

**Tri-Ambla L**

				Zwemmen	Fietsen	Lopen 1	Lopen 2	Totaal	Achter	
1.	223	Roelof de Roos	LEEUWARDEN	H30+	24:39 (3)	1:31:06 (1)	26:35 (1)	25:52 (1)	2:48:14	
2.	289	Thierry Zuidervijk	DEN HOORN	H30+	25:57 (9)	1:36:22 (7)	28:24 (2)	27:02 (2)	2:57:47	09:33
3.	232	Hans Kamphuis	ALMELO	H20+	29:19 (33)	1:35:28 (3)	28:28 (3)	28:07 (4)	3:01:23	13:09
4.	265	Bas Simons	NIJMEGEN	H30+	27:34 (12)	1:34:27 (2)	30:37 (14)	29:40 (10)	3:02:20	14:06
5.	171	Linda van Vliet	NIJMEGEN	D30+	29:26 (35)	1:36:35 (8)	28:32 (4)	27:52 (3)	3:02:27	14:13
6.	201	Marco van Dijk	LOO	H40+	25:01 (5)	1:36:03 (6)	30:00 (12)	31:45 (18)	3:02:51	14:37
7.	285	Ruud Wiegiers	DEN BOSCH	H40+	23:50 (1)	1:39:42 (10)	30:00 (11)	29:38 (9)	3:03:11	14:57
8.	269	Jaap Stiggelbout	WIJERDEN	H20+	29:00 (27)	1:39:53 (12)	28:42 (7)	28:38 (5)	3:06:15	18:01
9.	263	Sander Jansen	ZEEWOLDE	H30+	31:46 (58)	1:35:37 (4)	29:38 (8)	29:48 (11)	3:06:50	18:36
10.	212	Martijn Groenendaal	DIDAM	H30+	28:11 (21)	1:39:43 (11)	28:38 (5)	31:26 (15)	3:08:00	19:46
11.	273	Michael Verboom	ANNEN	H20+	27:41 (14)	1:38:55 (9)	31:06 (16)	32:01 (22)	3:09:45	21:31
12.	224	Tom Hulkenberg	ZEVENAAR	H20+	25:20 (8)	1:35:41 (5)	34:09 (47)	35:02 (40)	3:10:14	22:00
13.	267	Lothar Sobotta	WEILERSWIST	H40+	29:45 (42)	1:44:37 (14)	30:12 (13)	30:36 (12)	3:15:12	26:58
14.	225	Gertjan Hulzinga	ASSEN	H20+	27:41 (13)	1:44:30 (13)	32:20 (27)	34:18 (32)	3:18:50	30:36
15.	281	Gian Walhain	ROTTERDAM	H30+	24:57 (4)	1:51:24 (25)	31:57 (23)	30:46 (13)	3:19:06	30:52
16.	236	Paul Koopman	EGMOND AAN ZEE	H40+	35:05 (84)	1:50:14 (24)	28:42 (6)	29:15 (7)	3:23:17	35:03
17.	165	Simone Lankhuijzen	DEN HAAG	D40+	28:06 (19)	1:52:59 (32)	30:56 (15)	31:24 (14)	3:23:27	35:13
18.	268	Peter Lelijveld	AMSTERDAM	H50+	29:40 (39)	1:45:07 (15)	33:34 (41)	35:15 (43)	3:23:38	35:24
19.	256	Wim van Paasen	POELDIJK	H40+	30:33 (49)	1:45:36 (16)	33:08 (40)	35:05 (41)	3:24:24	36:10
20.	244	Atse Meerman	OOSTERBEEK	H30+	28:06 (20)	1:48:48 (20)	33:04 (38)	35:09 (42)	3:25:09	36:55
21.	210	Guido Goeting	GOUDA	H40+	32:38 (66)	1:45:48 (17)	33:07 (39)	34:44 (35)	3:26:18	38:04
22.	243	Menno Mathlener	HEERHUGOWAARD	H30+	31:44 (57)	1:51:50 (27)	31:11 (17)	31:44 (17)	3:26:31	38:17
23.	221	Leo Hoogland	HOLTEN	H50+	29:08 (30)	1:50:10 (23)	33:53 (44)	34:04 (30)	3:27:16	39:02
24.	253	Jan Willem Oosterveld	WORMER	H40+	26:16 (10)	1:56:17 (46)	32:33 (32)	33:39 (29)	3:28:47	40:33
25.	202	Ben Douwes	VEENWOUDE	H30+	25:16 (7)	1:55:09 (36)	33:38 (43)	34:48 (37)	3:28:52	40:38
