

Tri-Ambla Junior Offroad Triathlon - Ameland 2009

5-9-2009

| D08+ | | | | | | | | |
|------|------------------|------|---------------|------|-------------|-------------|-------------|-------------|
| Pos | naam | cat. | woonplaats | land | ZwemmenTm | FietsenTm | LopenTm | TotalTm |
| 1 | Merel Hulst | D08+ | Assen | NED | 0:01:53,143 | 0:14:43,515 | 0:07:01,119 | 0:23:37,777 |
| 2 | Silke Molendijk | D08+ | | NED | 0:02:43,295 | 0:14:18,490 | 0:08:31,215 | 0:25:33,000 |
| 3 | Aukje Vellinga | D08+ | | NED | 0:01:55,764 | 0:19:36,409 | 0:07:41,962 | 0:29:14,135 |
| 4 | Femke Kienstra | D08+ | Nes Ameland | NED | 0:04:03,704 | 0:18:11,319 | 0:07:35,167 | 0:29:50,190 |
| 5 | Carien Beekema | D08+ | Buren Ameland | NED | 0:04:12,146 | 0:18:21,979 | 0:08:53,748 | 0:31:27,873 |
| 6 | Kyra Metz | D08+ | Nes Ameland | NED | 0:04:03,065 | 0:19:21,797 | 0:08:12,404 | 0:31:37,266 |
| 7 | Alysha Bunicich | D08+ | Hollum | NED | 0:04:12,334 | 0:18:51,087 | 0:09:16,649 | 0:32:20,070 |
| 8 | Janine Verbiest | D08+ | Buren Ameland | NED | 0:04:49,282 | 0:18:41,932 | 0:09:32,758 | 0:33:03,972 |
| 9 | Linda de Haan | D08+ | Ballum | NED | 0:04:48,535 | 0:19:40,282 | 0:10:34,353 | 0:35:03,170 |
| 10 | Jalien Holman | D08+ | Oegstgeest | NED | 0:05:21,163 | 0:20:29,850 | 0:09:32,933 | 0:35:23,946 |
| 11 | Myrthe Klijnstra | D08+ | Oentsjerk | NED | 0:04:49,949 | 0:22:53,320 | 0:09:07,657 | 0:36:50,926 |
| 12 | Nienke Ytsma | D08+ | Hollum | NED | 0:04:40,924 | 0:21:54,586 | 0:12:15,150 | 0:38:50,660 |
| 13 | Melanie de Jong | D08+ | Nes Ameland | NED | 0:04:01,846 | 0:29:22,177 | 0:09:18,456 | 0:42:42,479 |

| H08+ | | | | | | | | |
|------|------------------|------|-------------------------|------|-------------|-------------|-------------|-------------|
| Pos | naam | cat. | woonplaats | land | ZwemmenTm | FietsenTm | LopenTm | TotalTm |
| 1 | Finn Hentzepeter | H08+ | Westerhaar-Vriezenv Wij | NED | 0:02:33,149 | 0:14:43,622 | 0:06:20,554 | 0:23:37,325 |
| 2 | Bodi Del Grosso | H08+ | Eelde | NED | 0:02:35,946 | 0:14:38,502 | 0:07:28,758 | 0:24:43,206 |
| 3 | Jan - Paul Metz | H08+ | Nes Ameland | NED | 0:03:14,691 | 0:16:03,089 | 0:07:38,841 | 0:26:56,621 |
| 4 | Tijn van de Kamp | H08+ | Nes Ameland | NED | 0:03:19,804 | 0:17:20,283 | 0:06:37,275 | 0:27:17,362 |
| 5 | Ruben Slot | H08+ | | NED | 0:03:05,720 | 0:15:38,331 | 0:08:37,153 | 0:27:21,204 |
| 6 | Noah Legerstee | H08+ | Delft | NED | 0:03:10,217 | 0:17:12,094 | 0:07:31,469 | 0:27:53,780 |
| 7 | Jauke Stavenga | H08+ | | NED | 0:04:30,034 | 0:15:41,229 | 0:08:07,002 | 0:28:18,265 |
| 8 | Jorik Beekema | H08+ | Nes Ameland | NED | 0:04:02,845 | 0:16:41,023 | 0:08:17,803 | 0:29:01,671 |
| 9 | Bas de Roo | H08+ | Leersum | NED | 0:05:26,262 | 0:17:12,576 | 0:07:18,459 | 0:29:57,297 |
| 10 | Youri Kiewied | H08+ | Nes Ameland | NED | 0:03:45,194 | 0:19:02,271 | 0:07:44,312 | 0:30:31,777 |
| 11 | Jurre van Meerlo | H08+ | Veenwouden | NED | 0:03:28,452 | 0:17:26,574 | 0:09:46,389 | 0:30:41,415 |
| 12 | Dylan Molenaar | H08+ | Nes Ameland | NED | 0:03:29,887 | 0:19:23,301 | 0:07:51,481 | 0:30:44,669 |
| 13 | Bob de Hoogt | H08+ | | NED | 0:02:30,991 | 0:20:24,136 | 0:08:22,301 | 0:31:17,428 |
| 14 | Mart van der Wal | H08+ | Oudeschoot | NED | 0:03:52,554 | 0:18:53,954 | 0:09:19,581 | 0:32:06,089 |
| 15 | Floris Onel | H08+ | Harderwijk | NED | 0:04:34,709 | 0:19:49,670 | 0:08:25,410 | 0:32:49,789 |
| 16 | Teun Gorter | H08+ | Nijverdal | NED | 0:05:10,945 | 0:19:13,739 | 0:09:26,944 | 0:33:51,628 |
| 17 | Tresor de Lange | H08+ | Hierden | NED | 0:05:25,508 | 0:18:58,998 | 0:09:40,386 | 0:34:04,892 |

