

CROSS TRIATHLON AMELAND

Tri-Ambla M (heren)

				Zwemmen	Fietsen	Lopen	Totaal	Achter	
1.	450	Florian Schmidt	EELDE	H30+	09:33 (9)	1:02:22 (2)	25:41 (3)	1:37:38	
2.	481	Martin Vermeer	DEN HAAG	H24+	11:10 (36)	1:03:38 (3)	25:20 (2)	1:40:09	02:31
3.	473	Martin Veenhuizen	TYNAARLO	H40+	10:32 (23)	1:06:09 (9)	24:53 (1)	1:41:35	03:57
4.	318	Bas de Bruin	WIJK AAN ZEE	H40+	09:27 (6)	1:06:26 (10)	26:06 (5)	1:42:00	04:22
5.	337	Henk Elbertsen	BREEZAND	H30+	08:37 (1)	1:07:58 (17)	25:50 (4)	1:42:25	04:47
6.	429	Bas van de Pol	VEENENDAAL	H30+	09:12 (5)	1:06:53 (11)	26:39 (9)	1:42:45	05:07
7.	387	Sjaak van Leeuwen	LEEWARDEN	H24+	11:10 (37)	1:06:08 (8)	27:13 (12)	1:44:31	06:53
8.	452	Andre Schrand	SCHLOSS HOLTE-STUKENBROCK	H40+	10:03 (17)	1:08:20 (18)	26:25 (7)	1:44:49	07:11
9.	357	Berry van Holland	HAREN	H30+	08:58 (3)	1:07:35 (14)	28:15 (19)	1:44:49	07:11
10.	465	Anton Tuinstra	DRACHTEN	H40+	10:16 (20)	1:06:58 (12)	27:55 (17)	1:45:10	07:32
11.	338	Gerard van Engelenburg	VEENENDAAL	H30+	10:59 (30)	1:05:59 (6)	28:26 (21)	1:45:25	07:47
12.	330	Hendri Drog	WIERDEN	H40+	12:17 (56)	1:05:48 (5)	27:28 (13)	1:45:34	07:56
13.	420	Menno Oud	ALMELO	H18+	10:35 (24)	1:03:41 (4)	31:58 (54)	1:46:15	08:37
14.	478	Djurre Venema	GRONINGEN	H24+	14:34 (131)	1:02:04 (1)	30:02 (30)	1:46:41	09:03
15.	314	Edwin Brouwer	NES AMELAND	H30+	12:39 (69)	1:06:05 (7)	29:13 (25)	1:47:58	10:20
16.	350	Vincent Harder	GRONINGEN	H30+	10:48 (26)	1:08:31 (19)	28:56 (23)	1:48:16	10:38
17.	324	Jeroen Celie	ERMELO	H30+	13:32 (105)	1:08:35 (20)	26:52 (10)	1:49:00	11:22
18.	384	Bram Kuip	GRONINGEN	H30+	13:27 (97)	1:08:59 (21)	26:38 (8)	1:49:05	11:27
19.	375	Emiel Kienstra	BUREN AMELAND	H30+	11:29 (42)	1:07:39 (15)	30:01 (29)	1:49:10	11:32
20.	400	Harmen Moes	GRONINGEN	H24+	10:08 (18)	1:11:05 (31)	28:01 (18)	1:49:15	11:37
21.	475	Marten van der Veen	DEVENTER	H50+	11:45 (47)	1:10:52 (27)	26:55 (11)	1:49:34	11:56
22.	439	Mark Rietveld	WAGENINGEN	H40+	12:35 (67)	1:11:13 (33)	26:07 (6)	1:49:56	12:18
23.	313	Larix Bouwman	NIJMEGEN	H30+	14:28 (128)	1:07:55 (16)	27:37 (16)	1:50:01	12:23
24.	328	Rob Doornbos	KLAZIENAVEEN	H30+	11:31 (44)	1:11:17 (34)	27:33 (15)	1:50:22	12:44
25.	413	Hielke Nienhuis	Lekum	H40+	12:27 (62)	1:10:56 (29)	28:20 (20)	1:51:44	14:06
26.	335	Arjen Eggink	DEN HAAG	H30+	13:30 (100)	1:10:56 (28)	27:32 (14)	1:51:58	14:20
