

3e Suydersee Triathlon Urk 13-08-2016

Uitslag Kwart Triathlon Overall

Pts	StartNr	Naam	Woonplaats	Cat	PtsCat	Zwem	PtsZwem	Wiss1	Fiets	PtsFiets	NaFiets	PtsNaFie	Wiss2	Loop	PtsLoop	TotaalTijd	DQ
1	4	Martijn Boot	Almere	MSR	1	00:15:09	1	00:01:57	01:02:47	3	01:19:51	1	00:00:40	00:36:56	3	01:57:26	
2	12	Cees Colijn	Amersfoort	M40	1	00:16:07	7	00:01:20	01:02:53	4	01:20:19	2	00:00:29	00:38:38	7	01:59:25	
3	78	Rene Poppe	Zwolle	M40	2	00:16:04	6	00:01:36	01:04:52	7	01:22:32	3	00:00:43	00:38:58	8	02:02:12	
4	60	Gerrit Pijpker	HALLUM	MSR	2	00:18:23	24	00:01:42	01:04:15	6	01:24:19	7	00:01:18	00:39:37	9	02:05:14	
5	58	Anton Stempher	GRONINGEN	MSR	3	00:17:15	13	00:01:13	01:05:14	8	01:23:41	4	00:00:24	00:41:55	16	02:05:59	
6	1	Michael Emmerik	ALKMAAR	MSR	4	00:24:10	88	00:01:37	01:01:54	1	01:27:40	13	00:00:46	00:37:53	4	02:06:19	
7	94	Sjors Stam	NAARDEN	MSR	5	00:20:24	40	00:01:39	01:01:57	2	01:24:00	6	00:00:45	00:41:41	14	02:06:25	
8	5	Wim Dokter	ALMERE	M40	3	00:16:25	11	00:01:25	01:05:55	9	01:23:44	5	00:00:47	00:43:35	24	02:08:05	
9	132	Wardie van Wouw	VOORHOUT	M40	4	00:20:08	35	00:01:50	01:04:10	5	01:26:07	11	00:00:55	00:41:51	15	02:08:52	
10	76	Samme Steenstra	JOURE	M40	5	00:17:43	18	00:01:33	01:06:39	12	01:25:54	10	00:00:56	00:42:35	18	02:09:25	
11	101	Peter van Grootheest	ZWOLLE	M40	6	00:15:19	3	00:01:49	01:07:15	13	01:24:23	9	00:00:50	00:45:24	36	02:10:36	
12	151				1	00:15:19	2	00:01:49	01:07:15	14	01:24:23	8	00:00:50	00:45:24	35	02:10:36	
13	56	Pieter Cremer	GORREDIJK	M40	7	00:30:38	132	00:03:51	01:22:49	91	01:57:17	109	00:01:41	00:11:41	1	02:10:38	
14	118	Tjeerd Popkema	URK	MSR	6	00:22:44	68	00:01:46	01:07:38	16	01:32:07	21	00:00:42	00:38:34	6	02:11:23	
15	69	Maarten van Dijk	HOOGVEEN	MSR	7	00:20:30	41	00:02:25	01:09:34	22	01:32:28	24	00:01:27	00:38:02	5	02:11:55	
16	91	Jeffrey Monshouwer	MIDDENMEER	MSR	8	00:19:24	31	00:01:34	01:07:51	17	01:28:48	15	00:00:42	00:42:45	21	02:12:14	
17	86	Alco Kruithof	LEMMER	M40	8	00:18:01	19	00:01:42	01:06:34	11	01:26:17	12	00:00:45	00:45:57	43	02:12:58	
18	127	Bas van der Zwan	UTRECHT	MSR	9	00:16:26	12	00:01:33	01:11:24	28	01:29:22	16	00:00:38	00:43:02	22	02:13:01	
19	98	Peter Kluytmans	NIJKERK	M40	9	00:19:11	29	00:01:49	01:07:30	15	01:28:29	14	00:00:38	00:44:24	26	02:13:31	
20	107	Kenneth Caster	ROERMOND	MSR	10	00:16:02	5	00:02:05	01:12:01	31	01:30:07	18	00:00:57	00:44:55	29	02:15:59	
