

**OPEN NEDERLANDS KAMPIOENSCHAP OFFROAD TRIATLON 2005 - 1500 m zwemmen, 30 km ATB, 10 km crossloop  
uitslag overall**

| Pos. | Naam                    | Cat. | Woonplaats           | Zwemmen     | Fietsen     | Lopen       | Totaaltijd  |
|------|-------------------------|------|----------------------|-------------|-------------|-------------|-------------|
| 1    | Rob Barel               | H45  | Overberg             | 0:21:22,246 | 1:06:47,309 | 0:39:52,517 | 2:08:02,072 |
| 2    | Royce Kortekaas         | HOA  | Nieuw Vennepe        | 0:23:11,712 | 1:05:23,597 | 0:40:18,262 | 2:08:53,571 |
| 3    | Casper van den Burgh    | HOA  | Leiden               | 0:20:18,954 | 1:10:56,886 | 0:42:34,425 | 2:13:50,265 |
| 4    | Jurgen Claassen         | HOA  | Groesbeek            | 0:23:21,205 | 1:11:31,961 | 0:39:22,915 | 2:14:16,081 |
| 5    | Frans van Heteren       | HOA  | De Kwakel            | 0:23:24,323 | 1:09:32,213 | 0:41:24,487 | 2:14:21,023 |
| 6    | Rorik Schouten          | HOA  | Hoogwoud             | 0:23:19,214 | 1:10:25,855 | 0:41:33,613 | 2:15:18,682 |
| 7    | Machiel Ittmann         | HOA  | Hilversum            | 0:23:18,920 | 1:12:28,603 | 0:41:02,290 | 2:16:49,813 |
| 8    | Menno Iedema            | H40  | Drachten             | 0:21:22,288 | 1:13:23,426 | 0:43:07,384 | 2:17:53,098 |
| 9    | Youri De Buck           | HOA  | Lovendegem           | 0:26:18,314 | 1:09:07,029 | 0:42:45,458 | 2:18:10,801 |
| 10   | Pim Veeger              | H40  | Amsterdam            | 0:23:59,206 | 1:10:11,052 | 0:44:18,254 | 2:18:28,512 |
| 11   | Rob van Zanten          | H45  | Vlaardingen          | 0:24:21,530 | 1:10:45,811 | 0:44:07,820 | 2:19:15,161 |
| 12   | André van de Bruinhorst | HOA  | Barneveld            | 0:24:21,756 | 1:11:13,610 | 0:43:55,000 | 2:19:30,366 |
| 13   | Tiedo Tinga             | HOA  | Lemmer               | 0:23:11,942 | 1:15:32,728 | 0:41:56,238 | 2:20:40,908 |
| 14   | Manfred Boogaard        | H40  | Ede Gld              | 0:23:25,694 | 1:12:22,219 | 0:45:11,250 | 2:20:59,163 |
| 15   | Arnoud van Garderen     | HOA  | Leusden              | 0:23:52,578 | 1:12:17,909 | 0:45:22,283 | 2:21:32,770 |
| 16   | Geert-Jan Meewisse      | HOA  | Delft                | 0:24:24,337 | 1:12:10,999 | 0:45:22,580 | 2:21:57,916 |
| 17   | Stefan van Namen        | HOA  | Alblasserdam         | 0:28:45,468 | 1:09:13,529 | 0:45:13,396 | 2:23:12,393 |
| 18   | Hans Leek               | H40  | Zuid-Scharwoude      | 0:26:37,280 | 1:09:56,910 | 0:46:50,734 | 2:23:24,924 |
| 19   | Henk-Jan Dolsma         | HOA  | Groningen            | 0:23:22,327 | 1:15:56,573 | 0:44:26,348 | 2:23:45,248 |
| 20   | Erik-Simon Strijk       | HOA  | Hazerswoude Rijndijk | 0:23:19,993 | 1:18:53,545 | 0:41:43,855 | 2:23:57,393 |
| 21   | Ingrid van Lubek        | DOA  | Bussum               | 0:23:00,781 | 1:14:49,015 | 0:46:27,068 | 2:24:16,864 |
| 22   | Arjan Schilder          | HOA  | Almere               | 0:20:15,626 | 1:21:47,328 | 0:43:31,196 | 2:25:34,150 |
| 23   | Bas ten Harkel          | HOA  | Enschede             | 0:26:29,860 | 1:16:55,156 | 0:42:29,354 | 2:25:54,370 |
| 24   | Rob Woestenenk          | HOA  | Nijmegen             | 0:24:52,210 | 1:14:54,890 | 0:46:31,723 | 2:26:18,823 |
| 25   | Bas Bluyssen            | H40  | Nijmegen             | 0:26:13,000 | 1:17:48,000 | 0:42:37,000 | 2:26:38,000 |
| 26   | Robert Mijwaart         | HOA  | Huizen               | 0:27:41,510 | 1:12:10,081 | 0:47:06,920 | 2:26:58,511 |
| 27   | Alain Provoost          | H40  | Belzele              | 0:26:37,080 | 1:14:19,649 | 0:46:09,893 | 2:27:06,622 |
| 28   | Ruud Schrijver          | H45  | Noord-Scharwoude     | 0:23:18,522 | 1:13:30,308 | 0:50:44,662 | 2:27:33,492 |
| 29   | Stijn Van de Velde      | HOA  | Lokeren              | 0:24:30,710 | 1:16:19,441 | 0:47:12,922 | 2:28:03,073 |
| 30   | Riikka Kelja            | DOA  | Gorinchem            | 0:24:12,507 | 1:17:19,322 | 0:46:36,462 | 2:28:08,291 |
| 31   | Klaas de Leth           | H50  | Amsterdam            | 0:24:11,632 | 1:16:54,632 | 0:47:25,387 | 2:28:31,651 |
