

Tri-Ambla Open Amelands Kampioenschap 2011

				Zwemmen	Fietsen	Lopen 1	Lopen 2	Totaal	
1.	43	Georg Potrebtsch	Gladbeck	H24+	0:23:04 (1)	1:27:05 (7)	0:22:00 (2)	0:23:03 (1)	2:35:14
2.	54	Erik Wolsing	Veenendaal	H24+	0:23:22 (2)	1:23:57 (4)	0:25:38 (15)	0:27:17 (25)	2:40:16
3.	34	Rick Nijhoving	Amersfoort	H24+	0:24:55 (7)	1:25:36 (5)	0:24:58 (8)	0:25:01 (6)	2:40:32
4.	6	Johan Neevel	Wezep	H40+	0:24:59 (8)	1:26:21 (6)	0:24:50 (6)	0:24:35 (4)	2:40:47
5.	7	Jarrich van Woerse	Almere	H18+	0:24:15 (5)	1:30:31 (13)	0:24:36 (5)	0:25:17 (7)	2:44:40
6.	18	Joost Christiaans	Renkum	H24+	0:30:00 (42)	1:23:36 (2)	0:25:37 (14)	0:27:02 (23)	2:46:17
7.	28	Guido Kwakkel	Zeewolde	H24+	0:26:08 (12)	1:32:31 (18)	0:24:17 (3)	0:24:00 (2)	2:46:57
8.	38	Erick Patist	Chaam	H24+	0:27:49 (22)	1:23:55 (3)	0:28:04 (45)	0:28:02 (33)	2:47:51
9.	48	Hendrik Venema	Nijmegen	H24+	0:31:59 (63)	1:22:59 (1)	0:26:48 (27)	0:26:33 (15)	2:48:21
10.	37	Stefan van der Pal	Leeuwarden	H24+	0:26:07 (11)	1:33:26 (27)	0:24:18 (4)	0:24:29 (3)	2:48:22
11.	74	Menno Iedema	Drachten	H40+	0:24:14 (4)	1:32:37 (21)	0:25:34 (12)	0:26:59 (21)	2:49:25
12.	5	Manfred Boogaard	Ede Gld	H40+	0:26:33 (14)	1:32:51 (23)	0:25:13 (9)	0:25:21 (8)	2:49:59
13.	94	Samme Steenstra	Joure	H40+	0:28:39 (30)	1:28:15 (8)	0:26:51 (28)	0:26:35 (17)	2:50:22
14.	36	Ferdinand Oldeman	Voorburg	H24+	0:27:52 (24)	1:28:46 (9)	0:26:16 (21)	0:28:07 (36)	2:51:04
15.	67	Peter van Grootheest	Zwolle	H40+	0:25:18 (9)	1:33:39 (29)	0:26:04 (17)	0:26:08 (13)	2:51:11
16.	22	Remko van Hove	Alkmaar	H24+	0:30:39 (47)	1:29:19 (10)	0:25:35 (13)	0:25:42 (9)	2:51:17
17.	95	Jan Stehouwer	Leusden	H40+	0:28:02 (28)	1:30:26 (12)	0:27:05 (30)	0:27:46 (28)	2:53:20
18.	147	Riikka Vreeswijk-Kelja	Gorinchem	D40+	0:27:59 (27)	1:32:34 (19)	0:26:16 (22)	0:26:34 (16)	2:53:25
19.	20	Marco Glastra	Hilversum	H24+	0:34:46 (92)	1:30:41 (15)	0:25:13 (10)	0:25:43 (10)	2:56:25
20.	117	Pim Veeger	Amsterdam	H50+	0:30:44 (48)	1:31:12 (16)	0:26:41 (26)	0:27:55 (31)	2:56:33
21.	98	Willem de Voogd	Vlaardingen	H40+	0:32:38 (74)	1:32:36 (20)	0:25:27 (11)	0:25:50 (11)	2:56:33
22.	51	Fränklin van Voskuilen	Veenendaal	H24+	0:26:59 (15)	1:33:56 (32)	0:27:34 (38)	0:28:42 (44)	2:57:13
23.	131	Judy van den Berg	Doesburg	D24+	0:29:45 (41)	1:34:25 (38)	0:26:14 (20)	0:26:56 (20)	2:57:21
24.	8	Tim Dullaart	Rotterdam	H20+	0:24:11 (3)	1:35:27 (44)	0:28:14 (47)	0:29:45 (61)	2:57:39
25.	96	Kees Timmerman	Den Ham Ov	H40+	0:27:34 (20)	1:33:31 (28)	0:28:26 (49)	0:29:12 (52)	2:58:44
26.	109	Ron Hendriks	Wijchen	H50+	0:31:36 (60)	1:30:37 (14)	0:27:17 (34)	0:30:03 (64)	2:59:34
