

## Grunnman 2010 Triathlon

Pos	Naam	Class	Plaats	zwemmen na fietsen finish		
1	Gerard Terwisscha v S	H40	Haren	1:17:09	33:30,1	32:33,5
2	Peter van Ravenswaaij	H50	Groningen	1:16:36	53:53,4	50:42,3
3	Hans Peter Ligthart	H40	AMSTERDAM	1:09:40	48:58,0	59:07,1
4	Hessel Kruijer	H40	DEN HELDER	1:09:55	56:43,7	08:27,8
5	Arnold Koers	H40	DEVENTER	2:02:45	46:15,7	51:16,6
6	Oscar de Jong	H40	Doodstil	1:22:40	08:56,7	59:38,7
7	Arjan Griffioen	H40	Hoogezand	1:37:28	56:49,9	44:00,9
8	Ruud van der Zande	H50	Groningen	1:29:25	49:50,3	07:53,8
9	Rikkert Iwema	H40	GRONINGEN	2:15:35	07:50,9	09:30,2
10	Epko Oosterheerd	H50	MAARSEN	1:16:14	29:11,4	
11	Piet Alkema	H40	Hoogezand	1:36:57	50:13,9	
12	Johan de Jong	H40	HAREN	1:33:45	48:27,3	

## 2010 Midden Triathlon [heren]

Pos	Fullname	Class	Hometown	ZwemTm	FietsTm	LopenTm	TotalTm
1	Jerzy Kasemier	H30	Groningen	36:25,5	13:12,1	25:48,0	15:25,5
2	Dirk Londema	H24	ARNHEM	48:26,9	18:29,5	21:49,6	28:46,0
3	Jasper van Olst	H24	DRACHTEN	36:29,6	28:53,3	30:33,0	35:55,8
4	Jendo Visser	H24	DEVENTER	48:17,7	27:37,1	26:50,8	42:45,6
5	Thomas van der Wal	H24	KLAZIENAVEEN	49:15,0	32:53,2	28:06,0	50:14,3
6	Matthijs Westerbeek	H24	NIJMEGEN	40:26,7	28:59,4	47:00,4	56:26,6
7	Marcel ten Wolde	H40	GRONINGEN	48:45,6	26:16,7	41:29,2	56:31,5
8	Alex Bergsma	H24	DOORWERTH	48:22,2	35:46,5	37:38,5	01:47,2
9	Scherpenzeel	H24	WESTERBORK	42:42,9	39:19,9	42:36,6	04:39,4
10	Mark van der Pol	H40	RENKUM	48:48,6	39:01,6	42:15,5	10:05,7
11	Henkjan van Goor	H24	DAARLERVEEN	48:17,2	34:01,3	48:02,6	10:21,1
12	Sjoerd Rijpkema	H24	Assen	43:49,2	30:47,7	56:24,2	11:01,1
13	Wim van Houtert	H24	Groningen	02:29,6	33:54,4	43:03,6	19:27,5
14	Uli Franke	H50	ASSEN	50:38,8	47:35,1	45:42,0	23:55,9
15	Nathanael Groothuis	H24	GRONINGEN	45:32,1	35:18,1	06:53,7	27:43,8
16	Ronald Mertens	H40	GRONINGEN	54:21,0	41:30,0	52:08,2	27:59,2
17	Martin Savenije	H24	KLAZIENAVEEN	53:38,3	40:06,9	56:06,1	29:51,3
18	Geert Kruijer	H50	MIDWOLDE	51:34,0	47:01,5	56:48,3	35:23,8
19	Wieger Boonstra	H24	TWIJZELERHEIDE	55:14,0	37:47,1	08:53,1	41:54,3
20	Koen Peeters	H24	GRONINGEN	05:41,3	20:22,1	16:57,2	43:00,6
21	Henk van de Woude	H40	EMMEN	58:20,7	50:40,3	56:31,9	45:32,9
22	Erwin Apperloo	H40	HAREN	50:42,2	51:40,7	04:15,9	46:38,8
23	Pieter Cremer	H50	GORREDIJK	06:20,6	03:12,1	02:04,2	11:37,0
24	Jan Willem de Bos	H40	GRONINGEN	48:37,3	30:11,8		
25	Pieter Boumeester	H50	ELLECOM	53:37,3	43:28,2		
26	Gerard Brouwer	H40	HILVERSUM	48:12,1	57:25,4		
27	Jan van de Meij	H40	BERLIKUM	55:18,2	59:02,5		

