

			zwemmen	na fietsen	lopen1	lopen2	lopen3	lopen4	eindtijd
1 Vincent Hillebrand Elzo Dijkhuis Gerdin Boelens	TRIO	Underdogs	0:19:00.544	1:09:34.056	0:10:40.891	0:10:52.720	0:11:05.265	0:06:41.953	2:07:55.429
2 Alco Kruithof	H40	LEMMER	0:19:47.209	1:13:16.702	0:11:30.809	0:11:33.831	0:11:36.935	0:06:58.170	2:14:43.656
3 Gerard Lange	H40	GRONINGEN	0:21:18.309	1:14:07.860	0:11:04.286	0:10:58.133	0:11:12.571	0:06:33.999	2:15:15.158
4 Marcel ten Wolde	H20	Groningen	0:22:45.308	1:14:08.516	0:10:56.459	0:10:46.168	0:10:45.767	0:06:30.660	2:15:52.878
5 Henk Sikma	H40	ZWAAGWESTEINDE	0:22:26.454	1:14:46.418	0:10:38.433	0:10:47.135	0:10:44.258	0:06:42.846	2:16:05.544
6 Gerard Terwisscha v S	H40	HAREN	0:22:48.703	1:14:12.478	0:10:48.659	0:10:48.884	0:11:22.237	0:06:52.548	2:16:53.509
7 Jeroen v.d. Vlist	H20	Groningen	0:22:41.123	1:14:17.963	0:10:51.625	0:10:53.638	0:11:19.419	0:06:53.641	2:16:57.409
8 Joric v.d. Kolk	H20	Groningen	0:21:59.089	1:15:10.411	0:10:46.795	0:10:51.072	0:11:22.902	0:06:51.023	2:17:01.292
9 Peter Selles	H40	ASSEN	0:20:04.217	1:15:34.877	0:11:20.598	0:11:30.560	0:11:38.155	0:07:15.441	2:17:23.848
10 Jan Reiffers	H40	GRONINGEN	0:21:28.276	1:15:32.375	0:11:17.524	0:11:31.079	0:11:32.302	0:07:09.534	2:18:31.090
11 Willi-Jan Veltman	H20	Leeuwarden	0:20:40.176	1:18:03.435	0:11:19.704	0:11:02.904	0:11:17.054	0:06:56.889	2:19:20.162
12 Thomas v.d. Wal	H20	Klazienaveen	0:22:42.571	1:21:33.854	0:10:40.344	0:10:47.721	0:10:47.817	0:06:21.072	2:22:53.379
13 Herman Bos	H50	Emmen	0:23:39.004	1:16:41.931	0:11:48.699	0:11:44.132	0:11:53.510	0:07:07.332	2:22:54.608
14 Hans Veldkamp	H20	Groningen	0:22:35.398	1:14:50.508	0:12:25.835	0:12:32.671	0:13:03.390	0:07:47.779	2:23:15.581
15 Frits Riemersma	H50	Haren	0:23:35.842	1:14:16.328	0:12:49.472	0:12:35.299	0:12:37.580	0:07:56.258	2:23:50.779
16 Marco Koomen	H40	Wageningen	0:19:42.252	1:20:07.006	0:12:05.093	0:11:59.578	0:12:25.598	0:07:40.845	2:24:00.372
17 Marcel Walstra	H40	Joure	0:22:17.053	1:18:52.930	0:13:06.881	0:12:08.476	0:12:18.754	0:07:16.700	2:26:00.794
18 Johan de Jong	H20	Haren	0:26:23.853	1:17:49.062	0:11:39.539	0:11:47.841	0:11:39.173	0:07:07.069	2:26:26.537
19 Jan van der Sleet	H40	HAREN	0:21:52.455	1:15:01.982	0:14:08.035	0:14:13.109	0:14:03.074	0:08:31.000	2:27:49.655
20 Gerrit ten Brinke	H50	PEIZE	0:26:13.708	1:17:58.113	0:12:05.755	0:11:52.080	0:12:02.108	0:08:13.489	2:28:25.253