26.	190	Pieter Bloemberg	GROESSEN	H30+	32:21 (62)	1:49:24 (21)	31:28 (20)	35:48 (49)	3:29:03	40:49
27.	280	Florian de Vries	HOUTEN	H20+	28:47 (22)	1:52:32 (30)	32:24 (28)	35:42 (46)	3:29:27	41:13
28.	185	Paul Berbee	ANNA PAULOWNA	H40+	29:37 (37)	1:52:18 (29)	32:42 (33)	34:57 (39)	3:29:36	41:22
29.	189	Jurriaan Bloemberg	AMSTERDAM	H30+	30:34 (50)	1:56:00 (42)	31:43 (21)	32:07 (23)	3:30:26	42:12
30.	205	Antoon Ensing	AMSTERDAM	H30+	29:05 (28)	1:50:01 (22)	34:06 (45)	37:18 (56)	3:30:32	42:18
31.	230	Evert Jansen	DEN HAAG	H30+	29:59 (44)	1:55:24 (37)	33:02 (37)	32:46 (25)	3:31:12	42:58
32.	173	Connie van der Lee	BREEZAND	D40+	31:01 (53)	1:55:32 (39)	32:48 (35)	32:15 (24)	3:31:37	43:23
33.	227	Bastiaan van Ingen	NIEUW VENNEP	H30+	34:50 (80)	1:48:34 (19)	32:14 (26)	36:06 (51)	3:31:46	43:32
34.	260	Martijn Rikkerink	HENGEL OV	H30+	31:46 (59)	1:51:33 (26)	34:06 (46)	34:44 (36)	3:32:10	43:56
35.	198	Patrick Brooijmans	UTRECHT	H40+	30:12 (46)	1:57:19 (49)	32:09 (25)	33:31 (26)	3:33:12	44:58
36.	220	Timo t Hoogeboom	BUSSUM	H40+	28:54 (25)	1:52:15 (28)	35:08 (55)	37:06 (55)	3:33:25	45:11
37.	187	Denny van Beuzekom	ARNHEM	H30+	30:01 (45)	1:57:47 (50)	34:14 (48)	31:48 (19)	3:33:51	45:37
38.	211	Jurre Grimberg	SNEEK	H20+	25:09 (6)	1:58:15 (53)	33:38 (42)	37:20 (58)	3:34:24	46:10
39.	255	Arnoud van Os	DEN HAAG	H30+	32:40 (68)	1:56:42 (47)	31:59 (24)	33:37 (28)	3:35:00	46:46
40.	279	Ecoo de Vries	MAARSSSEN	H40+	32:11 (61)	1:57:07 (48)	32:25 (29)	33:37 (27)	3:35:21	47:07
41.	199	Nico Coelen	NULAND	H40+	31:01 (52)	2:02:42 (59)	31:51 (22)	31:40 (16)	3:37:15	49:01
42.	159	Marit Bouwmeester	WARTENA	D20+	31:00 (51)	1:56:06 (44)	32:47 (34)	37:31 (60)	3:37:26	49:12
43.	160	Henny Brouwer	ANNEN	D40+	29:56 (43)	2:04:22 (66)	31:15 (18)	31:53 (20)	3:37:28	49:14
44.	197	Martijn Bos	AMSTERDAM	H30+	37:18 (92)	1:53:37 (33)	32:50 (36)	34:04 (31)	3:37:51	49:37
45.	188	Jerom van Beuzekom	MUIDEN	H30+	28:54 (24)	1:56:01 (43)	36:18 (67)	36:37 (53)	3:37:51	49:37
46.	195	Hans Bosman	AMSTELVEEN	H40+	28:01 (18)	1:58:03 (51)	35:18 (57)	37:18 (57)	3:38:42	50:28
47.	226	Ric Huting	AMERSFOORT	H30+	29:40 (40)	2:09:43 (84)	29:58 (10)	29:26 (8)	3:38:49	50:35
48.	272	Rob Teisman	DE WAAL	H50+	29:10 (31)	1:59:57 (56)	35:12 (56)	34:30 (34)	3:38:50	50:36
49.	254	Maurice van Oostrom	AMSTERDAM	H30+	30:18 (47)	1:53:38 (34)	37:55 (71)	37:46 (64)	3:39:38	51:24
50.	193	Thijs van Bon	AMSTERDAM	H30+	29:13 (32)	1:54:40 (35)	38:27 (77)	37:31 (61)	3:39:53	51:39
51.	214	Jacob de Groot	LEEUWARDEN	H50+	29:40 (41)	2:04:06 (65)	32:30 (31)	34:50 (38)	3:41:07	52:53
