

3e Suydersee Triathlon Urk 13-08-2016

Uitslag Kwart 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	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	2	01:57:26	
2	60	Gerrit Pijpker	HALLUM	MSR	4	00:18:23	12	00:01:42	01:04:15	4	01:24:19	4	00:01:18	00:39:37	6	02:05:14	
3	58	Anton Stempfer	GRONINGEN	MSR	5	00:17:15	7	00:01:13	01:05:14	5	01:23:41	2	00:00:24	00:41:55	11	02:05:59	
4	1	Michael Emmerik	ALKMAAR	MSR	6	00:24:10	40	00:01:37	01:01:54	1	01:27:40	5	00:00:46	00:37:53	3	02:06:19	
5	94	Sjors Stam	NAARDEN	MSR	7	00:20:24	19	00:01:39	01:01:57	2	01:24:00	3	00:00:45	00:41:41	10	02:06:25	
6	118	Tjeerd Popkema	URK	MSR	14	00:22:44	31	00:01:46	01:07:38	6	01:32:07	11	00:00:42	00:38:34	5	02:11:23	
7	69	Maarten van Dijk	HOOGEVEEN	MSR	15	00:20:30	20	00:02:25	01:09:34	11	01:32:28	12	00:01:27	00:38:02	4	02:11:55	
8	91	Jeffrey Monshouwer	MIDDENMEER	MSR	16	00:19:24	14	00:01:34	01:07:51	7	01:28:48	6	00:00:42	00:42:45	13	02:12:14	
9	127	Bas van der Zwan	UTRECHT	MSR	18	00:16:26	6	00:01:33	01:11:24	16	01:29:22	7	00:00:38	00:43:02	14	02:13:01	
10	107	Kenneth Caster	ROERMOND	MSR	20	00:16:02	2	00:02:05	01:12:01	19	01:30:07	9	00:00:57	00:44:55	19	02:15:59	
11	121	Cees Snoek	URK	MSR	21	00:18:47	13	00:01:26	01:12:49	22	01:33:01	13	00:00:30	00:42:45	12	02:16:14	
12	65	Rutger op den Dries	HELLENDOORN	MSR	23	00:19:43	15	00:02:08	01:13:06	24	01:34:57	17	00:01:02	00:41:32	9	02:17:30	
13	149	Arnold van Balen	ZWOLLE	MSR	25	00:19:56	16	00:02:04	01:16:57	32	01:38:57	25	00:02:17	00:36:26	1	02:17:39	
14	110	Rik Jansen	STAPHORST	MSR	26	00:21:14	23	00:01:37	01:10:39	13	01:33:28	15	00:00:50	00:44:28	17	02:18:45	
15	71	Hidde Timmermans	HOORN	MSR	29	00:21:38	27	00:02:15	01:11:29	17	01:35:21	18	00:01:15	00:43:39	16	02:20:15	
16	83	Marcel Kanselaar	LELYSTAD	MSR	30	00:21:02	21	00:02:31	01:09:29	10	01:33:01	14	00:01:30	00:46:31	29	02:21:02	
17	63	Stephan Twisk	HEERHUGOWAARD	MSR	32	00:17:16	8	00:01:51	01:15:03	28	01:34:08	16	00:01:11	00:47:08	31	02:22:27	
18	90	Rutger Wind	MARUM	MSR	34	00:18:21	11	00:02:05	01:15:41	29	01:36:06	20	00:00:50	00:46:15	28	02:23:10	
19	70	Jeroen Thalen	HOOGEVEEN	MSR	38	00:21:36	26	00:02:34	01:13:42	25	01:37:50	22	00:00:55	00:45:57	25	02:24:41	
