

## Tri-Ambla 2011 - M - Dames

				Zwemmen	Fietsen	Lopen	Totaal	
1.	305	Jip Veelenturf	Alphen aan den Rijn	D18+	0:09:52 (5)	1:05:55 (1)	0:29:17 (4)	1:45:05
2.	325	Laura Hak	Heerhugowaard	D24+	0:12:40 (27)	1:08:18 (2)	0:29:31 (5)	1:50:30
3.	596	Natasha van der Vis		D40+	0:10:23 (6)	1:08:50 (3)	0:31:37 (14)	1:50:51
4.	308	Marlou Duimstra	Groningen	D20+	0:09:44 (4)	1:14:48 (11)	0:27:26 (1)	1:51:59
5.	348	Ingrid Tempert	Groningen	D24+	0:13:28 (43)	1:10:39 (4)	0:28:06 (2)	1:52:14
6.	307	Martine Bruinsma	Groningen	D20+	0:08:52 (3)	1:12:54 (6)	0:31:19 (11)	1:53:06
7.	330	Jolien de Klein	Utrecht	D24+	0:10:39 (11)	1:11:49 (5)	0:33:07 (24)	1:55:35
8.	306	Talitha Boorsma	Veenendaal	D20+	0:10:38 (10)	1:13:24 (9)	0:31:51 (16)	1:55:55
9.	372	Janet ten Kate	Groningen	D40+	0:10:29 (8)	1:13:07 (7)	0:32:39 (21)	1:56:15
10.	315	Lyan Blikman	Rotterdam	D24+	0:11:23 (14)	1:13:23 (8)	0:32:57 (23)	1:57:43
11.	317	Jenneke Deelstra	Groningen	D24+	0:10:56 (12)	1:16:16 (16)	0:31:33 (13)	1:58:46
12.	381	Patricia Seinen	Zwolle	D40+	0:13:07 (37)	1:15:17 (14)	0:30:44 (8)	1:59:09
13.	341	Nathalie van der Salm	Deventer	D24+	0:11:40 (18)	1:16:45 (18)	0:31:31 (12)	1:59:57
14.	312	Marieke Alberts	Rijswijk Zh	D24+	0:14:15 (52)	1:14:12 (10)	0:32:25 (19)	2:00:53
15.	390	Gerrien Achterop	De Bilt	D24+	0:12:34 (23)	1:15:01 (13)	0:33:28 (26)	2:01:04
16.	386	Cora Mulder	Overberg	D50+	0:11:34 (17)	1:15:35 (15)	0:34:11 (31)	2:01:21
17.	342	Anne Schmidt	Utrecht	D24+	0:08:36 (1)	1:22:28 (34)	0:31:02 (10)	2:02:07
18.	343	Sjoukje Schuurmans	Nes Ameland	D24+	0:13:54 (51)	1:14:49 (12)	0:35:51 (41)	2:04:36
19.	320	Marije Engels	's-Gravenhage	D24+	0:12:34 (24)	1:21:34 (33)	0:31:00 (9)	2:05:08
20.	352	Janneke Wagenaar	Leeuwarden	D24+	0:13:22 (40)	1:21:28 (32)	0:30:19 (7)	2:05:09
21.	350	Liane Verheul	Woerden	D24+	0:14:26 (55)	1:19:12 (21)	0:31:52 (17)	2:05:31
22.	377	Margre Mulder	Tytsjerk	D40+	0:14:18 (54)	1:19:38 (23)	0:32:01 (18)	2:05:58
23.	335	Linda Nalis	's-Gravenhage	D24+	0:12:39 (26)	1:20:09 (25)	0:33:27 (25)	2:06:16
24.	364	Rosa van den Biggelaar	Anerveen	D40+	0:13:16 (39)	1:18:15 (20)	0:35:11 (38)	2:06:43
25.	322	Margriet Feenstra	Weidum	D24+	0:13:42 (48)	1:21:14 (30)	0:32:39 (22)	2:07:36
26.	326	Hanneke Heida	Nes Ameland	D24+	0:14:36 (59)	1:20:36 (27)	0:32:26 (20)	2:07:39
27.	324	Bianca Fransen	Marum	D24+	0:12:53 (33)	1:18:10 (19)	0:37:04 (53)	2:08:08