27.	343	Raoul van Gogh	DRACHTEN	H24+	09:54 (15)	1:09:49 (24)	32:47 (69)	1:52:31	14:53
28.	355	Guus Hoekstra	DONKERBROEK	H40+	14:48 (135)	1:07:11 (13)	30:37 (39)	1:52:37	14:59
29.	346	Jan Willem Greidanus	ZWOLLE	H24+	10:27 (22)	1:10:38 (26)	32:00 (55)	1:53:06	15:28
30.	437	Klaas Ridder	SCHIEDAM	H40+	11:20 (40)	1:13:11 (40)	29:00 (24)	1:53:33	15:55
31.	418	Herman Oostra	GRONINGEN	H30+	12:57 (78)	1:09:41 (23)	31:05 (46)	1:53:44	16:06
32.	466	Kees Tump	ABCOUDE	H50+	10:59 (31)	1:12:53 (37)	30:01 (28)	1:53:54	16:16
33.	479	Sjouke Venema	WAGENINGEN	H40+	10:21 (21)	1:13:48 (46)	30:32 (37)	1:54:43	17:05
34.	379	Eric Klepper	HEERHUGOWAARD	H30+	13:14 (86)	1:09:33 (22)	33:09 (75)	1:55:57	18:19
35.	341	Onno van Gils	WORMER	H40+	12:28 (63)	1:13:27 (42)	30:33 (38)	1:56:29	18:51
36.	431	Bennie b.b. Polet	HOLLUM - AMELAND	H24+	13:16 (87)	1:11:18 (35)	31:55 (52)	1:56:30	18:52
37.	380	Arjan Koop	GRONINGEN	H30+	12:55 (76)	1:12:36 (36)	31:23 (49)	1:56:55	19:17
38.	398	Rene Miedema	BOLSWARD	H40+	12:52 (75)	1:13:54 (47)	30:47 (42)	1:57:34	19:56
39.	344	Andre Gorter	NIJVERDAL	H40+	09:35 (11)	1:15:43 (65)	32:27 (62)	1:57:46	20:08
40.	306	Jaap Bijlstra	DOKKUM	H24+	12:30 (65)	1:16:47 (76)	28:31 (22)	1:57:49	20:11
41.	440	Coen Rikken	DUIVEN	H18+	11:02 (32)	1:17:11 (87)	29:38 (27)	1:57:51	20:13
42.	370	Allard-Jan Kalsbeek	REDUZUM	H24+	12:39 (70)	1:10:34 (25)	34:37 (93)	1:57:51	20:13
43.	430	Dennis van de Pol	HOEVELAKEN	H30+	09:54 (16)	1:13:59 (48)	34:11 (86)	1:58:05	20:27
44.	196	Robert Bosma	AMSTERDAM	H40+	11:18 (38)	1:14:08 (50)	32:43 (68)	1:58:11	20:33
45.	307	Jan-Dirk Bleeker	ZWAAG	H30+	12:25 (61)	1:14:04 (49)	32:06 (58)	1:58:35	20:57
46.	323	Marcel van Burgsteden	GRONINGEN	H40+	12:28 (64)	1:16:11 (69)	30:21 (35)	1:59:02	21:24
47.	305	Kornelis Bijlsma	BUITENPOST	H40+	09:49 (13)	1:15:36 (64)	33:40 (82)	1:59:06	21:28
48.	435	Rob Reefman	BORNE	H24+	12:36 (68)	1:13:44 (43)	32:50 (70)	1:59:11	21:33
49.	411	Benno Neij	HOLLUM AMELAND	H24+	15:44 (153)	1:11:06 (32)	32:29 (64)	1:59:19	21:41
50.	448	Douwe Schaafsma	WOUTERSWOUDE	H30+	13:13 (85)	1:11:00 (30)	35:33 (108)	1:59:47	22:09
51.	311	Martijn Borst	ALMERE-HAVEN	H24+	14:29 (129)	1:14:44 (52)	30:40 (40)	1:59:54	22:16
52.	332	Stijn van Duinhoven	RENKUM	H16+	08:50 (2)	1:17:44 (96)	33:20 (79)	1:59:55	22:17