20	54	Thijs Coppelmans	ENSCHDEDE	MSR	39	00:24:15	41	00:02:14	01:12:24	20	01:38:52	24	00:00:38	00:45:15	22	02:24:44	
21	57	Ruben Dalfsen	GRONINGEN	MSR	40	00:17:30	9	00:01:33	01:10:58	14	01:30:00	8	00:00:32	00:54:26	50	02:24:57	
22	87	Rik Brouwer	LENT	MSR	41	00:25:20	47	00:02:38	01:07:57	8	01:35:54	19	00:01:34	00:47:40	34	02:25:06	
23	79	Sjoerd Plantinga	LEEWARDEN	MSR	42	00:24:38	42	00:02:05	01:09:41	12	01:36:23	21	00:01:37	00:47:17	32	02:25:17	
24	117	Jan Loosman	URK	MSR	43	00:20:22	18	00:01:43	01:19:35	39	01:41:39	29	00:00:27	00:43:17	15	02:25:22	
25	19	Jasper Wolsing	AMERSFOORT	MSR	45	00:16:14	3	00:01:33	01:13:48	26	01:31:35	10	00:00:51	00:54:00	48	02:26:24	
26	68	Jeroen Verwolf	HERWIJNEN	MSR	47	00:23:02	34	00:02:32	01:12:54	23	01:38:28	23	00:00:48	00:47:42	35	02:26:56	
27	96	Joey van de Beek	NIJKERK	MSR	48	00:24:49	44	00:02:11	01:17:50	36	01:44:49	35	00:00:55	00:41:17	8	02:27:00	
28	137	Alexander Hoffman	WEESP	MSR	49	00:28:25	54	00:02:56	01:08:29	9	01:39:49	26	00:02:24	00:45:15	21	02:27:27	
29	116	Geert Hoekstra	URK	MSR	50	00:25:11	46	00:02:09	01:19:17	38	01:46:36	38	00:00:45	00:41:03	7	02:28:22	
30	146	Bernard Nitrau	ZWOLLE	MSR	51		0			0		0			0	02:29:20	
31	21	Ruben van de Geer	AMSTERDAM	MSR	55	00:26:25	52	00:04:15	01:12:26	21	01:43:05	31	00:02:41	00:45:48	24	02:31:33	
32	114	Johan Berkhout	URK	MSR	56	00:21:07	22	00:02:36	01:17:58	37	01:41:41	30	00:01:07	00:48:49	37	02:31:36	
33	41	Klaas Zwaagman	EELDERWOLDE	MSR	58	00:21:50	28	00:03:21	01:15:45	30	01:40:54	28	00:01:45	00:49:07	38	02:31:45	
34	75	Alwin Penninkhof	IJSSELMUIDEN	MSR	64	00:31:00	61	00:03:39	01:14:17	27	01:48:55	40	00:01:29	00:45:59	26	02:36:22	
35	55	Joram Hoekman	ENSCHDEDE	MSR	65	00:35:22	64	00:03:42	01:11:03	15	01:50:06	43	00:01:45	00:44:54	18	02:36:45	
36	136	Theo Breimer	WEESP	MSR	66	00:18:12	10	00:02:16	01:24:07	45	01:44:34	34	00:02:10	00:50:21	41	02:37:04	
37	115	Tim Brouwer	URK	MSR	67	00:22:58	33	00:02:36	01:19:57	41	01:45:30	37	00:01:32	00:50:14	40	02:37:14	
38	16	Han Van TEnde	AMERSFOORT	MSR	74	00:30:38	59	00:02:28	01:17:05	34	01:50:09	44	00:01:11	00:48:34	36	02:39:53	