21 Emile Plugge	H20	Muntendam	0:19:13.725	1:23:15.103	0:12:24.318	0:12:44.737	0:12:59.698	0:08:07.613	2:28:45.194
22 Tonnie Rolink	H40	Klazienaveen	0:21:41.767	1:20:58.259	0:12:58.384	0:12:56.225	0:13:05.937	0:08:02.795	2:29:43.367
23 Marcel Dijkstra	H20	BEDUM	0:23:30.229	1:25:03.451	0:11:20.763	0:11:20.416	0:11:50.748	0:07:20.761	2:30:26.368
24 Oscar de Jong	H40	DOODSTIL	0:22:46.297	1:24:38.425	0:12:16.710	0:12:28.692	0:12:42.020	0:07:41.487	2:32:33.631
25 Frank Hengeveld	H40	NOOTDORP	0:23:43.101	1:20:15.003	0:13:41.253	0:14:04.466	0:14:02.407	0:08:09.041	2:33:55.271
26 Freddy Dijk	H40	Assen	0:20:57.430	1:27:54.579	0:12:24.538	0:12:19.914	0:12:46.430	0:07:54.609	2:34:17.500
27 Gerhard Wentink	H50	ROTTUM	0:25:06.633	1:21:00.676	0:13:53.486	0:13:27.125	0:13:42.133	0:08:05.838	2:35:15.891
28 Ronald Stoffelsma	H20	Norg	0:24:23.000	1:25:42.896	0:12:53.023	0:12:47.788	0:12:45.914	0:07:31.658	2:36:04.000
29 Jan v.d. Meij	H40		0:25:21.045	1:23:22.177	0:12:58.107	0:13:05.961	0:13:27.272	0:07:59.001	2:36:13.563

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		zwemmen	na fietsen	lopen1	lopen2	eindtijd
1 Arjen Smedes	H20 GRONINGEN	0:08:10.787	0:40:56.231	0:10:34.717	0:06:31.517	1:06:13.252
2 Lammert v.d. Ploeg	H40 Zwaagwesteinde	0:07:17.178	0:42:18.604	0:10:47.172	0:06:31.704	1:06:54.658
3 Hendrik Venema	H20 NIJMEGEN	0:09:43.111	0:40:06.611	0:11:31.610	0:06:35.927	1:07:57.259
4 Folkert Huisma	H20 DROGEHAM	0:07:08.052	0:42:56.970	0:11:12.063	0:06:54.995	1:08:12.080
5 Ludy Timmer	H20 ASSEN	0:06:16.251	0:45:38.463	0:10:19.023	0:06:12.295	1:08:26.032
6 Jan Velting	H50 Ten Boer	0:08:01.469	0:42:17.778	0:11:19.608	0:06:52.802	1:08:31.657
7 Dirk Albertsma	H20 Groningen	0:10:02.157	0:45:00.181		0:13:32.276	1:08:34.614
8 Richard Geijteman	H20 GORREDIJK	0:08:08.808	0:41:45.768	0:11:55.441	0:06:59.531	1:08:49.548
9 Johny Stoppels	H20 HOLWIERDE	0:07:41.904	0:42:21.380	0:11:51.969	0:07:16.641	1:09:11.894
10 Senne Janssen	H20 Groningen	0:08:56.355	0:44:06.912	0:10:53.209	0:06:36.856	1:10:33.332
11 Robert Jan Oosterling	H40 GRONINGEN	0:06:56.001	0:46:10.668	0:11:06.185	0:06:36.445	1:10:49.299
12 Rense Veenstra	H40 Haren	0:07:44.923	0:44:04.207	0:12:42.763	0:07:34.057	1:12:05.950
13 Martin Hoogerkamp	H20 ODOORN	0:08:37.018	0:43:59.016	0:12:12.479	0:07:22.622	1:12:11.135
14 Adri Rink	H40 Groningen	0:09:13.838	0:44:07.627	0:11:52.046	0:07:01.708	1:12:15.219
