

Start nr	Positie overall	Cat	Positie cat	Naam	Zwem	T1	Fiets tot	T2	totloop	Netto Tijd	Fiets R1a	Fiets R1	Fiets R2	Fiets R3	Fiets R4	Fiets R5	Fiets R6	Fiets R7	Fiets R8
11	1	WedM	1	Rick Marsman	3:41	0:53	15:14	01:02	8:10	29:00	00:16	01:58	01:51	01:49	01:51	01:50	01:50	01:52	01:57
185	2	Rman	1	Jeroen Velders	2:58	1:06	16:18	01:02	8:02	29:25	00:23	02:08	01:58	01:57	01:56	01:56	01:57	01:56	02:07
1	3	WedV	1	Maya Kingma	2:51	1:07	16:34	01:00	8:23	29:54	00:21	02:00	02:01	02:00	02:00	02:02	02:00	02:02	02:08
4	4	WedM	2	Mark Muller	3:19	0:58	16:54	01:01	8:39	30:50	00:18	01:59	02:00	02:02	02:06	02:07	02:07	02:07	02:08
21	5	WedM	3	Jorn Knops	3:55	0:59	16:01	00:56	9:08	30:58	00:19	02:00	01:55	01:56	01:57	01:56	01:56	01:57	02:05
8	7	WedM	4	Glenn ten Berge	3:33	1:08	16:56	01:12	8:25	31:13	00:18	02:07	02:04	02:05	02:05	02:04	02:04	02:03	02:06
13	8	WedM	5	Jochem Talsma	3:31	1:15	15:41	01:10	9:39	31:16	00:18	01:54	01:53	01:55	01:55	01:56	01:54	01:56	02:00
2	9	WedM	6	Maquinho Vorst	2:44	1:04	16:51	01:12	9:31	31:21	00:18	02:02	02:02	02:04	02:05	02:04	02:05	02:05	02:06
14	10	WedM	7	Sjors Groot	4:08	1:16	17:03	00:57	8:15	31:38	00:23	02:06	02:01	02:04	02:05	02:04	02:03	02:04	02:13
38	11	WedM	8	Sven Sloots	3:38	1:01	16:23	01:00	9:52	31:54	00:18	02:05	01:57	01:58	02:00	02:00	01:58	02:01	02:06
44	12	WedM	9	Joep Zanen	4:00	1:17	16:34	01:02	9:03	31:55	00:20	02:07	02:00	02:04	02:02	01:59	02:00	01:59	02:03
10	13	WedM	10	Sven Duits	3:34	1:11	16:55	01:05	9:13	31:57	00:19	02:04	02:02	02:02	02:04	02:05	02:04	02:06	02:09
82	14	WedM	11	Hugo Overmeen	3:20	1:02	17:19	01:19	9:08	32:08	00:20	02:03	02:06	02:10	02:11	02:05	02:03	02:07	02:14
17	15	WedM	12	Emiel Sanders	3:53	1:07	16:48	01:11	9:20	32:19	00:20	02:04	02:00	02:02	02:05	02:03	02:03	02:03	02:08
5	16	WedM	13	Edward van Dootingh	3:18	0:58	17:14	01:16	9:40	32:25	00:24	02:07	02:04	02:06	02:06	02:05	02:07	02:07	02:08
20	17	WedM	14	Henk Wildeman	3:58	1:07	16:16	01:12	10:11	32:43	00:17	02:00	01:58	01:57	01:59	01:59	02:00	02:00	02:06
30	18	WedM	15	Robin Klein Boonschate	3:44	1:07	17:34	00:58	9:22	32:44	00:22	02:09	02:08	02:07	02:09	02:07	02:07	02:09	02:16
32	19	WedM	16	Niels van Coeverden	3:50	1:10	16:41	01:13	9:56	32:50	00:21	02:08	01:58	02:01	02:01	02:02	02:01	02:02	02:07
12	20	WedM	17	Peter Roessingh	3:46	1:24	16:46	01:10	10:04	33:09	00:18	02:06	02:02	02:03	02:01	02:03	02:03	02:03	02:07
9	21	WedM	18	Andy de Jong	3:54	1:16	17:11	01:20	9:33	33:13	00:20	02:07	02:05	02:05	02:07	02:06	02:06	02:05	02:10
