

Tri-Ambla M (dames)

				Zwemmen	Fietsen	Lopen	Totaal	Achter	
1.	512	Martine Bruinsma	GRONINGEN	D20+	08:57 (1)	1:12:53 (5)	29:10 (2)	1:51:02	
2.	531	Laura Hak	HEERHUGOWAARD	D30+	11:47 (14)	1:09:41 (1)	30:50 (4)	1:52:18	01:16
3.	572	Hanneke Rus	GRONINGEN	D30+	11:14 (8)	1:12:15 (3)	29:32 (3)	1:53:02	02:00
4.	513	Carin Ceelaert	GRONINGEN	D24+	11:31 (13)	1:11:51 (2)	30:57 (5)	1:54:20	03:18
5.	534	Lenneke van der Heide	Heerenveen	D30+	10:58 (6)	1:14:54 (7)	31:01 (6)	1:56:53	05:51
6.	540	Janet ten Kate	GRONINGEN	D40+	10:56 (5)	1:13:50 (6)	34:28 (22)	1:59:14	08:12
7.	546	Jolien de Klein	UTRECHT	D30+	10:31 (3)	1:15:21 (8)	34:15 (20)	2:00:08	09:06
8.	506	Lyan Blikman	NIJVERDAL	D24+	11:58 (17)	1:16:05 (10)	32:38 (12)	2:00:43	09:41
9.	541	Iris ten Katen	VLEUTEN	D30+	12:49 (23)	1:12:37 (4)	36:26 (36)	2:01:53	10:51
10.	599	Renée Woutering	ANNA PAULOWNA	D20+	09:19 (2)	1:17:45 (13)	35:08 (28)	2:02:13	11:11
11.	169	Annermarie Schalkwijk	AMSTERDAM	D30+	12:48 (21)	1:15:39 (9)	33:46 (19)	2:02:14	11:12
12.	517	Sandra Dijk - Hettinga	GRONINGEN	D30+	11:28 (11)	1:18:49 (15)	33:33 (17)	2:03:52	12:50
13.	567	Elisabeth Postma	HARKEMA	D30+	10:39 (4)	1:20:48 (19)	34:33 (23)	2:06:01	14:59
14.	561	Margre Mulder	TYTSJERK	D40+	14:12 (40)	1:20:26 (18)	31:23 (7)	2:06:02	15:00
15.	595	Marieke Wijsman	NES AMELAND	D30+	14:45 (52)	1:19:09 (16)	32:09 (9)	2:06:04	15:02
16.	545	Marieke Kettelerij	HOEVELAKEN	D30+	11:49 (15)	1:17:55 (14)	36:35 (38)	2:06:20	15:18
17.	576	Patricia Seinen	ZWOLLE	D40+	14:30 (44)	1:16:38 (11)	35:36 (30)	2:06:45	15:43
18.	589	Mara de Visser	AMERSFOORT	D20+	11:12 (7)	1:21:21 (22)	34:20 (21)	2:06:54	15:52
19.	553	Marieke van Lierop	SCHAGEN	D30+	15:16 (62)	1:23:24 (29)	28:17 (1)	2:06:58	15:56
20.	526	Marije Engels	DEN HAAG	D30+	13:02 (28)	1:21:01 (20)	32:56 (14)	2:07:00	15:58
21.	596	Linda Wildenburg	ZWAAG	D30+	15:38 (70)	1:19:30 (17)	32:17 (10)	2:07:26	16:24
22.	515	Nicky Del Grosso	EELDE	D40+	12:30 (20)	1:16:40 (12)	38:32 (50)	2:07:43	16:41
23.	504	Lieke van Beek	HILVERSUM	D50+	11:58 (16)	1:21:08 (21)	34:44 (25)	2:07:51	16:49
24.	583	Kitty van der Veen	DEVENTER	D50+	12:59 (27)	1:24:09 (34)	32:21 (11)	2:09:30	18:28
25.	593	Mariska van Wengen	KORTENHOEF	D40+	11:14 (9)	1:21:48 (23)	37:01 (43)	2:10:04	19:02
26.	582	Michelle van der Veen	DEN HAAG	D30+	14:45 (50)	1:23:29 (31)	32:05 (8)	2:10:19	19:17
27.	562	Linda Nalis	DEN HAAG	D24+	12:57 (26)	1:23:10 (27)	35:34 (29)	2:11:42	20:40
28.	538	Marieke de Jong	NES AMELAND	D24+	15:27 (65)	1:23:29 (30)	33:09 (16)	2:12:05	21:03
29.	505	Rosa van den Biggelaar	ANERVEEN	D40+	13:32 (33)	1:22:21 (25)	37:04 (44)	2:12:58	21:56
30.	587	Renata Vermeulen	DEN HELDER	D40+	14:33 (45)	1:26:29 (39)	32:44 (13)	2:13:47	22:45