53.	467	Eelke Turkstra	DRIESUM	H40+	13:51 (115)	1:15:00 (55)	31:15 (48)	2:00:06	22:28

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54.	485	Gerlof de Vries	GRONINGEN	H24+	14:56 (138)	1:15:11 (58)	30:04 (31)	2:00:12	22:34
55.	456	Anno Smit	HOLLUM	H16+	13:22 (92)	1:15:00 (54)	32:05 (57)	2:00:28	22:50
56.	470	Valentijn Van DerNeut	ZWAAG	H40+	13:05 (80)	1:13:06 (38)	34:32 (90)	2:00:44	23:06
57.	446	Nick Sans	ALMELO	H30+	12:49 (74)	1:16:56 (77)	31:04 (44)	2:00:50	23:12
58.	361	Jan Jansen	VROOMSHOOP	H24+	13:27 (96)	1:15:50 (67)	31:33 (50)	2:00:50	23:12
59.	499	Janhendrik Wolters	APELDOORN	H40+	15:23 (145)	1:15:29 (60)	30:05 (33)	2:00:58	23:20
60.	401	Sipke Moes	UTRECHT	H24+	11:56 (51)	1:18:48 (99)	30:15 (34)	2:01:00	23:22
61.	326	River Diephuis	DEN HAAG	H16+	11:50 (48)	1:18:40 (98)	30:30 (36)	2:01:00	23:22
62.	495	Freek van den Wildenberg	UTRECHT	H24+	14:58 (139)	1:15:17 (59)	30:47 (41)	2:01:03	23:25
63.	486	Joop de Vries	HILVERSUM	H60+	10:57 (28)	1:17:41 (95)	32:37 (66)	2:01:16	23:38
64.	449	Helco Timmerman	LEUSDEN	H24+	09:30 (7)	1:16:28 (72)	35:21 (104)	2:01:20	23:42
65.	402	Frank te Molder	ENSCHDEDE	H24+	11:02 (33)	1:17:25 (91)	33:08 (74)	2:01:36	23:58
66.	487	Kees de Waal	AMSTERDAM	H40+	12:49 (73)	1:17:14 (88)	31:38 (51)	2:01:41	24:03
67.	371	Enno van Kampen	GOUDA	H30+	12:30 (66)	1:16:32 (73)	32:39 (67)	2:01:42	24:04
68.	352	Edwin Herber	UTRECHT	H40+	12:17 (57)	1:16:58 (79)	32:28 (63)	2:01:44	24:06
69.	340	Marcel Gelderblom	EEMNES	H40+	11:44 (46)	1:17:09 (85)	32:51 (71)	2:01:45	24:07
70.	432	Jan van de Pol	Veenendaal	H60+	12:15 (55)	1:17:23 (90)	32:10 (60)	2:01:49	24:11
71.	417	Henk Onsman	SNEEK	H40+	13:41 (109)	1:13:09 (39)	35:12 (98)	2:02:03	24:25
72.	581	Jasper Scholte-Albers	SLIEDRECHT	H30+	14:26 (127)	1:15:47 (66)	32:34 (65)	2:02:48	25:10
73.	351	Erik Heemstra	BAARN	H40+	11:55 (50)	1:17:08 (84)	33:44 (83)	2:02:49	25:11
74.	416	Bob van Nuland	UTRECHT	H30+	12:41 (71)	1:13:48 (45)	36:20 (123)	2:02:50	25:12
75.	365	Jos Jansen	'S-GRAVELAND	H40+	09:51 (14)	1:17:35 (93)	35:41 (109)	2:03:07	25:29
76.	458	Eric Smit	HOLLUM	H40+	14:34 (130)	1:14:19 (51)	34:28 (89)	2:03:22	25:44
77.	404	Ebe van der Molen	GRONINGEN	H30+	11:55 (49)	1:20:39 (116)	31:04 (45)	2:03:39	26:01
78.	342	Dai Gittins	STRATFORD UPON AVON	H50+	09:41 (12)	1:22:29 (129)	31:57 (53)	2:04:08	26:30