18	22	WedV	2	Lieke Hegeman	3:49	1:08	17:19	01:15	9:47	33:17	00:21	02:08	02:08	02:03	02:06	02:10	02:05	02:07	02:11
16	23	WedM	19	Edwin Bordes	3:49	1:07	17:53	01:12	9:20	33:21	00:27	02:10	02:09	02:07	02:10	02:10	02:11	02:11	02:18
99	24	JgdM	1	Joris Overmeen	3:37	1:16	17:50	01:03	9:38	33:24	00:21	02:10	02:09	02:10	02:11	02:12	02:13	02:12	02:12
189	25	Rman	2	Ron Griep	3:46					34:10									
31	26	WedM	20	Gerben Pinkert	3:34	1:12	17:02	01:18	11:05	34:11	00:17	02:04	02:07	02:04	02:06	02:05	02:06	02:06	02:07
58	27	WedM	21	Stefan Nijenhuis	4:50	1:29	17:06	01:12	9:48	34:24	00:18	02:06	02:04	02:06	02:05	02:05	02:06	02:05	02:11

6	29	WedM	22	Harm Wevers	3:03	1:03	17:29	01:53	11:01	34:28	00:17	02:09	02:07	02:10	02:13	02:11	02:08	02:07	02:07
33	30	WedM	23	Rutger Pollemans	3:51	1:09	17:41	01:04	10:45	34:29	00:22	02:10	02:06	02:08	02:11	02:09	02:10	02:11	02:14
52	31	WedM	24	Machiel van Zutphen	3:57	1:15	16:59	01:12	11:07	34:30	00:24	02:05	02:02	02:04	02:04	02:03	02:05	02:03	02:09
25	32	WedM	25	Jeroen de Haan	4:23	1:20	18:10	01:19	9:21	34:33	00:20	02:12	02:13	02:14	02:14	02:13	02:14	02:13	02:17
73	33	WedM	26	Bas Gerritsen	4:18	2:02	18:29	01:18	8:30	34:36	00:22	02:17	02:18	02:17	02:18	02:13	02:13	02:14	02:17
134	34	Rman	3	Danny Kiekebosch	3:44	1:33	17:10	01:43	10:28	34:37	00:20	02:05	02:04	02:04	02:08	02:04	02:06	02:07	02:12
43	35	WedM	27	Roy Arendsen	4:20	1:33	17:36	01:20	9:51	34:39	00:22	02:06	02:05	02:10	02:11	02:08	02:08	02:10	02:16
45	36	WedM	28	Jacco Willems	3:51	1:19	17:05	01:46	10:44	34:44	00:19	02:03	02:03	02:06	02:05	02:05	02:06	02:05	02:13
36	37	WedV	3	Iris Ton	4:05	1:11	17:36	01:30	10:32	34:53	00:19	02:16	02:04	02:04	02:08	02:11	02:09	02:10	02:15
98	38	JgdM	2	Vincent de Boer	3:52	1:24	18:31	01:07	10:01	34:54	00:20	02:12	02:17	02:17	02:15	02:15	02:16	02:17	02:22
191	39	Rman	4	Dennis Tigchelovend	4:02	1:17	17:23	01:29	10:48	34:58	00:23	02:06	02:10	02:08	02:05	02:07	02:04	02:05	02:15
188	40	Rman	5	Harco Draaijer	4:37	1:18	17:43	01:22	10:01	35:00	00:23	02:13	02:12	02:11	02:09	02:10	02:08	02:06	02:11
23	41	WedM	29	Dennis Roordink	4:09	1:15	17:44	01:37	10:21	35:06	00:28	02:16	02:06	02:06	02:10	02:08	02:08	02:10	02:12
187	42	Rman	6	Marten van der Veen	4:30	1:26	17:52	01:25	10:09	35:21	00:21	02:11	02:09	02:11	02:11	02:10	02:10	02:11	02:18
41	43	WedM	30	Henkjan van Goor	4:18	1:17	17:41	01:18	10:59	35:33	00:19	02:05	02:07	02:11	02:13	02:13	02:07	02:08	02:18
182	44	Rman	7	Abel Knipping	4:45	1:30	17:18	01:15	10:55	35:43	00:23	02:07	02:05	02:07	02:05	02:06	02:07	02:07	02:11
