:51.4	98.0		0.0	25:02.3	95.0	16:55.1	89.4	282.399
76	69	DM	E	De Kogge 2	Ruth Visser	1x	19:11.3	97.2	08:45.9	93.5		0.0	17:14.4	88.2	278.827
77	82	DM	E	De Hunze 6	Trude de Vroomen	1x	20:42.4	93.6		0.0	26:39.1	92.0	16:08.2	92.4	278.021
78	9	HM	C	ARC/Gyas	Jens Rasmussen	2-	16:16.8	104.0	11:46.4	70.6		0.0	13:19.7 12:38.0	103.1	277.683
79	88	M18		Aengwirden 2	Marylou Fischer	1x		0.0	10:15.1	82.1	23:58.4	97.0	14:48.2	97.5	276.632
80	71	DM	C	Beatrix	Lieke Droog	1x	21:02.9	92.8		0.0	28:42.1	88.2	15:17.6	95.6	276.620
81	70	DM	D	Zwolsche	Lieke Poot	1x	21:45.6	91.1		0.0	28:19.3	88.9	15:15.3	95.8	275.796
82	86	DM	E	RIC 3	Margriet Lucassen	1x		0.0	10:02.8	83.7	25:19.0	94.5	15:02.2	96.6	274.806
83	81	DM	F	De Kogge 1	Mirjam Breeuwer-Prins	1x	22:24.7	89.6		0.0	30:43.5	84.5	16:26.5	91.2	265.269
84	64	D		RIC 1	Mente Schipper	1x	22:11.7	90.1	12:01.6	68.6		0.0	18:51.0	82.1	240.772
85	6	H		Oxford	Nicholas Ryan	2-	15:51.6	105.0	16:26.8	35.0	17:03.2	109.9		0.0	214.890
86	85	DM	F	Rijnland 1	Boujou Nix	1x	21:56.6	90.7		0.0		0.0	15:50.3	93.5	184.216
87	24	HM	D	De Hunze 6	Pieter Dieleman	1x		0.0	08:01.1	99.1		0.0		0.0	99.150
88	27	HM	F	Daventria 2	Robert Duzijn	1x		0.0		0.0		0.0		0.0	0.000
89	33	HM	H	Skylla	Syte Krist	1x		0.0		0.0		0.0		0.0	0.000

