

UPC Holland Triathlon Almere 29-08-2009
Result Long Distance Individual Overall

Plts = 1 - 200

Pits	RaceNr	Naam	Cat	Nat	Swim1	Swim2	Swim	#S	T1	Bike1	Bike2	Bike3	Bike	#B	AftBike	#aftB	T2	Run1	Run2	Run3	Run	#R	Total
1	4	Georg Potrebtsch	H24	GER	0:14:13	0:35:15	0:49:27	1	0:01:48	1:29:39	1:34:11	1:39:44	4:43:33	5	5:34:47	2	0:02:26	0:52:53	0:57:27	1:04:07	2:54:26	3	8:31:38
2	19	Michael Krüger	H40	DAN	0:17:49	0:42:58	1:00:47	32	0:02:58	1:33:04	1:31:31	1:37:56	4:42:30	3	5:46:14	6	0:03:11	0:54:30	0:54:32	0:55:37	2:44:38	1	8:34:02
3	12	Dirk Wijnalda	H24	NED	0:17:09	0:43:11	1:00:20	29	0:01:48	1:31:12	1:33:46	1:40:20	4:45:17	6	5:47:24	7	0:02:40	0:54:13	0:57:08	0:58:19	2:49:38	2	8:39:41
4	2	Stijn Demeulemeester	H24	BEL	0:15:39	0:39:39	0:55:18	10	0:01:39	1:28:19	1:33:37	1:46:58	4:48:52	9	5:45:49	5	0:02:41	0:54:51	0:58:25	1:04:36	2:57:51	4	8:46:20
5	14	Dave Rost	H24	NED	0:14:48	0:37:00	0:51:47	3	0:01:45	1:32:20	1:33:24	1:42:24	4:48:07	8	5:41:39	4	0:02:40	1:00:21	1:02:50	1:06:18	3:09:28	9	8:53:46
6	13	Jerzy Kasemier	H24	NED	0:15:02	0:37:29	0:52:30	5	0:01:47	1:31:37	1:31:43	1:39:15	4:42:35	4	5:36:51	3	0:03:14	1:01:39	1:05:55	1:09:26	3:16:59	19	8:57:02
7	16	Thomas Naasz	H24	NED	0:17:14	0:43:17	1:00:31	30	0:02:08	1:34:11	1:36:35	1:38:37	4:49:21	11	5:51:59	8	0:02:51	0:58:43	1:01:56	1:03:29	3:04:08	6	8:58:56
8	8	Teemu Lemmettylä	H24	FIN	0:16:27	0:41:53	0:58:19	24	0:02:10	1:39:47	1:44:54	1:40:04	5:04:43	23	6:05:12	17	0:02:55	1:00:51	0:59:42	1:03:30	3:04:02	5	9:12:08
9	316	Henk-Jan Dolsma	H24	NED	0:15:56	0:40:49	0:56:45	16	0:01:54	1:35:48	1:38:00	1:40:33	4:54:20	13	5:52:58	9	0:03:15	1:03:41	1:06:19	1:09:32	3:19:32	28	9:15:44
10	133	Jacob Veenstra	H24	NED	0:16:29	0:42:54	0:59:22	26	0:02:15	1:35:14	1:35:36	1:40:56	4:51:45	12	5:53:22	10	0:03:43	1:03:00	1:08:15	1:07:50	3:19:04	25	9:16:07
11	78	Jurgen Kremers	H24	NED	0:17:49	0:45:21	1:03:10	50	0:02:44	1:33:15	1:36:06	1:39:33	4:48:54	10	5:54:47	12	0:03:07	1:02:06	1:06:41	1:10:24	3:19:10	26	9:17:04
12	11	Corné Klein	H40	NED	0:16:16	0:41:59	0:58:14	20	0:01:58	1:34:13	1:38:52	1:48:27	5:01:31	22	6:01:42	14	0:03:51	1:01:52	1:04:06	1:08:17	3:14:14	15	9:19:46
13	109	Harry Sikkema	H24	NED	0:16:54	0:44:06	1:00:59	37	0:02:28	1:35:37	1:39:21	1:45:23	5:00:21	18	6:03:47	15	0:03:29	1:01:25	1:04:46	1:07:57	3:14:07	14	9:21:23
14	141	Matthijs Westerbeek	H24	NED	0:15:59	0:40:38	0:56:37	15	0:02:11	1:35:37	1:38:04	1:41:16	4:54:56	16	5:53:43	11	0:04:51	1:01:34	1:09:37	1:16:23	3:27:34	44	9:26:07
15	18	Jeroen Schenk	H24	NED	0:17:48	0:45:25	1:03:13	51	0:02:35	1:43:17	1:40:20	1:45:57	5:09:33	27	6:15:20	26	0:03:19	1:00:58	1:02:11	1:04:43	3:07:50	7	9:26:28
16	5	Daniel Avant	H24	NED	0:19:01	0:49:52	1:08:52	110	0:03:07	1:34:20	1:37:05	1:43:07	4:54:30	14	6:06:29	18	0:03:26	1:02:23	1:05:47	1:09:16	3:17:25	21	9:27:19
17	404	Irene Kinnegim	D24	NED	0:19:11	0:48:31	1:07:41	93	0:02:19	1:36:20	1:38:06	1:42:14	4:56:40	17	6:06:39	19	0:03:19	1:03:09	1:06:17	1:08:16	3:17:41	22	9:27:38
18	17	Merijn Schuurman	H24	NED	0:17:14	0:43:42	1:00:55	36	0:02:01	1:36:22	1:39:41	1:49:03	5:05:06	24	6:08:01	20	0:03:00	1:03:23	1:07:16	1:09:42	3:20:20	30	9:31:20
19	82	Kevin Maggen	H24	BEL	0:16:14	0:40:38	0:56:51	17	0:03:05	1:40:51	1:43:43	1:48:52	5:13:25	36	6:13:21	24	0:03:35	1:01:38	1:03:08	1:10:03	3:14:48	16	9:31:43
20	402	Sara Sig Moeller	D24	DAN	0:17:25	0:43:23	1:00:47	33	0:02:56	1:43:41	1:42:37	1:47:38	5:13:55	39	6:17:37	28	0:02:58	1:03:34	1:02:56	1:04:51	3:11:20	11	9:31:53
21	314	René Poppe	H40	NED	0:16:16	0:41:59	0:58:15	22	0:02:06	1:38:43	1:42:36	1:49:13	5:10:31	29	6:10:51	21	0:03:09	1:01:33	1:03:59	1:15:22	3:20:54	31	9:34:53