15 Ronald v.d. Laak	H40 Aduard	0:08:17.220	0:47:07.635	0:10:46.577	0:06:35.368	1:12:46.800
16 Peter de Vreugd	H20 GRONINGEN	0:09:30.255	0:44:02.755	0:12:19.160	0:07:11.396	1:13:03.566
17 Dennis Wennemars	H20 GRONINGEN	0:09:28.809	0:44:47.095	0:12:05.349	0:07:24.781	1:13:46.034
18 Bart Wemmenhove	H20 ENSCHEDE	0:08:59.274	0:44:50.548	0:12:50.339	0:07:19.110	1:13:59.271
19 Kars Eijsink	H14 Balkbrug	0:07:46.990	0:46:31.995	0:12:54.929	0:07:27.365	1:14:41.279
20 Sanne Menning	D20 GRONINGEN	0:08:41.430	0:45:46.113	0:12:53.144	0:07:28.913	1:14:49.600
21 Hans Noordhof	H20 GRONINGEN	0:09:47.260	0:46:08.930	0:11:52.599	0:07:06.483	1:14:55.272
22 Carin Ceelaert	D20 GRONINGEN	0:10:14.094	0:43:46.045	0:13:04.450	0:07:51.009	1:14:55.598
23 Wim Casparie	H40 GRONINGEN	0:07:56.340	0:45:45.968	0:13:46.331	0:08:17.860	1:15:46.499
24 Seth Kingma	H20 GRONINGEN	0:09:50.721	0:44:38.840	0:13:17.793	0:08:01.163	1:15:48.517
25 Joke Perdok	D20 Haren	0:10:05.724	0:44:35.994	0:12:56.053	0:08:12.529	1:15:50.300
26 Peter Weinans	H40 GENDRINGEN	0:09:49.025	0:46:19.024	0:12:35.417	0:07:33.179	1:16:16.645
27 Eppie Oosterhuis	H50 Bergum	0:09:52.610	0:47:37.805	0:11:55.135	0:07:22.343	1:16:47.893
28 Gea Hut	D20 HAULERWIJK	0:07:19.499	0:47:25.033	0:13:09.773	0:08:57.531	1:16:51.836
29 Roelof Berends	H50 OUDESCHIP	0:10:49.174	0:47:01.586	0:12:02.340	0:06:59.569	1:16:52.669
30 John Finck	H20 GRIJPSKERK	0:09:58.950	0:45:38.872	0:13:32.389	0:08:04.046	1:17:14.257
31 Edwin Busch	H40 Midwolde	0:08:28.508	0:48:00.524	0:13:11.046	0:07:43.929	1:17:24.007
32 Mariken Veenman	D20 ROTTERDAM	0:08:30.700	0:53:20.569		0:15:38.614	1:17:29.883
33 Jan Roel Smedes	H40 LEEUWARDEN	0:08:42.705	0:47:07.080	0:13:42.711	0:08:12.142	1:17:44.638
34 Hans Wind	H40 THESINGE	0:09:51.780	0:45:56.212	0:13:51.951	0:08:10.948	1:17:50.891

35 Jolanda Mulder	D20 Veendam	0:06:49.998	0:47:12.200	0:15:32.325	0:08:55.958	1:18:30.481
36 Marga Woudstra	D20 GRONINGEN	0:09:34.396	0:48:53.122	0:12:40.247	0:07:25.925	1:18:33.690
37 Margreet Teelken	D20 GRONINGEN	0:09:55.865	0:45:44.734	0:14:27.354	0:08:33.781	1:18:41.734
38 Fanny Janssen	D20 GRONINGEN	0:10:14.977	0:45:21.636	0:14:40.255	0:08:45.651	1:19:02.519
39 Andre v.d. Zee	H40 Leeuwarden	0:10:00.861	0:49:32.640	0:12:32.521	0:07:25.965	1:19:31.987
40 Drevis Schuurman	H50 Steenwijk	0:07:16.209	0:45:15.350	0:16:51.206	0:10:18.354	1:19:41.119
41 Lea Musekamp	D20 GRONINGEN	0:09:58.621	0:51:51.666	0:11:06.428	0:06:55.315	1:19:52.030