## 2010 Midden Triathlon [dames]

Pos	Fullname	Class	Hometown	ZwemTm	FietsTm	LopenTm	TotalTm
1	Esther de Vries	D40	GRONINGEN	42:26,1	26:00,4	36:25,9	44:52,4
2	Geke Venema	D40	EASTERLITTENS	57:00,2	36:09,6	44:32,2	17:42,0
3	Annemiek Walenkamp	D40	GRONINGEN	55:21,9	45:46,4	15:56,1	57:04,4
4	Ineke Molenaar	D60	GRONINGEN	06:57,4	06:20,6	25:02,2	38:20,2
5	Greetje Lanting	D60	PEIZE	08:25,6	03:53,2	31:38,9	43:57,7

## Olympische Triathlon 2010 (heren)

Pos	Fullname	Class	Hometown	ZwemTm	FietsTm	LoopTm	TotalTm
1	Mark Oude Bennink	H20	GRONINGEN	0:20:27	1:11:02	0:39:25	2:10:54
2	Albert Timmers	H30	DEN HELDER	0:22:59	1:12:54	0:38:57	2:14:51
3	Job Eijsink	H20	GRONINGEN	0:22:57	1:12:55	0:39:44	2:15:36
4	Robert Mijwaart	H40	HUIZEN	0:25:11	1:14:01	0:40:30	2:19:43
5	Roukebert de Boer	H20	AG	0:22:46	1:12:17	0:46:26	2:21:28
6	Ben van Oeveren	H20	GRONINGEN	0:25:45	1:15:38	0:40:48	2:22:11
7	Freddy Dijk	H40	ASSEN	0:25:42	1:13:58	0:43:36	2:23:16
8	Ron Hendriks	H50	WIJCHEN	0:25:41	1:13:54	0:44:13	2:23:48
9	Johny Nagelhout	H40	HEERENVEEN	0:30:51	1:16:41	0:38:48	2:26:20
10	Ralf de Jong	H30	DRACHTEN	0:25:31	1:18:06	0:44:39	2:28:16
11	Paul de Boer	H30	Almen	0:25:26	1:15:34	0:47:51	2:28:51
12	Kest Beuckens	H30	EMMELOORD	0:25:32	1:18:33	0:44:50	2:28:55
13	Marco Koomen	H40	WAGENINGEN	0:25:10	1:15:39	0:48:33	2:29:22
14	Harmen Moes	H20	GRONINGEN	0:25:40	1:18:00	0:45:45	2:29:25
15	Hans Spaans	H50	ARNHEM	0:27:37	1:18:29	0:44:21	2:30:27
16	Kees van der Laan	H30	HEERENVEEN	0:29:58	1:17:41	0:43:32	2:31:11
17	Guido Sala	H40	WAGENINGEN	0:27:34	1:18:15	0:46:20	2:32:10
18	Rudo Verhoef	H20	UTRECHT	0:28:56	1:18:11	0:45:51	2:32:58
19	Hans Everts	H20	ENSCHDEDE	0:30:37	1:13:42	0:48:54	2:33:12
20	Frits Riemersma	H50	HAREN	0:30:53	1:14:46	0:47:42	2:33:22
21	Niko Nielander	H20	GRONINGEN	0:25:20	1:21:15	0:47:34	2:34:09
22	Ynse Segaar	H20	Groningen	0:29:18	1:17:38	0:48:32	2:35:28
23	Ronald Ernens	H40	ROLDE	0:25:29	1:23:47	0:50:15	2:39:31
24	Ben Kloosterboer	H20	GRONINGEN	0:30:23	1:19:29	0:49:53	2:39:45
25	Gertjan Hulzinga	H20	GRONINGEN	0:29:24	1:20:50	0:50:36	2:40:50
26	Cas Schreurs	H40	MEPPEL	0:33:17	1:24:39	0:44:05	2:42:01
27	Harm Willem Koning	H40	RODEN	0:30:24	1:21:24	0:50:36	2:42:25
28	Robbert Wagemaker	H40	RIJSSEN	0:25:26	1:26:51	0:50:13	2:42:31
29	Gerrit ten Brinke	H40	Peize	0:33:51	1:20:14	0:50:07	2:44:13
30	Arie Pellekooren	H50	SPIJKENISSE	0:33:45	1:19:22	0:56:00	2:49:06
31	Thijs van Diepen	H20	GRONINGEN	0:28:31	1:25:12	0:56:15	2:49:58
32	Ronald Stoffelsma	H50	NORG	0:31:05	1:26:24	0:54:02	2:51:31
33	Jan van der Sleet	H40	HAREN	0:26:06	1:20:37	1:05:03	2:51:47
34	Ruud Dubbers	H20	GRONINGEN	0:35:37	1:25:24	0:51:01	2:52:03
35	Bert Huitsing	H40	WINSUM	0:25:42	1:28:47	0:58:17	2:52:46
36	Joeval Benjamins	H30	GRONINGEN	0:29:15	1:30:49	0:57:14	2:57:17
37	Sjoerd van Rheenen	H20	Tuk	0:34:35	1:29:00	0:53:50	2:57:25
38	Arjen Maijchrzak	H20	Drachten	0:29:21	1:34:14	0:54:13	2:57:48
39	Erik van der Straat	H40	NIJVERDAL	0:27:56	1:27:29	1:03:57	2:59:22
40	Robert van der Velden	H50	BOVENSMILDE	0:33:37	1:29:07	0:59:19	3:02:03
41	Karel Voogt	H40	BARENDRECHT	0:38:40	1:29:14	0:56:18	3:04:12
42	Nick de Zeeuw	H20	Berlikum FR	0:35:16	1:31:50	0:58:14	3:05:20
43	Toby Dijkstra	H30	GRONINGEN	0:35:52	1:28:41	1:02:44	3:07:17
44	Auke-Anne Waal	H30	GRONINGEN	0:35:36	1:35:23	0:56:34	3:07:33
45	Vincent Kunst	H20	GRONINGEN	0:30:44	1:34:36	1:02:30	3:07:50