| 32   | Alco Kruithof           | H40  | Lemmer               | 0:25:11,878 | 1:15:46,085 | 0:48:18,311 | 2:29:16,274 |
| 33   | Erik Wolsing            | HOA  | Houten               | 0:21:18,992 | 1:16:04,290 | 0:51:59,943 | 2:29:23,225 |
| 34   | Sander Riebroek         | HOA  | Bussum               | 0:28:42,406 | 1:16:04,085 | 0:44:43,601 | 2:29:30,092 |
| 35   | Bart van Zelst          | HOA  | Elst Ut              | 0:28:41,710 | 1:15:25,006 | 0:45:35,783 | 2:29:42,499 |
| 36   | Marijke Zeekant         | D45  | Amsterdam            | 0:23:24,739 | 1:17:51,286 | 0:49:51,130 | 2:31:07,155 |
| 37   | Dick Vosmeer            | H45  | Naarden              | 0:26:24,867 | 1:13:56,958 | 0:50:47,359 | 2:31:09,184 |

|    |                        |     |                          |             |             |             |             |
|----|------------------------|-----|--------------------------|-------------|-------------|-------------|-------------|
| 38 | Martijn Schutte        | HOA | Rijssen                  | 0:26:11,858 | 1:17:57,000 | 0:47:41,592 | 2:31:50,450 |
| 39 | Ron Hendriks           | H45 | Wijchen                  | 0:26:38,003 | 1:14:37,876 | 0:50:56,132 | 2:32:12,011 |
| 40 | Vincent Hentzepeter    | H40 | Westerhaar-Vriezenv Wijk | 0:31:08,328 | 1:16:43,597 | 0:44:23,471 | 2:32:15,396 |
| 41 | Thomas Mulrooney       | HOA | Leer                     | 0:24:16,638 | 1:16:25,844 | 0:51:59,767 | 2:32:42,249 |
| 42 | Gerrit Jan Bakker      | H40 | Ermelo                   | 0:23:32,783 | 1:19:00,687 | 0:50:47,153 | 2:33:20,623 |
| 43 | Ronald van de Wetering | H40 | Almere                   | 0:27:19,073 | 1:15:35,140 | 0:50:27,287 | 2:33:21,500 |
| 44 | Willy Bogers           | H45 | s-Gravenhage             | 0:26:20,321 | 1:21:39,745 | 0:46:34,247 | 2:34:34,313 |
| 45 | Marc van der Kort      | HOA | Geldermalsen             | 0:27:39,149 | 1:18:40,407 | 0:48:31,909 | 2:34:51,465 |
| 46 | Mathijm Wassink        | HOA | Hoevelaken               | 0:23:29,002 | 1:18:05,829 | 0:53:49,069 | 2:35:23,900 |
| 47 | Kornelis Bijlsma       | H40 | Buitenpost               | 0:23:28,126 | 1:17:30,284 | 0:54:29,144 | 2:35:27,554 |
| 48 | Henkjan van Goor       | HOA | Daarlerveen              | 0:32:17,247 | 1:15:57,643 | 0:47:28,383 | 2:35:43,273 |
| 49 | Dirk Jan Moes          | HOA | Groningen                | 0:23:20,627 | 1:21:46,779 | 0:50:55,132 | 2:36:02,538 |
| 50 | Henk Sikma             | H40 | Zwaagwesteinde           | 0:28:25,425 | 1:22:09,612 | 0:46:23,261 | 2:36:58,298 |
| 51 | Jan van der Heide      | H50 | Heerenveen               | 0:28:28,410 | 1:16:33,624 | 0:52:03,050 | 2:37:05,084 |
| 52 | Wim van Haperen        | H50 | Etten-Leur               | 0:26:22,036 | 1:20:00,953 | 0:50:54,629 | 2:37:17,618 |
| 53 | Marcel ten Wolde       | HOA | Groningen                | 0:33:29,256 | 1:17:15,865 | 0:47:08,744 | 2:37:53,865 |
| 54 | Edward Mahieu          | HOA | Amsterdam                | 0:32:37,050 | 1:18:14,963 | 0:47:09,160 | 2:38:01,173 |
| 55 | Arnoud Hageman         | HOA | Harkstede                | 0:27:16,950 | 1:22:14,740 | 0:48:37,866 | 2:38:09,556 |
| 56 | Onno Treur             | HOA | Delft                    | 0:28:37,982 | 1:18:23,859 | 0:51:11,030 | 2:38:12,871 |
| 57 | Jorrit Meijer          | HOA | Groningen                | 0:29:43,341 | 1:17:14,824 | 0:51:15,593 | 2:38:13,758 |
| 58 | Jochem Slijkhuis       | HOA | Groningen                | 0:25:03,074 | 1:27:35,149 | 0:45:45,621 | 2:38:23,844 |
| 59 | Paul Jeurink           | HOA | Hengelo                  | 0:30:48,569 | 1:15:50,049 | 0:52:02,908 | 2:38:41,526 |
| 60 | Gonny Rosendaal        | DOA | Geldermalsen             | 0:24:12,901 | 1:22:34,543 | 0:52:23,148 | 2:39:10,592 |
| 61 | Rogier Mooiman         | HOA | Dreumel                  | 0:27:14,032 | 1:16:54,995 | 0:55:01,599 | 2:39:10,626 |
| 62 | Tom Steens             | H45 | Schiedam                 | 0:27:03,360 | 1:20:48,544 | 0:51:30,129 | 2:39:22,033 |
| 63 | Andreas Kiewiet        | HOA | Roden                    | 0:31:00,050 | 1:22:13,006 | 0:46:39,077 | 2:39:52,133 |
