

### 3e Suydersee Triathlon Urk 13-08-2016

Uitslag Achtste Triathlon per Categorie

Mannen < 40 jaar

| Plts | StartNr | Naam                | Woonplaats    | Cat | PltsTot | Zwem     | PltsZwem | Wiss1    | Fiets    | PltsFiets | NaFiets  | PltsNaFie | Wiss2    | Loop     | PltsLoop | TotaalTijd | DQ |
|------|---------|---------------------|---------------|-----|---------|----------|----------|----------|----------|-----------|----------|-----------|----------|----------|----------|------------|----|
| 1    | 372     | Glenn Wesseling     | Almere        | mSR | 1       | 00:06:43 | 1        | 00:01:08 | 00:30:32 | 3         | 00:38:22 | 1         | 00:00:30 | 00:19:00 | 1        | 00:57:50   |    |
| 2    | 370     | Jarrich van Woersem | Almere        | mSR | 2       | 00:07:04 | 2        | 00:01:03 | 00:31:36 | 6         | 00:39:42 | 2         | 00:00:45 | 00:20:39 | 4        | 01:01:05   |    |
| 3    | 224     | Tom de Jong         | BIDDINGHUIZEN | MSR | 3       | 00:08:25 | 7        | 00:01:17 | 00:30:55 | 4         | 00:40:36 | 3         | 00:00:37 | 00:20:14 | 2        | 01:01:26   |    |
| 4    | 216     | Jefry Visser        | ALMERE        | MSR | 4       | 00:08:20 | 5        | 00:01:04 | 00:31:50 | 7         | 00:41:13 | 5         | 00:00:37 | 00:20:52 | 6        | 01:02:41   |    |
| 5    | 217     | Boy van West        | ALMERE        | MSR | 5       | 00:07:25 | 3        | 00:01:10 | 00:32:46 | 11        | 00:41:19 | 6         | 00:00:27 | 00:21:14 | 8        | 01:02:59   |    |
| 6    | 229     | Ruben Slot          | DALFSEN       | MSR | 6       | 00:08:23 | 6        | 00:01:25 | 00:31:23 | 5         | 00:41:10 | 4         | 00:00:36 | 00:21:18 | 10       | 01:03:02   |    |
| 7    | 341     | Jacob Snoek         | URK           | MSR | 8       | 00:09:54 | 12       | 00:01:40 | 00:33:59 | 16        | 00:45:33 | 13        | 00:00:36 | 00:20:15 | 3        | 01:06:22   |    |
| 8    | 271     | Sander Kikkert      | HOOGVEEN      | MSR | 9       | 00:12:19 | 34       | 00:02:20 | 00:29:26 | 1         | 00:44:04 | 8         | 00:01:03 | 00:21:24 | 11       | 01:06:29   |    |
| 9    | 322     | Teunis Hoefnagel    | URK           | MSR | 10      | 00:10:40 | 20       | 00:01:57 | 00:30:14 | 2         | 00:42:50 | 7         | 00:00:38 | 00:23:08 | 20       | 01:06:35   |    |
| 10   | 290     | Stephan Mol         | MEDEMBLIK     | MSR | 13      | 00:09:42 | 11       | 00:03:01 | 00:32:06 | 10        | 00:44:48 | 11        | 00:00:49 | 00:21:29 | 12       | 01:07:05   |    |
| 11   | 295     | Johan Bouma         | NIEKERK       | MSR | 14      | 00:11:09 | 25       | 00:02:26 | 00:32:03 | 8         | 00:45:38 | 14        | 00:00:40 | 00:21:05 | 7        | 01:07:21   |    |
| 12   | 273     | Kaey van Rij        | HOOGVLIET     | MSR | 16      | 00:10:33 | 19       | 00:01:51 | 00:32:05 | 9         | 00:44:28 | 9         | 00:01:10 | 00:21:59 | 14       | 01:07:36   |    |
| 13   | 203     | Frank Blaas         | ALMERE        | MSR | 18      | 00:10:22 | 15       | 00:02:12 | 00:33:24 | 13        | 00:45:57 | 16        | 00:00:49 | 00:22:06 | 15       | 01:08:50   |    |
| 14   | 296     | Joost Bokkers       | NIJKERK       | MSR | 19      | 00:09:37 | 10       | 00:01:46 | 00:33:22 | 12        | 00:44:44 | 10        | 00:00:49 | 00:23:30 | 26       | 01:09:03   |    |
| 15   | 348     | Pim Veldhuis        | UTRECHT       | MSR | 21      | 00:10:12 | 14       | 00:01:25 | 00:33:53 | 15        | 00:45:29 | 12        | 00:00:43 | 00:23:14 | 22       | 01:09:25   |    |
| 16   | 254     | Bas Stevens         | EMMELOORD     | MSR | 22      | 00:11:19 | 26       | 00:02:23 | 00:34:26 | 18        | 00:48:08 | 21        | 00:00:58 | 00:20:46 | 5        | 01:09:51   |    |
| 17   | 219     | Imre van der Geer   | AMERSFOORT    | MSR | 24      | 00:11:52 | 30       | 00:02:31 | 00:34:04 | 17        | 00:48:25 | 22        | 00:00:55 | 00:21:16 | 9        | 01:10:36   |    |
| 18   | 319     | Meindert de Boer    | URK           | MSR | 26      | 00:10:41 | 21       | 00:01:38 | 00:34:55 | 22        | 00:47:13 | 17        | 00:00:41 | 00:23:12 | 21       | 01:11:05   |    |
| 19   | 220     | Leon Sperling       | AMSTERDAM     | MSR | 28      | 00:12:18 | 33       | 00:01:43 | 00:33:32 | 14        | 00:47:31 | 19        | 00:00:55 | 00:23:35 | 29       | 01:12:01   |    |
| 20   | 206     | Derek Haenen        | ALMERE        | MSR | 29      | 00:08:56 | 9        | 00:01:58 | 00:34:54 | 20        | 00:45:48 | 15        | 00:00:57 | 00:25:20 | 34       | 01:12:04   |    |
