

Pos	Bib	Fullname	Class	Hometown	Zwemmen	FietsTijd	Lopen1Tm	Lopen2Tm	Looptijd	TotalTm
<b>Tri-Ambla L Heren</b>										
1	182	Hendrik Venema	H24+	Nijmegen	0:23:32,561	1:29:01,532	0:29:55,113	0:30:49,102	1:00:44,215	2:53:18,308
2	175	Matijs Jansen	H24+	Zwolle	0:25:57,144	1:27:34,656	0:28:25,203	0:33:09,625	1:01:34,828	2:55:06,628
3	174	Marco Haselbekke	H24+	Almelo	0:28:26,004	1:34:05,538	0:26:55,433	0:27:56,487	0:54:51,920	2:57:23,462
4	212	Ruud Wiegers	H40+	s-Hertogenbosch	0:20:21,300	1:37:45,660	0:30:21,464	0:31:52,080	1:02:13,544	3:00:20,504
5	235	Dreeuwes Dijkstra	H40+	Duiven	0:23:35,119	1:37:32,585	0:29:27,219	0:30:19,084	0:59:46,303	3:00:54,007
6	201	René Metz	H24+	Buren Fr	0:24:43,697	1:40:42,673	0:28:12,448	0:29:47,796	0:58:00,244	3:03:26,614
7	195	Arnoldus van der Werff	H24+	Groningen	0:28:07,146	1:36:31,866	0:28:55,103	0:31:00,820	0:59:55,923	3:04:34,935
8	242	Marco van Dijk	H40+	Loo Gld	0:22:55,558	1:38:37,481	0:31:33,029	0:32:53,268	1:04:26,297	3:05:59,336
9	194	Mark Hoefman	H24+	Groningen	0:26:27,381	1:42:22,410	0:31:14,831	0:32:04,411	1:03:19,242	3:12:09,033
10	190	Harm Twaalfhoven	H24+	Heerhugowaard	0:23:20,131	1:37:43,633	0:31:45,022	0:39:55,142	1:11:40,164	3:12:43,928
11	198	Erik Hekkert	H24+	Wijhe	0:25:50,898	1:38:58,541	0:33:25,974	0:35:01,636	1:08:27,610	3:13:17,049
12	227	Bert-Jan Moll	H40+	Koedijk	0:23:31,704	1:44:39,905	0:32:57,626	0:34:33,248	1:07:30,874	3:15:42,483
13	231	Rudi Bach	H40+	Didam	0:25:20,263	1:44:20,031	0:33:06,772	0:33:16,068	1:06:22,840	3:16:03,134
14	248	Leo Hoogland	H50+	Holten	0:29:28,302	1:48:07,180	0:30:57,673	0:30:11,684	1:01:09,357	3:18:44,839
15	225	ivo Trijbits	H40+	Amsterdam	0:31:36,400	1:27:19,252	0:43:27,456	0:37:50,460	1:21:17,916	3:20:13,568
16	199	Maarten Altena	H24+	Utrecht	0:31:11,681	1:47:28,076	0:30:14,752	0:31:26,399	1:01:41,151	3:20:20,908
17	206	Wietse Lolkema	H40+	Hollum	0:29:55,775	1:41:09,530	0:34:17,669	0:35:10,980	1:09:28,649	3:20:33,954
18	180	Jaap Koomen	H24+	Amsterdam	0:32:11,198	1:28:14,253	0:40:12,147	0:40:32,403	1:20:44,550	3:21:10,001
19	214	Henk-jan van Hees	H40+	Amsterdam	0:36:27,021	1:30:01,345	0:36:57,525	0:38:04,954	1:15:02,479	3:21:30,845
20	240	George de Jong	H40+	Beek/Montferla	0:22:37,588	1:50:01,295	0:32:32,746	0:36:53,518	1:09:26,264	3:22:05,147
21	208	Hendrik van der Meiden	H40+	De Rijp	0:32:19,339	1:48:26,878	0:29:46,161	0:31:41,141	1:01:27,302	3:22:13,519
22	229	Lion Wildenburg	H40+	Delft	0:26:48,962	1:56:20,293	0:28:57,597	0:30:26,642	0:59:24,239	3:22:33,494
23	186	Sjouke Venema	H24+	Wageningen	0:24:38,984	1:53:06,417	0:32:41,596	0:32:40,485	1:05:22,081	3:23:07,482
24	181	Cornelis Visser	H24+	Den Helder	0:27:04,519	1:49:19,364	0:33:21,024	0:33:34,401	1:06:55,425	3:23:19,308
25	237	Paul van der Zee	H40+	Amsterdam	0:26:46,421	1:55:16,683	0:31:00,117	0:30:41,398	1:01:41,515	3:23:44,619
26	177	Jan Koopman	H24+	Den Helder	0:27:57,248	1:53:13,310	0:30:37,933	0:32:36,036	1:03:13,969	3:24:24,527
27	230	Jan willem Oosterveld	H40+	Wormer	0:24:27,924	1:54:35,501	0:32:11,299	0:34:22,455	1:06:33,754	3:25:37,179
28	245	Arthur van Aarssen	H40+	Nijmegen	0:29:11,882	1:52:01,281	0:32:01,035	0:33:21,418	1:05:22,453	3:26:35,616
29	222	Andre Buitenhek	H40+	Voorhout	0:29:46,814	1:50:36,792	0:32:46,382	0:33:42,310	1:06:28,692	3:26:52,298
30	178	Kristian van Hemert	H24+	Amsterdam	0:20:23,595	2:04:29,959	0:29:40,957	0:32:50,745	1:02:31,702	3:27:25,256
31	202	Gertjan Hulzinga	H24+	Groningen	0:25:09,363	1:54:57,214	0:33:10,541	0:34:31,807	1:07:42,348	3:27:48,925
32	192	Rob van Blokland	H24+	Nieuwegein	0:30:23,653	1:34:23,148	0:38:54,996	0:44:33,101	1:23:28,097	3:28:14,898

