

## uitslag Cross triathlon Ameland 2008 - Tri-Ambla M

Pos	Bib	Firstname	Class	Hometown	ZwemmenTm	Fietsen1Tm	FietsenFinishTm	LopenTm	TotalTm
1	257	Erik - Jan Spijkerman	HOA	Nibbixwoud	0:11:44,536	0:09:12,978	0:59:02,972	0:23:13,735	1:43:14,221
2	238	Arjen de Bruin	HOA	Loosdrecht	0:08:49,271	0:09:10,972	1:01:02,654	0:24:40,075	1:43:42,972
3	211	Tom Hulkenberg	H16-23	Zevenaar	0:09:26,273	0:10:26,802	1:02:44,764	0:24:33,739	1:47:11,578
4	232	Wim van Houtert	HOA	Groningen	0:11:49,406	0:09:21,297	0:59:33,900	0:27:20,837	1:48:05,440
5	200	Scott Hentzepeter	H14-15	Westerhaar-Vriezenv Wijk	0:09:21,185	0:09:52,481	1:03:47,168	0:26:26,283	1:49:27,117
6	221	Rob Denekamp	HOA	Loosdrecht	0:07:54,667	0:09:28,327	1:02:57,653	0:29:36,972	1:49:57,619
7	259	Jorrit Meijer	HOA	Utrecht	0:09:11,654	0:09:28,218	1:06:03,374	0:25:29,753	1:50:12,999
8	213	Stef de Boer	H16-23	Zwaanshoek	0:07:40,928	0:09:30,658	1:05:42,430	0:27:26,453	1:50:20,469
9	223	Bas van de Pol	HOA	Veenendaal	0:08:49,338	0:10:21,218	1:04:36,072	0:26:55,908	1:50:42,536
10	243	Jeroen van der Vlist	HOA	Groningen	0:09:47,798	0:09:48,402	1:04:17,924	0:27:08,980	1:51:03,104
11	230	Marco Haselbekke	HOA	Almelo	0:11:17,335	0:09:54,575	1:04:24,282	0:25:42,862	1:51:19,054
12	250	Sjoerd Jan van der Pluijm	HOA	Rotterdam	0:09:24,477	0:10:42,948	1:03:16,585	0:28:52,688	1:52:16,698
13	234	Peter Denekamp	HOA	Hilversum	0:08:03,865	0:09:18,611	1:06:41,054	0:29:19,667	1:53:23,197
14	209	Bart van Kempen	H16-23	Didam	0:10:45,273	0:09:11,804	1:03:13,319	0:30:50,084	1:54:00,480
15	236	Paco van der Reijden	HOA	Heerenveen	0:10:33,559	0:10:26,191	1:06:14,954	0:28:11,212	1:55:25,916
16	205	Maarten Drissen	H16-23	Veendam	0:08:49,387	0:09:27,499	1:08:24,112	0:29:28,692	1:56:09,690
17	313	Noora Kanerva	DOA	Helsinki	0:09:22,583	0:10:21,090	1:07:01,904	0:29:50,025	1:56:35,602
18	261	Bert Lam	H40-49	Veenendaal	0:11:09,077	0:10:25,711	1:07:28,334	0:28:19,524	1:57:22,646
19	227	Jan Jansen	HOA	Vroomshoop	0:10:15,337	0:09:56,173	1:08:31,236	0:29:05,520	1:57:48,266
20	224	Richard van Niel	HOA	s-Gravenhage	0:11:15,628	0:10:17,627	1:07:36,341	0:29:24,705	1:58:34,301
21	284	Kees Zwaan	H40-49	Opmeer	0:10:10,350	0:14:24,323	1:05:52,121	0:28:20,620	1:58:47,414
22	273	Andres Kübar	H40-49	Ülenurme	0:09:44,754	0:09:52,362	1:09:43,870	0:30:54,162	2:00:15,148
23	239	Arjo Spans	HOA	Zwolle	0:11:20,437	0:10:48,072	1:08:18,899	0:30:01,735	2:00:29,143
24	278	Robert Bosma	H40-49	Amsterdam	0:09:36,206	0:10:58,216	1:09:40,084	0:31:51,616	2:02:06,122
25	264	Rien Brouwer	H40-49	Oosterend Nh	0:10:10,538	0:10:40,092	1:08:51,513	0:32:33,014	2:02:15,157
26	229	Patrick Bruns	HOA	Almelo	0:11:56,393	0:10:13,769	1:14:01,715	0:26:39,024	2:02:50,901
27	244	Mark Torsius	HOA	Harderwijk	0:11:25,311	0:11:17,868	1:07:52,213	0:32:34,968	2:03:10,360