46	Burgh / Gert Koetje	TEAM	HaMaGe	0:39:30	1:46:27	0:42:49	3:08:46
47	Ronald Bloemendal	H40	ERICA	0:33:33	1:28:06	1:07:40	3:09:19
48	Jilke Marinus	H20	Damwald	0:36:02	1:43:48	0:49:46	3:09:36
49	Rutger Bennink	H20	Hoogeveen	0:29:30	1:25:19	1:16:07	3:10:56
50	Chris Zorgdrager	H40	DENEKAMP	0:29:00	1:33:20	1:10:54	3:13:14
51	Marc Stuit	H20	Groningen	0:32:54	1:39:44	1:01:05	3:13:42
52	Roel Vrijhoef	H20	Groningen	0:35:33	1:29:36	1:09:44	3:14:53
53	Bouke Fennema	H40	BRITSUM	0:34:45	1:34:34	1:08:46	3:18:04
54	Arne Rethans	H20	GRONINGEN	0:40:58	1:31:25	1:08:31	3:20:54
55	Rutger van der Kam	H20	GRONINGEN	0:39:44	1:37:16	1:11:00	3:28:00
56	Matthijs Dols	H20	GRONINGEN	0:40:53	1:42:36	1:05:48	3:29:17
57	Nam Hyun Kil	H20	THE HAGUE	0:38:03	1:46:55	1:12:19	3:37:17

## Olympische Triathlon 2010 (dames)

Pos	Fullname	Class	Hometown	ZwemTm	FietsTm	LoopTm	TotalTm
1	Carin Ceelaert	D20	GRONINGEN	0:30:09	1:18:31	0:46:28	2:35:08
2	Nienke Dijk	D20	Almen	0:29:17	1:23:25	0:50:57	2:43:38
3	Pol Wijnberg	D40	STITSWERD	0:34:26	1:23:49	0:55:15	2:53:30
4	Brenda de Jong	D20	DRACHTEN	0:25:25	1:42:53	0:48:20	2:56:39
5	Geertje de Schifart	D30	Deventer	0:37:30	1:26:04	0:53:48	2:57:21
6	Adriana Bakker	D40	GRONINGEN	0:27:56	1:29:01	1:04:32	3:01:28
7	Djoeke Brons	D20	GRONINGEN	0:32:31	1:28:05	1:01:06	3:01:42
8	Marleen Smit	D20	Groningen	0:32:40	1:31:59	0:59:46	3:04:24
9	Wendy Kelder	D30	GRONINGEN	0:37:15	1:38:03	0:53:40	3:08:57
10	Tammoa Kasemier	D60	GRONINGEN	0:35:32	1:31:56	1:03:24	3:10:51
11	Diane Pijl	D20	Dronrijp	0:35:15	1:45:10	0:58:11	3:18:36
12	Ellen Wolters	D20	Groningen	0:40:22	1:55:23	1:00:23	3:36:08
13	Kelly Sandys	D20	Groningen	0:35:32	1:51:31	1:16:39	3:43:42

