

## Tri-Ambla 2011 - L

			Zwemmen	Fietsen	Lopen 1	Lopen 2	Totaal		
1.	199	Matijs Jansen	Zwolle	H24+	0:22:13 (23)	1:24:27 (1)	0:27:39(10)	0:28:36(11)	2:42:56
2.	270	Arjo Spans	Zwolle	H40+	0:21:58 (20)	1:31:17 (5)	0:27:21 (4)	0:26:38 (1)	2:47:15
3.	240	Marco van Dijk	Loo Gld	H40+	0:20:47 (11)	1:29:28 (3)	0:28:44(15)	0:28:56(13)	2:47:56
4.	241	Dreeuwes Dijkstra	Duiven	H40+	0:21:08 (14)	1:31:35 (7)	0:27:26 (6)	0:27:52 (7)	2:48:03
5.	242	Martin van der Duim	Drachten	H40+	0:21:00 (12)	1:31:29 (6)	0:28:10(13)	0:27:54 (9)	2:48:35
6.	231	Arnoldus van der Werff	Groningen	H24+	0:26:13 (75)	1:25:53 (2)	0:27:42(11)	0:29:02(14)	2:48:52
7.	217	Michel van Schie	Rijswijk Zh	H24+	0:19:04 (3)	1:33:46 (9)	0:28:17(14)	0:28:07(10)	2:49:16
8.	200	Hans Kamphuis	Almelo	H24+	0:23:29 (34)	1:30:47 (4)	0:28:09(12)	0:27:31 (5)	2:49:57
9.	196	Kristian van Hemert	Amsterdam	H24+	0:20:17 (4)	1:32:29 (8)	0:27:13 (3)	0:30:05(20)	2:50:05
10.	220	Bas Simons	Nijmegen	H24+	0:21:47 (18)	1:34:11 (10)	0:30:18(25)	0:30:13(22)	2:56:31
11.	211	Klaas Tjibbe Oenema	Hollum	H24+	0:22:31 (26)	1:36:45 (14)	0:29:52(23)	0:30:41(30)	2:59:51
12.	282	Paul van der Zee	Amsterdam	H40+	0:25:07 (57)	1:42:03 (27)	0:27:29 (8)	0:26:42 (2)	3:01:23
13.	243	Frank van Eijck	Doetinchem	H40+	0:20:42 (9)	1:44:20 (31)	0:27:07 (2)	0:29:27(17)	3:01:38
14.	177	Maarten Altena	Utrecht	H24+	0:27:18 (84)	1:40:40 (24)	0:26:21 (1)	0:27:18 (3)	3:01:38
15.	233	Thierry Zuijderwijk	Den Hoorn Zh	H24+	0:21:23 (15)	1:41:00 (25)	0:29:05(17)	0:30:29(27)	3:01:59
16.	193	Maarten Drissen	Veendam	H24+	0:21:57 (19)	1:40:04 (23)	0:30:24(26)	0:30:10(21)	3:02:37
17.	207	Ludger Küperkoch		H40+	0:20:18 (5)	1:48:14 (41)	0:27:23 (5)	0:27:53 (8)	3:03:49
18.	227	Harold Vrielink	Apeldoorn	H24+	0:24:31 (46)	1:35:10 (11)	0:31:51(44)	0:32:56(48)	3:04:29
19.	214	Dannis de Redelijkheid	Rotterdam	H24+	0:25:08 (59)	1:44:27 (32)	0:27:26 (7)	0:27:42 (6)	3:04:45
20.	186	Winfred de Boer	Hollum	H24+	0:24:56 (53)	1:37:17 (16)	0:31:23(38)	0:31:19(34)	3:04:57
21.	275	Peter Vermeiren	Bussum	H40+	0:23:18 (30)	1:37:48 (17)	0:32:28(53)	0:31:28(35)	3:05:04
22.	194	Jeroen van Duijn	Den Ham Ov	H24+	0:25:04 (56)	1:39:46 (22)	0:29:11(18)	0:31:04(32)	3:05:06