22	122	Stefan van der Pal	H24	NED	0:16:41	0:42:58	0:59:39	27	0:02:38	1:44:47	1:44:26	1:57:56	5:27:08	72	6:29:23	51	0:03:22	0:58:20	1:03:46	1:06:56	3:09:01	8	9:41:46
23	74	Lars Karmelk	H24	NED	0:16:56	0:44:18	1:01:14	42	0:02:55	1:41:08	1:44:09	1:46:23	5:11:39	33	6:15:47	27	0:04:41	1:07:39	1:09:42	1:05:12	3:22:32	32	9:42:59
24	200	Marcel Weijers	H40	NED	0:16:07	0:40:57	0:57:03	18	0:04:33	1:41:09	1:41:43	1:47:57	5:10:47	30	6:12:23	22	0:04:59	1:06:16	1:08:06	1:11:47	3:26:09	38	9:43:30
25	62	Randy Hendriks	H24	NED	0:18:17	0:47:28	1:05:44	74	0:03:56	1:41:29	1:40:36	1:51:56	5:14:00	40	6:23:40	41	0:05:39	1:00:08	1:03:18	1:13:56	3:17:22	20	9:46:39
26	422	Carla van Rooijen	D24	NED	0:19:35	0:50:00	1:09:35	120	0:03:00	1:41:45	1:47:24	1:50:20	5:19:29	54	6:32:03	55	0:03:08	1:02:12	1:04:46	1:06:52	3:13:49	13	9:48:59
27	334	Stefan van Namen	H40	NED	0:18:30	0:50:26	1:08:56	112	0:04:24	1:35:03	1:39:50	1:46:24	5:01:16	20	6:14:35	25	0:06:53	1:09:17	1:07:36	1:11:12	3:28:03	48	9:49:31
28	325	Lasse Taagaard Jensen	H24	DAN	0:22:35	0:53:09	1:15:44	173	0:04:05	1:44:40	1:45:00	1:48:04	5:17:43	49	6:37:30	61	0:03:14	1:02:41	1:03:06	1:04:18	3:10:04	10	9:50:48
29	185	Samme Steenstra	H40	NED	0:18:01	0:45:53	1:03:54	61	0:03:43	1:41:53	1:42:32	1:50:13	5:14:38	42	6:22:14	35	0:04:49	1:07:21	1:07:51	1:08:54	3:24:06	36	9:51:08
30	131	Pieter Vanhee	H24	BEL	0:16:17	0:41:56	0:58:13	19	0:02:37	1:46:24	1:42:41	1:54:58	5:24:03	62	6:24:52	43	0:03:36	1:00:41	1:08:15	1:14:25	3:23:21	34	9:51:48
31	154	Richard de Boer	H40	NED	0:18:15	0:46:17	1:04:31	65	0:03:16	1:41:28	1:42:57	1:48:35	5:13:00	35	6:20:46	32	0:05:24	1:06:50	1:10:06	1:10:16	3:27:11	41	9:53:20
32	33	Michel Besseling	H24	NED	0:20:13	0:51:32	1:11:44	137	0:04:20	1:42:00	1:43:05	1:46:23	5:11:27	32	6:27:30	49	0:03:20	1:03:12	1:07:10	1:12:32	3:22:53	33	9:53:43
33	30	Patrick Baars	H24	NED	0:17:48	0:45:29	1:03:16	54	0:03:24	1:43:20	1:51:04	1:57:16	5:31:39	79	6:38:19	63	0:02:58	1:02:18	1:02:43	1:08:30	3:13:31	12	9:54:46
34	99	Barry Rotgans	H24	NED	0:17:42	0:45:37	1:03:18	55	0:02:47	1:44:51	1:44:11	1:49:45	5:18:45	51	6:24:49	42	0:03:12	1:07:18	1:08:49	1:11:29	3:27:35	45	9:55:35
35	68	Bart in t Velt	H24	NED	0:18:21	0:47:39	1:05:59	79	0:03:45	1:44:07	1:42:52	1:46:30	5:13:27	37	6:23:10	40	0:03:28	1:07:29	1:10:49	1:10:53	3:29:09	50	9:55:46
36	179	Johan Pauwels	H40	BEL	0:17:55	0:47:03	1:04:57	67	0:03:09	1:40:18	1:43:03	1:51:10	5:14:31	41	6:22:36	38	0:04:31	1:04:25	1:11:28	1:14:36	3:30:29	52	9:57:35
37	146	Tonny Blom	H40	NED	0:15:55	0:39:52	0:55:47	12	0:02:37	1:42:23	1:44:41	1:57:08	5:24:12	65	6:22:35	37	0:03:33	1:08:48	1:09:54	1:14:21	3:33:03	55	9:59:10
38	37	Kor Broers	H24	NED	0:18:28	0:47:11	1:05:39	73	0:02:48				5:12:53	34	6:21:19	33	0:04:00	1:07:01	1:11:06	1:15:51	3:33:57	58	9:59:16
39	136	Kevin Vervoort	H24	BEL	0:18:02	0:48:52	1:03:53	60	0:03:08	1:42:06	1:44:47	1:49:06	5:15:59	45	6:22:59	39	0:03:43	1:07:45	1:11:47	1:13:04	3:32:35	54	9:59:16
40	207	Jos Broeren	H45	NED	0:18:19	0:46:48	1:05:06	68	0:04:37	1:42:51	1:48:39	1:54:02	5:25:31	68	6:35:13	58	0:05:50	1:05:06	1:06:57	1:06:23	3:18:25	23	9:59:27
41	259	Johan van Splunter	H45	NED	0:22:06	0:52:45	1:14:51	159	0:03:48	1:35:25	1:38:52	1:46:32	5:00:47	19	6:19:25	31	0:04:42	1:10:16	1:13:31	1:12:09	3:35:56	64	10:00:01
42	209	Rob de Boer	H45	NED	0:21:48	0:54:42	1:16:29	186	0:04:10	1:41:10	1:42:25	1:46:05	5:09:39	28	6:30:18	52	0:02:51	1:02:50	1:08:46	1:16:10	3:27:46	46	10:00:53
43	170	Martin Lippert	H40	GER	0:19:07	0:48:52	1:07:58	97	0:03:50	1:44:19	1:45:02	1:51:02	5:20:22	58	6:32:09	56	0:04:26	1:08:03	1:08:15	1:08:07	3:24:24	37	10:00:58
