



Paul Veenemans Prijs 2019

9 & 10 november ZRZV Zwolle

Paul Veenemans Prijs 2019

#	St. nr.	Cat.	Ploegnaam	Deelnemer	R	Wielrennen	Schaatsen	Hardlopen	Roeien	Totaal Punten	
1	20	H	Nereus 1	Rienks, Rik	2-	14:14.0 109.6	0.0	18:56.2 107.4	11:40.5 11:04.0	110.0	326.939
2	1	H	Willem III	Steenman, Mitchel	1x	14:31.2 108.7	06:24.7 110.0	0.0	12:07.0	108.1	326.813
3	9	H	Proteus 4	Geraedts, Tim	1x	14:06.0 110.0	0.0	17:36.6 110.0	12:48.0	105.2	325.196
4	22	H	Orca 1	Timmer, Jort	2-	14:19.8 109.3	0.0	17:38.0 110.0	12:42.8 12:03.0	105.6	324.807
5	21	H	Laga 1	Rienks, Ralf	2-	15:35.5 105.4	0.0	17:59.2 109.2	11:40.5 11:04.0	110.0	324.628
6	2	H	Maas	Rom Colthoff, Pieter	1x	14:14.3 109.6	0.0	17:50.8 109.5	12:45.0	105.4	324.508
7	63	HV	A DDS 2	Dijk, Sander van	1x	14:49.7 107.7	08:16.5 96.7	17:39.5 109.9	12:38.0	105.9	323.558
8	64	HV	B Hoop 1	Munneke, Michiel	1x	0.0	06:43.2 107.8	18:31.7 108.2	12:39.0	105.8	321.804
9	11	H	Triton 2	Jong, Lay de	1x	15:47.8 104.7	0.0	17:57.6 109.3	12:20.0	107.2	321.234
10	31	H	Phocas 2	Jongste, Dennis	1x	14:20.4 109.3	0.0	19:00.3 107.2	12:59.0	104.4	320.885
11	8	H	Triton 1	Brussel, Ben van	1x	15:44.5 104.9	06:43.6 107.8	0.0	12:14.0	107.6	320.283
12	49	HV	B Willem III	Gualthérie van Weezel, Tjerk	1x	0.0	06:33.1 109.0	19:09.0 106.9	13:03.0	104.1	320.055
13	3	H	Gyas 1	Luppés, Koen	1x	14:59.1 107.3	07:40.6 101.0	19:39.5 105.9	12:37.0	106.0	319.149
14	67	HV	A Jason	Dekker, Erik	1x	16:24.8 102.8	0.0	18:23.1 108.5	12:16.0	107.5	318.764
15	48	HV	A Daventria 2	Dietrich, Erik	1x	15:04.1 107.0	06:45.2 107.6	0.0	13:03.0	104.1	318.691
16	13	H	Hoop	Geraedts, Mitch	1x	16:08.9 103.7	0.0	18:24.9 108.4	12:43.0	105.6	317.600
17	51	HV	F Poseidon	Gans, Jan Frits de	1x	14:21.6 109.2	07:01.0 105.7	0.0	13:31.0	102.1	317.014
18	50	HV	C ARC	Nieuwenhuis, Bas	1x	14:24.7 109.0	07:16.7 103.8	0.0	13:03.0	104.1	316.980
19	7	H	Laga 2	Bremer, Philip den	1x	16:13.5 103.4	06:59.9 105.8	0.0	12:15.0	107.5	316.777
20	28	H	Njord	Lankhorst, Jan	2-	15:29.2 105.7	0.0	19:10.3 106.9	13:11.3 12:30.0	103.5	316.132
21	29	H	Njord	Pastors, Milan	2-	0.0	07:00.4 105.8	19:31.8 106.2	13:11.3 12:30.0	103.5	315.467
22	10	H	Nereus 3	Frenkel, Nathan	1x	15:54.8 104.4	0.0	19:30.4 106.2	13:00.0	104.3	314.939
23	14	H	Laga 3	Stolper, Louis	1x	16:19.0 103.1	0.0	21:32.4 102.2	12:07.0	108.1	313.403
24	52	HV	D Ruyter 1	Dok, Cees van	1x	15:26.6 105.8	07:09.5 104.7	0.0	13:30.0	102.2	312.730
25	6	H	Gyas 2	Bleijswijk, Hans	1x	15:52.1 104.5	0.0	18:50.1 107.6	13:54.0	100.5	312.584
26	36	D	Orca	Janssen, Inge	1x	15:39.2 105.2	0.0	22:04.6 101.1	12:40.0	105.8	312.038
27	65	HV	B Aengwirden	Wiersma, Alex	1x	16:05.3 103.8	07:03.3 105.4	0.0	13:24.0	102.6	311.885
28	84	HV	E Naarden	Wiemer, Jeroen	1x	16:03.0 104.0	07:16.9 103.8	21:22.2 102.5	13:19.0	103.0	310.742
29	35	D	Okeanos	Man, Benita de	1x	16:34.3 102.3	07:07.1 105.0	0.0	13:14.0	103.3	310.647
30	16	H	Proteus 1	Vos, Jiri de	1x	16:27.5 102.7	0.0	20:43.1 103.8	13:03.0	104.1	310.624
31	37	D	Nereus 1	Veldhuis, Marike	1x	15:53.4 104.5	0.0	21:16.4 102.7	13:28.0	102.3	309.492
32	23	H	Orca 2	Laken, Pelle	2-	16:45.9 101.7	07:39.7 101.1	0.0	12:42.8 12:03.0	105.6	308.393
33	34	D	Willem III	Meulen, Janneke Van der	1x	16:33.7 102.4	0.0	21:35.9 102.0	13:14.0	103.3	307.759
34	27	H	Argo 3	Hout, Kevin	2-	15:02.4 107.1	08:38.4 94.1	0.0	12:38.5 11:59.0	105.9	307.062
35	78	HV	B Zwolsche 6	Larmené, Frans	1x	16:42.5 101.9	0.0	22:13.0 100.8	13:08.0	103.8	306.498
36	66	HV	C Zwolsche 8	Krol, Rinze	1x	15:43.5 105.0	0.0	22:37.2 100.0	13:41.0	101.4	306.390
37	53	HV	C Alkmaarsche	Al, Frank	1x	16:28.0 102.7	0.0	22:26.9 100.3	13:16.0	103.2	306.215
38	5	H	Nereus 2	Start, Thomas	1x	16:38.9 102.1	0.0	22:54.5 99.4	12:57.0	104.6	306.086
39	26	H	Argo 2	Breeuwer, Marten	2-	16:25.4 102.8	08:14.3 97.0	0.0	12:38.5 11:59.0	105.9	305.643
40	40	D	Euros	Holleboom, Minke	1x	17:20.1 100.0	0.0	21:41.8 101.8	13:19.0	103.0	304.812
41	55	HV	C Ruyter 3	Verwijs, Mark	1x	16:24.5 102.8	07:35.2 101.6	22:10.6 100.9	14:08.0	99.5	303.969
42	54	HV	C Hunze 2	Dieleman, Pieter	1x	17:18.4 100.1	07:39.6 101.1	0.0	13:33.0	102.0	303.154
43	56	HV	E Hunze 1	Larmoyeur, Willem	1x	17:37.9 99.1	0.0	21:35.0 102.1	13:36.0	101.8	302.909