27.	24	Ralf de Jong	Drachten	H24+	0:28:41 (31)	1:33:00 (24)	0:27:16 (33)	0:30:41 (71)	2:59:39
28.	27	Corné Kool	Rhenen	H24+	0:27:43 (21)	1:37:26 (53)	0:26:28 (25)	0:29:01 (48)	3:00:40
29.	115	Ruud Schrijver	Noord-Scharwoude	H50+	0:27:18 (16)	1:33:08 (25)	0:29:48 (70)	0:31:03 (76)	3:01:18
30.	52	Edwin Wiersema	Eelde	H24+	0:30:10 (44)	1:34:20 (36)	0:27:54 (41)	0:29:02 (49)	3:01:27
31.	62	Alain Cools	Bredene	H40+	0:30:12 (45)	1:35:04 (42)	0:28:01 (44)	0:28:20 (38)	3:01:39
32.	71	Rene Hol	Heerhugowaard	H40+	0:29:40 (40)	1:37:22 (52)	0:27:20 (35)	0:27:19 (26)	3:01:43
33.	40	Bas van de Pol	Veenendaal	H24+	0:27:20 (18)	1:38:52 (61)	0:27:27 (36)	0:28:07 (35)	3:01:48
34.	120	Rob van Zanten	Vlaardingen	H50+	0:29:11 (35)	1:38:59 (62)	0:26:56 (29)	0:26:48 (18)	3:01:56
35.	50	Geert Jan Vos	Zwolle	H24+	0:29:04 (34)	1:33:48 (31)	0:29:34 (67)	0:29:44 (60)	3:02:12
36.	49	Jeroen van der Vlist	Eelde	H24+	0:31:26 (56)	1:35:22 (43)	0:27:38 (39)	0:27:46 (29)	3:02:13
37.	73	Mathias Hölscher	Wetter	H40+	0:31:25 (55)	1:37:46 (55)	0:26:13 (19)	0:26:49 (19)	3:02:14
38.	53	Maarten Witteman	's-Gravenhage	H24+	0:35:19 (94)	1:34:52 (39)	0:26:09 (18)	0:25:56 (12)	3:02:17
39.	11	JS Ariens	Almere	H24+	0:27:56 (26)	1:40:40 (70)	0:26:24 (23)	0:27:40 (27)	3:02:41
40.	57	Jan Bot	Akersloot	H40+	0:32:18 (71)	1:34:12 (35)	0:27:54 (42)	0:28:16 (37)	3:02:42
41.	31	Han Peter Lucas	Zwolle	H24+	0:26:32 (13)	1:40:40 (71)	0:27:14 (32)	0:28:20 (39)	3:02:48
42.	78	Reinoud van de Kastele	Wateringen	H40+	0:32:27 (73)	1:32:20 (17)	0:28:59 (55)	0:29:17 (53)	3:03:04
43.	35	Ben van Oeveren	Groningen	H24+	0:31:27 (58)	1:42:31 (78)	0:24:54 (7)	0:24:49 (5)	3:03:43
44.	21	Marco Haselbekke	Almelo	H24+	0:39:27 (111)	1:29:36 (11)	0:27:30 (37)	0:27:09 (24)	3:03:43
45.	102	Marcel ten Wolde	Groningen	H40+	0:34:27 (86)	1:33:42 (30)	0:27:56 (43)	0:28:06 (34)	3:04:12

46.	144	Birgit Schönherr-Hölscher	Wetter	D40+	0:31:27 (57)	1:39:57 (68)	0:26:26 (24)	0:26:24 (14)	3:04:15
47.	105	Jac Derix	Waldfeucht/Haaren	H50+	0:30:52 (51)	1:36:15 (49)	0:28:29 (50)	0:28:41 (43)	3:04:18
48.	42	Paul Schermers	Gouda	H24+	0:31:35 (59)	1:35:03 (40)	0:28:30 (51)	0:29:18 (54)	3:04:28
49.	143	Gonny Rosendaal	Beesd	D40+	0:27:25 (19)	1:39:17 (64)	0:29:02 (56)	0:29:35 (58)	3:05:20
50.	129	Kees-Jan Otto	Eck	H40+	0:29:03 (33)	1:36:36 (50)	0:29:30 (66)	0:30:10 (65)	3:05:21
51.	25	Lex Kiewied	Nes Ameland	H24+	0:34:01 (81)	1:34:05 (34)	0:29:42 (68)	0:28:33 (40)	3:06:22
52.	79	Marc van der Kort	Beesd	H40+	0:29:29 (38)	1:35:04 (41)	0:30:35 (79)	0:31:35 (83)	3:06:44
