

OD

				zwem	fiets	loop	totaal
1	Edo van der Meer	H20	SMILDE	0:21:29.458	1:09:26.065	0:36:06.484	2:07:02.007
2	Jerzy Kasemier	H20	GRONINGEN	0:22:34.912	1:10:16.090	0:36:28.895	2:09:19.897
3	Henk-Jan Dolsma	H20	Groningen	0:22:37.172	1:10:16.127	0:37:53.547	2:10:46.846
4	Mark Huisman	H20	GRONINGEN	0:22:37.117	1:11:57.003	0:36:28.941	2:11:03.061
5	Vincent Bruins	H20	HOORN	0:24:24.191	1:13:09.315	0:36:38.676	2:14:12.182
6	Jacob Veenstra	H20	Groningen	0:26:00.286	1:11:53.135	0:38:18.484	2:16:11.905
7	Gert Mulder	H20	RUINERWOLD	0:25:30.975	1:12:17.499	0:38:31.568	2:16:20.042
8	Jasper van Olst	H20	Groningen	0:22:34.307	1:14:44.240	0:39:40.631	2:16:59.178
9	Dirk-Jan Moes	H20	GRONINGEN	0:22:35.670	1:14:46.961	0:39:48.925	2:17:11.556
10	Ben Plantinga	H20	GLIMMEN	0:29:59.187	1:11:39.209	0:35:42.485	2:17:20.881
11	Michel Kappelhoff	H20	Stadtlohn	0:24:32.892	1:13:52.074	0:39:30.560	2:17:55.526
12	Jorrit Meijer	H20	Groningen	0:26:47.291	1:11:11.785	0:40:02.087	2:18:01.163
13	Alco Kruithof	H40	Lemmer	0:25:13.933	1:12:53.755	0:41:38.902	2:19:46.590
14	Jochem Slijkhuis	H20	GRONINGEN	0:23:55.791	1:16:51.059	0:39:55.563	2:20:42.413
15	Marcel ten Wolde	H20	GRONINGEN	0:29:30.225	1:15:47.806	0:40:29.320	2:25:47.351
16	Sanne Buisman	D20	Groningen	0:25:54.167	1:20:08.530	0:40:26.599	2:26:29.296
17	Peter Kramer	H20	UTRECHT	0:26:16.967	1:17:05.758	0:43:14.477	2:26:37.202
18	Jan v/d Sleet	H40	HAREN	0:25:10.904	1:12:59.387	0:48:29.832	2:26:40.123
19	Peter Selles	H40	ASSEN	0:26:50.684	1:18:02.906	0:42:03.266	2:26:56.856
20	Joric van der Kolk	H20	GRONINGEN	0:28:21.438	1:17:20.281	0:41:58.404	2:27:40.123
21	Gerard Terwisscha v S	H40	HAREN	0:28:35.350	1:17:20.842	0:42:40.345	2:28:36.537
22	Julia Bisschops	D20	UTRECHT	0:23:17.906	1:22:29.421	0:43:20.659	2:29:07.986
23	Frits Riemersma	H50	HAREN	0:31:03.325	1:13:58.846	0:44:40.012	2:29:42.183
24	Rina Zijgers	D20	ENSCHDEDE	0:24:03.794	1:23:00.785	0:42:38.966	2:29:43.545
25	Yme Woensdregt	H40	GRONINGEN	0:27:30.803	1:19:49.717	0:42:52.357	2:30:12.877
26	Jan Reiffers	H40	BEDUM	0:28:40.999	1:17:08.637	0:44:34.480	2:30:24.116
27	Willi-Jan Veltman	H20	Leeuwarden	0:26:43.546	1:21:54.209	0:44:01.169	2:32:38.924
28	Coen van Amersfoort	H20	AMSTERDAM	0:27:33.406	1:18:05.787	0:47:24.150	2:33:03.343

