

Pos	Bib	Fullname	Class	Hometown	ZwemTijd	FietsTijd	Lopen1Tm	Lopen2Tm	Looptijd	TotalTm
OAK Overall										
1	1	Rob Barel	H50+	Overberg	0:25:56,084	1:27:10,189	0:23:04,688	0:24:24,027	0:47:28,715	2:40:34,988
2	2	Bert Flier	H24+	Barendrecht	0:26:59,410	1:30:41,912	0:22:46,513	0:23:20,557	0:46:07,070	2:43:48,392
3	4	Marc Prins	H24+	Limburg	0:28:46,900	1:32:44,876	0:23:09,087	0:22:49,314	0:45:58,401	2:47:30,177
4	5	Jeroen van Dijke	H24+	Voorburg	0:31:16,278	1:30:54,126	0:23:23,570	0:22:37,490	0:46:01,060	2:48:11,464
5	9	Johan Neevel	H40+	Wezep	0:25:55,346	1:31:45,767	0:25:57,908	0:27:33,804	0:53:31,712	2:51:12,825
6	60	Jeroen Tiebie	H40+	Callantsoog	0:27:51,219	1:32:30,873	0:26:51,777	0:26:10,271	0:53:02,048	2:53:24,140
7	12	Mark Oude Bennink	H20+	Groningen	0:27:10,263	1:37:13,931	0:23:59,909	0:26:23,322	0:50:23,231	2:54:47,425
8	17	Jan Otter	H24+	Vriezenveen	0:29:03,433	1:35:59,629	0:25:55,426	0:24:54,024	0:50:49,450	2:55:52,512
9	87	Manfred Boogaard	H40+	Ede Gld	0:27:21,097	1:37:25,540	0:25:40,927	0:25:29,233	0:51:10,160	2:55:56,797
10	24	Corné Kool	H24+	Rhenen	0:28:42,689	1:32:56,013	0:27:09,053	0:28:06,619	0:55:15,672	2:56:54,374
11	28	Geert-Jan Meewisse	H24+	Delft	0:28:25,492	1:35:58,465	0:26:29,587	0:26:09,390	0:52:38,977	2:57:02,934
12	27	Ferdinand Oldeman	H24+	Voorburg	0:28:42,379	1:36:01,345	0:25:37,456	0:26:49,404	0:52:26,860	2:57:10,584
13	88	Menno Iedema	H40+	Drachten	0:24:30,960	1:40:14,888	0:26:57,184	0:27:40,774	0:54:37,958	2:59:23,806
14	91	Kees Rekelhof	H50+	Leimuiden	0:32:31,246	1:53:53,043	0:01:30,605	0:33:58,348	0:35:28,953	3:00:22,637
15	38	Kor Broers	H24+	Lemmer	0:29:37,590	1:37:37,781	0:27:01,921	0:27:29,686	0:54:31,607	3:01:46,978
16	8	Tiedo Tinga	H24+	Bolsward	0:27:32,304	1:41:52,471	0:26:27,642	0:26:49,395	0:53:17,037	3:02:41,812
17	48	Erick Patist	H24+	Chaam	0:28:38,661	1:33:19,027	0:30:33,004	0:30:52,052	1:01:25,056	3:03:22,744
18	101	Rob van Zanten	H50+	Vlaardingen	0:28:33,200	1:40:05,078	0:27:46,505	0:27:38,289	0:55:24,794	3:04:03,072
19	74	Martin Veenhuizen	H40+	Ekehaar	0:34:19,373	1:40:53,817	0:24:55,813	0:24:19,935	0:49:15,748	3:04:28,938
20	19	Ronald Prins	H24+	Veenendaal	0:30:20,652	1:41:26,230	0:26:03,699	0:26:42,025	0:52:45,724	3:04:32,606
21	26	Franklin van Voskuilen	H24+	Veenendaal	0:27:07,297	1:38:44,520	0:29:48,303	0:29:03,514	0:58:51,817	3:04:43,634
22	54	Marc van der Kort	H40+	Beesd	0:29:11,850	1:38:07,955	0:28:59,104	0:28:57,244	0:57:56,348	3:05:16,153
23	29	Henk Elbertsen	H24+	Breezand	0:26:59,537	1:46:51,537	0:26:03,282	0:25:42,038	0:51:45,320	3:05:36,394
24	121	Ingrid van Lubek	D24+	Hilversum	0:28:26,519	1:44:00,019	0:26:35,759	0:26:45,193	0:53:20,952	3:05:47,490
25	73	Samme Steenstra	H40+	Joure	0:30:24,897	1:41:51,159	0:26:45,956	0:26:53,863	0:53:39,819	3:05:55,875