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44	72	HV	E	DDS 1	Velde, Wouter op den	1x	16:46.8	101.7	07:46.5	100.3	0.0	14:07.0	99.6	301.545	
45	57	HV	B	Euros	Hoeksel, Lars	1x	16:42.5	101.9	07:32.4	102.0	0.0	14:38.0	97.4	301.237	
46	15	H		Zwolsche	Sikkens, Daan Tobias	1x	18:04.2	97.7	0.0	21:43.9	101.8	13:38.0	101.6	301.113	
47	39	D		Nereus 2	Boomgaard, Martine van den	1x	17:45.8	98.7	0.0	23:26.2	98.4	13:13.0	103.4	300.439	
48	104	DV	B	Vada 2	Jong, Helma de	1x	17:11.1	100.4	07:23.2	103.0	0.0	14:44.0	96.9	300.427	
49	116	J18		Daventria	Mul, Diewert	1x	17:53.9	98.2	0.0	23:02.6	99.2	13:35.0	101.9	299.240	
50	12	H		Argo 1	Heckert, Olaf	1x	17:06.3	100.7	09:35.7	87.3	21:32.6	102.1	14:55.0	96.2	298.997
51	82	HV	F	Daventria 1	Duzijn, Robert	1x	18:04.0	97.7	0.0	22:09.8	100.9	14:00.0	100.1	298.696	
52	88	HV	A	Zwolsche 2	Dijk, Roderick	2-	17:20.6	100.0	0.0	22:52.3	99.5	14:14.6 13:30.0	99.0	298.483	
53	115	J18		Alkmaarsche	Eijskoot, Tos	1x	18:03.7	97.7	11:45.6	71.8	22:59.3	99.3	13:42.0	101.4	298.351
54	25	H		Proteus 3	Mahieu, Valentijn	2-	17:19.3	100.0	0.0	23:23.5	98.5	14:05.1 13:21.0	99.7	298.189	
55	108	DV	C	Jason	Reijers, Martine	1x	16:37.3	102.2	09:00.9	91.4	21:52.3	101.5	15:25.0	94.0	297.704
56	42	D		Ruyter	Dok, Inger van	1x	17:39.9	99.0	07:18.0	103.7	0.0	15:11.0	95.0	297.637	
57	79	HV	F	Zwolsche 4	Horst, Jan	1x	17:00.2	101.0	08:01.7	98.5	0.0	14:30.0	97.9	297.409	
58	94	DV	B	Zwolsche 5	Reedt Dortland, Maartje van	1x	18:25.0	96.6	0.0	20:57.0	103.3	14:39.0	97.3	297.258	
59	83	HV	G	Skylla	Krist, Syte	1x	16:29.3	102.6	07:55.5	99.2	0.0	15:05.0	95.4	297.250	
60	43	D		RIC	Burger, Mila	1x	17:54.7	98.2	07:13.6	104.2	0.0	15:19.0	94.4	296.827	
61	89	HV	B	Zwolsche 3	Dijk, Ruben	2-	17:21.1	99.9	0.0	23:47.6	97.7	14:14.6 13:30.0	99.0	296.618	
62	68	HV	C	Hoop 2	Drenth, Jasper	1x	18:59.0	94.9	07:49.2	100.0	0.0	14:00.0	100.1	294.897	
63	101	DV	D	Viking 1	Bronkhorst, Clarine	1x	18:49.8	95.3	07:48.8	100.0	22:55.9	99.4	15:10.0	95.1	294.467
64	77	HV	D	Zwolsche 5	Veen, Mathieu van der	1x	19:11.7	94.2	0.0	22:58.3	99.3	13:52.0	100.6	294.157	
65	103	DV	B	Hoop	Horst, Jannemieke ter	1x	18:00.1	97.9	0.0	23:11.9	98.8	14:53.0	96.3	293.059	
66	107	DV	B	Viking 2	Mije, Mira van der	1x	16:30.0	102.6	08:40.4	93.9	0.0	14:59.0	95.9	292.302	
67	122	M18		Amstel 1	Molen, Phaedra van der	1x	19:05.5	94.5	0.0	23:23.3	98.5	14:11.0	99.3	292.293	
