

UPC Holland Triathlon Almere 27-08-2005

Uitslag Long Distance Indivueel Overall

Plts	StartNr	Naam	Cat	Nat	Woonplaats	Zwem	PltsZ	Fiets1	Fiets2	Fiets3	Fiets	PltsF	NaFiets	Trans	Loop1	Loop2	Loop3	Loop	PltsL	Penalty	Totaaltijd
1	1	Gerrit Schellens	H21	BEL	Lommel	0:53:26	5	1:34:14	1:30:45	1:33:59	4:38:57	3	5:32:23	0:02:21	0:49:37	0:53:07	0:54:26	2:37:10	1		8:11:52
2	5	Frank Heldoorn	H21		Huizen	0:53:25	4	1:34:15	1:30:47	1:33:52	4:38:54	2	5:32:19	0:02:30	0:54:05	0:55:53	0:57:18	2:47:15	2		8:22:03
3	3	Chris Brands	H21		Bussum	0:56:05	23	1:33:09	1:29:12	1:33:53	4:36:14	1	5:32:18	0:02:30	0:54:06	0:57:06	1:02:06	2:53:17	9		8:28:04
4	2	Peter Kropko	H40	HUN	Nagykovacsi	0:53:21	2	1:35:59	1:32:27	1:40:47	4:49:11	9	5:42:31	0:03:39	0:53:01	0:55:02	0:59:42	2:47:44	3		8:33:53
5	9	Paul Verkleij	H21		Leusden	0:55:24	15	1:35:59	1:32:23	1:38:36	4:46:57	6	5:42:21	0:02:31	0:52:44	0:57:10	1:01:30	2:51:24	7		8:36:14
6	21	Teemu Toivanen	H21	FIN	Kuopio	0:53:22	3	1:39:48	1:34:27	1:39:45	4:53:59	14	5:47:20	0:02:28	0:53:04	0:56:12	0:59:34	2:48:48	5		8:38:36
7	80	Machiel Ittmann	H21		Hilversum	0:59:31	46	1:33:29	1:30:47	1:38:34	4:42:49	4	5:42:19	0:03:01	0:56:23	0:58:23	1:00:40	2:55:25	11		8:40:45
8	22	Teemu Lemmettyla	H21	FIN	Kuopio	0:57:03	31	1:39:16	1:38:16	1:39:58	4:57:29	18	5:54:32	0:02:54	0:53:33	0:56:23	0:58:40	2:48:35	4		8:46:00
9	8	Anton Mol	H21		Oud Beijerland	0:55:18	12	1:33:59	1:34:16	1:40:32	4:48:46	7	5:44:03	0:02:48	0:57:27	1:00:52	1:05:04	3:03:22	15		8:50:12
10	115	Jan van der Marel	H21		Aarlanderveen	0:58:20	36	1:41:22	1:36:07	1:41:16	4:58:45	24	5:57:04	0:02:55	0:56:33	0:55:56	0:57:47	2:50:16	6		8:50:14
11	93	Bert Flier	H21		Barendrecht	0:56:02	21	1:35:21	1:31:48	1:38:15	4:45:22	5	5:41:24	0:02:38	0:53:30	1:00:03	1:13:57	3:07:29	20		8:51:30
12	10	Bram van den Bergh	H21		Gendt	1:04:23	113	1:36:24	1:36:11	1:41:17	4:53:52	13	5:58:14	0:02:18	0:55:56	0:58:31	1:00:51	2:55:17	10		8:55:48
13	98	Rolf Lautenbacher	H21	GER	Bad Schonborn	0:56:12	26	1:39:01	1:35:08	1:43:39	4:57:47	20	5:53:58	0:02:30	0:54:31	0:57:25	1:10:32	3:02:27	14		8:58:54
14	41	Marcel Obersteller	H21	GER	Berlin	0:55:15	10	1:38:07	1:36:26	1:44:10	4:58:42	23	5:53:56	0:02:59	0:56:22	1:01:22	1:07:26	3:05:09	16		9:02:03
15	83	Bas Borreman	H21		Alphen a/d Rijn	0:54:42	7	1:39:30	1:35:42	1:41:15	4:56:26	16	5:51:08	0:03:12	0:58:51	1:03:49	1:10:26	3:13:05	32		9:07:24
16	87	Come Klein	H21		De Kwakel	0:56:27	28	1:36:39	1:35:20	1:42:16	4:54:14	15	5:50:41	0:02:34	1:01:07	1:03:48	1:10:25	3:15:19	38		9:08:33
17	139	Mathijm Wassink	H21		Hoewelaken	0:55:12	9	1:42:50	1:53:43	1:44:28	5:20:59	93	6:16:11	0:03:35	0:54:47	0:55:29	1:01:11	2:51:26	8		9:11:12
18	126	Robert van der Werff	H21		Linschoten	0:59:28	45	1:38:46	1:37:38	1:41:23	4:57:46	19	5:57:14	0:03:13	1:01:32	1:05:14	1:06:02	3:12:46	31		9:13:12
19	263	John Beerendonk	H40		Loosdrecht	1:02:01	70	1:43:13	1:37:25	1:40:19	5:00:56	26	6:02:57	0:04:13	0:59:54	1:03:02	1:03:18	3:06:13	18		9:13:21
20	61	Alain Vervoort	H21	BEL	Antwerpen	0:56:02	22	1:40:20	1:41:32	1:51:11	5:13:02	63	6:09:04	0:04:33	0:57:09	1:01:01	1:03:49	3:01:58	13		9:15:34
21	299	Addy Ruitter	H40		Sliedrecht	1:01:23	59	1:42:27	1:39:50	1:41:53	5:04:09	34	6:05:31	0:04:29	0:55:10	1:02:10	1:08:34	3:05:52	17		9:15:51
22	13	Ronald van der Meer	H21		Bodegraven	0:56:09	25	1:42:55	1:40:10	1:43:16	5:06:20	40	6:02:28	0:03:35	1:03:01	1:02:01	1:04:54	3:09:54	25		9:15:56
23	4	Guido Gosselink	H21		Enschede	0:55:11	8	1:34:06	1:32:28	1:42:37	4:49:10	8	5:44:20	0:04:22	1:05:13	1:09:24	1:13:43	3:28:20	70		9:17:01
24	94	Denis Legouge	H21	FRA	Plessis-Robinson	0:56:57	30	1:42:47	1:41:44	1:44:54	5:09:24	45	6:06:21	0:02:40	0:58:33	1:03:31	1:08:20	3:10:22	26		9:19:22
25	359	Rob Barel	H45		Overberg	0:53:27	6	1:35:54	1:32:19	1:43:42	4:51:54	11	5:45:21	0:03:53	1:04:41	1:04:41	1:21:14	3:30:36	78		9:19:49
26	125	Richard de Groot	H21		Schiedam	0:55:28	17	1:47:05	1:41:29	1:46:09	5:14:42	69	6:10:10	0:02:50	0:58:15	1:00:18	1:08:18	3:06:50	19		9:19:49
27	387	Pedro Oviedo Montoya	H45	ESP	Lugo	1:01:44	66	1:42:52	1:37:50	1:43:10	5:03:52	32	6:05:35	0:03:11	1:01:14	1:04:09	1:06:55	3:12:17	30		9:21:02
28	279	Edwin Ophof	H40		Raalte	1:13:27	232	1:37:04	1:35:40	1:38:25	4:51:08	10	6:04:35	0:03:03	1:00:09	1:03:49	1:09:54	3:13:52	35		9:21:28
29	100	Jacob Norby	H21	DEN	Odense C5000	1:03:35	100	1:39:43	1:38:15	1:41:57	4:59:53	25	6:03:28	0:03:04	1:01:59	1:05:41	1:10:01	3:17:41	42		9:24:12
30	202	Piet van Tol	H40		Lisse	1:02:25	74	1:42:09	1:37:48	1:41:01	5:00:56	27	6:03:21	0:03:02	1:00:06	1:05:07	1:13:30	3:18:42	46		9:25:04
31	305	Iron Wim Cottyn	H40	BEL	De Pinte	1:07:17	140	1:40:09	1:36:34	1:41:41	4:58:23	21	6:05:39	0:04:02	1:01:48	1:03:43	1:11:31	3:17:01	40		9:26:41
32	17	Ramon van der Wilde	H21		Vlaardingen	0:58:24	37	1:44:11	1:41:26	1:44:52	5:10:28	51	6:08:51	0:03:01	1:02:32	1:06:18	1:06:03	3:14:53	37		9:26:44
33	55	Bart Roovers	H21	BEL	Diest	1:03:47	107	1:43:59	1:42:17	1:46:00	5:12:15	58	6:16:02	0:03:40	1:02:36	1:02:49	1:02:56	3:08:21	22		9:28:01
34	270	Ron Band	H40		Nieuwegein	1:03:40	104	1:46:15	1:40:44	1:44:55	5:11:53	55	6:15:32	0:04:40	0:59:08	1:03:58	1:06:02	3:09:07	24		9:29:18
35	321	Aart van Wijk	H45		Sliedrecht	1:03:44	106	1:43:41	1:39:37	1:46:38	5:09:55	47	6:13:39	0:04:30	1:02:41	1:02:32	1:06:35	3:11:47	29		9:29:55
36	362	Pieter Bolder	H45		Apeldoorn	1:06:40	131	1:45:34	1:39:04	1:42:21	5:06:59	42	6:13:38	0:03:36	1:02:44	1:04:06	1:06:18	3:13:07	33		9:30:20
37	149	Ramon Arias Garcia	H21	ESP	Lugo	1:00:05	54	1:47:39	1:43:51	1:46:45	5:18:15	80	6:18:19	0:03:49	0:59:08	1:02:35	1:06:49	3:08:30	23		9:30:36
38	601	Cora Vlot	D40		Hendrik Ido Ambacht	1:02:10	72	1:45:44	1:42:49	1:45:48	5:14:21	67	6:16:30	0:03:42	1:00:44	1:04:43	1:05:07	3:10:33	27		9:30:44