| 21   | 212     | Johan Postma        | ALMERE        | MSR | 30      | 00:08:16 | 4        | 00:01:52 | 00:39:16 | 41        | 00:49:23 | 25        | 00:00:44 | 00:22:10 | 16       | 01:12:17   |    |
| 22   | 270     | Thijs Rood          | HENSBOEK      | MSR | 34      | 00:10:27 | 16       | 00:02:02 | 00:36:37 | 27        | 00:49:04 | 23        | 00:00:54 | 00:23:22 | 24       | 01:13:19   |    |
| 23   | 245     | Mark Teisman        | EEMNES        | MSR | 39      | 00:12:00 | 31       | 00:01:52 | 00:37:18 | 31        | 00:51:10 | 29        | 00:00:44 | 00:22:14 | 17       | 01:14:06   |    |
| 24   | 373     | Sander Moojen       | LEEUWARDEN    | MSR | 40      | 00:10:02 | 13       | 00:02:07 | 00:37:08 | 30        | 00:49:16 | 24        | 00:00:56 | 00:24:37 | 31       | 01:14:48   |    |
| 25   | 276     | Rinke Nijland       | IJSSELSTEIN   | MSR | 41      | 00:10:49 | 23       | 00:01:55 | 00:34:48 | 19        | 00:47:31 | 18        | 00:01:07 | 00:26:27 | 40       | 01:15:04   |    |
| 26   | 263     | Jacob Visser        | GRONINGEN     | MSR | 43      | 00:13:29 | 43       | 00:02:26 | 00:35:25 | 23        | 00:51:19 | 31        | 00:01:17 | 00:22:54 | 19       | 01:15:29   |    |
| 27   | 344     | Wouter de Vries     | URK           | MSR | 46      | 00:12:28 | 38       | 00:02:12 | 00:36:50 | 28        | 00:51:30 | 32        | 00:01:12 | 00:23:29 | 25       | 01:16:10   |    |
| 28   | 256     | Kris Stultiens      | ENKHUIZEN     | MSR | 48      | 00:11:45 | 29       | 00:02:54 | 00:36:19 | 26        | 00:50:57 | 28        | 00:01:16 | 00:24:20 | 30       | 01:16:33   |    |
| 29   | 335     | Jan Post            | URK           | MSR | 51      | 00:13:40 | 44       | 00:03:19 | 00:35:54 | 25        | 00:52:51 | 37        | 00:00:33 | 00:23:34 | 27       | 01:16:56   |    |
| 30   | 299     | Roeland Vreeswijk   | NIJKERK       | MSR | 56      | 00:13:21 | 42       | 00:01:53 | 00:37:01 | 29        | 00:52:14 | 34        | 00:00:55 | 00:24:53 | 33       | 01:18:01   |    |
| 31   | 316     | Jan Bakker          | URK           | MSR | 62      | 00:12:25 | 36       | 00:02:18 | 00:35:51 | 24        | 00:50:34 | 27        | 00:00:38 | 00:27:14 | 44       | 01:18:25   |    |
| 32   | 318     | Meindert de Boer    | URK           | MSR | 63      | 00:11:25 | 27       | 00:02:18 | 00:37:58 | 34        | 00:51:40 | 33        | 00:01:00 | 00:25:46 | 37       | 01:18:26   |    |
| 33   | 305     | Sander Houthuizen   | RIDDERKERK    | MSR | 66      | 00:10:32 | 18       | 00:01:33 | 00:37:35 | 33        | 00:49:38 | 26        | 00:00:51 | 00:28:46 | 52       | 01:19:14   |    |
| 34   | 240     | Titus Schoffelen    | DRIEBERGEN    | MSR | 67      | 00:10:28 | 17       | 00:01:47 | 00:39:02 | 39        | 00:51:15 | 30        | 00:02:15 | 00:25:59 | 38       | 01:19:28   |    |
| 35   | 325     | Freek Koffeman      | URK           | MSR | 68      | 00:14:42 | 47       | 00:03:18 | 00:38:26 | 38        | 00:56:26 | 42        | 00:00:34 | 00:22:36 | 18       | 01:19:35   |    |
| 36   | 202     | Richard Belderok    | ALMERE        | MSR | 72      | 00:10:51 | 24       | 00:01:47 | 00:34:55 | 21        | 00:47:32 | 20        | 00:01:08 | 00:31:29 | 54       | 01:20:08   |    |
| 37   | 277     | Matthijs Pouwels    | IJSSELSTEIN   | MSR | 73      | 00:10:49 | 22       | 00:02:24 | 00:39:24 | 42        | 00:52:35 | 36        | 00:00:54 | 00:26:44 | 42       | 01:20:12   |    |
| 38   | 298     | Daan Vreeswijk      | NIJKERK       | MSR | 76      | 00:11:40 | 28       | 00:02:18 | 00:38:21 | 36        | 00:52:18 | 35        | 00:01:08 | 00:27:40 | 48       | 01:21:05   |    |
| 39   | 326     | Jan Korf            | URK           | MSR | 77      | 00:14:15 | 45       | 00:02:50 | 00:39:39 | 43        | 00:56:43 | 44        | 00:00:56 | 00:23:35 | 28       | 01:21:13   |    |
| 40   | 208     | Tom Jonker          | ALMERE        | MSR | 78      | 00:15:13 | 51       | 00:02:12 | 00:37:22 | 32        | 00:54:46 | 38        | 00:01:53 | 00:24:46 | 32       | 01:21:24   |    |
| 41   | 309     | Alexander Hubert    | ROTTERDAM     | MSR | 84      | 00:15:11 | 50       | 00:02:07 | 00:38:12 | 35        | 00:55:28 | 40        | 00:01:27 | 00:25:30 | 36       | 01:22:25   |    |
| 42   | 242     | Rogier Bremer       | DRONTEN       | MSR | 86      | 00:15:23 | 53       | 00:03:48 | 00:39:12 | 40        | 00:58:23 | 47        | 00:00:55 | 00:23:21 | 23       | 01:22:37   |    |