## Olympische Triathlon 2010 (duo's / trio's)

Pos	Fullname	Hometown	ZwemTm	FietsTm	LoopTm	TotalTm
1	Edgar Bakker Frank ter Brugge Jaap Hindriks	Bhb	0:22:23	1:24:12	0:49:08	2:35:43
2	Freek Nieuwhof Marck de Greeff Kars Otten	Team Rookworst	0:25:21	1:30:08	0:41:46	2:37:15
3	Ronald Urbanus Sharonne Urbanus Leon Westenberg	o	0:28:06	1:20:36	0:48:33	2:37:15
4	Jan-Jaap Aue Kris Tuinier Joan Janssens	Team	0:33:11	1:21:07	0:44:43	2:39:01
5	Saskia Vogelzang Jan Willem Melisse Jan Fokko Stuit	SJJ	0:32:23	1:22:53	0:46:34	2:41:50
6	Harry Blankena	Pierre DeCoubertin	0:29:21	1:28:04	0:45:38	2:43:03

	Frank Wilbrink Kor Brandts					
7	Jessica Siemons Margreet Teelken Ans Tiessen	Jams	0:26:27	1:31:10	0:48:40	2:46:17
8	Han Hoving Marrit van der Burgh Gert Koetje	Ge	0:39:30	1:46:27	0:42:49	3:08:46
9	Kathrien van der Zee Roy Bossaert Jessica Klunder	e	0:39:40	1:31:48	1:09:44	3:21:12
10	Paul Dekker Aaltsje Scholte Marije Vos	P.A.M.	0:38:24	1:45:04	0:59:38	3:23:06