| 64 | Jan van der Sleet      | HOA | Haren Gn                 | 0:24:37,231 | 1:20:57,614 | 0:54:43,810 | 2:40:18,655 |
| 65 | Joop Schwalbach        | H40 | Oostzaan                 | 0:30:04,312 | 1:20:14,842 | 0:50:36,337 | 2:40:55,491 |
| 66 | Willem-Pier Vellinga   | HOA | Groningen                | 0:27:08,218 | 1:24:01,685 | 0:51:15,968 | 2:42:25,871 |
| 67 | Epko Oosterheerd       | H45 | Maarssen                 | 0:28:38,772 | 1:23:51,750 | 0:50:27,523 | 2:42:58,045 |
| 68 | Jiri de Beule          | HOA | Beveren                  | 0:27:31,994 | 1:26:47,635 | 0:49:34,791 | 2:43:54,420 |
| 69 | Paul Slot              | HOA | Dalfsen                  | 0:28:19,022 | 1:19:46,177 | 0:55:51,686 | 2:43:56,885 |
| 70 | Leo Meewisse           | H55 | s-Gravenhage             | 0:32:49,800 | 1:17:48,959 | 0:53:25,501 | 2:44:04,260 |
| 71 | Jeanet Spigt           | DOA | Amsterdam                | 0:26:14,890 | 1:23:41,205 | 0:54:19,298 | 2:44:15,393 |
| 72 | Kobus Botman           | H50 | Middelburg               | 0:32:22,146 | 1:18:26,244 | 0:53:40,685 | 2:44:29,075 |
| 73 | Pieter Iedema          | H45 | Amsterdam                | 0:34:02,744 | 1:22:15,215 | 0:48:26,145 | 2:44:44,104 |
| 74 | Yvon Verkoyen          | D50 | EVERGEM België           | 0:33:02,605 | 1:20:56,066 | 0:50:49,588 | 2:44:48,259 |
| 75 | Oscar de Jong          | H40 | Zandweer                 | 0:30:19,932 | 1:24:52,143 | 0:49:47,341 | 2:44:59,416 |
| 76 | Dick Vermeulen         | H40 | Leusden                  | 0:28:54,734 | 1:25:07,361 | 0:51:50,725 | 2:45:52,820 |
| 77 | Yvonne Leek            | D40 | Zuid-Scharwoude          | 0:29:36,514 | 1:22:47,600 | 0:55:01,486 | 2:47:25,600 |
| 78 | Aaldrik Koops          | H45 | Zaandam                  | 0:32:35,698 | 1:21:27,800 | 0:53:35,699 | 2:47:39,197 |

|     |                                 |            |                 |                    |                    |                    |                    |
|-----|---------------------------------|------------|-----------------|--------------------|--------------------|--------------------|--------------------|
| 79  | Coen van Amersfoort             | HOA        | Amsterdam       | 0:27:15,362        | 1:22:47,083        | 0:57:58,771        | 2:48:01,216        |
| 80  | Sander Teeuwisse                | HOA        | Amersfoort      | 0:30:29,186        | 1:23:41,663        | 0:53:51,285        | 2:48:02,134        |
| 81  | Hans Spaans                     | H45        | Arnhem          | 0:29:50,158        | 1:27:23,635        | 0:50:56,268        | 2:48:10,061        |
| 82  | Jan Reiffers                    | HOA        | Bedum           | 0:32:23,905        | 1:29:55,631        | 0:47:39,787        | 2:49:59,323        |
| 83  | Lion Wildenburg                 | HOA        | Delft           | 0:32:53,442        | 1:26:21,389        | 0:52:03,834        | 2:51:18,665        |
| 84  | Eveline Geersing                | DOA        | Groningen       | 0:28:32,269        | 1:28:52,440        | 0:53:55,818        | 2:51:20,527        |
| 85  | Bram Heikamp                    | H50        | Muiden          | 0:34:10,208        | 1:23:28,204        | 0:54:24,376        | 2:52:02,788        |
| 86  | Peter Dubbelaar                 | HOA        | Noordwijk Zh    | 0:32:11,704        | 1:21:53,264        | 0:58:49,638        | 2:52:54,606        |
| 87  | Robert ten Wolde                | HOA        | Nijeveen        | 0:29:41,738        | 1:25:47,389        | 0:57:27,638        | 2:52:56,765        |
| 88  | Gerard Brouwer                  | H40        | Hilversum       | 0:32:35,668        | 1:24:38,765        | 0:56:13,547        | 2:53:27,980        |
| 89  | Lenneke van der Heide           | DOA        | Heerenveen      | 0:27:18,423        | 1:31:08,978        | 0:55:51,680        | 2:54:19,081        |
| 90  | Henk van de Grootveen           | H50        | Alkmaar         | 0:30:16,954        | 1:29:44,966        | 0:54:51,128        | 2:54:53,048        |
| 91  | Silvia Brouwer                  | DOA        | Almere          | 0:30:42,201        | 1:29:31,037        | 0:55:53,880        | 2:56:07,118        |