132	45	Rman	8	Martin Keen	4:10	1:48	18:26	01:24	9:56	35:44	00:23	02:16	02:14	02:16	02:15	02:15	02:16	02:14	02:17
46	46	WedV	4	Esther Strijker	4:17	1:39	17:57	01:17	10:36	35:46	00:22	02:10	02:07	02:11	02:09	02:11	02:15	02:11	02:21
165	47	Rman	9	Yorik Wever	3:46	1:51	16:42	01:19	12:30	36:08	00:18	02:03	02:05	02:04	02:02	02:06	02:00	02:02	02:02
19	48	WedM	31	Rene Visser	4:25	1:17	18:23	01:08	11:10	36:22	00:27	02:19	02:11	02:12	02:14	02:12	02:14	02:13	02:21
186	49	Rman	10	Frank Overgoor	4:21	1:57	17:40	01:55	10:40	36:32	00:20	02:14	02:08	02:09	02:07	02:07	02:10	02:10	02:15
29	50	WedM	32	Koen Onderwater	3:43	1:21	18:41	01:16	11:37	36:38	00:19	02:17	02:17	02:20	02:22	02:16	02:13	02:19	02:18
190	51	Rman	11	Simon Krukkert	4:17	1:13	18:32	01:14	11:28	36:43	00:20	02:14	02:15	02:15	02:18	02:15	02:16	02:15	02:24
57	52	WedM	33	Jouke Ubbink	5:02	1:18	17:41	01:23	11:21	36:45	00:24	02:10	02:07	02:10	02:07	02:07	02:08	02:10	02:18
118	53	Rman	12	Tymo Staal	4:52	1:50	18:28	01:15	10:30	36:54	00:24	02:16	02:16	02:20	02:15	02:12	02:12	02:15	02:18
151	54	Rman	13	Wilfred Jansz	4:03	1:44	19:06	01:24	10:39	36:56	00:27	02:25	02:20	02:19	02:18	02:16	02:16	02:19	02:26
164	55	Rman	14	Niels Damman	5:31	1:46	17:49	01:12	10:48	37:06	00:19	02:14	02:12	02:09	02:12	02:11	02:13	02:11	02:08
40	56	WedM	34	Bojan Endrovski	3:41	1:56	18:35	01:20	11:35	37:07	00:19	02:13	02:15	02:17	02:17	02:17	02:16	02:19	02:22
142	57	Rman	15	Jacob de Olde	3:58	1:36	17:10	01:49	12:41	37:13	00:28	02:08	02:05	02:03	02:05	02:06	02:04	02:02	02:09
50	58	WedM	35	Martijn Liestro	3:48	1:45	18:33	01:22	11:47	37:15	00:27	02:14	02:14	02:14	02:16	02:15	02:14	02:15	02:24

167	59	Rman	16	Marcel Van Hak	5:37	1:24	17:26	01:14	11:40	37:21	00:23	02:04	02:04	02:04	02:07	02:07	02:08	02:08	02:21
64	60	WedV	5	Joanne Spliethof	5:05	1:56	17:43	01:23	11:30	37:36	00:21	02:14	02:10	02:11	02:08	02:08	02:06	02:11	02:14
178	61	Rvrw	1	Heleen Middelkoop	4:12	1:30	19:07	01:22	11:26	37:36	00:25	02:21	02:20	02:19	02:18	02:20	02:19	02:20	02:25
34	62	WedV	6	Femke Nauta	4:44	1:19	18:30	01:27	11:40	37:39	00:23	02:19	02:13	02:13	02:14	02:14	02:14	02:16	02:24
28	63	WedV	7	Nienke Ensink	3:56	1:19	19:43	01:09	11:35	37:41	00:24	02:24	02:23	02:25	02:24	02:26	02:23	02:24	02:30
55	64	WedM	36	Edwin ten Pas	4:39	2:05	17:06	01:41	12:20	37:50	00:25	02:01	02:04	02:06	02:05	02:06	02:04	02:05	02:10
26	65	WedV	8	Mieke Richart	4:38	1:31	18:37	01:32	11:34	37:52	00:25	02:14	02:15	02:16	02:16	02:16	02:16	02:15	02:24
