

Pos	Bib	Fullname	Class	Hometown	ZwemTijd	FietsTijd	LopenTijd	TotalTm
<b>Tri-Ambla M Heren</b>								
1	422	Martin Vermeer	H24+	s-Gravenhage	0:08:48,245	1:03:19,106	0:24:41,464	1:36:48,815
2	456	Mathijm Wassink	H24+	Hoewelaken	0:07:54,127	1:05:29,411	0:24:20,861	1:37:44,399
3	468	Rob Woestenenk	H24+	Nijmegen	0:08:24,992	1:05:34,446	0:24:21,966	1:38:21,404
4	432	Florian Schmidt	H24+	Eelde	0:08:53,846	1:06:10,619	0:24:44,533	1:39:48,998
5	392	Kevin Lek	H18+	Emmen	0:09:18,326	1:07:46,843	0:25:13,405	1:42:18,574
6	397	Eric Davelaar	H20+	Veenendaal	0:08:05,918	1:07:36,523	0:26:45,543	1:42:27,984
7	443	Bart van der Wal	H24+	Utrecht	0:08:43,110	1:06:37,051	0:28:12,402	1:43:32,563
8	503	Arjen de Bruin	H40+	Loosdrecht	0:09:00,515	1:09:15,004	0:27:12,375	1:45:27,894
9	469	Steven de Wit	H24+	Anna Paulowna	0:10:02,146	1:07:49,535	0:29:36,313	1:47:27,994
10	408	Maarten Drissen	H24+	Veendam	0:09:19,090	1:10:50,240	0:28:21,372	1:48:30,702
11	480	Andre Schrand	H40+	Schloß Holte-Stuken.	0:08:46,628	1:12:51,179	0:27:33,676	1:49:11,483
12	413	Joric van der Kolk	H24+	Utrecht	0:11:17,576	1:08:53,539	0:29:07,825	1:49:18,940
13	403	Jeroen Celie de Windt	H24+	Harderwijk	0:11:21,219	1:11:45,230	0:26:50,810	1:49:57,259
14	399	Tom Hulkenberg	H20+	Zevenaar	0:08:34,119	1:12:48,880	0:28:45,354	1:50:08,353
15	510	Tommy Obst	H40+	Hilversum	0:08:45,816	1:12:54,969	0:30:40,426	1:52:21,211
16	409	Peter Denekamp	H24+	Hilversum	0:07:14,888	1:18:37,719	0:27:16,555	1:53:09,162
17	515	Jos Jansen	H40+	s-Graveland	0:08:56,603	1:13:19,616	0:31:03,251	1:53:19,470
18	524	Jaap Rikken	H40+	Duiven	0:08:11,964	1:15:11,829	0:30:21,999	1:53:45,792
19	400	Harmen Moes	H20+	Groningen	0:08:41,046	1:14:52,738	0:30:20,491	1:53:54,275
20	396	Djurre Venema	H20+	Groningen	0:13:15,073	1:10:31,887	0:30:12,330	1:53:59,290
21	425	Hans Kamphuis	H24+	Almelo	0:11:02,513	1:15:49,802	0:27:07,915	1:54:00,230
22	548	Gerard van Engelenburg	H24+	Veenendaal	0:10:12,485	1:10:55,356	0:33:34,099	1:54:41,940
23	518	Willem-Pier Vellinga	H40+	Groningen	0:08:46,108	1:17:23,211	0:29:18,824	1:55:28,143
24	394	Joost Meijer	H20+	Groningen	0:10:44,770	1:13:36,673	0:31:56,855	1:56:18,298
25	527	Hielke Nienhuis	H40+	Lekkuum	0:10:52,319	1:15:37,718	0:30:07,924	1:56:37,961
26	517	Hendri Drogts	H40+	Wierden	0:10:17,909	1:17:13,652	0:29:10,189	1:56:41,750
27	423	Emiel Kienstra	H24+	Buren Fr	0:11:30,712	1:15:18,777	0:30:15,658	1:57:05,147
28	390	Bart van Kempen	H18+	Didam	0:11:51,891	1:12:17,205	0:33:16,307	1:57:25,403
29	498	Marcel van Burgsteden	H40+	Groningen	0:10:40,745	1:17:55,098	0:29:55,807	1:58:31,650
30	404	Wietse de Windt	H24+	Amsterdam	0:11:26,892	1:18:35,816	0:28:30,492	1:58:33,200