28	321	Cathelijne Middendorp	DOA	Heerenveen	0:09:30,968	0:11:30,250	1:08:38,309	0:33:40,561	2:03:20,088
29	249	Jeroen Celie	HOA	Harderwijk	0:11:59,566	0:11:06,598	1:10:48,560	0:30:38,912	2:04:33,636
30	260	Alex Scholte	H40-49	Opende	0:12:43,073	0:11:04,424	1:08:51,844	0:32:08,282	2:04:47,623
31	228	Valentijn van der Neut	HOA	Hoorn Nh	0:11:07,424	0:11:12,469	1:11:39,478	0:31:47,210	2:05:46,581
32	279	Pieter Bas	H40-49	Amsterdam	0:10:55,979	0:12:07,995	1:12:42,876	0:30:37,821	2:06:24,671
33	309	Charlotte Lenting	D16-23	Didam	0:09:03,773	0:11:14,692	1:14:14,049	0:32:19,162	2:06:51,676
34	242	Wouter van Onzenoort	HOA	Alkmaar	0:12:09,178	0:11:53,811	1:12:53,372	0:30:22,351	2:07:18,712
35	308	Marieke van der Vegt	D16-23	Groningen	0:08:30,315	0:11:12,159	1:16:44,724	0:31:00,991	2:07:28,189
36	344	Lieke van Beek	D40-49	Hilversum	0:10:15,144	0:11:19,105	1:14:14,467	0:32:10,881	2:07:59,597
37	283	Jan Kienstra	H40-49	Nes Ameland	0:11:39,911	0:13:16,956	1:12:49,229	0:30:15,257	2:08:01,353
38	266	Gerlof Molenaar	H40-49	Nes Ameland	0:12:03,076	0:11:58,389	1:11:22,567	0:32:37,581	2:08:01,613
39	251	Rob Kanon	HOA	Groningen	0:09:20,323	0:12:35,430	1:15:58,362	0:31:30,221	2:09:24,336
40	237	Sander Veenema	HOA	Groningen	0:11:37,234	0:10:40,466	1:10:40,448	0:36:39,280	2:09:37,428

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Pos	Bib	Firstname	Class	Hometown	ZwemmenTm	Fietsen1Tm	FietsenFinishTm	LopenTm	TotalTm
41	272	Paul Metz	H40-49	Nes Ameland	0:12:43,657	0:12:05,110	1:13:02,499	0:32:22,991	2:10:14,257
42	231	Jan-Dirk Bleeker	HOA	Zwaag	0:11:52,750	0:12:26,167	1:13:58,412	0:32:23,993	2:10:41,322
43	226	Andre Gorter	HOA	Nijverdal	0:09:00,064	0:10:55,981	1:17:26,045	0:33:23,874	2:10:45,964
44	331	Elske Dijkstra	DOA	Groningen	0:10:19,235	0:10:49,746	1:15:02,403	0:35:31,750	2:11:43,134
45	207	Joren Heijnen	H16-23	Didam	0:12:24,946	0:10:52,676	1:11:17,484	0:37:55,152	2:12:30,258
46	265	Erik van de Wal	H40-49	Dordrecht	0:12:10,527	0:12:19,150	1:14:37,618	0:34:02,252	2:13:09,547
47	343	Hilde van Heuveln	D40-49	Zandweer	0:09:37,635	0:11:39,050	1:17:54,075	0:34:20,720	2:13:31,480
48	225	Barry Verbeek	HOA	s-Gravenhage	0:11:15,208	0:11:34,166	1:14:57,027	0:36:00,857	2:13:47,258
49	316	Annedien Enter	DOA	Nijverdal	0:11:56,010	0:11:32,533	1:16:12,946	0:35:37,829	2:15:19,318
50	339	Sylvia Visser	D40-49	s-Gravenhage	0:14:03,176	0:11:59,163	1:13:17,983	0:35:59,048	2:15:19,370
51	247	Dennis Kiewied	HOA	Bolsward	0:11:33,909	0:13:01,592	1:15:00,246	0:35:59,327	2:15:35,074
52	337	Monique Brattinga	D40-49	Spanbroek	0:14:03,529	0:13:26,740	1:17:56,434	0:30:19,921	2:15:46,624
53	201	Menno Oud	H14-15	Almelo	0:12:08,067	0:12:25,099	1:12:45,460	0:38:31,481	2:15:50,107
