

## Tri-Ambla 2011 - M Heren

				Zwemmen	Fietsen	Lopen	Totaal	
1.	475	<b>Mathijm Wassink</b>	Hoevelaken	H24+	0:08:49 (4)	1:00:59 (1)	0:24:49 (2)	1:34:38
2.	460	<b>Florian Schmidt</b>	Eelde	H24+	0:08:59 (7)	1:01:05 (2)	0:25:08 (4)	1:35:13
3.	472	<b>Martin Vermeer</b>	's-Gravenhage	H24+	0:10:03 (22)	1:01:36 (4)	0:24:49 (3)	1:36:29
4.	549	<b>Martin Veenhuizen</b>	Tynaarlo	H40+	0:10:18 (25)	1:03:44 (5)	0:24:14 (1)	1:38:16
5.	452	<b>Jasper van Olst</b>	Drachten	H24+	0:08:02 (1)	1:04:08 (7)	0:26:17 (12)	1:38:28
6.	435	<b>Joric van der Kolk</b>	Hoogland	H24+	0:11:07 (37)	1:01:15 (3)	0:26:17 (13)	1:38:39
7.	428	<b>Sietse Hylkema</b>	Zwolle	H24+	0:11:17 (41)	1:04:04 (6)	0:26:09 (10)	1:41:32
8.	543	<b>Andre Schrand</b>	Schloß Holte-Stukenb	H40+	0:09:25 (11)	1:06:39 (18)	0:25:39 (7)	1:41:44
9.	486	<b>Peter Denekamp</b>	Hilversum	H40+	0:08:16 (2)	1:04:30 (8)	0:29:08 (31)	1:41:55
10.	444	<b>Sjaak van Leeuwen</b>	Leeuwarden	H24+	0:11:01 (36)	1:06:07 (13)	0:25:54 (8)	1:43:03
11.	464	<b>Tijmen Smit</b>	Bergentheim	H24+	0:08:54 (6)	1:08:06 (26)	0:26:46 (16)	1:43:47
12.	422	<b>Vincent Harder</b>	Groningen	H24+	0:10:23 (27)	1:06:29 (16)	0:27:06 (19)	1:43:59
13.	547	<b>Anton Tuinstra</b>	Drachten	H40+	0:10:22 (26)	1:04:56 (10)	0:29:05 (29)	1:44:24
14.	489	<b>Hendri Drogd</b>	Wierden	H40+	0:12:05 (58)	1:06:05 (12)	0:26:15 (11)	1:44:25
15.	599	<b>Willem van der Sterren</b>	Zwolle	H24+	0:08:20 (3)	1:04:58 (11)	0:31:29 (61)	1:44:49
16.	431	<b>Emiel Kienstra</b>	Buren Fr	H24+	0:11:26 (42)	1:04:56 (9)	0:28:34 (24)	1:44:57
17.	414	<b>Arjen Eggink</b>	's-Gravenhage	H24+	0:12:41 (84)	1:07:14 (20)	0:25:14 (6)	1:45:09
18.	491	<b>Ritske Frootman</b>	Menaam	H40+	0:10:50 (33)	1:07:58 (25)	0:26:32 (15)	1:45:21
19.	456	<b>Paco van der Reijden</b>	Heerenveen	H24+	0:10:32 (30)	1:06:32 (17)	0:28:42 (25)	1:45:46
20.	476	<b>Rick Wezenberg</b>	Enschede	H24+	0:12:23 (70)	1:07:15 (21)	0:26:31 (14)	1:46:10
21.	594	<b>Martijn Schutte</b>	Rijssen	H24+	0:09:57 (19)	1:07:31 (22)	0:28:44 (26)	1:46:13
22.	535	<b>Norbert Philipp</b>	Rheine	H40+	0:09:45 (16)	1:11:21 (37)	0:25:09 (5)	1:46:16
23.	474	<b>Arjan Vreugdenhil</b>	Vlaardingen	H24+	0:10:52 (34)	1:09:34 (30)	0:25:54 (9)	1:46:22
24.	409	<b>Jeroen Celie</b>	Harderwijk	H24+	0:13:12 (98)	1:06:25 (15)	0:27:01 (17)	1:46:39
25.	438	<b>Royce Kortekaas</b>	Nieuw-Vennep	H24+	0:10:26 (29)	1:09:58 (32)	0:27:42 (20)	1:48:07
26.	572	<b>Bert Lam</b>	Veenendaal	H50+	0:12:11 (63)	1:07:43 (23)	0:29:10 (32)	1:49:05
