

Uitslagen Januari 2020.

Vegelinboscross te Sint Nicolaasga op 4 januari.

| | | | |
|---------|---------|---------------------|---------|
| 10,8 km | Mannen | 55. Robin Telgenhof | 1.02.19 |
| 5,4 km | Vrouwen | 10. Erica Verdegaal | 31.25 |
| | Mannen | 8. Cor Wetting | 28.31 |
| | | 14. Jouke de Vries | 30.51 |

3^e Winterloop te Sneek op 5 januari.

| | | | |
|--------|---------|-------------------------|-------|
| 8,9 km | Mannen | 1. Paul Geertsma | 28.48 |
| | | 11. Freek Jaarsma | 33.55 |
| | Vrouwen | 3. Immy Auck Kersbergen | 37.05 |

Douwe Kleefstraloop op 5 januari.

| | | | | | |
|---------------------|-----------------|-----------------------|---------------------|-------|------|
| 1 km | Jongens | 1 Koen Scherpenzeel | 3:43 | | |
| | | 2 Nigel Punch | 3:45 | | |
| | | 4 Merlijn Rosier | 4:02 | | |
| | | 5 Ivo Snitker | 4:09 | | |
| | | 9 Rutger Gildemacher | 4:26 | | |
| | | 13 Jide Olawuni | 4:46 | | |
| | | 15 Mads Jellema | 4:52 | | |
| | | 18 Tiandro knoppers | 4:58 | | |
| | | 19 Dylan stoelwinder | 5:05 | | |
| | | 23 Tobias van Rhee | 5:24 | | |
| | | 27 Jarno Breedenbach | 5:56 | | |
| | | Meisjes | 1 Amélie Berk | 3:50 | |
| | | | 2 Vera Bloembergen | 4:14 | |
| | | | 3 Doutsen Leijenaar | 4:16 | |
| 5 Marlieke de Vries | 4:38 | | | | |
| 6 Yfke Scherpenzeel | 4:44 | | | | |
| 8 Hanna de Vries | 4:51 | | | | |
| 2 km | Jongens | 16 Noëlle Berk | 6:05 | | |
| | | 2 Nigel Punch | 8:32 | 8:30 | |
| | | 4 Matthijs Galema | 9:31 | 9:29 | |
| | | 5 Yens Van der Schaaf | 9:50 | 9:48 | |
| | | 6 Karst Vader | 10:30 | 10:29 | |
| | | Meisjes | 1 Renske Drenten | 7:39 | 7:37 |
| 2 Bernice Frank | 8:07 | | 8:05 | | |
| 3 Yara de Boer | 8:56 | | 8:54 | | |
| 5 km | Mannen | 2 Glenn de Vries | 18:42 | 18:41 | |
| | | 5 Melle Ketellapper | 19:52 | 19:51 | |
| | | 10 Ruben Korte | 21:43 | 21:42 | |
| | | 13 Rutger Wagenaar | 22:01 | 21:59 | |
| | | 24 Auke Postma | 24:52 | 24:49 | |
| | | 41 Wim van der Meulen | 28:09 | 28:02 | |
| | 44 Otto de Jong | 30:38 | 30:20 | | |

