

uitslag Cross Triathlon Ameland 2008 - Tri-Ambla L

| Pos | Bib | Firstname | Class | Hometown | ZwemmenTm | Fietsen1Tm | FietsenFinishTm | Lopen1Tm | LopenFinishTm | TotalTm |
|-----|-----|------------------------|--------|----------------------|-------------|-------------|-----------------|-------------|---------------|-------------|
| 1 | 40 | Jeroen van Dijke | HOA | s-Gravenhage | 0:22:29,051 | 0:09:37,235 | 1:16:41,046 | 0:22:36,395 | 0:22:37,860 | 2:34:01,587 |
| 2 | 20 | Michael Krijnen | HOA | Spanbroek | 0:18:30,762 | 0:09:14,591 | 1:19:59,380 | 0:24:17,275 | 0:25:03,149 | 2:37:05,157 |
| 3 | 2 | Niels Strijk | H16-23 | Hazerswoude Rijndijk | 0:16:54,732 | 0:09:27,012 | 1:21:38,255 | 0:25:13,533 | 0:24:42,413 | 2:37:55,945 |
| 4 | 48 | Bart van der Wal | HOA | Utrecht | 0:19:46,748 | 0:09:31,654 | 1:19:43,022 | 0:26:41,721 | 0:26:49,201 | 2:42:32,346 |
| 5 | 11 | Ralf de Jong | HOA | Drachten | 0:21:10,243 | 0:09:51,458 | 1:21:49,262 | 0:25:27,650 | 0:26:47,475 | 2:45:06,088 |
| 6 | 27 | Jan Otter | HOA | Vriezenveen | 0:21:06,908 | 0:09:34,209 | 1:21:43,053 | 0:25:55,211 | 0:26:58,342 | 2:45:17,723 |
| 7 | 63 | Matijs Jansen | HOA | Zwolle | 0:23:23,030 | 0:09:28,472 | 1:18:13,112 | 0:27:19,127 | 0:27:24,043 | 2:45:47,784 |
| 8 | 99 | Ruud Wiegiers | H40-49 | s-Hertogenbosch | 0:20:29,278 | 0:09:57,596 | 1:25:26,782 | 0:27:21,564 | 0:27:39,831 | 2:50:55,051 |
| 9 | 30 | Philip Kremers | HOA | Arnhem | 0:20:51,943 | 0:09:50,336 | 1:25:15,576 | 0:26:53,527 | 0:28:41,526 | 2:51:32,908 |
| 10 | 31 | Martijn Hartjes | HOA | Berghem | 0:18:13,169 | 0:10:30,001 | 1:27:40,809 | 0:26:48,530 | 0:28:39,410 | 2:51:51,919 |
| 11 | 10 | Theo Brouwer | HOA | Mantgum | 0:24:53,970 | 0:10:31,603 | 1:26:10,963 | 0:26:26,702 | 0:26:46,940 | 2:54:50,178 |
| 12 | 56 | Peter de Schipper | HOA | Utrecht | 0:22:03,212 | 0:10:25,563 | 1:33:48,416 | 0:24:40,228 | 0:24:29,727 | 2:55:27,146 |
| 13 | 44 | Gert Mulderij | HOA | Elim | 0:26:19,803 | 0:10:34,658 | 1:21:55,793 | 0:28:48,315 | 0:28:07,272 | 2:55:45,841 |
| 14 | 35 | Harm Twaalfhoven | HOA | Heerhugowaard | 0:22:59,850 | 0:09:44,758 | 1:23:43,823 | 0:29:55,628 | 0:30:35,058 | 2:56:59,117 |
| 15 | 29 | Paul van Haaren | HOA | Amsterdam | 0:27:12,152 | 0:09:44,846 | 1:27:13,779 | 0:26:22,191 | 0:27:05,421 | 2:57:38,389 |
| 16 | 89 | Alain Cools | H40-49 | Bredene | 0:20:37,502 | 0:11:31,332 | 1:26:48,190 | 0:29:13,218 | 0:29:38,940 | 2:57:49,182 |
| 17 | 96 | Vincent Eijt | H40-49 | Zoetermeer | 0:23:40,452 | 0:11:15,887 | 1:28:49,269 | 0:27:43,701 | 0:26:54,024 | 2:58:23,333 |
| 18 | 36 | Rene Hol | HOA | Heerhugowaard | 0:20:08,133 | 0:11:08,225 | 1:30:41,785 | 0:28:24,088 | 0:28:48,735 | 2:59:10,966 |
| 19 | 97 | Peter Visscher | H40-49 | De Wijk | 0:22:02,356 | 0:10:02,541 | 1:24:11,280 | 0:30:43,284 | 0:32:35,642 | 2:59:35,103 |
| 20 | 73 | Eppo Oosterheerd | H40-49 | Maarssen | 0:22:29,682 | 0:10:28,158 | 1:27:28,287 | 0:29:57,866 | 0:30:00,177 | 3:00:24,170 |
| 21 | 68 | René Metz | HOA | Buren Ameland Fr | 0:23:20,424 | 0:11:19,937 | 1:28:42,173 | 0:28:59,960 | 0:28:35,488 | 3:00:57,982 |
| 22 | 45 | Arthur Kratz | HOA | Veenendaal | 0:24:40,534 | 0:09:33,550 | 1:28:17,976 | 0:28:48,819 | 0:30:22,089 | 3:01:42,968 |
| 23 | 158 | May Kerstens | DOA | Utrecht | 0:26:02,826 | 0:11:50,134 | 1:31:01,370 | 0:26:52,573 | 0:27:06,725 | 3:02:53,628 |
| 24 | 94 | Toon Durville | H40-49 | Amsterdam | 0:24:32,692 | 0:10:22,200 | 1:27:22,128 | 0:31:15,327 | 0:29:54,503 | 3:03:26,850 |
| 25 | 119 | Jan Stolk | H50-59 | Utrecht | 0:23:12,370 | 0:11:55,486 | 1:32:55,826 | 0:28:05,956 | 0:28:02,601 | 3:04:12,239 |
| 26 | 23 | Martin Kooiker | H40-49 | | 0:28:37,922 | 0:11:34,686 | 1:28:39,570 | 0:27:16,558 | 0:28:52,091 | 3:05:00,827 |