21	121	Cees Snoek	URK	MSR	11	00:18:47	25	00:01:26	01:12:49	37	01:33:01	25	00:00:30	00:42:45	20	02:16:14	
22	18	Han Wolsing	AMERSFOORT	M40	10	00:20:40	42	00:01:27	01:12:04	32	01:34:10	30	00:00:57	00:41:21	12	02:16:27	
23	65	Rutger op den Dries	HELLENDOORN	MSR	12	00:19:43	33	00:02:08	01:13:06	39	01:34:57	33	00:01:02	00:41:32	13	02:17:30	
24	66	Anne Zijderveld	HENDRIK IDO AMBACHT	VSR	1	00:17:35	17	00:01:45	01:14:59	47	01:34:18	31	00:00:40	00:42:39	19	02:17:36	
25	149	Arnold van Balen	ZWOLLE	MSR	13	00:19:56	34	00:02:04	01:16:57	55	01:38:57	47	00:02:17	00:36:26	2	02:17:39	
26	110	Rik Jansen	STAPHORST	MSR	14	00:21:14	47	00:01:37	01:10:39	25	01:33:28	27	00:00:50	00:44:28	27	02:18:45	
27	43	Otto Doornbos	EMMELOORD	M40	11	00:18:16	22	00:02:04	01:12:07	33	01:32:26	23	00:00:53	00:46:03	48	02:19:22	
28	89	Marjan Andringa-VanDerWoude	MARRUM	VSR	2	00:22:48	69	00:02:26	01:06:08	10	01:31:21	19	00:01:08	00:46:56	53	02:19:24	
29	71	Hidde Timmermans	HOORN	MSR	15	00:21:38	55	00:02:15	01:11:29	29	01:35:21	35	00:01:15	00:43:39	25	02:20:15	
30	83	Marcel Kanselaar	LELYSTAD	MSR	16	00:21:02	44	00:02:31	01:09:29	21	01:33:01	26	00:01:30	00:46:31	50	02:21:02	
31	85	Marleen Vos	LELYSTAD	V40	1	00:15:44	4	00:01:58	01:17:39	60	01:35:19	34	00:01:09	00:45:44	41	02:22:12	
32	63	Stephan Twisk	HEERHUGOWAARD	MSR	17	00:17:16	14	00:01:51	01:15:03	49	01:34:08	29	00:01:11	00:47:08	54	02:22:27	
33	102	Chiel Kok	NOORDWIJKERHOUT	M40	12	00:20:13	36	00:02:17	01:13:52	44	01:36:20	38	00:01:19	00:45:20	33	02:22:58	
34	90	Rutger Wind	MARUM	MSR	18	00:18:21	23	00:02:05	01:15:41	51	01:36:06	37	00:00:50	00:46:15	49	02:23:10	
35	38	Willem Derks	DORDRECHT	M40	13	00:21:19	49	00:02:10	01:13:10	40	01:36:37	40	00:00:38	00:45:59	45	02:23:14	
36	154				2	00:18:06	20	00:01:56	01:12:07	34	01:32:09	22	00:01:11	00:50:04	68	02:23:22	
37	145	Jorieke Casteleijn	ZEEWOLDE	VSR	3	00:18:50	26	00:01:32	01:20:16	76	01:40:37	51	00:00:47	00:41:59	17	02:23:22	
38	70	Jeroen Thalen	HOOGVEEN	MSR	19	00:21:36	54	00:02:34	01:13:42	42	01:37:50	43	00:00:55	00:45:57	44	02:24:41	
39	54	Thijs Coppelmans	ENSCHDEDE	MSR	20	00:24:15	89	00:02:14	01:12:24	35	01:38:52	46	00:00:38	00:45:15	32	02:24:44	

3e Suydersee Triathlon Urk 13-08-2016

Uitslag Kwart Triathlon Overall

Pts	StartNr	Naam	Woonplaats	Cat	PtsCat	Zwem	PtsZwem	Wiss1	Fiets	PtsFiets	NaFiets	PtsNaFie	Wiss2	Loop	PtsLoop	TotaalTijd	DQ