31	421	Joachim tiel Groenestege	H24+	Groningen	0:11:23,096	1:13:15,065	0:34:43,441	1:59:21,602
32	471	Winfred de Boer	H24+	Hollum	0:10:45,499	1:18:05,603	0:31:06,821	1:59:57,923
33	395	Tim Stoffelsma	H20+	Groningen	0:09:26,389	1:20:49,862	0:29:58,580	2:00:14,831

34	428	Jan Jansen	H24+	Vroomshoop	0:11:36,508	1:16:40,814	0:32:05,132	2:00:22,454
35	495	Wim van Ieeuwen	H40+	Capelle aan den IJssel	0:10:53,064	1:18:43,718	0:31:32,162	2:01:08,944
36	541	Jan van de Pol	H60+	Veenendaal	0:10:53,214	1:19:54,453	0:31:02,044	2:01:49,711
37	391	Thomas Hendriksen	H18+	Didam	0:10:10,318	1:15:50,671	0:35:50,498	2:01:51,487
38	546	Martin Kooiker	H24+	Nes Ameland	0:14:23,306	1:16:34,566	0:31:17,400	2:02:15,272
39	455	Raoul van Gogh	H24+	Drachten	0:10:27,024	1:21:07,886	0:31:25,076	2:02:59,986
40	448	Mark Torsius	H24+	Harderwijk	0:10:19,644	1:21:19,152	0:31:23,671	2:03:02,467
41	474	Andre Gorter	H40+	Nijverdal	0:08:46,454	1:22:00,475	0:32:29,606	2:03:16,535
42	452	Bas Roukema	H24+	Amsterdam	0:10:48,960	1:19:31,273	0:32:57,528	2:03:17,761
43	418	Melle Steringa	H24+	Arnhem	0:11:19,835	1:19:34,223	0:32:25,141	2:03:19,199
44	499	Arjo Spans	H40+	Zwolle	0:11:01,734	1:18:19,472	0:33:59,372	2:03:20,578
45	522	André Bus	H40+	Groningen	0:09:51,969	1:19:48,105	0:33:51,899	2:03:31,973
46	450	Maarten Visser	H24+	Leeuwarden	0:10:06,885	1:20:11,612	0:33:29,430	2:03:47,927
47	415	Ambro Slegers	H24+	Heeze	0:11:19,232	1:18:59,240	0:33:54,392	2:04:12,864
48	388	Steffen Hardeweg	H18+	Rheine	0:12:49,785	1:20:36,562	0:31:06,283	2:04:32,630
49	385	Menno Oud	H16+	Almelo	0:10:05,971	1:14:27,780	0:40:01,053	2:04:34,804
50	492	Eddy Michels	H40+	s-Hertogenbosch	0:08:59,854	1:22:47,999	0:33:00,329	2:04:48,182
51	442	Valentijn van der Neut	H24+	Wognum	0:11:28,495	1:18:50,051	0:35:12,522	2:05:31,068
52	488	Martin Keck	H40+	Karlsruhe	0:11:08,510	1:24:41,288	0:29:46,681	2:05:36,479
53	437	Erik Heemstra	H24+	Baarn	0:11:30,785	1:20:35,513	0:33:58,546	2:06:04,844
54	493	Julius van Bezooijen	H40+	Almere	0:11:51,447	1:21:16,686	0:33:27,031	2:06:35,164
55	445	Arnoud Sloodman	H24+	Utrecht	0:11:50,755	1:22:40,331	0:32:22,022	2:06:53,108
56	509	Gerlof molenaar	H40+	Nes Ameland	0:12:40,747	1:20:41,447	0:33:33,058	2:06:55,252
57	538	Joop de Vries	H50+	Hilversum	0:10:03,391	1:24:40,109	0:32:24,456	2:07:07,956
58	439	Dennis van de Pol	H24+	Nijkerk Gld	0:09:06,476	1:19:41,514	0:38:41,764	2:07:29,754
59	476	Rien Brouwer	H40+	Oosterend Nh	0:10:17,882	1:28:51,924	0:28:32,199	2:07:42,005
60	470	Chas van den Heuvel	H24+	Nes Ameland	0:14:33,730	1:18:48,900	0:34:39,928	2:08:02,558