3e Suydersee Triathlon Urk 13-08-2016

Uitslag Kwart Triathlon per Categorie

39	31	Thijs Poelstra	BERG EN DAL	MSR	77	00:26:22	51	00:02:05	01:11:50	18	01:40:16	27	00:00:54	00:59:04	53	02:40:14
40	48	Bert Ras	EMMELOORD	MSR	80	00:24:03	38	00:02:42	01:27:19	52	01:54:02	47	00:00:33	00:46:54	30	02:41:28
41	108	Inomas Nommensen	SINT MICHIELSGESTEL	MSR	81	00:21:15	24	00:03:33	01:29:40	54	01:54:27	48	00:02:00	00:45:05	20	02:41:31
42	122	Hendrik Westra	URK	MSR	83	00:29:20	56	00:01:07	01:24:15	46	01:54:40	49	00:01:44	00:45:20	23	02:41:44
43	148	Wesley van Walstijn	ZWAAG	MSR	85	00:24:47	43	00:02:37	01:22:55	43	01:50:18	46	00:02:08	00:50:01	39	02:42:26
44	139	Jurgen Saurens	WEMELDINGE	MSR	86	00:22:41	30	00:01:39	01:25:23	48	01:49:42	42	00:00:52	00:51:55	43	02:42:28
45	29	Jakke Goosen	ARUBA	MSR	88	00:25:01	45	00:06:01	01:16:47	31	01:47:49	39	00:02:11	00:54:24	49	02:44:23
46	34	Simon van Slobbe	CASTRICUM	MSR	90	00:22:55	32	00:04:19	01:23:02	44	01:50:14	45	00:01:48	00:52:55	45	02:44:57
47	59	Robbert Weideveld	HAALDEREN	MSR	92	00:24:00	37	00:02:15	01:16:59	33	01:43:13	32	00:01:26	01:02:16	55	02:46:55
48	37	Niels Sorel	DEN HAAG	MSR	96	00:24:09	39	00:03:20	01:27:17	51	01:54:45	50	00:01:41	00:52:58	46	02:49:23
49	123	Nick Currie	UTRECHT	MSR	97	00:25:44	49	00:04:37	01:24:29	47	01:54:49	51	00:02:07	00:52:33	44	02:49:28
50	120	Johan van Slooten	URK	MSR	102	00:26:12	50	00:02:39	01:20:41	42	01:49:31	41	00:01:49	00:59:36	54	02:50:55
51	106	René Vletter	RIJNSBURG	MSR	104	00:29:45	58	00:04:52	01:26:37	50	02:01:13	54	00:02:12	00:47:34	33	02:50:58
52	42	Olaf van Campen	EMMELOORD	MSR	108	00:21:33	25	00:02:19	01:38:22	61	02:02:13	55	00:00:58	00:51:00	42	02:54:10
53	135	Jan-Jaap van Raffé	WAGENINGEN	MSR	112	00:32:05	62	00:06:56	01:27:30	53	02:06:30	57	00:03:34	00:46:02	27	02:56:05
54	20	Daniel Cupac	AMSTERDAM	MSR	114	00:23:35	36	00:03:34	01:31:06	55	01:58:14	53	00:01:21	00:57:16	51	02:56:50
55	35	Bernard ten Berge	COULLONS	MSR	115	00:29:28	57	00:02:15	01:26:23	49	01:58:04	52	00:01:53	00:58:27	52	02:58:23
56	104	Niels van Egmond	RIJNSBURG	MSR	116	00:26:35	53	00:04:54	01:32:51	56	02:04:19	56	00:01:10	00:53:14	47	02:58:43
57	134	Eric Beem	WAGENINGEN	MSR	120		0			0		0			0	03:01:36
58	77	Rob de Mooy	KATWIJK	MSR	127	00:30:50	60	00:04:12	01:34:09	57	02:09:10	59	00:00:53	01:02:36	56	03:12:38
59	131	Michiel van Oosten	VOLLENHOVE	MSR	131	00:33:43	63	00:04:01	01:35:18	59	02:13:01	61	00:02:44	01:04:02	57	03:19:45
60	105	Bram Postmus	RIJNSBURG	MSR	133	00:25:22	48	00:06:32	01:35:10	58	02:07:03	58	00:04:20	01:09:46	58	03:21:08
61	2	Jeison Overman	ALKMAAR	MSR	0	00:22:35	29	00:03:18	01:17:46	35	01:43:38	33	00:02:40		0	
62	88	Martijn Borst	LIJNDEN	MSR	0	00:23:23	35	00:02:11	01:19:48	40	01:45:21	36	00:07:19		0	
63	32	Dennis van Druten	BUSSUM	MSR	0	00:28:51	55	00:02:55	01:37:46	60	02:09:31	60	00:00:59		0	
64	133	Chris Beem	WAGENINGEN	MSR	0	00:16:20	4	00:01:41		0		0			0	
65	100	Jesper Vermeulen	NIJMEGEN	MSR	0	00:16:20	5	00:01:41		0		0			0	
66	93	Donald van Lier	NAARDEN	MSR	0	00:20:13	17	00:01:32		0		0			0	