| 27 | 47 | George de Jong | HOA | Beek gem Montferland | 0:21:41,059 | 0:10:41,724 | 1:29:57,222 | 0:31:05,674 | 0:31:41,212 | 3:05:06,891 |
| 28 | 86 | Marco van Dijk | H40-49 | Loo Gld | 0:22:24,270 | 0:09:47,545 | 1:27:18,841 | 0:32:05,860 | 0:34:36,212 | 3:06:12,728 |
| 29 | 87 | Rudi Bach | H40-49 | Didam | 0:23:34,684 | 0:10:04,253 | 1:27:50,349 | 0:31:43,396 | 0:33:38,873 | 3:06:51,555 |
| 30 | 41 | Vincent Telgen | HOA | Tilburg | 0:22:44,248 | 0:11:48,059 | 1:35:00,249 | 0:28:45,972 | 0:28:39,291 | 3:06:57,819 |
| 31 | 103 | Marcel Walstra | H40-49 | Joure | 0:21:37,185 | 0:10:25,921 | 1:33:37,688 | 0:29:55,850 | 0:32:12,940 | 3:07:49,584 |
| 32 | 26 | Roland Jaspers | HOA | Alkmaar | 0:22:49,985 | 0:10:32,689 | 1:34:13,128 | 0:29:50,824 | 0:31:50,775 | 3:09:17,401 |
| 33 | 54 | Winfred de Boer | HOA | Hollum Ameland | 0:26:03,473 | 0:10:29,684 | 1:31:14,145 | 0:30:40,183 | 0:31:28,157 | 3:09:55,642 |
| 34 | 91 | Nils Kaan | H40-49 | Heerhugowaard | 0:20:45,849 | 0:11:28,825 | 1:32:59,826 | 0:32:03,375 | 0:32:41,987 | 3:09:59,862 |
| 35 | 75 | Van der Meij | H40-49 | Berlikum Fr | 0:22:40,770 | 0:11:24,165 | 1:37:31,384 | 0:29:09,352 | 0:29:36,376 | 3:10:22,047 |
| 36 | 62 | Willem van der Sterren | HOA | Zwolle | 0:18:43,225 | 0:10:23,820 | 1:39:01,855 | 0:31:17,853 | 0:31:15,034 | 3:10:41,787 |
| 37 | 24 | Casper v.d. Kamp | H40-49 | Nes Ameland | 0:23:29,850 | 0:11:07,064 | 1:31:00,545 | 0:30:52,352 | 0:34:56,574 | 3:11:26,385 |
| 38 | 84 | Kees Rekelhof | H40-49 | Leimuiden | 0:20:30,163 | 0:10:40,627 | 1:32:00,040 | 0:32:25,351 | 0:35:51,811 | 3:11:27,992 |
| 39 | 52 | Arnoldus van der Werff | HOA | Rinsumageest | 0:27:35,898 | 0:12:31,063 | 1:29:02,346 | 0:30:16,386 | 0:32:30,084 | 3:11:55,777 |
| 40 | 39 | Rutger van Petersen | HOA | Utrecht | 0:22:21,897 | 0:12:41,607 | 1:38:13,215 | 0:29:21,301 | 0:29:24,003 | 3:12:02,023 |

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| Pos | Bib | Firstname | Class | Hometown | ZwemmenTm | Fietsen1Tm | FietsenFinishTm | Lopen1Tm | LopenFinishTm | TotalTm |
|-----|-----|------------------------|--------|----------------|-------------|-------------|-----------------|-------------|---------------|-------------|
| 41 | 82 | Jan Bot | H40-49 | Akersloot | 0:25:53,732 | 0:10:59,116 | 1:34:58,036 | 0:28:50,789 | 0:31:41,980 | 3:12:23,653 |
| 42 | 49 | Marcel Zwiers | HOA | Utrecht | | 0:34:25,815 | 1:35:51,466 | 0:30:54,278 | 0:31:41,076 | 3:12:52,635 |
| 43 | 152 | Dagmar Krijnen | DOA | Spanbroek | 0:23:15,010 | 0:10:23,633 | 1:33:49,349 | 0:32:05,913 | 0:34:45,717 | 3:14:19,622 |
| 44 | 100 | Wim van Ieeuwen | H40-49 | Wateringen | 0:23:25,381 | 0:12:06,907 | 1:34:46,503 | 0:32:04,326 | 0:32:21,832 | 3:14:44,949 |
| 45 | 92 | Robert ten Wolde | H40-49 | Nijeveen | 0:22:27,768 | 0:12:03,606 | 1:38:32,225 | 0:31:18,303 | 0:31:17,237 | 3:15:39,139 |
| 46 | 8 | Patrick Pot | HOA | Heino | 0:24:31,480 | 0:11:14,885 | 1:34:12,007 | 0:32:12,773 | 0:33:42,419 | 3:15:53,564 |
| 47 | 74 | Wietse Lolkema | H40-49 | Hollum Ameland | 0:27:39,159 | 0:12:03,640 | 1:31:44,015 | 0:32:50,761 | 0:33:21,068 | 3:17:38,643 |
| 48 | 109 | Gerard Metz | H40-49 | Nes Ameland | 0:21:02,083 | 0:11:13,312 | 1:35:35,108 | 0:33:56,355 | 0:36:53,801 | 3:18:40,659 |
| 49 | 61 | Maarten Altena | HOA | Delft | 0:29:12,257 | 0:14:19,499 | 1:38:34,740 | 0:27:53,942 | 0:29:53,020 | 3:19:53,458 |
| 50 | 13 | Sander van Schoonhoven | HOA | Veenendaal | 0:21:06,991 | 0:12:05,771 | 1:40:59,687 | 0:31:27,316 | 0:34:45,339 | 3:20:25,104 |
| 51 | 58 | Geert Jan Vos | HOA | Zwolle | 0:21:26,227 | 0:11:17,816 | 1:38:36,888 | 0:34:21,265 | 0:35:10,927 | 3:20:53,123 |