27.	523	<b>Jeroen Mast</b>	Laag-Keppel	H40+	0:09:41 (14)	1:08:26 (27)	0:32:11 (74)	1:50:19
28.	465	<b>Anton Stempher</b>	Leek	H24+	0:11:59 (54)	1:10:17 (33)	0:28:02 (22)	1:50:20
29.	424	<b>Rob Hetsen</b>	Schagen	H24+	0:11:59 (55)	1:07:51 (24)	0:30:29 (49)	1:50:20
30.	507	<b>Stephan Hulst</b>	Assen	H40+	0:09:14 (9)	1:11:58 (46)	0:29:08 (30)	1:50:21
31.	582	<b>Erik Visser</b>	Woerden	H50+	0:09:44 (15)	1:10:44 (34)	0:29:59 (42)	1:50:27
32.	505	<b>Guus Hoekstra</b>	Donkerbroek	H40+	0:14:03 (121)	1:07:09 (19)	0:29:51 (39)	1:51:03
33.	437	<b>Arjan Koop</b>	Groningen	H24+	0:12:02 (56)	1:12:19 (50)	0:27:46 (21)	1:52:08
34.	420	<b>Jan Willem Greidanus</b>	Groningen	H24+	0:10:34 (31)	1:11:36 (40)	0:30:01 (43)	1:52:13
35.	581	<b>Kees Tump</b>	Abcoude	H50+	0:11:42 (48)	1:14:25 (63)	0:27:05 (18)	1:53:13
36.	584	<b>Joop de Vries</b>	Hilversum	H50+	0:10:12 (24)	1:11:39 (41)	0:31:37 (66)	1:53:28
37.	434	<b>Eric Klepper</b>	Heerhugowaard	H24+	0:13:25 (101)	1:06:21 (14)	0:33:56 (97)	1:53:43
38.	439	<b>Rob Kouwehoven</b>	Hillegom	H24+	0:12:42 (85)	1:11:30 (38)	0:29:36 (34)	1:53:48
39.	429	<b>Jan Jansen</b>	Vroomshoop	H24+	0:12:26 (73)	1:11:59 (47)	0:29:24 (33)	1:53:50
40.	532	<b>Hielke Nienhuis</b>	Lekku	H40+	0:12:06 (59)	1:11:50 (44)	0:29:54 (40)	1:53:51
41.	522	<b>Thomas Lüke</b>	Schloß Holte-Stukenb	H40+	0:10:24 (28)	1:11:45 (43)	0:31:42 (70)	1:53:52
42.	458	<b>Bas Roukema</b>	Amsterdam	H24+	0:12:07 (60)	1:08:49 (28)	0:33:01 (86)	1:53:58
43.	416	<b>Louis Feitsma</b>	Niehove	H24+	0:13:30 (103)	1:11:42 (42)	0:29:04 (28)	1:54:17
44.	407	<b>Roger Bours</b>	De Bilt	H24+	0:13:52 (114)	1:13:01 (54)	0:28:33 (23)	1:55:26
46.	469	<b>Mark Torsius</b>	Harderwijk	H24+	0:11:10 (40)	1:12:02 (49)	0:32:37 (81)	1:55:51
47.	564	<b>Dai Gittins</b>	Stratford upon Avon	H50+	0:09:25 (10)	1:17:05 (84)	0:29:41 (36)	1:56:12

48.	391	<b>Stijn van Duinhoven</b>	Renkum	H14+	0:08:51 (5)	1:12:55 (53)	0:34:28 (106)	1:56:15
49.	548	<b>Paul van Veenendaal</b>	Woerden	H40+	0:12:23 (71)	1:11:33 (39)	0:32:19 (76)	1:56:16
50.	448	<b>Joost Meijer</b>	Groningen	H24+	0:12:14 (64)	1:09:36 (31)	0:34:27 (105)	1:56:17
51.	557	<b>Erik Wijbenga</b>	Utrecht	H40+	0:13:02 (94)	1:13:50 (56)	0:29:54 (41)	1:56:47
52.	553	<b>Erik van de Wal</b>	Dordrecht	H40+	0:12:36 (82)	1:14:23 (62)	0:29:48 (37)	1:56:48
53.	425	<b>Chas van den Heuvel</b>	Nes Ameland	H24+	0:14:08 (124)	1:11:51 (45)	0:31:10 (56)	1:57:10
54.	454	<b>Dennis van de Pol</b>	Hoevelaken	H24+	0:10:01 (21)	1:10:46 (35)	0:36:44 (146)	1:57:31