| | | | | | |
|-------|---------|-----|---------------------------|---------|---------|
| | Vrouwen | 1 | Mare te Biesebeek | 20:50 | 20:48 |
| | | 2 | Kim Dekker | 24:39 | 24:36 |
| | | 4 | Esmay de Jonge | 25:59 | 25:54 |
| | | 10 | Margriet Wissmann | 29:01 | 28:53 |
| | | 33 | Lian Poelsma | 37:52 | 37:38 |
| 10 km | Mannen | 1 | Jelle Broersma | 36:31 | 36:30 |
| | | 4 | Klaas van Heeringen | 40:23 | 40:22 |
| | | 8 | André Jellema | 43:29 | 43:28 |
| | | 20 | Klaas Jan Huizing | 47:29 | 47:22 |
| | | 25 | Marco Lexmond | 48:20 | 48:16 |
| | | 26 | Armand Achterberg | 48:30 | 48:22 |
| | | 27 | Johannes van der Kooi | 48:34 | 48:27 |
| | | 28 | Victor Klinkvis | 48:36 | 48:26 |
| | | 29 | Jasper de Noord | 48:47 | 48:40 |
| | | 35 | Johan Huitema | 49:29 | 49:24 |
| | | 37 | Carlo Loos | 49:45 | 49:27 |
| | | 43 | Bouwe Hiddinga | 51:39 | 51:32 |
| | | 54 | Kees Oosterbaan | 52:44 | 52:33 |
| | | 75 | André Bär | 55:06 | 54:47 |
| | | 76 | Klaas van der Schaaf | 55:19 | 54:59 |
| | | 87 | Wim de Vries | 56:10 | 55:47 |
| | | 98 | Johannes van der Schaaf | 59:17 | 58:58 |
| | | 102 | Ad Slagter | 1:00:35 | 1:00:28 |
| | Vrouwen | 7 | Bettie Koops | 49:28 | 49:23 |
| | | 12 | Saskia Scholtens | 51:38 | 51:34 |
| | | 44 | Janette Haasdijk-Zeilstra | 59:34 | 59:13 |
| | | 47 | Tamara Kieffer | 59:49 | 59:21 |
| | | 49 | Margreet Dijkstra | 1:00:14 | 59:46 |
| | | 56 | Nellie Koopmans | 1:01:06 | 1:00:40 |
| 10 EM | Mannen | 1 | Rob Vijver | 56:59 | 56:57 |
| | | 2 | Remco Schraa | 57:11 | 57:09 |
| | | 3 | Willem de Boer | 57:12 | 57:11 |
| | | 5 | Erwin de Vries | 58:51 | 58:49 |
| | | 6 | Douwe Nauta | 58:58 | 58:56 |
| | | 8 | Rémon van Lunzen | 59:41 | 59:40 |
| | | 12 | Sander van Hoorn | 1:02:48 | 1:02:43 |
| | | 13 | Erik Verdoorn | 1:04:01 | 1:03:57 |
| | | 14 | Durk Tigchelaar | 1:04:34 | 1:04:31 |
| | | 19 | Johannes Postma | 1:07:27 | 1:07:23 |
| | | 21 | Richard van der Wal | 1:08:19 | 1:08:14 |
| | | 26 | Catrinus Vroom | 1:09:46 | 1:09:41 |
| | | 27 | Hans van der Steen | 1:09:55 | 1:09:50 |
| | | 39 | Robin Boor | 1:12:54 | 1:12:49 |
| | Vrouwen | 1 | Judith van der Meer | 1:07:24 | 1:07:20 |
| | | 2 | Sanne Heidinga | 1:08:34 | 1:08:25 |
| | | 3 | Freke Kloek | 1:14:26 | 1:14:23 |

| | | | |
|----|------------------------|---------|---------|
| 8 | Grietje van der Schaaf | 1:25:28 | 1:25:17 |
| 9 | Annechien van der Veen | 1:26:47 | 1:26:35 |
| 21 | Wieke de Haan | 1:43:34 | 1:43:34 |
| 23 | Anke Peterson | 1:45:07 | 1:44:54 |

Indoorwedstrijd te Amsterdam op 12 januari.

| | | | |
|-----------|------------|-------------------|------|
| Meisjes A | 60m series | 3. Ilse Steigenga | 7.96 |
| | 60m finale | 3. Ilse Steigenga | 8.03 |

Indoorwedstrijd te Stadskanaal op 12 januari.