Mannen 40 jaar en ouder

Plts	StartNr	Naam	Woonplaats	Cat	PltsTot	Zwem	PltsZwem	Wiss1	Fiets	PltsFiets	NaFiets	PltsNaFie	Wiss2	Loop	PltsLoop	TotaalTijd	DQ
1	12	Cees Colijn	Amersfoort	M40	2	00:16:07	3	00:01:20	01:02:53	1	01:20:19	1	00:00:29	00:38:38	2	01:59:25	
2	78	Rene Poppe	Zwolle	M40	3	00:16:04	2	00:01:36	01:04:52	3	01:22:32	2	00:00:43	00:38:58	3	02:02:12	
3	5	Wim Dokter	ALMERE	M40	8	00:16:25	4	00:01:25	01:05:55	4	01:23:44	3	00:00:47	00:43:35	7	02:08:05	
4	132	Wardie van Wouw	VOORHOUT	M40	9	00:20:08	13	00:01:50	01:04:10	2	01:26:07	6	00:00:55	00:41:51	5	02:08:52	
5	76	Samme Steenstra	JOURE	M40	10	00:17:43	6	00:01:33	01:06:39	6	01:25:54	5	00:00:56	00:42:35	6	02:09:25	
6	101	Peter van Grootheest	ZWOLLE	M40	11	00:15:19	1	00:01:49	01:07:15	7	01:24:23	4	00:00:50	00:45:24	10	02:10:36	
7	56	Pieter Cremer	GORREDIJK	M40	13	00:30:38	40	00:03:51	01:22:49	33	01:57:17	37	00:01:41	00:11:41	1	02:10:38	