| 52 | 50 | Thijs van Bon | HOA | Amsterdam | 0:25:56,819 | 0:11:41,334 | 1:36:53,675 | 0:34:13,726 | 0:33:19,000 | 3:22:04,554 |
| 53 | 108 | Gerben Duenk | H40-49 | Aalten | 0:22:42,969 | 0:13:51,660 | 1:42:22,221 | 0:30:50,086 | 0:32:36,500 | 3:22:23,436 |
| 54 | 78 | Walter Legerstee | H40-49 | Delft | 0:22:10,965 | 0:12:09,129 | 1:39:35,260 | 0:33:24,343 | 0:35:44,280 | 3:23:03,977 |
| 55 | 157 | Lisan de Vries | DOA | Leeuwarden | 0:19:28,041 | 0:12:18,630 | 1:48:12,465 | 0:30:41,920 | 0:33:15,350 | 3:23:56,406 |
| 56 | 28 | Bart Bakker | HOA | Zeist | 0:24:18,395 | 0:11:18,524 | 1:38:40,251 | 0:32:35,231 | 0:37:08,206 | 3:24:00,607 |
| 57 | 123 | Wim van Paasen | H40-49 | Poeldijk | | 0:37:54,831 | 1:34:30,917 | 0:35:18,559 | 0:36:57,055 | 3:24:41,362 |
| 58 | 110 | Rob Teisman | H50-59 | De Cocksdorp | 0:30:29,118 | 0:11:50,183 | 1:42:54,756 | 0:30:05,637 | 0:29:37,276 | 3:24:56,970 |
| 59 | 101 | Eric Smit | H40-49 | Hollum Ameland | 0:27:39,313 | 0:12:32,894 | 1:36:08,071 | 0:34:27,387 | 0:34:25,302 | 3:25:12,967 |
| 60 | 5 | Gian Dorsthorst | HOA | Epe | 0:22:20,225 | 0:12:13,257 | 1:44:02,682 | 0:33:07,336 | 0:33:56,035 | 3:25:39,535 |
| 61 | 80 | Eric Jansen | H40-49 | s-Gravenhage | 0:29:10,755 | 0:12:23,126 | 1:39:07,845 | 0:32:28,227 | 0:33:06,960 | 3:26:16,913 |
| 62 | 106 | Jan willem Oosterveld | H40-49 | Wormer | 0:24:36,921 | 0:17:19,936 | 1:44:25,749 | 0:30:19,971 | 0:30:22,113 | 3:27:04,690 |
| 63 | 55 | Ric Huting | HOA | Doornenburg | 0:27:09,189 | 0:11:39,843 | 1:40:19,258 | 0:35:26,800 | 0:32:36,105 | 3:27:11,195 |
| 64 | 3 | Koen Hamelink | H16-23 | s-Gravenhage | 0:25:45,254 | 0:12:10,002 | 1:35:01,232 | 0:36:37,653 | 0:37:37,836 | 3:27:11,977 |
| 65 | 93 | Rene Jak | H40-49 | Heerhugowaard | 0:25:14,113 | 0:12:30,523 | 1:47:37,975 | 0:31:20,681 | 0:32:16,923 | 3:29:00,215 |
| 66 | 14 | Koos Uneken | HOA | Utrecht | 0:23:26,717 | 0:13:32,912 | 1:43:55,398 | 0:34:52,893 | 0:33:19,137 | 3:29:07,057 |
| 67 | 117 | Kees Versprille | H50-59 | Burgum | 0:26:15,198 | 0:12:01,794 | 1:46:16,252 | 0:32:10,655 | 0:32:50,438 | 3:29:34,337 |
| 68 | 66 | Philip Eyckmans | HOA | Wilrijk | 0:25:51,843 | 0:11:02,088 | 1:42:49,291 | 0:35:51,327 | 0:34:17,430 | 3:29:51,979 |
| 69 | 88 | Theo Wentholt | H40-49 | Didam | 0:25:30,618 | 0:12:36,287 | 1:36:39,481 | 0:36:37,201 | 0:38:38,309 | 3:30:01,896 |
| 70 | 107 | Luc Verwaest | H40-49 | Balen | 0:23:14,952 | 0:12:04,788 | 1:44:27,432 | 0:34:34,108 | 0:37:31,162 | 3:31:52,442 |
| 71 | 6 | Edwin Eilert | HOA | Hengelo Ov | 0:27:32,661 | 0:12:47,261 | 1:44:02,371 | 0:32:48,676 | 0:34:51,483 | 3:32:02,452 |
| 72 | 114 | Gerard Heijnen | H50-59 | Didam | 0:27:34,999 | 0:12:43,644 | 1:41:13,117 | 0:35:19,542 | 0:35:28,844 | 3:32:20,146 |
| 73 | 85 | Stéphane Halleux | H40-49 | Ukkel | 0:25:52,712 | 0:12:55,255 | 1:40:57,291 | 0:37:09,613 | 0:35:55,460 | 3:32:50,331 |
| 74 | 120 | Jan De Smet | H50-59 | Mol | 0:26:12,426 | 0:12:51,825 | 1:44:58,548 | 0:34:04,890 | 0:35:10,832 | 3:33:18,521 |
| 75 | 95 | Bert Suichies | H40-49 | Britsum | 0:24:46,915 | 0:12:56,924 | 1:43:55,399 | 0:35:45,441 | 0:37:14,408 | 3:34:39,087 |
| 76 | 43 | Peter Brouwer | HOA | Buren Ameland | 0:28:14,903 | 0:11:03,630 | 1:40:15,717 | 0:35:25,288 | 0:40:01,006 | 3:35:00,544 |
| 77 | 72 | Daan Hoogland | H40-49 | Utrecht | 0:23:50,973 | 0:11:50,919 | 1:45:02,325 | 0:37:16,262 | 0:37:23,530 | 3:35:24,009 |
| 78 | 34 | Melle Steringa | HOA | Arnhem | 0:26:14,676 | 0:12:23,052 | 1:47:43,575 | 0:33:39,668 | 0:35:51,453 | 3:35:52,424 |
| 79 | 151 | Noemie Smit | DOA | Amsterdam | 0:21:31,080 | 0:12:06,559 | 1:52:28,780 | 0:33:38,127 | 0:36:18,353 | 3:36:02,899 |