29	Eveline Geersing	D20	GRONINGEN	0:27:38.918	1:23:58.422	0:43:25.497	2:35:02.837
30	Rinse Veenstra	H40	HAREN	0:29:38.893	1:24:14.718	0:42:59.311	2:36:52.922
31	Jeanet Spigt	D20	AMSTERDAM	0:25:27.725	1:22:07.394	0:49:28.523	2:37:03.642
32	Jolanda de Vries	D40	Haren	0:27:43.338	1:24:56.056	0:45:28.609	2:38:08.003
33	Hans Veldkamp	H20	GRONINGEN	0:31:06.826	1:19:15.908	0:48:17.259	2:38:39.993
34	Monica Görska	D20	UTRECHT	0:27:23.204	1:23:56.764	0:49:25.315	2:40:45.283
35	Piet Alkema	H40	HOOGEZAND	0:32:09.165	1:21:14.432	0:47:25.402	2:40:48.999
36	Nienke Vlak	D20	GRONINGEN	0:30:11.467	1:25:50.116	0:44:50.841	2:40:52.424
37	Arjan Griffioen	H40	HOOGEZAND	0:33:40.691	1:21:40.368	0:46:43.331	2:42:04.390
38	Uli Franke	H40	ASSEN	0:29:39.253	1:24:48.967	0:48:00.026	2:42:28.246
39	Gerhard Wentink	H50	Rottum	0:32:04.186	1:23:08.304	0:47:38.104	2:42:50.594
40	Elvira van Bolhuis	D20	Groningen	0:28:14.248	1:27:30.960	0:48:29.497	2:44:14.705
41	Laas Bennema	H50	Vrouwenparochie	0:36:47.429	1:23:19.068	0:45:46.602	2:45:53.099
42	Dirk Kruise	H50	EMMEN	0:32:37.333	1:24:36.911	0:52:11.572	2:49:25.816
43	Lambert Veen	H60	TER AARD	0:36:44.303	1:24:18.635	0:50:17.935	2:51:20.873
44	Bertus de Vries	H40	VEGELINSOORD	0:34:01.825	1:31:36.959	0:45:49.578	2:51:28.362
45	Henk v/d Woude	H40	EMMEN	0:37:07.827	1:31:10.603	0:51:12.305	2:59:30.735
46	Tammoa Kasemier	D50	GRONINGEN	0:35:18.560	1:32:01.641	0:54:41.857	3:02:02.058
47	Lammert Nienhuis	H50	ZUIDWOLDE	0:32:48.426	1:35:27.528	0:53:59.704	3:02:15.658
48	Riekele Heida	H50	HEERENVEEN	0:39:09.822	1:38:46.767	0:56:45.981	3:14:42.570
49	Rikkert Iwema	H20	GRONINGEN	0:41:00.898	1:37:32.742	0:56:19.806	3:14:53.446
50	Ineke Molenaar	D50	Groningen	0:39:36.806	1:40:27.986	1:01:33.371	3:21:38.163
51	Bert de Heij	H40	GORREDIJK	0:34:08.582	1:31:07.634	0:18:25.479	2:23:41.695
52	Robert Jan Bood	H18	BREEZAND	0:24:43.469			

