

## Tri-Ambla Offroad Triathlon - NK Senioren / Masters

5-9-2009

Pos	Naam	cat.	woonplaats	land	SwimmingTm	MTB1Tm	MTBfinishTm	Running1Tm	RunningFinishTm	TotalTm
1	Maud Golsteyn	D24+	Nieuwstadt	NED	0:19:47,830	0:11:00,933	1:30:57,195	0:25:34,364	0:26:11,545	2:53:31,867
2	Mirjam Weerd	D24+	Amersfoort	NED	0:17:26,461	0:11:50,952	1:33:17,064	0:25:59,289	0:26:08,774	2:54:42,540
3	Esther Tanck	D24+	Arnhem	NED	0:21:13,255	0:11:13,229	1:29:55,979	0:28:19,376	0:31:18,919	3:02:00,758
4	Silvia Brouwer	D24+	Oudeschoot	NED	0:21:11,538	0:11:24,924	1:35:41,723	0:31:36,805	0:31:59,363	3:11:54,353
5	Marieke van der Vegt	D24+	Groningen	NED	0:18:47,300	0:11:51,835	1:45:18,578	0:30:27,536	0:31:08,555	3:17:33,804
6	Audrey Middendorp	D24+	Groningen	NED	0:19:52,632	0:12:00,833	1:41:33,142	0:35:04,367	0:36:39,415	3:25:10,389
7	Brenda de Jong	D24+	Drachten	NED	0:20:10,545	0:13:52,525	1:57:22,145	0:30:06,517	0:30:50,301	3:32:22,033
8	Cathelijne Middendorp	D24+	Heerenveen	NED	0:19:54,303	0:11:59,686	1:50:30,857	0:36:58,075	0:39:12,654	3:38:35,575
DNF	Jantiene Hannessen	D24+	Zeist	NED	0:21:15,316	0:12:42,899				
1	Rahel Bellinga	D40+	Soest	NED	0:19:51,428	0:10:58,469	1:32:29,249	0:26:54,506	0:27:35,342	2:57:48,994
2	Geke Venema	D40+	Easterlittens	NED	0:25:50,783	0:12:00,292	1:42:39,194	0:30:52,488	0:31:50,485	3:23:13,242
100	Hilde van Heuveln	D40+	Zandweer	NED	0:21:35,383	0:13:03,089	1:57:38,858	0:34:35,449	0:37:21,187	3:44:13,966
1	Marijke Zeekant	D50+	Amsterdam	NED	0:17:30,223	0:13:55,129	1:37:20,658	0:29:58,425	0:29:43,669	3:08:28,104
2	Cora Mulder	D50+	Overberg	NED	0:21:55,141	0:15:00,117	1:55:49,130	0:33:44,284	0:35:51,374	3:42:20,046
1	Mary Langerak	D55+	Hilversum	NED	0:33:33,331	2:25:59,789	0:37:30,200		0:37:23,129	4:14:26,449
1	Sven Strijk	H20+	Hazerswoude Rijndijk	NED	0:15:34,021	0:09:18,826	1:21:48,587	0:23:22,972	0:24:07,100	2:34:11,506
2	Edwin Wiersema	H20+	Eelde	NED	0:19:34,581	0:10:59,435	1:32:04,951	0:28:38,783	0:29:54,351	3:01:12,101
3	Niels Strijk	H20+	Hazerswoude Rijndijk	NED	0:15:34,388	0:09:23,304	2:02:12,998	0:24:49,383	0:24:40,111	3:16:40,184
4	Pieter van der Meer	H20+	Aalsmeer	NED	0:17:32,033	0:14:11,970	1:45:19,999	0:27:48,264	0:37:19,508	3:22:11,774
1	Youri Severin	H24+	Almere	NED	0:14:50,909	0:09:44,112	1:20:36,065	0:23:58,463	0:23:41,652	2:32:51,201
2	Rorik Schouten	H24+	Hoogwoud	NED	0:17:03,395	0:09:31,305	1:18:48,859	0:23:46,450	0:23:48,631	2:32:58,640
3	Sascha Wingenfeld	H24+	Künzell	GER	0:15:45,459	0:09:33,457	1:24:14,785	0:22:56,474	0:23:25,188	2:35:55,363