31.	560	Fenna Mulder	TYTSJERK	D30+	14:12 (41)	1:24:01 (33)	35:41 (31)	2:13:56	22:54
32.	516	Iris Diephuis	DEN HAAG	D40+	13:04 (29)	1:23:57 (32)	36:57 (41)	2:13:59	22:57
33.	569	Pien Pouwels	KLOOSTERHAAR	D24+	15:33 (66)	1:22:34 (26)	35:59 (33)	2:14:07	23:05
34.	514	Heidi Deijkers	DELFT	D40+	14:45 (51)	1:25:07 (37)	34:43 (24)	2:14:36	23:34
35.	527	Annedien Enter	MARKELO	D30+	12:51 (24)	1:24:49 (35)	37:40 (47)	2:15:21	24:19
36.	539	Telma van de Kamp	Nes Ameland	D16+	13:50 (35)	1:24:51 (36)	36:48 (40)	2:15:30	24:28
37.	523	Nathalie Dragt	DEN HELDER	D40+	14:55 (57)	1:27:34 (44)	33:09 (15)	2:15:39	24:37
38.	533	Safira Harinck	BUSSUM	D30+	13:34 (34)	1:23:15 (28)	39:14 (54)	2:16:04	25:02
39.	570	Elsbeth Rispens	GORREDIJK	D40+	14:09 (38)	1:25:19 (38)	37:17 (45)	2:16:46	25:44
40.	591	Judith Vollebregt	DEN HAAG	D40+	13:18 (31)	1:22:05 (24)	41:30 (72)	2:16:53	25:51
41.	518	Regina Dijkshoorn	CAPELLE AAN DEN IJSSSEL	D30+	15:22 (63)	1:26:58 (40)	35:03 (27)	2:17:24	26:22
42.	557	Antoinette Mijnhout	KORTENHOEF	D40+	14:41 (46)	1:28:08 (49)	34:57 (26)	2:17:47	26:45
43.	575	Sandra Seegers	DEN HELDER	D30+	14:44 (49)	1:27:56 (47)	35:54 (32)	2:18:35	27:33
44.	600	Wenjing Zhuang	GRONINGEN	D24+	14:23 (43)	1:27:20 (42)	37:22 (46)	2:19:06	28:04
45.	535	Fenna Heijnen	DIDAM	D18+	11:28 (10)	1:28:09 (50)	39:41 (60)	2:19:19	28:17
46.	574	Silvia Schwab	BLARICUM	D40+	12:11 (18)	1:27:20 (43)	40:50 (65)	2:20:22	29:20
47.	519	Joke van Dijk-Spans	ZWOLLE	D50+	14:55 (58)	1:27:53 (46)	37:51 (48)	2:20:40	29:38
48.	586	Henny Veenstra	DRACHTEN	D40+	14:49 (54)	1:30:18 (57)	36:25 (35)	2:21:34	30:32
49.	500	Jildau van den Adel	SUAWOUDE	D40+	15:36 (69)	1:29:27 (54)	36:33 (37)	2:21:37	30:35
50.	563	Tamara Oorburg	DEN HELDER	D24+	14:01 (37)	1:29:18 (53)	39:03 (53)	2:22:23	31:21
51.	544	Madelon Kempen	UTRECHT	D30+	14:01 (36)	1:27:51 (45)	40:32 (64)	2:22:26	31:24
52.	502	Adriana Bakker	GRONINGEN	D40+	11:30 (12)	1:29:30 (55)	42:47 (75)	2:23:48	32:46
53.	552	Monique Lappenschaar	HOLLUM AMELAND	D30+	13:24 (32)	1:31:26 (59)	39:02 (52)	2:23:52	32:50

CROSS TRIATHLON AMELAND

54.	520	Tanja van Dijk	DEN HAAG	D40+	14:44 (48)	1:27:07 (41)	42:03 (74)	2:23:55	32:53
55.	564	Mieke Pelger	AMSTERDAM	D30+	14:58 (59)	1:28:02 (48)	41:14 (68)	2:24:15	33:13
56.	592	Gea van der Weert - Doef	WEESP	D50+	15:13 (61)	1:35:26 (67)	33:40 (18)	2:24:20	33:18
57.	522	Annerieke t Douma	BROEK IN WATERLAND	D30+	15:59 (73)	1:32:43 (63)	36:25 (34)	2:25:07	34:05
58.	542	Martine Kelder	AMSTERDAM	D24+	15:35 (67)	1:29:12 (52)	41:01 (66)	2:25:49	34:47
59.	511	Jacqueline Brouwer	BUREN AMELAND	D30+	16:21 (76)	1:32:42 (62)	37:00 (42)	2:26:04	35:02
60.	555	Monique Medema	LEEWARDEN	D40+	17:25 (85)	1:30:35 (58)	38:15 (49)	2:26:16	35:14
