

## 3. Uitslag Dames 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	88 Marije Joling	DSA	9	I	4:10.44		
2	89 Linda de Vries	DSA	12	O	4:15.02		
3	35 Esmee Visser	DN2	5	I	4:17.81		
4	92 Reina Anema	DN4	7	O	4:18.40		
5	91 Jorien Voorhuis	DSB	8	O	4:19.22		
6	34 Esther Kiel	DN1	9	O	4:19.96		
7	36 Femke Markus	DN1	6	I	4:20.22		
8	4 Ineke Dedden	DN4	7	I	4:20.49		
9	94 Sanne in 't Hof	DA2	2	O	4:24.15		
10	90 Sanne van der Schaar	DSA	11	I	4:24.80		
11	93 Joy Beune	DA1	12	I	4:26.53		
12	45 Inge Mostert	DN2	8	I	4:26.95		
13	96 Roza Blokker	DSA	1	O	4:27.55		
14	6 Annemarie Boer	DN4	2	I	4:29.43		
15	5 Miranda Dekker	DSA	4	O	4:29.90		
16	97 Willemijn Cnossen	DN2	4	I	4:31.71		
17	14 Aveline Hijlkema	DN2	10	I	4:31.90		
18	54 Sandra Dekker	DA1	10	O	4:33.87		
19	26 Kelly Eijsink	DN3	3	O	4:36.83		
20	102 Natasja Roest	DN4	3	I	4:37.42		
21	27 Paulien Westerhof	DSA	1	I	4:39.93		
22	24 Loes Adegeest	DN1	11	O	4:43.63		
23	15 Sanne Westerveld	DN1	5	O	4:45.78		
	95 Anne Ruysenaars	DA2				WDR	
	99 Marijke Groenewoud	DA1				WDR	
101	Pien Keulstra	DN4				WDR	
	98 Elisa Dul	DA1				WDR	



## Klassement Dames Gruno Bokaal

	Naam	Cat	500	3000	1500	Punten
1	88 Marije Joling	DSA	40.65 (1)	4:10.44 (1)		82.390
2	89 Linda de Vries	DSA	40.94 (2)	4:15.02 (2)	+3.15	83.443
3	91 Jorien Voorhuis	DSB	41.68 (9)	4:19.22 (5)	+7.47	84.883
4	34 Esther Kiel	DN1	41.61 (8)	4:19.96 (6)	+7.63	84.936
5	90 Sanne van der Schaar	DSA	41.12 (3)	4:24.80 (10)	+8.58	85.253
6	94 Sanne in 't Hof	DA2	41.29 (5)	4:24.15 (9)	+8.77	85.315
7	36 Femke Markus	DN1	41.98 (11)	4:20.22 (7)	+8.88	85.350
8	92 Reina Anema	DN4	42.50 (19)	4:18.40 (4)	+9.52	85.566
9	93 Joy Beune	DA1	41.30 (6)	4:26.53 (11)	+9.99	85.721
10	35 Esmee Visser	DN2	42.84 (23)	4:17.81 (3)	+10.25	85.808
11	4 Ineke Dedden	DN4	42.77 (22)	4:20.49 (8)	+11.38	86.185
12	6 Annemarie Boer	DN4	41.55 (7)	4:29.43 (14)	+12.19	86.455
13	45 Inge Mostert	DN2	42.03 (12)	4:26.95 (12)	+12.39	86.521
14	96 Roza Blokker	DSA	42.63 (20)	4:27.55 (13)	+14.49	87.221
15	5 Miranda Dekker	DSA	42.25 (15)	4:29.90 (15)	+14.52	87.233
16	14 Aveline Hijlkema	DN2	41.92 (10)	4:31.90 (17)	+14.53	87.236
17	97 Willemijn Cnossen	DN2	42.13 (13)	4:31.71 (16)	+15.07	87.415
18	54 Sandra Dekker	DA1	42.27 (16)	4:33.87 (18)	+16.57	87.915
19	26 Kelly Eijnsink	DN3	42.32 (17)	4:36.83 (19)	+18.20	88.458
20	102 Natasja Roest	DN4	42.42 (18)	4:37.42 (20)	+18.79	88.656
21	27 Paulien Westerhof	DSA	42.16 (14)	4:39.93 (21)	+19.27	88.815
22	15 Sanne Westerveld	DN1	41.26 (4)	4:45.78 (23)	+19.50	88.890
23	24 Loes Adegeest	DN1	42.74 (21)	4:43.63 (22)	+22.86	90.011
	95 Anne Ruysenaars	DA2	43.17 (24)	WDR		43.170
	101 Pien Keulstra	DN4	DNS	WDR		
	99 Marijke Groenewoud	DA1	DNS	WDR		
	98 Elisa Dul	DA1	WDR	WDR		