55.	494	<b>Andre Gorter</b>	Nijverdal	H40+	0:09:10 (8)	1:16:49 (81)	0:31:42 (69)	1:57:41
56.	457	<b>Tjeerd Riewald</b>	Bussum	H24+	0:09:52 (17)	1:12:01 (48)	0:35:52 (129)	1:57:47
57.	554	<b>Henk Walters</b>	Assen	H40+	0:12:09 (61)	1:14:47 (66)	0:31:02 (55)	1:57:58
58.	526	<b>Albert Molenaar</b>	Nes Ameland	H40+	0:15:09 (137)	1:12:34 (52)	0:30:14 (45)	1:57:59
59.	500	<b>Erik Heemstra</b>	Baarn	H40+	0:12:18 (67)	1:14:13 (60)	0:31:38 (68)	1:58:10
60.	393	<b>Dennis Molenaar</b>	Nes Ameland	H14+	0:14:15 (127)	1:11:09 (36)	0:32:49 (82)	1:58:14
61.	589	<b>Freek de Jong</b>	Drachten	H60+	0:11:47 (49)	1:14:13 (59)	0:32:18 (75)	1:58:19
62.	536	<b>John Prins</b>	Wierden	H40+	0:12:30 (76)	1:15:24 (71)	0:30:34 (51)	1:58:28
63.	433	<b>Sander Kiewied</b>	Nes Ameland	H24+	0:13:46 (110)	1:14:21 (61)	0:30:21 (47)	1:58:29
64.	558	<b>Erik van Wijbergen</b>	Maarssen	H40+	0:12:55 (90)	1:15:48 (74)	0:29:48 (38)	1:58:32
65.	499	<b>Michael Heckhuis</b>	Rheine	H40+	0:12:30 (77)	1:15:43 (73)	0:30:39 (53)	1:58:53
66.	396	<b>Anno Smit</b>	Hollum	H16+	0:12:33 (80)	1:14:52 (67)	0:31:32 (62)	1:58:58
67.	595	<b>Hans Berkenbosch</b>	Utrecht	H24+	0:12:59 (93)	1:15:00 (70)	0:31:10 (57)	1:59:11
68.	397	<b>Len Spoelstra</b>	Nes Ameland	H16+	0:15:22 (143)	1:12:24 (51)	0:31:36 (64)	1:59:23
69.	484	<b>Patrick Brooijmans</b>	Utrecht	H40+	0:13:10 (97)	1:16:01 (76)	0:30:31 (50)	1:59:44
70.	592	<b>Jan van de Pol</b>	Veenendaal	H60+	0:11:52 (53)	1:17:15 (85)	0:31:02 (54)	2:00:10
71.	430	<b>Enno van Kampen</b>	Gouda	H24+	0:11:38 (46)	1:14:30 (64)	0:34:23 (104)	2:00:31
72.	483	<b>Kornelis Bijlsma</b>	Buitenpost	H40+	0:09:37 (13)	1:16:34 (80)	0:35:08 (117)	2:01:20
73.	399	<b>Harmen Schaafsma</b>	Walterswald	H18+	0:15:09 (136)	1:15:56 (75)	0:30:23 (48)	2:01:28
74.	459	<b>Douwe Schaafsma</b>	Walterswald	H24+	0:12:56 (91)	1:13:51 (57)	0:34:43 (110)	2:01:31
75.	570	<b>Ulli Kocks</b>	Rheine	H50+	0:13:28 (102)	1:13:38 (55)	0:34:46 (112)	2:01:53
76.	527	<b>Gerlof Molenaar</b>	Nes Ameland	H40+	0:14:12 (125)	1:15:25 (72)	0:32:30 (79)	2:02:08
77.	415	<b>Martijn van Eijk</b>	Alkmaar	H24+	0:14:01 (120)	1:17:54 (92)	0:30:15 (46)	2:02:12
78.	545	<b>Eric Smit</b>	Hollum	H40+	0:13:58 (117)	1:13:54 (58)	0:34:37 (108)	2:02:30
79.	405	<b>Janwillem Blokhuis</b>	Bunschoten- Spakenburg	H24+	0:15:11 (138)	1:18:05 (96)	0:29:39 (35)	2:02:56
80.	403	<b>Sijtse Schaafsma</b>	Walterswald	H20+	0:12:56 (92)	1:17:42 (90)	0:32:25 (78)	2:03:03