| 80 | 118 | Rob Bongarts | H50-59 | Zoetermeer | 0:28:20,217 | 0:13:24,408 | 1:47:31,195 | 0:32:35,642 | 0:34:39,216 | 3:36:30,678 |

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| Pos | Bib | Firstname | Class | Hometown | ZwemmenTm | Fietsen1Tm | FietsenFinishTm | Lopen1Tm | LopenFinishTm | TotalTm |
|-----|-----|----------------------|--------|-------------------|-------------|-------------|-----------------|-------------|---------------|-------------|
| 81 | 90 | Sjoerd Bakker | H40-49 | Stiens | 0:36:03,628 | 0:12:37,045 | 1:42:49,097 | 0:31:59,057 | 0:33:56,623 | 3:37:25,450 |
| 82 | 81 | Martin Kampman | H40-49 | Holten | 0:28:17,599 | 0:12:51,846 | 1:47:05,392 | 0:34:51,344 | 0:36:13,422 | 3:39:19,603 |
| 83 | 122 | Joep de Roo | HOA | Den Haag | 0:26:33,086 | 0:14:15,589 | 1:47:45,281 | 0:34:19,533 | 0:37:11,898 | 3:40:05,387 |
| 84 | 105 | Rik Wijnants | H40-49 | s-Gravenhage | 0:21:59,107 | 0:13:08,746 | 1:58:53,913 | 0:32:17,166 | 0:33:56,985 | 3:40:15,917 |
| 85 | 116 | David Crinnion | H50-59 | Hilversum | 0:27:34,929 | 0:14:26,311 | 1:50:36,129 | 0:34:55,996 | 0:33:39,355 | 3:41:12,720 |
| 86 | 65 | Elmar Helmich | HOA | Nijmegen | 0:30:56,423 | 0:17:01,737 | 1:49:55,632 | 0:30:51,799 | 0:32:55,305 | 3:41:40,896 |
| 87 | 17 | Sander Huft | HOA | Amsterdam | 0:21:09,140 | 0:13:07,546 | 1:47:39,048 | 0:36:26,230 | 0:43:27,098 | 3:41:49,062 |
| 88 | 19 | Dirk Buursma | HOA | Oudemirdum | 0:33:45,629 | 0:11:57,840 | 1:46:12,142 | 0:35:36,786 | 0:36:34,701 | 3:44:07,098 |
| 89 | 1 | Djurre Venema | H16-23 | Ryptsjerk | 0:28:20,182 | 0:10:38,826 | 1:44:20,596 | 0:42:21,307 | 0:41:33,443 | 3:47:14,354 |
| 90 | 155 | Simone Lankhuijzen | DOA | s-Gravenhage | 0:26:46,037 | 0:14:52,829 | 1:57:58,309 | 0:34:06,555 | 0:34:18,624 | 3:48:02,354 |
| 91 | 15 | Rover van Nierop | HOA | Utrecht | 0:24:43,709 | 0:13:10,744 | 1:56:00,765 | 0:37:21,180 | 0:38:19,011 | 3:49:35,409 |
| 92 | 21 | Ron Ogink | HOA | Enschede | 0:26:44,256 | 0:13:31,821 | 1:50:17,734 | 0:40:19,483 | 0:38:56,354 | 3:49:49,648 |
| 93 | 70 | Henk Oosterhof | H40-49 | Amersfoort | 0:24:57,483 | 0:14:18,724 | 1:58:46,850 | 0:34:10,045 | 0:37:49,464 | 3:50:02,566 |
| 94 | 121 | Piet Jetze Faber | H50-59 | Sint Annaparochie | 0:26:41,185 | 0:13:42,386 | 2:03:32,911 | 0:33:21,506 | 0:35:29,064 | 3:52:47,052 |
| 95 | 32 | Martijn Kollau | HOA | Utrecht | 0:23:06,960 | 0:14:33,910 | 1:56:46,072 | 0:38:03,112 | 0:42:34,798 | 3:55:04,852 |
| 96 | 76 | Edwin Brantjes | H40-49 | Duiven | 0:28:33,867 | 0:15:38,882 | 1:54:29,180 | 0:38:42,643 | 0:42:29,384 | 3:59:53,956 |
| 97 | 77 | Rob Kuipers | H40-49 | Duiven | 0:28:34,249 | 0:15:39,517 | 1:54:26,423 | 0:38:43,847 | 0:42:31,280 | 3:59:55,316 |
| 98 | 150 | Miranda Broks | D16-23 | s-Gravenhage | 0:26:22,227 | 0:12:54,580 | 1:54:26,875 | 0:42:35,631 | 0:47:29,742 | 4:03:49,055 |
| 99 | 57 | Ronald Leijstra | HOA | Ballum Ameland | 0:27:01,673 | 0:13:33,963 | 1:59:34,571 | 0:39:24,463 | 0:46:25,117 | 4:05:59,787 |
| 100 | 113 | Pieter Cremer | H50-59 | Gorredijk | 0:35:13,625 | 0:14:45,088 | 2:07:42,460 | 0:34:20,557 | 0:37:20,489 | 4:09:22,219 |
| 101 | 153 | Sophie van Berckel | DOA | Amsterdam | 0:34:29,125 | 0:22:01,435 | 2:19:18,790 | 0:28:30,950 | 0:30:01,244 | 4:14:21,544 |
| 102 | 154 | Violet Lotgering | DOA | Amsterdam | 0:34:29,265 | 0:22:01,007 | 2:19:22,514 | 0:33:06,416 | 0:33:37,769 | 4:22:36,971 |
| 103 | 156 | Monique Iappenschaar | DOA | Hollum Ameland | 0:24:03,269 | 0:15:33,471 | 2:12:33,712 | 0:51:04,269 | 0:41:46,635 | 4:25:01,356 |
| | 102 | Rik de Haan | H40-49 | Zuidlaren | 0:26:38,327 | 0:13:03,648 | 2:10:21,231 | | | |
| | 37 | David Ravestein | HOA | Oijen | 0:23:32,723 | 0:10:51,693 | | | | |