96	66	JgdV	9	Sanne de Jong	4:41	1:08	19:20	01:18	11:29	37:55	00:23	02:28	02:23	02:22	02:19	02:20	02:19	02:17	02:29
169	67	Rvrw	2	Marieka Op den Dries- Wermink	6:02	1:27	19:12	01:15	10:15	38:10	00:27	02:22	02:23	02:22	02:23	02:20	02:18	02:15	02:22
37	68	WedM	37	Mark van der Horst	4:23	1:42	19:05	01:31	11:38	38:18	00:24	02:23	02:16	02:17	02:18	02:19	02:21	02:23	02:24
84	69	WedM	38	Leon Slegten	3:59	1:40	19:15	01:59	11:33	38:25	00:21	02:23	02:23	02:22	02:20	02:20	02:21	02:21	02:24
121	70	Rman	17	Sander Houthuizen	4:29	1:11	18:52	01:19	12:46	38:37	00:28	02:20	02:19	02:18	02:17	02:16	02:15	02:15	02:24
175	72	Rvrw	3	Annemiek Hettinga	4:37	1:19	19:45	01:26	11:38	38:45	00:23	02:24	02:26	02:27	02:27	02:23	02:22	02:23	02:30
125	73	Rvrw	4	Wendy Snel	4:56	1:11	19:40	01:26	11:36	38:49	02:24	00:26	02:27	02:26	02:23	02:23	02:23	02:22	02:26
148	74	Rman	18	Sander Boom	5:59	2:04	17:14	02:04	11:30	38:51	00:21	02:02	02:05	02:08	02:07	02:10	02:10	02:03	02:08
48	75	WedM	39	Pieter Boumeester	4:41	1:49	19:08	01:10	12:19	39:06	00:22	02:24	02:19	02:17	02:20	02:18	02:21	02:21	02:26
100	76	OlymM	1	Wessel Everloo	3:12	2:09	19:19	02:22	12:05	39:06	00:18	02:39	02:25	02:23	02:20	02:16	02:22	02:20	02:16
127	77	Rvrw	5	Esther van Maastrigt	3:53	1:22	20:20	01:18	12:29	39:21	00:22	02:31	02:27	02:30	02:29	02:28	02:29	02:29	02:35
81	78	WedM	40	Remko Klein	5:24	1:55	19:47	01:45	10:32	39:22	00:24	02:34	02:26	02:24	02:22	02:23	02:21	02:26	02:27
162	79	Rman	19	Ronald Littink	5:06	1:48	19:29	02:00	11:04	39:26	00:25	02:20	02:20	02:23	02:23	02:20	02:23	02:25	02:30
71	80	WedM	41	Tim van der Monde	5:00	1:29	18:09	01:54	13:01	39:32	00:27	02:07	02:14	02:13	02:12	02:12	02:10	02:15	02:19
61	81	WedM	42	Peter Linthorst	5:46	1:55	19:19	01:27	11:07	39:34	00:22	02:22	02:19	02:22	02:22	02:20	02:23	02:24	02:25
90	82	JgdV	10	Linn Hagen	4:31	1:22	21:05	00:53	11:50	39:40	00:20	02:42	02:34	02:33	02:36	02:39	02:32	02:36	02:33
176	83	Rman	20	Jeroen Koot	4:38	1:52	18:51	01:42	12:41	39:44	00:23	02:19	02:16	02:19	02:19	02:19	02:18	02:14	02:24
133	84	Rman	21	Simon Govers	6:19	2:04	17:54	02:08	11:22	39:46	00:20	02:16	02:11	02:12	02:08	02:10	02:08	02:14	02:15
27	85	WedM	43	Jan van der Steeg	4:55	1:24	18:12	01:40	13:37	39:48	00:21	02:13	02:14	02:14	02:15	02:15	02:14	02:12	02:14
147	86	Rman	22	Melvin Koster	5:43	1:34	20:19	01:24	10:56	39:55	00:23	02:57	02:27	02:25	02:19	02:21	02:28	02:28	02:31
117	87	Rvrw	6	Carolien Brinkman	4:33	1:46	18:45	01:53	13:05	40:02	00:21	02:17	02:17	02:18	02:20	02:10	02:22	02:21	02:19