79.	407	Roland Nauta	HEERENVEEN	H40+	15:52 (159)	1:17:05 (83)	31:14 (47)	2:04:12	26:34
80.	345	Douwe Graansma	FEANWALDSTERWAL	H30+	16:27 (167)	1:17:04 (82)	30:53 (43)	2:04:25	26:47
81.	489	Erik van de Wal	DORDRECHT	H40+	13:21 (91)	1:17:03 (80)	34:16 (87)	2:04:42	27:04
82.	406	William Nab	VEENENDAAL	H40+	13:32 (104)	1:13:17 (41)	37:54 (139)	2:04:44	27:06
83.	454	Kees Slikker	BARNEVELD	H50+	11:42 (45)	1:20:16 (109)	32:57 (73)	2:04:56	27:18
84.	383	Michel Kramer	DE GOORN	H30+	11:58 (52)	1:14:56 (53)	38:04 (141)	2:04:59	27:21
85.	403	Albert Molenaar	NES AMELAND	H40+	15:30 (147)	1:15:34 (63)	34:10 (85)	2:05:14	27:36
86.	464	Mark Torsius	HARDERWIJK	H30+	11:29 (43)	1:15:11 (57)	38:35 (146)	2:05:15	27:37
87.	484	Martin Voets	BOXTEL	H50+	10:46 (25)	1:19:13 (100)	35:22 (106)	2:05:22	27:44
88.	391	Berd Lourens	VEENENDAAL	H40+	14:08 (122)	1:15:31 (61)	35:43 (110)	2:05:22	27:44
89.	377	Kevin Kienstra	NES - AMELAND	H20+	15:47 (156)	1:17:39 (94)	32:10 (59)	2:05:36	27:58
90.	349	Tuzo de Haan	BALLUM	H16+	13:29 (98)	1:16:19 (70)	35:52 (113)	2:05:40	28:02
91.	492	Harry Wiechers	NIEUW-RODEN	H40+	13:08 (82)	1:16:23 (71)	36:22 (124)	2:05:53	28:15
92.	415	Erik Nijenhuis	HEERHUGOWAARD	H50+	14:15 (124)	1:17:09 (86)	34:54 (96)	2:06:19	28:41
93.	423	Sido Overdijk	DEN BURG	H50+	15:41 (148)	1:21:07 (120)	29:32 (26)	2:06:20	28:42
94.	320	Bart Bungener	DEN HAAG	H30+	14:26 (126)	1:13:45 (44)	38:27 (144)	2:06:39	29:01
95.	368	Bouwmeester Jeen	WARTENA	H50+	13:38 (107)	1:16:57 (78)	36:19 (122)	2:06:56	29:18
96.	372	Jos Karperien	HARDENBERG	H50+	14:42 (132)	1:17:04 (81)	35:17 (103)	2:07:04	29:26
97.	392	Thomas Lueke	SH-STUKENBROCK	H40+	10:56 (27)	1:20:36 (115)	35:51 (112)	2:07:25	29:47
98.	374	Dirk artiest Kienstra	NES AMELAND	H70+	17:32 (177)	1:15:34 (62)	34:21 (88)	2:07:27	29:49
99.	399	Uli Mix	BREMEN	H50+	14:47 (134)	1:22:42 (130)	30:04 (32)	2:07:34	29:56
100.	315	Peter Brouwer	BUREN	H30+	14:43 (133)	1:15:04 (56)	37:56 (140)	2:07:44	30:06
101.	309	Bob Boekweit	GRONINGEN	H40+	11:07 (35)	1:19:24 (103)	37:23 (131)	2:07:55	30:17
102.	376	Jan Kienstra	NES AMELAND	H40+	13:30 (101)	1:20:23 (112)	34:03 (84)	2:07:56	30:18
103.	408	Wybo Nauta	GOUTUM	H40+	15:44 (154)	1:16:43 (74)	35:50 (111)	2:08:18	30:40
104.	353	Chas van den Heuvel	NES AMELAND	H24+	16:35 (171)	1:19:29 (105)	32:23 (61)	2:08:28	30:50