81.	421	<b>Theodoor Greiner</b>	Nootdorp	H24+	0:11:37 (45)	1:17:33 (87)	0:33:54 (96)	2:03:05
82.	392	<b>Tuzo de Haan</b>	Ballum	H14+	0:12:34 (81)	1:14:53 (68)	0:35:46 (126)	2:03:14
83.	432	<b>Dennis Kiewied</b>	Bolsward	H24+	0:12:38 (83)	1:17:29 (86)	0:33:15 (89)	2:03:22
84.	496	<b>Wim Haak</b>	Groningen	H40+	0:14:24 (130)	1:20:03 (108)	0:28:56 (27)	2:03:23
85.	525	<b>René Miedema</b>	Bolsward	H40+	0:12:24 (72)	1:17:41 (89)	0:33:22 (91)	2:03:28
86.	579	<b>Kees Slikker</b>	Barneveld	H50+	0:12:49 (87)	1:18:54 (101)	0:31:50 (71)	2:03:34
87.	462	<b>Koen Septer</b>	's-Gravenhage	H24+	0:13:44 (109)	1:16:05 (77)	0:34:10 (100)	2:04:00
88.	449	<b>Arthur Minderop</b>	Haarlem	H24+	0:11:10 (39)	1:17:58 (94)	0:35:05 (114)	2:04:13
89.	492	<b>Marcel Gelderblom</b>	Eemnes	H40+	0:11:42 (47)	1:19:40 (105)	0:32:54 (85)	2:04:16
90.	451	<b>Tuur Niekoop</b>	Heiloo	H24+	0:13:32 (104)	1:14:44 (65)	0:36:06 (134)	2:04:23
91.	418	<b>Raoul van Gogh</b>	Drachten	H24+	0:10:53 (35)	1:19:02 (102)	0:34:38 (109)	2:04:34
92.	539	<b>Sjaak van Roon</b>	Brielle	H40+	0:11:33 (44)	1:19:04 (103)	0:33:58 (98)	2:04:36
93.	530	<b>Wybo Nauta</b>	Goutum	H40+	0:15:38 (154)	1:16:20 (79)	0:32:51 (83)	2:04:51
94.	503	<b>Mark van Berge Henegouwen</b>	Amsterdam	H40+	0:12:21 (69)	1:21:59 (126)	0:30:36 (52)	2:04:57
95.	508	<b>Rob Janmaat</b>	Wageningen	H40+	0:16:07 (165)	1:18:49 (98)	0:30:09 (44)	2:05:05
96.	560	<b>JanHendrik Wolters</b>	Apeldoorn	H40+	0:15:37 (153)	1:16:58 (83)	0:32:34 (80)	2:05:10

97.	533	<b>Henk Onsman</b>	Sneek	H40+	0:13:41 (106)	1:16:19 (78)	0:35:13 (119)	2:05:14
98.	446	<b>Berd Lourens</b>	Veenendaal	H24+	0:13:50 (113)	1:14:57 (69)	0:36:45 (147)	2:05:33
99.	504	<b>Edwin Herber</b>	Utrecht	H40+	0:13:13 (99)	1:18:49 (99)	0:34:20 (102)	2:06:23
100.	490	<b>Geert van Duinhoven</b>	Renkum	H40+	0:09:58 (20)	1:21:22 (119)	0:35:06 (116)	2:06:26
101.	588	<b>Gert van Zanten</b>	Veenendaal	H50+	0:12:20 (68)	1:18:13 (97)	0:36:18 (139)	2:06:52
102.	541	<b>Pier Schaper</b>	Oentsjerk	H40+	0:14:06 (122)	1:21:23 (120)	0:31:33 (63)	2:07:03
103.	574	<b>Jaap Meijering</b>	Roden	H50+	0:15:39 (155)	1:17:47 (91)	0:33:51 (95)	2:07:19
104.	447	<b>Pim van der Meer</b>	Woerden	H24+	0:11:30 (43)	1:21:06 (115)	0:34:54 (113)	2:07:32
105.	410	<b>Ardan Cusell</b>	Vuren	H24+	0:13:44 (107)	1:21:57 (125)	0:32:11 (73)	2:07:53
106.	590	<b>Ruud Klaare</b>	Leersum	H60+	0:12:51 (88)	1:19:55 (107)	0:35:13 (118)	2:07:59
107.	495	<b>Van Groen</b>	Holten	H40+	0:09:54 (18)	1:22:33 (128)	0:35:48 (127)	2:08:15