## Sprint Triathlon 2010 [dames]

Pos	Fullname	Class	Hometown	ZwemTm	FietsTm	LopenTm	TotalTm
1	Marieke van der Vegt	D20	GRONINGEN	0:08:13	0:43:26	0:21:28	1:13:07
3	Martine Bruinsma	D20	GRONINGEN	0:08:14	0:43:26	0:24:49	1:16:29
4	Marlou Duimstra	D20	GRONINGEN	0:08:44	0:46:34	0:22:06	1:17:24
5	Sarah Freytag	D20	GRONINGEN	0:08:52	0:44:44	0:23:59	1:17:35
6	Janet ten Kate	D40	GRONINGEN	0:09:10	0:42:39	0:25:58	1:17:48
7	Jenneke Deelstra	D20	GRONINGEN	0:10:18	0:43:42	0:25:01	1:19:01
8	Sietske Weide	D50	GLIMMEN	0:09:26	0:45:56	0:24:41	1:20:03
9	Mirjam Steunebrink	D30	Groningen	0:11:58	0:45:33	0:25:02	1:22:34
10	Judith Kremers	D20	BEILEN	0:08:50	0:46:41	0:27:42	1:23:14
11	Corrine Alberts	D30	GRONINGEN	0:09:13	0:48:32	0:26:01	1:23:46
12	Roos Burmanje	D20	GRONINGEN	0:08:49	0:48:53	0:26:18	1:24:00
13	Eva Kaltenbacher	D20	GRONINGEN	0:10:39	0:47:28	0:26:24	1:24:32
14	Esther de Vries	D30	Groningen	0:11:56	0:47:26	0:25:41	1:25:04
15	Ilse Pullen	D20	Dedemsvaart	0:11:29	0:51:51	0:22:11	1:25:31
16	Tineke van Berkum	D40	ECHTENERBRUG	0:11:21	0:48:36	0:26:08	1:26:05
17	Bente Steenvoort	D20	GRONINGEN	0:11:56	0:49:36	0:27:38	1:29:10
18	Eva Teuling	D30	Groningen	0:10:19	0:52:13	0:27:41	1:30:13
19	Linda Everlo	D20	GRONINGEN	0:08:59	0:51:33	0:29:55	1:30:27
20	Marloes Ham	D20	Groningen	0:13:30	0:51:12	0:27:01	1:31:44
21	Maaïke de Boer	D20	Groningen	0:13:30	0:52:47	0:25:39	1:31:56
22	Mirjam Kieffer	D20	Appingedam	0:09:54	0:55:17	0:26:47	1:31:59
23	Arine Mentink	D20	Groningen	0:11:59	0:50:55	0:29:13	1:32:08
24	Jorien Aernaudts	D20	Groningen	0:12:09	0:52:07	0:28:10	1:32:25
25	Nynke Sytema	D20	Groningen	0:13:47	0:50:11	0:29:48	1:33:46
26	Wenjing Zhuang	D20	Groningen	0:13:30	0:51:52	0:28:58	1:34:19
27	Marjan Haan	D20	Drogeham	0:12:43	0:52:02	0:30:00	1:34:45
28	Isabelle Willemse	D20	Groningen	0:12:32	0:54:50	0:27:40	1:35:01
29	Lotte van der Tuuk	D20	Groningen	0:12:35	0:52:42	0:30:29	1:35:46
30	Dorien Zelle	D20	GRONINGEN	0:13:24	0:52:05	0:30:31	1:36:00
31	Ellis van Halem	D40	GRONINGEN	0:09:12	0:54:20	0:32:44	1:36:16
32	Deborah Hoeksema	D20	WESTERLEE	0:08:55	0:54:56	0:32:45	1:36:35
33	Hennie de Boer	D30	DEN HAAG	0:12:07	0:53:46	0:30:48	1:36:41
34	Lotte Kors	D20	Groningen	0:13:27	0:53:57	0:29:31	1:36:54
35	Lucy de Vries	D50	GRONINGEN	0:12:37	0:58:08	0:26:39	1:37:24
36	Miranda Lanting	D18	Emmen	0:12:34	0:52:29	0:32:28	1:37:31
37	Marjon van Dijk	D20	WINSUM	0:12:14	0:54:41	0:31:00	1:37:54
38	Lisette Bouten	D20	Groningen	0:14:05	0:54:17	0:30:23	1:38:44
39	Sanne Matthijssen	D20	Groningen	0:13:34	0:53:42	0:31:59	1:39:15
40	Nicole Groote Haar	D20	Groningen	0:12:18	0:56:33	0:30:43	1:39:35
41	Heleen Everse	D20	Groningen	0:13:29	0:55:48	0:31:59	1:41:16
42	Elise Tees	D18	Grijpskerk	0:12:00	1:00:06	0:29:17	1:41:23
43	Mariëlle Smits	D20	Lelystad	0:11:58	0:58:09	0:31:25	1:41:32
44	Eveline Reenders	D20	Veendam	0:14:04	0:55:01	0:34:55	1:44:00
45	Marion Zigterman	D20	Groningen	0:12:05	0:57:31	0:34:41	1:44:16
46	Amanda de Vos	D18	WINSCHOTEN	0:13:15	0:55:52	0:35:14	1:44:21
47	Jolein Tuin	D18	Stadskanaal	0:12:38	0:57:35	0:34:24	1:44:37
48	Sharon Langerhuizen	D20	Appingedam	0:12:40	0:56:58	0:35:04	1:44:42
49	Linda Schoep	D20	Assen	0:13:32	0:56:35	0:34:35	1:44:42
50	Elise de Jong	D20	Groningen	0:13:27	0:55:56	0:35:27	1:44:51
51	Léonie Boelens	D20	Nieuw Buinen	0:11:58	0:59:26	0:33:41	1:45:06
52	Paula Schreuder	D20	Groningen	0:13:49	0:53:28	0:38:40	1:45:57
53	Carmen Postma	D20	Leeuwarden	0:14:05	0:58:18	0:33:41	1:46:04