54	255	Maarten Visser	HOA	Leeuwarden	0:10:24,121	0:10:54,004	1:19:35,861	0:35:07,315	2:16:01,301
55	293	Roelof Moes	H50-59	Nijeveen	0:16:15,929	0:14:08,923	1:11:36,299	0:34:13,143	2:16:14,294
56	246	Lambertus Moes	HOA	Groningen	0:11:29,954	0:18:54,361	1:12:07,120	0:33:43,717	2:16:15,152
57	270	Hans Wind	H40-49	Thesinge	0:12:37,486	0:11:21,684	1:18:13,386	0:34:04,898	2:16:17,454
58	315	Sandra Zijlstra	DOA	Leeuwarden	0:11:41,669	0:11:41,503	1:22:12,837	0:31:19,968	2:16:55,977
59	235	Jack van Oord	HOA	s-Gravenhage	0:12:14,649	0:12:15,543	1:17:55,089	0:34:36,643	2:17:01,924
60	254	Jeroen van den Poll	HOA	Hardenberg	0:12:56,005	0:12:15,240	1:16:31,136	0:36:12,069	2:17:54,450
61	277	Albert Molenaar	H40-49	Nes Ameland	0:12:58,407	0:12:32,825	1:21:03,423	0:32:10,151	2:18:44,806
62	268	Jos jansen	H40-49	s-Gravenhage	0:12:04,999	0:13:17,384	1:19:24,126	0:35:22,573	2:20:09,082
63	322	Patricia Seinen	DOA	Zwolle	0:12:44,688	0:12:42,580	1:20:41,441	0:34:51,838	2:21:00,547
64	286	Hessel Turkstra	H40-49	Oentsjerk	0:10:03,265	0:13:06,128	1:24:09,004	0:33:49,108	2:21:07,505
65	302	Marjolein van Vugt	D16-23	Heerhugowaard	0:13:10,446	0:12:29,636	1:24:12,165	0:31:32,066	2:21:24,313
66	258	JanHendrik Wolters	HOA	Apeldoorn	0:14:07,161	0:14:54,322	1:19:30,542	0:33:07,298	2:21:39,323
67	220	Rob Prins	HOA	Maassluis	0:16:17,935	0:12:22,500	1:20:38,649	0:32:38,795	2:21:54,879
68	248	Jaap Kienstra	HOA		0:14:20,112	0:14:04,791	1:18:51,494	0:34:54,030	2:22:10,427
69	317	Antoinette Kraal	DOA	Amsterdam	0:11:46,418	0:12:57,978	1:21:40,223	0:35:48,916	2:22:13,535
70	332	Henriette Post	DOA	Ballum	0:14:39,360	0:11:23,910	1:22:21,920	0:33:55,799	2:22:20,989
71	312	Nanny van Torenburg	DOA		0:09:28,856	0:13:22,607	1:23:09,572	0:38:09,415	2:24:10,450
72	326	Jolanda van de Haar	DOA	Veenendaal	0:12:48,302	0:13:16,241	1:24:55,751	0:33:25,238	2:24:25,532
73	281	Joop Beijgaard	H40-49	Nes Ameland	0:14:08,528	0:14:06,565	1:24:52,757	0:32:57,558	2:26:05,408
74	335	Jessica Bustos-Soza	D40-49	Middenmeer	0:14:35,803	0:13:19,925	1:26:43,331	0:32:56,597	2:27:35,656
75	233	Jan Worpenberg	H60-64	Groningen	0:12:43,707	0:13:35,547	1:27:18,404	0:34:40,867	2:28:18,525
76	323	Veroesja Innikel-Brinkhof	DOA	Hilversum	0:11:33,346	0:11:48,547	1:31:17,643	0:35:00,630	2:29:40,166
77	336	Marlies Arkema	D40-49	Leeuwarden	0:11:14,115	0:13:13,744	1:31:58,531	0:34:48,510	2:31:14,900
78	341	José Sinnema	D40-49	Oentsjerk	0:13:44,802	0:13:00,305	1:28:20,036	0:36:19,614	2:31:24,757
79	328	Diana Reijnders	DOA	Hoogwoud	0:13:50,296	0:13:45,124	1:27:29,763	0:37:12,157	2:32:17,340
80	208	Kienstra Kevin	H16-23	Nes Ameland	0:14:32,440	0:13:21,426	1:24:31,080	0:42:12,674	2:34:37,620

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Pos	Bib	Firstname	Class	Hometown	ZwemmenTm	Fietsen1Tm	FietsenFinishTm	LopenTm	TotalTm