Kwart

				zwem	fiets	loop	totaal
1	Diederik Scheltinga	H20	HUISSEN	0:15:54.109	1:12:23.613	0:37:16.977	2:05:34.699
2	Ronald Petie	H20	WAGENINGEN	0:16:57.451	1:22:47.513	0:39:21.846	2:19:06.810
3	Jeroen van der Vlist	H20	GRONINGEN	0:18:57.778	1:16:31.744	0:45:19.317	2:20:48.839
4	Sjoerd Jan van der Pluijm	H20	ROTTERDAM	0:18:15.639	1:20:04.968	0:45:55.380	2:24:15.987
5	Richard Jong-A-Pin	H20	GRONINGEN	0:22:41.365	1:22:12.729	0:40:59.513	2:25:53.607
6	Johny Stoppels	H20	HOLWIERDE	0:19:58.189	1:21:44.717	0:45:05.776	2:26:48.682
7	Mancel Walstra	H40	Joure	0:19:33.752	1:20:34.997	0:47:53.529	2:28:02.278
8	Lennart Middel	H20	DELFT	0:19:22.384	1:21:34.112	0:48:56.831	2:29:53.327
9	Rens van Gendt	H20	ARNHEM	0:18:48.801	1:23:32.744	0:48:11.943	2:30:33.488
10	Gerard Ypma	H20	GRONINGEN	0:23:12.168	1:23:33.459	0:45:06.843	2:31:52.470
11	Instituut Voor Sportstudies	EST	Erdbrink/Woudt/Krans	0:19:51.994	1:24:27.470	0:48:17.175	2:32:36.639
12	Adri Rink	H40	Groningen	0:24:45.068	1:23:24.934	0:44:40.429	2:32:50.431
13	Pieter van Wijngaarden	H20	ENSCHDEDE	0:19:08.874	1:21:11.660	0:54:17.827	2:34:38.361
14	Jose Hamer	D20	RIJSWIJK	0:23:14.766	1:29:17.692	0:45:08.199	2:37:40.657
15	Geert Kruiter	H40	MIDWOLDE	0:22:58.771	1:27:51.419	0:48:48.516	2:39:38.706
16	Anna Halasz	D20	DELFT	0:26:14.109	1:29:03.149	0:44:59.326	2:40:16.584
17	Johan Carsouw	H40	Zuidwolde Dr	0:22:45.740	1:31:21.055	0:48:20.662	2:42:27.457
18	Rutger Knoop	H40	Eindhoven	0:23:15.968	1:25:14.959	0:59:00.951	2:47:31.878
19	Eddy Francot	H20	DELFT	0:24:01.893	1:28:52.362	0:55:47.751	2:48:42.006
20	Erik v/d Straat	H20	NIJVERDAL	0:19:11.996	1:30:41.665	0:59:10.136	2:49:03.797
21	Maaïke Ferwerda	D20	OOSTERHOUT, NIJMEGEN	0:25:20.337	1:34:50.694	0:50:29.560	2:50:40.591
22	Jaap Haaijer	H60	STEDUM	0:30:36.688	1:32:46.837	0:50:04.724	2:53:28.249
23	Pieter Tienstra	H20	WINSUM	0:23:17.984	1:36:54.150	1:01:51.000	3:02:03.134
24	Manon Hegeman	D20	UTRECHT	0:27:20.913	1:37:00.788	0:57:59.092	3:02:20.793
25	Costa Rica	EST	Boons/Zelle/v.d. Donk	0:31:55.196	1:38:31.893	0:52:37.886	3:03:04.975
26	Olav van Puijenbroek	H40	AMERSFOORT	0:30:42.141	1:39:45.429	0:54:25.935	3:04:53.505
27	Henny Woldman	D40	ZUIDHORN	0:25:27.426	1:47:40.097	0:58:57.921	3:12:05.444
28	Elke Wijnia	H60	HARDEGARIJP	0:37:56.524	1:45:46.047	0:55:45.209	3:19:27.780
29	Marjanne Vaartstra	D20	GRONINGEN	0:30:39.728	1:49:44.871	0:18:03.647	2:38:28.246

Sprint

				zwem	fiets	loop	totaal
1	Arjen v.d. Krieke	H20	Tijnje	0:07:52.046	0:40:09.206	0:18:18.099	1:06:19.351
2	Andries Koers	H20	Enschede	0:08:25.004	0:39:33.678	0:18:28.195	1:06:26.877
3	Wico Hopman	H20	ENSCHEDÉ	0:08:02.307	0:42:25.316	0:19:14.502	1:09:42.125
4	Rik Wemmenhove	H20	Groningen	0:11:31.103	0:42:28.286	0:18:29.644	1:12:29.033
5	Jurrien Klat	H20	GRONINGEN	0:09:41.635	0:41:25.153	0:22:05.795	1:13:12.583
6	Lambertus Moes	H20	GRONINGEN	0:10:46.840	0:41:29.730	0:21:13.949	1:13:30.519
7	Richard Geijteman	H20	GORREDIJK	0:09:51.358	0:44:04.031	0:20:33.413	1:14:28.802
8	Johan de Jong	H20	HAREN	0:11:29.255	0:42:46.510	0:20:20.800	1:14:36.565
9	Axel Bierstadt	H20	Groningen	0:10:45.128	0:44:57.041	0:19:04.996	1:14:47.165
10	Jan Velting	H50	TEN BOER	0:10:26.997	0:43:40.483	0:20:49.016	1:14:56.496
11	Raymond Badoux	H20	GRONINGEN	0:11:21.156	0:43:54.564	0:19:55.148	1:15:10.868
12	Arjen Smedes	H20	GRONINGEN	0:11:33.326	0:44:29.016	0:20:20.146	1:16:22.488
13	Harmen Moes	H18	Kolderveen	0:08:30.092	0:44:48.668	0:24:05.674	1:17:24.434
14	Girbe Zwaagstra	H40	DONKERBROEK	0:09:59.258	0:46:56.841	0:20:48.232	1:17:44.331
15	Daan Moes	H20	HEERENVEEN	0:11:20.381	0:45:44.262	0:20:40.994	1:17:45.637
16	Jeroen Moser	H20	Roden	0:10:14.733	0:47:02.664	0:21:08.006	1:18:25.403
17	Senne Janssen	H20	Groningen	0:12:32.242	0:45:41.864	0:20:39.751	1:18:53.857
18	Rob de Kan	H50	TER IDZARD	0:11:02.965	0:45:40.616	0:23:35.497	1:20:19.078
19	Janet ten Kate	D40	GRONINGEN	0:09:50.176	0:45:16.746	0:25:47.824	1:20:54.746
20	Ronald Pen	H20	GRONINGEN	0:12:02.023	0:47:25.949	0:21:45.882	1:21:13.854
21	Hanneke Bluemink	D20	ENSCHEDÉ	0:10:20.072	0:47:57.764	0:23:16.232	1:21:34.068
22	Judith Kremers	D20	SMILDE	0:09:34.523	0:46:22.081	0:25:46.049	1:21:42.653
23	Jan Spoelstra	H20	Groningen	0:11:18.451	0:48:08.217	0:22:55.435	1:22:22.103
24	Jos Richie	H20	Groningen	0:11:24.452	0:49:56.386	0:21:12.190	1:22:33.028
25	Gea Hut	D20	HAULERWIJK	0:10:14.683	0:48:36.112	0:23:44.801	1:22:35.596
26	Renske Eissens	D20	ENSCHEDÉ	0:10:58.729	0:46:16.273	0:25:50.334	1:23:05.336
27	Jacob Jan Slager	H20		0:10:28.060	0:47:49.032	0:24:49.929	1:23:07.021