42 Jenny Blaauwbroek	D40 GRONINGEN	0:09:41.225	0:48:42.263	0:13:29.252	0:08:22.473	1:20:15.213
43 Audrey Middendorp	D20 GRONINGEN	0:07:31.711	0:48:09.126	0:15:22.617	0:09:46.783	1:20:50.237
44 Marjet Veltman-VanDerMeer	D20 LEEUWARDEN	0:10:09.185	0:49:07.681	0:13:24.315	0:08:13.702	1:20:54.883
45 Pieter Tienstra	H40 WINSUM	0:09:03.349	0:46:48.377	0:16:17.414	0:09:44.188	1:21:53.328
46 Tineke van Berkum	D40 ECHTENERBRUG	0:09:09.201	0:50:46.521	0:13:38.448	0:08:33.434	1:22:07.604
47 Gerard Elsinga	H40 Winsum	0:10:03.123	0:49:37.698	0:14:11.570	0:08:32.472	1:22:24.863
48 Reinoud Veldman	H40 ZWOLLE	0:12:20.785	0:48:39.978	0:13:31.930	0:08:09.069	1:22:41.762
49 Hilde van Heuveln	D40 DOODSTIL	0:08:20.604	0:50:58.374	0:14:44.267	0:08:45.696	1:22:48.941
50 Tjeerd Riewald	H20 GRONINGEN	0:09:50.879	0:50:59.461	0:13:48.271	0:08:21.834	1:23:00.445
51 Anouk Alberts	D20 GRONINGEN	0:08:35.585	0:50:22.383	0:15:13.509	0:09:13.498	1:23:24.975
52 Toine Boheema	H40 Groningen	0:10:25.153	0:51:12.092	0:14:03.981	0:08:28.163	1:24:09.389
53 Hylke Dijkstra	H20 GRONINGEN	0:11:49.502	0:51:58.836	0:12:32.407	0:07:51.999	1:24:12.744
54 P. Kluin	H60 GRONINGEN	0:12:22.739	0:47:49.203	0:15:23.199	0:09:05.951	1:24:41.092
55 Joost Veenema	H20 GRONINGEN	0:09:07.296	0:51:19.010	0:14:58.179	0:09:22.218	1:24:46.703
56 Linda Groenveld	D20 GRONINGEN	0:09:45.482	0:51:12.391	0:14:56.185	0:09:02.944	1:24:57.002
57 Marleen van Dijk	D20 GRONINGEN	0:09:32.109	0:48:50.171	0:17:14.634	0:10:22.379	1:25:59.293
58 Lieuwe Dirksma	H50 Wolvega	0:11:23.832	0:52:23.260	0:14:09.221	0:08:14.862	1:26:11.175
59 Mayke de Vreugd	D20 UTRECHT	0:09:32.436	0:51:07.028	0:14:53.652	0:10:38.784	1:26:11.900
60 Raymond Nijssen	H20 HOOGKERK	0:11:53.039	0:50:50.580	0:14:55.818	0:08:51.214	1:26:30.651
61 Sander Veenema	H20 GRONINGEN	0:09:12.313	0:52:14.574	0:15:24.277	0:09:41.425	1:26:32.589
62 Astrid Weinans	D40 GENDRINGEN	0:10:38.676	0:53:55.715	0:07:44.207	0:15:15.112	1:27:33.710
63 Lennart Johansson	H20 GRONINGEN	0:11:20.284	0:52:24.180	0:15:18.678	0:08:38.858	1:27:42.000
64 Aisha Lueke	D20 GRONINGEN	0:10:07.010	0:53:46.295	0:15:07.892	0:08:41.153	1:27:42.350
65 Marloes Nieman	D20 GRONINGEN	0:10:10.334	0:54:15.606	0:15:27.437	0:09:37.165	1:29:30.542
66 Anneke Jaarsma	D40 GRONINGEN	0:10:04.672	0:57:28.196	0:14:21.664	0:08:51.412	1:30:45.944