68	69	HV	C	Zwolsche 10	Harink, Frank	1x	17:55.6	98.1	0.0	26:31.0	92.2	13:35.0	101.9	292.219	
69	92	DV	C	Hunze 2	Bosch, Janneke	1x	17:23.2	99.8	0.0	24:54.5	95.4	14:45.0	96.9	292.120	
70	81	HV	C	Zwolsche 9	Heerschop, Jan	1x	18:02.0	97.8	0.0	24:59.7	95.3	14:24.0	98.4	291.439	
71	38	D		DDS 2	Portengen, Leonoor	1x	18:06.3	97.6	0.0	25:36.3	94.0	14:05.0	99.7	291.351	
72	59	HV	A	DDS 3	Campen, Laurens van	1x	15:09.0	106.7	10:12.8	82.9	0.0	13:42.0	101.4	290.977	
73	58	HV	F	Weesp	Gender, Frank van de	1x	17:07.7	100.6	0.0	23:58.1	97.3	15:47.0	92.5	290.387	
74	85	HV	F	Breda 2	Buitendijk, Wim	1x	18:17.3	97.0	07:54.7	99.3	0.0	15:29.0	93.7	290.061	
75	75	HV	C	Daventria 3	Schaap, Martin	1x	20:51.2	89.1	0.0	22:15.5	100.7	14:13.0	99.1	288.949	
76	117	J18		Pampus	Blokhuis, Ruben	1x	18:31.4	96.3	0.0	26:05.2	93.1	14:19.0	98.7	288.098	
77	102	DV	C	Zwolsche 3	Brouwer, Janna	1x	18:44.5	95.6	0.0	25:09.7	94.9	14:42.0	97.1	287.631	
78	60	HV	E	Ruyter 2	Santen, Jorg	1x	19:00.3	94.8	0.0	25:47.3	93.7	14:29.0	98.0	286.495	
79	96	DV	B	Beatrix 2	Klawer, Antoinette	1x	18:05.1	97.7	0.0	27:47.5	89.7	14:25.0	98.3	285.625	
80	73	HV	G	Breda 1	Rijk, Marno	1x	17:59.1	98.0	08:59.4	91.6	0.0	14:58.0	95.9	285.514	
81	24	H		Proteus 2	Jager, Max	2-	18:59.9	94.8	0.0	27:22.9	90.5	14:05.1 13:21.0	99.7	285.031	
82	61	HV	H	Amycus	Maarleveld, Gert-Jan	1x	18:53.8	95.1	08:45.1	93.3	0.0	14:51.0	96.4	284.889	
83	105	DV	A	Alkmaarsche 2	Koppes, Amanda	1x	20:17.9	90.8	0.0	26:11.8	92.9	14:02.0	99.9	283.590	
84	93	DV	E	Alkmaarsche 1	Russell-van der Zee, Anneloes	1x	19:15.8	94.0	08:43.2	93.5	0.0	15:07.0	95.3	282.840	
85	98	DV	C	Beatrix 1	Fonville, Judy	1x	18:50.5	95.3	09:04.5	91.0	0.0	15:05.0	95.4	281.756	
86	99	DV	C	Zwolsche 4	Storm, Janette	1x	19:02.8	94.7	08:57.6	91.8	0.0	15:15.0	94.7	281.230	
87	112	DV	C	Daventria	Snippe, Marjolein	2-	20:34.4	89.9	0.0	24:31.5	96.2	15:21.0 14:33.0	94.3	280.452	
88	95	DV	A	Zwolsche 1	Oosterbroek, Laura	1x	19:04.3	94.6	0.0	30:16.0	84.7	14:21.0	98.6	277.914	
89	76	HV	D	Breda 4	Tienhoven, Ivo	1x	18:09.3	97.4	10:24.4	81.5	0.0	14:16.0	98.9	277.870	
90	109	DV	C	Zwolsche 2	Pekkeriet, Diana	1x	19:15.6	94.0	0.0	27:06.0	91.1	15:46.0	92.5	277.601	
91	113	DV	C	Vada 1	Lange, Marieke de	2-	21:18.9	87.7	0.0	25:33.7	94.1	15:21.0 14:33.0	94.3	276.089	
92	123	M18		Amstel 3	Vedel, Lotte	1x	20:53.3	89.0	0.0	25:00.6	95.2	15:59.0	91.6	275.804	
93	44	D		DDS 1	Dubbeldam, Merel	1x	19:10.6	94.3	10:44.5	79.1	0.0	14:04.0	99.8	273.169	