23.	269	Arjen Soederhuizen	Bussum	H40+	0:23:28 (33)	1:36:24 (12)	0:32:20(52)	0:33:14(53)	3:05:28
24.	277	Peter Visscher	De Wijk	H40+	0:21:29 (16)	1:38:02 (18)	0:32:52(58)	0:33:10(51)	3:05:35
25.	253	Martin Kooiker	Nes Ameland	H40+	0:28:02 (93)	1:37:17 (15)	0:30:38(31)	0:30:31(28)	3:06:30
26.	268	Lothar Sobotta	Weilerswist	H40+	0:24:42 (49)	1:42:56 (29)	0:28:54(16)	0:30:32(29)	3:07:06
27.	195	Erik Hekker	Wijhe	H24+	0:23:17 (29)	1:38:37 (19)	0:32:33(56)	0:32:49(44)	3:07:18
28.	159	Mirjam Bijlsma	Zuidlaren	D40+	0:24:28 (45)	1:45:04 (35)	0:29:20(21)	0:28:50(12)	3:07:43
29.	258	Wietse Lolkema	Hollum	H40+	0:25:12 (64)	1:39:41 (21)	0:31:04(36)	0:32:01(40)	3:08:00
30.	256	Psul Koopman	Egmond aan Zee	H40+	0:27:55 (91)	1:47:08 (39)	0:27:33 (9)	0:27:22 (4)	3:09:59
31.	225	Arjan van Venrooy	Huizen	H24+	0:24:44 (50)	1:45:22 (36)	0:30:27(27)	0:30:23(24)	3:10:58
32.	261	Hendrik van der Meiden	De Rijp	H40+	0:30:00 (99)	1:42:23 (28)	0:29:18(19)	0:29:57(18)	3:11:40
33.	181	Isidoor van den Berk	Utrecht	H24+	0:21:03 (13)	1:49:28 (44)	0:30:46(32)	0:30:27(26)	3:11:47
34.	203	Bart Kooi	Groningen	H24+	0:22:26 (24)	1:36:26 (13)	0:34:59(71)	0:38:19(82)	3:12:11
35.	215	Martijn Rikkerink	Hengelo Ov	H24+	0:25:43 (72)	1:44:48 (33)	0:30:59(34)	0:31:08(33)	3:12:40
36.	267	Stefan Schneider	Kerpen	H40+	0:20:35 (7)	1:44:55 (34)	0:32:55(59)	0:34:52(65)	3:13:19
37.	278	Cornelis Visser	Den Helder	H40+	0:24:50 (52)	1:45:51 (37)	0:31:01(35)	0:31:51(37)	3:13:34
38.	247	Guido Goeting	Gouda	H40+	0:27:51 (90)	1:43:29 (30)	0:30:31(28)	0:32:09(41)	3:14:01
39.	157	Nienke Vlak	Eelde	D24+	0:22:31 (25)	1:53:19 (54)	0:30:16(24)	0:29:08(16)	3:15:16
40.	281	Jurjen Worp	Bussum	H40+	0:23:41 (37)	1:38:38 (20)	0:35:22(74)	0:38:15(81)	3:15:58
41.	264	Jan-Willem Oosterveld	Wormer	H40+	0:21:37 (17)	1:52:46 (49)	0:31:27(39)	0:31:29(36)	3:17:21
42.	292	Hink Slagter	Annen	H50+	0:24:32 (48)	1:49:22 (43)	0:30:35(30)	0:32:51(46)	3:17:21
43.	198	Bastiaan van Ingen	Nieuw-Vennep	H24+	0:26:55 (81)	1:47:04 (38)	0:31:46(43)	0:32:12(42)	3:17:59
44.	226	Wilco de Vos	Groningen	H24+	0:23:50 (42)	1:49:54 (45)	0:31:54(46)	0:33:08(50)	3:18:48