39	226	Martijn Hiensch	H40		Amsterdam	1:03:37	101	1:40:55	1:39:50	1:49:17	5:10:01	48	6:13:38	0:02:38	0:59:43	1:06:54	1:08:12	3:14:48	36		9:31:03
40	16	Leon van der Wilde	H21		Vlaardingen	0:56:33	29	1:46:37	1:40:55	1:47:37	5:15:08	70	6:11:40	0:03:24	1:02:21	1:04:56	1:11:49	3:19:06	47		9:34:10
41	201	Stephan Adriaens	H40	BEL	Scherpenheuvel	1:03:10	88	1:44:16	1:42:40	1:45:51	5:12:45	62	6:15:55	0:02:57	1:01:57	1:04:23	1:10:20	3:16:39	39		9:35:30
42	7	Ole Stougaard	H21	DEN	Odense C	0:55:17	11	1:36:11	1:23:45	1:39:53	5:39:48	178	6:35:05	0:03:29	0:53:36	0:57:03	1:06:33	2:57:10	12		9:35:43
43	313	Diederik Decock	H40	BEL	Mechelen	0:58:11	34	1:43:10	1:40:01	2:02:04	5:25:13	112	6:23:24	0:04:48	1:00:38	1:03:38	1:03:38	3:07:54	21		9:36:05
44	54	Wout Moreel	H21	BEL	Oostkamp	1:01:31	62	1:42:59	1:39:08	1:44:00	5:06:06	38	6:07:36	0:03:33	1:01:19	1:10:11	1:14:23	3:25:51	66		9:36:58
45	116	Sjaco Kramer	H21		Drachten	0:57:21	32	1:42:26	1:44:38	1:47:13	5:14:16	66	6:11:36	0:03:20	0:57:35	1:03:53	1:21:36	3:23:03	56		9:37:58
46	108	Close Pierre	H21	BEL		1:01:51	69	1:47:38	1:44:03	1:45:38	5:17:18	75	6:19:09	0:02:55	1:01:44	1:04:23	1:11:23	3:17:29	41		9:39:33
47	123	Erwin de Bruyn	H21		Soesterberg	0:55:25	16	1:36:05	1:40:11	1:47:54	5:04:10	35	5:59:34	0:04:44	1:09:38	1:11:16	1:16:26	3:37:19	103		9:41:36
48	97	Frans Lecry	H21	BEL	Ere	1:03:27	94	1:46:26	1:40:07	1:43:35	5:10:07	50	6:13:33	0:04:14	1:03:26	1:07:32	1:13:16	3:24:12	60		9:41:58
49	611	Natalia Barkun	D21	BLR	Minsk	1:00:47	56	1:46:40	1:43:14	1:47:54	5:17:47	78	6:18:34	0:02:41	1:02:30	1:07:04	1:11:32	3:21:05	48		9:42:19
50	143	Tom de Vriese	H21	BEL	Lokeren	1:01:43	65	1:42:42	1:41:17	1:46:52	5:10:50	54	6:12:32	0:05:03	1:06:43	1:09:08	1:10:34	3:26:24	67		9:43:58
51	135	Frank Vliegen	H21	BEL	Soumagne	1:07:04	136	1:48:55	1:42:23	1:43:22	5:14:40	68	6:21:43	0:03:56	1:03:08	1:05:58	1:09:19	3:18:24	45		9:44:02
52	131	René Godlieb	H21		Weesp	1:04:39	116	1:51:30	1:45:02	1:49:04	5:25:35	115	6:30:13	0:05:35	1:03:20	1:02:58	1:05:08	3:11:25	28		9:47:12
53	15	Paul Vinkenvleugel	H21		Laren	1:19:15	306	1:41:46	1:39:34	1:42:43	5:04:02	33	6:23:16	0:02:41	1:02:09	1:09:27	1:09:52	3:21:27	50		9:47:24
54	194	Ronald van der Belt	H21		Almere	1:02:43	80	1:40:15	1:40:33	1:44:06	5:04:53	36	6:07:35	0:03:31	1:06:36	1:13:55	1:16:08	3:36:38	96		9:47:43

55	390 Jac van Leeuwen	H45	Diemen	1:02:47	81	1:41:44	1:39:31	1:42:15	5:03:29	30	6:06:15	0:04:36	1:08:27	1:15:42	1:15:50	3:39:58	117	9:50:48
56	84 Jeroen Schenk	H21	Almere	1:07:19	142	1:47:41	1:44:36	1:47:36	5:19:51	86	6:27:10	0:02:56	1:05:27	1:08:42	1:08:48	3:22:57	55	9:53:02
57	465 Mink Zeilstra	H55	Huizen	1:03:38	102	1:52:26	1:47:12	1:49:30	5:29:07	128	6:32:45	0:04:14	1:02:46	1:06:54	1:08:30	3:18:08	43	9:55:06
58	59 Sander Riebroek	H21	Bussum	1:09:20	177	1:42:47	1:44:22	1:51:40	5:18:48	81	6:28:08	0:02:55	1:04:46	1:12:46	1:07:18	3:24:49	62	9:55:51
59	273 Erik Elbers	H40	Gendt	1:03:32	98	1:49:15	1:44:53	1:50:22	5:24:30	107	6:28:02	0:04:35	1:05:05	1:08:45	1:09:46	3:23:34	57	9:56:10
60	63 Harald van Rijn	H21	Den Haag	1:10:08	187	1:42:12	1:40:56	1:47:37	5:10:44	53	6:20:52	0:03:38	1:08:32	1:09:53	1:13:26	3:31:50	80	9:56:19
61	175 Frank Veltman	H21	Almere	0:59:33	47	1:47:54	1:44:29	1:47:21	5:19:43	84	6:19:16	0:05:05	0:59:08	1:09:56	1:23:38	3:32:41	82	9:57:00
62	18 Gijs Janssen van Doorn	H21	Geldermalsen	1:12:57	221	1:47:54	1:42:44	1:49:46	5:20:23	88	6:33:20	0:03:06	1:03:32	1:07:03	1:10:42	3:21:17	49	9:57:41
63	161 Lous Wondergem	H21	Rotterdam	1:02:15	73	1:47:35	1:47:34	1:53:49	5:28:58	127	6:31:12	0:04:20	1:05:06	1:08:30	1:08:49	3:22:24	53	9:57:55
64	88 Stéphane Delmas	H21	FRA Metz	0:56:26	27	1:44:58	1:46:53	1:52:58	5:24:48	109	6:21:14	0:04:04	1:02:29	1:11:51	1:18:20	3:32:39	81	9:57:56
65	65 Jeroen Korpershoek	H21	Spijkenisse	1:09:25	178	1:42:10	1:40:07	1:43:38	5:05:55	37	6:15:19	0:04:01	1:03:40	1:17:13	1:17:49	3:38:41	111	9:57:59
66	322 Jos Brouwer	H45	Schipluiden	1:13:21	229	1:49:20	1:47:10	1:49:27	5:25:57	116	6:39:18	0:05:44	1:02:32	1:02:36	1:08:27	3:13:34	34	9:58:35
67	155 Bas Germs	H21	Tubbergen	1:03:05	87	1:48:57	1:45:29	1:52:21	5:26:46	119	6:29:50	0:03:29	1:00:27	1:08:03	1:16:54	3:25:23	64	9:58:42
68	174 Andreas Simon	H21	GER Hannover	1:07:34	154	1:46:00	1:42:51	1:48:55	5:17:44	77	6:25:18	0:03:37	1:04:40	1:10:21	1:14:57	3:29:57	75	9:58:51
69	19 Maarten Vermeulen	H21	Utrecht	1:07:46	166	1:44:27	1:43:06	1:52:28	5:20:00	87	6:27:45	0:03:33	1:02:48	1:09:59	1:15:49	3:28:36	71	9:59:53
70	78 Dennis Schutten	H21	Wierden	0:59:41	50	1:44:20	1:39:46	1:48:16	5:12:21	60	6:12:02	0:04:12	1:07:48	1:25:04	1:12:05	3:44:56	138	10:01:08
71	198 Rainer Schutter	H21	GER Duisburg	1:02:35	77	1:46:24	1:46:54	1:56:39	5:29:56	133	6:32:30	0:03:19	1:05:41	1:10:03	1:09:57	3:25:39	65	10:01:28
72	23 Maarten Peters	H21	Gendt	1:02:54	83	1:41:25	1:44:35	1:46:06	5:12:06	56	6:14:59	0:06:20	1:11:54	1:11:44	1:16:58	3:40:35	122	10:01:53
73	461 Paul van den Berg	H55	Almere	1:07:33	152	1:41:36	1:37:52	1:43:06	5:02:33	29	6:10:06	0:04:17	1:10:01	1:15:12	1:23:24	3:48:36	158	10:02:58
74	128 Thomas van der Wal	H21	Klazienaveen	1:13:37	234	1:47:39	1:46:57	1:50:59	5:25:34	114	6:39:11	0:04:09	1:05:38	1:06:11	1:10:41	3:22:29	54	10:05:49
75	144 Paul Zirkzee	H21	Badhoevedorp	0:52:47	1	1:45:28	1:41:03	1:47:27	5:13:56	65	6:06:43	0:05:06	1:04:39	1:29:58	1:20:35	3:55:12	182	10:07:00
76	272 Hugo de Best	H40	Rijnsburg	1:09:35	180	1:52:14	1:44:13	1:46:59	5:23:26	104	6:33:00	0:07:40	1:02:36	1:07:40	1:16:54	3:27:09	68	10:07:48
77	306 Theo Kraaijenbrink	H40	Zuidland	1:17:23	283	1:47:02	1:43:22	1:50:24	5:20:48	90	6:38:11	0:05:06	1:04:09	1:07:52	1:12:47	3:24:46	61	10:08:02