108.	487	<b>Mari Derks</b>	De Knipe	H40+	0:16:53 (173)	1:19:21 (104)	0:32:20 (77)	2:08:35
109.	419	<b>Douwe Graansma</b>	Hurdegaryp	H24+	0:16:06 (164)	1:20:57 (113)	0:31:36 (65)	2:08:41
110.	501	<b>Sjoerd Bakker</b>	Stiens	H40+	0:13:48 (111)	1:20:41 (112)	0:34:32 (107)	2:09:02
111.	466	<b>Andre Tieman</b>	Nes Ameland	H24+	0:15:14 (139)	1:17:39 (88)	0:36:09 (136)	2:09:04
112.	537	<b>Rob Prins</b>	Maassluis	H40+	0:16:32 (171)	1:20:34 (110)	0:31:59 (72)	2:09:05
113.	512	<b>Silvester Keijzer</b>	Utrecht	H40+	0:14:13 (126)	1:21:53 (124)	0:33:06 (87)	2:09:13
114.	461	<b>Herman ter Schure</b>	Leeuwarden	H24+	0:15:29 (150)	1:22:46 (130)	0:31:20 (59)	2:09:36
115.	412	<b>Jacob Dijkstra</b>	Nes Ameland	H24+	0:16:18 (168)	1:16:50 (82)	0:36:27 (142)	2:09:36
116.	398	<b>Kienstra Kevin</b>	Nes Ameland	H18+	0:16:07 (166)	1:20:19 (109)	0:33:14 (88)	2:09:41
117.	473	<b>Rick Visscher</b>	Wagenborgen	H24+	0:13:56 (116)	1:23:16 (132)	0:32:52 (84)	2:10:05
118.	583	<b>Dirk de Vries</b>	Hurdegaryp	H50+	0:12:17 (66)	1:27:22 (149)	0:31:11 (58)	2:10:50
119.	568	<b>Jos Karperien</b>	Hardenberg	H50+	0:13:49 (112)	1:21:45 (122)	0:35:43 (125)	2:11:19
120.	552	<b>Johan Visser</b>	Nijmegen	H40+	0:15:25 (145)	1:24:38 (135)	0:31:23 (60)	2:11:27
121.	514	<b>Jan Kienstra</b>	Nes-Ameland	H40+	0:12:27 (74)	1:23:10 (131)	0:36:33 (143)	2:12:11
122.	569	<b>Jaap Kienstra</b>	Nes Ameland	H50+	0:17:37 (178)	1:17:59 (95)	0:36:34 (144)	2:12:12
123.	534	<b>Huib Ouwendijk</b>	Leiden	H40+	0:12:53 (89)	1:21:33 (121)	0:37:47 (152)	2:12:14
124.	529	<b>Roland Nauta</b>	Gytsjerk	H40+	0:15:50 (157)	1:19:42 (106)	0:36:54 (149)	2:12:27
125.	442	<b>Marvin Lathouwers</b>	Alkmaar	H24+	0:17:34 (176)	1:18:52 (100)	0:36:12 (137)	2:12:39
126.	513	<b>Albert van Kempen</b>	Wageningen	H40+	0:11:51 (50)	1:21:07 (116)	0:39:40 (163)	2:12:40
127.	482	<b>Julius van Bezooijen</b>	Almere	H40+	0:16:05 (161)	1:21:15 (117)	0:35:33 (123)	2:12:54
128.	573	<b>Rene Louman</b>	Almere	H50+	0:16:05 (162)	1:21:15 (118)	0:35:33 (122)	2:12:54
129.	577	<b>AM Santema</b>	Diepenveen	H50+	0:12:28 (75)	1:24:55 (137)	0:35:51 (128)	2:13:14
130.	524	<b>Paul Metz</b>	Nes Ameland	H40+	0:15:28 (148)	1:21:48 (123)	0:36:08 (135)	2:13:26
131.	562	<b>Sip Boelens</b>	Nes Ameland	H50+	0:22:13 (184)	1:17:55 (93)	0:33:20 (90)	2:13:29
132.	566	<b>Wijnand Jager</b>	Alde Leie	H50+	0:12:09 (62)	1:24:59 (139)	0:36:25 (140)	2:13:34