## 3. Rituitslag Dames 3000 meter

		Naam	Cat		PR	Tijd Info
1	wt	27 Paulien Westerhof	DSA		4:25.24	<b>4:39.93</b>
	rd	96 Roza Blokker	DSA		4:18.35	<b>4:27.55</b>
		<b>Paulien Westerhof</b>		<b>Roza Blokker</b>		
		200m	21.73	(21.7)	200m	21.43 (21.4)
		600m	56.59	(34.8)	600m	55.94 (34.5)
		1000m	1:32.31	(35.8)	1000m	1:30.73 (34.8)
		1400m	2:08.66	(36.3)	1400m	2:05.59 (34.8)
		1800m	2:45.71	(37.1)	1800m	2:40.14 (34.6)
		2200m	3:23.14	(37.4)	2200m	3:15.05 (34.9)
		2600m	4:01.13	(38.0)	2600m	3:50.79 (35.7)
		3000m	4:39.93	(38.8)	3000m	4:27.55 (36.8)

		Naam	Cat		PR	Tijd Info
2	gl	6 Annemarie Boer	DN4		4:17.37	<b>4:29.43</b>
	bl	94 Sanne in 't Hof	DA2		4:21.01	<b>4:24.15</b>
		<b>Annemarie Boer</b>		<b>Sanne in 't Hof</b>		
		200m	21.36	(21.3)	200m	20.87 (20.8)
		600m	55.46	(34.1)	600m	54.24 (33.4)
		1000m	1:29.73	(34.3)	1000m	1:27.87 (33.6)
		1400m	2:04.20	(34.5)	1400m	2:02.02 (34.2)
		1800m	2:39.30	(35.1)	1800m	2:36.68 (34.6)
		2200m	3:15.03	(35.7)	2200m	3:11.91 (35.3)
		2600m	3:51.59	(36.5)	2600m	3:47.80 (35.9)
		3000m	4:29.43	(37.9)	3000m	4:24.15 (36.3)

*WB*

		Naam	Cat		PR	Tijd Info
3	wt	102 <b>Natasja Roest</b>	DN4		4:25.53	<b>4:37.42</b>
	rd	26 <b>Kelly Eijsink</b>	DN3		4:29.01	<b>4:36.83</b>
		<b>Natasja Roest</b>			<b>Kelly Eijsink</b>	
		200m	21.72	(21.7)	200m	21.63 (21.6)
		600m	56.71	(35.0)	600m	56.34 (34.7)
		1000m	1:32.12	(35.4)	1000m	1:31.83 (35.5)
		1400m	2:08.44	(36.3)	1400m	2:07.79 (35.9)
		1800m	2:44.94	(36.5)	1800m	2:44.55 (36.8)
		2200m	3:21.96	(37.0)	2200m	3:21.47 (36.9)
		2600m	3:59.51	(37.6)	2600m	3:58.92 (37.5)
		3000m	4:37.42	(37.9)	3000m	4:36.83 (37.9)