78	372 Han van Nieuwenhuizen	H45	Nijkerk	1:03:35	99	1:46:21	1:46:07	1:52:37	5:25:04	110	6:28:38	0:03:43	1:06:00	1:11:15	1:18:37	3:35:51	93	10:08:10
79	230 Marc Hoksbergen	H40	USA	0:59:39	49	1:43:47	1:40:58	1:45:48	5:10:33	52	6:10:11	0:03:52	1:11:50	1:20:04	1:22:27	3:54:20	176	10:08:22
80	132 Wouter Wieringa	H21	Bussum	1:09:39	181	1:50:10	1:48:04	1:51:00	5:29:13	131	6:38:51	0:04:40	1:01:55	1:08:25	1:15:03	3:25:22	63	10:08:52
81	156 Albert Geerling	H21	Arnhem	1:02:41	79	1:45:38	1:41:45	1:46:10	5:13:33	64	6:16:13	0:04:38	1:09:26	1:16:16	1:22:27	3:48:08	154	10:08:58
82	617 Esther de Vries	D21	Groningen	1:12:32	215	1:46:41	1:42:49	1:45:58	5:15:26	71	6:27:58	0:03:14	1:10:21	1:12:47	1:15:33	3:38:40	110	10:09:51
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84	168 Kenneth Spruce	H21	GBR Schoten	1:02:52	82	1:41:30	1:39:41	1:48:05	5:09:15	44	6:12:07	0:04:07	1:06:56	1:23:43	1:24:28	3:55:05	181	10:11:18
85	326 Peter Verwaaijen	H45	Doomenburg	1:08:26	171	1:48:34	1:43:40	1:47:37	5:19:50	85	6:28:16	0:05:02	1:13:56	1:12:30	1:12:48	3:39:13	114	10:12:30
86	172 Dennis van Stralen	H21	Waarland	1:00:03	53	1:40:58	1:40:25	1:44:56	5:06:18	39	6:06:21	0:04:49	1:11:20	1:19:48	1:30:48	4:01:54	213	10:13:04
87	281 Jos Broeren	H40	Empel	1:05:18	119	1:54:31	1:47:56	1:51:18	5:33:45	149	6:39:03	0:05:34	1:07:26	1:09:29	1:12:10	3:29:03	72	10:13:39
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92	130 Dirk Goijert	H21	Monster	1:07:38	159	1:45:58	1:43:54	1:50:42	5:20:33	89	6:28:11	0:03:59	1:05:25	1:13:19	1:26:07	3:44:50	137	10:16:59
93	151 Piet van der Zwaag	H21	Enschede	0:55:59	20	2:01:03	1:43:36	1:50:02	5:34:41	156	6:30:39	0:05:36	1:09:11	1:13:25	1:19:29	3:42:05	125	10:18:19
94	323 Norbert van der Plas	H45	Rosmalen	1:18:04	290	1:48:11	1:42:07	1:50:40	5:20:57	92	6:39:00	0:04:29	1:06:38	1:12:15	1:16:01	3:34:53	89	10:18:22
95	441 Jan Mijwaard	H50	Kortenhoef	1:07:44	163	1:47:08	1:42:58	1:46:41	5:16:46	73	6:24:29	0:05:48	1:13:56	1:16:09	1:18:09	3:48:13	155	10:18:29
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98	324 Jan van Loenen	H45	Meteren	1:21:12	324	1:46:54	1:44:11	1:46:50	5:17:55	79	6:39:07	0:04:03	1:09:50	1:14:35	1:13:14	3:37:38	105	10:20:46
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119	602 Irene Kinnegin	D21		Den Haag	1:16:19	266	1:54:40	1:49:03	1:48:35	5:32:18	143	6:48:37	0:04:03	1:10:43	1:14:46	1:17:48	3:43:16	127	10:35:55
120	114 Rene Mallmann	H21		Landgraaf	1:15:48	255	1:49:14	1:45:01	1:54:54	5:29:08	129	6:44:55	0:04:53	1:07:06	1:15:07	1:24:06	3:46:18	143	10:36:05
121	102 Cornee van Loon	H21		Hilversum	1:01:28	61	1:54:42	1:52:30	1:55:30	5:42:41	198	6:44:09	0:05:13	1:12:56	1:15:22	1:19:02	3:47:20	151	10:36:41
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123	195 Sven Eriksson	H21	BEL	Mechelen	1:07:04	135	2:01:00	1:52:57	1:56:46	5:50:42	240	6:57:46	0:06:17	1:04:53	1:13:19	1:14:32	3:32:43	83	10:36:44
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129	312 Tonnie Rolink	H40		Klazienaveen	1:11:35	204	1:50:14	1:47:13	1:52:44	5:30:10	135	6:41:44	0:06:06	1:11:37	1:17:39	1:22:30	3:51:45	167	10:39:34
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131	157 Jeroen van Geelen	H21		Almere	1:17:20	280	1:58:00	1:51:02	1:52:27	5:41:29	192	6:58:48	0:06:10	1:02:04	1:06:30	1:26:48	3:35:20	90	10:40:18
132	300 Benny Byloos	H40	BEL	Geel	1:07:18	141	1:46:12	1:44:00	1:50:44	5:20:55	91	6:28:12	0:06:34	1:16:37	1:22:51	1:26:20	4:05:46	222	10:40:32
133	79 Merijn Schuurman	H21		Almere	1:07:03	134	1:43:11	1:41:38	1:51:50	5:16:37	72	6:23:40	0:04:00	1:13:34	1:26:49	1:32:53	4:13:15	253	10:40:54
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136	421 Werner Eriksson	H50	BEL	Edegem	1:19:30	310	1:57:09	1:48:46	1:53:57	5:39:52	179	6:59:21	0:03:44	1:11:01	1:14:53	1:12:49	3:38:43	112	10:41:47
137	328 Henk Peterse	H45		Hilversum	1:05:41	121	1:46:16	1:40:57	1:42:52	5:10:03	49	6:15:44	0:04:02	1:19:04	1:25:37	1:37:36	4:22:16	286	10:42:02
138	327 Nico van Dijk	H45		Amsterdam	1:17:25	284	1:49:06	1:46:01	1:46:39	5:21:46	97	6:39:10	0:05:41	1:14:35	1:17:43	1:25:07	3:57:25	195	10:42:15
139	408 Pieter Iedema	H45		Amsterdam	1:23:08	347	1:54:15	1:51:04	1:54:45	5:40:02	181	7:03:10	0:03:31	1:04:31	1:11:37	1:20:17	3:36:23	95	10:43:03
140	473 Peter Lucke	H55		Halfweg	1:26:26	374	1:53:30	1:46:45	1:52:09	5:32:24	144	6:58:50	0:04:23	1:10:49	1:13:36	1:15:29	3:39:54	116	10:43:06
141	77 Martijn Schutteleman	H21		Rijssen	1:02:56	84	1:49:13	1:44:32	1:51:45	5:25:29	113	6:28:24	0:04:52	1:12:20	1:22:18	1:35:19	4:09:55	241	10:43:11
142	254 Bennie Geerdink	H40		Almelo	1:26:24	373	1:55:08	1:48:49	1:50:37	5:34:32	154	7:00:55	0:04:13	1:06:42	1:11:33	1:19:51	3:38:05	109	10:43:12
143	146 Bert Fuhler	H21		Klazienaveen	1:10:23	191	1:52:27	1:46:00	1:50:22	5:28:47	125	6:39:10	0:03:17	1:14:20	1:24:10	1:22:52	4:01:21	210	10:43:46
144	224 Stockske Stock	H40	BEL	Afsnee-Gent	1:22:11	334	1:55:08	1:53:02	2:00:30	5:48:39	227	7:10:50	0:03:30	1:10:14	1:06:51	1:12:29	3:29:33	73	10:43:52
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146	291 Hans Lampe	H40		Almere	1:10:24	192	1:47:29	1:45:29	1:57:12	5:30:09	134	6:40:32	0:04:22	1:09:17	1:27:18	1:22:48	3:59:22	202	10:44:15
147	301 Marc Ryde	H40	BEL	Brugge	1:26:43	377	2:04:47	1:51:30	1:52:57	5:49:12	229	7:15:55	0:05:22	1:03:16	1:05:46	1:14:39	3:23:40	58	10:44:57
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152	619 Jeanet Spigt	D21		Amsterdam	1:02:36	78	1:56:06	1:52:48	1:57:45	5:46:38	215	6:49:14	0:04:02	1:13:04	1:16:51	1:22:53	3:52:47	171	10:46:02
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160	86 Olivier Scheys	H21	BEL	Grimbergen	1:04:32	114	1:50:52	1:50:26	1:59:14	5:40:31	185	6:45:02	0:03:37	1:10:02	1:26:15	1:23:54	4:00:10	205	10:48:49