3e Suydersee Triathlon Urk 13-08-2016

Uitslag Kwart Triathlon per Categorie

8	86 Alco Kruithof	LEMMER	M40	17	00:18:01	7	00:01:42	01:06:34	5	01:26:17	7	00:00:45	00:45:57	13	02:12:58
9	98 Peter Kluytmans	NIJKERK	M40	19	00:19:11	10	00:01:49	01:07:30	8	01:28:29	8	00:00:38	00:44:24	8	02:13:31
10	18 Han Wolsing	AMERSFOORT	M40	22	00:20:40	16	00:01:27	01:12:04	10	01:34:10	11	00:00:57	00:41:21	4	02:16:27
11	43 Otto Doornbos	EMMELOORD	M40	27	00:18:16	8	00:02:04	01:12:07	11	01:32:26	9	00:00:53	00:46:03	15	02:19:22
12	102 Chiel Kok	NOORDWIJKERHOUT	M40	33	00:20:13	14	00:02:17	01:13:52	14	01:36:20	12	00:01:19	00:45:20	9	02:22:58
13	38 Willem Derks	DORDRECHT	M40	35	00:21:19	18	00:02:10	01:13:10	12	01:36:37	13	00:00:38	00:45:59	14	02:23:14
14	26 Mark Leeneman	APELDOORN	M40	44	00:21:26	19	00:02:56	01:13:14	13	01:37:34	15	00:01:11	00:46:50	16	02:25:34
15	92 Casper van Kamp	Nes Ameland	M40	46	00:21:52	21	00:02:11	01:15:33	16	01:39:35	17	00:01:18	00:45:35	11	02:26:27
16	52 Overtoom Jacco	EMMELOORD	M40	53	00:22:19	24	00:02:00	01:09:24	9	01:33:41	10	00:01:14	00:55:05	30	02:29:59
17	13 Jeroen Hilwig	AMERSFOORT	M40	54	00:27:00	35	00:03:15	01:14:00	15	01:44:15	22	00:00:58	00:45:42	12	02:30:54
18	28 Bert van der Zwan	APELDOORN	M40	60	00:17:26	5	00:02:05	01:17:50	21	01:37:21	14	00:01:51	00:54:24	29	02:33:35
19	11 Rene Bosman	AMERSFOORT	M40	61	00:21:13	17	00:03:02	01:16:26	17	01:40:40	18	00:00:44	00:53:15	24	02:34:37
20	8 Ronald Koch	ALMERE	M40	62	00:18:59	9	00:02:04	01:17:14	18	01:38:16	16	00:01:02	00:55:41	31	02:34:58
21	15 Henk Oosterhof	AMERSFOORT	M40	63	00:20:22	15	00:02:19	01:20:08	26	01:42:48	19	00:00:59	00:51:50	20	02:35:36
22	67 Gerard de Nooij	HENGELO	M40	68	00:22:04	23	00:02:01	01:19:54	25	01:43:58	21	00:01:38	00:52:16	21	02:37:51
23	144 Erwin Alebregtse	ZEEWOLDE	M40	70	00:19:20	11	00:02:46	01:22:21	32	01:44:26	23	00:02:02	00:52:41	22	02:39:09
24	113 Age Dijkstra	TZUMMARUM	M40	71	00:25:21	32	00:03:20	01:18:43	23	01:47:24	28	00:01:58	00:49:52	19	02:39:13
25	95 Jan Hollander	NIEUWEGEIN	M40	72	00:23:06	27	00:03:11	01:17:24	19	01:43:40	20	00:01:53	00:53:41	26	02:39:13
26	119 Bert van Slooten	URK	M40	75	00:23:08	28	00:02:37	01:24:11	35	01:49:55	32	00:01:14	00:48:55	17	02:40:03
27	99 Jos Vreeswijk	NIJKERK	M40	78	00:24:17	29	00:02:14	01:18:32	22	01:45:02	24	00:01:03	00:54:12	28	02:40:15
28	49 Edwin Schrottenboer	EMMELOORD	M40	79	00:23:00	26	00:02:58	01:20:24	28	01:46:21	26	00:01:14	00:53:18	25	02:40:53
29	62 Joost Veltman	HEERDE	M40	84	00:24:51	31	00:02:43	01:20:23	27	01:47:57	29	00:01:29	00:52:46	23	02:42:11
30	44 Gerard van de Guchte	EMMELOORD	M40	93	00:21:56	22	00:02:45	01:23:59	34	01:48:39	30	00:02:11	00:56:36	34	02:47:24
31	103 Donald Janssen	OSS	M40	95	00:21:43	20	00:01:57	01:21:39	29	01:45:18	25	00:01:03	01:01:46	38	02:48:06
32	51 Leo Witjes	EMMELOORD	M40	98	00:22:28	25	00:04:00	01:24:55	36	01:51:22	34	00:02:29	00:55:44	32	02:49:33
33	39 Richard Balk	DRONTEN	M40	99	00:28:39	37	00:03:26	01:21:50	31	01:53:54	35	00:00:33	00:56:06	33	02:50:31
34	126 Louis van Walsem	UTRECHT	M40	101	00:19:39	12	00:02:40	01:27:53	39	01:50:12	33	00:02:16	00:58:24	35	02:50:51
35	141 Robert Kruijshaar	Zaandam	M40	106	00:26:51	34	00:02:47	01:17:40	20	01:47:17	27	00:01:58	01:03:17	39	02:52:31
36	81 Michiel Haegens	LEIDSCHENDAM	M40	109	00:27:55	36	00:05:50	01:26:55	38	02:00:39	38	00:04:50	00:49:32	18	02:54:59
37	25 Stefan Nommensen	AMSTERDAM	M40	111	00:30:20	39	00:03:47	01:19:52	24	01:53:58	36	00:02:02	01:00:00	37	02:56:00
38	22 Arlo Koehof	AMSTERDAM	M40	113	00:25:47	33	00:03:37	01:32:00	41	02:01:23	39	00:01:36	00:53:46	27	02:56:45
39	74 Walter Mariën	HULSHOUT	M40	123	00:24:30	30	00:03:17	01:21:41	30	01:49:27	31	00:01:16	01:13:35	40	03:04:17
40	45 Henk Jongstra	EMMELOORD	M40	125	00:35:25	41	00:03:56	01:25:24	37	02:04:43	41	00:02:49	00:59:25	36	03:06:57
41	109 Arie Henzen	SOEST	M40	134	00:30:14	38	00:04:07	01:30:15	40	02:04:35	40	00:03:25	01:16:05	41	03:24:04