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|-----|-----|------------------------|--------|----------------------|-------------|-------------|-----------------|-------------|---------------|-------------|
| 1 | 150 | Miranda Broks | D16-23 | s-Gravenhage | 0:26:22,227 | 0:12:54,580 | 1:54:26,875 | 0:42:35,631 | 0:47:29,742 | 4:03:49,055 |
| 1 | 158 | May Kerstens | DOA | Utrecht | 0:26:02,826 | 0:11:50,134 | 1:31:01,370 | 0:26:52,573 | 0:27:06,725 | 3:02:53,628 |
| 2 | 152 | Dagmar Krijnen | DOA | Spanbroek | 0:23:15,010 | 0:10:23,633 | 1:33:49,349 | 0:32:05,913 | 0:34:45,717 | 3:14:19,622 |
| 3 | 157 | Lisan de Vries | DOA | Leeuwarden | 0:19:28,041 | 0:12:18,630 | 1:48:12,465 | 0:30:41,920 | 0:33:15,350 | 3:23:56,406 |
| 4 | 151 | Noemie Smit | DOA | Amsterdam | 0:21:31,080 | 0:12:06,559 | 1:52:28,780 | 0:33:38,127 | 0:36:18,353 | 3:36:02,899 |
| 5 | 155 | Simone Lankhuijzen | DOA | s-Gravenhage | 0:26:46,037 | 0:14:52,829 | 1:57:58,309 | 0:34:06,555 | 0:34:18,624 | 3:48:02,354 |
| 6 | 153 | Sophie van Berckel | DOA | Amsterdam | 0:34:29,125 | 0:22:01,435 | 2:19:18,790 | 0:28:30,950 | 0:30:01,244 | 4:14:21,544 |
| 7 | 154 | Violet Lotgering | DOA | Amsterdam | 0:34:29,265 | 0:22:01,007 | 2:19:22,514 | 0:33:06,416 | 0:33:37,769 | 4:22:36,971 |
| 8 | 156 | Monique Iappenschaar | DOA | Hollum | 0:24:03,269 | 0:15:33,471 | 2:12:33,712 | 0:51:04,269 | 0:41:46,635 | 4:25:01,356 |
| 1 | 2 | Niels Strijk | H16-23 | Hazerswoude Rijndijk | 0:16:54,732 | 0:09:27,012 | 1:21:38,255 | 0:25:13,533 | 0:24:42,413 | 2:37:55,945 |
| 2 | 3 | Koen Hamelink | H16-23 | s-Gravenhage | 0:25:45,254 | 0:12:10,002 | 1:35:01,232 | 0:36:37,653 | 0:37:37,836 | 3:27:11,977 |
| 3 | 1 | Djurre Venema | H16-23 | Ryptsjerk | 0:28:20,182 | 0:10:38,826 | 1:44:20,596 | 0:42:21,307 | 0:41:33,443 | 3:47:14,354 |
| 1 | 40 | Jeroen van Dijke | HOA | s-Gravenhage | 0:22:29,051 | 0:09:37,235 | 1:16:41,046 | 0:22:36,395 | 0:22:37,860 | 2:34:01,587 |
| 2 | 20 | Michael Krijnen | HOA | Spanbroek | 0:18:30,762 | 0:09:14,591 | 1:19:59,380 | 0:24:17,275 | 0:25:03,149 | 2:37:05,157 |
| 3 | 48 | Bart van der Wal | HOA | Utrecht | 0:19:46,748 | 0:09:31,654 | 1:19:43,022 | 0:26:41,721 | 0:26:49,201 | 2:42:32,346 |
| 4 | 11 | Ralf de Jong | HOA | Drachten | 0:21:10,243 | 0:09:51,458 | 1:21:49,262 | 0:25:27,650 | 0:26:47,475 | 2:45:06,088 |
| 5 | 27 | Jan Otter | HOA | Vriezenveen | 0:21:06,908 | 0:09:34,209 | 1:21:43,053 | 0:25:55,211 | 0:26:58,342 | 2:45:17,723 |
| 6 | 63 | Matijs Jansen | HOA | Zwolle | 0:23:23,030 | 0:09:28,472 | 1:18:13,112 | 0:27:19,127 | 0:27:24,043 | 2:45:47,784 |
| 7 | 30 | Philip Kremers | HOA | Arnhem | 0:20:51,943 | 0:09:50,336 | 1:25:15,576 | 0:26:53,527 | 0:28:41,526 | 2:51:32,908 |
| 8 | 31 | Martijn Hartjes | HOA | Berghem | 0:18:13,169 | 0:10:30,001 | 1:27:40,809 | 0:26:48,530 | 0:28:39,410 | 2:51:51,919 |
| 9 | 10 | Theo Brouwer | HOA | Mantgum | 0:24:53,970 | 0:10:31,603 | 1:26:10,963 | 0:26:26,702 | 0:26:46,940 | 2:54:50,178 |
| 10 | 56 | Peter de Schipper | HOA | Utrecht | 0:22:03,212 | 0:10:25,563 | 1:33:48,416 | 0:24:40,228 | 0:24:29,727 | 2:55:27,146 |
| 11 | 44 | Gert Mulderij | HOA | Elim | 0:26:19,803 | 0:10:34,658 | 1:21:55,793 | 0:28:48,315 | 0:28:07,272 | 2:55:45,841 |
| 12 | 35 | Harm Twaalfhoven | HOA | Heerhugowaard | 0:22:59,850 | 0:09:44,758 | 1:23:43,823 | 0:29:55,628 | 0:30:35,058 | 2:56:59,117 |
| 13 | 29 | Paul van Haaren | HOA | Amsterdam | 0:27:12,152 | 0:09:44,846 | 1:27:13,779 | 0:26:22,191 | 0:27:05,421 | 2:57:38,389 |
| 14 | 36 | Rene Hol | HOA | Heerhugowaard | 0:20:08,133 | 0:11:08,225 | 1:30:41,785 | 0:28:24,088 | 0:28:48,735 | 2:59:10,966 |
