

IJA-allertijden 3000-5000-10000 t/m 28-4-2019

		3.000m	5.000m	10.000m	Punten	"▼"&"▲"
1	Bart van den Berg	3:54,59	6:37,15	14:06,38	121,132	
2	Jorick Duijzer	3:56,28	6:43,83	14:52,36	124,381	▲ +3
3	Maurice van den Dool †	3:50,61	7:01,17	14:57,38	125,421	▼ -1
4	Gianni Romme	4:06,67	6:55,47	14:23,86	125,852	▼ -1
5	Patrick van Falier	4:02,06	6:57,00	14:58,88	126,987	▼ -1
6	Bart Streefkerk	4:07,49	7:07,88	15:13,02	129,687	
7	Diederik Beuzekom	4:06,79	7:10,02	15:14,85	129,876	
8	Koen Stoffers	4:05,14	7:09,08	15:32,70	130,400	
9	Michel Hagenaar	4:05,69	7:01,06	16:02,91	131,200	
10	Pieter de Munck	4:07,88	7:04,72	15:50,16	131,293	
11	Peter Verkaik	4:02,21	7:05,92	16:21,39	132,030	
12	Angelo Cara	4:16,98	7:19,01	15:18,50	132,656	
13	Richard Bijl	4:20,11	7:19,88	15:18,32	133,256	
14	Joost Kortleve	4:13,88	7:24,25	15:31,78	133,327	
15	Olaf Kleijweg	4:19,20	7:20,40	15:28,45	133,663	
16	Erwin Meerkerk	4:13,72	7:25,49	16:09,76	135,324	
17	Marnix van Beusekom	4:07,21	7:12,12	17:14,29	136,128	
18	Raymond Hagenaar	4:19,15	7:38,40	15:49,41	136,502	
19	Jeroen de Heer ('75)	4:11,07	7:30,02	16:35,14	136,604	
20	Fred van Wiltenburg	4:23,20	7:36,40	15:52,66	137,140	
21	Jarno Slagboom	4:22,44	7:36,10	16:05,93	137,647	
22	Henk-Jan Imhoff	4:24,76	7:43,57	16:32,70	140,119	
23	Maarten Munning	4:23,90	7:37,86	17:05,07	141,023	
24	Piet Versteeg	4:29,20	7:55,76	16:22,40	141,563	
25	Wim de Wit	4:30,50	7:54,59	16:20,50	141,567	
26	Sandro Cara	4:23,99	7:52,44	16:47,44	141,614	
27	Kees Trappenburg	4:35,70	7:54,80	16:18,30	142,345	
28	Peter van Milligen	4:26,95	8:05,71	16:26,37	142,381	
29	Wim Visser	4:36,60	7:58,00	16:20,20	142,910	
30	Wim Jonkers	4:33,33	7:57,80	16:36,90	143,180	
31	Jan de Groot	4:34,90	8:04,10	16:32,80	143,867	
32	Henry van Vugt	4:34,90	7:56,20	17:03,10	144,592	
33	Casper de Munck	4:33,19	7:54,40	17:30,05	145,474	
34	Teus van Dijk	4:42,10	8:04,01	16:47,40	145,788	
35	Kevin den Hartog	4:27,04	8:09,93	17:36,12	146,306	
36	Henk van de Brugge	4:38,30	8:03,70	17:22,20	146,863	
37	Janneke de Kruijf-van Oort	4:39,29	8:02,96	17:45,33	148,111	
38	Peter Takken	4:40,21	8:15,64	17:33,12	148,922	
39	Erik Skledar	4:40,75	8:08,92	18:09,60	150,164	
40	Angela van Bergeijk	4:45,18	8:25,32	17:52,11	151,668	
41	Kees Bollaart	4:46,28	8:29,43	17:49,39	152,126	
42	Aad van Winden	4:43,78	8:27,77	18:01,31	152,139	
43	Jaap de Groot	4:56,60	8:33,40	17:14,00	152,473	
44	Johan van Buuren	4:55,30	8:32,12	17:35,76	153,217	
45	Esther Stierman	4:57,66	8:33,16	17:56,94	154,773	
46	Hessel Klijnstra	4:54,80	8:40,46	17:52,90	154,824	
47	Gerda Klijn	5:49,18	9:22,99	19:26,12	172,802	