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167	332 Frans Segerink	H45		Hengelo	1:19:15	307	2:00:00	1:52:39	1:58:06	5:50:44	241	7:09:59	0:05:14	1:07:06	1:11:16	1:17:23	3:35:45	92	10:50:57
168	70 Patrick van den Kerkhof	H21		Spijkenisse	1:26:32	375	1:50:21	1:49:24	1:53:04	5:32:49	145	6:59:20	0:04:09	1:12:23	1:18:54	1:16:57	3:48:13	156	10:51:41
169	207 Paul Nijveldt	H40		Almere	1:03:57	108	1:51:40	1:47:41	1:52:18	5:31:38	140	6:35:34	0:05:00	1:15:54	1:26:25	1:29:08	4:11:26	250	10:51:59
170	241 Harry den Boer	H40		Amersfoort	1:10:53	200	1:52:43	1:50:19	1:55:22	5:38:23	172	6:49:15	0:07:38	1:12:28	1:19:03	1:24:52	3:56:22	186	10:53:14

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175	112 Michael Dirkzwager	H21	Assendelft	1:04:21	111	1:51:11	1:47:43	1:52:12	5:31:05	136	6:35:26	0:04:17	1:15:43	1:25:37	1:33:57	4:15:16	266	10:54:58
176	422 Piet Kruidenier	H50	Rotterdam	1:31:50	428	2:01:05	1:51:40	1:58:49	5:51:33	244	7:23:23	0:04:24	1:06:28	1:09:24	1:11:24	3:27:14	69	10:55:00
177	120 Jeroen van Raak	H21	Empel	1:09:48	183	2:03:08	1:57:17	2:01:42	6:02:05	301	7:11:53	0:03:49	1:06:41	1:11:58	1:20:53	3:39:31	115	10:55:12
178	475 Hans van der Linden	H55	Leusden	1:06:40	130	1:56:37	1:57:10	1:58:49	5:52:36	249	6:59:15	0:04:42	1:15:51	1:17:00	1:18:50	3:51:40	166	10:55:36
179	261 Jan Withaar	H40	Almere	1:23:50	355	1:53:10	1:44:27	1:47:35	5:25:11	111	6:49:00	0:06:56	1:11:54	1:22:08	1:26:19	4:00:21	206	10:56:16
180	380 Ronny Schelfhout	H45	BEL Stekene	1:15:04	250	1:54:22	1:50:35	1:55:07	5:40:02	180	6:55:05	0:03:44	1:09:14	1:19:37	1:28:47	3:57:37	196	10:56:25
181	103 Mark Lodewijks	H21	Purmerend	1:18:02	289	1:59:17	1:52:22	1:56:23	5:48:01	224	7:06:02	0:07:25	1:08:46	1:13:04	1:21:30	3:43:19	128	10:56:45
182	275 Bob Rekkers	H40	Leiderdorp	1:28:18	387	2:00:54	1:53:30	1:52:58	5:47:21	221	7:15:39	0:04:27	1:05:28	1:12:56	1:18:24	3:36:47	98	10:56:52
183	209 Adri van Rooij	H40	Tiel	1:10:03	185	1:56:25	1:54:29	2:02:48	5:53:41	256	7:03:43	0:07:18	1:08:48	1:18:59	1:19:38	3:47:25	152	10:58:25
184	167 Sander Hospers	H21	Almere	1:21:00	323	1:48:55	1:44:58	1:48:00	5:21:52	98	6:42:52	0:04:42	1:17:06	1:23:48	1:30:02	4:10:55	245	10:58:28
185	134 Theo Haarsma	H21	Rotterdam	1:16:13	263	1:55:54	1:56:24	1:57:46	5:50:03	237	7:06:16	0:05:40	1:08:15	1:17:04	1:22:01	3:47:19	150	10:59:13
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187	723 Ada van Zwieten	D45	Alphen aan den Rijn	1:10:33	196	2:01:40	1:56:27	1:55:27	5:53:34	254	7:04:06	0:05:49	1:09:52	1:15:52	1:24:46	3:50:29	164	11:00:24
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190	453 Jos Rutten	H50	Lelystad	1:30:15	409	1:53:08	1:48:41	1:52:45	5:34:33	155	7:04:47	0:04:46	1:10:11	1:17:45	1:25:57	3:53:52	174	11:03:24
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198	308 Jeroen Koppenberg	H40	Huizen	1:03:10	89	1:46:08	1:45:00	1:51:37	5:22:44	102	6:25:53	0:05:28	1:17:21	1:33:04	1:46:39	4:37:03	336	11:08:24
199	208 Kees Schouten	H40	Kudelstaart	1:32:39	431	1:51:49	1:48:04	1:54:53	5:34:46	157	7:07:24	0:03:46	1:08:36	1:13:48	1:35:01	3:57:23	194	11:08:32
200	378 Tom van Kolck	H45	Almere	1:11:30	203	2:07:28	1:59:30	1:58:46	6:05:43	316	7:17:12	0:06:00	1:12:50	1:14:56	1:17:48	3:45:33	139	11:08:45
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202	450 Jan Schinkel	H50	Benschop	1:32:40	432	2:01:12	1:56:25	1:47:08	5:44:44	210	7:17:24	0:05:49	1:06:54	1:16:48	1:22:28	3:46:08	141	11:09:20
203	287 Jean-Marc Legrand	H40	BEL Niveze	1:16:09	262	2:01:11	1:57:38	2:01:35	6:00:23	288	7:16:32	0:06:03	1:06:50	1:22:03	1:19:07	3:47:59	153	11:10:33
204	150 Mark Vries	H21	Lutjewinkel	1:05:56	123	1:45:57	1:46:37	1:59:17	5:31:49	142	6:37:45	0:06:32	1:18:57	1:29:08	1:39:25	4:27:28	304	11:11:44
205	456 Henk van de Grootveheen	H50	Alkmaar	1:12:59	222	1:56:53	1:50:58	1:54:30	5:42:20	197	6:55:19	0:07:16	1:12:52	1:27:46	1:28:46	4:09:23	238	11:11:57
206	221 Nico Stammes	H40	Warmenhuizen	1:13:10	224	1:55:39	1:51:38	1:54:51	5:42:07	195	6:55:17	0:05:51	1:13:16	1:18:10	1:25:06	3:56:31	188	0:15:00 11:12:38
207	406 Gert Jan Goosen	H45	Almere	1:30:22	412	2:13:04	1:55:42	1:57:33	6:06:18	320	7:36:39	0:06:27	1:08:43	1:10:35	1:12:07	3:31:24	79	11:14:30
208	184 Bart Veilsbrief	H21	Amsterdam	1:28:04	385	1:59:11	1:53:57	1:55:11	5:48:18	226	7:16:22	0:04:50	1:11:48	1:15:28	1:26:24	3:53:40	173	11:14:51
209	337 Bo van der Heyden	H45	Almere	1:20:44	321	1:54:00	1:48:35	1:53:48	5:36:22	167	6:57:06	0:05:04	1:22:11	1:23:21	1:27:15	4:12:46	252	11:14:55
210	245 Arthur Mekenkamp	H40	Velslerbroek	1:19:02	305	1:57:52	1:56:30	1:59:59	5:54:20	261	7:13:22	0:06:22	1:15:38	1:18:45	1:21:11	3:55:33	184	11:15:16
211	316 Tom Dimmendaal	H40	Amsterdam	0:58:25	38	2:01:19	1:43:40	1:47:57	5:32:56	146	6:31:20	0:13:20	1:14:25	1:31:46	1:46:11	4:32:22	320	11:17:02
212	217 Bart Klein	H40	Delft	1:25:19	365	1:55:43	1:52:57	1:56:57	5:45:36	213	7:10:55	0:05:36	1:13:31	1:21:10	1:25:54	4:00:34	208	11:17:04
213	52 Moul Kaewkokua	H21	Den Haag	1:16:06	260	1:51:44	2:03:32	2:15:29	6:10:43	336	7:26:48	0:07:18	1:11:16	1:16:44	1:15:00	3:42:59	126	11:17:05
214	252 Wilco Witte	H40	Leusden	1:15:24	252	2:00:57	1:53:36	1:54:55	5:49:27	232	7:04:51	0:07:21	1:17:18	1:23:07	1:24:41	4:05:05	219	11:17:16
215	368 Rene Middelveld	H45	Bemmel	1:09:46	182	1:55:22	1:51:45	1:53:09	5:40:15	183	6:50:00	0:04:28	1:19:10	1:32:14	1:31:37	4:23:01	289	11:17:28
216	293 Rob van Denderen	H40	Zeist	1:12:36	217	1:59:10	1:49:55	1:54:25	5:43:30	205	6:56:05	0:08:13	1:19:33	1:27:38	1:26:41	4:13:52	258	11:18:09
217	67 Stefaan D'Espallier	H21	BEL Vissenaken	1:02:07	71	1:58:55	1:56:45	2:01:58	5:57:37	279	6:59:43	0:04:42	1:13:04	1:24:19	1:36:28	4:13:51	256	11:18:15