| 15 | 68 | René Metz | HOA | Buren Fr | 0:23:20,424 | 0:11:19,937 | 1:28:42,173 | 0:28:59,960 | 0:28:35,488 | 3:00:57,982 |
| 16 | 45 | Arthur Kratz | HOA | Veenendaal | 0:24:40,534 | 0:09:33,550 | 1:28:17,976 | 0:28:48,819 | 0:30:22,089 | 3:01:42,968 |
| 17 | 47 | George de Jong | HOA | Beek gem Montferland | 0:21:41,059 | 0:10:41,724 | 1:29:57,222 | 0:31:05,674 | 0:31:41,212 | 3:05:06,891 |
| 18 | 41 | Vincent Telgen | HOA | Tilburg | 0:22:44,248 | 0:11:48,059 | 1:35:00,249 | 0:28:45,972 | 0:28:39,291 | 3:06:57,819 |
| 19 | 26 | Roland Jaspers | HOA | Alkmaar | 0:22:49,985 | 0:10:32,689 | 1:34:13,128 | 0:29:50,824 | 0:31:50,775 | 3:09:17,401 |
| 20 | 54 | Winfred de Boer | HOA | Hollum | 0:26:03,473 | 0:10:29,684 | 1:31:14,145 | 0:30:40,183 | 0:31:28,157 | 3:09:55,642 |
| 21 | 62 | Willem van der Sterren | HOA | Zwolle | 0:18:43,225 | 0:10:23,820 | 1:39:01,855 | 0:31:17,853 | 0:31:15,034 | 3:10:41,787 |
| 22 | 52 | Arnoldus van der Werff | HOA | Rinsumageest | 0:27:35,898 | 0:12:31,063 | 1:29:02,346 | 0:30:16,386 | 0:32:30,084 | 3:11:55,777 |
| 23 | 39 | Rutger van Petersen | HOA | Utrecht | 0:22:21,897 | 0:12:41,607 | 1:38:13,215 | 0:29:21,301 | 0:29:24,003 | 3:12:02,023 |
| 24 | 49 | Marcel Zwiers | HOA | Utrecht | 0:34:25,815 | 0:34:25,815 | 1:35:51,466 | 0:30:54,278 | 0:31:41,076 | 3:12:52,635 |
| 25 | 8 | Patrick Pot | HOA | Heino | 0:24:31,480 | 0:11:14,885 | 1:34:12,007 | 0:32:12,773 | 0:33:42,419 | 3:15:53,564 |
| 26 | 61 | Maarten Altena | HOA | Delft | 0:29:12,257 | 0:14:19,499 | 1:38:34,740 | 0:27:53,942 | 0:29:53,020 | 3:19:53,458 |

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| Pos | Bib | Firstname | Class | Hometown | ZwemmenTm | Fietsen1Tm | FietsenFinishTm | Lopen1Tm | LopenFinishTm | TotalTm |
|-----|-----|------------------------|-------|-------------|-------------|-------------|-----------------|-------------|---------------|-------------|
| 27 | 13 | Sander van Schoonhoven | HOA | Veenendaal | 0:21:06,991 | 0:12:05,771 | 1:40:59,687 | 0:31:27,316 | 0:34:45,339 | 3:20:25,104 |
| 28 | 58 | Geert Jan Vos | HOA | Zwolle | 0:21:26,227 | 0:11:17,816 | 1:38:36,888 | 0:34:21,265 | 0:35:10,927 | 3:20:53,123 |
| 29 | 50 | Thijs van Bon | HOA | Amsterdam | 0:25:56,819 | 0:11:41,334 | 1:36:53,675 | 0:34:13,726 | 0:33:19,000 | 3:22:04,554 |
| 30 | 28 | Bart Bakker | HOA | Zeist | 0:24:18,395 | 0:11:18,524 | 1:38:40,251 | 0:32:35,231 | 0:37:08,206 | 3:24:00,607 |
| 31 | 5 | Gian Dorsthorst | HOA | Epe | 0:22:20,225 | 0:12:13,257 | 1:44:02,682 | 0:33:07,336 | 0:33:56,035 | 3:25:39,535 |
| 32 | 55 | Ric Huting | HOA | Doornenburg | 0:27:09,189 | 0:11:39,843 | 1:40:19,258 | 0:35:26,800 | 0:32:36,105 | 3:27:11,195 |
| 33 | 14 | Koos Uneken | HOA | Utrecht | 0:23:26,717 | 0:13:32,912 | 1:43:55,398 | 0:34:52,893 | 0:33:19,137 | 3:29:07,057 |
| 34 | 66 | Philip Eyckmans | HOA | Wilrijk | 0:25:51,843 | 0:11:02,088 | 1:42:49,291 | 0:35:51,327 | 0:34:17,430 | 3:29:51,979 |
| 35 | 6 | Edwin Eilert | HOA | Hengelo Ov | 0:27:32,661 | 0:12:47,261 | 1:44:02,371 | 0:32:48,676 | 0:34:51,483 | 3:32:02,452 |
| 36 | 43 | Peter Brouwer | HOA | Buren Fr | 0:28:14,903 | 0:11:03,630 | 1:40:15,717 | 0:35:25,288 | 0:40:01,006 | 3:35:00,544 |
| 37 | 34 | Melle Steringa | HOA | Arnhem | 0:26:14,676 | 0:12:23,052 | 1:47:43,575 | 0:33:39,668 | 0:35:51,453 | 3:35:52,424 |
| 38 | 122 | Joep de Roo | HOA | Den Haag | 0:26:33,086 | 0:14:15,589 | 1:47:45,281 | 0:34:19,533 | 0:37:11,898 | 3:40:05,387 |
| 39 | 65 | Elmar Helmich | HOA | Nijmegen | 0:30:56,423 | 0:17:01,737 | 1:49:55,632 | 0:30:51,799 | 0:32:55,305 | 3:41:40,896 |
| 40 | 17 | Sander Huft | HOA | Amsterdam | 0:21:09,140 | 0:13:07,546 | 1:47:39,048 | 0:36:26,230 | 0:43:27,098 | 3:41:49,062 |