54 Gesina Bootsma	D18	Groningen	0:13:36	1:01:31	0:31:53	1:47:00
55 Jeltina Brandenburg	D20	Tjalleberd	0:15:43	0:57:23	0:33:54	1:47:00
56 Danique ter Avest	D20	Groningen	0:09:33	1:03:08	0:37:20	1:50:01
57 Joke Cremer-Bakker	D50	GORREDIJK	0:20:30	0:57:38	0:32:13	1:50:20
58 Astrid Zijlstra	D50	LEKKUM	0:14:39	1:03:03	0:32:38	1:50:20
59 Paula Michielsen	D20	Groningen	0:11:59	1:00:12	0:39:08	1:51:19
60 Carleen Hartveld	D18	Groningen	0:12:09	1:00:18	0:38:53	1:51:19
61 Miranda de Graaf	D18	Groningen	0:14:01	1:03:20	0:35:27	1:52:48
62 Wendy Piersma	D20	Appingedam	0:14:02	1:03:01	0:35:46	1:52:49
63 Simone Baas	D18	Assen	0:14:06	0:56:35	0:43:28	1:54:09
64 Manon Smalbil	D18	Groningen	0:13:37	1:02:12	0:38:55	1:54:44
65 Carien van der Velde	D20	Groningen	0:13:45	1:03:14	0:37:44	1:54:44
66 Daphne Oude Veldhuis	D30	SCHILDWOLDE	0:13:43	0:55:52	0:49:50	1:59:25
67 Danisa Greven	D18	Stadskanaal	0:13:36	1:10:59	0:35:09	1:59:45
68 Dieuwke van der Veen	D20	Groningen	0:13:48	1:01:34		

## Sprint Triathlon 2010 [heren]

Pos	Fullname	Class	Hometown	ZwemTm	FietsTm	LopenTm	TotalTm
1	Henk-Jan Dolsma	H20	GRONINGEN	0:07:05	0:37:48	0:18:54	1:03:47
2	Rorik Schouten	H30	HOOGWOUD	0:07:43	0:38:40	0:18:11	1:04:34
3	Kars Eijsink	H16	BALKBRUG	0:07:05	0:40:06	0:17:51	1:05:02
4	Jan Roelf Heerssema	H20	Groningen	0:07:44	0:38:08	0:20:20	1:06:12
5	Florian Schmidt	H30	EELDE	0:08:52	0:38:43	0:18:48	1:06:22
6	Hendrik Venema	H20	NIJMEGEN	0:09:36	0:37:05	0:19:45	1:06:26
7	Frank Aanstoot	H20	GRONINGEN	0:07:16	0:40:19	0:20:04	1:07:40
8	Mark Hoefman	H20	GRONINGEN	0:09:27	0:39:14	0:21:06	1:09:47
9	Fré Adema	H40	ORANJEWOUD	0:08:46	0:39:57	0:22:11	1:10:55
10	Bart van de Walle	H20	GRONINGEN	0:09:39	0:40:05	0:21:48	1:11:32
11	Bram Kuip	H30	GRONINGEN	0:11:58	0:40:46	0:19:21	1:12:05
12	Tijmen Smit	H20	BERGENTHEIM	0:09:08	0:40:47	0:22:31	1:12:26
13	Maarten Drissen	H20	VEENDAM	0:08:58	0:42:05	0:21:54	1:12:57
14	Frank Berghuis	H30	GRONINGEN	0:09:02	0:41:40	0:22:32	1:13:15
15	Robert Jan Oosterling	H40	GRONINGEN	0:08:24	0:44:25	0:20:34	1:13:23
16	Deni Rietdijk	H30	JACOBIPAROCHIE	0:10:47	0:43:07	0:21:11	1:15:05
17	Anne Rogier Leutscher	H20	GRONINGEN	0:08:18	0:41:59	0:25:21	1:15:39
18	Tim Buddingh	H20	Groningen	0:09:58	0:42:47	0:22:58	1:15:43
19	Cas Valstar	H20	Groningen	0:50:20	0:11:42	0:25:26	1:15:46
20	Tim Stoffelsma	H20	GRONINGEN	0:09:26	0:42:33	0:24:14	1:16:13
21	Johny Stoppels	H40	HOLWIERDE	0:10:54	0:42:03	0:23:27	1:16:24
22	Regis Gengler	H20	GRONINGEN	0:11:23	0:44:09	0:21:00	1:16:32
23	Jan Willem Greidanus	H20	GRONINGEN	0:09:03	0:41:38	0:26:24	1:17:05
24	Adrie Rink	H50	GRONINGEN	0:11:34	0:43:59	0:21:58	1:17:31
25	Jack Kuper	H20	SLOCHTEREN	0:11:16	0:41:35	0:24:58	1:17:49
26	Anton Stempher	H20	Leek	0:12:54	0:43:44	0:21:33	1:18:10
27	Roelof Berends	H50	OUDESCHIP	0:13:26	0:42:50	0:22:06	1:18:22
28	Vincent Harder	H20	GRONINGEN	0:09:21	0:44:32	0:24:46	1:18:39
29	Hans van Tamelen	H20	Groningen	0:12:06	0:46:38	0:20:29	1:19:13
30	Jasper Eikelboom	H18	HARDENBERG	0:10:52	0:43:27	0:25:35	1:19:54
31	Herman Meijer	H40	GRONINGEN	0:11:30	0:43:21	0:25:06	1:19:57
32	Joost Meijer	H20	GRONINGEN	0:11:03	0:43:24	0:25:41	1:20:08
33	Lesley de Jonge	H20	Eelderwolde	0:11:13	0:47:06	0:21:50	1:20:09
34	Jaap Bos	H30	Groningen	0:11:03	0:46:51	0:22:25	1:20:19
35	Rowan van Rooij	H20	GRONINGEN	0:09:10	0:44:17	0:26:59	1:20:26
36	Paul Zwetsloot	H30	LEIDEN	0:12:44	0:45:12	0:23:10	1:21:06
37	Nick Tuintjer	H20	Marum	0:11:01	0:45:08	0:25:06	1:21:15
38	Groenestege	H30	Groningen	0:11:49	0:41:53	0:27:38	1:21:20
39	Harold Hulst	H40	GRONINGEN	0:10:02	0:48:03	0:23:44	1:21:49
40	Yorick Veenhuizen	H14	EKEHAAR	0:13:35	0:43:44	0:24:46	1:22:06
41	Jeroen Veldhuis	H20	Groningen	0:09:38	0:44:45	0:27:54	1:22:18
42	Erik Doldersum	H30	ZWOLLE	0:15:33	0:43:14	0:23:34	1:22:21
43	David Bakker	H40	WEERDINGE	0:10:14	0:46:58	0:25:29	1:22:41
44	Wim Haak	H40	GRONINGEN	0:13:46	0:46:57	0:22:14	1:22:57
45	Pieter van der West	H20	Siddeburen	0:11:10	0:47:55	0:24:05	1:23:09
46	Bart Kooi	H30	GRONINGEN	0:11:21	0:43:28	0:28:42	1:23:32
47	Tom Akkerman	H20	GRONINGEN	0:13:16	0:43:11	0:27:18	1:23:45
48	Michel Luttje	H40	GRONINGEN	0:11:22	0:46:08	0:26:16	1:23:46