218	34 Jan Roelof Kunstman	H21	Noord-Sleen	0:55:23	14	1:54:32	1:52:39	1:59:31	5:46:41	216	6:42:03	0:05:41	1:14:43	1:32:15	1:43:59	4:30:56	317	11:18:39
219	356 Jan de Beer	H45	Dongen	1:03:15	90	1:53:06	1:49:51	1:56:21	5:39:17	175	6:42:31	0:08:06	1:15:16	1:40:38	1:32:17	4:28:10	306	11:18:46
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222	455 Henk Hamers	H50	Terheijden	1:24:20	360	1:54:34	1:52:57	1:53:42	5:41:12	190	7:05:32	0:04:06	1:16:19	1:22:40	1:31:39	4:10:37	243	11:20:14
223	434 Jan Blokzijl	H50	Markelo	1:07:35	155	1:53:10	1:47:56	1:53:18	5:34:22	152	6:41:57	0:05:44	1:23:54	1:32:53	1:37:35	4:34:21	327	11:22:00
224	106 Jocco Dekker	H21	Bennekom	1:34:18	437	1:56:59	1:47:32	1:46:51	5:31:22	138	7:05:39	0:05:17	1:13:26	1:21:25	1:36:30	4:11:20	249	11:22:15
225	621 Simone Hakenberg	D21	Echteld	1:10:03	186	2:03:55	1:58:36	1:59:31	6:02:01	299	7:12:04	0:03:53	1:19:10	1:22:45	1:24:34	4:06:28	225	11:22:24
226	244 Fred ter Horst	H40	Soest	1:06:03	124	2:02:02	1:59:07	2:03:53	6:05:02	314	7:11:04	0:05:05	1:16:54	1:21:28	1:28:27	4:06:48	226	11:22:57
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231	438	Aart Zeeman	H50	Huizen	1:12:52	219	1:57:45	1:56:31	1:57:07	5:51:22	243	7:04:14	0:07:18	1:12:00	1:22:40	1:38:57	4:13:36	255	11:25:07
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233	178	Leon Huisman	H21	Heerhugowaard	1:15:03	248	2:03:37	1:59:57	2:04:18	6:07:51	327	7:22:54	0:05:16	1:15:52	1:17:46	1:23:37	3:57:14	193	11:25:23
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235	317	Peter Gijsman	H40	Leiden	1:12:03	207	2:10:32	2:01:14	2:07:17	6:19:02	363	7:31:04	0:09:48	1:09:54	1:17:28	1:17:24	3:44:46	136	11:25:37
236	183	Richard Belderok	H21	Almere	1:04:00	109	1:54:32	1:56:48	1:58:20	5:49:39	233	6:53:38	0:06:59	1:21:10	1:29:59	1:33:55	4:25:03	293	11:25:39
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238	190	Rafael Drazky	H21	GER Hermannsburg 29320	1:31:39	425	1:54:28	1:55:21	2:04:07	5:53:56	260	7:25:34	0:04:08	1:11:20	1:23:03	1:22:26	3:56:49	190	11:26:30
239	193	Andreas Bernstein	H21	GER Hermannsburg	1:22:30	339	2:07:13	1:57:26	2:01:54	6:06:31	321	7:29:00	0:03:52	1:13:06	1:20:51	1:19:42	3:53:39	172	11:26:30
240	376	Jan van Kooten	H45	Breukelen	1:07:25	148	1:53:49	1:47:51	1:54:15	5:35:54	164	6:43:19	0:06:33	1:12:32	1:40:11	1:44:19	4:37:01	335	11:26:52
241	432	Aert Bakker	H50	Enschede	1:17:02	275	2:06:07	2:01:41	2:03:03	6:10:50	337	7:27:51	0:05:19	1:09:48	1:20:11	1:24:41	3:54:38	178	11:27:48
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243	294	Luc Luycx	H40	BEL Aalst	1:23:26	352	1:55:33	1:48:17	1:52:07	5:35:56	165	6:59:22	0:04:44	1:10:09	1:25:23	1:48:53	4:24:23	292	11:28:28
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245	247	Jan Baas	H40	Rotterdam	1:22:37	341	1:54:12	1:48:23	1:51:35	5:34:09	151	6:56:46	0:08:21	1:15:20	1:37:02	1:31:19	4:23:41	291	11:28:47
246	40	Geert Vermeulen	H21	Rotterdam	1:18:10	292	2:08:32	2:03:43	2:11:05	6:23:19	372	7:41:29	0:06:00	1:09:45	1:12:48	1:19:14	3:41:46	124	11:29:14
247	341	Henri Bijnen	H45	Meyel	1:16:00	257	1:57:03	1:54:12	2:01:24	5:52:38	250	7:08:37	0:04:30	1:11:50	1:25:47	1:38:46	4:16:21	270	11:29:27
248	311	Ludger Rohe	H40	GER Hamburg	1:14:28	240	2:08:58	2:00:29	2:04:19	6:13:45	350	7:28:12	0:07:53	1:16:44	1:18:02	1:20:06	3:54:52	179	11:30:56
249	113	Soren Kristensen	H21	DEN Kolding	1:17:18	279	2:02:06	1:53:35	1:56:52	5:52:32	248	7:09:49	0:06:11	1:18:37	1:26:39	1:30:45	4:16:00	269	11:32:00
250	110	Arthur Kuijper	H21	Vlaardingen	1:07:45	164	1:55:55	1:56:35	2:01:18	5:53:47	258	7:01:32	0:04:47	1:15:05	1:35:22	1:36:00	4:26:26	298	11:32:43
251	196	Morten Eriksen	H21	DEN Vaerlose	1:36:36	443	2:17:43	2:01:34	2:03:01	6:22:16	369	7:58:52	0:04:30	1:02:15	1:10:16	1:17:06	3:29:36	74	11:32:58
252	354	Rudy Brinkman	H45	Raalte	1:17:23	282	1:53:38	1:52:45	2:00:14	5:46:36	214	7:03:58	0:07:57	1:11:53	1:31:11	1:38:40	4:21:42	284	11:33:37
253	338	Jan de Best	H45	Krommenie	1:03:25	93	1:56:37	1:49:45	1:57:34	5:43:55	207	6:47:20	0:04:47	1:27:42	1:35:59	1:38:19	4:42:00	347	11:34:05
254	211	Frank Mooij	H40	Loenen a/d Vecht	1:22:59	345	2:03:19	1:58:23	2:01:10	6:02:51	306	7:25:50	0:04:40	1:15:03	1:20:51	1:27:45	4:03:39	216	11:34:08
255	283	Evert Reenen	H40	Amersfoort	1:21:54	329	2:07:17	1:54:46	1:58:47	6:00:49	290	7:22:42	0:06:22	1:12:46	1:23:19	1:29:57	4:06:01	223	11:35:04
256	47	Erik Nieuwenhuis	H21	Almere	1:17:51	287	1:58:25	1:51:14	1:55:20	5:44:59	211	7:02:50	0:04:32	1:23:15	1:30:46	1:34:11	4:28:11	307	11:35:32
257	56	Stefan D'hondt	H21	BEL Temse	1:18:21	296	2:02:34	2:01:40	2:07:54	6:12:07	343	7:30:28	0:03:59	1:14:53	1:23:51	1:22:40	4:01:22	211	11:35:48
258	437	Francis Topart	H50	BEL Hollain	1:29:13	401	2:03:10	1:57:04	2:05:36	6:05:49	317	7:35:01	0:04:22	1:12:05	1:17:57	1:26:53	3:56:54	192	11:36:15
259	452	Jan Geerling	H50	Bodegraven	1:14:45	243	2:06:11	1:58:28	2:04:08	6:08:46	329	7:23:31	0:07:14	1:12:44	1:20:58	1:32:26	4:06:06	224	11:36:50
260	351	Pieter Boumeester	H45	Steenderen	1:18:18	294	1:53:40	1:51:30	1:55:19	5:40:28	184	6:58:45	0:05:26	1:11:06	1:19:08	2:03:02	4:33:15	324	11:37:26
261	307	Holger Ribbeck	H40	GER Pinneberg	1:18:57	304	2:11:44	1:59:16	2:04:44	6:15:43	354	7:34:40	0:06:11	1:12:55	1:19:39	1:24:09	3:56:41	189	11:37:31
262	391	Peter van Ravenswaaij	H45	Groesbeek	1:15:03	249	2:09:18	2:06:02	2:12:40	6:28:00	387	7:43:03	0:04:17	1:08:04	1:17:28	1:24:47	3:50:19	163	11:37:37
263	440	Luc Tacq	H50	BEL Wevelgem	1:30:15	410	2:06:23	2:04:52	2:05:34	6:16:48	359	7:47:03	0:04:19	1:10:47	1:16:37	1:18:55	3:46:18	144	11:37:39
264	290	Harry Kraan	H40	Almere	1:28:03	384	1:51:00	1:43:39	1:52:26	5:27:04	121	6:55:07	0:05:12	1:26:14	1:33:47	1:38:49	4:38:49	342	11:39:06