53.	69	Frank Harperink	Eindhoven	H40+	0:38:00(107)	1:32:48 (22)	0:27:50 (40)	0:28:39 (42)	3:07:18
54.	41	Rene Metz	Buren Fr	H24+	0:35:42 (97)	1:33:21 (26)	0:29:19 (61)	0:29:02 (50)	3:07:25
55.	30	Yannick Lefebvre	Edam	H24+	0:32:15 (69)	1:38:16 (57)	0:29:13 (59)	0:27:58 (32)	3:07:44
56.	113	Peter van Ravenswaaij	Groningen	H50+	0:31:13 (54)	1:38:33 (58)	0:29:12 (58)	0:29:36 (59)	3:08:36
57.	82	Henk Meijers	Sneek	H40+	0:32:09 (66)	1:38:11 (56)	0:28:53 (53)	0:29:30 (56)	3:08:44
58.	29	Ronald Langelaar	Kortenhoef	H24+	0:27:55 (25)	1:38:37 (59)	0:31:18 (88)	0:31:05 (78)	3:08:57
59.	112	Epko Oosterheerd	Maarssen	H50+	0:32:54 (75)	1:36:51 (51)	0:29:46 (69)	0:29:30 (57)	3:09:03
60.	56	Marco van den Berg	Poeldijk	H40+	0:24:54 (6)	1:44:09 (81)	0:29:20 (62)	0:31:06 (80)	3:09:30
61.	83	Johan Meijndert	Heerjansdam	H40+	0:30:26 (46)	1:40:25 (69)	0:29:19 (60)	0:29:26 (55)	3:09:37
62.	122	Jan van der Heide	Heerenveen	H60+	0:32:07 (65)	1:37:37 (54)	0:30:00 (73)	0:30:54 (74)	3:10:40
63.	26	Boris Kock	Woerden	H24+	0:25:22 (10)	1:39:01 (63)	0:32:34(104)	0:33:59(106)	3:10:57
64.	121	Leo de Hartog	Leersum	H60+	0:34:02 (82)	1:39:44 (67)	0:28:13 (46)	0:29:04 (51)	3:11:04
65.	44	Klaas Stielstra	Stiens	H24+	0:34:18 (84)	1:36:07 (46)	0:30:26 (78)	0:30:23 (68)	3:11:14
66.	68	Aalt Hagedoorn	Wierden	H40+	0:29:19 (36)	1:49:14 (95)	0:25:44 (16)	0:27:02 (22)	3:11:19
67.	106	Peter Dullaart	Krimpen aan den IJssel	H50+	0:34:43 (89)	1:36:12 (47)	0:29:57 (72)	0:31:06 (79)	3:11:59
68.	134	Silvia Brouwer	Oudeschoot	D24+	0:32:09 (67)	1:39:41 (66)	0:29:49 (71)	0:30:48 (72)	3:12:29
69.	88	Tommy Obst	Hilversum	H40+	0:31:03 (52)	1:34:03 (33)	0:31:49 (91)	0:36:19(113)	3:13:16
70.	81	Jan van der Meij	Berltsum	H40+	0:35:39 (96)	1:39:24 (65)	0:29:26 (64)	0:28:55 (46)	3:13:26
71.	10	Ryan Wesseling	Almere	H20+	0:28:27 (29)	1:36:02 (45)	0:31:23 (89)	0:38:04(119)	3:13:58
72.	63	Marco Douma	Joure	H40+	0:41:43(121)	1:34:22 (37)	0:29:02 (57)	0:29:46 (62)	3:14:54
73.	148	Marijke Zeekant	Amsterdam	D50+	0:27:52 (23)	1:45:06 (83)	0:30:12 (74)	0:32:47 (89)	3:15:58
74.	17	Peter Borst	Hensbroek	H24+	0:36:26(101)	1:36:13 (48)	0:32:17 (98)	0:32:47 (90)	3:17:44
75.	101	Marcel Walstra	Joure	H40+	0:29:00 (32)	1:43:19 (80)	0:30:41 (80)	0:35:13(111)	3:18:14
76.	108	Bram Heikamp	Muiden	H50+	0:32:57 (76)	1:42:30 (77)	0:31:16 (87)	0:32:34 (88)	3:19:19
77.	138	Brenda Schuurkamp	's-Gravenhage	D24+	0:29:23 (37)	1:43:00 (79)	0:33:55(113)	0:33:10 (93)	3:19:30
78.	103	Robert ten Wolde	Nijeveen	H40+	0:30:48 (50)	1:46:22 (85)	0:31:59 (93)	0:31:09 (81)	3:20:19