49 Holger Neef	H20	GRONINGEN	0:12:50	0:43:33	0:27:48	1:24:11
50 Wilco de Vos	H20	Groningen	0:11:37	0:47:00	0:25:37	1:24:14
51 Gerard Dam	H20	Lauwerzijl	0:11:12	0:51:33	0:21:37	1:24:22
52 Jaap Meijering	H50	RODEN	0:12:50	0:45:04	0:26:43	1:24:36
53 Ebe van der Molen	H20	Groningen	0:12:09	0:47:09	0:25:44	1:25:02
54 Geert Tjeerdsma	H20	Groningen	0:13:39	0:45:54	0:25:36	1:25:09
55 Hillebrand Brandsma	H20	Groningen	0:13:57	0:48:49	0:23:20	1:26:06
56 Corné Berends	H20	GRONINGEN	0:13:19	0:47:29	0:25:35	1:26:23
57 Sjon de Haan	H40	BALLUM	0:11:44	0:48:57	0:25:52	1:26:34
58 Jordi Krikken	H20	Groningen	0:12:48	0:51:46	0:22:01	1:26:35
59 Philipp Purkert	H20	Groningen	0:13:44	0:50:37	0:22:22	1:26:43
60 Walter Fruchnich	H30	NIEBERT	0:14:04	0:47:50	0:25:11	1:27:04
61 Martin ten Hove	H30	GRONINGEN	0:12:00	0:50:24	0:26:10	1:28:34
62 Karel Badenhorst	H30	HAREN	0:11:56	0:50:21	0:26:32	1:28:49
63 Erik Cazemier	H30	DEN HAAG	0:12:47	0:48:41	0:27:49	1:29:16
64 Lucien Davids	H30	GRONINGEN	0:13:22	0:47:10	0:28:58	1:29:30
65 Reinder Boersma	H20	Groningen	0:13:24	0:52:29	0:23:39	1:29:32
66 Lammert Nienhuis	H50	ZUIDWOLDE	0:10:57	0:49:33	0:29:07	1:29:38
67 Leo Beukeboom	H40	PATERSWOLDE	0:14:19	0:51:06	0:24:16	1:29:40
68 Rik de Haan	H40	ZUIDLAREN	0:12:02	0:49:06	0:29:34	1:30:42
69 Joël Mars	H20	Delfzijl	0:11:54	0:50:28	0:28:43	1:31:06
70 Riekele Heida	H60	HEERENVEEN	0:12:57	0:49:48	0:28:23	1:31:08
71 Jaap Olthof	H30	WINSUM	0:11:12	0:51:34	0:28:36	1:31:22
72 Sjors Beukeboom	H14	PATERSWOLDE	0:15:33	0:54:10	0:23:53	1:33:35
73 Simon Fruchnich	H30	GRONINGEN	0:13:42	0:51:15	0:28:47	1:33:44
74 Eise de Vries	H20	Groningen	0:13:45	0:50:37	0:29:27	1:33:49
75 Johan Mulder	H20	WERGEA	0:13:45	0:56:47	0:24:24	1:34:56
76 Edema	H20	Hoogeveen	0:12:55	0:52:49	0:30:22	1:36:06
77 Jilles de Graaf	H20	Groningen	0:11:45	0:54:13	0:30:13	1:36:11
78 Hilco Jansma	H30	GRONINGEN	0:13:23	0:52:41	0:31:51	1:37:56
79 Wouter Alberts	H20	Groningen	0:13:16	0:50:33	0:34:16	1:38:05
80 Linton Posthumus	H20	Gorredijk	0:12:49	0:55:07	0:30:31	1:38:28
81 Paul Fransen	H40	ASSEN	0:11:28	0:52:55	0:34:44	1:39:07
82 Wessel Lunsing	H20	Zwolle	0:12:07	0:57:06	0:30:14	1:39:28
83 Rob Vermeer	H50	GRONINGEN	0:13:36	0:50:16	0:45:38	1:49:30
84 Jan Jorna	H60	HARLINGEN	0:34:42	1:03:59	0:56:36	2:35:16