40	57	Ruben Dalfsen	GRONINGEN	MSR	21	00:17:30	16	00:01:33	01:10:58	26	01:30:00	17	00:00:32	00:54:26	94	02:24:57	
41	87	Rik Brouwer	LENT	MSR	22	00:25:20	102	00:02:38	01:07:57	18	01:35:54	36	00:01:34	00:47:40	57	02:25:06	
42	79	Sjoerd Plantinga	LEEWARDEN	MSR	23	00:24:38	94	00:02:05	01:09:41	23	01:36:23	39	00:01:37	00:47:17	55	02:25:17	
43	117	Jan Loosman	URK	MSR	24	00:20:22	39	00:01:43	01:19:35	70	01:41:39	54	00:00:27	00:43:17	23	02:25:22	
44	26	Mark Leeneman	APELDOORN	M40	14	00:21:26	50	00:02:56	01:13:14	41	01:37:34	42	00:01:11	00:46:50	51	02:25:34	
45	19	Jasper Wolsing	AMERSFOORT	MSR	25	00:16:14	8	00:01:33	01:13:48	43	01:31:35	20	00:00:51	00:54:00	90	02:26:24	
46	92	Casper van Kamp	Nes Ameland	M40	15	00:21:52	59	00:02:11	01:15:33	50	01:39:35	48	00:01:18	00:45:35	38	02:26:27	
47	68	Jeroen Verwolf	HERWIJNEN	MSR	26	00:23:02	74	00:02:32	01:12:54	38	01:38:28	45	00:00:48	00:47:42	58	02:26:56	
48	96	Joey van de Beek	NIJKERK	MSR	27	00:24:49	97	00:02:11	01:17:50	64	01:44:49	67	00:00:55	00:41:17	11	02:27:00	
49	137	Alexander Hoffman	WEESP	MSR	28	00:28:25	122	00:02:56	01:08:29	19	01:39:49	49	00:02:24	00:45:15	31	02:27:27	
50	116	Geert Hoekstra	URK	MSR	29	00:25:11	100	00:02:09	01:19:17	68	01:46:36	75	00:00:45	00:41:03	10	02:28:22	
51	146	Bernard Nitrau	ZWOLLE	MSR	30		0			0		0			0	02:29:20	
52	153				3	00:25:50	109	00:02:27	01:15:00	48	01:43:16	60	00:00:58	00:45:33	37	02:29:46	
53	52	Overtoom Jacco	EMMELOORD	M40	16	00:22:19	64	00:02:00	01:09:24	20	01:33:41	28	00:01:14	00:55:05	96	02:29:59	
54	13	Jeroen Hilwig	AMERSFOORT	M40	17	00:27:00	118	00:03:15	01:14:00	45	01:44:15	64	00:00:58	00:45:42	40	02:30:54	
55	21	Ruben van de Geer	AMSTERDAM	MSR	31	00:26:25	115	00:04:15	01:12:26	36	01:43:05	58	00:02:41	00:45:48	42	02:31:33	
56	114	Johan Berkhout	URK	MSR	32	00:21:07	45	00:02:36	01:17:58	65	01:41:41	55	00:01:07	00:48:49	61	02:31:36	
57	72	Susanne van Milligen	HOORNSTERZWAAG	VSR	4	00:22:05	63	00:01:46	01:10:33	24	01:34:24	32	00:00:59	00:56:19	101	02:31:40	
58	41	Klaas Zwaagman	EELDERWOLDE	MSR	33	00:21:50	58	00:03:21	01:15:45	52	01:40:54	53	00:01:45	00:49:07	63	02:31:45	
59	97	Yvon van de Berg	NIJKERK	V40	2	00:21:33	53	00:01:39	01:19:29	69	01:42:40	56	00:00:46	00:48:40	60	02:32:05	
60	28	Bert van der Zwan	APELDOORN	M40	18	00:17:26	15	00:02:05	01:17:50	63	01:37:21	41	00:01:51	00:54:24	92	02:33:35	
61	11	Rene Bosman	AMERSFOORT	M40	19	00:21:13	46	00:03:02	01:16:26	53	01:40:40	52	00:00:44	00:53:15	84	02:34:37	