26	44	Taco de Jong	H24+	Groningen	0:36:31,894	1:37:22,041	0:25:55,056	0:26:13,932	0:52:08,988	3:06:02,923
27	39	Ralf de Jong	H24+	Drachten	0:32:07,107	1:35:25,510	0:28:10,938	0:30:26,905	0:58:37,843	3:06:10,460
28	10	Lex Kiewied	H24+	Nes Ameland	0:35:32,620	1:39:17,737	0:26:15,890	0:28:55,385	0:55:11,275	3:10:01,632
29	106	Ron Hendriks	H50+	Wijchen	0:32:00,689	1:40:31,783	0:28:06,505	0:31:28,240	0:59:34,745	3:12:07,217
30	123	Judy van den Berg	D24+	Hippolytushoef	0:32:42,046	1:42:29,474	0:27:59,268	0:28:57,652	0:56:56,920	3:12:08,440
31	55	Michel de Gier	H40+	Kwintsheul	0:28:03,713	1:45:11,139	0:29:16,940	0:29:36,806	0:58:53,746	3:12:08,598
32	33	Jascha de Goede	H24+	Schoorl	0:32:28,119	1:42:54,437	0:28:48,632	0:28:35,117	0:57:23,749	3:12:46,305
33	61	Jan Bot	H40+	Akersloot	0:33:35,255	1:42:58,080	0:28:45,429	0:27:45,066	0:56:30,495	3:13:03,830
34	34	Jeroen van der Vlist	H24+	Groningen	0:32:13,348	1:43:34,570	0:27:50,917	0:29:29,903	0:57:20,820	3:13:08,738

35	7	John Nagelhout	H40+	Heerenveen	0:36:41,365	1:47:40,408	0:24:14,535	0:24:43,363	0:48:57,898	3:13:19,671
36	16	Edwin Wiersema	H24+	Eelde	0:30:29,304	1:43:33,207	0:29:41,764	0:30:47,099	1:00:28,863	3:14:31,374
37	11	Robert Jan Bood	H20+	Breezand	0:26:52,650	1:46:17,762	0:30:00,565	0:31:38,266	1:01:38,831	3:14:49,243
38	122	Marianne Goijert-Hoogerbr	D24+	Monster	0:30:09,594	1:49:44,562	0:27:51,512	0:27:45,901	0:55:37,413	3:15:31,569
39	76	Vincent Hentzepeter	H40+	Westerhaar-Vriezer	0:33:00,906	1:52:08,020	0:24:50,423	0:25:58,795	0:50:49,218	3:15:58,144
40	92	Epko Oosterheerd	H50+	Maarssen	0:33:43,945	1:44:03,480	0:29:06,901	0:29:10,357	0:58:17,258	3:16:04,683
41	75	Keesjan Otto	H40+	Ede Gld	0:29:25,425	1:45:22,034	0:30:04,550	0:31:26,474	1:01:31,024	3:16:18,483
42	56	Bas de Bruin	H40+	Wijk aan Zee	0:31:54,898	1:46:41,607	0:27:49,064	0:30:02,468	0:57:51,532	3:16:28,037
43	42	Matthijs van Scheijen	H24+	Rhenen	0:28:16,180	1:49:29,439	0:28:22,438	0:31:00,476	0:59:22,914	3:17:08,533
44	95	Dick Vosmeer	H50+	Naarden	0:28:20,138	1:45:38,041	0:31:24,108	0:33:08,760	1:04:32,868	3:18:31,047
45	59	Frank Harperink	H40+	Eindhoven	0:38:52,078	1:41:31,639	0:29:07,325	0:29:23,681	0:58:31,006	3:18:54,723
46	85	Johan Iek	H40+	Emmen	0:35:55,783	1:45:37,002	0:27:55,472	0:29:37,280	0:57:32,752	3:19:05,537
47	128	Marieke van der Vegt	D24+	Groningen	0:27:58,165	1:54:06,467	0:27:58,592	0:29:21,853	0:57:20,445	3:19:25,077
48	22	Martin van den Berg	H24+	Vaassen	0:28:45,393	1:47:08,399	0:31:15,969	0:32:39,156	1:03:55,125	3:19:48,917
49	21	Kees Timmerman	H24+	Den Ham Ov	0:29:04,027	1:43:23,121	0:31:25,669	0:36:06,093	1:07:31,762	3:19:58,910
50	23	Helco Timmerman	H24+	Leusden	0:27:28,343	1:45:22,294	0:33:38,988	0:33:46,763	1:07:25,751	3:20:16,388
51	83	Hoite Cannegieter	H40+	Leusden	0:38:47,337	1:46:42,524	0:27:33,780	0:27:44,385	0:55:18,165	3:20:48,026
