

## Tri-Ambla Junior Offroad Triathlon - Ameland 2009

5-9-2009

<b>D08+</b>								
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

<b>H08+</b>								
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