181	88	Rman	23	Peter Maassen	5:05	2:18	18:40	01:15	12:53	40:10	00:18	02:21	02:16	02:17	02:17	02:15	02:18	02:19	02:19

94	89	JgdM	3	Hugo Brands	6:29	2:08	19:37	01:27	10:30	40:11	00:24	02:19	02:25	02:22	02:23	02:24	02:23	02:25	02:32
150	90	Rman	24	Daan van Remmen	4:21	1:45	20:26	01:20	12:29	40:21	00:26	02:25	02:32	02:31	02:29	02:30	02:28	02:29	02:36
171	91	Rman	25	Menno Faber	4:49	2:33	20:41	01:14	11:06	40:23	00:23	02:27	02:26	02:29	02:33	02:32	02:32	02:36	02:43
97	92	JgdV	11	Julia Buschgens	4:25	1:40	20:47	01:09	12:29	40:30	00:22	02:32	02:55	02:27	02:25	02:30	02:29	02:31	02:36
116	93	Rvrw	7	Denise Baas	5:30	1:48	19:37	01:22	12:15	40:32	00:24	02:21	02:22	02:25	02:25	02:22	02:25	02:24	02:29
104	94	OlymM	2	Tim Kools	4:11	2:45	19:11	01:47	12:48	40:41	00:31	02:16	02:19	02:22	02:23	02:20	02:19	02:19	02:22
63	95	WedM	44	Wilfred Peters	4:56	1:45	20:05	01:16	12:42	40:44	00:19	02:26	02:25	02:28	02:26	02:30	02:27	02:29	02:35
161	96	Rman	26	Ruud Odijk	4:54	2:04	20:13	02:05	11:31	40:46	00:27	02:30	02:31	02:34	02:24	02:21	02:24	02:30	02:32
153	97	Rman	27	Leon van der Zande	4:52	3:07	20:06	01:18	11:25	40:47	00:20	02:32	02:30	02:29	02:25	02:27	02:30	02:25	02:28
138	98	Rman	28	Wilfred Stegehuis	5:02	2:19	19:30	02:00	12:14	41:04	00:24	02:28	02:22	02:23	02:20	02:23	02:21	02:20	02:29
184	99	Rman	29	Jelmer Oenema	5:13	2:27	19:45	01:44	12:03	41:12	00:24	02:23	02:22	02:24	02:24	02:28	02:25	02:25	02:30
124	100	Rman	30	Dick Spenkelink	5:50	2:29	19:20	01:43	11:54	41:15	00:22	02:21	02:22	02:21	02:23	02:22	02:21	02:22	02:26
123	101	Rman	31	Koen Westendorp	7:15	2:24	18:18	02:26	10:55	41:17	00:21	02:11	02:09	02:11	02:15	02:14	02:18	02:13	02:26
166	102	Rvrw	8	Anke de Boer	5:06	1:37	20:23	01:41	12:36	41:23	00:26	02:36	02:30	02:30	02:30	02:27	02:23	02:27	02:34
156	103	Rman	32	Stéphane Ramuzat	4:08	1:55	18:41	02:17	14:32	41:33	00:32	02:18	02:15	02:17	02:15	02:13	02:13	02:14	02:24
179	104	Rvrw	9	Eline Brinkhuis	4:00	1:39	20:38	01:46	13:32	41:35	00:27	02:33	02:31	02:32	02:28	02:30	02:30	02:30	02:37
114	105	Rman	33	Revi Laport	4:24	1:27				41:52									
126	106	Rman	34	Merlijn Krale	5:42	3:30	20:16	01:30	10:57	41:54	00:20	02:28	02:28	02:27	02:26	02:30	02:28	02:32	02:37
93	107	JgdM	4	Thijs Boswinkel	3:51	1:31	20:39	02:30	13:36	42:06	00:23	02:32	02:30	02:33	02:34	02:31	02:31	02:33	02:32
67	108	WedM	45	Alfred Kaal	5:29	1:29	20:18	01:48	13:04	42:08	00:26	02:24	02:30	02:31	02:28	02:28	02:28	02:29	02:34
177	109	Rman	35	Norbert Harmsen	4:16	1:27	20:10	01:57	14:28	42:17	00:30	02:29	02:23	02:24	02:28	02:26	02:26	02:24	02:40