45.	179	Neill van den Berg	Naaldwijk	H24+	0:23:48 (41)	1:48:29 (42)	0:30:53(33)	0:35:56(71)	3:19:08
46.	228	Florian de Vries	Dronryp	H24+	0:23:44 (38)	1:47:44 (40)	0:33:02(60)	0:35:46(69)	3:20:18
47.	161	Janke van Es	Annen	D40+	0:20:27 (6)	1:55:49 (65)	0:31:59(47)	0:33:37(55)	3:21:54

48.	156	<b>Marit Bouwmeester</b>	Warten	D20+	0:25:10 (62)	1:55:30 (62)	0:30:32(29)	0:30:59(31)	3:22:13
49.	183	<b>Jurriaan Bloemberg</b>	Amsterdam	H24+	0:25:11 (63)	1:58:15 (70)	0:29:48(22)	0:29:04(15)	3:22:20
50.	283	<b>Jacco Beentjes</b>	Amsterdam	H50+	0:28:06 (94)	1:51:19 (46)	0:31:07(37)	0:31:56(39)	3:22:30
51.	290	<b>Jacob de Groot</b>	Leeuwarden	H50+	0:23:51 (44)	1:55:22 (60)	0:31:36(40)	0:31:55(38)	3:22:45
52.	174	<b>Simke Talsma</b>	Delft	H20+	0:23:47 (39)	1:52:47 (50)	0:32:51(57)	0:34:26(60)	3:23:53
53.	262	<b>Adriaan Mosterman</b>	Zwolle	H40+	0:26:24 (76)	1:53:09 (51)	0:32:16(51)	0:32:33(43)	3:24:23
54.	162	<b>Simone Lankhuijzen</b>	's-Gravenhage	D40+	0:24:58 (54)	1:54:45 (58)	0:32:30(55)	0:32:53(47)	3:25:07
55.	224	<b>Bill van der Valk</b>	Nootdorp	H24+	0:20:41 (8)	1:57:56 (69)	0:33:25(63)	0:34:19(59)	3:26:22
56.	160	<b>Henny Brouwer</b>	Annen	D40+	0:26:48 (80)	2:00:28 (74)	0:29:19(20)	0:30:03(19)	3:26:40
57.	249	<b>Stephane Halleux</b>	Brussel	H40+	0:24:48 (51)	1:52:11 (48)	0:35:01(72)	0:34:42(64)	3:26:43
58.	248	<b>Sjon de Haan</b>	Ballum	H40+	0:25:18 (67)	1:53:42 (55)	0:34:10(66)	0:34:04(58)	3:27:15
59.	239	<b>Hans Bosman</b>	Amstelveen	H40+	0:25:46 (73)	1:54:12 (56)	0:33:13(61)	0:34:30(61)	3:27:43
60.	251	<b>Timo Hoogeboom</b>	Bussum	H40+	0:22:34 (27)	1:53:13 (52)	0:36:10(76)	0:36:17(73)	3:28:16
61.	188	<b>Maarten Buiter</b>	Bussum	H24+	0:26:56 (82)	1:56:40 (66)	0:32:00(48)	0:33:13(52)	3:28:50
62.	197	<b>Tsjard Hofstra</b>	Wommels	H24+	0:27:38 (86)	2:01:14 (78)	0:31:36(41)	0:30:15(23)	3:30:45
63.	288	<b>Ton Cusiel</b>	Heerenveen	H50+	0:27:13 (83)	2:01:38 (80)	0:31:43(42)	0:30:23(25)	3:30:58
64.	259	<b>Gerard Looijen</b>	Bussum	H40+	0:25:35 (71)	2:01:15 (79)	0:32:15(49)	0:33:20(54)	3:32:26
65.	237	<b>Rob Berbers</b>	Bussum	H40+	0:18:57 (2)	1:58:18 (71)			3:33:04