81	210	Jaap Bennink	H16-23	Didam	0:11:06,757	0:12:25,545	1:29:31,751	0:42:42,293	2:35:46,346
82	342	Johanna Molenaar	D40-49	Nes Ameland	0:13:53,575	0:13:18,569	1:28:06,325	0:41:21,656	2:36:40,125
83	271	Anne ten Hof	H40-49	Ballum	0:15:06,828	0:12:32,922	1:26:30,742	0:43:18,874	2:37:29,366
84	330	Jeanine den Hartogh	DOA	Hollum	0:13:04,030	0:13:13,460	1:32:17,940	0:39:50,031	2:38:25,461
85	305	Vera van Burgsteden	D16-23	Groningen	0:12:53,727	0:13:22,493	1:27:36,455	0:44:36,349	2:38:29,024
86	275	Marcel van Burgsteden	H40-49	Groningen	0:12:53,499	0:13:21,625	1:27:37,399	0:44:37,816	2:38:30,339
87	274	Michael Heinzelmann	H40-49	Hattersheim	0:15:14,252	0:14:28,763	1:34:21,590	0:38:16,263	2:42:20,868
88	311	Meriam Boorsma	D14-15	Veenendaal	0:10:53,439	0:11:14,206	1:44:57,669	0:36:17,711	2:43:23,025
89	319	Jaqueline Brouwer	DOA	Buren Fr	0:13:28,580	0:15:35,714	1:36:20,859	0:39:47,070	2:45:12,223
90	267	Jeroen Jansen	H40-49	De Meern	0:12:07,679	0:12:33,858	1:35:52,970	0:48:27,262	2:49:01,769
91	291	Jan Helwig	H50-59	Soest	0:14:21,577	0:15:00,178	1:47:08,753	0:32:45,347	2:49:15,855
92	318	Yildiz Venekamp	DOA	Alkmaar	0:14:45,470	0:14:55,220	1:37:47,912	0:42:35,986	2:50:04,588
93	307	Mieke Acda	D16-23	Amsterdam	0:11:14,552	0:14:03,506	1:41:24,799	0:44:24,985	2:51:07,842
94	325	Marije Lely	DOA	Amsterdam	0:13:47,943	0:18:23,626	1:38:23,746	0:40:41,214	2:51:16,529
95	276	Albert Huizeling	H40-49	Nes Ameland	0:12:45,279	0:13:16,752	1:53:06,381	0:34:03,190	2:53:11,602
96	300	Wendy Bleker	D16-23	Hardenberg	0:15:25,450	0:13:40,227	1:36:56,659	0:47:51,124	2:53:53,460
97	324	Caroline wittop Koning	DOA	Amsterdam	0:13:56,769	0:17:49,218	1:43:43,308	0:39:56,853	2:55:26,148
98	292	Leo Heemskerk	H50-59	Nieuwegein	0:17:31,863	0:16:00,737	1:42:08,717	0:40:30,565	2:56:11,882
99	280	Jaap Meijering	H40-49	Roden	0:12:26,333	0:11:32,208	2:00:51,483	0:34:28,049	2:59:18,073
100	329	Gerda Eling	DOA	Voorthuizen	0:11:56,345	0:17:57,839	1:47:50,477	0:45:44,161	3:03:28,822
101	285	Wieger Bruinsma	H50-59	Leeuwarden	0:12:49,834	0:14:33,554	1:43:43,070	0:55:12,746	3:06:19,204
102	306	Klaassien Eling	D16-23	Nijkerk Gld	0:13:53,394	0:18:59,495	2:00:30,636	0:41:12,770	3:14:36,295
103	340	Astrid Zijlstra	D40-49	Lekkum	0:13:55,923	0:16:44,120	2:10:21,505	0:47:13,360	3:28:14,908
104	303	Lea-Sophie Kirmeyer	D16-23	Saarbrücken	0:16:50,801	0:18:30,986	2:06:59,738	0:58:39,863	3:41:01,388
105	348	Corinna van der Woude	D50-59	De Waal	0:19:09,851	0:21:13,734	2:03:07,744	1:03:53,984	3:47:25,313
	349	Joke Cremer Bakker	D50-59	Gorredijk		0:30:41,163	2:10:20,304	0:47:13,322	3:28:14,789
	245	Dennis van de Pol	HOA	Zwartebroek	0:10:20,156	0:10:44,100	1:13:30,849		
	338	Kienstra-oud Regina	D40-49	Nes Ameland					