62	8	Ronald Koch	ALMERE	M40	20	00:18:59	27	00:02:04	01:17:14	58	01:38:16	44	00:01:02	00:55:41	98	02:34:58	
63	15	Henk Oosterhof	AMERSFOORT	M40	21	00:20:22	38	00:02:19	01:20:08	75	01:42:48	57	00:00:59	00:51:50	74	02:35:36	
64	75	Alwin Penninkhof	IJSSELMUIDEN	MSR	34	00:31:00	134	00:03:39	01:14:17	46	01:48:55	84	00:01:29	00:45:59	46	02:36:22	
65	55	Joram Hoekman	ENSCHEDA	MSR	35	00:35:22	138	00:03:42	01:11:03	27	01:50:06	91	00:01:45	00:44:54	28	02:36:45	
66	136	Theo Breimer	WEESP	MSR	36	00:18:12	21	00:02:16	01:24:07	95	01:44:34	66	00:02:10	00:50:21	70	02:37:04	
67	115	Tim Brouwer	URK	MSR	37	00:22:58	71	00:02:36	01:19:57	74	01:45:30	73	00:01:32	00:50:14	69	02:37:14	
68	67	Gerard de Nooij	HENGLO	M40	22	00:22:04	62	00:02:01	01:19:54	73	01:43:58	63	00:01:38	00:52:16	77	02:37:51	
69	82	Margalith Goud	LELYSTAD	V40	3	00:19:02	28	00:02:41	01:25:39	103	01:47:21	77	00:01:08	00:49:35	65	02:38:03	
70	144	Erwin Alebregtse	ZEEWOLDE	M40	23	00:19:20	30	00:02:46	01:22:21	88	01:44:26	65	00:02:02	00:52:41	79	02:39:09	
71	113	Age Dijkstra	TZUMMARUM	M40	24	00:25:21	103	00:03:20	01:18:43	67	01:47:24	78	00:01:58	00:49:52	66	02:39:13	
72	95	Jan Hollander	NIEUWEGEIN	M40	25	00:23:06	75	00:03:11	01:17:24	59	01:43:40	62	00:01:53	00:53:41	87	02:39:13	
73	9	Gieny van Niejenhuis	ALMERE	V40	4	00:23:25	80	00:02:41	01:21:59	87	01:48:04	82	00:00:59	00:50:43	71	02:39:46	
74	16	Han Van TEnde	AMERSFOORT	MSR	38	00:30:38	131	00:02:28	01:17:05	57	01:50:09	92	00:01:11	00:48:34	59	02:39:53	
75	119	Bert van Slooten	URK	M40	26	00:23:08	76	00:02:37	01:24:11	96	01:49:55	89	00:01:14	00:48:55	62	02:40:03	
76	147	Marleen Stroomer	ZWAAG	VSR	5	00:21:48	57	00:02:31	01:20:50	82	01:45:07	69	00:01:04	00:53:58	89	02:40:09	
77	31	Thijs Poelstra	BERG EN DAL	MSR	39	00:26:22	114	00:02:05	01:11:50	30	01:40:16	50	00:00:54	00:59:04	114	02:40:14	
78	99	Jos Vreeswijk	NIJKERK	M40	27	00:24:17	90	00:02:14	01:18:32	66	01:45:02	68	00:01:03	00:54:12	91	02:40:15	
79	49	Edwin Schrottenboer	EMMELOORD	M40	28	00:23:00	73	00:02:58	01:20:24	78	01:46:21	74	00:01:14	00:53:18	85	02:40:53	

3e Suydersee Triathlon Urk 13-08-2016

Uitslag Kwart Triathlon Overall

Pts	StartNr	Naam	Woonplaats	Cat	PtsCat	Zwem	PtsZwem	Wiss1	Fiets	PtsFiets	NaFiets	PtsNaFie	Wiss2	Loop	PtsLoop	TotaalTijd	DQ
80	48	Bert Ras	EMMELOORD	MSR	40	00:24:03	85	00:02:42	01:27:19	110	01:54:02	101	00:00:33	00:46:54	52	02:41:28	