133.	586	<b>Theo Wijbenga</b>	Oosternijkerk	H50+	0:15:02 (135)	1:23:54 (134)	0:34:46 (111)	2:13:43
134.	546	<b>Leo Stolk</b>	Soest	H40+	0:13:33 (105)	1:22:32 (127)	0:37:45 (150)	2:13:51
135.	406	<b>Roeland Den Boer</b>	Leeuwarden	H24+	0:15:16 (140)	1:24:59 (138)	0:33:51 (94)	2:14:07
136.	521	<b>Michel Luttje</b>	Groningen	H40+	0:13:03 (95)	1:25:18 (141)	0:36:00 (133)	2:14:23
137.	441	<b>Johan de Lange</b>	Lemmer	H24+	0:16:15 (167)	1:20:36 (111)	0:37:50 (155)	2:14:42
138.	498	<b>Rik de Haan</b>	Zuidlaren	H40+	0:13:09 (96)	1:20:58 (114)	0:40:58 (168)	2:15:06
139.	404	<b>Victor Albers</b>	Apeldoorn	H24+	0:15:30 (151)	1:24:38 (136)	0:35:17 (120)	2:15:26
140.	506	<b>Con Hoogendoorn</b>	Utrecht	H40+	0:14:00 (118)	1:25:59 (144)	0:35:27 (121)	2:15:27
141.	540	<b>Pyt Roorda</b>	Groningen	H40+	0:14:22 (129)	1:25:05 (140)	0:36:00 (132)	2:15:28
142.	477	<b>Roald Wijnstra</b>	Alphen aan den Rijn	H24+	0:14:33 (131)	1:25:36 (142)	0:35:41 (124)	2:15:51
143.	395	<b>Edgar Kars</b>	Stiens	H16+	0:12:43 (86)	1:27:00 (147)	0:36:43 (145)	2:16:26
144.	511	<b>Frans Jorritsma</b>	Dronryp	H40+	0:15:29 (149)	1:23:49 (133)	0:37:48 (153)	2:17:06
145.	531	<b>Ronald Neeleman</b>	Oosterbeek	H40+	0:11:52 (52)	1:26:12 (146)	0:39:09 (158)	2:17:15
146.	565	<b>Jan Helwig</b>	Soest	H50+	0:14:07 (123)	1:29:04 (157)	0:34:04 (99)	2:17:16

147.	445	<b>Ronald Leijstra</b>	Ballum	H24+	0:13:53 (115)	1:27:18 (148)	0:36:18 (138)	2:17:30
148.	426	<b>Halbe Huitema</b>	Dearsum	H24+	0:14:50 (132)	1:29:13 (158)	0:33:31 (93)	2:17:34
149.	518	<b>Sander van Leeuwen</b>	Amstelveen	H40+	0:15:25 (144)	1:28:53 (155)	0:33:22 (92)	2:17:40
150.	467	<b>Niels van Toren</b>	Soest	H24+	0:12:31 (79)	1:25:46 (143)	0:40:06 (166)	2:18:24
151.	400	<b>Steven Pieter de Boer</b>	De Knipe	H20+	0:14:54 (133)	1:27:38 (150)	0:35:53 (130)	2:18:26
152.	497	<b>Rick de Haan</b>	Leeuwarden	H40+	0:13:44 (108)	1:29:02 (156)	0:36:52 (148)	2:19:40
153.	394	<b>Bas Neeleman</b>	Oosterbeek	H14+	0:09:35 (12)	1:28:14 (152)	0:42:05 (173)	2:19:55
154.	436	<b>Maarten de Koning</b>	Santpoort-Noord	H24+	0:12:16 (65)	1:28:35 (154)	0:39:59 (165)	2:20:51
155.	481	<b>Joop Beijgaard</b>	Nes Ameland	H40+	0:16:06 (163)	1:30:36 (164)	0:34:21 (103)	2:21:04
156.	463	<b>Marcel Severins</b>	Arnhem	H24+	0:18:41 (181)	1:28:03 (151)	0:35:58 (131)	2:22:43
157.	575	<b>Lammert Nienhuis</b>	Zuidwolde Dr	H50+	0:12:31 (78)	1:32:11 (167)	0:38:12 (156)	2:22:55
158.	517	<b>Robert Lanting</b>	Assen	H40+	0:14:00 (119)	1:26:12 (145)	0:42:47 (174)	2:23:00