### 3e Suydersee Triathlon Urk 13-08-2016

Uitslag Achtste Triathlon per Categorie

|    |                     |            |     |     |          |    |          |          |    |          |    |          |          |    |          |
|----|---------------------|------------|-----|-----|----------|----|----------|----------|----|----------|----|----------|----------|----|----------|
| 43 | 345 Geert de Wit    | URK        | MSR | 88  | 00:12:08 | 32 | 00:02:26 | 00:40:42 | 47 | 00:55:14 | 39 | 00:00:36 | 00:27:19 | 46 | 01:23:08 |
| 44 | 279 Johan Liefers   | KAMPEN     | MSR | 92  | 00:14:45 | 48 | 00:02:50 | 00:40:10 | 45 | 00:57:44 | 45 | 00:00:42 | 00:25:30 | 35 | 01:23:55 |
| 45 | 321 Stan Eskes      | URK        | MSR | 93  | 00:12:44 | 39 | 00:03:40 | 00:40:08 | 44 | 00:56:32 | 43 | 00:01:15 | 00:26:19 | 39 | 01:24:05 |
| 46 | 323 Willem Hoekstra | URK        | MSR | 102 | 00:12:50 | 41 | 00:03:04 | 00:42:30 | 49 | 00:58:22 | 46 | 00:01:12 | 00:27:16 | 45 | 01:26:50 |
| 47 | 336 Jan Post        | URK        | MSR | 106 | 00:15:14 | 52 | 00:03:17 | 00:40:29 | 46 | 00:58:59 | 48 | 00:01:22 | 00:27:26 | 47 | 01:27:45 |
| 48 | 281 Ralph Ypes      | LAREN      | MSR | 111 | 00:12:26 | 37 | 00:03:37 | 00:43:17 | 51 | 00:59:19 | 49 | 00:01:11 | 00:27:53 | 49 | 01:28:22 |
| 49 | 308 Edwin Vermaas   | RIDDERKERK | MSR | 112 | 00:14:34 | 46 | 00:02:49 | 00:38:24 | 37 | 00:55:47 | 41 | 00:01:30 | 00:31:22 | 53 | 01:28:38 |
| 50 | 314 Marc Lebbink    | TOLLEBEEK  | MSR | 116 | 00:12:46 | 40 | 00:02:39 | 00:44:05 | 53 | 00:59:28 | 50 | 00:01:06 | 00:28:19 | 50 | 01:28:52 |
| 51 | 360 Remco Saurens   | WEMELDINGE | MSR | 120 | 00:12:21 | 35 | 00:04:55 | 00:42:54 | 50 | 01:00:09 | 51 | 00:02:13 | 00:26:57 | 43 | 01:29:18 |
| 52 | 213 Sander Prins    | ALMERE     | MSR | 122 | 00:08:50 | 8  | 00:01:22 | 00:57:36 | 56 | 01:07:47 | 55 | 00:00:35 | 00:21:37 | 13 | 01:29:58 |
| 53 | 371 Kees van keulen | Urk        | mSR | 123 | 00:16:01 | 55 | 00:02:43 | 00:44:31 | 54 | 01:03:14 | 54 | 00:00:38 | 00:26:42 | 41 | 01:30:33 |
| 54 | 357 Edwin Smit      | VOLLENHOVE | MSR | 125 | 00:15:05 | 49 | 00:05:16 | 00:41:47 | 48 | 01:02:07 | 52 | 00:01:37 | 00:28:25 | 51 | 01:32:08 |
| 55 | 274 Fabian Mentink  | HOORN      | MSR | 154 | 00:21:00 | 57 | 00:02:59 | 00:49:15 | 55 | 01:13:13 | 56 | 00:01:38 | 00:33:03 | 55 | 01:47:53 |
| 56 | 252 Yme Mein        | EMMELOORD  | MSR | 156 | 00:15:27 | 54 | 00:04:08 | 00:43:27 | 52 | 01:03:02 | 53 | 00:01:55 | 00:43:34 | 56 | 01:48:29 |
| 57 | 355 Lars Koster     | VENHUIZEN  | MSR | 161 | 00:17:34 | 56 | 00:04:04 | 01:19:51 | 57 | 01:41:28 | 57 |          |          | 0  | 02:10:48 |