4	Bert Flier	H24+	Barendrecht	NED	0:16:22,798	0:09:51,036	1:23:35,624	0:23:09,306	0:23:15,422	2:36:14,186
5	Jeroen van Dijke	H24+	Voorburg	NED	0:21:01,236	0:10:24,357	1:20:38,554	0:23:14,775	0:23:14,616	2:38:33,538
6	Rick Nijhoving	H24+	Amersfoort	NED	0:16:21,732	0:10:32,988	1:25:12,279	0:25:27,467	0:26:15,862	2:43:50,328
7	Bart van der Wal	H24+	Utrecht	NED	0:18:53,939	0:11:35,034	1:25:27,333	0:25:20,539	0:27:00,866	2:48:17,711
8	Matijs Jansen	H24+	Zwolle	NED	0:22:47,852	0:10:32,540	1:22:18,155	0:27:22,834	0:28:35,214	2:51:36,595
9	Lex Kiewied	H24+	Nes Ameland	NED	0:22:08,806	0:10:49,290	1:26:55,403	0:25:54,985	0:26:58,361	2:52:46,845
10	Erick Patist	H24+	Chaaam	NED	0:18:09,738	0:09:58,802	1:23:57,002	0:28:49,417	0:33:40,841	2:54:35,800
11	Ferdinand Oldeman	H24+	Voorburg	NED	0:20:00,232	0:10:34,525	1:26:43,529	0:28:40,377	0:29:53,935	2:55:52,598
12	Marcel ten Wolde	H24+	Groningen	NED	0:23:00,309	0:10:33,341	1:30:05,593	0:26:22,545	0:26:10,709	2:56:12,497

Pos	Naam	cat.	woonplaats	land	SwimmingTm	MTB1Tm	MTBfinishTm	Running1Tm	RunningFinishTm	TotalTm
13	Erik Negerman	H24+	Hilversum	NED	0:19:45,370	0:13:30,861	1:35:55,345	0:23:06,345	0:24:37,735	2:56:55,656
14	Andreas Kiewiet	H24+	Eelderwolde	NED	0:22:46,924	0:12:33,090	1:30:58,715	0:25:52,210	0:26:10,510	2:58:21,449
15	Bas van de Pol	H24+	Veenendaal	NED	0:18:53,325	0:10:55,931	1:32:07,577	0:27:56,920	0:28:33,575	2:58:27,328
16	Bas de Bruin	H24+	Wijk aan Zee	NED	0:20:03,799	0:12:23,029	1:31:01,493	0:26:27,999	0:28:47,233	2:58:43,553
17	Piet van der Zwaag	H24+	Wageningen	NED	0:16:29,164	0:11:17,515	1:32:41,029	0:29:12,400	0:29:19,246	2:58:59,354
18	Vincent Telgen	H24+	Tilburg	NED	0:22:51,425	0:11:44,062	1:33:04,198	0:25:46,452	0:25:42,303	2:59:08,440
19	Rutger van Valderen	H24+	Utrecht	NED	0:23:07,878	0:12:10,278	1:33:25,925	0:25:50,380	0:26:01,308	3:00:35,769
20	Theo Brouwer	H24+	Mantgum	NED	0:25:06,830	0:12:04,485	1:28:36,816	0:27:23,325	0:27:58,972	3:01:10,428
21	John Nagelhout	H24+	Heerenveen	NED	0:23:30,729	0:11:51,802	1:37:45,983		0:51:49,125	3:04:57,639
22	Kees Timmerman	H24+	Den Ham Ov	NED	0:17:48,106	0:10:40,100	1:31:05,179	0:32:27,714	0:34:57,413	3:06:58,512
23	Peter Kramer	H24+	Utrecht	NED	0:19:55,603	0:11:46,865	1:40:16,477	0:29:15,329	0:29:51,795	3:11:06,069
24	Boris Kock	H24+	Woerden	NED	0:17:39,606	0:13:01,110	1:38:12,208	0:31:43,423	0:30:49,464	3:11:25,811
25	Hajo Jonker	H24+	De Rijp	NED	0:26:32,185	0:12:03,434	1:37:01,990	0:28:59,346	0:30:33,629	3:15:10,584
26	Franklin van Voskuilen	H24+	Veenendaal	NED	0:18:14,669	0:10:53,546	1:33:33,527	0:33:56,490	0:40:00,662	3:16:38,894