| 92  | Jan Willem Oosterveld           | H40        | Wormer          | 0:30:42,860        | 1:28:50,856        | 0:57:48,239        | 2:57:21,955        |
| 93  | Dirk Kruse                      | H45        | Emmen           | 0:32:28,834        | 1:28:15,575        | 0:58:12,300        | 2:58:56,709        |
| 94  | Pieter Bak                      | H45        | Oude Bildtzijl  | 0:30:14,046        | 1:30:15,878        | 0:59:24,432        | 2:59:54,356        |
| 95  | Bertus de Vries                 | H45        | Vegelinsoord    | 0:34:22,996        | 1:31:51,949        | 0:53:51,697        | 3:00:06,642        |
| 96  | Martin de Munnik                | HOA        | Zwolle          | 0:37:34,921        | 1:28:41,985        | 0:54:16,866        | 3:00:33,772        |
| 97  | Frans Hooijen                   | H40        | Hapert          | 0:40:46,101        | 1:22:11,440        | 0:58:58,299        | 3:01:55,840        |
| 98  | Eelke de Boer                   | H55        | Delft           | 0:37:13,808        | 1:27:46,508        | 0:57:11,748        | 3:02:12,064        |
| 99  | Marcel Veen                     | HOA        | Groningen       | 0:27:54,273        | 1:34:26,224        | 1:01:36,204        | 3:03:56,701        |
| 100 | Jeannet Ordelman                | D40        | Nijverdal       | 0:29:40,014        | 1:32:41,972        | 1:01:56,489        | 3:04:18,475        |
| 101 | Kees der Weduwe                 | H40        | Cothen          | 0:34:49,568        | 1:30:34,880        | 1:02:18,810        | 3:07:43,258        |
| 102 | Jan Kuipers                     | H55        | Borger          | 0:41:07,229        | 1:31:42,589        | 0:54:59,755        | 3:07:49,573        |
| 103 | Bert de Heij                    | H45        | Gorredijk       | 0:36:49,039        | 1:32:06,221        | 0:59:27,359        | 3:08:22,619        |
| 104 | Tom Middelhuis                  | H40        | Nijmegen        | 0:33:02,365        | 1:36:20,455        | 1:00:38,698        | 3:10:01,518        |
| 105 | Andre Kunst                     | H40        | Daarlerveen     | 0:33:06,368        | 1:31:39,202        | 1:06:01,264        | 3:10:46,834        |
| 106 | Joop Peters                     | H55        | Assen           | 0:39:13,773        | 1:32:54,177        | 0:59:27,114        | 3:11:35,064        |
| 107 | Henk van der Woude              | H40        | Emmen           | 0:41:56,647        | 1:36:00,540        | 0:55:47,203        | 3:13:44,390        |
| 108 | Afine Timmer                    | DOA        | Groningen       | 0:40:49,398        | 1:33:59,163        | 1:06:35,996        | 3:21:24,557        |
| 109 | Laas Bonnema                    | H45        | Vrouwenparochie | 0:47:43,005        | 1:36:45,901        | 0:57:45,988        | 3:22:14,894        |
| 110 | <b>Trijnje Roozendaal - Rep</b> | <b>D55</b> | <b>Oostzaan</b> | <b>0:44:00,942</b> | <b>1:32:44,334</b> | <b>1:06:36,566</b> | <b>3:23:21,842</b> |
| 111 | Remke den Bremer                | D45        | s-Gravenhage    | 0:39:49,446        | 1:40:33,911        | 1:06:52,957        | 3:27:16,314        |
| 112 | Geert Meijer                    | H50        | Veldhoven       | 0:34:44,032        | 1:43:04,101        | 1:11:43,673        | 3:29:31,806        |
|     | Johan Neevel                    | H40        | Wezep           | 0:23:24,068        | 1:13:46,321        |                    |                    |
|     | Sandra Dijk                     | DOA        | Groningen       | 0:28:22,785        | 1:21:45,991        |                    |                    |
|     | Eelke Wijnia                    | H60        | Hardegarijp     |                    |                    |                    |                    |

**OPEN NEDERLANDS KAMPIOENSCHAP OFFROAD TRIATLON 2005 - 1500 m zwemmen, 30 km ATB, 10 km crossloop  
uitslag per categorie**

| Pos.                  | Naam                     | Cat. | Woonplaats           | Zwemmen     | Fietsen     | Lopen       | Totaaltijd  |