DSQ	333	Esther Dieterman	DOA	Ballum	0:15:34,605	0:14:25,874	1:41:21,504	0:47:51,330	2:59:13,313
DSQ	310	Djoanna Papma	D16-23	Ballum	0:15:28,466	0:14:49,931	1:51:00,339	0:39:55,411	3:01:14,147
DSQ	304	Susanne Blum	D16-23	Saarbrücken	0:16:29,890	0:17:31,857	1:50:44,260	0:40:35,753	3:05:21,760

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1	200	Scott Hentzepeter	H14-15	Westerhaar-Vriezenv Wijk	0:09:21,185	0:09:52,481	1:03:47,168	0:26:26,283	1:49:27,117
2	201	Menno Oud	H14-15	Almelo	0:12:08,067	0:12:25,099	1:12:45,460	0:38:31,481	2:15:50,107
1	211	Tom Hulkenberg	H16-23	Zevenaar	0:09:26,273	0:10:26,802	1:02:44,764	0:24:33,739	1:47:11,578
2	213	Stef de Boer	H16-23	Zwaanshoek	0:07:40,928	0:09:30,658	1:05:42,430	0:27:26,453	1:50:20,469
3	209	Bart van Kempen	H16-23	Didam	0:10:45,273	0:09:11,804	1:03:13,319	0:30:50,084	1:54:00,480
4	205	Maarten Drissen	H16-23	Veendam	0:08:49,387	0:09:27,499	1:08:24,112	0:29:28,692	1:56:09,690
5	207	Joren Heijnen	H16-23	Didam	0:12:24,946	0:10:52,676	1:11:17,484	0:37:55,152	2:12:30,258
6	208	Kienstra Kevin	H16-23	Nes Ameland	0:14:32,440	0:13:21,426	1:24:31,080	0:42:12,674	2:34:37,620
7	210	Jaap Bennink	H16-23	Didam	0:11:06,757	0:12:25,545	1:29:31,751	0:42:42,293	2:35:46,346
1	257	Erik - Jan Spijkerman	HOA	Nibbixwoud	0:11:44,536	0:09:12,978	0:59:02,972	0:23:13,735	1:43:14,221
2	238	Arjen de Bruin	HOA	Loosdrecht	0:08:49,271	0:09:10,972	1:01:02,654	0:24:40,075	1:43:42,972
3	232	Wim van Houtert	HOA	Groningen	0:11:49,406	0:09:21,297	0:59:33,900	0:27:20,837	1:48:05,440
4	221	Rob Denekamp	HOA	Loosdrecht	0:07:54,667	0:09:28,327	1:02:57,653	0:29:36,972	1:49:57,619
5	259	Jorrit Meijer	HOA	Utrecht	0:09:11,654	0:09:28,218	1:06:03,374	0:25:29,753	1:50:12,999
6	223	Bas van de Pol	HOA	Veenendaal	0:08:49,338	0:10:21,218	1:04:36,072	0:26:55,908	1:50:42,536
7	243	Jeroen van der Vlist	HOA	Groningen	0:09:47,798	0:09:48,402	1:04:17,924	0:27:08,980	1:51:03,104
8	230	Marco Haselbekke	HOA	Almelo	0:11:17,335	0:09:54,575	1:04:24,282	0:25:42,862	1:51:19,054
9	250	Sjoerd jan van der Pluijm	HOA	Rotterdam	0:09:24,477	0:10:42,948	1:03:16,585	0:28:52,688	1:52:16,698
10	234	Peter Denekamp	HOA	Hilversum	0:08:03,865	0:09:18,611	1:06:41,054	0:29:19,667	1:53:23,197
11	236	Paco van der Reijden	HOA	Heerenveen	0:10:33,559	0:10:26,191	1:06:14,954	0:28:11,212	1:55:25,916
12	227	Jan Jansen	HOA	Vroomshoop	0:10:15,337	0:09:56,173	1:08:31,236	0:29:05,520	1:57:48,266
13	224	Richard van Niel	HOA	s-Gravenhage	0:11:15,628	0:10:17,627	1:07:36,341	0:29:24,705	1:58:34,301
14	239	Arjo Spans	HOA	Zwolle	0:11:20,437	0:10:48,072	1:08:18,899	0:30:01,735	2:00:29,143
15	229	Patrick Bruns	HOA	Almelo	0:11:56,393	0:10:13,769	1:14:01,715	0:26:39,024	2:02:50,901
