

Holland Cup 3a / Gruno BokaalKardinge - Groningen
10 en 11 december 2022**Klassement 13. Mannen 1500m Holland Cup**

	Naam	Cat	1500	Punten	
1	8	Lex Dijkstra	HSA	1:50.81 (1)	36,936
2	43	Remo Slotegraaf	HN2	1:54.48 (2)	38,160



**SPORTCENTRUM
KARDINGE**



GEWEST
NOORD-HOLLAND
UTRECHT

Holland Cup 3a / Gruno Bokaal

Kardinge - Groningen
10 en 11 december 2022

Klassement 14. Mannen 5000m Holland Cup

	Naam	Cat	5000	Punten	
1	8	Lex Dijkstra	HSA	6:36.78 (1)	39,678
2	43	Remo Slotegraaf	HN2	6:45.49 (2)	40,549

Holland Cup 3a / Gruno Bokaal

 Kardinge - Groningen
10 en 11 december 2022

Klassement 15. Vrouwen Gruno Bokaal

	Naam	Cat	500	3000	1500	5000	Punten	
1	18	Aveline Hijlkema	DSA	41.31 (7)	4:18.73 (3)	2:03.54 (2)	7:26.97 (1)	170,308
2	14	Jade Groenewoud	DA2	41.27 (5)	4:17.67 (2)	2:03.81 (3)	7:36.07 (4)	171,092
3	44	Paulien Verhaar	DN4	41.00 (3)	4:21.73 (5)	2:04.12 (4)	7:34.65 (2)	171,459
4	24	Bente Kerkhoff	DN2	41.28 (6)	4:25.50 (7)	2:05.91 (5)	7:45.49 (7)	174,049
5	46	Evelien Vijn	DN1	42.37 (17)	4:21.70 (4)	2:07.04 (13)	7:37.77 (5)	174,109
6	48	Eline van Voorden	DN3	42.21 (16)	4:26.48 (8)	2:06.44 (8)	7:35.70 (3)	174,339
7	29	Sophie Kraaijeveld	DA2	43.11 (21)	4:24.24 (6)	2:06.15 (6)	7:44.42 (6)	175,642
8	30	Lisan van der Linde	DN1	41.86 (13)	4:30.55 (11)	2:06.47 (9)	7:48.63 (8)	175,970
9	23	Sterre Jonkers	DSA	42.59 (20)	4:28.98 (10)	2:07.42 (15)	7:52.17 (9)	177,110
10	47	Ju-Lin de Visser	DN3	40.58 (1)	4:37.17 (23)	2:06.19 (7)	8:04.01 (11)	177,239
11	41	Kim Talsma	DN3	41.55 (10)	4:32.15 (12)	2:06.87 (12)	8:03.47 (10)	177,545
	50	Naomi van der Werf	DSA	41.84 (12)	4:27.11 (9)	2:06.50 (10)	DQ	
12	52	Melissa Wijffe	DSA	40.72 (2)	4:17.65 (1)	2:02.27 (1)		124,417
13	51	Sanne Westra	DN1	41.33 (8)	4:37.11 (21)	2:06.83 (11)		129,791
14	36	Yael Prenger	DN1	41.46 (9)	4:35.66 (16)	2:07.94 (16)		130,049
15	27	Patricia Koot	DA1	41.65 (11)	4:34.80 (14)	2:09.45 (17)		130,600
16	10	Romée Ebbinge	DSA	41.90 (15)	4:38.87 (24)	2:07.33 (14)		130,821
17	35	Tess Postma	DA1	41.86 (13)	4:40.87 (26)	2:09.46 (18)		131,824
18	31	Amy van der Meer	DN2	41.20 (4)	4:43.77 (27)	2:11.12 (22)		132,201
19	42	Lidia Tempert	DN3	43.19 (22)	4:36.50 (18)	2:10.92 (20)		132,913
20	33	Emma Noz	DA1	43.21 (23)	4:37.11 (21)	2:11.02 (21)		133,068
21	40	Anna Marit Sybrandi	DA2	43.96 (26)	4:36.98 (20)	2:10.86 (19)		133,743
22	5	Esmée Brommer	DA2	43.97 (27)	4:34.74 (13)	2:12.37 (23)		133,883
23	7	Nyncke Dijkstra	DN1	43.75 (25)	4:39.38 (25)	2:14.44 (24)		135,126
	34	Sanne Oosterwijk	DA1	42.47 (18)	4:36.57 (19)	WDR		
	28	Veerle van Koppen	DA2	43.52 (24)	4:34.89 (15)	WDR		
	8	Vera van Ditshuizen	DN1	42.57 (19)	4:47.73 (28)	WDR		
	39	Liotte Smits	DN3	44.51 (28)	4:36.29 (17)	DQ		

