

Deelnemerslijst: Interregionale Selectie wedstrijd 3000m

Dames (32) - Heren (32)

Zondag 3 december De Uithof - Den Haag aanvang: 17:30 uur

| Pos | Naam | rel.nr | Cat | Baan | Pos | Naam | rel.nr | Cat | Baan |
|-------|-----------------------|----------|-----|------|-------|---------------------|----------|-----|------|
| 1 | Dieuwertje van Kalken | 10160044 | DA2 | HRN | 1 | Mike Dogterom | 10161691 | HA1 | HVN |
| 2 | Annet Noppert | 10154370 | DA2 | HVN | 2 | Merijn Scheperkamp | 10159461 | HA1 | UTR |
| 3 | Rachelle van de Griek | 10155413 | DA1 | ALK | 3 | Adne van Diest | 10161162 | HA2 | DNH |
| 4 | Amber Siegers | 10154730 | DA1 | ASS | 4 | Wesley Hollenberg | 10159757 | HA1 | ALK |
| 5 | Marieke Driesprong | 10160015 | DA1 | ASS | 5 | Homme Jan de Groot | 10161886 | HA2 | LEE |
| 6 | Muriël Meijer | 10160449 | DA2 | DEV | 6 | Adriaan de Kluiver | 10161430 | HA2 | DEV |
| 7 | Janet Beers | 10156562 | DA1 | HRN | 7 | Berend Bervoets | 10159797 | HA2 | HRN |
| 8 | Lynn Dekker | 10159710 | DA2 | ALK | 8 | Jeroen Steenbergen | 10154807 | HA2 | HVN |
| 9 | Annemarie van der Wal | 10164660 | DA2 | HVN | 9 | Jens Hoekstra | 10161458 | HA1 | HVN |
| 10 | Tanja Krikke | 10161312 | DA2 | HVN | 10 | Martin van Schie | 10160959 | HA2 | HAA |
| 11 | Charlotte Kool | 10164675 | DA2 | AMS | 11 | Tom den Heijer | 10161413 | HA1 | UTR |
| 12 | Sanne Pfaff | 10158135 | DA1 | HAA | 12 | Marc Middelkoop | 10160941 | HA2 | UTR |
| 13 | Demi Meek | 10164656 | DA2 | ASS | 13 | Joeri van der Tuin | 10163352 | HA2 | HRN |
| 14 | Femke Beuling | 10159892 | DA1 | HVN | 14 | Milo Balk | 10161221 | HA2 | UTR |
| 15 | Isa Merkuur | 10164668 | DA1 | ALK | 15 | Watse Vermaning | 10158185 | HA1 | ENS |
| 16 | Britt de Boer | 10163364 | DA2 | ENS | 16 | Gerben Gerbrandij | 10161292 | HA1 | HVN |
| 17 | Tessa Snoek | 10160007 | DA1 | AMS | 17 | Melvin van Beuzekom | 10163954 | HA1 | BRE |
| 18 | Wieke Olde Hanter | 10158219 | DA1 | ENS | 18 | Remon van de Velde | 10159702 | HA2 | DNH |
| 19 | Daniëlle Giezen | 10160659 | DA1 | HVN | 19 | Edo Maas | 10158868 | HA1 | DNH |
| 20 | Nikki van der Zee | 10157259 | DA2 | BRE | 20 | Elwin Jongman | 10161793 | HA1 | GRO |
| 21 | Ella van Vloten | 10160962 | DA1 | HAA | 21 | Pim Verhagen | 10162166 | HA1 | DNH |
| 22 | Tessa Oudman | 10154573 | DA1 | GRO | 22 | Wessel Horlings | 10162197 | HA1 | HVN |
| 23 | Anke Breunis | 10154928 | DA2 | DEV | 23 | Jan Hein Verhoeff | 10163359 | HA2 | DEV |
| 24 | Estelle de Jong | 10160896 | DA1 | AMS | 24 | Kenny de Leeuw | 10157279 | HA1 | TIL |
| 25 | Eva Olde Hampsink | 10161267 | DA1 | ENS | 25 | Mathijs Kuik | 10154568 | HA2 | GRO |
| 26 | Nathalie Janssen | 10159982 | DA2 | HAA | 26 | Remi Blom | 10159973 | HA2 | HAA |
| 27 | Madelief de Jong | 10162389 | DA1 | UTR | 27 | Sam Kramer | 10159418 | HA2 | AMS |
| 28 | Quinty Ton | 10162736 | DA2 | UTR | 28 | Rick Huizinga | 10159681 | HA1 | ASS |
| 29 AW | Merel Bertens | 10157267 | DA2 | TIL | 29 AW | Bart Valentijn | 10165166 | HA2 | UTR |
| 30 AW | Naomi Verkerk | 10159860 | DA1 | HAA | 30 AW | Tim Gielissen | 10160087 | HA1 | UTR |
| 31 AW | Romée Ebbinge | 10162491 | DA2 | ASS | 31 AW | Harm Dijkstra | 10165178 | HA1 | HVN |
| 32 AW | Jolanda R Emmelink | 10163024 | DA1 | HVN | 32 AW | Jochem Kerssies | 10163056 | HA1 | HVN |
| R1 | Dieke Hendriks | 10159549 | DA1 | EVN | R1 | Mick van Banning | 10158819 | HA2 | HAA |
| R2 | Leonie Beers | 10156558 | DA2 | HRN | R2 | Edwin Korenberg | 10157694 | HA2 | DEV |
| R3 | Romée Ebbinge | 10162491 | DA2 | ASS | R3 | Gerben van Leeuwen | 10159878 | HA2 | DNH |
| R4 | Famke Wilmlink | 10155827 | DA2 | HAA | R4 | Jan Heert Tolsma | 10161892 | HA1 | LEE |
| R5 | Verne Ros | 10161740 | DA1 | HRN | R5 | Sybrand Rosier | 10164683 | HA2 | ALK |
| R6 | Kim Zuiver | 10162393 | DA1 | HAA | R6 | Levy Kramer | 10159402 | HA2 | AMS |
| R7 | Liesanne van Gorkom | 10163464 | DA1 | DNH | R7 | Daan de Best | 10164735 | HA2 | AMS |
| R8 | Jolanda R Emmelink | 10163024 | DA1 | HVN | R8 | Steeff van Gelderen | 10160308 | HA1 | HAA |