79.	132	Marjolein Bil	Utrecht	D24+	0:32:21 (72)	1:51:16(100)	0:28:32 (52)	0:28:42 (45)	3:20:52
80.	114	Kees Rekelhof	Leimuiden	H50+	0:31:13 (53)	1:38:50 (60)	0:34:05(114)	0:37:06(118)	3:21:15
81.	97	Willem-pier Vellinga	Groningen	H40+	0:30:09 (43)	1:48:50 (94)	0:30:24 (76)	0:31:54 (84)	3:21:18
82.	64	Toon Durville	Amsterdam	H40+	0:34:45 (91)	1:41:11 (73)	0:32:42(107)	0:33:25 (95)	3:22:05
83.	76	Oscar de Jong	Zandweer	H40+	0:34:08 (83)	1:42:21 (76)	0:32:34(105)	0:33:42(101)	3:22:46
84.	89	Luc Rens	's-Gravenhage	H40+	0:34:40 (88)	1:46:45 (87)	0:30:50 (83)	0:30:37 (70)	3:22:54
85.	77	Hajo Jonker	De Rijp	H40+	0:41:08(117)	1:42:15 (75)	0:29:25 (63)	0:30:17 (66)	3:23:06
86.	124	Leo Meewisse	's-Gravenhage	H60+	0:36:52(102)	1:40:59 (72)	0:31:54 (92)	0:33:55(105)	3:23:41
87.	60	Robert de Bruin	Zwolle	H40+	0:36:53(103)	1:50:15 (99)	0:28:53 (54)	0:28:39 (41)	3:24:41
88.	136	Saskia Veerman	Volendam	D24+	0:34:26 (85)	1:48:22 (93)	0:31:03 (84)	0:31:32 (82)	3:25:25
89.	92	Paul Slot	Dalfsen	H40+	0:31:56 (61)	1:47:07 (89)	0:33:10(110)	0:33:53(104)	3:26:08
90.	9	Harmen Moes	Groningen	H20+	0:30:47 (49)	1:41:16 (74)	0:37:37(124)	0:36:30(115)	3:26:12
91.	145	Geke Venema	Easterlittens	D40+	0:40:11(112)	1:46:16 (84)	0:30:16 (75)	0:31:04 (77)	3:27:50
92.	118	Willem Jan de Widt	Monnickendam	H50+	0:33:39 (80)	1:54:55(115)	0:29:26 (65)	0:30:51 (73)	3:28:52
93.	86	Joost van Montfort	Amsterdam	H40+	0:37:56(105)	1:50:10 (98)	0:31:09 (86)	0:31:02 (75)	3:30:19
94.	23	Rik Jansen	Genemuiden	H24+	0:35:34 (95)	1:52:35(104)	0:32:31(103)	0:30:19 (67)	3:31:00

95.	66	Dirk Fabels	Bussum	H40+	0:38:19(108)	1:47:57 (91)	0:32:06 (94)	0:32:59 (92)	3:31:22
96.	65	Ad Eilert	Raalte	H40+	0:35:55 (99)	1:52:53(106)	0:30:46 (81)	0:31:59 (85)	3:31:36
97.	33	Wouter Molenaar	Volendam	H24+	0:33:00 (77)	1:54:03(112)	0:00:34 (1)	1:04:14(127)	3:31:52
98.	111	Paul de Munk	Nuenen	H50+	0:34:45 (90)	1:51:48(102)	0:32:21(100)	0:33:43(102)	3:32:38
99.	72	Daan Hoogland	Utrecht	H40+	0:31:58 (62)	1:53:21 (108)	0:34:16(116)	0:34:07(107)	3:33:43
100.	110	Leo Hoogland	Holten	H50+	0:40:45(114)	1:49:34 (96)	0:31:43 (90)	0:32:01 (86)	3:34:04
101.	127	Piet Boorsma	's-Gravenhage	H50+	0:46:26(129)	1:46:48 (88)	0:30:25 (77)	0:30:30 (69)	3:34:10
102.	116	Rob Sosef	's-Gravenhage	H50+	0:43:56(124)	1:44:49 (82)	0:32:27(101)	0:33:29 (96)	3:34:43
103.	130	Maartje Bastings	Eindhoven	D24+	0:44:56(126)	1:55:22(116)	0:27:13 (31)	0:27:49 (30)	3:35:22
104.	135	Carin Ceelaert	Groningen	D24+	0:37:15(104)	1:52:12(103)	0:32:19 (99)	0:33:35 (98)	3:35:22