33	215	Jacco Beentjes	H40+	Amsterdam	0:30:02,510	1:54:37,881	0:33:00,199	0:33:37,053	1:06:37,252	3:31:17,643
34	173	Bart Kooi	H24+	Groningen	0:26:34,440	1:43:04,393	0:40:08,887	0:41:42,987	1:21:51,874	3:31:30,707
36	258	Harald ten Katen	H60+	s-Gravenhage	0:31:59,416	1:49:25,984	0:36:47,352	0:36:48,827	1:13:36,179	3:35:01,579
37	234	Eric Smit	H40+	Hollum	0:29:59,354	1:52:17,673	0:34:50,930	0:38:15,250	1:13:06,180	3:35:23,207
38	233	Laurens Verwoest	H40+	Deventer	0:28:47,042	1:50:49,030	0:36:57,472	0:38:53,003	1:15:50,475	3:35:26,547
39	105	Ronald Stoffelsma	H50+	Norg	0:27:50,299	1:55:06,660	0:35:17,600	0:38:00,343	1:13:17,943	3:36:14,902
40	204	Jack Kuper	H24+	Slochteren	0:28:07,895	1:55:39,728	0:36:06,456	0:37:55,238	1:14:01,694	3:37:49,317
41	187	Sven Källäne	H24+	Oelde	0:26:02,080	2:05:11,659	0:32:04,859	0:34:59,621	1:07:04,480	3:38:18,219
42	257	Freek de Jong	H60+	Drachten	0:28:02,532	1:56:31,694	0:33:21,145	0:41:22,045	1:14:43,190	3:39:17,416
43	238	Tom Kluitman	H40+	Didam	0:26:23,940	1:51:46,867	0:39:37,794	0:41:50,016	1:21:27,810	3:39:38,617
44	252	Gerard Heijnen	H50+	Didam	0:32:06,672	1:53:59,753	0:37:16,418	0:36:31,787	1:13:48,205	3:39:54,630
45	209	Robert Kars	H40+	Groningen	0:23:52,505	1:57:00,925	0:36:51,116	0:42:34,903	1:19:26,019	3:40:19,449
46	179	Elmar Helmich	H24+	Nijmegen	0:30:08,390	1:59:29,794	0:33:03,023	0:38:54,805	1:11:57,828	3:41:36,012
47	251	Jacob de Groot	H50+	Leeuwarden	0:27:31,711	2:05:14,483	0:33:53,519	0:35:52,950	1:09:46,469	3:42:32,663
48	239	Coen Koomen	H40+	Muiden	0:30:54,242	2:00:55,809	0:33:22,922	0:39:14,009	1:12:36,931	3:44:26,982
49	218	Dirk Fabels	H40+	Bussum	0:26:15,692	2:00:57,584	0:37:03,433	0:40:11,880	1:17:15,313	3:44:28,589
50	185	Bastiaan van Ingen	H24+	Nieuw Vennep	0:33:11,669	1:56:39,315	0:36:24,562	0:40:27,084	1:16:51,646	3:46:42,630
51	207	Rob Berbers	H40+	Bussum	0:22:07,325	2:04:47,147	0:39:27,242	0:41:53,676	1:21:20,918	3:48:15,390
52	226	Peter Vermeiren	H40+	Bussum	0:24:03,912	2:04:33,046	0:37:45,175	0:41:53,600	1:19:38,775	3:48:15,733
53	223	Bouke Fennema	H40+	Britsum	0:27:18,331	2:08:14,515	0:37:41,324	0:36:30,890	1:14:12,214	3:49:45,060
54	188	Sebastian Baxheinrich	H24+	Oelde	0:24:06,452	2:13:07,497	0:34:05,114	0:40:18,585	1:14:23,699	3:51:37,648
55	196	Jasper Koning	H24+	Den Helder	0:30:49,934	2:08:30,701	0:34:33,521	0:39:11,915	1:13:45,436	3:53:06,071
56	183	Maarten Buiten	H24+	Bussum	0:20:23,600	2:19:32,601	0:35:47,903	0:38:18,953	1:14:06,856	3:54:03,057
57	224	Dim Hendriksen	H40+	Egmond aan Z	0:36:44,498	2:06:47,483	0:34:09,947	0:37:22,225	1:11:32,172	3:55:04,153
58	249	Frits Broks	H50+	s-Gravenhage	0:32:42,297	1:51:12,347	0:45:58,106	0:46:31,362	1:32:29,468	3:56:24,112
59	241	Sjoerd Bakker	H40+	Stiens	0:31:08,564	2:03:36,349	0:38:04,676	0:44:00,925	1:22:05,601	3:56:50,514
60	184	Kees de Waal	H24+	s-Hertogenbos	0:26:19,529	2:13:21,413	0:35:30,459	0:41:45,997	1:17:16,456	3:56:57,398
61	216	Robert Mol	H40+	Amsterdam	0:30:54,307	2:03:54,805	0:41:07,835	0:47:59,923	1:29:07,758	4:03:56,870
62	203	Mike Schöne	H24+	Ostbevern	0:27:29,577	2:24:28,794	0:36:07,137	0:37:05,169	1:13:12,306	4:05:10,677
63	220	Roeland Weebers	H40+	Amsterdam	0:40:16,823	2:03:26,898	0:38:55,042	0:43:25,572	1:22:20,614	4:06:04,335
64	246	Pieter Boer	H50+	Amsterdam	0:38:38,419	2:01:28,148	0:42:01,449	0:46:16,858	1:28:18,307	4:08:24,874
65	232	Rik de Haan	H40+	Zuidlaren	0:29:02,600	2:03:13,424	0:44:35,826	0:52:52,201	1:37:28,027	4:09:44,051
66	256	Jan Stoop	H60+	Voorburg	0:33:29,704	2:18:26,137	0:47:48,285	0:50:40,943	1:38:29,228	4:30:25,069
67	176	Willem van der Sterren	H24+	Zwolle	0:19:26,587					
68	211	Ronald Batenburg	H40+	Den Helder	0:32:12,077					
69	219	Harry Wiechers	H40+	Nieuw Roden	0:28:20,231	2:35:09,315	0:48:18,025			