## Sprint Triathlon 2010 [trio]

Pos	Fullname	Hometown	Tm	FietsenTm	enTm	TotalTm
1	Chris Koetje Henk Steenge	Luttje Bedreiging	12:45,7	43:29,3	24:04,8	20:19,7
2	Suzanne Gielen Peter Bolten Gijs Bosman	Pégijisuz	10:29,5	48:09,5	26:08,1	24:47,0

# Jeugd Triathlon 2010

Pos	Fullname	ar	Plaats	Zwemmen	Fietsen	Lopen	Total
				50m	2km	500m	
1	Danara Stoppels	2003	HOLWIERDE	0:02:41	0:08:29	0:02:41	0:13:51
2	Tibor Del Grosso	2003	Eelde	0:04:16	0:07:46	0:02:38	0:14:40
				50m	4km	1000m	
3	Merel Hulst	2000	ASSEN	0:01:49	0:10:50	0:04:38	0:17:18
4	Bodi del Grosso	2001	Eelde	0:02:50	0:10:13	0:04:48	0:17:51
5	Aukje Vellinga	2001	GRONINGEN	0:02:03	0:12:33	0:05:31	0:20:06
6	Marit van der Schaaf	2000	LEEK	0:02:54	0:13:47	0:05:01	0:21:42
7	Desanka Stoppels	2001	HOLWIERDE	0:02:22	0:14:31	0:05:03	0:21:56
				100m	8km	2000m	
8	Mike Meijer	1997	ASSEN	0:04:17	0:18:46	0:08:55	0:31:58
9	Renate Timmerman	1996	LEEWARDEN	0:04:26	0:18:41	0:09:00	0:32:08
10	Rowan Veenhuizen	1998	EKEHAAR	0:04:54	0:18:09	0:10:06	0:33:09
11	Niels Griemink	1998	KLAZIENAVEEN	0:04:46	0:18:20	0:10:33	0:33:40
12	Henrike Vellinga	1998	GRONINGEN	0:03:36	0:19:30	0:10:47	0:33:53
13	Marlou Meijer	1995	ASSEN	0:03:10	0:19:35	0:11:49	0:34:34
14	Wouter Sinke	1997	ASSEN	0:04:50	0:19:16	0:10:34	0:34:40
15	Lynn van der Schaaf	1996	LEEK	0:04:29	0:20:48	0:09:26	0:34:43
16	Tuzo de Haan	1996	BALLUM	0:04:09	0:21:10	0:10:55	0:36:14
17	Jurre van der Schaaf	1997	Leek	0:04:43	0:23:04	0:11:00	0:38:47