61	545	Koen Scheltema	H24+	Eefde	0:12:54,647	1:25:52,810	0:29:53,681	2:08:41,138
62	417	Jorden Raijmakers	H24+	Amsterdam	0:11:08,272	1:28:24,063	0:29:33,215	2:09:05,550
63	465	Arthur Minderop	H24+	Haarlem	0:10:56,420	1:24:49,191	0:33:23,523	2:09:09,134
64	429	Marius Hordijk	H24+	Amersfoort	0:12:30,358	1:26:12,762	0:30:38,421	2:09:21,541
65	460	David de Bos	H24+	Amsterdam	0:12:19,829	1:27:23,708	0:30:09,578	2:09:53,115
66	542	Moes Roelof	H60+	Nijeveen	0:12:53,396	1:23:18,339	0:33:52,019	2:10:03,754
67	486	Erik van de Wal	H40+	Dordrecht	0:11:45,635	1:23:53,399	0:34:33,055	2:10:12,089
68	451	Peter Borst	H24+	Hensbroek	0:11:13,531	1:26:55,529	0:32:19,059	2:10:28,119
69	410	JanHendrik Wolters	H24+	Apeldoorn	0:13:49,490	1:24:34,242	0:32:24,391	2:10:48,123

70	407	Michiel van Zanten	H24+	Utrecht	0:11:16,723	1:27:52,785	0:31:54,841	2:11:04,349
71	535	Jaap Meijering	H50+	Roden	0:13:28,236	1:23:46,088	0:34:09,029	2:11:23,353
72	402	Jan-Dirk Bleeker	H24+	Zwaag	0:11:21,892	1:24:57,088	0:35:10,336	2:11:29,316
73	389	Harmen Schaafsma	H18+	Wouterswoude	0:12:49,330	1:24:28,932	0:34:22,205	2:11:40,467
74	479	Lüke Thomas	H40+	SH-Stukenbrock	0:09:14,182	1:28:38,387	0:34:04,875	2:11:57,444
75	427	Sip Romein	H24+	Amsterdam	0:12:19,841	1:27:13,480	0:32:26,835	2:12:00,156
76	521	Albert Molenaar	H40+	Nes Ameland	0:13:50,164	1:23:27,682	0:34:46,706	2:12:04,552
77	536	Jaap kuiper	H50+	Terschelling West	0:11:33,264	1:26:41,131	0:33:50,188	2:12:04,583
78	466	Florian Minderop	H24+	Amsterdam	0:10:33,125	1:22:46,136	0:38:54,377	2:12:13,638
79	520	Sjon de Haan	H40+	Ballum	0:12:54,377	1:25:17,448	0:34:55,870	2:13:07,695
80	463	Rob Mulder	H24+	Assen	0:13:20,341	1:29:04,000	0:30:59,160	2:13:23,501
81	430	Sander Huft	H24+	Amsterdam	0:08:43,232	1:24:28,577	0:40:14,635	2:13:26,444
82	523	Hugo van Nimwegen	H40+	Veenendaal	0:10:52,690	1:28:00,352	0:35:33,789	2:14:26,831
83	383	Len Spoelstra	H16+	Nes Ameland	0:13:44,152	1:23:33,318	0:37:17,243	2:14:34,713
84	398	Sijtse Schaafsma	H20+	Wouterswoude	0:12:44,727	1:26:03,669	0:35:47,681	2:14:36,077
85	420	Oane Veenstra	H24+	Leeuwarden	0:11:31,918	1:27:24,986	0:35:40,714	2:14:37,618
86	491	Marc van Groen	H40+	Markelo	0:10:11,037	1:27:51,042	0:36:56,137	2:14:58,216
87	457	Peter Brouwer	H24+	Buren Fr	0:13:02,202	1:23:36,285	0:39:29,996	2:16:08,483
88	502	Gert van Zanten	H40+	Veenendaal	0:10:42,394	1:28:20,866	0:37:10,211	2:16:13,471
89	424	Tsjeard Hofstra	H24+	Wommels	0:15:29,867	1:29:20,692	0:31:35,218	2:16:25,777
90	401	Rutger-Jan Pegels	H24+	Haarlem	0:11:48,827	1:29:40,620	0:34:59,774	2:16:29,221
91	500	Rene Miedema	H40+	Bolsward	0:11:52,069	1:28:50,073	0:36:05,864	2:16:48,006