81	108	Thomas Nommensen	SINT MICHIELSGESTEL	MSR	41	00:21:15	48	00:03:33	01:29:40	115	01:54:27	102	00:02:00	00:45:05	30	02:41:31	
82	125	Sigrid van Ulsen	UTRECHT	VSR	6	00:25:36	105	00:02:49	01:20:39	79	01:49:04	85	00:01:02	00:51:32	73	02:41:37	
83	122	Hendrik Westra	URK	MSR	42	00:29:20	125	00:01:07	01:24:15	97	01:54:40	103	00:01:44	00:45:20	34	02:41:44	
84	62	Joost Veltman	HEERDE	M40	29	00:24:51	98	00:02:43	01:20:23	77	01:47:57	81	00:01:29	00:52:46	80	02:42:11	
85	148	Wesley van Walstijn	ZWAAG	MSR	43	00:24:47	96	00:02:37	01:22:55	92	01:50:18	95	00:02:08	00:50:01	67	02:42:26	
86	139	Jurgen Saurens	WEMELDINGE	MSR	44	00:22:41	67	00:01:39	01:25:23	101	01:49:42	88	00:00:52	00:51:55	75	02:42:28	
87	17	Angelique Wolsing	AMERSFOORT	V40	5	00:22:01	61	00:01:46	01:21:34	83	01:45:20	71	00:00:54	00:57:20	106	02:43:33	
88	29	Jakke Goosen	ARUBA	MSR	45	00:25:01	99	00:06:01	01:16:47	54	01:47:49	79	00:02:11	00:54:24	93	02:44:23	
89	73	Tamara Schijff	HUIZEN	VSR	7	00:24:44	95	00:02:30	01:20:41	81	01:47:55	80	00:01:47	00:55:15	97	02:44:56	
90	34	Simon van Slobbe	CASTRICUM	MSR	46	00:22:55	70	00:04:19	01:23:02	93	01:50:14	94	00:01:48	00:52:55	81	02:44:57	
91	128	Camille van Aalderen	VENHUIZEN	VSR	8	00:23:21	77	00:03:42	01:31:05	121	01:58:06	113	00:01:40	00:45:40	39	02:45:25	
92	59	Robbert Weideveld	HAALDEREN	MSR	47	00:24:00	84	00:02:15	01:16:59	56	01:43:13	59	00:01:26	01:02:16	120	02:46:55	
93	44	Gerard van de Guchte	EMMELOORD	M40	30	00:21:56	60	00:02:45	01:23:59	94	01:48:39	83	00:02:11	00:56:36	102	02:47:24	
94	64	Yvonne Wierts	HEERHUGOWAARD	VSR	9	00:21:29	51	00:02:32	01:26:00	104	01:50:00	90	00:01:17	00:56:48	103	02:48:04	
95	103	Donald Janssen	OSS	M40	31	00:21:43	56	00:01:57	01:21:39	84	01:45:18	70	00:01:03	01:01:46	119	02:48:06	
96	37	Niels Sorel	DEN HAAG	MSR	48	00:24:09	87	00:03:20	01:27:17	109	01:54:45	104	00:01:41	00:52:58	82	02:49:23	
97	123	Nick Currie	UTRECHT	MSR	49	00:25:44	106	00:04:37	01:24:29	98	01:54:49	105	00:02:07	00:52:33	78	02:49:28	
98	51	Leo Witjes	EMMELOORD	M40	32	00:22:28	65	00:04:00	01:24:55	100	01:51:22	96	00:02:29	00:55:44	99	02:49:33	
99	39	Richard Balk	DRONTEN	M40	33	00:28:39	123	00:03:26	01:21:50	86	01:53:54	99	00:00:33	00:56:06	100	02:50:31	
100	84	Diana Stobbe	LELYSTAD	V40	6	00:24:35	92	00:03:01	01:24:46	99	01:52:21	98	00:01:29	00:56:49	104	02:50:37	