265	232	Peter Bos	H40	Bunschoten-Spakenburg	1:24:18	359	2:05:30	1:54:43	1:58:54	5:59:07	283	7:23:24	0:04:50	1:12:20	1:18:55	1:40:37	4:11:52	251	11:40:05
266	395	Leo Hoogland	H45	Holten	1:41:39	459	2:00:42	1:52:30	1:56:55	5:50:06	238	7:31:45	0:06:25	1:13:22	1:17:56	1:31:05	4:02:21	214	11:40:30
267	357	Ruud Borawitz	H45	Duivendrecht	1:08:00	168	1:47:37	1:45:41	1:52:53	5:26:10	117	6:34:09	0:04:08	1:12:57	1:41:35	2:08:06	5:02:36	386	11:40:53
268	206	Peter van Splunder	H40	Woerden	1:08:33	173	2:01:49	1:58:12	2:00:32	6:00:32	289	7:09:04	0:05:56	1:21:16	1:32:17	1:33:16	4:26:48	300	11:41:48
269	81	Paul Bootsma	H21	Almere	1:13:33	233	1:53:26	1:50:27	1:55:52	5:39:44	177	6:53:17	0:04:35	1:30:33	1:35:50	1:38:46	4:45:07	354	11:42:58
270	298	Michiel van Niekerk	H40	Nieuwerkerk a/d Yssel	1:14:59	247	1:55:18	1:53:48	2:00:42	5:49:48	236	7:04:46	0:05:53	1:22:49	1:27:54	1:41:52	4:32:34	321	11:43:11
271	435	Willy Blommaert	H50	BEL Kontich	1:16:15	264	1:58:37	1:55:29	1:58:36	5:52:41	251	7:08:56	0:05:49	1:18:06	1:33:56	1:37:24	4:29:25	312	11:44:09
272	237	Peter Horn	H40	Almere	1:23:21	350	2:04:02	1:56:27	2:05:22	6:05:50	318	7:29:11	0:08:37	1:16:45	1:18:39	1:31:29	4:06:51	227	11:44:38
273	280	Tom Otte	H40	Almere	1:34:10	436	2:00:10	1:54:58	2:01:20	5:56:27	271	7:30:37	0:04:45	1:17:06	1:24:19	1:28:00	4:09:23	239	11:44:44
274	189	Peter Blokdiijk	H21	Tuitjenhorn	1:22:05	332	2:09:47	1:57:31	2:03:51	6:11:08	338	7:33:12	0:06:11	1:19:37	1:18:27	1:28:59	4:07:03	230	11:46:26
275	487	Jacques Wiame	H60	BEL Brussel	1:40:46	456	2:01:53	1:57:11	2:02:55	6:01:58	297	7:42:44	0:05:05	1:20:00	1:20:18	1:18:54	3:59:11	200	11:46:59
276	340	Henk Hage	H45	Spijkenisse	1:22:32	340	2:10:23	1:56:30	1:57:08	6:04:00	311	7:26:31	0:11:48	1:15:21	1:25:13	1:28:39	4:09:11	237	11:47:29
277	38	Perry van Kan	H21	Veenendaal	1:19:19	308	2:01:12	2:03:02	2:10:52	6:15:04	352	7:34:23	0:04:37	1:15:43	1:22:14	1:31:06	4:09:02	236	11:48:01
278	51	Sebastien Capy	H21	FRA Brive	1:20:03	316	1:58:28	1:54:56	2:02:35	5:55:58	270	7:16:01	0:04:55	1:19:57	1:29:31	1:37:41	4:27:08	303	11:48:04
279	335	Frank de Groot	H45	Soest	1:21:50	328	2:05:34	1:57:26	2:02:59	6:05:59	319	7:27:49	0:06:50	1:13:47	1:18:27	1:41:38	4:13:52	257	11:48:29
280	361	Ad Blom	H45	Breda	1:27:21	381	2:05:06	2:01:42	2:03:46	6:10:33	334	7:37:54	0:05:04	1:11:39	1:22:17	1:32:57	4:06:52	228	11:49:49
281	407	Hans van der Hijden	H45	Nuuen	1:03:01	85	2:03:43	1:55:43	2:03:10	6:02:36	303	7:05:36	0:08:29	1:16:06	1:55:48	1:23:57	4:35:49	331	11:49:53
282	482	Henk Fidder	H60	Woerden	1:27:06	378	2:01:10	1:51:59	1:56:14	5:49:23	231	7:16:29	0:05:59	1:19:56	1:29:48	1:38:43	4:28:26	308	11:50:53
283	292	Hans Lammers	H40	Aalten	1:11:25	202	2:26:38	2:02:19	2:15:14	6:44:10	423	7:55:34	0:05:56	1:09:49	1:17:41	1:22:31	3:50:00	162	11:51:29
284	91	Stefaan Dekoker	H21	BEL Herent	1:13:57	237	2:02:25	1:56:42	2:25:27	6:24:32	375	7:38:28	0:05:58	1:13:54	1:19:32	1:34:16	4:07:41	233	11:52:07
285	423	Henk Smits	H50	Almere	1:19:59	315	2:00:24	1:55:16	1:59:28	5:55:06	268	7:15:05	0:06:28	1:24:19	1:29:17	1:37:12	4:30:47	315	11:52:19
286	213	Ronald Koch	H40	Almere	1:10:31	194	1:57:18	1:54:48	2:01:22	5:53:28	252	7:03:59	0:05:57	1:23:07</					

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288	260 Marco van der Zee	H40	Amsterdam	1:19:36	311	2:00:00	1:56:11	1:57:29	5:53:39	255	7:13:14	0:05:42	1:16:12	1:35:14	1:44:29	4:35:54	332	11:54:50
289	72 Marcel Dijkstra	H21	Bedum	1:13:39	235	2:06:40	1:55:43	2:02:26	6:04:48	313	7:18:27	0:06:36	1:16:27	1:31:46	1:41:51	4:30:02	313	11:55:04
290	721 Cora Mulder	D45	Overberg	1:10:16	189	2:09:42	2:04:34	2:13:11	6:27:26	386	7:37:42	0:07:49	1:19:41	1:23:31	1:26:42	4:09:53	240	11:55:23
291	64 Arie Robbemond	H21	Almere	1:31:15	417	2:10:11	1:55:29	2:01:30	6:07:09	323	7:38:23	0:09:52	1:18:57	1:21:38	1:26:56	4:07:31	232	11:55:45
292	33 Jean-Paul van Weert	H21	Veldhoven	1:30:53	416	1:54:10	1:56:12	1:59:56	5:50:16	239	7:21:08	0:03:54	1:18:16	1:39:44	1:32:59	4:30:58	318	11:55:59
293	613 Kristel Laureyssen	D21	BEL S Gravenwezel	1:22:38	343	2:06:54	2:00:01	2:02:44	6:09:38	332	7:32:16	0:07:41	1:24:55	1:28:08	1:24:10	4:17:12	275	11:57:07
294	147 Eddie Zeen	H21	Apeldoorn	1:14:51	246	2:12:38	2:04:20	2:09:05	6:26:02	382	7:40:53	0:05:28	1:18:24	1:17:06	1:35:44	4:11:12	248	11:57:32
295	614 Saskia Groot	D21	Helmond	1:27:16	380	2:05:03	2:01:36	2:02:12	6:08:49	330	7:36:05	0:06:16	1:22:43	1:25:39	1:26:52	4:15:13	265	11:57:33
296	48 Alibert Bok	H21	Rosmalen	1:13:11	225	2:07:52	2:03:11	2:10:48	6:21:50	367	7:35:00	0:07:27	1:18:11	1:22:40	1:34:29	4:15:19	267	11:57:46
297	133 Rob Wijffes	H21	Hillegom	1:08:42	175	1:55:39	1:49:56	1:55:13	5:40:47	187	6:49:28	0:09:08	1:15:30	1:43:32	2:01:04	5:00:05	381	11:58:40
298	153 Jean-Emmanu Gerouard	H21	FRA Caen	1:04:34	115	2:01:29	1:59:51	2:11:14	6:12:33	344	7:17:06	0:04:45	1:31:45	1:34:00	1:31:11	4:36:55	334	11:58:45
299	615 Hester van Griethuizen	D21	Voorschoten	1:12:08	208	2:10:32	2:05:36	2:09:07	6:25:14	378	7:37:22	0:06:44	1:12:42	1:24:30	1:40:00	4:17:11	274	12:01:16
300	369 Mart van der Meijs	H45	Tilburg	1:08:03	169	1:58:38	1:57:20	2:01:21	5:57:17	277	7:05:20	0:08:00	1:23:37	1:42:29	1:42:04	4:48:09	357	12:01:28
301	37 Jos van der Velden	H21	Almere	1:12:28	212	2:02:33	1:57:55	2:07:00	6:07:27	325	7:19:55	0:07:11	1:19:30	1:24:24	1:50:36	4:34:30	328	12:01:35
302	336 Uli Franke	H45	Assen	1:18:07	291	2:07:55	1:58:19	2:04:28	6:10:41	335	7:28:48	0:07:14	1:21:18	1:30:18	1:34:39	4:26:15	297	12:02:16
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304	381 Eric Severins	H45	NED Milsbeek	1:07:43	162	2:04:26	1:56:27	2:00:10	6:01:01	291	7:08:44	0:06:40	1:28:23	1:39:55	1:40:25	4:48:42	359	12:04:06