67 Lucy de Vries	D40 GRONINGEN	0:09:57.824	1:00:59.170	0:14:39.102	0:08:51.215	1:34:27.311
68 Nicky van der Elsen	D20 GRONINGEN	0:08:03.906	0:54:09.649	0:20:35.444	0:11:47.106	1:34:36.105
69 Doris Fahle	D20 GRONINGEN	0:10:40.081	0:58:35.901	0:16:32.890	0:09:51.512	1:35:40.384
70 Sarah Straub	D20 Groningen	0:10:40.903	1:00:57.469	0:16:30.322	0:09:37.668	1:37:46.362
71 Corrine Alberts	D20 EELDE	0:08:23.935	1:02:28.190	0:16:35.618	0:10:43.986	1:38:11.729
72 Jan Jorna	H70 HARLINGEN	0:20:51.900	1:03:34.074	0:26:17.999	0:16:19.570	2:07:03.543

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			zwemmen	fietsen	lopen1	lopen2	lopen3	lopen4	eindtijd	
1	Oliver Bergman	H40	Hamburg	0:17:18.618	1:08:45.028	0:10:11.653	0:10:09.879	0:10:18.743	0:07:02.229	2:03:46.150
2	Jerzy Kasemier	H20	Groningen	0:17:23.175	1:11:27.142	0:09:39.572	0:09:59.349	0:10:33.984	0:06:24.163	2:05:27.385
3	Henk-Jan Dolsma	H20	Groningen	0:17:21.953	1:11:30.687	0:09:53.123	0:10:23.297	0:10:25.130	0:06:24.847	2:05:59.037
4	Stefan van der Pal	H20	LEEWARDEN	0:18:36.127	1:14:21.156	0:09:49.540	0:10:07.301	0:10:08.292	0:06:15.992	2:09:18.408
5	Dirk Jan Moes	H20	GRONINGEN	0:18:00.162	1:12:24.980	0:11:00.220	0:11:05.905	0:11:08.516	0:06:43.108	2:10:22.891
6	Arjen van der Krieke	H20	TIJNJE	0:19:52.845	1:12:04.730	0:10:52.074	0:10:52.279	0:11:01.798	0:06:44.283	2:11:28.009
7	Jochem Slijkhuis	H20	GRONINGEN	0:18:18.720	1:15:33.400	0:10:31.572	0:10:24.723	0:10:27.575	0:06:23.042	2:11:39.032
8	Jacob Veenstra	H20	Groningen	0:19:55.989	1:12:07.804	0:11:21.191	0:11:07.185	0:10:44.312	0:07:08.722	2:12:25.203
9	Job Eijsink	H20	BALKBRUG	0:18:21.088	1:17:41.951	0:10:59.540	0:11:37.750	0:12:46.368	0:07:25.843	2:18:52.540
	Samme Steenstra	H40	JOURE	0:22:31.704	1:19:01.492	0:11:28.309	0:10:59.509	0:11:13.428	0:06:49.458	2:22:03.900
	Wayne Poulter	H40	OEGSTGEEST	0:23:48.914	1:25:44.589	0:12:02.378	0:12:16.820	0:12:40.877	0:07:53.389	2:34:26.967
	Bernd Horsman	H20	Groningen	0:26:49.389	0:59:47.437	0:10:23.796	0:10:49.140	0:11:07.448		
	Edo van der Meer	H20	Groningen	0:16:03.708	1:12:47.157	0:08:33.314				
1	Sanne Buisman	D20	GRONINGEN	0:19:38.091	1:17:12.748	0:10:55.358	0:10:59.771	0:11:12.074	0:06:52.268	2:16:50.310
2	Esther de Vries	D20	Groningen	0:20:36.739	1:16:27.691	0:12:24.195	0:12:07.643	0:12:06.157	0:07:18.511	2:21:00.936
3	Jolanda de Vries	D40	HAREN	0:24:14.618	1:25:38.397	0:12:14.654	0:12:34.902	0:12:51.438	0:07:57.626	2:35:31.635