44	105	Piet Hein Schram	H24	NED	0:18:35	0:46:45	1:05:19	71	0:04:27	1:42:20	1:42:47	1:50:37	5:15:44	43	6:25:29	46	0:03:33	1:05:25	1:10:43	1:15:53	3:32:00	53	10:01:01
45	86	Wouter Meeus	H24	BEL	0:19:30	0:49:08	1:08:38	108	0:03:41	1:39:38	1:44:52	1:52:35	5:17:04	48	6:29:22	50	0:03:30	1:03:23	1:08:10	1:17:35	3:29:07	49	10:01:58
46	330	Karsten Christensen	H45	DAN	0:17:57	0:44:22	1:02:18	44	0:03:23	1:41:31	1:42:47	1:51:33	5:15:51	44	6:21:31	34	0:04:40	1:03:21	1:19:24	1:15:12	3:37:56	69	10:04:06
47	64	Bernard Hilferink	H24	NED	0:17:01	0:43:14	1:00:14	28	0:02:59	1:35:33	1:38:59	1:46:51	5:01:22	21	6:04:34	16	0:04:09	1:05:14	1:10:48	1:40:12	3:56:12	115	10:04:55

48 114	Christoph Steurenthaler	H24	GER	0:19:11	0:49:04	1:08:14	102	0:07:13	1:48:30	1:48:26	1:51:57	5:28:52	76	6:44:18	74	0:05:04	1:00:59	1:05:36	1:09:39	3:16:13	18	10:05:33
49 312	Roger Berggren	H45	SWE	0:19:41	0:50:25	1:10:06	126	0:03:15	1:39:10	1:42:11	1:47:49	5:09:09	26	6:22:29	36	0:04:25	1:04:10	1:09:35	1:25:31	3:39:15	73	10:06:08
50 87	Gert Mergaerts	H24	BEL	0:20:35	0:51:49	1:12:23	142	0:05:27	1:43:13	1:45:26	1:51:53	5:20:31	59	6:38:21	64	0:05:46	1:04:23	1:06:59	1:12:23	3:23:44	35	10:07:50
51 260	Piet van Tol	H45	NED	0:17:56	0:45:24	1:03:19	56	0:03:14	1:42:03	1:46:03	1:51:31	5:19:36	55	6:26:08	48	0:03:31	1:04:38	1:12:04	1:21:55	3:38:36	72	10:08:14
52 113	Jan Stehouwer	H24	NED	0:17:17	0:46:05	1:03:21	57	0:04:36	1:41:20	1:41:13	1:48:28	5:11:01	31	6:18:57	30	0:03:16	1:08:51	1:17:33	1:21:55	3:48:18	93	10:10:29
53 66	Sander Hospers	H24	NED	0:19:35	0:48:51	1:08:26	103	0:03:57	1:44:28	1:44:16	1:44:59	5:13:42	38	6:26:05	47	0:03:33	1:10:01	1:14:05	1:17:36	3:41:42	80	10:11:19
54 124	Arnoud van Garderen	H24	NED	0:17:21	0:43:43	1:01:03	38	0:03:21	1:40:50	1:39:25	1:47:56	5:08:10	25	6:12:34	23	0:05:01	1:08:59	1:21:34	1:24:16	3:54:48	113	10:12:22
55 172	Mark Lodewijks	H40	NED	0:21:27	0:50:12	1:11:39	135	0:04:33	1:43:06	1:46:03	1:53:30	5:22:38	60	6:38:49	67	0:07:25	1:07:32	1:07:58	1:11:46	3:27:15	42	10:13:29
56 288	Aart van Wijk	H50	NED	0:17:22	0:44:58	1:02:19	45	0:03:44	1:55:44	1:49:03	1:58:05	5:42:51	114	6:48:53	83	0:06:47	1:01:44	1:05:54	1:11:02	3:18:39	24	10:14:18
57 107	Joris Sels	H24	BEL	0:18:39	0:49:19	1:07:57	96	0:03:40	1:35:45	1:53:47	1:50:50	5:20:20	57	6:31:56	54	0:05:52	1:04:04	1:13:29	1:19:12	3:36:44	67	10:14:31
58 264	Jan Boonstra	H50	NED	0:19:35	0:49:20	1:08:54	111	0:05:08	1:49:17	1:51:27	1:54:04	5:34:47	87	6:48:49	82	0:05:43	1:03:14	1:07:10	1:09:54	3:20:17	29	10:14:47
59 116	Wim Synaev	H24	BEL	0:19:04	0:50:10	1:09:14	116	0:03:43	1:48:06	1:48:59	1:55:26	5:32:30	81	6:45:26	77	0:04:17	1:04:27	1:08:44	1:13:18	3:26:28	39	10:16:11
60 61	Christiaan Hemstede	H24	NED	0:19:49	0:54:20	1:14:08	157	0:05:31	1:46:13	1:50:58	2:00:32	5:37:42	98	6:57:20	100	0:04:52	0:56:27	1:05:03	1:14:40	3:16:09	17	10:18:20
61 43	Edo de Lange	H24	NED	0:19:09	0:49:22	1:08:30	104	0:04:51	1:43:39	1:48:13	1:56:11	5:28:03	74	6:41:23	70	0:04:25	1:08:48	1:11:20	1:13:38	3:33:45	56	10:19:32
62 256	Frank van Erp	H45	NED	0:18:33	0:48:15	1:06:47	87	0:03:03	1:44:58	1:47:39	1:53:46	5:26:22	71	6:36:11	60	0:05:04	1:09:12	1:13:50	1:17:56	3:40:57	77	10:22:10
63 120	Mike van den Breul	H24	NED	0:17:50	0:45:19	1:03:08	49	0:03:49	1:46:12	1:47:32	1:59:37	5:33:19	83	6:40:15	69	0:03:50	1:09:29	1:16:12	1:16:54	3:42:34	81	10:26:38
64 59	Maurits Helkoop	H24	NED	0:19:41	0:48:11	1:07:51	94	0:06:17	1:50:24	1:50:26	2:07:26	5:48:15	125	7:02:22	113	0:05:25	1:01:05	1:11:07	1:07:05	3:19:17	27	10:27:02