D10+

| Pos | naam | cat. | woonplaats | land | ZwemmenTm | FietsenTm | LopenTm | TotalTm |
|-----|-----------------------|------|---------------|------|-------------|-------------|-------------|-------------|
| 1 | Iris Hulst | D10+ | Assen | NED | 0:02:09,180 | 0:18:01,773 | 0:05:04,170 | 0:25:15,123 |
| 2 | Britta Molenaar | D10+ | Buren Ameland | NED | 0:02:46,679 | 0:18:33,230 | 0:07:12,952 | 0:25:46,182 |
| 3 | Janine Walters | D10+ | Assen | NED | 0:02:06,099 | 0:18:41,566 | 0:07:15,288 | 0:25:56,854 |
| 4 | Myrthe Kuperus | D10+ | Nes Ameland | NED | 0:03:13,971 | 0:18:39,636 | 0:07:41,089 | 0:26:20,725 |
| 5 | Eva Turkstra | D10+ | Oentsjerk | NED | 0:02:31,299 | 0:18:59,916 | 0:08:07,234 | 0:27:07,150 |
| 6 | Marina Jepma | D10+ | Nes Ameland | NED | 0:03:29,809 | 0:19:46,973 | 0:07:46,794 | 0:27:33,767 |
| 7 | Hanna Metz | D10+ | Nes Ameland | NED | 0:02:52,399 | 0:19:05,801 | 0:08:29,637 | 0:27:35,438 |
| 8 | Jorn Truuske Stavenga | D10+ | | NED | 0:04:09,764 | 0:19:43,143 | 0:08:09,337 | 0:27:52,480 |
| 9 | Silia Holman | D10+ | Oegstgeest | NED | 0:04:23,128 | 0:21:17,573 | 0:07:32,989 | 0:28:50,562 |
| 10 | Kim Koops | D10+ | Nes Ameland | NED | 0:03:14,624 | 0:19:59,391 | 0:09:12,907 | 0:29:12,298 |
| 11 | Hannah Bakker | D10+ | Stiens | NED | 0:03:29,044 | 0:21:09,652 | 0:08:07,175 | 0:29:16,827 |
| 12 | Anne-Brecht de Vries | D10+ | Oentsjerk | NED | 0:03:55,128 | 0:21:22,658 | 0:10:18,340 | 0:31:40,998 |
| 13 | Dominique de Lange | D10+ | Hierden | NED | 0:04:50,883 | 0:22:40,136 | 0:09:32,405 | 0:32:12,541 |
| 14 | Violette Brouwer | D10+ | Nes Ameland | NED | 0:03:50,268 | 0:22:06,618 | 0:10:22,247 | 0:32:28,865 |
| 15 | Britta Spoelstra | D10+ | Nes Ameland | NED | 0:03:38,207 | 0:24:03,388 | 0:08:33,328 | 0:32:36,716 |
| 16 | Rosa Kroon | D10+ | Amsterdam | NED | 0:04:22,286 | 0:23:56,854 | 0:09:48,680 | 0:33:45,534 |
| 17 | Anoek van der Geest | D10+ | Nes Ameland | NED | 0:05:10,948 | 0:26:13,265 | 0:10:10,699 | 0:36:23,964 |