#### Mannen 40 jaar en ouder

| Pts | StartNr | Naam                  | Woonplaats   | Cat | PtsTot | Zwem     | PtsZwem | Wiss1    | Fiets    | PtsFiets | NaFiets  | PtsNaFie | Wiss2    | Loop     | PtsLoop | TotaalTijd | DQ |
|-----|---------|-----------------------|--------------|-----|--------|----------|---------|----------|----------|----------|----------|----------|----------|----------|---------|------------|----|
| 1   | 215     | Frank Veltman         | ALMERE       | M40 | 7      | 00:08:32 | 1       | 00:01:34 | 00:32:44 | 5        | 00:42:49 | 1        | 00:00:51 | 00:21:43 | 2       | 01:05:22   |    |
| 2   | 303     | Irvin van der Waal    | PAPENDRECHT  | M40 | 11     | 00:09:11 | 6       | 00:02:02 | 00:33:36 | 6        | 00:44:48 | 5        | 00:00:46 | 00:21:25 | 1       | 01:06:59   |    |
| 3   | 223     | Herman Aalberts       | APELDOORN    | M40 | 12     | 00:10:52 | 16      | 00:01:38 | 00:31:48 | 1        | 00:44:17 | 4        | 00:00:44 | 00:22:00 | 4       | 01:07:00   |    |
| 4   | 301     | Fré Adema             | ORANJEWOUDE  | M40 | 15     | 00:08:56 | 3       | 00:01:44 | 00:32:35 | 4        | 00:43:14 | 3        | 00:00:46 | 00:23:26 | 9       | 01:07:25   |    |
| 5   | 267     | Klaas Arkema          | HASSELT      | M40 | 17     | 00:10:33 | 12      | 00:02:08 | 00:32:23 | 3        | 00:45:03 | 6        | 00:00:54 | 00:22:22 | 5       | 01:08:18   |    |
| 6   | 233     | Peter Visscher        | DE WIJK      | M40 | 20     | 00:09:39 | 7       | 00:01:38 | 00:31:53 | 2        | 00:43:10 | 2        | 00:00:47 | 00:25:15 | 16      | 01:09:11   |    |
| 7   | 275     | Kees van de Wetering  | IJSSELMUIDEN | M40 | 23     | 00:10:16 | 11      | 00:01:39 | 00:34:23 | 8        | 00:46:16 | 8        | 00:01:13 | 00:23:02 | 8       | 01:10:30   |    |
| 8   | 201     | Vincent Broekkamp     | ALKMAAR      | M40 | 25     | 00:09:48 | 9       | 00:02:05 | 00:35:18 | 13       | 00:47:10 | 9        | 00:00:47 | 00:22:50 | 6       | 01:10:45   |    |
| 9   | 228     | Paul Slot             | DALFSEN      | M40 | 31     | 00:09:48 | 8       | 00:02:00 | 00:34:15 | 7        | 00:46:01 | 7        | 00:01:09 | 00:25:13 | 15      | 01:12:22   |    |
| 10  | 367     | Berend van der Veer   | ZWOLLE       | M40 | 32     | 00:10:37 | 14      | 00:01:44 | 00:35:42 | 14       | 00:48:01 | 11       | 00:00:40 | 00:23:48 | 11      | 01:12:28   |    |
| 11  | 364     | Peter van Doesburg    | ZAANDAM      | M40 | 35     | 00:12:08 | 25      | 00:02:24 | 00:36:19 | 18       | 00:50:50 | 19       | 00:01:19 | 00:21:49 | 3       | 01:13:57   |    |
| 12  | 375     | Jan Jongman           | Urk          | M40 | 36     | 00:12:54 | 31      | 00:02:25 | 00:34:50 | 11       | 00:50:08 | 16       | 00:00:51 | 00:23:02 | 7       | 01:14:00   |    |
| 13  | 268     | Nico Mijnheer         | HASSELT      | M40 | 42     | 00:09:08 | 4       | 00:01:56 | 00:36:15 | 17       | 00:47:19 | 10       | 00:01:01 | 00:27:02 | 25      | 01:15:22   |    |
| 14  | 359     | Gunter Lok            | WEESP        | M40 | 47     | 00:10:34 | 13      | 00:03:49 | 00:34:36 | 9        | 00:48:58 | 13       | 00:00:55 | 00:26:28 | 21      | 01:16:20   |    |
| 15  | 338     | Kees Post             | URK          | M40 | 50     | 00:12:14 | 26      | 00:02:40 | 00:35:42 | 15       | 00:50:35 | 17       | 00:00:49 | 00:25:15 | 17      | 01:16:38   |    |
| 16  | 222     | Rens Veerman          | AMSTERDAM    | M40 | 54     | 00:11:36 | 21      | 00:01:53 | 00:37:31 | 23       | 00:50:59 | 20       | 00:01:00 | 00:25:37 | 18      | 01:17:36   |    |
| 17  | 258     | Hans-Jurgen Knappmann | ESPEL        | M40 | 55     | 00:11:18 | 19      | 00:01:52 | 00:36:24 | 19       | 00:49:33 | 15       | 00:01:06 | 00:27:22 | 26      | 01:17:59   |    |
| 18  | 306     | Richard Nusteling     | RIDDERKERK   | M40 | 58     | 00:13:12 | 36      | 00:01:56 | 00:37:43 | 25       | 00:52:50 | 25       | 00:01:03 | 00:24:21 | 12      | 01:18:13   |    |
| 19  | 248     | Harry Feenstra        | EMMELOORD    | M40 | 60     | 00:11:57 | 24      | 00:02:14 | 00:34:57 | 12       | 00:49:07 | 14       | 00:01:02 | 00:28:08 | 27      | 01:18:17   |    |
| 20  | 366     | Geoffrey Brookman     | ZWOLLE       | M40 | 61     | 00:11:53 | 22      | 00:02:42 | 00:37:31 | 24       | 00:52:06 | 22       | 00:01:09 | 00:25:07 | 14      | 01:18:20   |    |
| 21  | 255     | Richard de Wit        | EMMELOORD    | M40 | 64     | 00:12:39 | 27      | 00:03:22 | 00:34:43 | 10       | 00:50:43 | 18       | 00:01:29 | 00:26:27 | 20      | 01:18:39   |    |
| 22  | 243     | Roelof Siepel         | DRONTEN      | M40 | 70     | 00:13:18 | 37      | 00:03:22 | 00:37:04 | 21       | 00:53:44 | 28       | 00:01:14 | 00:24:48 | 13      | 01:19:45   |    |
| 23  | 260     | Andre Kerbof          | GORREDIJK    | M40 | 75     | 00:10:49 | 15      | 00:03:07 | 00:39:52 | 34       | 00:53:47 | 29       | 00:01:19 | 00:25:52 | 19      | 01:20:57   |    |
| 24  | 284     | Frank Agricola        | LELYSTAD     | M40 | 79     | 00:13:04 | 35      | 00:03:00 | 00:36:55 | 20       | 00:52:58 | 26       | 00:01:31 | 00:26:58 | 24      | 01:21:26   |    |