65 38	Roel Brosens	H24	BEL	0:18:21	0:47:26	1:05:46	75	0:03:10	1:40:26	1:43:04	1:52:45	5:16:14	46	6:25:09	45	0:03:03	1:11:17	1:22:25	1:29:08	4:02:49	127	10:31:01
66 199	Coen Weerkamp	H40	NED	0:19:37	0:52:25	1:12:01	140	0:06:38	1:47:06	1:50:45	1:54:42	5:32:33	82	6:51:11	87	0:05:25	1:05:23	1:11:56	1:17:40	3:34:58	61	10:31:34
67 73	Ruud Jonk	H24	NED	0:17:18	0:43:36	1:00:54	35	0:05:01	2:07:01	1:49:22	1:47:04	5:43:27	117	6:49:20	84	0:03:54	1:08:39	1:12:32	1:18:49	3:39:59	75	10:33:12
68 134	Sebastiaan Verhaert	H24	BEL	0:16:52	0:44:18	1:01:10	41	0:03:32	1:42:14	1:50:22	2:02:47	5:35:22	89	6:40:03	68	0:03:40	1:07:44	1:18:43	1:23:08	3:49:34	99	10:33:16
69 242	Hans Roodzant	H45	NED	0:16:03	0:40:15	0:56:17	43	0:03:12	1:45:44	1:53:05	2:00:30	5:39:18	105	6:38:46	66	0:06:25	1:13:43	1:17:30	1:16:57	3:48:09	91	10:33:19
70 279	Hans van der Kolk	H50	NED	0:23:13	0:59:36	1:22:48	234	0:06:32	1:39:48	1:45:48	1:51:11	5:16:46	47	6:46:05	78	0:06:09	1:15:35	1:13:00	1:13:02	3:41:36	79	10:33:49
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144	70	Dennis Jansen	H24	NED	0:20:31	0:54:42	1:15:13	166	0:04:37	1:45:41	1:51:41	2:00:27	5:37:48	99	6:57:37	101	0:05:14	1:14:36	1:34:52	1:44:58	4:34:25	207	11:37:16
145	156	George de Jong	H40	NED	0:19:15	0:50:04	1:09:19	118	0:07:39	1:51:09	1:55:04	2:03:43	5:49:55	133	7:06:52	126	0:06:09	1:23:54	1:27:04	1:33:58	4:24:55	186	11:37:55
146	322	Matthias Deslee	H24	BEL	0:18:28	0:47:50	1:06:18	82	0:06:09	1:53:24	2:01:39	2:12:05	6:07:07	200	7:19:33	174	0:09:57	1:10:39	1:23:16	1:34:38	4:08:32	142	11:38:01
147	266	This Burman	H50	NED	0:20:26	0:52:13	1:12:38	145	0:05:35	1:49:32	1:55:57	2:03:18	5:48:46	129	7:06:58	127	0:06:45	1:23:08	1:28:02	1:33:26	4:24:35	185	11:38:18
148	213	Bart Demeulenaere	H45	BEL	0:22:37	0:54:10	1:16:47	192	0:08:35	1:49:19	1:54:26	2:04:42	5:48:26	128	7:13:47	147	0:06:21	1:15:15	1:22:22	1:40:49	4:18:25	169	11:38:33
149	151	Martin Bruderek	H40	GER	0:27:07	1:09:12	1:36:19	293	0:06:44	2:01:28	2:02:31	2:08:45	6:12:43	213	7:55:45	237	0:05:19	1:10:36	1:12:27	1:14:37	3:37:40	68	11:38:42
150	96	Youri Robard	H24	BEL	0:20:50	0:55:53	1:16:42	190	0:02:58	1:50:2													

156 164	Christoph Heyer-Hillén	H40	GER	0:17:41	0:45:35	1:03:15	53	0:04:47	1:54:01	2:00:42	2:16:44	6:11:26	210	7:19:27	171	0:05:12	1:21:54	1:29:32	1:25:52	4:17:17	165	11:41:55
157 324	Laas Bonnema	H50	NED	0:22:56	0:54:15	1:17:11	195	0:09:54	1:52:37	1:59:31	2:07:58	6:00:04	171	7:27:08	188	0:06:44	1:15:46	1:24:58	1:27:41	4:08:23	141	11:42:14
158 208	Jan de Best	H45	NED	0:19:28	0:46:39	1:06:07	80	0:07:07	1:50:28	1:53:55	2:04:02	5:48:23	127	7:01:37	112	0:06:39	1:24:36	1:36:05	1:33:28	4:34:08	206	11:42:23
159 169	Eduard Leusink	H40	NED	0:18:18	0:45:47	1:04:04	62	0:03:20	2:02:19	2:01:52	2:05:38	6:09:47	208	7:17:10	162	0:03:29	1:26:56	1:25:44	1:29:22	4:22:01	182	11:42:39
160 277	Frans Segerink	H50	NED	0:22:34	0:53:38	1:16:12	183	0:05:28	1:48:27	1:52:58	2:02:56	5:44:19	119	7:05:58	122	0:05:44	1:21:29	1:29:03	1:41:09	4:31:40	199	11:43:20
161 206	Erik Bloklander	H45	NED	0:18:11	0:45:38	1:03:48	59	0:04:35	1:52:34	1:54:18	2:09:04	5:55:55	157	7:04:18	117	0:11:23	1:16:59	1:24:45	1:46:49	4:28:32	193	11:44:12
162 258	Adri van Rooij	H45	NED	0:19:03	0:48:53	1:07:56	95	0:04:22	1:51:41	1:59:14	2:07:28	5:58:22	165	7:10:39	140	0:06:18	1:11:37	1:27:00	1:49:37	4:28:13	191	11:45:09
163 90	Richard Morel	H24	NED	0:18:36	0:47:35	1:06:11	81	0:05:15	1:57:16	2:00:32	2:08:12	6:05:58	195	7:17:24	163	0:05:13	1:19:17	1:29:39	1:34:18	4:23:13	183	11:45:48