52.	231	Jeroen Jansen	OIJEN	H40+	32:35 (65)	1:58:06 (52)	34:20 (49)	36:45 (54)	3:41:48	53:34
53.	168	Jenneke Satter	BREEZAND	D40+	28:49 (23)	1:55:45 (40)	38:40 (79)	38:40 (70)	3:41:55	53:41
54.	286	Erik Wijbenga	UTRECHT	H40+	33:31 (73)	1:55:29 (38)	35:36 (60)	37:54 (65)	3:42:31	54:17

# CROSS TRIATHLON AMELAND

55.	229	Wijnand Jager	ALDE LEIE	H50+	29:26 (34)	2:09:59 (85)	31:19 (19)	31:55 (21)	3:42:40	54:26
56.	291	Stas Zylicz	GOUDA	H30+	29:07 (29)	2:05:34 (73)	32:26 (30)	35:44 (47)	3:42:53	54:39
57.	276	Cornelis Visser	DEN HELDER	H40+	31:09 (55)	1:52:55 (31)	38:26 (76)	40:49 (82)	3:43:20	55:06
58.	288	Marco Zonneveld	WATERINGEN	H40+	28:59 (26)	1:55:52 (41)	39:51 (84)	38:41 (71)	3:43:24	55:10
59.	152	Mireille Baart	WAGENINGEN	D30+	33:42 (76)	2:13:13 (89)	29:41 (9)	28:51 (6)	3:45:29	57:15
60.	219	Dim Hendriksen	EGMOND AAN ZEE	H40+	34:12 (77)	1:59:03 (54)	35:06 (54)	37:25 (59)	3:45:47	57:33
61.	194	Jeroen Bosma	AMSTERDAM	H30+	33:24 (72)	1:56:07 (45)	36:18 (66)	40:13 (80)	3:46:04	57:50
62.	278	Dirk de Vries	HURDEGARIJP	H50+	31:08 (54)	2:05:27 (72)	34:28 (51)	35:21 (44)	3:46:26	58:12
63.	206	Andre Feenstra	GOUDA	H60+	32:22 (63)	2:06:48 (77)	34:23 (50)	34:23 (33)	3:47:57	59:43
64.	167	Martien van Rijn	AMSTELVEEN	D40+	27:47 (16)	2:08:30 (81)	36:03 (65)	36:03 (50)	3:48:24	1:00:10
65.	181	Jan Aarts	OIRSCHOT	H40+	35:08 (85)	2:00:48 (57)	34:46 (53)	38:13 (67)	3:48:56	1:00:42
66.	157	Elvira van Bolhuis	GRONINGEN	D30+	26:19 (11)	2:04:26 (67)	38:20 (74)	40:03 (78)	3:49:10	1:00:56
67.	250	Nico Mulder	AMSTERDAM	H30+	35:53 (89)	2:02:39 (58)	35:21 (58)	35:45 (48)	3:49:38	1:01:24
68.	209	Maarten Goedhart	BUSSUM	H40+	32:26 (64)	2:03:30 (63)	38:37 (78)	35:29 (45)	3:50:03	1:01:49
69.	153	Lobke Berkhout	ZWAAG	D30+	27:50 (17)	2:05:22 (71)	38:18 (73)	39:21 (74)	3:50:53	1:02:39
70.	266	Hink Slagter	ANNEN	H50+	31:38 (56)	2:03:21 (62)	37:11 (69)	40:52 (83)	3:53:04	1:04:50
71.	203	Rob Dragt	DEN HELDER	H40+	33:36 (75)	2:05:38 (74)	35:59 (63)	38:16 (68)	3:53:31	1:05:17
72.	251	Edward Nagel	NIJMEGEN	H50+	32:38 (67)	2:07:15 (79)	36:18 (68)	37:34 (63)	3:53:47	1:05:33
73.	261	Patrick Roquas	BUSSUM	H40+	35:29 (88)	1:59:40 (55)	39:23 (83)	39:18 (73)	3:53:51	1:05:37
74.	247	Theo Metz	LEEWARDEN	H40+	41:08 (99)	1:46:04 (18)	40:00 (85)	46:54 (95)	3:54:07	1:05:53
75.	164	Karen Lammerts van Bueren	DEN HAAG	D40+	34:25 (79)	2:03:42 (64)	36:02 (64)	40:04 (79)	3:54:14	1:06:00
76.	222	Olivier Hoogveld	LEIDSCHEMENDAM	H40+	36:35 (90)	2:04:27 (68)	35:27 (59)	38:37 (69)	3:55:07	1:06:53