105.	388	Wim van Leeuwen	CAPPELLE AAN DEN IJSEL	H50+	13:22 (94)	1:20:32 (113)	34:38 (94)	2:08:34	30:56
106.	396	Paul Metz	NES AMELAND	H40+	16:22 (165)	1:15:58 (68)	36:26 (126)	2:08:46	31:08
107.	474	Yorick Veenhuizen	TYNAARLO	H16+	13:19 (89)	1:22:09 (127)	33:29 (80)	2:08:59	31:21
108.	409	Bas Neeleman	OOSTERBEEK	H16+	09:08 (4)	1:17:20 (89)	42:40 (165)	2:09:09	31:31
109.	468	Hessel Turkstra	OENKERK	H40+	11:24 (41)	1:22:25 (128)	35:52 (114)	2:09:42	32:04
110.	378	Ruud Klaare	LEERSUM	H60+	12:57 (79)	1:20:06 (106)	37:07 (130)	2:10:11	32:33

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111.	373	Albert van Kempen	WAGENINGEN	H40+	12:14 (54)	1:22:57 (131)	35:21 (105)	2:10:34	32:56
112.	347	Theodoor Greiner	NOOTDORP	H30+	13:51 (116)	1:20:53 (117)	36:02 (116)	2:10:47	33:09
113.	421	Huib Ouwendijk	LEIDEN	H40+	13:13 (84)	1:20:55 (118)	36:40 (129)	2:10:48	33:10
114.	358	Con Hoogendoorn	UTRECHT	H40+	12:20 (59)	1:24:06 (135)	34:42 (95)	2:11:08	33:30
115.	428	Bart van der Ploeg	DEN HAAG	H30+	13:16 (88)	1:20:18 (111)	37:35 (135)	2:11:10	33:32
116.	275	Rick Visscher	WAGENBORG	H20+	14:20 (125)	1:19:26 (104)	37:30 (132)	2:11:17	33:39
117.	462	Lars Teroerde	DÜSSELDORF	H40+	12:01 (53)	1:27:20 (146)	32:05 (56)	2:11:27	33:49
118.	394	Robert Maurik	CAPELLE AAN DEN IJSEL	H30+	14:53 (137)	1:18:34 (97)	38:30 (145)	2:11:58	34:20
119.	471	Marc Van Groen	HOLTEN	H40+	10:10 (19)	1:23:58 (134)	37:50 (138)	2:11:59	34:21
120.	327	Age Dijkstra	TZUMMARUM	H40+	13:24 (95)	1:25:23 (141)	33:12 (76)	2:12:00	34:22
121.	410	Ronald Neeleman	OOSTERBEEK	H50+	10:59 (29)	1:21:54 (126)	39:22 (150)	2:12:16	34:38
122.	482	Jandre de Villiers	GRONINGEN	H30+	12:17 (58)	1:21:47 (125)	38:14 (142)	2:12:20	34:42
123.	498	Reinoud Wolter	ROTTERDAM	H40+	14:48 (136)	1:17:25 (92)	40:11 (156)	2:12:25	34:47
124.	434	Rob Prins	MAASSLUIS	H40+	17:40 (178)	1:21:27 (121)	33:17 (78)	2:12:25	34:47
125.	183	Erik Anbeek	HOOGLAND	H40+	16:36 (173)	1:20:08 (107)	36:09 (119)	2:12:54	35:16
126.	463	Bas Thijsssen	WILRIJK	H30+	13:45 (112)	1:23:53 (133)	35:16 (101)	2:12:55	35:17
127.	457	Dennis Smit	ZWOLLE	H30+	13:48 (113)	1:21:37 (123)	37:32 (133)	2:12:58	35:20
128.	496	George Wildervank	ZWOLLE	H24+	16:01 (161)	1:19:23 (102)	37:33 (134)	2:12:58	35:20
129.	451	Pieter-Jan Schouwstra	BUITENPOST	H30+	13:59 (117)	1:25:50 (142)	33:15 (77)	2:13:06	35:28