|-----------------------|--------------------------|------|----------------------|-------------|-------------|-------------|-------------|
| <b>Dames onder 40</b> |                          |      |                      |             |             |             |             |
| 1                     | Ingrid van Lubek         | DOA  | Bussum               | 0:23:00,781 | 1:14:49,015 | 0:46:27,068 | 2:24:16,864 |
| 2                     | Riikka Kelja             | DOA  | Gorinchem            | 0:24:12,507 | 1:17:19,322 | 0:46:36,462 | 2:28:08,291 |
| 3                     | Gonny Rosendaal          | DOA  | Geldermalsen         | 0:24:12,901 | 1:22:34,543 | 0:52:23,148 | 2:39:10,592 |
| 4                     | Jeanet Spigt             | DOA  | Amsterdam            | 0:26:14,890 | 1:23:41,205 | 0:54:19,298 | 2:44:15,393 |
| 5                     | Eveline Geersing         | DOA  | Groningen            | 0:28:32,269 | 1:28:52,440 | 0:53:55,818 | 2:51:20,527 |
| 6                     | Lenneke van der Heide    | DOA  | Heerenveen           | 0:27:18,423 | 1:31:08,978 | 0:55:51,680 | 2:54:19,081 |
| 7                     | Silvia Brouwer           | DOA  | Almere               | 0:30:42,201 | 1:29:31,037 | 0:55:53,880 | 2:56:07,118 |
| 8                     | Afine Timmer             | DOA  | Groningen            | 0:40:49,398 | 1:33:59,163 | 1:06:35,996 | 3:21:24,557 |
| <b>Dames 40</b>       |                          |      |                      |             |             |             |             |
| 1                     | Yvonne Leek              | D40  | Zuid-Scharwoude      | 0:29:36,514 | 1:22:47,600 | 0:55:01,486 | 2:47:25,600 |
| 2                     | Jeannet Ordelman         | D40  | Nijverdal            | 0:29:40,014 | 1:32:41,972 | 1:01:56,489 | 3:04:18,475 |
| <b>Dames 45</b>       |                          |      |                      |             |             |             |             |
| 1                     | Marijke Zeekant          | D45  | Amsterdam            | 0:23:24,739 | 1:17:51,286 | 0:49:51,130 | 2:31:07,155 |
| 2                     | Remke den Bremer         | D45  | s-Gravenhage         | 0:39:49,446 | 1:40:33,911 | 1:06:52,957 | 3:27:16,314 |
| <b>Dames 50</b>       |                          |      |                      |             |             |             |             |
| 1                     | Yvon Verkoyen            | D50  | Evergem België       | 0:33:02,605 | 1:20:56,066 | 0:50:49,588 | 2:44:48,259 |
| <b>Dames 55</b>       |                          |      |                      |             |             |             |             |
| 1                     | Trijnje Roozendaal - Rep | D55  | Oostzaan             | 0:44:00,942 | 1:32:44,334 | 1:06:36,566 | 3:23:21,842 |
| <b>Heren onder 40</b> |                          |      |                      |             |             |             |             |
| 1                     | Royce Kortekaas          | HOA  | Nieuw Vennep         | 0:23:11,712 | 1:05:23,597 | 0:40:18,262 | 2:08:53,571 |
| 2                     | Casper van den Burgh     | HOA  | Leiden               | 0:20:18,954 | 1:10:56,886 | 0:42:34,425 | 2:13:50,265 |
| 3                     | Jurgen Claassen          | HOA  | Groesbeek            | 0:23:21,205 | 1:11:31,961 | 0:39:22,915 | 2:14:16,081 |
| 4                     | Frans van Heteren        | HOA  | De Kwakel            | 0:23:24,323 | 1:09:32,213 | 0:41:24,487 | 2:14:21,023 |
| 5                     | Rorik Schouten           | HOA  | Hoogwoud             | 0:23:19,214 | 1:10:25,855 | 0:41:33,613 | 2:15:18,682 |
| 6                     | Machiel Ittmann          | HOA  | Hilversum            | 0:23:18,920 | 1:12:28,603 | 0:41:02,290 | 2:16:49,813 |
| 7                     | Youri De Buck            | HOA  | Lovendegem           | 0:26:18,314 | 1:09:07,029 | 0:42:45,458 | 2:18:10,801 |
| 8                     | André van de Bruinhorst  | HOA  | Barneveld            | 0:24:21,756 | 1:11:13,610 | 0:43:55,000 | 2:19:30,366 |
| 9                     | Tiedo Tinga              | HOA  | Lemmer               | 0:23:11,942 | 1:15:32,728 | 0:41:56,238 | 2:20:40,908 |