Holland Cup 3a / Gruno Bokaal

 Kardinge - Groningen
10 en 11 december 2022

Klassement 16. Mannen Gruno Bokaal

	Naam	Cat	500	5000	1500	10000	Punten					
1	61	Tjerk de Boer	HSA	37.10	(1)	6:42.59	(6)	1:51.27	(2)	14:06.04	(6)	156,751
2	44	Jesse Speijers	HN2	37.92	(8)	6:34.11	(1)	1:52.25	(3)	14:04.39	(5)	156,966
3	56	Gert Wierda	HN1	39.14	(25)	6:36.95	(3)	1:52.43	(4)	13:50.57	(1)	157,839
4	39	Victor Ramler	HSA	38.43	(10)	6:39.64	(4)	1:53.82	(8)	13:54.43	(2)	158,055
5	30	Jasper Krommenhoek	HA2	39.07	(24)	6:40.26	(5)	1:54.04	(9)	13:56.96	(4)	158,957
6	60	Yves Vergeer	HN3	38.34	(9)	6:49.81	(9)	1:51.15	(1)	14:13.33	(8)	159,037
7	14	Homme Jan de Groot	HSA	39.01	(22)	6:45.06	(7)	1:54.39	(11)	13:56.64	(3)	159,478
8	51	Jur Veenje	HN3	37.61	(2)	6:54.17	(16)	1:53.25	(5)	14:26.36	(10)	160,095
9	58	Mathijs van Zwieten	HN2	38.57	(13)	6:50.29	(10)	1:54.34	(10)	14:22.41	(9)	160,832
10	57	Lars Woelders	HN2	39.23	(28)	6:51.11	(11)	1:54.52	(12)	14:12.12	(7)	161,120
11	32	Thomas de Lange	HN1	37.63	(3)	7:02.63	(21)	1:53.61	(6)	14:49.68	(11)	162,247
12	18	Matthieu Hollaar	HN1	37.76	(6)	7:05.75	(24)	1:53.74	(7)	15:07.73	(12)	163,634
13	50	Bart Valentijn	HSA	39.00	(21)	6:54.49	(18)	1:54.80	(14)			118,715
14	28	Jelle Koeleman	HA2	39.03	(23)	6:52.91	(14)	1:55.83	(21)			118,931
15	45	Remco Stam	HA2	39.27	(30)	6:54.24	(17)	1:55.25	(17)			119,110
16	52	Loek van Vilsteren	HA2	37.74	(5)	7:10.01	(30)	1:56.07	(23)			119,431
17	53	Stan van Vliet	HN1	38.74	(17)	7:06.81	(26)	1:54.56	(13)			119,607
18	7	Nino van Dijk	HSA	39.16	(26)	6:57.38	(19)	1:56.80	(25)			119,831
19	3	Joël Bom	HA1	38.58	(14)	7:05.63	(23)	1:56.28	(24)			119,903
20	6	Jorian ten Cate	HN1	38.68	(15)	7:08.79	(28)	1:55.07	(16)			119,915
21	12	Bram van Essen	HN2	37.73	(4)	7:15.68	(33)	1:55.92	(22)			119,938
22	31	Jesse de Lange	HN2	39.24	(29)	7:02.41	(20)	1:55.51	(18)			119,984
23	27	Adriaan de Kluiver	HSA	38.96	(20)	7:06.77	(25)	1:55.66	(20)			120,190
24	2	Hylke de Boer	HA2	39.99	(33)	6:53.64	(15)	1:56.81	(26)			120,290
25	9	Max Douma	HN4	38.45	(11)	7:15.65	(32)	1:55.64	(19)			120,561
26	10	Colin James Duivenvoorden	HN1	39.52	(31)	6:52.66	(12)	2:01.31	(31)			121,222
27	16	Luc Heine	HSA	38.68	(15)	7:09.80	(29)	1:59.46	(29)			121,480
28	35	Otto van de Pol	H40	41.41	(36)	7:06.99	(27)	1:59.29	(28)			123,872
29	22	Finn ten Hove	HSA	41.09	(35)	7:16.64	(34)	2:01.71	(32)			125,324
30	23	Ole ten Hove	HN4	40.98	(34)	7:19.75	(35)	2:01.81	(33)			125,558
31	34	Mark Ooijevaar	HSB	43.27	(37)	7:15.13	(31)	2:03.53	(34)			127,959
	19	Wesley Hollenberg	HN4	38.75	(18)	DQ		1:55.02	(15)			
	47	Dyon Talsma	HN2	39.16	(26)	DQ		1:58.16	(27)			
	48	Marwin Talsma	HSA	39.66	(32)	6:35.14	(2)	WDR				
	55	Hidde Westra	HA2	37.90	(7)	6:52.85	(13)	DNF				
	62	Chris Huizinga	HSA	38.50	(12)	6:49.32	(8)	WDR				
	59	Zeno de Ponti	HN2	38.93	(19)	7:03.09	(22)	WDR				
	40	Colin Schrijver	HN3	DQ		7:37.24	(36)	2:00.90	(30)			