16	244	Mark Torsius	HOA	Harderwijk	0:11:25,311	0:11:17,868	1:07:52,213	0:32:34,968	2:03:10,360
17	249	Jeroen Celie	HOA	Harderwijk	0:11:59,566	0:11:06,598	1:10:48,560	0:30:38,912	2:04:33,636
18	228	Valentijn van der Neut	HOA	Hoorn Nh	0:11:07,424	0:11:12,469	1:11:39,478	0:31:47,210	2:05:46,581
19	242	Wouter van Onzenoort	HOA	Alkmaar	0:12:09,178	0:11:53,811	1:12:53,372	0:30:22,351	2:07:18,712
20	251	Rob Kanon	HOA	Groningen	0:09:20,323	0:12:35,430	1:15:58,362	0:31:30,221	2:09:24,336
21	237	Sander Veenema	HOA	Groningen	0:11:37,234	0:10:40,466	1:10:40,448	0:36:39,280	2:09:37,428
22	231	Jan-Dirk Bleeker	HOA	Zwaag	0:11:52,750	0:12:26,167	1:13:58,412	0:32:23,993	2:10:41,322
23	226	Andre Gorter	HOA	Nijverdalen	0:09:00,064	0:10:55,981	1:17:26,045	0:33:23,874	2:10:45,964
24	225	Barry Verbeek	HOA	s-Gravenhage	0:11:15,208	0:11:34,166	1:14:57,027	0:36:00,857	2:13:47,258
25	247	Dennis Kiewied	HOA	Bolsward	0:11:33,909	0:13:01,592	1:15:00,246	0:35:59,327	2:15:35,074
26	255	Maarten Visser	HOA	Leeuwarden	0:10:24,121	0:10:54,004	1:19:35,861	0:35:07,315	2:16:01,301
27	246	Lambertus Moes	HOA	Groningen	0:11:29,954	0:18:54,361	1:12:07,120	0:33:43,717	2:16:15,152
28	235	Jack van Oord	HOA	s-Gravenhage	0:12:14,649	0:12:15,543	1:17:55,089	0:34:36,643	2:17:01,924
29	254	Jeroen van den Poll	HOA	Hardenberg	0:12:56,005	0:12:15,240	1:16:31,136	0:36:12,069	2:17:54,450
30	258	JanHendrik Wolters	HOA	Apeldoorn	0:14:07,161	0:14:54,322	1:19:30,542	0:33:07,298	2:21:39,323
31	220	Rob Prins	HOA	Maassluis	0:16:14,935	0:12:22,500	1:20:38,649	0:32:38,795	2:21:54,879
32	248	Jaap Kienstra	HOA	Nes Ameland	0:14:20,112	0:14:04,791	1:18:51,494	0:34:54,030	2:22:10,427

uitslag Cross triathlon Ameland 2008 - Tri-Ambla M									
Pos	Bib	Firstname	Class	Hometown	ZwemmenTm	Fietsen1Tm	FietsenFinishTm	LopenTm	TotalTm
1	261	Bert Lam	H40-49	Veenendaal	0:11:09,077	0:10:25,711	1:07:28,334	0:28:19,524	1:57:22,646
2	284	Kees Zwaan	H40-49	Opmeer	0:10:10,350	0:14:24,323	1:05:52,121	0:28:20,620	1:58:47,414
3	273	Andres Kübar	H40-49	Ülenurme	0:09:44,754	0:09:52,362	1:09:43,870	0:30:54,162	2:00:15,148
4	278	Robert Bosma	H40-49	Amsterdam	0:09:36,206	0:10:58,216	1:09:40,084	0:31:51,616	2:02:06,122
5	264	Rien Brouwer	H40-49	Oosterend Nh	0:10:10,538	0:10:40,092	1:08:51,513	0:32:33,014	2:02:15,157
6	260	Alex Scholte	H40-49	Opende	0:12:43,073	0:11:04,424	1:08:51,844	0:32:08,282	2:04:47,623
7	279	Pieter Bas	H40-49	Amsterdam	0:10:55,979	0:12:07,995	1:12:42,876	0:30:37,821	2:06:24,671
8	283	Jan Kienstra	H40-49	Nes Ameland	0:11:39,911	0:13:16,956	1:12:49,229	0:30:15,257	2:08:01,353
9	266	Gerlof Molenaar	H40-49	Nes Ameland	0:12:03,076	0:11:58,389	1:11:22,567	0:32:37,581	2:08:01,613
10	272	Paul Metz	H40-49	Nes Ameland	0:12:43,657	0:12:05,110	1:13:02,499	0:32:22,991	2:10:14,257