66.	212	<b>Maurice van Oostrom</b>	Amsterdam	H24+	0:25:18 (66)	1:55:45 (64)	0:36:12(78)	0:37:14(77)	3:34:30
67.	180	<b>Ruurd van der Berg</b>	Groningen	H24+	0:28:12 (95)	1:58:33 (72)	0:34:18(67)	0:33:59(57)	3:35:03
68.	205	<b>Wouter Lang</b>	Maarn	H24+	0:27:46 (88)	1:54:17 (57)	0:37:37(82)	0:35:44(68)	3:35:26
69.	295	<b>André Feenstra</b>	Gouda	H60+	0:26:41 (79)	2:03:18 (84)	0:32:30(54)	0:33:00(49)	3:35:31
70.	291	<b>Jan Jacobs</b>	Leiden	H50+	0:23:48 (40)	1:51:33 (47)	0:39:20(88)	0:40:57(89)	3:35:39
71.	263	<b>Wouter van Onzenoort</b>	Alkmaar	H40+	0:24:32 (47)	1:55:43 (63)	0:37:09(81)	0:40:19(86)	3:37:44
72.	229	<b>Kees de Waal</b>	's-Hertogenbosch	H24+	0:25:33 (69)	2:01:02 (75)	0:33:34(64)	0:37:52(79)	3:38:01
73.	272	<b>Ivo Trijbits</b>	Amsterdam	H40+	0:31:59(104)	1:56:50 (67)	0:35:23(75)	0:34:35(62)	3:38:48
74.	202	<b>Joe Knightly</b>	Amsterdam	H24+	0:23:20 (31)	2:10:32 (97)	0:32:15(50)	0:32:49(45)	3:38:58
75.	166	<b>Inez Stark</b>	Culemborg	D40+	0:29:46 (98)	2:03:46 (86)	0:31:51(45)	0:33:51(56)	3:39:15
76.	235	<b>Erik Anbeek</b>	Hoogland	H40+	0:29:42 (97)	2:00:11 (73)	0:36:10(77)	0:35:20(67)	3:41:25
77.	280	<b>Daniel Vorstman</b>	Amsterdam	H40+	0:23:35 (35)	2:05:55 (91)	0:36:19(79)	0:36:16(72)	3:42:07
78.	287	<b>Pieter Cremer</b>	Gorredijk	H50+	0:30:12(100)	2:02:13 (81)	0:34:34(68)	0:35:52(70)	3:42:52
79.	244	<b>Bouke Fennema</b>	Britsum	H40+	0:25:09 (60)	2:03:44 (85)	0:36:34(80)	0:37:58(80)	3:43:27
80.	279	<b>John Visser</b>	Wierden	H40+	0:25:00 (55)	2:09:30 (96)	0:33:58(65)	0:35:05(66)	3:43:35
81.	255	<b>Martijn Koopal</b>	Bussum	H40+	0:22:53 (28)	1:55:25 (61)	0:41:20(92)	0:44:02(95)	3:43:42
82.	213	<b>Rutger-Jan Pegels</b>	Haarlem	H24+	0:25:09 (61)	2:07:16 (94)	0:34:36(69)	0:36:42(75)	3:43:46
83.	154	<b>Carole Leguy</b>	's-Gravenhage	D24+	0:26:09 (74)	2:08:25 (95)	0:34:51(70)	0:34:36(63)	3:44:03
84.	293	<b>Rob Teisman</b>	De Waal	H50+	0:28:13 (96)	2:05:02 (88)	0:35:03(73)	0:36:30(74)	3:44:49
85.	223	<b>Bas Thijssen</b>	Wilrijk	H24+	0:25:31 (68)	2:05:52 (90)	0:38:17(84)	0:39:09(83)	3:48:51
86.	158	<b>Jantje van der Werff</b>	Dokkum	D24+	0:23:51 (43)	2:02:40 (83)	0:40:53(91)	0:42:36(93)	3:50:01