		Naam	Cat		PR	Tijd Info
4	gl	97 <b>Willemijn Cnossen</b>	DN2		4:23.34	<b>4:31.71</b>
	bl	5 <b>Miranda Dekker</b>	DSA		4:14.91	<b>4:29.90</b>
		<b>Willemijn Cnossen</b>			<b>Miranda Dekker</b>	
		200m	21.40	(21.4)	200m	21.42 (21.4)
		600m	55.99	(34.5)	600m	54.51 (33.1)
		1000m	1:31.52	(35.6)	1000m	1:29.00 (34.5)
		1400m	2:07.00	(35.5)	1400m	2:04.19 (35.1)
		1800m	2:42.46	(35.4)	1800m	2:39.60 (35.5)
		2200m	3:18.24	(35.8)	2200m	3:15.98 (36.3)
		2600m	3:54.20	(36.0)	2600m	3:52.85 (36.9)
		3000m	4:31.71	(37.5)	3000m	4:29.90 (37.1)

*Handwritten initials*

		Naam	Cat	PR	Tijd Info
5	wt	35 Esmee Visser	DN2	4:08.60	4:17.81
	rd	15 Sanne Westerveld	DN1	4:30.55	4:45.78

**Esmee Visser**

200m	20.85	(20.8)
600m	54.13	(33.3)
1000m	1:27.80	(33.7)
1400m	2:01.35	(33.5)
1800m	2:34.92	(33.6)
2200m	3:08.77	(33.8)
2600m	3:43.00	(34.3)
3000m	4:17.81	(34.8)

**Sanne Westerveld**

200m	20.91	(20.9)
600m	53.72	(32.8)
1000m	1:28.85	(35.1)
1400m	2:05.77	(36.9)
1800m	2:44.28	(38.5)
2200m	3:23.74	(39.5)
2600m	4:04.65	(40.9)
3000m	4:45.78	(41.1)

		Naam	Cat	PR	Tijd Info
6	gl	36 Femke Markus	DN1	4:17.01	4:20.22
	bl				

**Femke Markus**

200m	20.07	(20.0)
600m	51.86	(31.8)
1000m	1:24.87	(33.0)
1400m	1:58.58	(33.7)
1800m	2:32.98	(34.4)
2200m	3:08.26	(35.3)
2600m	3:44.13	(35.9)
3000m	4:20.22	(36.1)

m

13

		Naam		Cat		PR	Tijd Info
7	wt	4 Ineke Dedden		DN4		4:15.82	<b>4:20.49</b>
	rd	92 Reina Anema		DN4		4:09.01	<b>4:18.40</b>

### Ineke Dedden

200m	20.92	(20.9)
600m	53.72	(32.8)
1000m	1:27.22	(33.5)
1400m	2:01.28	(34.0)
1800m	2:35.36	(34.1)
2200m	3:09.70	(34.4)
2600m	3:44.81	(35.1)
3000m	4:20.49	(35.6)

### Reina Anema

200m	20.84	(20.8)
600m	53.56	(32.7)
1000m	1:27.09	(33.5)
1400m	2:00.68	(33.6)
1800m	2:34.68	(34.0)
2200m	3:08.74	(34.1)
2600m	3:43.22	(34.5)
3000m	4:18.40	(35.2)

		Naam		Cat		PR	Tijd Info
8	gl	45 Inge Mostert		DN2		4:24.42	<b>4:26.95</b>
	bl	91 Jorien Voorhuis		DSB		3:59.51	<b>4:19.22</b>

### Inge Mostert

200m	20.93	(20.9)
600m	54.93	(34.0)
1000m	1:29.15	(34.2)
1400m	2:03.82	(34.7)
1800m	2:38.83	(35.0)
2200m	3:14.28	(35.4)
2600m	3:50.34	(36.1)
3000m	4:26.95	(36.6)

### Jorien Voorhuis

200m	20.81	(20.8)
600m	54.03	(33.2)
1000m	1:28.03	(34.0)
1400m	2:01.95	(33.9)
1800m	2:36.19	(34.2)
2200m	3:10.57	(34.4)
2600m	3:44.76	(34.2)
3000m	4:19.22	(34.5)