Vrouwen < 40 jaar

Plts	StartNr	Naam	Woonplaats	Cat	PltsTot	Zwem	PltsZwem	Wiss1	Fiets	PltsFiets	NaFiets	PltsNaFie	Wiss2	Loop	PltsLoop	TotaalTijd	DQ
	1	66 Anne Zijderveld	HENDRIK IDO AMBACHT	VSR		24	00:17:35	1	00:01:45	01:14:59	3	01:34:18	2	00:00:40	00:42:39	2	02:17:36

3e Suydersee Triathlon Urk 13-08-2016

Uitslag Kwart Triathlon per Categorie

2	89	Marjan Andringa-VanDerWoude	MARRUM	VSR	28	00:22:48	7	00:02:26	01:06:08	1	01:31:21	1	00:01:08	00:46:56	4	02:19:24
3	145	Jorieke Casteleijn	ZEEWOLDE	VSR	37	00:18:50	2	00:01:32	01:20:16	4	01:40:37	4	00:00:47	00:41:59	1	02:23:22
4	72	Susanne van Milligen	HOORNSTERZWAAG	VSR	57	00:22:05	6	00:01:46	01:10:33	2	01:34:24	3	00:00:59	00:56:19	9	02:31:40
5	147	Marleen Stroomer	ZWAAG	VSR	76	00:21:48	5	00:02:31	01:20:50	7	01:45:07	5	00:01:04	00:53:58	7	02:40:09
6	125	Sigrid van Ulsen	UTRECHT	VSR	82	00:25:36	13	00:02:49	01:20:39	5	01:49:04	7	00:01:02	00:51:32	5	02:41:37
7	73	Tamara Schijff	HUIZEN	VSR	89	00:24:44	11	00:02:30	01:20:41	6	01:47:55	6	00:01:47	00:55:15	8	02:44:56
8	128	Camille van Aalderen	VENHUIZEN	VSR	91	00:23:21	8	00:03:42	01:31:05	14	01:58:06	13	00:01:40	00:45:40	3	02:45:25
9	64	Yvonne Wierts	HEERHUGOWAARD	VSR	94	00:21:29	4	00:02:32	01:26:00	9	01:50:00	8	00:01:17	00:56:48	10	02:48:04
10	143	Marloes Wessel	ZANDVOORT	VSR	103	00:25:54	15	00:03:13	01:22:45	8	01:51:51	9	00:01:37	00:57:28	11	02:50:55
11	130	Linda Schwering	VOLLENHOVE	VSR	105	00:24:37	10	00:02:44	01:30:12	12	01:57:31	12	00:01:28	00:52:04	6	02:51:03
12	24	Sanne Lugard	AMSTERDAM	VSR	110	00:24:06	9	00:02:49	01:28:05	11	01:54:59	10	00:01:44	00:58:42	15	02:55:24
13	36	Jozien ten Berge	COULLONS	VSR	118	00:25:54	16	00:02:24	01:30:50	13	01:59:07	15	00:02:07	00:58:11	14	02:59:24
14	40	Trees van Breda	EELDERWOLDE	VSR	121	00:25:16	12	00:03:28	01:35:00	15	02:03:43	16	00:01:23	00:58:08	13	03:03:14
15	138	Marianne Klijnstra	WEESP	VSR	122	00:20:58	3	00:02:09	01:35:23	16	01:58:29	14	00:01:13	01:03:59	16	03:03:40
16	33	Jacqueline van Druten-DeWit	BUSSUM	VSR	126	00:29:55	17	00:03:24	01:38:17	17	02:11:36	17	00:01:40	00:58:00	12	03:11:15
17	14	Melissa Jansen	AMERSFOORT	VSR	130	00:25:50	14	00:04:44	01:26:19	10	01:56:52	11	00:02:23	01:19:42	17	03:18:55