52	81	Oscar de Jong	H40+	Zandweer	0:33:17,296	1:48:38,699	0:29:16,883	0:29:54,070	0:59:10,953	3:21:06,948
53	14	Hajo Jonker	H24+	De Rijp	0:37:50,211	1:43:03,456	0:29:27,019	0:30:53,408	1:00:20,427	3:21:14,094
54	99	Jan van der Heide	H50+	Heerenveen	0:34:57,077	1:42:06,278	0:31:25,973	0:32:50,720	1:04:16,693	3:21:20,048
55	126	Gonny Rosendaal	D24+	Beesd	0:28:13,192	1:49:11,129	0:32:20,577	0:31:45,056	1:04:05,633	3:21:29,954
56	124	Silvia Brouwer	D24+	Oudeschoot	0:33:15,235	1:46:30,818	0:30:54,727	0:31:01,448	1:01:56,175	3:21:42,228
57	30	Maarten Witteman	H24+	s-Gravenhage	0:40:16,611	1:45:11,107	0:28:32,144	0:29:47,928	0:58:20,072	3:23:47,790
58	97	Bram Heikamp	H50+	Muiden	0:33:38,720	1:45:38,979	0:32:14,560	0:32:39,216	1:04:53,776	3:24:11,475
59	89	Leo de Hartog	H50+	Leersum	0:35:54,094	1:47:24,943	0:29:20,780	0:31:47,092	1:01:07,872	3:24:26,909
60	41	Wibo Posthumus	H24+	De Meern	0:31:32,222	1:46:09,449	0:31:50,690	0:35:18,977	1:07:09,667	3:24:51,338
61	107	Leo Meewisse	H60+	s-Gravenhage	0:37:18,044	1:45:05,847	0:31:05,497	0:32:29,357	1:03:34,854	3:25:58,745
62	15	Klaas Stielstra	H24+	Stiens	0:34:49,934	1:46:05,235	0:32:00,237	0:33:22,266	1:05:22,503	3:26:17,672
63	68	Arnoud Hageman	H40+	Harkstede	0:32:38,842	1:50:56,682	0:31:03,016	0:31:41,621	1:02:44,637	3:26:20,161
64	43	Steven Hofstee	H24+	Dongen	0:30:41,248	1:50:18,643	0:32:44,791	0:33:03,810	1:05:48,601	3:26:48,492
65	130	Geke Venema	D40+	Easterlittens	0:41:19,343	1:47:15,310	0:30:21,708	0:31:03,355	1:01:25,063	3:29:59,716
66	25	Pieter-Jaap Kraal	H24+	Papendrecht	0:31:51,519	1:48:56,371	0:35:08,099	0:35:07,899	1:10:15,998	3:31:03,888
67	79	Jan Loggen	H40+	Ankeveen	0:36:16,074	1:46:14,270	0:30:04,835	0:38:53,531	1:08:58,366	3:31:28,710
68	84	Allard Dericks	H40+	Leusden	0:42:14,575	1:49:59,127	0:29:15,234	0:30:09,326	0:59:24,560	3:31:38,262
69	45	Peter Dubbelaar	H24+	Katwijk Zh	0:33:15,918	1:53:16,456	0:33:28,964	0:31:50,478	1:05:19,442	3:31:51,816
70	67	Marcel Walstra	H40+	Joure	0:29:52,516	1:54:18,435	0:31:47,058	0:37:09,102	1:08:56,160	3:33:07,111

71	63	Peter Visscher	H40+	De Wijk	0:35:06,176	1:44:22,354	0:34:45,088	0:39:43,840	1:14:28,928	3:33:57,458
72	31	Martijn Schutte	H24+	Rijssen	0:31:33,463	1:52:14,063	0:33:53,514	0:36:39,465	1:10:32,979	3:34:20,505
73	127	Brenda de Jong	D24+	Drachten	0:32:03,583	2:00:28,553	0:30:41,464	0:31:40,556	1:02:22,020	3:34:54,156
74	70	IJme Woensdregt	H40+	Groningen		2:29:22,217	0:32:31,723	0:33:21,894	1:05:53,617	3:35:15,834
75	46	Erik Blokhuis	H24+	s-Gravenhage	0:34:52,704	1:56:21,630	0:31:59,115	0:33:12,411	1:05:11,526	3:36:25,860
76	64	Robert ten Wolde	H40+	Nijeveen	0:32:48,600	1:57:35,126	0:32:42,308	0:35:09,659	1:07:51,967	3:38:15,693
77	49	Jan van der Meij	H40+	Berlikum Fr	0:39:16,316	1:57:02,173	0:30:03,788	0:31:54,658	1:01:58,446	3:38:16,935