| | | | | | |
|------------------|-------------|---------------------|--------|------|-------------------------------|
| Jongens C | 60m series | 1. Daan Sikkema | 8.06 | | |
| | | 3. Quinten Geleynse | 8.69 | | |
| | 60m finale | 1. Daan Sikkema | 8.00 | | |
| | | 3. Quinten Geleynse | 8.96 | | |
| | 60mH series | 2. Daan Sikkema | 9.90 | | |
| | 60mH finale | 2. Daan Sikkema | 10.12 | | |
| | Kogel | 2. Daan Sikkema | 11.03 | | |
| | Hoog | 2. Quinten Geleynse | 1.50 | | |
| Meisjes-pup-Mini | 40m vortex | hoog | punten | 600m | |
| 4. Fenne Walta | 9.13 | 6.50 | 0.65 | 351 | 2.59.78 3 ^e plaats |

34^e Open Makkumer Wintertrimloop op 18 januari.

| | | | |
|-------|---------|-----------------------|-------|
| 10 km | Mannen | 2. Erwin de Vries | 37.08 |
| | | 3. Erik Bouma | 38.03 |
| | | 10. Freek Jaarsma | 40.42 |
| | | 22. André Jellema | 46.24 |
| | | 23. Harrie Wetterhahn | 46.24 |
| | Vrouwen | 2. Lieneke de Jong | 47.05 |
| 5 km | Mannen | 3. Sander van Hoorn | 18.12 |

Indoorwedstrijd te Assendelft op 19 januari.

| | | | |
|-----------|------------|-------------------|------|
| Meisjes A | 60m series | 1. Ilse Steigenga | 7.85 |
| | 60m finale | 1. Ilse Steigenga | 7.84 |
| | Ver | 1. Ilse Steigenga | 5.75 |

Decathlon Nationale CD indoor te Apeldoorn op 25 en 26 januari.

| | | | |
|------------|--------------|-----------------------|---------|
| Jongens C1 | 60m series | 6. Daan Sikkema | 7.92 |
| | | 30. Quinten Geleynse | 8.65 |
| | 60m ½ finale | 5. Daan Sikkema | 7.93 |
| | 60m finale | 4. Daan Sikkema | 7.89 |
| | 300m | 1. Daan Sikkema | 40.69 |
| | | 18. Quinten Geleynse | 50.19 |
| | Kogel | 3. Daan Sikkema | 11.17 |
| | Hoog | 7. Quinten Geleynse | 1.60 |
| Jongens D2 | 60m series | 3. Reinder Andringa | 8.13 |
| | 60m ½ finale | 4. Reinder Andringa | 8.19 |
| | 60m finale | 4. Reinder Andringa | 8.17 |
| | 600m | 19. Sybren van Gelder | 1.58.46 |
| | Kogel serie | 10. Reinder Andringa | 9.07 |

| | | | |
|------------|--------------|-----------------------|---------|
| | | 32. Sybren van Gelder | 6.60 |
| | Kogel finale | 9. Reinder Andringa | 9.22 |
| | Ver | 20. Sybren van Gelder | 4.06 |
| Meisjes C1 | 60m series | 31. Fione Fennema | 8.95 |
| | | 32. Maite Stienstra | 8.96 |
| | 300m | 11. Bernice Frank | 47.92 |
| | | 19. Fione Fennema | 50.15 |
| | 60mH series | 10. Yara de Boer | 9.83 |
| | | 39. Tessa de Roos | 11.02 |
| | 60mH ½ fin. | 14. Yara de Boer | 9.92 |
| | Kogel | 7. Yara de Boer | 1.55 |
| | | 8. Tessa de Roos | 1.50 |
| | | 17. Bernice Frank | 1.40 |
| Meisjes C2 | 800m | 12. Jente Leeuwangh | 2.31.90 |
| | Hoog | 12. Renske Drenten | 1.50 |
| | Ver | 36. Renske Drenten | 4.04 |

De ronde van Tzum op 25 januari.

| | | | |
|---------|---------|-----------------------|---------|
| 10,1 km | Mannen | 36. Sjoerd Holtrop | 57.45 |
| 21,1 km | Mannen | 9. Sander van Hoorn | 1.31.15 |
| | | 39. André Jellema | 1.50.11 |
| | | 40. Harrie Wetterhahn | 1.50.11 |
| | Vrouwen | 2. Anita Flapper | 1.31.15 |