101	126	Louis van Walsem	UTRECHT	M40	34	00:19:39	32	00:02:40	01:27:53	113	01:50:12	93	00:02:16	00:58:24	111	02:50:51	
102	120	Johan van Slooten	URK	MSR	50	00:26:12	113	00:02:39	01:20:41	80	01:49:31	87	00:01:49	00:59:36	116	02:50:55	
103	143	Marloes Wessel	ZANDVOORT	VSR	10	00:25:54	111	00:03:13	01:22:45	90	01:51:51	97	00:01:37	00:57:28	107	02:50:55	
104	106	René Vletter	RIJNSBURG	MSR	51	00:29:45	127	00:04:52	01:26:37	107	02:01:13	121	00:02:12	00:47:34	56	02:50:58	
105	130	Linda Schwering	VOLLENHOVE	VSR	11	00:24:37	93	00:02:44	01:30:12	116	01:57:31	110	00:01:28	00:52:04	76	02:51:03	
106	141	Robert Kruijshaar	Zaandam	M40	35	00:26:51	117	00:02:47	01:17:40	61	01:47:17	76	00:01:58	01:03:17	123	02:52:31	
107	50	Gerdi Wicherson	EMMELOORD	V40	7	00:23:56	83	00:03:05	01:30:32	119	01:57:33	111	00:01:46	00:54:49	95	02:54:07	
108	42	Olaf van Campen	EMMELOORD	MSR	52	00:21:33	52	00:02:19	01:38:22	136	02:02:13	124	00:00:58	00:51:00	72	02:54:10	
109	81	Michiel Haegens	LEIDSCHENDAM	M40	36	00:27:55	120	00:05:50	01:26:55	108	02:00:39	119	00:04:50	00:49:32	64	02:54:59	
110	24	Sanne Lugard	AMSTERDAM	VSR	12	00:24:06	86	00:02:49	01:28:05	114	01:54:59	106	00:01:44	00:58:42	113	02:55:24	
111	25	Stefan Nommensen	AMSTERDAM	M40	37	00:30:20	130	00:03:47	01:19:52	72	01:53:58	100	00:02:02	01:00:00	118	02:56:00	
112	135	Jan-Jaap van Raffé	WAGENINGEN	MSR	53	00:32:05	135	00:06:56	01:27:30	111	02:06:30	130	00:03:34	00:46:02	47	02:56:05	
113	22	Arlo Koehof	AMSTERDAM	M40	38	00:25:47	108	00:03:37	01:32:00	124	02:01:23	122	00:01:36	00:53:46	88	02:56:45	
114	20	Daniel Cupac	AMSTERDAM	MSR	54	00:23:35	82	00:03:34	01:31:06	122	01:58:14	114	00:01:21	00:57:16	105	02:56:50	
115	35	Bernard ten Berge	COULLONS	MSR	55	00:29:28	126	00:02:15	01:26:23	106	01:58:04	112	00:01:53	00:58:27	112	02:58:23	
116	104	Niels van Egmond	RIJNSBURG	MSR	56	00:26:35	116	00:04:54	01:32:51	125	02:04:19	127	00:01:10	00:53:14	83	02:58:43	
117	6	Dalva Hubert	ALMERE	V40	8	00:23:28	81	00:03:18	01:36:57	132	02:03:42	125	00:01:41	00:53:26	86	02:58:48	
118	36	Jozien ten Berge	COULLONS	VSR	13	00:25:54	112	00:02:24	01:30:50	120	01:59:07	116	00:02:07	00:58:11	110	02:59:24	
119	53	Gerritte Mein Ruizendaal	EMMELOORD	V40	9	00:28:18	121	00:03:22	01:27:36	112	01:59:16	117	00:01:46	00:59:37	117	03:00:38	

3e Suydersee Triathlon Urk 13-08-2016

Uitslag Kwart Triathlon Overall

Pts	StartNr	Naam	Woonplaats	Cat	PtsCat	Zwem	PltsZwem	Wiss1	Fiets	PltsFiets	NaFiets	PltsNaFie	Wiss2	Loop	PltsLoop	TotaalTijd	DQ