87.	192	<b>Ben Douwes</b>	Feanwalden	H24+	0:20:44 (10)	2:11:50 (98)	0:40:49(90)	0:37:24(78)	3:50:49
88.	265	<b>Patrick Roquas</b>	Bussum	H40+	0:27:24 (85)	2:01:05 (76)	0:41:58(94)	0:41:13(91)	3:51:42
89.	230	<b>Dennis van Weelden</b>	Weesp	H24+	0:27:43 (87)	2:05:18 (89)	0:39:02(86)	0:40:54(88)	3:52:58
90.	286	<b>Paul Born</b>	Amsterdam	H50+			0:41:52(93)	0:39:30(84)	3:58:30
91.	257	<b>Bob Lokhorst</b>	Bussum	H40+	0:32:30(107)	2:06:31 (92)	0:40:05(89)	0:40:19(87)	3:59:27
92.	210	<b>Job van Noorloos</b>	Amsterdam	H24+	0:32:31(108)	2:06:34 (93)	0:42:05(95)	0:41:55(92)	4:03:06
93.	190	<b>Taco Carlier</b>	Amsterdam	H24+	0:31:59(105)	2:14:27(100)	0:39:15(87)	0:43:31(94)	4:09:15
94.	204	<b>Steven Zeeuw van der Laan</b>	Amsterdam	H24+	0:26:32 (78)	2:25:33(104)	0:38:19(85)	0:39:48(85)	4:10:14
95.	276	<b>Chris Vermeulen</b>	Den Helder	H40+	0:31:28(103)	2:20:59(101)	0:38:05(83)	0:41:10(90)	4:11:44
96.	266	<b>Tjisse Berend Schaap</b>	Ingelum	H40+	0:32:04(106)	2:29:31(106)	0:33:21(62)	0:36:56(76)	4:11:54
97.	296	<b>Pijs Hans</b>	Nuenen	H60+	0:31:26(102)	2:25:10(103)	0:45:18(97)	0:49:30(96)	4:31:25

246	<b>Maarten Goedhart</b>	Bussum	H40+	0:25:07 (58)	1:54:59 (59)	0:45:03(96)	3:05:10
289	<b>Roger van Esch</b>	Zeewolde	H50+	0:33:52 (110)	2:24:36 (102)	0:47:28 (98)	3:45:57
238	<b>Robert Bosma</b>	Amsterdam	H40+	0:22:11 (22)	1:41:55 (26)		2:04:07
206	<b>Ralf Laurijsen</b>	Bedum	H24+	0:09:21 (1)	2:01:14 (77)		2:10:36
273	<b>Eelke Turkstra</b>	Driezum	H40+	0:27:56 (92)	1:53:18 (53)		2:21:14
254	<b>Coen Koomen</b>	Muiden	H40+	0:26:31 (77)	1:57:30 (68)		2:24:01
184	<b>Rob van Blokland</b>	Nieuwegein	H24+	0:25:34 (70)	2:02:36 (82)		2:28:11
152	<b>Emma Grijsen</b>	Hilversum	D24+	0:25:15 (65)	2:04:19 (87)		2:29:34
252	<b>Pieter Jan Kooger</b>	De Waal	H40+	0:33:16 (109)	2:27:00 (105)		3:00:17
163	<b>Martien van Rijn</b>	Amstelveen	D40+	0:22:00 (21)			0:22:00
271	<b>Lars Terörde</b>	Düsseldorf	H40+	0:23:26 (32)			0:23:26
250	<b>Dim Hendriksen</b>	Egmond aan Zee	H40+	0:27:49 (89)			0:27:49
175	<b>Micheal van der Valk</b>	Ugchelen	H20+	0:30:21 (101)			0:30:21
185	<b>Barry den Boer</b>	Weesp	H24+				
294	<b>Gerard Timmerman</b>	Oosterend Nh	H50+				