| 41 | 19 | Dirk Buursma | HOA | Oudemirdum | 0:33:45,629 | 0:11:57,840 | 1:46:12,142 | 0:35:36,786 | 0:36:34,701 | 3:44:07,098 |
| 42 | 15 | Rover van Nierop | HOA | Utrecht | 0:24:43,709 | 0:13:10,744 | 1:56:00,765 | 0:37:21,180 | 0:38:19,011 | 3:49:35,409 |
| 43 | 21 | Ron Ogink | HOA | Enschede | 0:26:44,256 | 0:13:31,821 | 1:50:17,734 | 0:40:19,483 | 0:38:56,354 | 3:49:49,648 |
| 44 | 32 | Martijn Kollau | HOA | Utrecht | 0:23:06,960 | 0:14:33,910 | 1:56:46,072 | 0:38:03,112 | 0:42:34,798 | 3:55:04,852 |
| 45 | 57 | Ronald Leijstra | HOA | Ballum | 0:27:01,673 | 0:13:33,963 | 1:59:34,571 | 0:39:24,463 | 0:46:25,117 | 4:05:59,787 |
| | 37 | David Ravestein | HOA | Oijen | 0:23:32,723 | 0:10:51,693 | | | | DNF |

| | | | | | | | | | | |
|----|-----|------------------|--------|-----------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1 | 99 | Ruud Wiegers | H40-49 | s-Hertogenbosch | 0:20:29,278 | 0:09:57,596 | 1:25:26,782 | 0:27:21,564 | 0:27:39,831 | 2:50:55,051 |
| 2 | 89 | Alain Cools | H40-49 | Bredene | 0:20:37,502 | 0:11:31,332 | 1:26:48,190 | 0:29:13,218 | 0:29:38,940 | 2:57:49,182 |
| 3 | 96 | Vincent Eijt | H40-49 | Zoetermeer | 0:23:40,452 | 0:11:15,887 | 1:28:49,269 | 0:27:43,701 | 0:26:54,024 | 2:58:23,333 |
| 4 | 97 | Peter Visscher | H40-49 | De Wijk | 0:22:02,356 | 0:10:02,541 | 1:24:11,280 | 0:30:43,284 | 0:32:35,642 | 2:59:35,103 |
| 5 | 73 | Epko Oosterheerd | H40-49 | Maarsse | 0:22:29,682 | 0:10:28,158 | 1:27:28,287 | 0:29:57,866 | 0:30:00,177 | 3:00:24,170 |
| 6 | 94 | Toon Durville | H40-49 | Amsterdam | 0:24:32,692 | 0:10:22,200 | 1:27:22,128 | 0:31:15,327 | 0:29:54,503 | 3:03:26,850 |
| 7 | 23 | Martin Kooiker | H40-49 | | 0:28:37,922 | 0:11:34,686 | 1:28:39,570 | 0:27:16,558 | 0:28:52,091 | 3:05:00,827 |
| 8 | 86 | Marco van Dijk | H40-49 | Loo Gld | 0:22:24,270 | 0:09:47,545 | 1:27:18,841 | 0:32:05,860 | 0:34:36,212 | 3:06:12,728 |
| 9 | 87 | Rudi Bach | H40-49 | Didam | 0:23:34,684 | 0:10:04,253 | 1:27:50,349 | 0:31:43,396 | 0:33:38,873 | 3:06:51,555 |
| 10 | 103 | Marcel Walstra | H40-49 | Joure | 0:21:37,185 | 0:10:25,921 | 1:33:37,688 | 0:29:55,850 | 0:32:12,940 | 3:07:49,584 |
| 11 | 91 | Nils Kaan | H40-49 | Heerhugowaard | 0:20:45,849 | 0:11:28,825 | 1:32:59,826 | 0:32:03,375 | 0:32:41,987 | 3:09:59,862 |
| 12 | 75 | Van der Meij | H40-49 | Berlikum Fr | 0:22:40,770 | 0:11:24,165 | 1:37:31,384 | 0:29:09,352 | 0:29:36,376 | 3:10:22,047 |
| 13 | 24 | Casper v.d. Kamp | H40-49 | NES Ameland | 0:23:29,850 | 0:11:07,064 | 1:31:00,545 | 0:30:52,352 | 0:34:56,574 | 3:11:26,385 |
| 14 | 84 | Kees Rekelhof | H40-49 | Leimuiden | 0:20:30,163 | 0:10:40,627 | 1:32:00,040 | 0:32:25,351 | 0:35:51,811 | 3:11:27,992 |
| 15 | 82 | Jan Bot | H40-49 | Akersloot | 0:25:53,732 | 0:10:59,116 | 1:34:58,036 | 0:28:50,789 | 0:31:41,980 | 3:12:23,653 |
| 16 | 100 | Wim van leeuwen | H40-49 | Wateringen | 0:23:25,381 | 0:12:06,907 | 1:34:46,503 | 0:32:04,326 | 0:32:21,832 | 3:14:44,949 |
| 17 | 92 | Robert ten Wolde | H40-49 | Nijeveen | 0:22:27,768 | 0:12:03,606 | 1:38:32,225 | 0:31:18,303 | 0:31:17,237 | 3:15:39,139 |
| 18 | 74 | Wietse Lolkema | H40-49 | Hollum | 0:27:39,159 | 0:12:03,640 | 1:31:44,015 | 0:32:50,761 | 0:33:21,068 | 3:17:38,643 |
| 19 | 109 | Gerard Metz | H40-49 | Nes Ameland | 0:21:02,083 | 0:11:13,312 | 1:35:35,108 | 0:33:56,355 | 0:36:53,801 | 3:18:40,659 |
| 20 | 108 | Gerben Duenk | H40-49 | Aaiten | 0:22:42,969 | 0:13:51,660 | 1:42:22,221 | 0:30:50,086 | 0:32:36,500 | 3:22:23,436 |

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| Pos | Bib | Firstname | Class | Hometown | ZwemmenTm | Fietsen1Tm | FietsenFinishTm | Lopen1Tm | LopenFinishTm | TotalTm |