11	265	Erik van de Wal	H40-49	Dordrecht	0:12:10,527	0:12:19,150	1:14:37,618	0:34:02,252	2:13:09,547
12	270	Hans Wind	H40-49	Thesinge	0:12:37,486	0:11:21,684	1:18:13,386	0:34:04,898	2:16:17,454
13	277	Albert Molenaar	H40-49	Nes Ameland	0:12:58,407	0:12:32,825	1:21:03,423	0:32:10,151	2:18:44,806
14	268	Jos Jansen	H40-49	s-Gravenhage	0:12:04,999	0:13:17,384	1:19:24,126	0:35:22,573	2:20:09,082
15	286	Hessel Turkstra	H40-49	Oentsjerk	0:10:03,265	0:13:06,128	1:24:09,004	0:33:49,108	2:21:07,505
16	281	Joop Beijaard	H40-49	Nes Ameland	0:14:08,528	0:14:06,565	1:24:52,757	0:32:57,558	2:26:05,408
17	271	Anne ten Hof	H40-49	Ballum Ameland	0:15:06,828	0:12:32,922	1:26:30,742	0:43:18,874	2:37:29,366
18	275	Marcel van Burgsteden	H40-49	Groningen	0:12:53,499	0:13:21,625	1:27:37,399	0:44:37,816	2:38:30,339
19	274	Michael Heinzelmann	H40-49	Hattersheim	0:15:14,252	0:14:28,763	1:34:21,590	0:38:16,263	2:42:20,868
20	267	Jeroen Jansen	H40-49	De Meern	0:12:07,679	0:12:33,858	1:35:52,970	0:48:27,262	2:49:01,769
21	276	Albert Huizeling	H40-49	Nes Ameland	0:12:45,279	0:13:16,752	1:53:06,381	0:34:03,190	2:53:11,602
22	280	Jaap Meijering	H40-49	Roden	0:12:26,333	0:11:32,208	2:00:51,483	0:34:28,049	2:59:18,073
1	293	Roelof Moes	H50-59	Nijeveen	0:16:15,929	0:14:08,923	1:11:36,299	0:34:13,143	2:16:14,294
2	291	Jan Helwig	H50-59	Soest	0:14:21,577	0:15:00,178	1:47:08,753	0:32:45,347	2:49:15,855
3	292	Leo Heemskerk	H50-59	Nieuwegein	0:17:31,863	0:16:00,737	1:42:08,717	0:40:30,565	2:56:11,882
4	285	Wieger Bruinsma	H50-59	Leeuwarden	0:12:49,834	0:14:33,554	1:43:43,070	0:55:12,746	3:06:19,204
1	233	Jan Worpenberg	H60-69	Groningen	0:12:43,707	0:13:35,547	1:27:18,404	0:34:40,867	2:28:18,525
1	311	Meriam Boorsma	D14-15	Veenendaal	0:10:53,439	0:11:14,206	1:44:57,669	0:36:17,711	2:43:23,025
1	309	Charlotte Lenting	D16-23	Didam	0:09:03,773	0:11:14,692	1:14:14,049	0:32:19,162	2:06:51,676
2	308	Marieke van der Vegt	D16-23	Groningen	0:08:30,315	0:11:12,159	1:16:44,724	0:31:00,991	2:07:28,189
3	302	Marjolein van Vugt	D16-23	Heerhugowaard	0:13:10,446	0:12:29,636	1:24:12,165	0:31:32,066	2:21:24,313
4	305	Vera van Burgsteden	D16-23	Groningen	0:12:53,727	0:13:22,493	1:27:36,455	0:44:36,349	2:38:29,024
5	307	Mieke Acda	D16-23	Amsterdam	0:11:14,552	0:14:03,506	1:41:24,799	0:44:24,985	2:51:07,842
6	300	Wendy Bleker	D16-23	Hardenberg	0:15:25,450	0:13:40,227	1:36:56,659	0:47:51,124	2:53:53,460
7	306	Klaassien Eling	D16-23	Nijkerk Gld	0:13:53,394	0:18:59,495	2:00:30,636	0:41:12,770	3:14:36,295
8	303	Lea-Sophie Kirmeyer	D16-23	Saarbrücken	0:16:50,801	0:18:30,986	2:06:59,738	0:58:39,863	3:41:01,388

uitslag Cross triathlon Ameland 2008 - Tri-Ambla M									
Pos	Bib	Firstname	Class	Hometown	ZwemmenTm	Fietsen1Tm	FietsenFinishTm	LopenTm	TotalTm