### 3e Suydersee Triathlon Urk 13-08-2016

Uitslag Achtste Triathlon per Categorie

|    |                        |                 |     |     |          |    |          |          |    |          |    |          |          |    |          |
|----|------------------------|-----------------|-----|-----|----------|----|----------|----------|----|----------|----|----------|----------|----|----------|
| 25 | 230 Eric van Tellingen | DE BILT         | M40 | 83  | 00:12:59 | 33 | 00:02:37 | 00:36:15 | 16 | 00:51:51 | 21 | 00:01:51 | 00:28:23 | 30 | 01:22:04 |
| 26 | 353 Jörg Löhken        | VELDHOVEN       | M40 | 85  | 00:09:10 | 5  | 00:03:50 | 00:39:45 | 32 | 00:52:45 | 23 | 00:01:25 | 00:28:22 | 29 | 01:22:31 |
| 27 | 292 Patrick Kuperus    | MIDDENMEER      | M40 | 87  |          | 0  |          |          | 0  |          | 0  |          |          | 0  | 01:22:46 |
| 28 | 288 Peter Wijnands     | LELYSTAD        | M40 | 90  | 00:11:56 | 23 | 00:03:06 | 00:39:45 | 33 | 00:54:46 | 30 | 00:01:47 | 00:26:47 | 23 | 01:23:19 |
| 29 | 291 Bart Grasmeijer    | MEPPEL          | M40 | 94  | 00:13:03 | 34 | 00:03:50 | 00:39:11 | 28 | 00:56:04 | 33 | 00:04:33 | 00:23:33 | 10 | 01:24:08 |
| 30 | 286 Anne Hessels       | LELYSTAD        | M40 | 100 | 00:12:58 | 32 | 00:03:21 | 00:39:20 | 30 | 00:55:38 | 32 | 00:01:45 | 00:29:03 | 31 | 01:26:25 |
| 31 | 362 Dick van Beuzekom  | WOERDEN         | M40 | 101 | 00:10:57 | 17 | 00:02:29 | 00:39:36 | 31 | 00:53:01 | 27 | 00:01:22 | 00:32:20 | 36 | 01:26:42 |
| 32 | 363 John Brandsen      | WOERDEN         | M40 | 103 | 00:09:51 | 10 | 00:02:33 | 00:42:57 | 39 | 00:55:20 | 31 | 00:01:11 | 00:30:22 | 33 | 01:26:52 |
| 33 | 227 Michel Degeling    | BLOEMENDAAL     | M40 | 109 | 00:15:09 | 38 | 00:03:46 | 00:41:02 | 35 | 00:59:55 | 38 | 00:01:41 | 00:26:43 | 22 | 01:28:18 |
| 34 | 333 Klaas Molenaar     | URK             | M40 | 114 | 00:11:27 | 20 | 00:03:02 | 00:38:18 | 26 | 00:52:46 | 24 | 00:01:15 | 00:34:48 | 39 | 01:28:47 |
| 35 | 247 Sjoerd Dijkstra    | EMMELOORD       | M40 | 117 | 00:15:28 | 40 | 00:03:08 | 00:38:41 | 27 | 00:57:17 | 35 | 00:01:23 | 00:30:24 | 34 | 01:29:02 |
| 36 | 317 Pieter Bakker      | URK             | M40 | 119 | 00:12:45 | 29 | 00:02:39 | 00:41:48 | 36 | 00:57:11 | 34 | 00:01:39 | 00:30:22 | 32 | 01:29:11 |
| 37 | 282 Martin Boomgaardt  | LEEWARDEN       | M40 | 121 | 00:11:05 | 18 | 00:04:21 | 00:43:52 | 40 | 00:59:18 | 37 | 00:02:06 | 00:28:17 | 28 | 01:29:40 |
| 38 | 264 Krishnan Gonesh    | H.I.AMBACHT     | M40 | 129 | 00:16:46 | 41 | 00:01:38 | 00:39:19 | 29 | 00:57:41 | 36 | 00:01:58 | 00:33:56 | 38 | 01:33:34 |
| 39 | 265 Bert Schwebke      | HALFWEG         | M40 | 137 | 00:15:22 | 39 | 00:02:59 | 00:42:40 | 37 | 01:01:00 | 39 | 00:02:47 | 00:32:08 | 35 | 01:35:54 |
| 40 | 346 Geert Glimmerveen  | UTRECHT         | M40 | 140 |          | 0  |          |          | 0  |          | 0  |          |          | 0  | 01:36:48 |
| 41 | 232 Rob Teisman        | DE WAAL - TEXEL | M40 | 142 | 00:12:48 | 30 | 00:03:49 | 00:46:57 | 41 | 01:03:33 | 40 | 00:02:07 | 00:32:30 | 37 | 01:38:09 |
| 42 | 352 Harrie Epskamp     | VEENENDAAL      | M40 | 149 | 00:21:02 | 42 | 00:03:23 | 00:42:47 | 38 | 01:07:11 | 41 | 00:00:58 | 00:35:09 | 40 | 01:43:16 |
| 43 | 246 Arjen Dijkstra     | EMMELOORD       | M40 | 0   | 00:12:40 | 28 | 00:03:10 |          | 0  |          | 0  |          |          | 0  |          |
| 44 | 331 Wilbert Mazereeuw  | URK             | M40 | 0   | 00:08:45 | 2  | 00:01:58 | 00:37:30 | 22 | 00:48:13 | 12 |          |          | 0  |          |