28.	346	Carina Speksnijder	Stolwijk	D24+	0:10:28 (7)	1:20:13 (26)	0:37:30 (57)	2:08:12
29.	337	Ella Oesterholt	's-Gravenhage	D24+	0:14:38 (60)	1:16:20 (17)	0:37:26 (56)	2:08:24
30.	351	Wytske Vermeulen	Mantgum	D24+	0:12:47 (30)	1:20:01 (24)	0:35:53 (42)	2:08:43
31.	339	Elisabeth Postma	Harkema	D24+	0:11:03 (13)	1:22:39 (35)	0:36:31 (46)	2:10:13
32.	321	Annedien Enter	Markelo	D24+	0:12:34 (25)	1:21:14 (29)	0:36:31 (48)	2:10:20
33.	340	Pien Pouwels	Deventer	D24+	0:14:27 (56)	1:21:28 (31)	0:34:25 (35)	2:10:21
34.	302	Charissa Zijlstra	Lekkuum	D16+	0:08:39 (2)	1:32:43 (63)	0:29:07 (3)	2:10:30
35.	368	Esther Ezinga	Annen	D40+	0:11:57 (20)	1:28:21 (52)	0:30:15 (6)	2:10:34
36.	357	Harinck-de Witte	Bussum	D24+	0:12:47 (29)	1:21:11 (28)	0:36:49 (50)	2:10:48
37.	304	Grytsje Lanting	Stiens	D18+	0:11:28 (16)	1:25:32 (42)	0:34:15 (32)	2:11:16
38.	356	Ilse Celie-de Windt	Harderwijk	D24+	0:15:35 (69)	1:19:24 (22)	0:37:05 (54)	2:12:04
39.	384	Polleke Wijnberg	Stitswerd	D40+	0:12:55 (35)	1:24:59 (40)	0:34:17 (33)	2:12:13
40.	318	Marjon van Diepen	Amsterdam	D24+	0:13:27 (42)	1:24:42 (38)	0:34:18 (34)	2:12:28
41.	349	Michelle van der Veeken	's-Gravenhage	D24+	0:15:10 (65)	1:27:16 (47)	0:31:48 (15)	2:14:15
42.	345	Aafke Smeets	Woerden	D24+	0:13:23 (41)	1:24:23 (36)	0:36:51 (51)	2:14:38
43.	363	Merike van Berkel	Rotterdam	D40+	0:13:31 (45)	1:28:18 (51)	0:33:28 (27)	2:15:19
44.	379	Hanneke Piek	Zwaag	D40+	0:12:49 (32)	1:24:36 (37)	0:38:12 (59)	2:15:38
45.	333	Monique Lappenschaar	Hollum	D24+	0:12:47 (31)	1:25:05 (41)	0:38:17 (60)	2:16:10
46.	380	Elsbeth Rispens	Gorredijk	D40+	0:14:55 (64)	1:26:02 (44)	0:35:36 (39)	2:16:34
47.	338	Karin Peters	Utrecht	D24+	0:12:24 (21)	1:27:59 (50)	0:36:24 (45)	2:16:48

48.	311	<b>Mieke Acda</b>	Utrecht	D24+	0:11:43 (19)	1:24:47 (39)	0:40:28 (65)	2:16:59
49.	358	<b>Wenjing Zhuang</b>	Groningen	D24+	0:13:05 (36)	1:27:55 (49)	0:36:31 (47)	2:17:31
50.	376	<b>Antoinette Mijnhout</b>	Kortenhoeft	D40+	0:15:10 (66)	1:29:10 (56)	0:34:02 (29)	2:18:24
51.	319	<b>Tanja van Dijk</b>	's-Gravenhage	D24+	0:13:51 (50)	1:26:53 (46)	0:37:56 (58)	2:18:41
52.	334	<b>Fenna Mulder</b>	Tytsjerk	D24+	0:14:18 (53)	1:29:08 (55)	0:36:02 (43)	2:19:29
53.	332	<b>Ingeborg Lang</b>	Amsterdam	D24+	0:13:38 (46)	1:28:38 (53)	0:37:14 (55)	2:19:31
54.	344	<b>Sandra Seegers</b>	Den Helder	D24+	0:13:30 (44)	1:30:31 (58)	0:36:04 (44)	2:20:06
55.	359	<b>Gerrie Zijgers</b>	Bussum	D24+	0:11:24 (15)	1:28:52 (54)	0:40:02 (63)	2:20:18