77.	238	Jos Kraakman	ALKMAAR	H50+	37:28 (93)	2:04:49 (69)	35:51 (62)	37:33 (62)	3:55:41	1:07:27
78.	182	Marcel Ammeraal	HOOGEZAND	H40+	32:51 (70)	2:09:25 (83)	35:45 (61)	38:13 (66)	3:56:15	1:08:01
79.	215	Stéphane Halleux	UKKEL	H40+	27:44 (15)	2:07:06 (78)	40:10 (86)	42:03 (84)	3:57:04	1:08:50
80.	239	Wouter Lang	MAARN	H30+	33:34 (74)	2:05:01 (70)	39:11 (82)	39:25 (75)	3:57:13	1:08:59
81.	271	Erik van der Straat	NIJVERDAL	H40+	24:25 (2)	2:03:00 (61)	43:09 (96)	47:11 (96)	3:57:46	1:09:32
82.	154	Annemieke Bes	MEDEMBLIK	D30+	32:48 (69)	2:05:48 (75)	40:46 (89)	44:36 (88)	4:04:00	1:15:46
83.	158	Marcelien Bos	AMSTERDAM	D30+	29:32 (36)	2:09:05 (82)	40:45 (88)	44:38 (89)	4:04:01	1:15:47
84.	241	Gerard Looijen	BUSSUM	H40+	35:24 (86)	2:11:37 (87)	38:52 (80)	43:36 (87)	4:09:29	1:21:15
85.	217	Martijn van Helmond	ASTEN	H40+	37:17 (91)	2:11:13 (86)	38:24 (75)	43:19 (86)	4:10:15	1:22:01
86.	218	Jan Helwig	SOEST	H50+	34:54 (81)	2:19:45 (94)	37:16 (70)	39:57 (77)	4:11:54	1:23:40
87.	170	Sylvia Visser	DEN HAAG	D40+	39:10 (97)	2:07:18 (80)	42:05 (95)	44:45 (90)	4:13:19	1:25:05
88.	191	Steven Pieter de Boer	GRONINGEN	H20+	35:27 (87)	2:19:14 (91)	40:46 (90)	38:56 (72)	4:14:24	1:26:10
89.	155	Natascha Binnewijzend	ANNA PAULOWNA	D40+	30:31 (48)	2:26:25 (98)	38:03 (72)	39:32 (76)	4:14:33	1:26:19
90.	207	Bouke Fennema	BRITSUM	H50+	29:38 (38)	2:20:04 (95)	43:20 (97)	42:42 (85)	4:15:46	1:27:32
91.	163	Laura van den Heuvel	ANNA PAULOWNA	D20+	32:10 (60)	2:22:56 (96)	41:39 (94)	40:24 (81)	4:17:10	1:28:56
92.	262	Tjisse Schaap	ENGELUM	H40+	39:02 (96)	2:29:53 (100)	34:40 (52)	36:07 (52)	4:19:43	1:31:29
93.	240	Bob Lokhorst	BUSSUM	H50+	41:14 (100)	2:02:46 (60)	47:08 (98)	49:47 (98)	4:20:58	1:32:44
94.	242	Mark Folbert	TERNAARD	H30+	48:32 (103)	2:05:51 (76)	40:18 (87)	46:37 (94)	4:21:19	1:33:05
95.	184	Frank Assinck	EINDHOVEN	H40+	39:19 (98)	2:16:24 (90)	41:06 (91)	44:50 (91)	4:21:40	1:33:26
96.	161	Marieke De Ruijter De Wildt	AMSTERDAM	D30+	35:00 (82)	2:19:43 (92)	41:29 (93)	45:29 (92)	4:21:42	1:33:28
97.	282	Seb Walhain	AMSTERDAM	H40+	35:05 (83)	2:19:43 (93)	41:24 (92)	45:29 (93)	4:21:43	1:33:29
98.	293	Leroy Vlasveld	SURHUISTERVEEN	H16+	46:10 (101)	2:12:30 (88)	38:57 (81)	47:25 (97)	4:25:03	1:36:49
	252	Noud Nota	DRUTEN	H40+	39:02 (95)	2:24:30 (97)				DNF
	274	Chris Vermeulen	DEN HELDER	H40+	37:28 (94)	2:28:27 (99)				DNF
	156	Ina Boer	ANNEN	D40+	47:14 (102)					DNF
	277	Rien de Vreede	MIDDENBEEEMSTER	H50+	33:04 (71)					DNF
	174	Ine Looijen	BUSSUM	H40+	34:22 (78)					DNF
	245	Henk van der Meiden	DE RIJP	H40+						DNS