#### Vrouwen < 40 jaar

| Plts | StartNr | Naam               | Woonplaats          | Cat | PltsTot | Zwem     | PltsZwem | Wiss1    | Fiets    | PltsFiets | NaFiets  | PltsNaFie | Wiss2    | Loop     | PltsLoop | TotaalTijd | DQ |
|------|---------|--------------------|---------------------|-----|---------|----------|----------|----------|----------|-----------|----------|-----------|----------|----------|----------|------------|----|
| 1    | 262     | Klaziene Politiek  | GRONINGEN           | VSR | 33      | 00:08:41 | 2        | 00:01:22 | 00:36:56 | 4         | 00:46:58 | 1         | 00:00:40 | 00:25:03 | 8        | 01:12:40   |    |
| 2    | 311     | Kim Groeneveld     | SINT PANCRAS        | VSR | 37      | 00:08:31 | 1        | 00:01:26 | 00:37:48 | 8         | 00:47:45 | 2         | 00:00:37 | 00:25:41 | 10       | 01:14:02   |    |
| 3    | 294     | Lobke de Hollander | NEDERHORST DEN BERG | VSR | 38      | 00:10:52 | 8        | 00:01:53 | 00:37:33 | 5         | 00:50:17 | 6         | 00:00:55 | 00:22:53 | 1        | 01:14:04   |    |
| 4    | 340     | Alie Snoek         | URK                 | VSR | 44      | 00:08:49 | 4        | 00:02:08 | 00:40:18 | 16        | 00:51:13 | 8         | 00:00:33 | 00:23:59 | 3        | 01:15:44   |    |
| 5    | 278     | Rianne Snel        | IJSSELSTEIN         | VSR | 45      | 00:10:19 | 6        | 00:01:49 | 00:37:40 | 6         | 00:49:47 | 4         | 00:00:47 | 00:25:15 | 9        | 01:15:47   |    |
| 6    | 61      | Geke Flach         | HEEMSTEDEN          | VSR | 52      | 00:11:56 | 18       | 00:02:44 | 00:37:41 | 7         | 00:52:19 | 9         | 00:01:10 | 00:23:44 | 2        | 01:17:12   |    |
| 7    | 272     | Harriët Koorn      | HOOGMADE            | VSR | 53      | 00:13:44 | 27       | 00:02:01 | 00:32:39 | 1         | 00:48:23 | 3         | 00:01:13 | 00:27:45 | 18       | 01:17:20   |    |
| 8    | 343     | Tiny de Vries      | URK                 | VSR | 57      | 00:11:17 | 11       | 00:01:57 | 00:39:59 | 14        | 00:53:11 | 11        | 00:00:29 | 00:24:24 | 6        | 01:18:03   |    |
| 9    | 358     | Miranda Goossens   | WEESP               | VSR | 59      | 00:12:41 | 24       | 00:03:23 | 00:36:18 | 3         | 00:52:21 | 10        | 00:01:25 | 00:24:28 | 7        | 01:18:14   |    |
| 10   | 23      | Marijke de Laat    | AMSTERDAM           | VSR | 65      | 00:12:08 | 20       | 00:01:51 | 00:39:40 | 13        | 00:53:38 | 14        | 00:01:12 | 00:24:22 | 5        | 01:19:10   |    |
| 11   | 349     | Liesbeth Kemkers   | ZWOLLE              | VSR | 69      | 00:11:47 | 15       | 00:02:50 | 00:36:03 | 2         | 00:50:39 | 7         | 00:01:13 | 00:27:45 | 19       | 01:19:37   |    |
| 12   | 204     | Marlous Droog      | ALMERE              | VSR | 71      | 00:08:48 | 3        | 00:01:46 | 00:39:29 | 12        | 00:50:03 | 5         | 00:01:01 | 00:29:01 | 25       | 01:20:03   |    |
| 13   | 307     | Wendy Snel         | RIDDERKERK          | VSR | 74      | 00:11:18 | 12       | 00:01:33 | 00:40:50 | 17        | 00:53:40 | 15        | 00:00:51 | 00:26:13 | 11       | 01:20:42   |    |
| 14   | 218     | Ryanne Westenberg  | ALMERE              | VSR | 81      | 00:12:12 | 21       | 00:01:58 | 00:39:14 | 10        | 00:53:23 | 13        | 00:00:48 | 00:27:40 | 17       | 01:21:50   |    |
| 15   | 280     | Lieke Ouwerkerk    | KRIMPEN AAN DE LEK  | VSR | 89      | 00:10:26 | 7        | 00:02:51 | 00:39:59 | 15        | 00:53:15 | 12        | 00:01:30 | 00:28:34 | 21       | 01:23:17   |    |
| 16   | 241     | Nynke Bremer       | DRONTEN             | VSR | 91      | 00:15:24 | 32       | 00:03:45 | 00:39:25 | 11        | 00:58:33 | 25        | 00:00:40 | 00:24:08 | 4        | 01:23:19   |    |
| 17   | 327     | Marja Kramer       | URK                 | VSR | 96      | 00:11:29 | 14       | 00:01:51 | 00:42:59 | 26        | 00:56:18 | 20        | 00:00:48 | 00:27:46 | 20       | 01:24:51   |    |
| 18   | 315     | Iris Vernimmen     | UITHOORN            | VSR | 97      | 00:11:27 | 13       | 00:02:42 | 00:41:50 | 21        | 00:55:58 | 19        | 00:00:41 | 00:28:46 | 23       | 01:25:24   |    |
| 19   | 324     | Emma Jongman       | Urk                 | VSR | 98      | 00:12:27 | 23       | 00:02:07 | 00:43:42 | 28        | 00:58:16 | 24        | 00:00:50 | 00:26:37 | 13       | 01:25:42   |    |