27	Helco Timmerman	H24+	Leusden	NED	0:17:07,334	0:12:01,522	1:35:46,221	0:35:50,317	0:36:06,028	3:16:51,422
28	Paco van der Reijden	H24+	Heerenveen	NED	0:21:12,387	0:11:43,881	1:42:22,006	0:30:22,697	0:31:30,666	3:17:11,637
29	Willem van der Sterren	H24+	Zwolle	NED	0:17:48,327	0:11:56,828	1:34:34,347	0:35:27,691	0:37:32,823	3:17:20,016
30	Martijn Groenendaal	H24+	Didam	NED	0:22:00,557	0:11:36,080	1:39:09,524		1:06:02,608	3:18:48,769
31	Erwin Verweij	H24+	Woerden	NED	0:21:20,464	0:13:05,367	1:42:06,122	0:29:43,387	0:32:34,289	3:18:49,629
32	Johan Meijndert	H24+	Heerjansdam	NED	0:18:56,259	0:11:46,651	1:52:36,817	0:29:45,541	0:32:40,137	3:25:45,405
33	Pim van der Meer	H24+	Woerden	NED	0:22:49,970	0:15:03,781	1:50:14,446	0:33:25,851	0:36:26,622	3:38:00,670
34	Taco de Jong	H24+	Groningen	NED	0:23:04,103	0:10:17,043	2:06:59,478	0:26:53,523	0:32:02,842	3:39:16,989
DNF	Dirk Jan Moes	H24+	Amsterdam	NED	0:17:00,118	0:11:37,145	1:30:58,880	0:30:35,191		
DNF	Matthijs van Scheijen	H24+	Rhenen	NED	0:16:00,498	0:09:42,677	1:30:09,494			
DNF	Corné Kool	H24+	Rhenen	NED	0:18:30,244	0:09:52,298	1:42:43,021			
DNF	Erik Wolsing	H24+	Houten	NED	0:14:53,907	0:09:45,024				
DNF	Ralf de Jong	H24+	Drachten	NED	0:19:44,450	0:10:55,659				
DNF	André Schaap	H24+	Leiderdorp	NED	0:20:35,993					
1	Machiel Ittmann	H40+	Hilversum	NED	0:17:02,709	0:09:11,599	1:18:54,812	0:24:22,015	0:25:07,648	2:34:38,783
2	Johan Neevel	H40+	Wezep	NED	0:15:57,656	0:09:44,999	1:24:05,589	0:25:21,481	0:25:23,788	2:40:33,513
3	Robert Mijwaart	H40+	Huizen	NED	0:19:08,383	0:09:23,641	1:23:34,314	0:25:57,405	0:26:41,941	2:44:45,684
4	Frans van Heteren	H40+	Aalsmeer	NED	0:16:59,639	0:10:05,550	1:28:24,662	0:25:36,249	0:25:36,297	2:46:42,397
5	Marcel Molendijk	H40+	Bennekom	NED	0:15:05,346	0:10:21,350	1:27:51,381	0:26:55,166	0:27:13,512	2:47:26,755
6	Vincent Hentzepeter	H40+	Westerhaar-Vriezenv Wijk	NED	0:21:12,419	0:11:44,939	1:29:35,694	0:25:07,165	0:25:39,158	2:53:19,375
7	Maarten Krijnen	H40+	Purmerend	NED	0:20:25,219	0:11:27,289	1:33:51,474	0:27:15,931	0:26:46,395	2:59:46,308
8	Vincent Eijt	H40+	Zoetermeer	NED	0:22:03,947	0:12:23,556	1:33:41,899	0:28:25,192	0:28:27,828	3:05:02,422
9	Thomas Obst	H40+	Hilversum	NED	0:21:00,832	0:11:11,129	1:30:42,650	0:32:03,584	0:31:39,726	3:06:37,921
10	Frank van Eijck	H40+	Doetinchem	NED	0:22:33,517	0:13:03,414	1:32:13,483	0:27:36,815	0:32:44,481	3:08:11,710
11	Maarten Schalekamp	H40+	Berkel en Rodenrijs	NED	0:19:40,862	0:10:47,576	1:33:24,147	0:32:11,370	0:33:09,752	3:09:13,707