92	453	Jeroen van den Poll	H24+	Hardenberg	0:13:25,419	1:23:49,222	0:39:54,434	2:17:09,075
93	483	Michel Luttje	H40+	Groningen	0:11:20,739	1:30:40,442	0:35:14,966	2:17:16,147
94	386	Kevin Kienstra	H18+	Nes Ameland	0:15:09,655	1:24:28,636	0:38:10,411	2:17:48,702
95	459	Remko van Dam	H24+	Ridderkerk	0:13:18,849	1:34:20,203	0:30:16,590	2:17:55,642
96	481	Frans Ploegmakers	H40+	Drunen	0:11:12,419	1:31:19,878	0:35:34,752	2:18:07,049
97	461	Andreas Tieman	H24+	Nes Ameland	0:14:03,499	1:23:49,791	0:40:46,395	2:18:39,685
98	382	Pim Venderbosch	H14+	Didam	0:10:06,580	1:30:53,365	0:37:56,966	2:18:56,911
99	526	Michael Heckhuis	H40+	Rheine	0:13:22,300	1:33:27,823	0:32:20,367	2:19:10,490
100	484	Stefan Tost	H40+	Rheine	0:12:04,119	1:31:31,114	0:36:09,443	2:19:44,676
101	494	Marcel Gelderblom	H40+	Eemnes	0:10:36,972	1:34:46,040	0:34:31,165	2:19:54,177
102	477	Rob Prins	H40+	Maassluis	0:16:10,444	1:29:33,560	0:34:20,024	2:20:04,028
103	435	Paco Landzaat	H24+	Amsterdam	0:12:48,413	1:30:32,284	0:36:45,011	2:20:05,708
104	464	Sybe de Bruin	H24+	Assen	0:12:44,016	1:35:21,534	0:32:40,038	2:20:45,588
105	411	Fred Vermeer	H24+	Elst Ut	0:11:36,074	1:25:47,402	0:43:34,224	2:20:57,700

106	506	Wybo Nauta	H40+	Goutum	0:12:57,118	1:30:09,959	0:38:10,416	2:21:17,493
107	487	Jorrit Lang	H40+	Amsterdam	0:13:41,129	1:31:21,744	0:36:55,991	2:21:58,864
108	473	Edwin Herber	H40+	Utrecht	0:13:19,328	1:31:39,927	0:37:18,217	2:22:17,472
109	446	Jason Nede	H24+	Leiden	0:10:50,718	1:36:21,892	0:35:12,060	2:22:24,670
110	438	Bas Thijssen	H24+	Wilrijk	0:13:00,083	1:34:04,273	0:35:23,079	2:22:27,435
111	416	Jeroen Jonk	H24+	Valkenswaard	0:13:22,713	1:34:15,631	0:34:58,458	2:22:36,802
112	381	Tuzo de Haan	H14+	Ballum	0:13:47,348	1:29:49,585	0:39:39,521	2:23:16,454
113	531	Edward Nagel	H50+	Nijmegen	0:12:38,879	1:35:11,422	0:35:47,685	2:23:37,986
114	519	Joop Beijaard	H40+	Nes Ameland	0:14:52,281	1:34:39,543	0:34:51,791	2:24:23,615
115	514	Anton Tuinstra	H40+	Drachten	0:10:08,020	1:41:14,587	0:33:17,875	2:24:40,482
116	458	Louis Huyzen	H24+	Rotterdam	0:13:21,563	1:35:43,277	0:35:47,157	2:24:51,997
117	501	Con Hoogendoorn	H40+	Utrecht	0:12:00,144	1:37:26,921	0:35:25,536	2:24:52,601
118	532	Sip Boelens	H50+	Nes Ameland	0:21:23,627	1:26:14,624	0:37:57,140	2:25:35,391
119	426	Daan Diepeveen	H24+	Veenendaal	0:10:45,322	1:37:38,549	0:38:08,157	2:26:32,028
120	434	Douwe Schaafsma	H24+	Wouterswoude	0:13:23,837	1:32:43,072	0:40:53,920	2:27:00,829
121	440	Johan de Lange	H24+	Lemmer	0:13:26,869	1:30:38,071	0:43:46,936	2:27:51,876
122	497	Theo Wijbenga	H40+	Oosternijkerk	0:13:30,114	1:36:13,533	0:39:27,077	2:29:10,724