164 143	Peter Ziekman	H24	NED	0:19:49	0:55:18	1:15:06	165	0:05:05	1:52:03	1:54:18	2:09:38	5:55:58	158	7:16:09	156	0:07:16	1:19:30	1:32:59	1:32:55	4:25:24	188	11:48:47
165 167	Wilfred Keijzer	H40	NED	0:23:51	1:02:53	1:26:43	255	0:06:36	1:56:37	1:57:27	2:04:19	5:58:22	166	7:31:41	194	0:10:06	1:15:35	1:22:31	1:29:01	4:07:06	139	11:48:52
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168 223	Ronald Hanewald	H45	NED	0:26:30	1:03:15	1:29:44	277	0:11:43	1:44:44	1:52:06	2:01:34	5:38:23	101	7:19:48	175	0:19:24	1:19:05	1:25:49	1:28:41	4:13:34	154	11:52:46
169 67	Nico Huijser	H24	NED	0:23:24	1:00:18	1:23:42	241	0:04:26	2:01:12	2:02:11	2:04:59	6:08:20	207	7:36:27	200	0:04:48	1:19:46	1:26:04	1:26:15	4:12:04	150	11:53:18
170 40	Stan Catteau	H24	BEL	0:23:10	1:00:58	1:24:07	243	0:05:28	2:06:56	2:11:24	2:18:50	6:37:09	263	8:06:44	250	0:06:39	1:05:44	1:09:43	1:25:24	3:40:50	76	11:54:12
171 293	Frits Cloudt	H55	NED	0:22:44	0:52:56	1:15:39	170	0:05:40	1:53:36	1:59:31	2:13:15	6:06:21	197	7:27:39	189	0:05:50	1:16:48	1:26:06	1:37:56	4:20:49	177	11:54:17
172 186	Albert Stienezen	H40	NED	0:17:45	0:45:16	1:03:01	47	0:04:27	1:50:00	2:03:06	2:13:25	6:06:30	198	7:13:57	148	0:07:41	1:22:22	1:34:04	1:36:51	4:33:16	203	11:54:52
173 176	Mario Nijland	H40	NED	0:22:21	0:59:32	1:21:53	227	0:12:11	1:41:44	1:45:02	1:53:09	5:19:54	56	6:53:58	89	0:11:59	1:21:32	1:39:19	1:48:37	4:49:27	231	11:55:23
174 32	Martin Bay	H24	DAN	0:22:44	0:59:45	1:22:29	230	0:05:47	1:52:13	1:59:43	2:08:09	6:00:04	170	7:28:18	191	0:06:52	1:14:31	1:29:12	1:36:48	4:20:29	175	11:55:39
175 65	Roland Hollanders	H24	NED	0:23:24	1:00:49	1:24:13	244	0:06:33	2:00:05	2:00:09	2:04:38	6:04:51	192	7:35:36	197	0:04:10	1:19:24	1:25:34	1:32:12	4:17:09	164	11:56:54
176 428	Marian van Hilst	D40	NED	0:22:49	0:57:14	1:20:03	215	0:05:08	2:08:58	2:11:32	2:19:15	6:39:43	267	8:04:53	248	0:05:17	1:15:29	1:17:21	1:16:02	3:48:51	95	11:59:00
177 81	John Lenten	H24	NED	0:21:51	0:54:54	1:16:44	191	0:05:58	2:01:38	2:03:15	2:12:34	6:17:26	221	7:40:07	209	0:06:16	1:16:46	1:31:03	1:25:02	4:12:50	153	11:59:12
178 291	Jean-Loup Blanchy	H55	BEL	0:25:58	1:03:06	1:29:04	272	0:04:53	1:53:16	2:00:02	2:09:36	6:02:54	184	7:36:50	202	0:04:24	1:24:13	1:26:19	1:29:59	4:20:30	176	12:01:43
179 193	Jos van der Velden	H40	NED	0:19:46	0:51:59	1:11:45	138	0:08:36	1:54:16	1:56:44	2:08:32	5:59:32	168	7:19:52	176	0:08:24	1:21:25	1:29:00	1:43:15	4:33:38	205	12:01:53
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182 243	Said Lahlou	H45	BEL	0:21:44	0:54:20	1:16:04	181	0:08:04	1:56:16	2:00:43	2:20:38	6:17:35	222	7:41:42	215	0:08:35	1:15:27	1:30:15	1:28:49	4:14:30	157	12:04:46
183 229	Stephan Jakobs	H45	GER	0:21:56	0:56:50	1:18:45	203	0:07:03	1:59:20	2:05:37	2:14:30	6:19:25	227	7:45:12	221	0:05:44	1:16:03	1:27:06	1:31:34	4:14:43	160	12:05:38
184 139	Geert-Jan Vos	H24	NED	0:19:36	0:50:05	1:09:40	122	0:03:57	1:55:58	2:00:56	2:09:00	6:05:53	194	7:19:30	173	0:11:00	1:23:30	1:34:43	1:37:51	4:36:03	212	12:06:32
185 121	Remco van der Meijs	H24	NED	0:15:57	0:40:38	0:56:35	14	0:03:04	1:45:36	1:58:17	2:06:44	5:50:36	136	6:50:14	86	0:05:39	1:33:46	1:48:52	1:49:30	5:12:07	256	12:07:59
186 197	Robin Vogel	H40	NED	0:19:27	0:49:43	1:09:09	115	0:05:13	1:50:18	1:55:37	2:07:24	5:53:19	145	7:07:40	130	0:05:24	1:24:17	1:45:23	1:45:58	4:55:37	242	12:08:40
187 230	Fred Kamp	H45	NED	0:22:14	1:00:46	1:23:00	235	2:04:17	0:08:01	2:09:26	2:03:40	4:21:06	1	7:48:22	227	0:06:42	1:18:54	1:28:36	1:27:06	4:14:35	159	12:09:38
188 299	Frans Vermeer	H55	NED	0:30:17	1:10:42	1:40:59	308	0:06:02	1:53:49	1:58:36	2:07:15	5:59:38	169	7:46:38	223	0:09:01	1:19:24	1:21:19	1:33:48	4:14:30	158	12:10:07