Pos	Naam	cat.	woonplaats	land	SwimmingTm	MTB1Tm	MTBfinishTm	Running1Tm	RunningFinishTm	TotalTm
12	Marco van Dijk	H40+	Loo Gld	NED	0:21:06,147	0:11:21,066	1:30:48,096	0:32:02,271	0:36:44,943	3:12:02,523
13	Jan Bot	H40+	Akersloot	NED	0:21:11,253	0:10:48,247	1:35:29,825	0:32:46,033	0:35:50,964	3:16:06,322
14	Lion Wildenburg	H40+	Delft	NED	0:23:01,399	0:13:51,995	1:41:44,765	0:27:58,865	0:31:31,380	3:18:08,404
15	Kees Rekelhof	H40+	Leimuider	NED	0:19:48,061	0:12:03,284	1:40:17,305	0:33:24,941	0:37:12,975	3:22:46,566
16	Marcel Walstra	H40+	Joure	NED	0:19:57,346	0:11:58,084	1:45:11,547	0:31:36,351	0:35:02,003	3:23:45,331
17	Piet Alkema	H40+	Hoogezand	NED	0:24:34,296	0:13:04,421	1:40:20,742	0:34:14,166	0:36:25,870	3:28:39,495
18	Paul Slot	H40+	Dalfsen	NED	0:21:09,031	0:12:54,961	1:47:52,216	0:33:41,080	0:35:00,540	3:30:37,828
19	Ad Eilert	H40+	Raalte	NED	0:23:47,464	0:14:12,987	1:54:39,516	0:31:08,232	0:33:30,543	3:37:18,742
20	Hessel Turkstra	H40+	Oentsjerk	NED	0:23:37,588	0:14:17,146	2:01:18,095	0:36:41,571	0:38:29,679	3:54:24,079
21	Oscar de Lange	H40+	Hierden	NED	0:01:17,497	0:38:14,129	1:54:48,300	0:41:43,365	0:44:34,867	4:00:38,158
DNF	Hans Bulthuis	H40+	Hierden	NED	0:31:39,702	0:18:29,390				
DNF	Paul Onel	H40+	Hierden	NED	0:01:22,355					
1	Pim Veeger	H45+	Amsterdam	NED	0:18:57,382	0:10:16,152	1:22:49,201	0:25:32,471	0:26:14,197	2:43:49,403
2	Willem de Voogd	H45+	Vlaardingen	NED	0:21:21,460	0:10:52,669	1:29:32,355	0:26:28,881	0:26:28,949	2:54:44,314
3	Marcel van Deursen	H45+	Hoogvliet Rotterdam	NED	0:19:36,125	0:10:33,054	1:29:19,155	0:27:36,875	0:28:44,751	2:55:49,960
4	Keesjan Otto	H45+	Ede Gld	NED	0:19:30,853	0:11:00,479	1:31:23,032	0:28:01,223	0:28:31,776	2:58:27,363
5	Jaap Rikken	H45+	Duiven	NED	0:19:55,753	0:10:58,047	1:31:49,019	0:27:49,853	0:29:16,368	2:59:49,040
6	Ruud Schrijver	H45+	Noord-Scharwoude	NED	0:17:19,810	0:10:20,325	1:34:07,355	0:29:56,384	0:29:14,368	3:00:58,242
7	Epko Oosterheerd	H45+	Maarszen	NED	0:20:43,784	0:11:19,802	1:32:51,756	0:29:55,601	0:29:33,792	3:04:24,735
8	Oscar de Jong	H45+	Zandeweer	NED	0:21:18,631	0:11:10,374	1:35:53,542	0:29:25,760	0:29:29,351	3:07:17,658
9	Johan Lek	H45+	Emmen	NED	0:23:11,384	0:12:12,477	1:34:58,950	0:27:55,769	0:29:42,814	3:08:01,394
10	Gerard Metz	H45+	Nes Ameland	NED	0:21:14,424	0:12:29,512	1:34:27,917	0:31:11,112	0:31:30,891	3:10:53,856
11	Casper vd Kamp	H45+	Nes Ameland	NED	0:22:30,205	0:11:24,459	1:34:13,830	0:30:13,674	0:32:45,815	3:11:07,983
12	Jan van der Meij	H45+	Berlikum Fr	NED	0:22:42,486	0:13:39,781	1:42:07,751	0:30:29,595	0:31:05,382	3:20:04,995