123	449	Bas van der Meer	H24+	Groningen	0:13:05,514	1:31:11,987	0:45:30,577	2:29:48,078
124	547	Lammert Nienhuis	H50+	Zuidwolde	0:11:54,188	1:39:49,558	0:38:47,133	2:30:30,879
125	534	Rene Louman	H50+	Almere	0:14:24,770	1:37:45,443	0:38:40,469	2:30:50,682
126	441	Martijn van der Windt	H24+	Leeuwarden	0:14:40,069	1:38:15,463	0:38:46,491	2:31:42,023
127	539	Henk Wijbenga	H50+	Hoorn Nh	0:15:07,464	1:38:26,649	0:38:13,397	2:31:47,510
128	537	Frank Meijer	H50+	Balk	0:15:44,030	1:38:48,198	0:38:12,241	2:32:44,469
129	436	Sergio Segers	H24+	Amsterdam	0:11:54,946	1:37:48,485	0:43:47,411	2:33:30,842
130	475	Hendrik Mosterman	H40+	Nes Ameland	0:16:11,708	1:35:29,714	0:42:06,679	2:33:48,101
131	512	Bas Peperkoorn	H40+	Haarlem	0:16:14,151	1:30:02,566	0:48:25,765	2:34:42,482
132	478	Jeroen Jansen	H40+	De Meern	0:11:02,014	1:39:23,064	0:46:47,670	2:37:12,748
133	384	Wouter Zonneveld	H16+	s-Gravenhage	0:12:31,879	1:25:34,576	1:00:18,416	2:38:24,871
134	490	Rolf Korsuize	H40+	s-Gravenhage	0:14:09,899	1:39:32,617	0:44:48,530	2:38:31,046
135	454	Dragan Praviilovic	H24+	Amsterdam	0:11:10,208	1:43:06,013	0:45:58,401	2:40:14,622
136	387	Damian Menke	H18+	Dieren	0:14:54,177	1:34:01,491	0:52:09,916	2:41:05,584
137	393	Steven Pieter de Boer	H20+	De Knipe	0:13:15,196	1:45:40,153	0:42:39,639	2:41:34,988
138	431	Magchiel Dierckx	H24+	Laren Nh	0:12:56,894	1:50:46,300	0:40:28,042	2:44:11,236
139	485	Sander Schoor	H40+	s-Hertogenbosch	0:14:50,751	1:38:01,403	0:51:27,845	2:44:19,999
140	472	Vincent Veltman	H24+	Hilversum	0:14:30,210	1:43:41,053	0:46:16,995	2:44:28,258
141	504	Raphael Geradts	H40+	Culemborg	0:14:55,366	1:45:25,540	0:48:39,201	2:49:00,107

142	544	Sytse Jansma	H24+	Harlingen	0:16:29,869	1:57:56,486	0:42:49,162	2:57:15,517
143	529	Pieter Cremer	H50+	Gorredijk	0:04:13,790	2:24:34,924	0:44:13,706	3:13:02,420
144	406	Bas van de Pol	H24+	Veenendaal	0:08:53,747	1:13:28,742		
145	447	Dennis Kiewied	H24+	Bolsward	0:11:31,967			
146	507	Roland Nauta	H40+	Gytsjerk	0:19:08,954			
147	516	Hans Zwaneveld	H40+	Assen	0:10:53,434			

Pos	Bib	Fullname	Class	Hometown	ZwemTijd	FietsTijd	LopenTijd	TotalTm
<b>Tri-Ambla M Dames</b>								
1	338	Bianca Broers	D24+	Lemmer	0:11:38,293	1:12:10,944	0:28:24,627	1:52:13,864
2	335	Yvonna Tinga	D24+	Bolsward	0:11:35,780	1:14:32,064	0:26:48,554	1:52:56,398
3	372	Janet ten Kate	D40+	Groningen	0:10:04,265	1:15:48,305	0:32:06,442	1:57:59,012
4	319	Laura Hak	D24+	Heerhugowaard	0:13:03,164	1:14:02,754	0:31:40,348	1:58:46,266
5	323	Brenda Schuurkamp	D24+	s-Gravenhage	0:09:31,490	1:15:49,657	0:34:16,591	1:59:37,738
6	349	Esther Tanck	D24+	Arnhem	0:11:32,301	1:17:19,880	0:31:35,798	2:00:27,979