189 76	Mathias Kolringen	H24	DAN	0:23:38	0:57:59	1:21:37	226	0:06:18	2:01:43	2:01:34	2:14:22	6:17:38	224	7:45:32	222	0:05:12	1:18:32	1:24:49	1:36:23	4:19:43	173	12:10:26
190 205	Joep Biermann	H45	NED	0:21:21	0:54:31	1:15:52	177	0:07:01	1:55:55	1:59:27	2:12:03	6:07:40	203	7:30:16	193	0:07:26	1:23:40	1:29:58	1:39:34	4:33:11	202	12:10:52
191 132	Kris Vanhuyse	H24	BEL	0:21:21	0:58:26	1:19:47	213	0:07:45	1:50:20	1:54:38	2:02:43	5:47:24	124	7:15:11	154	0:07:25	1:25:05	1:34:18	1:49:02	4:48:24	228	12:10:58
192 145	Erik Bassie	H40	NED	0:24:04	0:58:42	1:22:46	233	0:05:37	1:52:25	1:59:01	2:03:50	5:55:15	151	7:23:37	180	0:08:11	1:34:39	1:37:55	1:27:57	4:40:30	219	12:12:18
193 153	Lars Dam Møller	H40	DAN	0:26:52	1:09:04	1:35:55	290	0:08:01	2:03:24	2:10:33	2:17:18	6:31:13	251	8:15:08	260	0:05:38	1:09:19	1:18:47	1:23:51	3:51:56	102	12:12:41
194 175	Erik Nieuwenhuis	H40	NED	0:21:44	0:56:49	1:18:33	199	0:05:59	1:52:03	1:55:06	2:03:00	5:50:09	135	7:14:39	151	0:08:02	1:27:47	1:32:08	1:50:30	4:50:24	233	12:13:05
195 150	René Bosch	H40	NED	0:17:20	0:43:48	1:01:08	40	0:03:38	1:54:55	1:57:12	2:12:26	6:04:32	191	7:09:18	137	0:09:45	1:24:26	1:34:18	1:55:37	4:54:20	239	12:13:22
196 420	Thea Storm Henriksen	D24	DAN	0:22:39	0:58:47	1:21:26	225	0:07:30	2:01:59	2:06:29	2:13:11	6:21:38	234	7:50:33	229	0:05:16	1:17:55	1:24:45	1:35:15	4:17:54	167	12:13:42
197 332	Thorsten Pump	H24	GER	0:19:38	0:55:14	1:14:51	160	0:04:41	1:52:48	2:03:22	2:19:02	6:15:11	219	7:34:43	196	0:07:11	1:21:58	1:33:57	1:36:06	4:32:00	200	12:13:54
198 77	Arthur Kratz	H24	NED	0:21:09	0:51:28	1:12:37	144	0:05:24	1:56:20	2:06:24	2:14:52	6:17:36	223	7:35:36	198	0:05:36	1:22:04	1:35:12	1:35:34	4:32:48	201	12:13:59
199 275	Bernd Mevenkamp	H50	GER	0:20:24	0:50:02	1:10:26	129	0:02:35	2:09:35	2:18:03	2:23:15	6:50:52	278	8:03:52	247	0:03:15	1:11:13	1:19:09	1:37:18	4:07:39	140	12:14:45
200 272	Henke Hage	H50	NED	0:26:07	0:57:40	1:23:47	242	0:07:11	2:07:06	1:59:48	2:12:15	6:19:07	226	7:50:04	228	0:06:27	1:13:50	1:25:36	1:39:19	4:18:45	170	12:15:15
201 431	Cornelia Roth	D45	NED	0:20:22	0:49:11	1:09:33	119	0:02:57	2:02:44	2:10:08	2:17:12	6:30:03	248	7:42:32	218	0:03:13	1:23:59	1:30:33	1:35:24	4:29:55	197	12:15:40
203 321	Dirk Muytjens	H<23	NED	0:20:54	0:55:27	1:16:20	185	0:04:58	1:50:47	1:57:46	2:07:49	5:56:22	159	7:17:39	164	0:05:04	1:16:58	1:41:09	1:59:54	4:58:00	246	12:20:42
203 226	Marc Heeze	H45	BEL	0:23:34	1:03:43	1:27:17	257	0:09:22	1:58:16	2:03:14	2:12:47	6:14:16	217	7:50:54	232	0:08:26	1:22:45	1:30:20	1:28:34	4:21:38	180	12:20:57
204 91	Geraud Mousnier	H24	FRA	0:26:43	1:08:32	1:35:14	289	0:10:06	1:57:39	2:11:44	2:15:33	6:24:55	240	8:10:15	251	0:08:53	1:14:25	1:20:19	1:28:27	4:03:10	129	12:22:17

205	262	Peter Verbeek	H45	NED	0:20:22	0:57:06	1:17:28	196	0:10:02	1:58:39	2:07:27	2:14:36	6:20:41	231	7:48:10	225	0:05:17	1:20:07	1:27:26	1:42:19	4:29:51	196	12:23:16
206	174	Rob Meppelink	H40	NED	0:20:20	0:52:29	1:12:48	146	0:06:28	1:47:59	1:56:03	2:11:26	5:55:27	153	7:14:42	152	0:09:25	1:17:19	1:38:46	2:03:35	4:59:38	247	12:23:44
207	144	Finn Andersen	H40	DAN	0:35:47	1:04:59	1:40:46	306	0:10:40	2:14:13	2:08:29	2:13:54	6:36:35	261	8:28:00	272	0:07:05	1:13:58	1:17:00	1:18:10	3:49:08	96	12:24:12
208	177	Frank Nowak	H40	GER	0:23:33	1:03:39	1:27:11	256	0:08:03	2:07:39	2:10:48	2:20:33	6:38:59	266	8:14:12	258	0:04:59	1:19:16	1:21:47	1:24:07	4:05:10	135	12:24:20
209	296	Wolfgang Kemmerling	H55	GER	0:18:32	0:48:46	1:07:18	91	0:06:37	1:59:11	2:03:19	2:11:45	6:14:15	216	7:28:09	190	0:05:03	1:26:29	1:41:32	1:43:41	4:51:42	235	12:24:53