120	134	Eric Beem	WAGENINGEN	MSR	57		0			0		0			0	03:01:36	
121	40	Trees van Breda	EELDERWOLDE	VSR	14	00:25:16	101	00:03:28	01:35:00	128	02:03:43	126	00:01:23	00:58:08	109	03:03:14	
122	138	Marianne Klijnstra	WEESP	VSR	15	00:20:58	43	00:02:09	01:35:23	131	01:58:29	115	00:01:13	01:03:59	124	03:03:40	
123	74	Walter Mariën	HULSHOUT	M40	39	00:24:30	91	00:03:17	01:21:41	85	01:49:27	86	00:01:16	01:13:35	130	03:04:17	
124	46	Janke Jongstra	EMMELOORD	V40	10	00:27:12	119	00:02:32	01:30:20	118	02:00:04	118	00:02:02	01:02:42	122	03:04:47	
125	45	Henk Jongstra	EMMELOORD	M40	40	00:35:25	139	00:03:56	01:25:24	102	02:04:43	129	00:02:49	00:59:25	115	03:06:57	
126	33	Jacqueline van Druten-DeWit	BUSSUM	VSR	16	00:29:55	128	00:03:24	01:38:17	135	02:11:36	135	00:01:40	00:58:00	108	03:11:15	
127	77	Rob de Mooy	KATWIJK	MSR	58	00:30:50	133	00:04:12	01:34:09	127	02:09:10	133	00:00:53	01:02:36	121	03:12:38	
128	7	Sandra Huenders	ALMERE	V40	11	00:23:22	78	00:05:10	01:33:24	126	02:01:56	123	00:02:22	01:11:27	128	03:15:44	
129	3	Iris van 't Bosch	Lelystad	V40	12	00:34:37	137	00:04:12	01:22:24	89	02:01:12	120	00:01:52	01:12:43	129	03:15:46	
130	14	Melissa Jansen	AMERSFOORT	VSR	17	00:25:50	110	00:04:44	01:26:19	105	01:56:52	107	00:02:23	01:19:42	132	03:18:55	
131	131	Michiel van Oosten	VOLLENHOVE	MSR	59	00:33:43	136	00:04:01	01:35:18	130	02:13:01	136	00:02:44	01:04:02	125	03:19:45	
132	30	Ingrid Oonk	BAVEL	V40	13	00:25:47	107	00:05:31	01:37:15	133	02:08:32	132	00:01:23	01:10:19	127	03:20:14	
133	105	Bram Postmus	RIJNSBURG	MSR	60	00:25:22	104	00:06:32	01:35:10	129	02:07:03	131	00:04:20	01:09:46	126	03:21:08	
134	109	Arie Henzen	SOEST	M40	41	00:30:14	129	00:04:07	01:30:15	117	02:04:35	128	00:03:25	01:16:05	131	03:24:04	
135	2	Jeison Overman	ALKMAAR	MSR	0	00:22:35	66	00:03:18	01:17:46	62	01:43:38	61	00:02:40		0		
136	88	Martijn Borst	LIJNDEN	MSR	0	00:23:23	79	00:02:11	01:19:48	71	01:45:21	72	00:07:19		0		
137	10	Nadine van der Zee	ALMERE	V40	0	00:22:59	72	00:02:29	01:31:30	123	01:56:58	108	00:01:30		0		
138	32	Dennis van Druten	BUSSUM	MSR	0	00:28:51	124	00:02:55	01:37:46	134	02:09:31	134	00:00:59		0		
139	133	Chris Beem	WAGENINGEN	MSR	0	00:16:20	9	00:01:41		0		0			0		
140	100	Jesper Vermeulen	NIJMEGEN	MSR	0	00:16:20	10	00:01:41		0		0			0		
141	93	Donald van Lier	NAARDEN	MSR	0	00:20:13	37	00:01:32		0		0			0		