79	110	WedM	46	Rene Nebak	4:59	1:52	21:43	01:50	12:06	42:30	00:26	02:42	02:38	02:36	02:36	02:37	02:33	02:37	02:58
72	111	WedV	9	Jeanette ten Hag	5:02	1:48	18:37	01:54	15:18	42:39	00:24	02:15	02:14	02:16	02:16	02:17	02:18	02:18	02:19
158	112	Rvrw	10	Charlotte Bekken	5:14	1:53	20:06	02:14	13:22	42:48	00:31	02:35	02:27	02:24	02:24	02:25	02:25	02:23	02:32
168	113	Rman	36	Henny Fleijsman	5:23	2:18	19:56	01:53	13:24	42:53	00:34	02:27	02:24	02:23	02:24	02:22	02:27	02:22	02:33
60	114	WedM	47	Jarmo Hartkamp	5:00	1:43	21:14	01:28	13:30	42:54	00:25	02:34	02:36	02:35	02:35	02:34	02:36	02:37	02:42
136	115	Rvrw	11	Marloes Bults	4:09	2:02	21:07	01:59	13:52	43:08	00:26	02:36	02:34	02:33	02:33	02:33	02:37	02:36	02:39
102	116	OlymV	1	EsmeeAnne de Meulmeester	4:03	2:10	24:33	01:36	10:51	43:12	00:34	02:38	02:41	02:44	02:41	02:40	02:40	05:11	02:44
103	117	OlymM	3	Abiesh Raguthas	7:23	2:38	19:08	02:15	11:49	43:13	00:24	02:19	02:20	02:14	02:19	02:22	02:23	02:20	02:27

95	118	JgdV	12	Liv Sleeuwenhoek	3:52	2:21	21:43	01:28	13:56	43:19	00:22	02:25	02:40	02:38	02:38	02:44	02:46	02:45	02:45
183	119	Rman	37	Stefan Fleijsman	5:12	2:03	21:31	02:07	12:32	43:25	00:23	02:41	02:37	02:41	02:38	02:38	02:36	02:36	02:41
173	120	Rvrw	12	Jacobien Hellewegen	4:46	1:23				43:50									
174	121	Rvrw	13	Alette Kleinsman	5:17	2:23	21:14	02:08	13:14	44:16	00:27	02:37	02:35	02:36	02:37	02:32	02:34	02:35	02:41
160	122	Rvrw	14	Wilrieke Schenning	4:53	2:21	21:41	02:12	13:28	44:34	00:32	02:42	02:35	02:37	02:38	02:37	02:37	02:38	02:45
129	123	Rman	38	Kjelte Slinkman	4:51	2:26	21:03	03:03	13:15	44:37	00:28	02:37	02:32	02:37	02:34	02:30	02:33	02:30	02:42
113	124	Rvrw	15	Sanne Kluin	4:21	1:40	22:08	01:42	14:59	44:49	00:26	02:45	02:46	02:40	02:44	02:42	02:40	02:39	02:46
76	125	WedM	48	Robbert van Schuylenburg	5:52	3:14	21:03	01:19	13:23	44:50	00:21	02:32	02:38	02:32	02:37	02:30	02:36	02:35	02:42
88	126	JgdM	5	Oliver Huizenga	4:59	1:48	24:22	01:11	12:38	44:58	00:27	02:59	02:58	02:52	02:58	03:05	02:56	03:04	03:03
112	127	Rman	39	Maarten Schenk	5:15	2:39	20:44	02:31	14:12	45:20	00:31	02:38	02:36	02:32	02:33	02:32	02:27	02:28	02:27
91	128	JgdM	6	Noud Buschgens	5:09	1:50	24:28	01:09	12:57	45:32	00:23	03:06	02:58	03:01	02:56	02:53	03:05	03:01	03:05
154	129	Rman	40	Wibo Kloosterman	7:11	1:36	20:32	02:22	13:58	45:38	00:39	02:44	02:26	02:27	02:28	02:28	02:24	02:23	02:33
62	130	WedV	10	Nicole Lamers	4:30	2:10	23:49	01:31	14:08	46:07	00:20	02:34	02:36	02:40	02:38	02:40	02:35	02:31	05:15