Ptts =201 - 321		Joop Scher	H24	NED	0:19:29	0:51:28	1:10:57	131	0:04:43	1:56:29	2:04:28	2:19:02	6:19:58	228	7:35:37	199	0:04:53	1:20:04	1:40:16	1:45:36	4:45:55	224	12:26:24
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217	426	Lonie Sonnemans	D40	NED	0:22:58	0:55:03	1:18:01	197	0:06:29	1:53:55	2:04:53	2:14:20	6:13:08	214	7:37:36	204	0:06:52	1:25:22	1:36:48	1:46:20	4:48:30	229	12:32:57
218	433	Trijnie Roozendaal-Rep	D55	NED	0:23:37	1:03:06	1:26:43	254	0:05:29	1:59:47	2:06:52	2:13:43	6:20:22	229	7:52:33	234	0:06:26	1:29:09	1:31:20	1:34:03	4:34:31	208	12:33:28
219	305	Jans Vincent	H60	NED	0:34:32	1:21:03	1:55:35	320	0:10:20	2:01:55	1:57:47	2:06:24	6:06:05	196	8:11:58	256	0:09:15	1:17:22	1:26:09	1:30:08	4:13:39	155	12:34:52
220	94	Lenard Onderwater	H24	NED	0:27:41	1:10:24	1:38:05	301	0:07:44	2:04:22	2:03:29	2:04:26	6:12:15	211	7:58:03	241	0:07:44	1:17:50	1:30:55	1:40:41	4:29:26	195	12:35:12
221	298	Luc Tacq	H55	BEL	0:27:43	1:08:54	1:36:37	295	0:09:08	2:10:39	2:17:11	2:20:39	6:48:28	274	8:34:12	283	0:08:30	1:12:46	1:18:41	1:21:40	3:53:06	109	12:35:47
222	106	Mark Schreuder	H24	NED	0:23:41	1:08:06	1:31:47	285	0:05:22	1:54:58	2:01:04	2:06:18	6:02:19	182	7:39:28	207	0:04:29	1:30:34	1:38:36	1:45:45	4:54:54	240	12:38:50
223	268	Ger de Peijper	H50	NED	0:24:08	0:58:31	1:22:39	232	0:08:10	1:56:41	2:02:27	2:08:38	6:07:45	206	7:38:33	205	0:07:02	1:28:14	1:35:26	1:50:04	4:53:42	238	12:39:16
224	212	Willem de Snoo	H45	NED	0:23:13	0:57:59	1:21:12	222	0:11:01	1:59:58	2:02:07	2:05:37	6:07:42	204	7:39:54	208	0:19:22	1:23:10	1:35:06	1:42:17	4:40:32	220	12:39:47
225	240	Gerard Oomen	H45	NED	0:20:35	0:48:08	1:08:43	109	0:05:03	1:43:25	1:53:48	2:17:09	5:54:21	147	7:08:06	132	0:06:05	1:30:39	1:45:32	2:10:34	5:26:45	267	12:40:55
226	435	Remke den Bremer	D50	NED	0:23:45	1:03:38	1:27:22	258	0:07:59	2:01:25	2:07:44	2:15:06	6:24:13	238	7:59:33	243	0:07:54	1:23:13	1:34:25	1:38:18	4:35:56	211	12:43:22
227	283	Dick van Doorn	H50	NED	0:30:21	1:13:11	1:43:32	313	0:08:03	2:06:39	2:08:56	2:10:44	6:26:18	243	8:17:51	263	0:05:55	1:20:07	1:26:20	1:34:24	4:20:50	178	12:44:36
228	204	Jürgen Bertels	H45	GER	0:22:02	1:03:59	1:26:00	251	0:06:50	2:01:09	2:10:00	2:15:42	6:26:49	244	7:59:39	244	0:05:57	1:31:01	1:34:24	1:37:30	4:42:53	223	12:48:28
229	414	Sarah Carpenter	D24	GB	0:30:55	1:17:27	1:48:21	317	0:08:45	2:10:45	2:11:00	2:12:51	6:34:35	257	8:31:40	278	0:07:51	1:17:40	1:22:37	1:28:53	4:09:10	145	12:48:39
230	406	Greta Malkki	D40	FIN	0:28:23	1:12:25	1:40:48	307	0:06:42	2:11:08	2:17:38	2:20:38	6:49:23	275	8:36:51	285	0:03:57	1:17:40	1:25:27	1:26:13	4:09:18	147	12:50:06
231	127	Marc van Raam	H24	NED	0:25:32	1:05:43	1:31:14	283	0:09:43	1:48:19	1:52:20	2:02:01	5:42:40	113	7:23:36	179	0:08:13	1:32:42	1:53:07	1:53:41	5:19:30	261	12:51:18
232	269	Adrianus de Ridder	H50	NED	0:25:45	1:04:59	1:30:44	280	0:10:48	1:52:29	1:52:24	2:12:40	5:57:32	164	7:39:03	206	0:08:53	1:37:24	1:41:34	1:45:01	5:03:59	249	12:51:54
233	155	Peter de Jeu	H40	NED	0:23:57	1:04:07	1:28:04	263	0:07:30	2:02:10	2:10:22	2:23:23	6:35:53	260	8:11:27	253	0:06:04	1:29:07	1:33:11	1:33:34	4:35:51	210	12:53:22
234	326	Michiel Amsink	H24	NED	0:20:58	0:50:14	1:11:12	133	0:05:50	1:57:37	2:01:23	2:10:49	6:09:48	209	7:26:49	187	0:09:02	1:27:02	1:49:09	2:01:36	5:17:45	260	12:53:35
235	148	Alibert Bok	H40	NED	0:21:47	0:55:13	1:16:59	194	0:10:17	1:57:13	2:04:40	2:18:32	6:20:23	230	7:47:39	224	0:09:30	1:23:24	1:42:57	1:50:32	4:56:53	244	12:54:01