| 10                    | Arnoud van Garderen      | HOA  | Leusden              | 0:23:52,578 | 1:12:17,909 | 0:45:22,283 | 2:21:32,770 |
| 11                    | Geert-Jan Meewisse       | HOA  | Delft                | 0:24:24,337 | 1:12:10,999 | 0:45:22,580 | 2:21:57,916 |
| 12                    | Stefan van Namen         | HOA  | Alblasserdam         | 0:28:45,468 | 1:09:13,529 | 0:45:13,396 | 2:23:12,393 |
| 13                    | Henk-Jan Dolsma          | HOA  | Groningen            | 0:23:22,327 | 1:15:56,573 | 0:44:26,348 | 2:23:45,248 |
| 14                    | Erik-Simon Strijk        | HOA  | Hazerswoude Rijndijk | 0:23:19,993 | 1:18:53,545 | 0:41:43,855 | 2:23:57,393 |
| 15                    | Arjan Schilder           | HOA  | Almere               | 0:20:15,626 | 1:21:47,328 | 0:43:31,196 | 2:25:34,150 |
| 16                    | Bas ten Harkel           | HOA  | Enschede             | 0:26:29,860 | 1:16:55,156 | 0:42:29,354 | 2:25:54,370 |
| 17                    | Rob Woestenenk           | HOA  | Nijmegen             | 0:24:52,210 | 1:14:54,890 | 0:46:31,723 | 2:26:18,823 |
| 18                    | Robert Mijwaard          | HOA  | Huizen               | 0:27:41,510 | 1:12:10,081 | 0:47:06,920 | 2:26:58,511 |
| 19                    | Stijn Van de Velde       | HOA  | Lokeren              | 0:24:30,710 | 1:16:19,441 | 0:47:12,922 | 2:28:03,073 |
| 20                    | Erik Wolsing             | HOA  | Houten               | 0:21:18,992 | 1:16:04,290 | 0:51:59,943 | 2:29:23,225 |
| 21                    | Sander Riebroek          | HOA  | Bussum               | 0:28:42,406 | 1:16:04,085 | 0:44:43,601 | 2:29:30,092 |
| 22                    | Bart van Zelst           | HOA  | Elst Ut              | 0:28:41,710 | 1:15:25,006 | 0:45:35,783 | 2:29:42,499 |

|                 |                        |     |                          |             |             |             |             |
|-----------------|------------------------|-----|--------------------------|-------------|-------------|-------------|-------------|
| 23              | Martijn Schutte        | HOA | Rijssen                  | 0:26:11,858 | 1:17:57,000 | 0:47:41,592 | 2:31:50,450 |
| 24              | Thomas Mulrooney       | HOA | Leer                     | 0:24:16,638 | 1:16:25,844 | 0:51:59,767 | 2:32:42,249 |
| 25              | Marc van der Kort      | HOA | Geldermalsen             | 0:27:39,149 | 1:18:40,407 | 0:48:31,909 | 2:34:51,465 |
| 26              | Mathijm Wassink        | HOA | Hoewelaken               | 0:23:29,002 | 1:18:05,829 | 0:53:49,069 | 2:35:23,900 |
| 27              | Henkjan van Goor       | HOA | Daarlerveen              | 0:32:17,247 | 1:15:57,643 | 0:47:28,383 | 2:35:43,273 |
| 28              | Dirk Jan Moes          | HOA | Groningen                | 0:23:20,627 | 1:21:46,779 | 0:50:55,132 | 2:36:02,538 |
| 29              | Marcel ten Wolde       | HOA | Groningen                | 0:33:29,256 | 1:17:15,865 | 0:47:08,744 | 2:37:53,865 |
| 30              | Edward Mahieu          | HOA | Amsterdam                | 0:32:37,050 | 1:18:14,963 | 0:47:09,160 | 2:38:01,173 |
| 31              | Arnoud Hageman         | HOA | Harkstede                | 0:27:16,950 | 1:22:14,740 | 0:48:37,866 | 2:38:09,556 |
| 32              | Onno Treur             | HOA | Delft                    | 0:28:37,982 | 1:18:23,859 | 0:51:11,030 | 2:38:12,871 |
| 33              | Jorrit Meijer          | HOA | Groningen                | 0:29:43,341 | 1:17:14,824 | 0:51:15,593 | 2:38:13,758 |
| 34              | Jochem Slijkhuis       | HOA | Groningen                | 0:25:03,074 | 1:27:35,149 | 0:45:45,621 | 2:38:23,844 |
| 35              | Paul Jeurink           | HOA | Hengelo                  | 0:30:48,569 | 1:15:50,049 | 0:52:02,908 | 2:38:41,526 |
| 36              | Rogier Mooiman         | HOA | Dreumel                  | 0:27:14,032 | 1:16:54,995 | 0:55:01,599 | 2:39:10,626 |
| 37              | Andreas Kiewiet        | HOA | Roden                    | 0:31:00,050 | 1:22:13,006 | 0:46:39,077 | 2:39:52,133 |