H10+

| Pos | naam | cat. | woonplaats | land | ZwemmenTm | FietsenTm | LopenTm | TotalTm |
|-----|------------------|------|---------------|------|-------------|-------------|-------------|-------------|
| 1 | Ruard Smeenge | H10+ | Deurze | NED | 0:02:25,154 | 0:14:02,851 | 0:05:53,910 | 0:22:21,915 |
| 2 | Rowan Veenhuizen | H10+ | Ekehaar | NED | 0:02:17,210 | 0:14:08,741 | 0:06:12,182 | 0:22:38,133 |
| 3 | Daan Speek | H10+ | Vries | NED | 0:02:18,039 | 0:15:12,112 | 0:06:58,041 | 0:24:28,192 |
| 4 | Micha Metz | H10+ | Nes Ameland | NED | 0:02:56,114 | 0:14:40,786 | 0:07:16,610 | 0:24:53,510 |
| 5 | Sander Faassen | H10+ | Assen | NED | 0:02:01,590 | 0:16:31,650 | 0:06:37,425 | 0:25:10,665 |
| 6 | Guus Pigge | H10+ | Assen | NED | 0:02:07,165 | 0:15:33,104 | 0:07:47,876 | 0:25:28,145 |
| 7 | Tom Hendrikse | H10+ | Assen | NED | 0:02:25,962 | 0:15:02,905 | 0:08:44,825 | 0:26:13,692 |
| 8 | Thijs Molendijk | H10+ | | NED | 0:02:25,308 | 0:17:11,883 | 0:07:06,293 | 0:26:43,484 |
| 9 | Johannes Reiker | H10+ | Scharnegoutum | NED | 0:04:06,242 | 0:15:20,673 | 0:07:24,640 | 0:26:51,555 |
| 10 | Inse Wetsteen | H10+ | Oosterend Nh | NED | 0:03:01,749 | 0:16:40,776 | 0:07:23,263 | 0:27:05,788 |
| 11 | Hessel Beijaard | H10+ | Nes Ameland | NED | 0:02:54,995 | 0:16:51,890 | 0:07:56,879 | 0:27:43,764 |
| 12 | Thomas Onel | H10+ | Harderwijk | NED | 0:04:07,274 | 0:17:28,642 | 0:07:24,158 | 0:29:00,074 |
| 13 | Mick Atsma | H10+ | | NED | 0:03:32,132 | 0:18:06,351 | 0:08:42,121 | 0:30:20,604 |
| 14 | Joost de Vries | H10+ | | NED | 0:05:09,913 | 0:18:07,062 | 0:08:18,743 | 0:31:35,718 |
| 15 | Sven de Haan | H10+ | Zuidlaren | NED | 0:03:37,820 | 0:17:17,734 | 0:11:11,290 | 0:32:06,844 |
| 16 | Sven Rietdijk | H10+ | | NED | 0:02:08,076 | 0:17:18,142 | 0:17:01,318 | 0:36:27,536 |
| 17 | Julian Zijlstra | H10+ | Miedum | NED | 0:03:32,015 | 0:22:17,761 | 0:11:59,479 | 0:37:49,255 |
| 18 | Mark Alebregtse | H10+ | Zeewolde | NED | 0:03:18,386 | 0:22:37,568 | 0:12:10,793 | 0:38:06,747 |