### 3e Suydersee Triathlon Urk 13-08-2016

Uitslag Achtste Triathlon per Categorie

|    |                             |               |     |     |          |    |          |          |    |          |    |          |          |    |          |
|----|-----------------------------|---------------|-----|-----|----------|----|----------|----------|----|----------|----|----------|----------|----|----------|
| 20 | 266 Annika Heijnen          | HARDERWIJK    | VSR | 99  | 00:15:17 | 30 | 00:02:18 | 00:38:15 | 9  | 00:55:49 | 18 | 00:01:25 | 00:28:35 | 22 | 01:25:48 |
| 21 | 205 Sanne Goosen            | ALMERE        | VSR | 104 | 00:11:08 | 9  | 00:02:33 | 00:41:48 | 20 | 00:55:28 | 17 | 00:00:56 | 00:30:48 | 27 | 01:27:12 |
| 22 | 337 Karina Post             | URK           | VSR | 105 | 00:13:05 | 25 | 00:03:01 | 00:42:43 | 24 | 00:58:48 | 26 | 00:01:05 | 00:27:28 | 16 | 01:27:20 |
| 23 | 351 Dionne Epskamp          | VEENENDAAL    | VSR | 107 | 00:11:52 | 17 | 00:01:48 | 00:41:05 | 18 | 00:54:43 | 16 | 00:00:52 | 00:32:28 | 31 | 01:28:03 |
| 24 | 250 Daphne Hellendoorn-Bos  | EMMELOORD     | VSR | 108 | 00:13:53 | 28 | 00:02:35 | 00:41:15 | 19 | 00:57:42 | 22 | 00:01:36 | 00:28:52 | 24 | 01:28:09 |
| 25 | 342 Lubette van Urk         | URK           | VSR | 113 | 00:12:14 | 22 | 00:03:03 | 00:46:13 | 33 | 01:01:29 | 31 | 00:00:51 | 00:26:28 | 12 | 01:28:46 |
| 26 | 210 Suzanne Kortekaas       | ALMERE        | VSR | 124 | 00:12:07 | 19 | 00:03:24 | 00:44:10 | 30 | 00:59:40 | 27 | 00:01:22 | 00:30:45 | 26 | 01:31:45 |
| 27 | 225 Natalie Sturkenboom     | BIDDINGHUIZEN | VSR | 127 | 00:15:20 | 31 | 00:04:35 | 00:43:52 | 29 | 01:03:46 | 33 | 00:02:19 | 00:27:22 | 14 | 01:33:26 |
| 28 | 226 Sudi Broertjes-Arulandu | Amesfoort     | VSR | 128 | 00:15:35 | 33 | 00:06:08 | 00:42:24 | 22 | 01:04:06 | 34 | 00:01:59 | 00:27:22 | 15 | 01:33:26 |
| 29 | 334 Grietje Post            | URK           | VSR | 130 | 00:14:21 | 29 | 00:02:53 | 00:43:12 | 27 | 01:00:24 | 29 | 00:01:01 | 00:32:11 | 30 | 01:33:35 |
| 30 | 297 Susan Bokkers-Huisman   | NIJKERK       | VSR | 131 | 00:11:08 | 10 | 00:02:11 | 00:44:42 | 32 | 00:58:00 | 23 | 00:01:03 | 00:34:55 | 34 | 01:33:57 |
| 31 | 253 Esther de Rond          | EMMELOORD     | VSR | 133 | 00:11:50 | 16 | 00:02:39 | 00:42:42 | 23 | 00:57:10 | 21 | 00:01:31 | 00:36:40 | 35 | 01:35:20 |
| 32 | 300 Fera Dam                | NOARDBURGUM   | VSR | 139 | 00:16:18 | 34 | 00:02:33 | 00:42:51 | 25 | 01:01:41 | 32 | 00:02:31 | 00:31:58 | 29 | 01:36:09 |
| 33 | 251 Ingrid Herder-Medemblik | EMMELOORD     | VSR | 141 | 00:09:58 | 5  | 00:03:02 | 00:46:53 | 34 | 00:59:52 | 28 | 00:00:51 | 00:36:43 | 36 | 01:37:25 |
| 34 | 312 Daphne van den Oever    | SPIJKENISSE   | VSR | 143 | 00:13:17 | 26 | 00:02:53 | 00:44:24 | 31 | 01:00:33 | 30 | 00:02:19 | 00:37:04 | 37 | 01:39:55 |
| 35 | 328 Eline Loosman           | URK           | VSR | 148 | 00:16:53 | 36 | 00:03:45 | 00:49:24 | 35 | 01:10:01 | 35 | 00:00:53 | 00:31:06 | 28 | 01:42:00 |
| 36 | 234 Henriette ten Berge     | DEN HAAG      | VSR | 152 | 00:17:21 | 37 | 00:03:35 | 00:49:34 | 36 | 01:10:29 | 36 | 00:02:53 | 00:34:05 | 33 | 01:47:25 |
| 37 | 261 Irma van Dam            | GRONINGEN     | VSR | 153 | 00:16:30 | 35 | 00:03:39 | 00:52:27 | 37 | 01:12:35 | 37 | 00:01:57 | 00:32:58 | 32 | 01:47:29 |