236	321	Tonny Bouman	H45	NED	0:21:04	0:54:16	1:15:20	167	0:07:46	2:04:06	2:08:01	2:06:35	6:18:41	225	7:41:46	217	0:09:45	1:25:23	1:43:39	1:53:37	5:02:38	248	12:54:07
237	274	Walter Mariën	H50	BEL	0:23:31	1:05:22	1:28:53	268	0:08:24	1:57:16	2:09:19	2:14:22	6:20:56	233	7:58:11	242	0:06:40	1:45:07	1:53:32	1:11:15	4:49:54	232	12:54:44
238	162	Arjan Griffioen	H40	NED	0:24:38	1:07:50	1:32:28	287	0:05:20	2:07:21	2:10:41	2:15:56	6:33:57	255	8:11:43	254	0:04:39	1:24:27	1:36:04	1:39:11	4:39:41	217	12:56:02
239	53	Geert Elzinga	H24	NED	0:22:36	0:57:58	1:20:33	219	0:08:00	1:57:41	2:03:59	2:13:30	6:15:09	218	7:43:42	220	0:07:11	1:28:47	1:44:17	1:53:42	5:06:45	251	12:57:37
240	287	Gerard van Veen	H50	NED	0:23:56	1:00:27	1:24:23	245	0:07:02	2:08:51	2:13:29	2:20:43	6:43:02	270	8:14:26	259	0:05:30	1:26:41	1:33:45	1:37:20	4:37:45	213	12:57:39
241	278	Henk Smits	H50	NED	0:23:59	1:02:26	1:26:24	253	0:09:53	2:00:41	2:07:33	2:19:20	6:27:33	245	8:03:50	246	0:08:35	1:26:02	1:40:18	1:40:21	4:46:40	225	12:59:03
242	251	Erwin Marcel Tool	H45	NED	0:23:42	1:04:01	1:27:43	261	0:07:46	2:12:28	2:13:53	2:23:23	6:49:43	276	8:25:11	269	0:05:59	1:17:38	1:28:40	1:41:40	4:27:57	190	12:59:05
243	304	Adri van Tilburg	H60	NED	0:25:26	1:03:28	1:28:53	269	0:06:26	2:09:10	2:10:44	2:21:13	6:41:07	269	8:16:25	262	0:08:32	1:26:28	1:34:37	1:33:37	4:34:41	209	12:59:37
244	149	Paul Bootsma	H40	NED	0:21:46	0:56:48	1:18:33	200	0:09:15	1:55:52	2:12:34	2:20:44	6:29:08	247	7:56:55	239	0:08:12	1:29:32	1:42:07	1:45:01	4:56:39	243	13:01:45
245	429	Helma Caelers	D45	NED	0:26:05	1:03:13	1:29:17	273	0:06:42	2:10:00	2:18:26	2:27:34	6:59:02	285	8:32:00	279	0:06:35	1:21:40	1:29:31	1:37:26	4:28:36	194	13:07:11
246	307	Henk Fidder	H65	NED	0:25:41	1:04:15	1:29:56	278	0:08:21	2:05:53	2:11:50	2:15:52	6:33:35	254	8:11:52	255	0:08:30	1:24:27	1:34:01	1:49:39	4:48:07	226	13:08:27
247	31	Richard Balk	H24	NED	0:26:29	1:09:44	1:36:13	292	0:10:00	1:51:11	1:57:19	2:05:48	5:54:17	146	7:40:29	210	0:08:44	1:33:06	1:43:58	2:04:11	5:21:14	264	13:10:25
248	225	Jakob Hartman	H45	NED	0:25:25	1:04:00	1:29:25	274	0:09:19	2:11:20	2:14:08	2:22:17	6:47:45	273	8:26:27	271	0:07:03	1:24:27	1:31:19	1:42:09	4:37:54	214	13:11:23
249	137	Thomas Viscovich	H24	DAN	0:25:50	1:10:22	1:36:11	291	0:14:04	2:02:33	2:13:47	2:19:25	6:35:44	259	8:25:58	270	0:06:42	1:16:23	1:32:36	1:51:31	4:40:29	218	13:13:08
250	191	Edwin van der Meer	H40	NED	0:26:34	1:10:49	1:37:22	299	0:08:22	2:09:10	2:11:25	2:16:20	6:36:53	262	8:22:37	268	0:05:55	1:34:37	1:38:54	1:35:49	4:49:19	230	13:17:50
251	276	Jan Noyez	H50	BEL	0:30:13	1:13:05	1:43:17	311	0:08:58	2:04:50	2:09:46	2:25:58	6:40:33	268	8:32:47	280	0:07:14	1:22:31	1:37:31	1:38:48	4:38:49	215	13:18:49
252	273	Nico Majjer	H50	NED	0:26:13	1:01:25	1:27:38	260	0:09:59	2:07:02	2:08:11	2:23:32	6:38:44	265	8:16:20	261	0:08:53	1:16:06	1:52:59	1:45:56	4:55:00	241	13:20:13
253	232	Ronald Koch	H45	NED	0:20:07	0:53:36</																	

313 236	Jack Moerenhout	H45	NED	0:23:24	0:59:51	1:23:14	237	0:08:54	2:17:10	0	0	0	
314 419	Nel Schoehuijs	D24	NED	0:25:46	1:09:04	1:34:50	288	0:07:00	2:16:50	0	0	0	
315 241	Tonnie Raemakers	H45	NED	0:30:54	1:19:37	1:50:31	318	0:10:34	2:23:34	0	0	0	
316 329	Finn Hjelm	H24	DAN	0:18:37	0:43:43	1:02:19	46	0:03:33		0	0	0	
317 317	Kjell Van der waals	H24	NED	0:18:24	0:48:20	1:06:43	86	0:03:05		0	0	0	
318 335	Yannick Lefèbvre	H24	NED	0:23:08	0:57:09	1:20:17	216	0:06:39		0	0	0	
319 315	Deniss Gorba	H24	LAT	0:23:17	1:02:28	1:25:45	250	0:05:09		0	0	0	
320 54	Peor Exmann	H24	NED	0:23:30	1:03:55	1:27:25	259	0:05:27		0	0	0	
321 302	Norbert Hallemeesch	H60	BEL	0:23:04			0			0	0	0	