1	313	Noora Kanerva	DOA	Helsinki	0:09:22,583	0:10:21,090	1:07:01,904	0:29:50,025	1:56:35,602
2	321	Cathelijne Middendorp	DOA	Heerenveen	0:09:30,968	0:11:30,250	1:08:38,309	0:33:40,561	2:03:20,088
3	331	Elske Dijkstra	DOA	Groningen	0:10:19,235	0:10:49,746	1:15:02,403	0:35:31,750	2:11:43,134
4	316	Annedien Enter	DOA	Nijverdal	0:11:56,010	0:11:32,533	1:16:12,946	0:35:37,829	2:15:19,318
5	315	Sandra Zijlstra	DOA	Leeuwarden	0:11:41,669	0:11:41,503	1:22:12,837	0:31:19,968	2:16:55,977
6	322	Patricia Seinen	DOA	Zwolle	0:12:44,688	0:12:42,580	1:20:41,441	0:34:51,838	2:21:00,547
7	317	Antoinette Kraal	DOA	Amsterdam	0:11:46,418	0:12:57,978	1:21:40,223	0:35:48,916	2:22:13,535
8	332	Henriette Post	DOA	Ballum Ameland	0:14:39,360	0:11:23,910	1:22:21,920	0:33:55,799	2:22:20,989
9	312	Nanny van Torenburg	DOA		0:09:28,856	0:13:22,607	1:23:09,572	0:38:09,415	2:24:10,450
10	326	Jolanda van de Haar	DOA	Veenendaal	0:12:48,302	0:13:16,241	1:24:55,751	0:33:25,238	2:24:25,532
11	323	Veroesja Innikel-Brinkhof	DOA	Hilversum	0:11:33,346	0:11:48,547	1:31:17,643	0:35:00,630	2:29:40,166
12	328	Diana Reijnders	DOA	Hoogwoud	0:13:50,296	0:13:45,124	1:27:29,763	0:37:12,157	2:32:17,340
13	330	Jeanine den Hartogh	DOA	Hollum	0:13:04,030	0:13:13,460	1:32:17,940	0:39:50,031	2:38:25,461
14	319	Jaqueline Brouwer	DOA	Buren Ameland	0:13:28,580	0:15:35,714	1:36:20,859	0:39:47,070	2:45:12,223
15	318	Yildiz Venekamp	DOA	Alkmaar	0:14:45,470	0:14:55,220	1:37:47,912	0:42:35,986	2:50:04,588
16	325	Marije Lely	DOA	Amsterdam	0:13:47,943	0:18:23,626	1:38:23,746	0:40:41,214	2:51:16,529
17	324	Caroline wittop Koning	DOA	Amsterdam	0:13:56,769	0:17:49,218	1:43:43,308	0:39:56,853	2:55:26,148
18	329	Gerda Eling	DOA	Voorthuizen	0:11:56,345	0:17:57,839	1:47:50,477	0:45:44,161	3:03:28,822
1	344	Lieke van Beek	D40-49	Hilversum	0:10:15,144	0:11:19,105	1:14:14,467	0:32:10,881	2:07:59,597
2	343	Hilde van Heuveln	D40-49	Zandweer	0:09:37,635	0:11:39,050	1:17:54,075	0:34:20,720	2:13:31,480
3	339	Sylvia Visser	D40-49	s-Gravenhage	0:14:03,176	0:11:59,163	1:13:17,983	0:35:59,048	2:15:19,370
4	337	Monique Brattinga	D40-49	Spanbroek	0:14:03,529	0:13:26,740	1:17:56,434	0:30:19,921	2:15:46,624
5	335	Jessica Bustos-Soza	D40-49	Middenmeer	0:14:35,803	0:13:19,925	1:26:43,331	0:32:56,597	2:27:35,656
6	336	Marlies Arkema	D40-49	Leeuwarden	0:11:14,115	0:13:13,744	1:31:58,531	0:34:48,510	2:31:14,900
7	341	José Sinnema	D40-49	Oentsjerk	0:13:44,802	0:13:00,305	1:28:20,036	0:36:19,614	2:31:24,757
8	342	Johanna Molenaar	D40-49	Nes Ameland	0:13:53,575	0:13:18,569	1:28:06,325	0:41:21,656	2:36:40,125
9	340	Astrid Zijlstra	D40-49	Lekum	0:13:55,923	0:16:44,120	2:10:21,505	0:47:13,360	3:28:14,908
1	348	Corinna van der Woude	D50-59	De Waal	0:19:09,851	0:21:13,734	2:03:07,744	1:03:53,984	3:47:25,313