#### Vrouwen 40 jaar en ouder

| Pts | StartNr | Naam                 | Woonplaats            | Cat | PltsTot | Zwem     | PltsZwem | Wiss1    | Fiets    | PltsFiets | NaFiets  | PltsNaFie | Wiss2    | Loop     | PltsLoop | TotaalTijd | DQ |
|-----|---------|----------------------|-----------------------|-----|---------|----------|----------|----------|----------|-----------|----------|-----------|----------|----------|----------|------------|----|
| 1   | 350     | Saskia Bekhuis       | VASSE                 | V40 | 27      | 00:08:47 | 1        | 00:01:30 | 00:36:29 | 1         | 00:46:45 | 1         | 00:00:53 | 00:23:41 | 1        | 01:11:18   |    |
| 2   | 209     | Marielle Kok         | ALMERE                | V40 | 49      | 00:10:39 | 2        | 00:02:13 | 00:37:50 | 3         | 00:50:41 | 2         | 00:00:56 | 00:25:01 | 2        | 01:16:37   |    |
| 3   | 244     | Tineke van Berkum    | ECHTENERBRUG          | V40 | 80      | 00:11:09 | 3        | 00:01:53 | 00:39:06 | 4         | 00:52:07 | 4         | 00:01:18 | 00:28:23 | 5        | 01:21:47   |    |
| 4   | 239     | Karin van Gog        | DRACHTEN              | V40 | 82      | 00:11:40 | 5        | 00:02:23 | 00:37:14 | 2         | 00:51:16 | 3         | 00:01:14 | 00:29:31 | 7        | 01:21:59   |    |
| 5   | 249     | Lianne van de Guchte | EMMELOORD             | V40 | 95      | 00:14:17 | 12       | 00:02:21 | 00:40:15 | 5         | 00:56:52 | 6         | 00:01:10 | 00:26:28 | 3        | 01:24:29   |    |
| 6   | 304     | Laura van der Waal   | PAPENDRECHT           | V40 | 110     | 00:12:21 | 7        | 00:03:12 | 00:40:42 | 6         | 00:56:14 | 5         | 00:01:43 | 00:30:26 | 10       | 01:28:22   |    |
| 7   | 329     | Jeltje Loosman       | URK                   | V40 | 115     | 00:12:40 | 9        | 00:02:54 | 00:42:27 | 7         | 00:58:00 | 8         | 00:00:52 | 00:29:58 | 8        | 01:28:49   |    |
| 8   | 293     | Henriette Joanknecht | MILLINGEN AAN DE RIJN | V40 | 118     | 00:11:30 | 4        | 00:02:41 | 00:43:27 | 9         | 00:57:37 | 7         | 00:01:22 | 00:30:08 | 9        | 01:29:06   |    |
| 9   | 302     | Riki Creemers        | OSSEZIJL              | V40 | 126     | 00:15:14 | 17       | 00:03:39 | 00:43:19 | 8         | 01:02:11 | 10        | 00:02:01 | 00:29:14 | 6        | 01:33:25   |    |
| 10  | 361     | Pascale Vale         | WEMELDINGE            | V40 | 132     | 00:12:39 | 8        | 00:03:55 | 00:45:47 | 12        | 01:02:19 | 11        | 00:01:40 | 00:30:37 | 11       | 01:34:36   |    |
| 11  | 313     | Miranda Witte        | SWIFTERBANT           | V40 | 134     | 00:16:15 | 20       | 00:03:32 | 00:46:12 | 14        | 01:05:57 | 15        | 00:01:26 | 00:27:59 | 4        | 01:35:21   |    |
| 12  | 238     | Marian de Jong       | DORDRECHT             | V40 | 135     | 00:14:36 | 13       | 00:03:46 | 00:44:26 | 10        | 01:02:47 | 13        | 00:01:08 | 00:31:50 | 12       | 01:35:44   |    |
| 13  | 365     | Vera Casteleijn      | ZEEWOLDE              | V40 | 136     | 00:13:43 | 10       | 00:03:09 | 00:45:49 | 13        | 01:02:40 | 12        | 00:00:55 | 00:32:14 | 14       | 01:35:47   |    |
| 14  | 231     | Corrie de Jager      | DE WAAL - TEXEL       | V40 | 138     | 00:12:06 | 6        | 00:03:48 | 00:45:46 | 11        | 01:01:39 | 9         | 00:01:43 | 00:32:47 | 16       | 01:36:09   |    |
| 15  | 330     | Mieneke Loosman      | URK                   | V40 | 144     | 00:14:59 | 14       | 00:03:22 | 00:48:43 | 20        | 01:07:03 | 17        | 00:01:01 | 00:32:47 | 15       | 01:40:50   |    |
| 16  | 237     | Joke Heijmans        | DORDRECHT             | V40 | 145     | 00:15:38 | 19       | 00:04:09 | 00:47:36 | 17        | 01:07:22 | 18        | 00:00:49 | 00:33:21 | 17       | 01:41:31   |    |
| 17  | 257     | Angeliek Knappmann   | ESPEL                 | V40 | 146     | 00:15:00 | 15       | 00:03:11 | 00:46:30 | 15        | 01:04:41 | 14        | 00:01:02 | 00:36:15 | 19       | 01:41:56   |    |
| 18  | 221     | Monetta Ulrici       | AMSTERDAM             | V40 | 147     | 00:15:25 | 18       | 00:04:17 | 00:48:21 | 19        | 01:08:03 | 19        | 00:01:51 | 00:32:05 | 13       | 01:41:57   |    |
| 19  | 259     | Christa Ellen        | EZINGE                | V40 | 151     | 00:13:51 | 11       | 00:05:22 | 00:47:25 | 16        | 01:06:37 | 16        | 00:02:04 | 00:37:33 | 20       | 01:46:14   |    |
| 20  | 347     | Hanneke Schreuder    | UTRECHT               | V40 | 155     | 00:16:23 | 21       | 00:04:07 | 00:47:39 | 18        | 01:08:08 | 20        | 00:02:24 | 00:37:35 | 21       | 01:48:05   |    |
| 21  | 283     | Astrid Zijlstra      | LEKKUM                | V40 | 157     | 00:15:13 | 16       | 00:02:40 | 00:52:13 | 22        | 01:10:05 | 21        | 00:01:46 | 00:37:53 | 22       | 01:49:42   |    |

### 3e Suydersee Triathlon Urk 13-08-2016

Uitslag Achtste Triathlon per Categorie

|    |                       |            |     |     |          |    |          |          |    |          |    |          |          |    |          |
|----|-----------------------|------------|-----|-----|----------|----|----------|----------|----|----------|----|----------|----------|----|----------|
| 22 | 356 Gerda Schillemans | VOLLENHOVE | V40 | 158 | 00:21:19 | 23 | 00:04:25 | 00:49:03 | 21 | 01:14:45 | 22 | 00:01:51 | 00:33:51 | 18 | 01:50:27 |
| 23 | 235 Karin Harmsen     | DEN HAAG   | V40 | 160 | 00:17:27 | 22 | 00:06:48 | 00:55:02 | 23 | 01:19:16 | 23 | 00:04:15 | 00:44:37 | 23 | 02:08:07 |

#### Bijzonder

| Plts | StartNr | Naam                 | Woonplaats | Cat  | PltsTot | Zwem     | PltsZwem | Wiss1    | Fiets    | PltsFiets | NaFiets  | PltsNaFie | Wiss2    | Loop     | PltsLoop | TotaalTijd | DQ |
|------|---------|----------------------|------------|------|---------|----------|----------|----------|----------|-----------|----------|-----------|----------|----------|----------|------------|----|
| 1    | 369     | Team Fleur Wierda    | Emmeloord  | BIJZ | 150     | 00:14:03 | 1        | 00:02:28 | 00:53:16 | 1         | 01:09:46 | 1         | 00:01:45 | 00:32:36 | 1        | 01:44:06   |    |
| 2    | 368     | Team Noah Brethouwer | Aalten     | BIJZ | 159     | 00:18:12 | 2        | 00:01:40 | 00:57:55 | 2         | 01:17:46 | 2         | 00:02:20 | 00:35:44 | 2        | 01:55:49   |    |