101	131	OlymV	2	Jolein Boom	4:39	1:45	20:13	02:27	17:06	46:09	00:23	02:30	02:30	02:31	02:32	02:31	02:25	02:27	02:24
139	132	Rvrw	16	Marieke de Witt	7:06	2:35	20:37	02:20	13:38	46:15	00:25	02:30	02:27	02:32	02:33	02:32	02:31	02:31	02:36
137	133	Rvrw	17	Jennifer Herms	4:24	2:33	23:39	01:54	13:51	46:21	00:32	02:48	02:50	02:53	02:53	02:55	02:54	02:54	03:00
69	134	WedM	49	Martijn Geven	5:00	3:32	22:03	02:24	13:35	46:34	02:51	02:10	02:11	02:22	02:23	02:32	02:29	02:29	02:36
135	135	Rvrw	18	Helma Nikkels	6:13	2:35	22:26	01:57	13:26	46:36	00:26	02:48	02:41	02:43	02:43	02:47	02:44	02:44	02:50
149	136	Rvrw	19	Karin Hoogeveen	5:07	2:16	22:31	01:21	15:25	46:40	00:28	02:47	02:44	02:43	02:44	02:46	02:44	02:46	02:49
77	137	WedV	11	Lianne Groen	6:30	2:03	21:12	01:43	15:16	46:43	00:27	02:29	02:33	02:36	02:34	02:37	02:37	02:37	02:42
56	138	WedM	50	Freek Uijen	5:42	1:37	21:59	02:16	15:25	46:59	00:36	02:40	02:36	02:41	02:38	02:41	02:39	02:42	02:46
120	139	Rman	41	Thom Lenselink	6:04	2:00	20:42	02:21	15:57	47:03	00:22	02:33	02:32	02:29	02:33	02:29	02:33	02:32	02:39
157	140	Rvrw	20	Ingrid Lamers	6:18	2:13	22:35	01:33	14:28	47:07	00:23	02:45	02:45	02:46	02:48	02:44	02:48	02:48	02:48
65	141	WedM	51	Fred Meyboom	4:46	2:40	22:14	03:23	14:12	47:14	00:27	02:45	02:43	02:42	02:43	02:35	02:47	02:42	02:50
152	142	Rman	42	Olaf Koot	6:29	3:14	24:02	01:00	12:47	47:31	00:21	02:58	02:59	03:00	02:56	02:57	02:57	02:59	02:55
122	143	Rvrw	21	Jorieke Vasters	4:02	1:48	24:19	01:35	16:08	47:51	00:24	03:02	03:00	02:58	02:50	02:58	03:01	03:02	03:04
145	145	Rman	43	Simon van der Heide	4:20	2:59	22:52	02:24	16:04	48:38	00:21	02:46	02:46	02:51	02:52	02:48	02:48	02:46	02:54
172	146	Rvrw	22	Marlies Brandt	6:35	2:11	22:39	02:12	15:24	49:00	00:31	02:42	02:43	02:46	02:46	02:43	02:46	02:46	02:56
107	147	OlymM	5	Bjorn Commandeur	5:59	3:42	20:44	02:24	16:14	49:03	00:23	02:32	02:32	02:35	02:36	02:32	02:32	02:29	02:33

108	148	OlymM	6	John Commandeur	5:59	3:43	20:43	02:25	16:14	49:03	00:23	02:31	02:32	02:36	02:36	02:31	02:32	02:30	02:32
170	149	Rvrw	23	Femke Dijkstra	7:00	1:56	24:05	02:03	14:02	49:06	00:25	02:41	02:40	05:18	02:40	02:35	02:35	02:32	02:39
128	150	Rvrw	24	Lucia Spronk	6:38	2:10	24:40	01:10	14:31	49:09	00:24	03:15	03:01	02:54	02:59	03:04	02:59	03:04	03:00
140	151	Rman	44	Remco Van der Linde	7:03	3:29	23:42	02:20	12:51	49:24	00:22	02:54	02:59	02:54	02:56	02:51	02:53	02:56	02:57