130.	445	Ronald van Ruijven	DE LIER	H40+	13:29 (99)	1:20:34 (114)	39:42 (154)	2:13:46	36:08
131.	331	Geert van Duinhoven	RENKUM	H40+	11:18 (39)	1:26:32 (143)	36:05 (118)	2:13:57	36:19
132.	339	Frank Faber	EELDE	H40+	13:32 (103)	1:20:18 (110)	40:47 (158)	2:14:38	37:00
133.	354	Jan Hiemstra	BERLTSUM	H30+	15:12 (144)	1:24:06 (136)	35:26 (107)	2:14:45	37:07
134.	425	Rutger-Jan Pegels	HAARLEM	H30+	13:40 (108)	1:25:05 (140)	36:05 (117)	2:14:51	37:13
135.	348	Rik de Haan	ZUIDLAREN	H40+	14:10 (123)	1:21:41 (124)	39:05 (149)	2:14:57	37:19
136.	386	Robert Lanting	ASSEN	H40+	13:21 (90)	1:20:16 (108)	41:47 (163)	2:15:24	37:46
137.	369	Frans Jorritsma	DRONRIJP	H40+	15:09 (140)	1:19:20 (101)	40:55 (159)	2:15:25	37:47
138.	436	Pier Reitsma	DAMWALD	H20+	16:29 (169)	1:23:47 (132)	35:14 (99)	2:15:31	37:53
139.	472	Wim Veenema	GRONINGEN	H40+	13:06 (81)	1:27:39 (151)	35:17 (102)	2:16:02	38:24
140.	438	Eelco Rietsema	AMSTELVEEN	H24+	12:25 (60)	1:27:56 (153)	36:14 (120)	2:16:36	38:58
141.	302	Joop Beijaard	NES	H40+	16:14 (163)	1:24:07 (137)	36:16 (121)	2:16:37	38:59
142.	249	Koen Muijlwijk	SCHOONHOVEN	H30+	13:32 (102)	1:24:11 (138)	40:13 (157)	2:17:57	40:19
143.	444	Pyt Roorda	GRONINGEN	H40+	15:26 (146)	1:27:22 (147)	35:15 (100)	2:18:04	40:26
144.	301	Jeroen Andriessen	BUSSUM	H40+	09:33 (10)	1:24:18 (139)	44:37 (172)	2:18:30	40:52
145.	497	Martin Willems	ASSEN	H40+	15:57 (160)	1:30:12 (157)	32:55 (72)	2:19:05	41:27
146.	389	Ronald Leijstra	BALLUM	H30+	13:48 (114)	1:27:35 (150)	38:47 (148)	2:20:10	42:32
147.	385	Jan Land	WOLVEGA	H40+	15:46 (155)	1:21:35 (122)	43:24 (167)	2:20:47	43:09
148.	433	Jeroen van den Poll	HARDENBERG	H30+	15:42 (150)	1:27:32 (149)	37:39 (137)	2:20:54	43:16
149.	310	Sip Boelens	NES AMELAND	H50+	24:28 (183)	1:21:01 (119)	35:58 (115)	2:21:28	43:50
150.	316	Marco Brouwers	HETEREN	H40+	15:49 (157)	1:31:18 (162)	34:32 (91)	2:21:39	44:01
151.	360	Halbe Huitema	DEERSUM	H30+	15:11 (142)	1:31:58 (163)	34:36 (92)	2:21:46	44:08
152.	303	Jupp Berresen	KLEVE	H40+	13:11 (83)	1:32:08 (164)	36:38 (128)	2:21:57	44:19
153.	447	Arjen Santema	DIEPENVEEN	H50+	13:22 (93)	1:28:56 (156)	40:09 (155)	2:22:28	44:50
154.	441	Bart Roemers	JISLUM	H40+	16:35 (172)	1:31:00 (159)	34:57 (97)	2:22:33	44:55
155.	469	Aaldert van der Tuuk	SCHOONLOO	H40+	12:44 (72)	1:30:45 (158)	39:34 (152)	2:23:05	45:27