7	304	Charlotte Lenting	D18+	Didam	0:09:41,558	1:17:19,373	0:33:34,552	2:00:35,483
8	347	Carin Ceelaert	D24+	Groningen	0:12:03,471	1:19:57,440	0:29:59,338	2:02:00,249
9	301	Charissa Zijlstra	D16+	Lekkuum	0:09:09,610	1:24:08,463	0:28:55,626	2:02:13,699
10	307	Talitha Boorsma	D20+	Veenendaal	0:10:16,618	1:18:20,423	0:34:10,690	2:02:47,731
11	322	Sandra Zijlstra	D24+	Leeuwarden	0:12:47,293	1:20:47,795	0:32:03,371	2:05:38,459
12	344	Ilse Vermeij	D24+	Utrecht	0:12:55,225	1:14:36,970	0:38:53,629	2:06:25,824
13	353	Patricia Seinen	D40+	Zwolle	0:14:04,110	1:18:55,655	0:33:37,662	2:06:37,427
14	306	Ilse Pullen	D20+	Dedemsvaart	0:12:17,250	1:24:47,998	0:29:45,699	2:06:50,947
15	329	Jenneke Deelstra	D24+	Groningen	0:11:28,451	1:25:30,408	0:30:13,974	2:07:12,833
16	342	Nathalie van der Salm	D24+	Groningen	0:12:24,567	1:23:15,199	0:31:48,502	2:07:28,268
17	362	Jacky Ledeboer	D40+	s-Gravenhage	0:12:48,351	1:27:38,447	0:27:48,358	2:08:15,156
18	330	Helen Kleinveld	D24+	s-Gravenhage	0:09:31,398	1:25:57,450	0:34:53,348	2:10:22,196
19	331	Mireille Baart	D24+	Wageningen	0:15:15,754	1:26:07,660	0:29:06,262	2:10:29,676
20	327	Veroesja Innikel-Brinkhof	D24+	Hilversum	0:12:56,178	1:25:00,446	0:34:22,415	2:12:19,039
21	321	Annedien Enter	D24+	Markelo	0:12:28,383	1:26:48,316	0:33:59,412	2:13:16,111
22	337	Martine van der Hoorn	D24+	Zandvoort	0:14:49,330	1:22:40,208	0:36:16,397	2:13:45,935
23	324	Marieke Kettelerij	D24+	Nijkerk Gld	0:12:21,442	1:25:12,718	0:36:31,144	2:14:05,304
24	309	Linda Wildenburg	D24+	Zwaag	0:15:43,060	1:25:32,276	0:33:23,506	2:14:38,842
25	311	Lindy Broekhuizen	D24+	Elst Ut	0:12:50,993	1:26:27,394	0:35:30,991	2:14:49,378

26	370	Ilse de Bruyn	D40+	Allschwil	0:13:17,685	1:28:55,472	0:32:46,424	2:14:59,581
27	315	Marieke Lang	D24+	s-Hertogenbosch	0:13:11,648	1:25:30,115	0:36:56,815	2:15:38,578
28	328	Mirka Janssen	D24+	Wormer	0:13:42,410	1:26:25,283	0:36:37,631	2:16:45,324
29	312	Maaïke Traa	D24+	Oss	0:15:21,665	1:24:59,842	0:36:59,213	2:17:20,720
30	310	Ilse Celie de Windt	D24+	Harderwijk	0:14:29,444	1:25:11,965	0:37:55,198	2:17:36,607
31	358	Monique Brattinga	D40+	Opmeer	0:15:14,627	1:29:47,159	0:33:57,049	2:18:58,835
32	373	Monique Pascha	D40+	Leeuwarden	0:12:38,919	1:30:31,935	0:35:48,754	2:18:59,608
33	367	Emelie Papenburg	D40+	Leusden	0:12:01,565	1:31:44,981	0:35:28,012	2:19:14,558
34	365	Annet Kienstra	D40+	Nes Ameland	0:15:54,730	1:25:38,652	0:37:56,109	2:19:29,491
35	314	Safira Harinck	D24+	Bussum	0:12:17,851	1:28:06,740	0:40:05,849	2:20:30,440
36	361	Margre Mulder	D40+	Tytsjerk	0:14:53,650	1:30:59,850	0:35:25,206	2:21:18,706
37	302	Fenna Heijnen	D16+	Didam	0:12:47,341	1:28:59,396	0:40:48,607	2:22:35,344