| 38              | Jan van der Sleet      | HOA | Haren Gn                 | 0:24:37,231 | 1:20:57,614 | 0:54:43,810 | 2:40:18,655 |
| 39              | Willem-Pier Vellinga   | HOA | Groningen                | 0:27:08,218 | 1:24:01,685 | 0:51:15,968 | 2:42:25,871 |
| 40              | Jiri de Beule          | HOA | Beveren                  | 0:27:31,994 | 1:26:47,635 | 0:49:34,791 | 2:43:54,420 |
| 41              | Paul Slot              | HOA | Dalfsen                  | 0:28:19,022 | 1:19:46,177 | 0:55:51,686 | 2:43:56,885 |
| 42              | Coen van Amersfoort    | HOA | Amsterdam                | 0:27:15,362 | 1:22:47,083 | 0:57:58,771 | 2:48:01,216 |
| 43              | Sander Teeuwisse       | HOA | Amersfoort               | 0:30:29,186 | 1:23:41,663 | 0:53:51,285 | 2:48:02,134 |
| 44              | Jan Reiffers           | HOA | Bedum                    | 0:32:23,905 | 1:29:55,631 | 0:47:39,787 | 2:49:59,323 |
| 45              | Lion Wildenburg        | HOA | Delft                    | 0:32:53,442 | 1:26:21,389 | 0:52:03,834 | 2:51:18,665 |
| 46              | Peter Dubbelaar        | HOA | Noordwijk Zh             | 0:32:11,704 | 1:21:53,264 | 0:58:49,638 | 2:52:54,606 |
| 47              | Robert ten Wolde       | HOA | Nijeveen                 | 0:29:41,738 | 1:25:47,389 | 0:57:27,638 | 2:52:56,765 |
| 48              | Martin de Munnik       | HOA | Zwolle                   | 0:37:34,921 | 1:28:41,985 | 0:54:16,866 | 3:00:33,772 |
| 49              | Marcel Veen            | HOA | Groningen                | 0:27:54,273 | 1:34:26,224 | 1:01:36,204 | 3:03:56,701 |
| <b>Heren 40</b> |                        |     |                          |             |             |             |             |
| 1               | Menno Iedema           | H40 | Drachten                 | 0:21:22,288 | 1:13:23,426 | 0:43:07,384 | 2:17:53,098 |
| 2               | Pim Veeger             | H40 | Amsterdam                | 0:23:59,206 | 1:10:11,052 | 0:44:18,254 | 2:18:28,512 |
| 3               | Manfred Boogaard       | H40 | Ede Gld                  | 0:23:25,694 | 1:12:22,219 | 0:45:11,250 | 2:20:59,163 |
| 4               | Hans Leek              | H40 | Zuid-Scharwoude          | 0:26:37,280 | 1:09:56,910 | 0:46:50,734 | 2:23:24,924 |
| 5               | Bas Bluysen            | H40 | Nijmegen                 | 0:26:13,000 | 1:17:48,000 | 0:42:37,000 | 2:26:38,000 |
| 6               | Alain Provoost         | H40 | Belzele                  | 0:26:37,080 | 1:14:19,649 | 0:46:09,893 | 2:27:06,622 |
| 7               | Alco Kruithof          | H40 | Lemmer                   | 0:25:11,878 | 1:15:46,085 | 0:48:18,311 | 2:29:16,274 |
| 8               | Vincent Hentzepeter    | H40 | Westerhaar-Vriezenv Wijk | 0:31:08,328 | 1:16:43,597 | 0:44:23,471 | 2:32:15,396 |
| 9               | Gerrit Jan Bakker      | H40 | Ermelo                   | 0:23:32,783 | 1:19:00,687 | 0:50:47,153 | 2:33:20,623 |
| 10              | Ronald van de Wetering | H40 | Almere                   | 0:27:19,073 | 1:15:35,140 | 0:50:27,287 | 2:33:21,500 |
| 11              | Kornelis Bijlsma       | H40 | Buitenpost               | 0:23:28,126 | 1:17:30,284 | 0:54:29,144 | 2:35:27,554 |
| 12              | Henk Sikma             | H40 | Zwaagwesteinde           | 0:28:25,425 | 1:22:09,612 | 0:46:23,261 | 2:36:58,298 |
| 13              | Joop Schwalbach        | H40 | Oostzaan                 | 0:30:04,312 | 1:20:14,842 | 0:50:36,337 | 2:40:55,491 |
| 14              | Oscar de Jong          | H40 | Zandeweer                | 0:30:19,932 | 1:24:52,143 | 0:49:47,341 | 2:44:59,416 |
| 15              | Dick Vermeulen         | H40 | Leusden                  | 0:28:54,734 | 1:25:07,361 | 0:51:50,725 | 2:45:52,820 |
| 16              | Gerard Brouwer         | H40 | Hilversum                | 0:32:35,668 | 1:24:38,765 | 0:56:13,547 | 2:53:27,980 |
| 17              | Jan Willem Oosterveld  | H40 | Wormer                   | 0:30:42,860 | 1:28:50,856 | 0:57:48,239 | 2:57:21,955 |
| 18              | Frans Hooijen          | H40 | Hapert                   | 0:40:46,101 | 1:22:11,440 | 0:58:58,299 | 3:01:55,840 |