305	212 Andre Niemeijer	H40	DEN Maribo	1:26:43	376	2:14:19	2:03:36	2:07:32	6:25:25	380	7:52:08	0:06:45	1:16:54	1:21:16	1:27:27	4:05:36	221	12:04:32
306	240 Eric Snijder	H40	Amersfoort	1:05:20	120	2:00:56	1:51:11	1:57:07	5:49:13	230	6:54:33	0:06:10	1:16:36	2:04:02	1:43:12	5:03:49	388	12:04:28
307	188 Ronald Visscher	H21	Sliedrecht	1:07:40	160	2:02:38	2:00:35	2:06:18	6:09:29	331	7:17:09	0:04:00	1:25:31	1:36:39	1:41:27	4:43:36	351	12:04:44
308	411 Sjaak Nuijens	H45	Zwanenburg	1:54:08	482	2:09:09	1:55:05	2:00:19	6:04:33	312	7:58:41	0:06:07	1:14:02	1:21:15	1:24:51	4:00:07	204	12:04:54
309	415 Rense Pettinga	H45	Emmeloord	1:36:47	445	2:16:43	2:08:10	2:12:09	6:37:01	409	8:13:47	0:07:15	1:11:02	1:15:44	1:17:52	3:44:37	135	12:05:38
310	45 Arjan Griffioen	H21	Hoogezeand	1:31:31	422	2:04:48	2:00:49	2:06:58	6:12:33	345	7:44:03	0:03:21	1:21:52	1:26:47	1:30:33	4:19:11	279	12:06:34
311	286 Jos Peeters Weem	H40	Overasselt	1:16:56	273	2:11:14	2:15:57	2:10:48	6:37:58	410	7:54:53	0:05:07	1:16:18	1:22:29	1:28:17	4:07:03	229	12:07:02
312	192 Remko Toorenburgh	H21	Almere	1:16:05	259	1:54:04	1:54:08	1:59:54	5:48:05	225	7:04:10	0:06:24	1:30:18	1:48:08	1:38:38	4:57:03	377	12:07:36
313	375 Johan Korver	H45	Warmenhuizen	1:29:04	397	2:12:07	2:10:46	2:09:34	6:32:27	398	8:01:30	0:06:58	1:15:02	1:19:36	1:24:42	3:59:19	201	12:07:45
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315	284 Christoph Pehle	H40	GER Arusberg	1:12:31	213	2:16:45	2:06:14	2:11:54	6:34:53	407	7:47:23	0:05:56	1:17:17	1:24:47	1:32:41	4:14:43	261	12:08:01
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317	339 Dick van Doorn	H45	Almere	1:44:55	468	2:01:44	1:57:18	2:02:55	6:01:56	296	7:46:51	0:04:44	1:20:30	1:27:09	1:30:47	4:18:25	277	12:09:59
318	468 Jan van de Pol	H55	Veenendaal	1:13:24	231	2:10:49	2:03:41	2:05:26	6:19:56	365	7:33:19	0:06:42	1:16:42	1:33:26	1:40:17	4:30:23	314	12:10:23
319	708 Jeannet Ordelman	D40	Nijverdal	1:11:04	201	2:06:30	2:02:04	2:06:05	6:14:38	351	7:25:41	0:05:11	1:25:40	1:35:44	1:39:23	4:40:46	344	12:11:37
320	702 Rita de Jong	D40	Westmaas	1:10:37	197	2:00:03	1:55:50	2:00:59	5:56:50	275	7:07:27	0:10:07	1:24:33	1:42:51	1:46:59	4:54:21	373	12:11:55
321	180 Cor Boerman	H21	Almere	1:13:02	223	2:03:04	1:54:15	2:05:06	6:02:23	302	7:15:25	0:04:05	1:18:03	1:36:08	1:58:35	4:52:45	369	12:12:13
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325	214 Jan van den Eeckhout	H40	BEL Vrasene	1:06:09	125	2:00:49	1:57:11	2:01:50	5:59:48	287	7:05:57	0:05:52	1:35:26	1:44:52	1:44:15	5:04:32	390	12:16:21
326	481 Lambert Veen	H60	Ter Aard	1:36:56	447	1:58:44	1:58:26	2:09:26	6:06:35	322	7:43:30	0:05:16	1:20:09	1:28:42	1:38:52	4:27:43	305	12:16:27
327	412 Ton Verwolf	H45	Culemborg	1:14:29	241	2:00:16	1:55:37	2:01:17	5:57:10	276	7:11:38	0:04:20	1:30:32	1:43:29	1:46:51	5:00:51	383	12:16:48
328	36 Dirk Hellebuijck	H21	BEL Eeklo	0:58:01	33	1:53:08	1:53:15	1:54:59	5:41:21	191	6:39:21	0:04:07	1:25:15	1:58:29	2:09:50	5:33:33	425	12:17:00
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413	606 Nel Schoehuijs	D21		Lelystad	1:41:50	461	2:14:13	2:14:20	2:19:30	6:48:02	431	8:29:51	0:08:01	1:28:11	1:43:20	1:44:29	4:56:00	375	13:33:51
414	344 Chris Buijtenhuijs	H45		Groningen	1:28:42	393	2:17:42	2:15:25	2:14:27	6:47:34	429	8:16:16	0:12:15	1:28:10	1:50:21	1:51:13	5:09:42	398	13:38:12
415	472 Jan Schijf	H55		Almere	1:42:24	463	2:20:37	2:15:03	2:19:13	6:54:52	444	8:37:16	0:10:18	1:22:45	1:41:17	1:47:22	4:51:22	365	13:38:56
416	349 Hans Bosman	H45		Dordrecht	1:47:05	475	2:17:53	2:16:34	2:19:02	6:53:29	441	8:40:33	0:05:09	1:29:55	1:43:21	1:40:00	4:53:15	372	13:38:56
417	467 Riekele Heida	H55		Heerenveen	1:42:10	462	2:17:15	2:13:23	2:19:53	6:50:29	435	8:32:39	0:06:22	1:26:27	1:44:12	1:51:01	5:01:39	385	13:40:38
418	117 Rik de Lange	H21		Almere	1:20:04	317	1:59:39	1:56:09	2:02:07	5:57:53	281	7:17:57	0:05:12	1:52:44	1:59:20	2:26:32	6:18:35	439	13:41:43
419	173 Meinze Hobo	H21		Almere	2:02:03	483	2:24:34	2:12:25	2:17:16	6:54:14	442	8:56:16	0:08:12	1:22:00	1:32:16	1:43:55	4:38:11	339	13:42:39
420	491 Frits Massee	H60		Nuuen	1:30:05	407	2:07:49	2:06:33	2:17:41	6:32:02	397	8:02:07	0:07:58	1:37:16	1:55:51	1:59:46	5:32:52	423	13:42:56
421	49 Rikkert Iwema	H21		Groningen	1:52:52	481	2:17:52	2:13:07	2:21:54	6:52:52	440	8:45:43	0:04:46	1:30:40	1:35:48	1:46:31	4:52:58	370	13:43:26
422	186 Roy Vansteenkiste	H21	BEL	St.Eloois Winkel	1:29:43	405	2:06:51	2:10:09	2:30:55	6:47:54	430	8:17:37	0:04:37	1:36:24	1:47:50	2:07:37	5:31:50	422	13:54:03
423	121 Marc van Raam	H21		Almere	1:28:13	386	1:59:14	1:58:46	2:09:26	6:07:25	324	7:35:38	0:07:09	1:45:00	2:20:10	2:08:17	6:13:26	438	13:56:12
424	492 Leo Romberg	H65		Delfgauw	1:44:26	467	2:25:24	2:16:23	2:23:41	7:05:26	454	8:49:52	0:11:06	1:32:54	1:39:55	1:44:22	4:57:10	378	13:58:07
425	182 Harro van Doorn	H21		Almere	1:47:19	476	2:28:00	2:25:34	2:31:27	7:25:00	462	9:12:18	0:07:37	1:32:39	1:36:30	1:37:39	4:46:47	356	14:06:41
426	447 Martien van Huet	H50		Almere	1:45:30	471	2:23:08	2:10:24	2:16:07	6:49:39	433	8:35:08	0:11:10	1:35:58	1:49:19	1:55:53	5:21:09	413	14:07:26
427	610 Susanne Polk	D21	GER	Erkrath	1:28:23	388	2:25:15	2:19:19	2:24:01	7:08:33	456	8:36:55	0:10:41	1:35:32	1:53:07	1:53:49	5:22:28	416	14:10:04
428	251 Ferdinand Uhr	H40	GER	Erkrath	1:46:45	474	2:23:07	2:09:18	2:17:45	6:50:09	434	8:36:54	0:10:43	1:35:32	1:55:13	1:51:44	5:22:28	415	14:10:04
429	358 Paul van Buuren	H45		Hengelo	1:31:35	424	2:20:06	2:13:13	2:24:17	6:57:36	447	8:29:11	0:12:50	1:34:00	1:46:29	2:09:03	5:29:31	421	14:11:30
430	484 Sjaak Sinke	H60		Koudekerke	1:19:57	314	2:03:06	2:02:40	2:12:29	6:18:14	362	7:38:10	0:08:36	1:56:15	2:13:55	2:17:39	6:27:48	440	14:14:33