163	152	Rman	45	Jelle Kleinbussink	5:53	2:45	21:58	02:45	17:15	50:36	00:25	02:45	02:44	02:44	02:38	02:39	02:38	02:40	02:45
92	153	JgdM	7	Frank Teunissen	7:10	2:35	22:21	01:59	16:42	50:46	00:27	02:39	02:44	02:40	02:40	02:51	02:45	02:44	02:51
141	154	Rman	46	Marco Smit	7:54	5:00	21:58	02:53	13:26	51:11	00:28	02:40	02:43	02:42	02:37	02:41	02:42	02:39	02:46
130	155	Rvrw	25	Marit Elders	5:14	5:14	22:17	02:40	16:25	51:49	00:33	02:45	02:40	02:40	02:41	02:41	02:44	02:43	02:50
115	156	Rvrw	26	Tess Commandeur	6:27	2:06	22:43	01:54	18:45	51:55	00:25	02:48	02:45	02:45	02:49	02:44	02:51	02:46	02:50
146	157	Rman	47	Rob Deters	7:25	3:58	26:33	01:39	12:22	51:56	00:23	03:16	03:16	03:18	03:17	03:12	03:18	03:21	03:12
78	158	WedM	52	Christiaan Smit	6:50	2:20	26:22	01:46	15:02	52:20	00:23	03:01	03:08	03:16	03:19	03:15	03:20	03:16	03:24
111	159	Rvrw	27	Suzanne de Hoop	5:39	3:14	24:51	02:29	16:33	52:45	00:28	03:04	02:59	02:58	03:01	03:01	03:01	03:04	03:15
66	160	WedV	12	Monique Biesheuvel	5:59	2:37	25:42	03:07	16:30	53:54	00:32	03:07	03:08	03:08	03:06	03:13	03:03	03:08	03:17
119	161	Rvrw	28	Jeanine Mosterd	6:01	4:05	24:10	06:11	14:17	54:43	00:41	03:05	02:50	02:52	02:56	03:00	02:53	02:52	03:01
159	162	Rvrw	29	Jessica Harmsen	6:53	3:04	26:51	01:26	17:17	55:30	00:28	03:14	03:17	03:13	03:15	03:18	03:16	03:24	03:26
85	163	WedM	53	Erik Schopman	5:02	11:00	24:20	01:42	13:31	55:34	00:27	02:56	03:02	02:57	03:02	02:57	02:52	03:02	03:05
131	164	Rvrw	30	Jolanda Kreukniet - de Caluwé	6:07	2:44	25:23	02:22	19:04	55:39	00:28	03:04	03:04	03:08	03:07	03:05	03:09	03:07	03:11
87	165	JgdV	13	Isis van Hak	8:26	2:07	30:56	01:29	13:48	56:46	00:28	03:33	03:36	03:53	03:47	04:00	03:56	03:55	03:48
89	166	JgdM	8	Silvan Herms	10:10	3:54	27:25	01:55	15:24	58:47	00:25	03:12	03:14	03:27	03:42	03:30	03:27	03:08	03:20
80	167	WedM	54	Peter Brookman	7:12	3:11	28:34	02:02	19:21	1:00:20	00:25	03:29	03:34	03:29	03:29	03:30	03:32	03:28	03:38
74	168	WedV	13	Willemijn Huizenga-Heijnen	5:20	21:26	24:21	01:13	12:39	1:04:58	00:29	02:59	02:58	02:51	02:59	03:05	02:55	03:05	03:00
109	169	OlymM	1	Matthieu Roessink	9:12	5:45	33:14	01:59	15:06	1:05:15	00:30	04:00	04:02	03:57	04:06	04:05	04:10	04:08	04:16
110	170	OlymM	2	Dick Roessink	9:12	5:47	33:09	02:02	15:06	1:05:16	00:29	03:59	04:02	03:58	04:06	04:05	04:10	04:08	04:12
105	171	OlymV	3	Rebecca Ismail	12:10	6:02	26:44	03:05	22:28	1:10:29	00:48	03:20	03:13	03:11	03:14	03:11	03:10	03:11	03:26
106	172	OlymM	4	Eric Janse	12:10	6:01	26:43	03:07	22:29	1:10:29	00:49	03:20	03:13	03:11	03:14	03:11	03:10	03:11	03:24