156.	382	Harry Kraak	JULIANADORP	H50+	16:29 (168)	1:31:13 (161)	36:33 (127)	2:24:16	46:38
157.	419	Bert Osinga	HOLWERD	H30+	15:49 (158)	1:26:57 (144)	41:32 (160)	2:24:19	46:41
158.	461	Leo Stolk	SOEST	H40+	13:43 (111)	1:27:15 (145)	43:26 (168)	2:24:25	46:47
159.	329	Peter Driesprong	ZWOLLE	H40+	13:59 (118)	1:28:46 (155)	42:45 (166)	2:25:31	47:53
160.	317	Tom Brouwers	HETEREN	H18+	09:31 (8)	1:37:37 (171)	38:23 (143)	2:25:32	47:54
161.	325	Remko van Dam	RIDDERKERK	H30+	15:42 (152)	1:36:59 (169)	33:32 (81)	2:26:14	48:36
162.	364	Jos Jansen	DEN HAAG	H50+	15:11 (143)	1:27:53 (152)	44:47 (174)	2:27:53	50:15
163.	359	Louis Huijzen	ROTTERDAM	H30+	15:42 (149)	1:37:07 (170)	36:24 (125)	2:29:14	51:36
164.	322	Erik van Burgsteden	DOORN	H40+	17:18 (174)	1:32:09 (165)	41:32 (161)	2:31:00	53:22
165.	362	Jan-Willem Jansen	TERHERNE	H30+	14:05 (120)	1:33:15 (166)	44:17 (171)	2:31:37	53:59
166.	308	Dirk Blom	BUNNIK	H24+	16:09 (162)	1:35:58 (168)	39:35 (153)	2:31:44	54:06
167.	363	Jeroen Jansen	DE MEERN	H40+	11:04 (34)	1:35:39 (167)	46:16 (175)	2:33:00	55:22

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168.	393	Michel Luttje	GRONINGEN	H40+	14:07 (121)	1:31:02 (160)	48:14 (178)	2:33:25	55:47
169.	405	Gerard Nab	LIENDEN	H30+	16:22 (166)	1:28:12 (154)	49:48 (179)	2:34:23	56:45
170.	414	Lammert Nienhuis	ZUIDWOLDE	H50+	13:35 (106)	1:39:03 (172)	41:58 (164)	2:34:37	56:59
171.	494	Rene Wijnstra	DOKKUM	H40+	18:04 (179)	1:41:08 (174)	38:40 (147)	2:37:52	1:00:14
172.	424	Harcko Pama	HAARLEM	H40+	14:02 (119)	1:46:40 (178)	41:41 (162)	2:42:23	1:04:45
173.	426	Sander Pelgröm	ZWOLLE	H24+	19:49 (181)	1:44:39 (177)	39:30 (151)	2:43:59	1:06:21
174.	488	Erik van der Waarde	LEUSDEN	H40+	17:29 (176)	1:43:57 (176)	44:08 (170)	2:45:35	1:07:57
175.	483	Jan Voerman	ZWOLLE	H50+	18:20 (180)	1:40:57 (173)	47:55 (177)	2:47:14	1:09:36
176.	459	Rudolf Botma	Franeker	H40+	16:14 (164)	1:47:38 (180)	43:39 (169)	2:47:32	1:09:54
177.	476	Oane Veenstra	LEEWARDEN	H30+	20:10 (182)	1:42:53 (175)	44:44 (173)	2:47:48	1:10:10
178.	395	Pieter Willem Meinema	TERNAARD		16:32 (170)	1:47:22 (179)	47:14 (176)	2:51:09	1:13:31
	493	Paul van Wijngaarden	AMSTERDAM	H30+	17:29 (175)	1:16:43 (75)		DNF	
	453	Sergio Segers	AMSTERDAM	H40+	15:11 (141)			DNF	
	532	Henry de Roo	KLAZIENAVEEN	H30+	13:43 (110)			DNF	
	442	Erik Romijn	DEN BOSCH	H30+	12:57 (77)			DNF	