61.	584	Lisa van der Veen	ZWOLLE	D18+	14:52 (56)	1:31:35 (60)	40:03 (62)	2:26:31	35:29
62.	558	Johanna Molenaar	NES AMELAND	D40+	17:23 (84)	1:29:40 (56)	41:02 (67)	2:28:06	37:04
63.	550	Ingeborg Lang	AMSTERDAM	D30+	14:50 (55)	1:34:41 (65)	38:51 (51)	2:28:23	37:21
64.	597	Sandra de Wilde	NOORDBERGUM	D30+	16:50 (80)	1:28:10 (51)	43:40 (77)	2:28:42	37:40
65.	510	Ada Briedé	WOERDEN	D50+	12:27 (19)	1:39:39 (74)	36:47 (39)	2:28:54	37:52
66.	543	Josette Kempen	UTRECHT	D24+	16:34 (78)	1:32:31 (61)	41:15 (70)	2:30:21	39:19
67.	565	Marije Persoon	MUIDEN	D30+	15:22 (64)	1:36:20 (68)	39:30 (55)	2:31:13	40:11
68.	559	Reinette Montsma	LEEWARDEN	D40+	15:35 (68)	1:37:08 (70)	39:37 (58)	2:32:22	41:20
69.	568	Nel Pot-Schutte	DEN HELDER	D60+	17:14 (82)	1:35:05 (66)	41:15 (69)	2:33:35	42:33
70.	551	Jeanette Lankhuijzen	'S-GRAVENZANDE	D40+	14:12 (39)	1:33:33 (64)	46:10 (85)	2:33:56	42:54
71.	590	Kirsty Visser-Veenstra	DEN HELDER	D40+	16:13 (75)	1:36:44 (69)	41:18 (71)	2:34:17	43:15
72.	529	Heleen Groenenboom	KAMERIK	D40+	12:56 (25)	1:39:53 (75)	41:54 (73)	2:34:44	43:42
73.	580	Lilian Thijssen	DEVENTER	D30+	16:34 (79)	1:39:13 (72)	39:36 (57)	2:35:25	44:23
74.	571	Saskia van Roon	BRIELLE	D40+	14:23 (42)	1:41:59 (76)	39:39 (59)	2:36:02	45:00
75.	525	Heidy Elsinghorst	NIJMEGEN	D30+	12:48 (22)	1:42:57 (79)	40:31 (63)	2:36:17	45:15
76.	588	Anita Visser	KRIMPEN AAN DEN IJssel	D40+	14:42 (47)	1:45:06 (81)	39:44 (61)	2:39:33	48:31
77.	536	Annelau Hoven	NES - AMELAND	D20+	14:47 (53)	1:39:25 (73)	45:42 (84)	2:39:55	48:53
78.	556	Marleen van der Meij	BALLUM	D24+	17:29 (86)	1:37:55 (71)	44:30 (79)	2:39:55	48:53
79.	594	Betrie Wierenga	LEEWARDEN	D30+	15:00 (60)	1:42:54 (78)	44:43 (80)	2:42:38	51:36
80.	579	Petra Stolk - van Tricht	SOEST	D40+	15:56 (72)	1:43:59 (80)	45:33 (82)	2:45:28	54:26
81.	528	Cornelia Gouw	UTRECHT	D24+	13:04 (30)	1:49:31 (85)	42:52 (76)	2:45:29	54:27
82.	509	Klaske Bouwmeester	WARTENA	D50+	16:00 (74)	1:50:00 (86)	39:31 (56)	2:45:33	54:31
83.	549	Silke Kuijpers	AMSTERDAM	D30+	18:44 (89)	1:42:21 (77)	45:37 (83)	2:46:43	55:41
84.	503	Ramona t Bakker	BERLTsum	D30+	16:32 (77)	1:48:17 (83)	45:21 (81)	2:50:10	59:08
85.	548	Foekje v/d Kooy	TERHERNE	D30+	15:54 (71)	1:48:46 (84)	49:49 (87)	2:54:30	1:03:28
86.	537	Marielle Hulsmann	HOLTEN	D20+	18:52 (90)	1:45:21 (82)	52:52 (88)	2:57:05	1:06:03
87.	508	Iris Bode	BERLIN	D40+	16:59 (81)	2:03:39 (87)	44:08 (78)	3:04:47	1:13:45
88.	573	Simone Scheffer	HARLINGEN	D40+	17:34 (87)	2:15:43 (88)	47:14 (86)	3:20:31	1:29:29
89.	521	Annet Dil-VanKouwen	PINGJUM	D40+	17:15 (83)	2:16:00 (89)	54:13 (89)	3:27:30	1:36:28
90.	554	Heidi Looman	BUNNIK	D20+	18:12 (88)	2:18:25 (90)	59:14 (90)	3:35:52	1:44:50
	577	Trijnie Spanjer	SCHEEMDA	D50+	20:34 (91)				DNF