28	Harold Boersma	H40	Groningen	0:13:33.553	0:47:20.428	0:22:29.213	1:23:23.194
29	Meinder Hibma	H20	Groningen	0:12:22.188	0:52:23.554	0:21:30.743	1:26:16.485
30	Jimmy Bood	H16	BREEZAND	0:09:50.700	0:51:15.680	0:25:11.503	1:26:17.883
31	Eva Roorda	D14	DRACHTEN	0:09:58.171	0:53:05.779	0:23:17.470	1:26:21.420
32	Gerrie Zijgers	D20	ENSCHEDÉ	0:11:16.639	0:50:14.844	0:25:10.720	1:26:42.203
33	Judith Ris	D20	Groningen	0:11:25.810	0:49:39.607	0:25:57.460	1:27:02.877
34	Jaap Meijering	H40	RODEN	0:12:26.000	0:49:21.083	0:25:18.965	1:27:06.048
35	Indra Arendz	D20	BEDUM	0:11:43.208	0:48:06.484	0:27:19.463	1:27:09.155
36	Ans Tiessen	D20	Groningen	0:13:57.546	0:50:26.365	0:23:23.708	1:27:47.619
37	Jan Evert Drenth	H20	GRONINGEN	0:12:29.364	0:52:11.034	0:25:01.498	1:29:41.896
38	Edwin Busch	H40	Leek	0:13:36.249	0:54:05.284	0:23:12.941	1:30:54.474
39	Peter van der Beek	H20	GRONINGEN	0:17:13.760	0:51:28.276	0:22:36.686	1:31:18.722
40	Margreet Teelken	D20	Groningen	0:13:21.653	0:50:15.809	0:27:52.775	1:31:30.237
41	P Kluin	H60	GRONINGEN	0:16:45.565	0:48:27.181	0:26:40.448	1:31:53.194
42	Kitty Kanon	D20	Groningen	0:11:44.769	0:53:09.650	0:28:13.626	1:33:08.045
43	Lieuwe Dirksma	H50	Wolvega	0:14:39.843	0:54:21.720	0:24:40.120	1:33:41.683
44	Henk Bos	H40	GRONINGEN	0:10:19.726	0:57:04.160	0:28:01.336	1:35:25.222
45	Hennie de Boer	D20	DEN HAAG	0:12:40.583	0:55:44.786	0:27:06.608	1:35:31.977
46	Greetje Lanting	D60	PEIZE	0:13:59.501	0:53:52.066	0:27:52.729	1:35:44.296
47	Nathalie Smink	D20	Groningen	0:12:27.182	0:55:06.457	0:28:50.567	1:36:24.206
48	Lucy de Vries	D40	GRONINGEN	0:13:15.528	0:59:38.919	0:24:55.937	1:37:50.384
49	Pino Camero	H40	Groningen	0:10:28.870	1:06:08.280	0:25:17.044	1:41:54.194
50	Angrie Elzinga	D20	Groningen	0:12:35.947	1:02:02.285	0:29:24.057	1:44:02.289
51	Sarah Freytas	D20	Groningen	0:10:14.743			