Vrouwen 40 jaar en ouder

Pts	StartNr	Naam	Woonplaats	Cat	PtsTot	Zwem	PtsZwem	Wiss1	Fiets	PtsFiets	NaFiets	PtsNaFie	Wiss2	Loop	PtsLoop	TotaalTijd	DQ
1	85	Marleen Vos	LELYSTAD	V40	31	00:15:44	1	00:01:58	01:17:39	1	01:35:19	1	00:01:09	00:45:44	1	02:22:12	
2	97	Yvon van de Berg	NIJKERK	V40	59	00:21:33	3	00:01:39	01:19:29	2	01:42:40	2	00:00:46	00:48:40	2	02:32:05	
3	82	Margalith Goud	LELYSTAD	V40	69	00:19:02	2	00:02:41	01:25:39	7	01:47:21	4	00:01:08	00:49:35	3	02:38:03	
4	9	Gieny van Niejenhuis	ALMERE	V40	73	00:23:25	7	00:02:41	01:21:59	4	01:48:04	5	00:00:59	00:50:43	4	02:39:46	
5	17	Angelique Wolsing	AMERSFOORT	V40	87	00:22:01	4	00:01:46	01:21:34	3	01:45:20	3	00:00:54	00:57:20	8	02:43:33	
6	84	Diana Stobbe	LELYSTAD	V40	100	00:24:35	10	00:03:01	01:24:46	6	01:52:21	6	00:01:29	00:56:49	7	02:50:37	
7	50	Gerdi Wicherson	EMMELOORD	V40	107	00:23:56	9	00:03:05	01:30:32	10	01:57:33	8	00:01:46	00:54:49	6	02:54:07	
8	6	Dalva Hubert	ALMERE	V40	117	00:23:28	8	00:03:18	01:36:57	13	02:03:42	13	00:01:41	00:53:26	5	02:58:48	
9	53	Gerritte Mein Ruizendaal	EMMELOORD	V40	119	00:28:18	13	00:03:22	01:27:36	8	01:59:16	9	00:01:46	00:59:37	9	03:00:38	
10	46	Janke Jongstra	EMMELOORD	V40	124	00:27:12	12	00:02:32	01:30:20	9	02:00:04	10	00:02:02	01:02:42	10	03:04:47	
11	7	Sandra Huenders	ALMERE	V40	128	00:23:22	6	00:05:10	01:33:24	12	02:01:56	12	00:02:22	01:11:27	12	03:15:44	
12	3	Iris van 't Bosch	Lelystad	V40	129	00:34:37	14	00:04:12	01:22:24	5	02:01:12	11	00:01:52	01:12:43	13	03:15:46	
13	30	Ingrid Oonk	BAVEL	V40	132	00:25:47	11	00:05:31	01:37:15	14	02:08:32	14	00:01:23	01:10:19	11	03:20:14	
14	10	Nadine van der Zee	ALMERE	V40	0	00:22:59	5	00:02:29	01:31:30	11	01:56:58	7	00:01:30		0		