WB

		Naam	Cat		PR	Tijd Info
9	wt	88 <b>Marije Joling</b>	DSA		4:00.48	<b>4:10.44</b>
	rd	34 <b>Esther Kiel</b>	DN1		4:12.07	<b>4:19.96</b>
		<b>Marije Joling</b>			<b>Esther Kiel</b>	
		200m	20.10	(20.1)	200m	20.77 (20.7)
		600m	51.08	(30.9)	600m	54.28 (33.5)
		1000m	1:23.27	(32.2)	1000m	1:28.05 (33.8)
		1400m	1:56.14	(32.9)	1400m	2:02.08 (34.0)
		1800m	2:29.02	(32.9)	1800m	2:36.02 (34.0)
		2200m	3:01.91	(32.9)	2200m	3:10.27 (34.2)
		2600m	3:35.71	(33.8)	2600m	3:44.84 (34.6)
		3000m	4:10.44	(34.7)	3000m	4:19.96 (35.1)

		Naam	Cat		PR	Tijd Info
10	gl	14 <b>Aveline Hijlkema</b>	DN2		4:27.47	<b>4:31.90</b>
	bl	54 <b>Sandra Dekker</b>	DA1		4:27.65	<b>4:33.87</b>
		<b>Aveline Hijlkema</b>			<b>Sandra Dekker</b>	
		200m	20.55	(20.5)	200m	21.59 (21.5)
		600m	54.60	(34.1)	600m	56.35 (34.8)
		1000m	1:29.37	(34.7)	1000m	1:31.97 (35.6)
		1400m	2:04.72	(35.4)	1400m	2:08.06 (36.1)
		1800m	2:40.59	(35.8)	1800m	2:43.84 (35.8)
		2200m	3:17.01	(36.5)	2200m	3:19.58 (35.7)
		2600m	3:54.11	(37.1)	2600m	3:56.17 (36.6)
		3000m	4:31.90	(37.8)	3000m	4:33.87 (37.7)

W

		Naam		Cat		PR	Tijd Info	
11	wt	90	<b>Sanne van der Schaar</b>		DSA	4:15.80	<b>4:24.80</b>	
	rd	24	<b>Loes Adegeest</b>		DN1	4:21.38	<b>4:43.63</b>	
				<b>Sanne van der Schaar</b>	<b>Loes Adegeest</b>			
		200m	20.88	(20.8)	200m	22.36	(22.3)	
		600m	54.39	(33.5)	600m	57.27	(34.9)	
		1000m	1:28.28	(33.9)	1000m	1:32.38	(35.1)	
		1400m	2:02.38	(34.1)	1400m	2:08.13	(35.8)	
		1800m	2:37.00	(34.7)	1800m	2:45.04	(36.9)	
		2200m	3:12.21	(35.2)	2200m	3:23.38	(38.3)	
		2600m	3:48.25	(36.0)	2600m	4:03.37	(40.0)	
		3000m	4:24.80	(36.6)	3000m	4:43.63	(40.3)	

		Naam		Cat		PR	Tijd Info	
12	gl	93	<b>Joy Beune</b>		DA1	4:20.98	<b>4:26.53</b>	
	bl	89	<b>Linda de Vries</b>		DSA	4:01.00	<b>4:15.02</b>	
				<b>Joy Beune</b>	<b>Linda de Vries</b>			
		200m	20.46	(20.4)	200m	20.33	(20.3)	
		600m	53.02	(32.6)	600m	52.31	(32.0)	
		1000m	1:26.66	(33.6)	1000m	1:24.95	(32.6)	
		1400m	2:01.11	(34.5)	1400m	1:57.92	(33.0)	
		1800m	2:36.37	(35.2)	1800m	2:31.10	(33.2)	
		2200m	3:12.44	(36.1)	2200m	3:04.95	(33.8)	
		2600m	3:49.16	(36.7)	2600m	3:39.60	(34.7)	
		3000m	4:26.53	(37.4)	3000m	4:15.02	(35.4)	

LB