| 19              | Kees der Weduwe        | H40 | Cothen                   | 0:34:49,568 | 1:30:34,880 | 1:02:18,810 | 3:07:43,258 |

|    |                         |     |                  |             |             |             |             |
|----|-------------------------|-----|------------------|-------------|-------------|-------------|-------------|
| 20 | Tom Middelhuis          | H40 | Nijmegen         | 0:33:02,365 | 1:36:20,455 | 1:00:38,698 | 3:10:01,518 |
| 21 | Andre Kunst             | H40 | Daarlerveen      | 0:33:06,368 | 1:31:39,202 | 1:06:01,264 | 3:10:46,834 |
| 22 | Henk van der Woude      | H40 | Emmen            | 0:41:56,647 | 1:36:00,540 | 0:55:47,203 | 3:13:44,390 |
|    | <b>Heren 45</b>         |     |                  |             |             |             |             |
| 1  | Rob Barel               | H45 | Overberg         | 0:21:22,246 | 1:06:47,309 | 0:39:52,517 | 2:08:02,072 |
| 2  | Rob van Zanten          | H45 | Vlaardingen      | 0:24:21,530 | 1:10:45,811 | 0:44:07,820 | 2:19:15,161 |
| 3  | Ruud Schrijver          | H45 | Noord-Scharwoude | 0:23:18,522 | 1:13:30,308 | 0:50:44,662 | 2:27:33,492 |
| 4  | Dick Vosmeer            | H45 | Naarden          | 0:26:24,867 | 1:13:56,958 | 0:50:47,359 | 2:31:09,184 |
| 5  | Ron Hendriks            | H45 | Wijchen          | 0:26:38,003 | 1:14:37,876 | 0:50:56,132 | 2:32:12,011 |
| 6  | Willy Bogers            | H45 | s-Gravenhage     | 0:26:20,321 | 1:21:39,745 | 0:46:34,247 | 2:34:34,313 |
| 7  | Tom Steens              | H45 | Schiedam         | 0:27:03,360 | 1:20:48,544 | 0:51:30,129 | 2:39:22,033 |
| 8  | Epko Oosterheerd        | H45 | Maarssen         | 0:28:38,772 | 1:23:51,750 | 0:50:27,523 | 2:42:58,045 |
| 9  | Pieter Iedema           | H45 | Amsterdam        | 0:34:02,744 | 1:22:15,215 | 0:48:26,145 | 2:44:44,104 |
| 10 | Aaldrik Koops           | H45 | Zaandam          | 0:32:35,698 | 1:21:27,800 | 0:53:35,699 | 2:47:39,197 |
| 11 | Hans Spaans             | H45 | Arnhem           | 0:29:50,158 | 1:27:23,635 | 0:50:56,268 | 2:48:10,061 |
| 12 | Dirk Kruse              | H45 | Emmen            | 0:32:28,834 | 1:28:15,575 | 0:58:12,300 | 2:58:56,709 |
| 13 | Pieter Bak              | H45 | Oude Bildtzijl   | 0:30:14,046 | 1:30:15,878 | 0:59:24,432 | 2:59:54,356 |
| 14 | Bertus de Vries         | H45 | Vegelinsoord     | 0:34:22,996 | 1:31:51,949 | 0:53:51,697 | 3:00:06,642 |
| 15 | Bert de Heij            | H45 | Gorredijk        | 0:36:49,039 | 1:32:06,221 | 0:59:27,359 | 3:08:22,619 |
| 16 | Laas Bonnema            | H45 | Vrouwenparochie  | 0:47:43,005 | 1:36:45,901 | 0:57:45,988 | 3:22:14,894 |
|    | <b>Heren 50</b>         |     |                  |             |             |             |             |
| 1  | Klaas de Leth           | H50 | Amsterdam        | 0:24:11,632 | 1:16:54,632 | 0:47:25,387 | 2:28:31,651 |
| 2  | Jan van der Heide       | H50 | Heerenveen       | 0:28:28,410 | 1:16:33,624 | 0:52:03,050 | 2:37:05,084 |
| 3  | Wim van Haperen         | H50 | Etten-Leur       | 0:26:22,036 | 1:20:00,953 | 0:50:54,629 | 2:37:17,618 |
| 4  | Kobus Botman            | H50 | Middelburg       | 0:32:22,146 | 1:18:26,244 | 0:53:40,685 | 2:44:29,075 |
| 5  | Bram Heikamp            | H50 | Muiden           | 0:34:10,208 | 1:23:28,204 | 0:54:24,376 | 2:52:02,788 |
| 6  | Henk van de Grootevheen | H50 | Alkmaar          | 0:30:16,954 | 1:29:44,966 | 0:54:51,128 | 2:54:53,048 |
| 7  | Geert Meijer            | H50 | Veldhoven        | 0:34:44,032 | 1:43:04,101 | 1:11:43,673 | 3:29:31,806 |
|    | <b>Heren 55</b>         |     |                  |             |             |             |             |
| 1  | Leo Meewisse            | H55 | s-Gravenhage     | 0:32:49,800 | 1:17:48,959 | 0:53:25,501 | 2:44:04,260 |
| 2  | Eelke de Boer           | H55 | Delft            | 0:37:13,808 | 1:27:46,508 | 0:57:11,748 | 3:02:12,064 |
| 3  | Jan Kuipers             | H55 | Borger           | 0:41:07,229 | 1:31:42,589 | 0:54:59,755 | 3:07:49,573 |
| 4  | Joop Peters             | H55 | Assen            | 0:39:13,773 | 1:32:54,177 | 0:59:27,114 | 3:11:35,064 |