38	320	Jeanet van den Bogert	D24+	Barneveld	0:14:14,612	1:29:00,747	0:40:55,151	2:24:10,510
39	345	Suzan van Beest	D24+	Groningen	0:15:50,405	1:31:44,382	0:36:46,161	2:24:20,948
40	366	Ingrid van Schaik	D40+	Nijemirdum	0:13:25,099	1:34:49,965	0:36:12,562	2:24:27,626
41	360	Elsbeth Rispens	D40+	Gorredijk	0:15:35,783	1:29:32,631	0:39:31,032	2:24:39,446
42	348	Monique Lappenschaar	D24+	Hollum	0:12:25,296	1:34:49,758	0:38:22,794	2:25:37,848
43	363	Antoinette Mijnhout	D40+	Kortenhoef	0:15:04,642	1:35:07,508	0:36:01,130	2:26:13,280
44	356	Jitske Stavenga	D40+	Munein	0:12:28,151	1:36:23,351	0:38:12,314	2:27:03,816
45	317	Lilian Thijssen	D24+	Utrecht	0:15:20,809	1:36:38,299	0:36:09,800	2:28:08,908
46	341	Wenjing ZHUANG	D24+	Groningen	0:14:51,266	1:36:00,729	0:37:53,019	2:28:45,014
47	359	José Sinnema	D40+	Oentsjerk	0:14:41,689	1:35:58,023	0:39:11,598	2:29:51,310
48	351	Hanna Timmer	D24+	Groningen	0:15:38,632	1:33:04,610	0:42:36,908	2:31:20,150
49	333	Fenna Mulder	D24+	Tytsjerk	0:14:53,416	1:41:16,653	0:36:07,800	2:32:17,869
50	354	Yildiz Venekamp	D40+	Alkmaar	0:15:53,309	1:34:38,685	0:42:49,925	2:33:21,919
51	352	Tammy Baur	D40+	s-Gravenhage	0:15:57,694	1:37:31,679	0:40:07,704	2:33:37,077
52	313	Jacqueline Brouwer	D24+	Buren Fr	0:15:42,277	1:37:29,665	0:41:03,458	2:34:15,400
53	336	Karin Peters	D24+	Utrecht	0:13:04,324	1:36:05,999	0:46:08,970	2:35:19,293
54	371	Iris Diephuis	D40+	s-Gravenhage	0:15:25,544	1:41:17,957	0:38:43,812	2:35:27,313
55	332	Jildau van den adel	D24+	Suwald	0:15:31,096	1:42:05,828	0:37:54,834	2:35:31,758
56	350	Margriet Feenstra	D24+	Leeuwarden	0:15:27,801	1:40:24,750	0:39:44,596	2:35:37,147
57	334	Joyce Muskee-Koning	D24+	Den Helder	0:17:16,554	1:37:39,334	0:43:15,294	2:38:11,182
58	308	Wendy Bleker	D24+	Hardenberg	0:16:00,830	1:33:56,414	0:48:28,522	2:38:25,766
59	303	Annelau Hoven	D18+	Leeuwarden	0:14:55,476	1:42:42,208	0:44:56,844	2:42:34,528
60	346	Jorinde Helmich	D24+	Nijmegen	0:15:23,060	1:45:43,620	0:41:49,440	2:42:56,120
61	355	Nicole Otten	D40+	Oosterhesselen	0:14:30,330	1:44:41,304	0:47:25,705	2:46:37,339

62	305	Marielle Hulsman	D18+	Holten	0:14:44,917	1:41:52,084	0:51:53,582	2:48:30,583
63	343	Mieke Acda	D24+	Utrecht	0:12:39,507	1:47:40,547	0:49:10,724	2:49:30,778
64	376	Astrid Zijlstra	D50+	Lekkum	0:15:32,313	2:02:02,906	0:49:15,296	3:06:50,515
65	375	Joke Cremer	D50+	Gorredijk	0:28:17,254	1:55:34,719	0:44:10,186	3:08:02,159
66	377	Trijnie Spanjer	D50+	Scheemda	0:17:45,658	2:13:18,773	0:56:27,672	3:27:32,103
67	325	Bianca Fransen	D24+	Marum	0:14:04,971			
68	374	Marianne IJnsen	D50+	Amsterdam	0:20:05,350			