|-----|-----|-----------------------|--------|-------------------|-------------|-------------|-----------------|-------------|---------------|-------------|
| 21 | 78 | Walter Legerstee | H40-49 | Delft | 0:22:10,965 | 0:12:09,129 | 1:39:35,260 | 0:33:24,343 | 0:35:44,280 | 3:23:03,977 |
| 22 | 123 | Wim van Paasen | H40-49 | Poeldijk | | 0:37:54,831 | 1:34:30,917 | 0:35:18,559 | 0:36:57,055 | 3:24:41,362 |
| 23 | 101 | Eric Smit | H40-49 | Hollum | 0:27:39,313 | 0:12:32,894 | 1:36:08,071 | 0:34:27,387 | 0:34:25,302 | 3:25:12,967 |
| 24 | 80 | Eric Jansen | H40-49 | s-Gravenhage | 0:29:10,755 | 0:12:23,126 | 1:39:07,845 | 0:32:28,227 | 0:33:06,960 | 3:26:16,913 |
| 25 | 106 | Jan willem Oosterveld | H40-49 | Wormer | 0:24:36,921 | 0:17:19,936 | 1:44:25,749 | 0:30:19,971 | 0:30:22,113 | 3:27:04,690 |
| 26 | 93 | Rene Jak | H40-49 | Heerhugowaard | 0:25:14,113 | 0:12:30,523 | 1:47:37,975 | 0:31:20,681 | 0:32:16,923 | 3:29:00,215 |
| 27 | 88 | Theo Wentholt | H40-49 | Didam | 0:25:30,618 | 0:12:36,287 | 1:36:39,481 | 0:36:37,201 | 0:38:38,309 | 3:30:01,896 |
| 28 | 107 | Luc Verwaest | H40-49 | Balen | 0:23:14,952 | 0:12:04,788 | 1:44:27,432 | 0:34:34,108 | 0:37:31,162 | 3:31:52,442 |
| 29 | 85 | Stéphane Halleux | H40-49 | Ukkel | 0:25:52,712 | 0:12:55,255 | 1:40:57,291 | 0:37:09,613 | 0:35:55,460 | 3:32:50,331 |
| 30 | 95 | Bert Suichies | H40-49 | Britsum | 0:24:46,915 | 0:12:56,924 | 1:43:55,399 | 0:35:45,441 | 0:37:14,408 | 3:34:39,087 |
| 31 | 72 | Daan Hoogland | H40-49 | Utrecht | 0:23:50,973 | 0:11:50,919 | 1:45:02,325 | 0:37:16,262 | 0:37:23,530 | 3:35:24,009 |
| 32 | 90 | Sjoerd Bakker | H40-49 | Stiens | 0:36:03,628 | 0:12:37,045 | 1:42:49,097 | 0:31:59,057 | 0:33:56,623 | 3:37:25,450 |
| 33 | 81 | Martin Kampman | H40-49 | Holten | 0:28:17,599 | 0:12:51,846 | 1:47:05,392 | 0:34:51,344 | 0:36:13,422 | 3:39:19,603 |
| 34 | 105 | Rik Wijnants | H40-49 | s-Gravenhage | 0:21:59,107 | 0:13:08,746 | 1:58:53,913 | 0:32:17,166 | 0:33:56,985 | 3:40:15,917 |
| 35 | 70 | Henk Oosterhof | H40-49 | Amersfoort | 0:24:57,483 | 0:14:18,724 | 1:58:46,850 | 0:34:10,045 | 0:37:49,464 | 3:50:02,566 |
| 36 | 76 | Edwin Brantjes | H40-49 | Duiven | 0:28:33,867 | 0:15:38,882 | 1:54:29,180 | 0:38:42,643 | 0:42:29,384 | 3:59:53,956 |
| 37 | 77 | Rob Kuipers | H40-49 | Duiven | 0:28:34,249 | 0:15:39,517 | 1:54:26,423 | 0:38:43,847 | 0:42:31,280 | 3:59:55,316 |
| | 102 | Rik de Haan | H40-49 | Zuidlaren | 0:26:38,327 | 0:13:03,648 | 2:10:21,231 | | | DNF |
| 1 | 119 | Jan Stolk | H50-59 | Utrecht | 0:23:12,370 | 0:11:55,486 | 1:32:55,826 | 0:28:05,956 | 0:28:02,601 | 3:04:12,239 |
| 2 | 110 | Rob Teisman | H50-59 | De Cocksdorp | 0:30:29,118 | 0:11:50,183 | 1:42:54,756 | 0:30:05,637 | 0:29:37,276 | 3:24:56,970 |
| 3 | 117 | Kees Versprille | H50-59 | Burgum | 0:26:15,198 | 0:12:01,794 | 1:46:16,252 | 0:32:10,655 | 0:32:50,438 | 3:29:34,337 |
| 4 | 114 | Gerard Heijnen | H50-59 | Didam | 0:27:34,999 | 0:12:43,644 | 1:41:13,117 | 0:35:19,542 | 0:35:28,844 | 3:32:20,146 |
| 5 | 120 | Jan De Smet | H50-59 | Mol | 0:26:12,426 | 0:12:51,825 | 1:44:58,548 | 0:34:04,890 | 0:35:10,832 | 3:33:18,521 |
| 6 | 118 | Rob Bongaarts | H50-59 | Zoetermeer | 0:28:20,217 | 0:13:24,408 | 1:47:31,195 | 0:32:35,642 | 0:34:39,216 | 3:36:30,678 |
| 7 | 116 | David Crinnion | H50-59 | Hilversum | 0:27:34,929 | 0:14:26,311 | 1:50:36,129 | 0:34:55,996 | 0:33:39,355 | 3:41:12,720 |
| 8 | 121 | Piet Jetze Faber | H50-59 | Sint Annaparochie | 0:26:41,185 | 0:13:42,386 | 2:03:32,911 | 0:33:21,506 | 0:35:29,064 | 3:52:47,052 |
| 9 | 113 | Pieter Cremer | H50-59 | Gorredijk | 0:35:13,625 | 0:14:45,088 | 2:07:42,460 | 0:34:20,557 | 0:37:20,489 | 4:09:22,219 |