70	236	Hans Bulthuis	H40+	Tynaarlo	0:34:25,036	2:41:27,876	0:00:21,637				
71	250	Kees Versprille	H50+	Burgum	0:27:30,466						
72	254	Wibo Drenth	H50+	Oudwoude	0:25:16,040	1:45:11,620					
73	247	Uco Sobering	H50+	Voorburg	0:34:26,061	1:56:35,493	0:37:00:00	0:36:09,905	0:37:19,767	3:40:00,000	
74	217	Robert Bosma	H40+	Amsterdam	0:23:45,540	?	0:34:06,337	0:35:21,663	1:09:28,000	2:50:32,636	
75	221	Ramon Knippers	H40+	Noordwijkerhout	0:26:10,555	?	0:32:37,487	0:32:50,491	1:05:27,978	2:51:57,726	

### Tri-Ambla L Dames

1	151	Marieke van Hunen	D20+	Groningen	0:29:24,245	1:55:13,105	0:32:50,952	0:32:50,187	1:05:41,139	3:30:18,489
2	154	Noemie Smit	D24+	Amsterdam	0:23:42,076	1:56:48,386	0:34:55,047	0:35:26,221	1:10:21,268	3:30:51,730
3	155	Antoinette Kraal	D24+	Amsterdam	0:27:30,059	2:07:54,386	0:39:42,276	0:43:36,588	1:23:18,864	3:58:43,309
4	161	Sylvia Visser	D40+	s-Gravenhage	0:38:19,773	2:00:11,205	0:39:54,329	0:43:37,332	1:23:31,661	4:02:02,639
5	158	Miranda Broks	D24+	Rijswijk Zh	0:33:20,636	2:14:33,995	0:39:20,142	0:40:40,127	1:20:00,269	4:07:54,900
6	160	Inez Stark	D40+	Culemborg	0:31:49,267	2:22:50,390	0:37:06,763	0:37:52,312	1:14:59,075	4:09:38,732
7	162	Ingrid Munneke	D50+	Zeewolde	0:30:56,364	2:18:29,670	0:44:24,663	0:41:32,349	1:25:57,012	4:15:23,046
8	152	Jantje van der Werff	D24+	Dokkum	0:26:55,245	2:17:12,824	0:47:16,301	0:50:26,620	1:37:42,921	4:21:50,990
9	163	Trijnie Munneke	D50+	Borgercompagnie	0:36:19,428	2:20:01,090	0:47:23,550	0:47:03,032	1:34:26,582	4:30:47,100