D12+

| Pos | naam | cat. | woonplaats | land | ZwemmenTm | FietsenTm | LopenTm | TotalTm |
|-----|--------------------|------|-------------|------|-------------|-------------|-------------|-------------|
| 1 | Marlene Zwaneveld | D12+ | Assen | NED | 0:03:28,193 | 0:30:18,622 | 0:13:15,368 | 0:47:02,183 |
| 2 | Telma van de Kamp | D12+ | Nes Ameland | NED | 0:03:42,741 | 0:30:11,949 | 0:14:12,956 | 0:48:07,646 |
| 3 | Vera Brouwer | D12+ | Nes Ameland | NED | 0:03:55,603 | 0:30:29,780 | 0:13:58,906 | 0:48:24,289 |
| 4 | Renate Timmerman | D12+ | Leeuwarden | NED | 0:03:55,281 | 0:32:48,979 | 0:14:49,465 | 0:51:33,725 |
| 5 | Annechien Kruithof | D12+ | Lemmer | NED | 0:03:41,898 | 0:33:38,732 | 0:15:28,677 | 0:52:49,307 |
| 6 | Anne-Mint Atsma | D12+ | Oentsjerk | NED | 0:03:53,248 | 0:32:55,361 | 0:17:05,667 | 0:53:54,276 |
| 7 | Lotte sanne Huft | D12+ | Amsterdam | NED | 0:04:16,728 | 0:35:20,017 | 0:18:09,587 | 0:57:46,332 |

H12+

| Pos | naam | cat. | woonplaats | land | ZwemmenTm | FietsenTm | LopenTm | TotalTm |
|-----|-------------------|------|-------------|------|-------------|-------------|-------------|-------------|
| 1 | Yorick Veenhuizen | H12+ | Ekehaar | NED | 0:03:06,251 | 0:26:30,016 | 0:13:21,040 | 0:42:57,307 |
| 2 | Dennis Molenaar | H12+ | Nes Ameland | NED | 0:03:39,249 | 0:26:09,121 | 0:13:22,492 | 0:43:10,862 |
| 3 | Rutger Otto | H12+ | | NED | 0:02:53,236 | 0:28:00,788 | 0:13:44,614 | 0:44:38,638 |
| 4 | Thomas Klabbers | H12+ | Gorredijk | NED | 0:03:33,796 | 0:28:00,902 | 0:13:23,645 | 0:44:58,343 |
| 5 | Nick Smidt | H12+ | Assen | NED | 0:02:56,008 | 0:30:03,222 | 0:14:28,615 | 0:47:27,845 |
| 6 | Jakob Schwanke | H12+ | Karlsruhe | GER | 0:04:27,142 | 0:29:18,782 | 0:14:38,123 | 0:48:24,047 |
| 7 | Tuzo de Haan | H12+ | Ballum | NED | 0:04:05,429 | 0:31:30,759 | 0:16:50,612 | 0:52:26,800 |
| 8 | Tijmen Schagen | H12+ | | NED | 0:04:47,462 | 0:33:41,217 | 0:15:48,236 | 0:54:16,915 |

D14+

| Pos | naam | cat. | woonplaats | land | ZwemmenTm | FietsenTm | LopenTm | TotalTm |
|-----|-----------------|------|---------------|------|-------------|-------------|-------------|-------------|
| 1 | Marrit Molenaar | D14+ | Buren Ameland | NED | 0:03:53,820 | 0:29:16,207 | 0:15:48,473 | 0:48:58,500 |
| 2 | Iris Dijkstra | D14+ | | NED | 0:04:28,399 | 0:30:46,652 | 0:15:00,299 | 0:50:15,350 |

H14+

| Pos | naam | cat. | woonplaats | land | ZwemmenTm | FietsenTm | LopenTm | TotalTm |
|-----|---------------|------|-------------|------|-------------|-------------|-------------|-------------|
| 1 | Coen Rikken | H14+ | Duiven | NED | 0:02:55,529 | 0:24:38,137 | 0:11:37,742 | 0:39:11,408 |
| 2 | Anno Smit | H14+ | Hollum | NED | 0:03:07,812 | 0:25:06,924 | 0:13:11,709 | 0:41:26,445 |
| 3 | Len Spoelstra | H14+ | Nes Ameland | NED | 0:04:12,134 | 0:28:09,242 | 0:15:27,730 | 0:47:49,106 |
| 4 | Sem Atsma | H14+ | Oentsjerk | NED | 0:03:33,241 | 0:28:51,457 | 0:16:58,374 | 0:49:23,072 |
| 5 | Marius Lam | H14+ | Veenendaal | NED | 0:04:23,077 | | 0:55:18,449 | 0:59:41,526 |