159.	401	<b>Pier Reitsma</b>	Damwald	H20+	0:15:42 (156)	1:30:04 (162)	0:37:47 (151)	2:23:33
160.	453	<b>Bert Osinga</b>	Holwerd	H24+	0:16:26 (169)	1:29:22 (159)	0:38:28 (157)	2:24:17
161.	402	<b>Gerard Rijpstra</b>	Hollum	H20+	0:16:45 (172)	1:29:58 (161)	0:37:49 (154)	2:24:33
162.	544	<b>Sergio Segers</b>	Amsterdam	H40+	0:14:57 (134)	1:29:52 (160)	0:39:45 (164)	2:24:36
163.	413	<b>Jeroen Ebeltjes</b>	Goor	H24+	0:17:59 (180)	1:30:54 (165)	0:36:27 (141)	2:25:21
164.	528	<b>Gerrit Muller</b>	Veenendaal	H40+	0:10:04 (23)	1:28:26 (153)	0:47:23 (178)	2:25:54
165.	567	<b>Jos Jansen</b>	's-Gravenhage	H50+	0:14:20 (128)	1:31:33 (166)	0:41:55 (171)	2:27:49
166.	478	<b>Martijn van der Windt</b>	Leeuwarden	H24+	0:15:27 (146)	1:33:08 (169)	0:39:18 (160)	2:27:54
167.	519	<b>Wim van Leeuwen</b>	Capelle aan den IJssel	H40+	0:15:37 (152)	1:33:01 (168)	0:39:37 (162)	2:28:16
168.	493	<b>Raphael Geradts</b>	Culemborg	H40+	0:16:27 (170)	1:30:13 (163)	0:41:40 (169)	2:28:21
169.	559	<b>Martin Willems</b>	Assen	H40+	0:18:43 (182)	1:35:41 (172)	0:34:19 (101)	2:28:44
170.	502	<b>Michael Heinzelmann</b>	Hattersheim	H40+	0:15:19 (141)	1:38:28 (175)	0:35:06 (115)	2:28:53
171.	509	<b>Jeroen Jansen</b>	De Meern	H40+	0:10:42 (32)	1:34:57 (170)	0:44:51 (177)	2:30:31
172.	576	<b>Jan Pieters</b>	Dordrecht	H50+	0:15:28 (147)	1:38:13 (174)	0:40:17 (167)	2:33:59
173.	550	<b>Rene Vervoort</b>	Sint-Oedenrode	H40+	0:17:37 (177)	1:35:29 (171)	0:41:54 (170)	2:35:01
174.	485	<b>Mark Cuperus</b>	De Wilgen	H40+	0:12:04 (57)	1:40:38 (177)	0:43:01 (175)	2:35:43
175.	516	<b>Rolf Korsuize</b>	's-Gravenhage	H40+	0:16:03 (160)	1:37:59 (173)	0:44:08 (176)	2:38:12
176.	468	<b>Van Toren</b>	Soest	H24+	0:11:07 (38)	1:39:31 (176)	0:50:53 (180)	2:41:33
177.	587	<b>Harm van Wylick</b>	Amsterdam Zuidoost	H50+	0:17:00 (174)	1:46:57 (180)	0:39:37 (161)	2:43:34
178.	597	<b>Anke Terörde</b>	Düsseldorf	D24+	0:17:54 (179)	1:47:30 (181)	0:41:56 (172)	2:47:21
179.	563	<b>Ben-Willem Boswijk</b>	Amsterdam	H50+	0:16:03 (159)	1:56:45 (182)	0:39:18 (159)	2:52:07
180.	542	<b>Sander Schoor</b>	's-Hertogenbosch	H40+	0:17:18 (175)	1:46:18 (179)	0:50:35 (179)	2:54:13
181.	515	<b>Peter Kolk</b>	Nes Ameland	H40+	0:21:10 (183)	1:41:02 (178)	0:52:42 (181)	2:54:54
182.	555	<b>Ralph Westenberg</b>	Delft	H40+	0:13:14 (100)	1:59:41 (183)	0:58:11 (182)	3:11:06
	580	<b>Gert-Jan Temmink</b>	Bennekom	H50+	0:16:02 (158)	1:22:38 (129)		1:38:41
	571	<b>Coen Kuijpers</b>	Woerden	H50+	0:11:52 (51)			0:11:52