78	86	Luuk Bos	H40+	Callantsoog	0:36:27,880	1:51:24,006	0:35:22,645	0:36:05,112	1:11:27,757	3:39:19,643
79	80	Luc Rens	H40+	s-Gravenhage	0:39:43,987	1:54:06,414	0:33:33,677	0:33:44,006	1:07:17,683	3:41:08,084
80	132	Lieke van Beek	D50+	Hilversum	0:35:55,220	1:59:30,334	0:33:54,281	0:34:33,984	1:08:28,265	3:43:53,819
81	62	Walter Legerstee	H40+	Delft	0:29:08,602	2:02:37,901	0:36:29,330	0:35:59,941	1:12:29,271	3:44:15,774
82	125	Carina Speksnijder	D24+	Stolwijk	0:32:15,506	2:00:17,712	0:35:39,099	0:38:34,401	1:14:13,500	3:46:46,718
83	51	Wim Hekkens	H40+	Sterksel	0:40:59,822	1:55:10,029	0:34:53,646	0:35:53,986	1:10:47,632	3:46:57,483
84	129	Elske Dijkstra	D24+	Groningen	0:34:33,071	1:58:34,705	0:37:43,105	0:37:07,025	1:14:50,130	3:47:57,906
85	52	Reinoud Sluiters	H40+	Monnickendam	0:45:13,082					3:48:49,169
86	134	Cora Mulder	D50+	Overberg	0:33:52,816	2:03:06,439	0:36:27,753	0:37:20,298	1:13:48,051	3:50:47,306
87	78	Oscar de Lange	H40+	Hierden	0:33:51,257	1:57:34,360	0:38:24,201	0:42:15,587	1:20:39,788	3:52:05,405
88	93	Piet Boorsma	H50+	s-Gravenhage	0:51:04,108	1:55:33,157	0:31:08,662	0:34:36,927	1:05:45,589	3:52:22,854
89	82	Paul Onel	H40+	Harderwijk	0:33:45,080	2:02:56,991	0:37:04,015	0:40:13,818	1:17:17,833	3:53:59,904
90	102	Piet Jetze Faber	H50+	Sint Annaparochie	0:39:47,267	2:01:39,670	0:35:16,996	0:38:15,714	1:13:32,710	3:54:59,647
91	65	Marco Zonneveld	H40+	s-Gravenhage	0:34:45,057	2:01:15,420	0:41:31,533	0:40:44,164	1:22:15,697	3:58:16,174
92	72	Fred Schurink	H40+	Rotterdam	0:42:11,109	2:02:46,371	0:36:27,958	0:38:00,257	1:14:28,215	3:59:25,695
93	228	Wim van Paasen	H40+	Poeldijk	0:42:50,853	2:03:08,532	0:36:51,961	0:39:02,036	1:15:53,997	4:01:53,382
94	36	Thijs van Bon	H24+	Amsterdam	0:42:34,448	2:00:00,172	0:40:02,028	0:42:34,601	1:22:36,629	4:05:11,249
95	105	Ronald Stoffelsma	H50+	Norg	0:30:39,920	2:22:21,039	0:35:17,600	0:38:00,343	1:13:17,943	4:06:18,902
96	53	Anton Vrakking	H40+	Deinum	0:39:25,680	2:23:24,718	0:39:50,839	0:37:05,654	1:16:56,493	4:19:46,891
97	103	Rens Wijnands	H50+	Noordwijk Zh	0:37:20,157	2:23:22,881	0:39:10,966	0:42:50,614	1:22:01,580	4:22:44,618
98	133	Gea vd Weert-doef	D50+	Weesp	0:48:30,861	2:22:57,336	0:35:14,605	0:37:40,957	1:12:55,562	4:24:23,759
99	47	Ric Huting	H24+	Amersfoort	0:42:32,876	2:18:10,990	0:41:58,739	0:44:03,918	1:26:02,657	4:26:46,523
100	131	Mary Langerak-wolthuis	D50+	Hilversum	0:38:44,962	2:30:33,133	0:39:51,206	0:38:45,837	1:18:37,043	4:27:55,138
101	98	Edd Gorter	H50+	Amsterdam Zuidoo:	0:28:57,491	2:34:10,348	0:49:36,687	0:50:14,387	1:39:51,074	4:42:58,913
102	3	Erik Wolsing	H24+	Veenendaal	0:24:37,695					
103	6	Edo van der Meer	H24+	Smilde	0:23:10,198	1:38:36,074				
104	35	Arnoud van Garderen	H24+	Leusden	0:28:00,828					
105	37	Henk Veesntra	H24+	Drachten	0:41:42,301					
106	90	Willem Jan de Widt	H50+	Monnickendam	0:50:37,014					