56.	353	<b>Anette Westerink</b>	IJsselmuiden	D24+	0:10:37 (9)	1:36:46 (71)	0:33:47 (28)	2:21:10
57.	367	<b>Monique Brattinga</b>	Opmeer	D40+	0:14:33 (58)	1:31:15 (60)	0:35:48 (40)	2:21:37
58.	328	<b>Marieke de Jong</b>	Nes Ameland	D24+	0:15:45 (71)	1:29:55 (57)	0:36:55 (52)	2:22:36
59.	387	<b>Toos van der Vliet</b>	Nij Beets	D50+	0:21:53 (81)	1:27:28 (48)	0:34:04 (30)	2:23:25
60.	371	<b>Lisette van der Kallen</b>	Sint-Oedenrode	D40+	0:13:39 (47)	1:33:17 (65)	0:36:37 (49)	2:23:35
61.	323	<b>Judith Flipse</b>	Hilversum	D24+	0:14:45 (61)	1:26:29 (45)	0:43:44 (69)	2:24:59
62.	362	<b>Jildau van den Adel</b>	Suwald	D40+	0:15:30 (68)	1:35:32 (68)	0:34:58 (37)	2:26:01
63.	316	<b>Jacqueline Brouwer</b>	Buren Fr	D24+	0:16:06 (77)	1:31:45 (61)	0:38:31 (62)	2:26:24
64.	383	<b>Henny Veenstra</b>	Drachten	D40+	0:13:45 (49)	1:35:09 (67)	0:38:31 (61)	2:27:26
65.	375	<b>Jeanette Lankhuijzen</b>	's-Gravensande	D40+	0:13:15 (38)	1:32:10 (62)	0:43:34 (68)	2:29:00
66.	389	<b>Britt Veenstra</b>	Hoogland	D24+	0:15:57 (73)	1:30:55 (59)	0:43:50 (70)	2:30:43
67.	313	<b>Sandra de Wilde Antonides</b>	Noardburgum	D24+	0:16:36 (78)	1:34:27 (66)	0:40:59 (66)	2:32:03
68.	365	<b>Titia Bloemhof</b>	Amsterdam	D40+	0:14:47 (62)	1:42:47 (73)	0:34:48 (36)	2:32:23
69.	303	<b>Marielle Hulsman</b>	Holtten	D18+	0:14:49 (63)	1:32:48 (64)	0:44:59 (73)	2:32:38
70.	378	<b>Saskia Neevel</b>	Wezep	D40+	0:12:32 (22)	1:35:42 (70)	0:47:38 (77)	2:35:53
71.	314	<b>Wendy Bleker</b>	Hardenberg	D24+	0:16:01 (75)	1:35:35 (69)	0:46:55 (76)	2:38:32
72.	310	<b>Marleen van der Meij</b>	Ballum	D20+	0:16:02 (76)	1:37:59 (72)	0:44:31 (71)	2:38:33
73.	382	<b>Jitske Stavenga</b>	Oentsjerk	D40+	0:12:44 (28)	1:49:31 (77)	0:40:26 (64)	2:42:42
74.	366	<b>Miranda Boone</b>	Amsterdam	D40+	0:14:29 (57)	1:54:28 (79)	0:41:28 (67)	2:50:26
75.	309	<b>Annelau Hoven</b>	Nes Ameland	D20+	0:16:47 (79)	1:49:01 (75)	0:45:47 (74)	2:51:36
76.	331	<b>Silke Kuijpers</b>	Amsterdam	D24+	0:17:24 (80)	1:48:31 (74)	0:46:24 (75)	2:52:20
77.	388	<b>Astrid Zijlstra</b>	Lekkum	D50+	0:15:15 (67)	1:52:23 (78)	0:44:57 (72)	2:52:36
78.	360	<b>Dianne Zijlstra</b>	Hardenberg	D24+	0:15:56 (72)	1:49:02 (76)	0:49:22 (78)	2:54:21
	373	<b>Annet Kienstra-Feenstra</b>	Nes Ameland	D40+	0:15:58 (74)	1:26:00 (43)		1:41:59
	301	<b>Iris Dijkstra</b>	Duiven	D16+	0:12:55 (34)			0:12:55
	369	<b>Maud Huppés</b>	Wilhelminaoord	D40+	0:15:37 (70)			0:15:37