431	490 Stan Ketelaars	H60		Rosmalen	1:41:03	458	2:24:25	2:12:49	2:23:55	7:01:08	451	8:42:11	0:12:23	1:33:04	1:54:50	1:56:02	5:23:55	418	14:18:28
432	431 Gerard Vierveijzer	H50		Almere	1:43:44	465	2:14:27	2:11:34	2:18:33	6:44:32	425	8:28:16	0:12:43	1:37:16	2:05:14	1:57:04	5:39:33	429	14:20:31
433	310 Nico de Bruyne	H40		Diemen	1:28:58	395	2:19:04	2:18:52	2:21:58	6:59:53	450	8:28:51	0:12:54	1:49:37	2:00:56	2:03:26	5:53:59	433	14:35:42
434	488 Roel Heyser	H60		Almere	1:45:04	469	2:33:16	2:19:39	2:22:14	7:15:08	459	9:00:12	0:09:23	1:36:07	1:49:13	2:01:01	5:26:21	420	14:35:54
435	742 Wil Spaans	D55		Almere	1:25:45	370	2:21:40	2:19:42	2:22:23	7:03:44	453	8:29:28	0:07:59	1:42:03	2:00:03	2:16:55	5:59:00	435	14:36:26
436	259 Bouke Fennema	H40		Britsum	1:17:57	288	2:21:30	2:27:08	2:43:22	7:32:00	464	8:49:57	0:09:36	1:44:37	1:54:39	1:58:28	5:37:43	428	14:37:14
437	367 Ivo Timmermans	H45		Maastricht	1:51:20	479	2:24:30	2:24:11	2:35:16	7:23:56	461	9:15:16	0:10:04	1:49:42	1:47:40	1:42:42	5:20:03	412	14:45:22
438	735 Stans van der Poel	D50		Nederhorst den Berg	1:14:23	239	2:22:07	2:27:24	2:25:40	7:15:10	460	8:29:32	0:07:58	1:56:25	2:04:01	2:09:33	6:09:58	437	14:47:28
439	399 Horst van Woersem	H45		Almere	1:23:05	346	2:26:51	2:18:41	2:28:47	7:14:18	458	8:37:22	0:08:58	1:43:29	2:01:30	2:17:57	6:02:54	436	14:49:13
440	238 Jonathan Simpson	H40	AUS	Cobar	1:31:26	420	2:23:37	2:19:56	2:30:16	7:13:49	457	8:45:15	0:12:02	1:53:57	2:06:09	1:52:29	5:52:34	432	14:49:50
441	262 Willard Hamstra	H40		Amersfoort	1:24:41	364	2:20:11	2:26:38	2:38:36	7:25:24	463	8:50:04	0:09:24	1:56:38	1:54:33	2:00:54	5:52:04	431	14:51:30
442	57 Dave Rost	H21		Rijkevoort	0:55:21	13	1:36:00	1:35:18	1:41:53	4:53:10	12	5:48:30	0:02:55	0:59:06	1:06:41			0	
443	302 Paul Diepenmaat	H40		Delden	1:10:13	188	2:02:55	2:00:27	2:09:16	6:12:37	346	7:22:50	0:06:15	1:26:16	1:39:53			0	
444	74 Frank Mertens	H21	BEL	Nijlen	1:03:22	91	1:41:12	1:37:50	1:42:12	5:01:12	28	6:04:34	0:03:05	1:05:39			0		
445	95 Wouter Buist	H21		Soest	1:01:48	68	1:42:12	1:39:39	1:45:23	5:07:13	43	6:09:00	0:04:00	1:04:39			0		
446	138 Tilly Baum	H21	GER	Coburg	0:56:07	24	1:42:05	1:40:06	1:44:28	5:06:39	41	6:02:45	0:03:28	1:14:57			0		
447	197 Marcel Swart	H21		Uitgeest	1:01:08	58	1:46:52	1:42:01	1:48:38	5:17:30	76	6:18:38	0:03:22	1:00:41			0		
448	608 Bianca van Dijk	D21		Rhenen	0:59:38	48	1:44:08	1:40:35	1:58:13	5:22:56	103	6:22:33	0:03:09	1:06:46			0		
449	199 Mark Spits	H21		Den Haag	0:59:46	51	1:48:44	1:38:40	1:44:58	5:12:21	59	6:12:06	0:04:13	1:29:46			0		
450	32 Peter T. Johannesen	H21	DEN	Bagsvaerd	1:06:43	132	1:55:07	1:52:24	1:55:38	5:43:09	202	6:49:51	0:05:47	1:17:44			0		
451	449 Ad Schoonderbeek	H50		Waalwijk	1:04:02	110	1:52:09	1:58:21	2:01:30	5:51:59	246	6:56:01	0:03:38	1:14:18			0		
452	227 Erik Bloklander	H40		Almere	1:02:27	75	1:56:03	1:56:31	2:02:25	5:54:58	267	6:57:25	0:08:26	1:18:29			0		
453	333 Erik Nieuwenhuis	H45		Katwijk	1:06:28	127	2:01:31	1:55:28	2:00:23	5:57:21	278	7:03:48	0:07:21	1:18:51			0		
454	68 Dave Roelvink	H21		Almere	1:51:13	478	2:08:18	2:03:52	2:12:06	6:24:14	374	8:15:27	0:05:14	1:14:28			0		
455	485 Han Muizebelt	H60		Zeist	1:12:40	218	2:21:11	2:13:30	2:06:19	6:40:59	414	7:53:38	0:08:28	1:33:17			0		
456	141 Dirk Wijnalda	H21		Utrecht	1:01:38	63	1:37:54	1:37:04	1:41:34	4:56:30	17	5:58:08	0:02:32				0		
457	228 Jan Blokland	H40		Alkmaar	0:59:19	43	1:38:32	1:37:57	1:42:09	4:58:36	22	5:57:54	0:03:39				0		
458	92 Joerg Mahl	H21	GER	Isenbuettel	1:07:46	165	1:41:38	1:41:13	1:49:24	5:12:14	57	6:20:00	0:04:11				0		
459	330 Patrick Dockx	H45	BEL	Herselt	1:14:48	244	2:00:01	1:50:39	1:52:46	5:43:25	203	6:58:12	0:04:19				0		
460	177 Erik Paerels	H21		Amersfoort	1:00:51	57	2:05:07	2:11:08	2:14:02	6:30:15	392	7:31:06	0:05:35				0		

461	85 Rudolf Kamphuis	H21	Deventer	1:13:39	236	2:15:41	2:12:19	2:14:50	6:42:50	417	7:56:28	0:10:25	0
462	165 Richard Hogenberg	H21	Zuidlaren	1:48:49	477	2:12:40	2:18:47	2:23:08	6:54:34	443	8:43:22	0:08:56	0
463	96 Angelo Cara	H21	Spijk	0:58:17	35	1:41:24	1:38:14	1:53:07	5:12:44	61	6:11:01		0
464	203 Pieter-Jan Paarlberg	H40	Alkmaar	1:03:40	103	1:38:32	1:43:35	1:47:41	5:09:47	46	6:13:26		0
465	76 Rolf Schroeder	H21	GER Harpstedt	1:30:21	411	2:04:40	2:04:29	2:09:04	6:18:12	360	7:48:32		0
466	285 Achim Demming	H40	GER Bocholt	0:59:20	44	1:33:44	1:35:42			0			0
467	29 Rene Oosterhof	H21	Zeewolde	1:03:41	105	1:50:44	1:49:26			0			0
468	624 Heleen bij de Vaate	D21	Stein	1:06:33	128	1:43:16	2:04:07			0			0
469	231 Ronald Buld	H40	Nijverdal	1:00:06	55	1:58:35	1:56:02			0			0
470	109 Michel Marchand	H21	BEL Luttre	1:13:58	238	1:54:32	1:52:30			0			0
471	101 Thomas Ohlenschlager	H21	DEN Odense	1:18:17	293	1:54:32	1:50:07			0			0
472	66 Ed Mol	H21	Nieuwkoop	1:12:32	214	2:01:55	2:00:47			0			0
473	459 Zdenek Paveska	H50	CZE Bucovicka	1:38:43	453	2:13:51	1:43:31			0			0
474	347 Walter Marien	H45	BEL Hulshout	1:38:08	452	1:59:53	2:03:44			0			0
475	616 Guusje Vreken	D21	Maastricht	1:19:38	312	2:27:43	2:24:48			0			0
476	28 Martijn Boot	H21	Almere	0:55:59	19	1:45:44				0			0
477	160 Andreas Gebert	H21	GER Sonnefeld	1:04:21	112	1:43:24				0			0
478	30 Rene Dreyling	H21	Almere	1:11:38	205	1:53:14				0			0
479	282 Alex van Onselder	H40	Zaandam	1:17:22	281	1:59:46				0			0
480	451 Henk Gabriels	H50	Bergen op Zoom	1:26:19	371	2:02:45				0			0
481	413 Gino Minnebo	H45	BEL Assebroek	1:00:03	52					0			0
482	163 Lars de Gans	H21	Bunschoten	1:01:28	60					0			0
483	118 Gerrit de Bruyne	H21	BEL Zwijndrecht	1:07:24	146					0			0
484	60 Robert Rietveld	H21	Zutphen	1:16:22	268					0			0

Tijdregistratie & Uitslagen door ChampionChip - Afgedrukt op 8-9-2005 18:12:59