105.	80	Oscar de Lange	Hierden	H40+	0:33:24 (78)	1:52:37(105)	0:34:57(117)	0:34:52(110)	3:35:51
106.	137	Helen Kleinveld	's-Gravenhage	D24+	0:29:34 (39)	1:57:51(121)	0:34:09(115)	0:34:16(108)	3:35:51
107.	55	Erwin Alebregtse	Zeewolde	H40+	0:32:06 (64)	1:58:12(122)	0:32:35(106)	0:33:39 (99)	3:36:34
108.	84	Robby Mol	Amsterdam	H40+	0:39:17(110)	1:46:40 (86)	0:32:59(109)	0:38:20(120)	3:37:16
109.	85	Bert-Jan Moll	Koedijk	H40+	0:32:17 (70)	1:47:24 (90)	0:33:32(111)	0:44:18(124)	3:37:32
110.	119	Rens Wijnands	Noordwijk Zh	H50+	0:35:54 (98)	1:49:35 (97)	0:35:03(118)	0:37:00(117)	3:37:33
111.	47	Jelle Vastert	Amsterdam	H24+	0:37:57(106)	1:53:48(111)	0:32:28(102)	0:33:25 (94)	3:37:40
112.	14	Erik Blokhuis	's-Gravenhage	H24+	0:34:29 (87)	1:53:47(110)	0:33:38(112)	0:36:12(112)	3:38:08
113.	15	Geert Henk Blokhuis	Bunschoten-Spakenburg	H24+	0:43:06(122)	1:55:25(117)	0:30:50 (82)	0:29:46 (63)	3:39:09
114.	93	Reinoud Sluifers	Monnickendam	H40+	0:40:58(116)	1:53:39(109)	0:32:14 (97)	0:32:33 (87)	3:39:25
115.	139	Nicole van der Voort	's-Gravenhage	D24+	0:43:21(123)	1:53:11(107)	0:31:06 (85)	0:32:51 (91)	3:40:31
116.	61	Marcel van Burgsteden	Groningen	H40+	0:41:34(119)	1:54:34(114)	0:32:13 (95)	0:33:45(103)	3:42:08
117.	123	Harald ten Katen	's-Gravenhage	H60+	0:45:50(128)	1:48:01 (92)	0:36:08(120)	0:34:39(109)	3:44:39
118.	141	Hilde van Heuveln	Zandweer	D40+	0:35:56(100)	1:56:24(118)	0:35:21(119)	0:38:37(121)	3:46:20
119.	100	Ecoo de Vries	Maarsse	H40+	0:40:45(115)	2:01:16(125)	0:32:13 (96)	0:33:30 (97)	3:47:45
120.	142	Jacky Ledeboer	's-Gravenhage	D40+	0:44:49(125)	2:05:59(129)	0:28:25 (48)	0:29:01 (47)	3:48:16
121.	12	Jonathan Bartsma	Sneek	H24+	0:34:57 (93)	1:57:20(119)	0:36:13(121)	0:41:49(122)	3:50:21
122.	70	Henk-Jan van Hees	Amsterdam	H40+	0:52:52(131)	1:51:43(101)	0:32:54(108)	0:33:41(100)	3:51:12
123.	104	Marco Zonneveld	Wateringen	H40+	0:33:34 (79)	1:58:58(123)	0:41:52(125)	0:42:23(123)	3:56:48
124.	99	Anton Vrakking	Deinum	H40+	0:38:38(109)	2:05:43(128)	0:36:35(122)	0:36:40(116)	3:57:38
125.	133	Miranda Broks	Rijswijk Zh	D24+	0:41:34(120)	2:03:49(127)	0:36:48(123)	0:36:26(114)	3:58:38
126.	128	Uco Sobering	Voorburg	H60+	0:52:31(130)	1:59:21(124)			3:59:59
127.	125	Jan Stoop	Voorburg	H60+	0:41:11(118)	1:57:36(120)	0:43:33(126)	0:46:44(125)	4:09:06
128.	140	Debbie Brongers	's-Gravenhage	D40+	0:45:05(127)	2:02:40(126)			4:11:35
129.	32	Klaus Löbbert	Lüdinghausen	H24+	0:40:35(113)	2:23:35(130)	0:47:21(127)	0:50:27(126)	4:42:00
	126	Joost Vastert	Amsterdam	H24+	0:32:12 (68)	1:54:29(113)			2:26:42
	4	Rorik Schouten	Hoogwoud	H24+	0:27:18 (17)				0:27:18