13	Andre Trines	H45+	Veldhoven	NED	0:22:33,238	0:15:23,071	1:44:23,621		0:59:44,884	3:22:04,814
14	Johnny Engels	H45+	Gemert	NED	0:20:55,797	0:12:10,891	1:42:36,619	0:32:24,527	0:37:49,946	3:25:57,780
15	Gerco Pon	H45+	Zeewolde	NED	0:22:13,531	0:13:14,923	1:47:41,602		1:03:27,481	3:26:37,537
16	Wim Hekkens	H45+	Sterksel	NED	0:26:30,377	0:15:38,121	1:46:20,143	0:34:15,080	0:35:07,179	3:37:50,900
17	Erwin Alebregtse	H45+	Zeewolde	NED	0:21:09,287	0:13:47,461	1:56:39,499	0:32:39,037	0:34:18,850	3:38:34,134
DNF	Freddy Dijk	H45+	Assen	NED	0:19:56,267	0:11:34,674				
DNF	Wim van Leeuwen	H45+	Capelle aan den IJssel	NED	0:24:46,358	0:15:38,179				

Pos	Naam	cat.	woonplaats	land	SwimmingTm	MTB1Tm	MTBfinishTm	Running1Tm	RunningFinishTm	TotalTm
1	Rob Barel	H50+	Overberg	NED	0:15:35,154	0:08:59,357	1:19:20,018	0:23:49,726	0:24:11,830	2:31:56,085
2	Ron Hendriks	H50+	Wijchen	NED	0:19:53,533	0:10:38,429	1:26:56,741	0:27:10,636	0:28:41,004	2:53:20,343
3	Dick Vosmeer	H50+	Naarden	NED	0:19:12,824	0:11:23,918	1:28:55,553	0:29:29,145	0:31:42,635	3:00:44,075
4	Frank Hamelink	H50+	s-Gravenhage	NED	0:21:13,698	0:11:07,666	1:30:29,997	0:30:01,435	0:30:51,609	3:03:44,405
5	Peter Dullaart	H50+	Krimpen aan den IJssel	NED	0:21:31,754	0:11:11,046	1:30:16,289	0:30:03,272	0:32:56,322	3:05:58,683
6	Erik Visser	H50+	Woerden	NED	0:19:46,378	0:13:00,837	1:36:05,576		0:59:36,066	3:08:28,857
7	Hans Vervoort	H50+	Gemert	NED	0:25:09,136	0:13:02,537	1:51:04,152	0:37:23,791	0:39:16,891	3:45:56,507
1	Frits Riemersma	H55+	Haren Gn	NED	0:21:24,588	0:10:27,587	1:26:25,565	0:28:54,961	0:28:56,843	2:56:09,544
2	Jan van der Heide	H55+	Heerenveen	NED	0:22:17,592	0:11:23,192	1:30:21,011	0:29:42,724	0:29:50,629	3:03:35,148
3	Leo de Hartog	H55+	Leersum	NED	0:21:17,155	0:12:17,930	1:37:10,567	0:28:53,679	0:29:44,438	3:09:23,769
4	Charles van Rheenen	H55+	Veenendaal	NED	0:21:50,550	0:13:32,924	1:47:42,119	0:30:31,748	0:33:25,221	3:27:02,562
5	Kees Versprille	H55+	Burgum	NED	0:26:43,492	0:14:00,913	1:52:40,182	0:31:54,347	0:33:10,254	3:38:29,188
6	Paul de Munk	H55+	Nuenen	NED	0:21:30,602	0:13:00,355	2:01:37,005	0:35:02,559	0:36:22,331	3:47:32,852
7	Johan Konings	H55+	Valkenburg Lb	NED	0:21:25,298	0:15:49,919	1:57:59,479	0:35:24,640	0:39:28,151	3:50:07,487
1	Leo Meewisse	H60+	s-Gravenhage	NED	0:23:53,539	0:11:19,701	1:31:39,611	0:30:03,008	0:31:12,030	3:08:07,889
2	Jan van de Pol	H60+	Veenendaal	NED	0:22:00,728	0:13:30,014	1:46:14,388	0:32:32,084	0:33:47,199	3:28:04,413
1	Jan Stoop	H65+	Voorburg	NED	0:31:56,136	0:17:58,812	2:09:18,485	0:46:55,129	0:49:38,188	4:35:46,750