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94	71	HV	E	Zwolsche 7	Berendsen, Roel	1x	19:58.5	91.8	0.0	29:34.7	86.1	15:15.0	94.7	272.646	
95	74	HV	D	Zwolsche 1	Philipsen, Iwan	1x	20:57.7	88.7	0.0	25:39.9	93.9	16:29.0	89.5	272.134	
96	80	HV	G	Breda 3	Imkamp, Dirk	1x	19:08.6	94.4	0.0	32:05.0	81.1	15:25.0	94.0	269.510	
97	100	DV	A	Hunze 1	Stegmann, Mariken	1x		0.0	10:56.1	77.7	25:44.4	93.8	14:37.0	97.4	268.939
98	121	M18		Alkmaarsche	Straathof, Demi	1x	19:25.0	93.5	0.0	32:13.1	80.8	15:18.0	94.5	268.892	
99	106	DV	A	Zwolsche 6	Markies, Nicky	1x	22:48.4	83.0	0.0	27:03.1	91.2	15:43.0	92.7	266.925	
100	120	M18		Amstel 2	Vreeken, Sarah	1x	20:39.7	89.7	0.0	32:14.3	80.8	15:15.0	94.7	265.210	
101	124	M18		Daventria	Boomsma, Dorien	1x	19:33.1	93.1	12:56.2	63.4	0.0	15:02.0	95.7	252.220	
102	45	D		Beatrix	Meijer, Mirjam	1x	20:43.5	89.5	12:34.7	66.0	0.0	15:29.0	93.7	249.220	



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