

Open Amelands Kampioenschap

				Zwemmen	Fietsen	Lopen 1	Lopen 2	Totaal	Achter	
1.	2	Rob Barel	OVERBERG	H50+	27:55 (3)	1:27:04 (2)	24:34 (4)	25:33 (5)	2:45:07	
2.	7	Paul Embrechts	KASTERLEE	H24+	28:06 (6)	1:31:09 (10)	22:38 (1)	23:32 (1)	2:45:26	00:19
3.	5	Bert Flier	BARENDRECHT	H40+	28:22 (8)	1:30:13 (6)	24:01 (2)	26:39 (10)	2:49:17	04:10
4.	1	Tim Dullaart	Rotterdam	H18+	26:56 (2)	1:30:46 (9)	25:10 (5)	28:13 (22)	2:51:07	06:00
5.	31	Joost Christiaans	RENKUM	H24+	32:43 (23)	1:27:49 (3)	26:08 (8)	24:57 (2)	2:51:38	06:31
6.	60	Arie de Jong	OOSTERWOLDE	H40+	35:17 (51)	1:28:27 (4)	26:43 (15)	25:24 (4)	2:55:53	10:46
7.	110	Jeroen Tiebie	CALLANTSOOG	H40+	31:30 (14)	1:32:14 (11)	26:17 (13)	27:06 (12)	2:57:09	12:02
8.	11	Jarrich van Woersem	ALMERE	H18+	28:22 (9)	1:37:14 (25)	25:42 (6)	26:33 (8)	2:57:54	12:47
9.	10	Stefan van der Pal	Leeuwarden	H24+	28:06 (5)	1:40:56 (45)	24:13 (3)	25:20 (3)	2:58:36	13:29
10.	56	Remko van Hove	ALKMAAR	H24+	33:45 (39)	1:33:19 (14)	26:02 (7)	25:56 (6)	2:59:03	13:56
11.	8	Manfred Boogaard	EDE	H40+	31:27 (12)	1:36:00 (22)	26:12 (11)	26:11 (7)	2:59:51	14:44
12.	85	Ferdinand Oldeman	UTRECHT	H24+	31:22 (11)	1:32:33 (12)	26:24 (14)	29:58 (48)	3:00:19	15:12
13.	113	Emiel van Tongerlo	ANNA PAULOWNA	H24+	31:34 (17)	1:34:06 (17)	27:13 (20)	29:11 (30)	3:02:06	16:59
14.	4	Martijn Dekker	SITTARD	H24+	26:19 (1)	1:30:29 (7)	27:24 (23)	37:56 (111)	3:02:10	17:03
15.	81	Paul Nieuwenhuizen	SCHOORL	H24+	35:59 (56)	1:30:37 (8)	28:21 (31)	27:49 (18)	3:02:48	17:41
16.	12	Hendrik Venema	NIJMEGEN	H24+	37:47 (72)	1:27:01 (1)	28:35 (35)	29:46 (42)	3:03:09	18:02
17.	62	Ralf de Jong	DRACHTEN	H24+	32:48 (25)	1:35:21 (18)	27:43 (24)	29:50 (43)	3:05:43	20:36
18.	135	Mirjam Weerd	AMERSFOORT	D24+	30:04 (10)	1:43:31 (59)	26:10 (10)	26:38 (9)	3:06:24	21:17
19.	114	Pim Veeger	AMSTERDAM	H50+	33:45 (38)	1:34:01 (16)	29:08 (40)	29:33 (37)	3:06:28	21:21
20.	58	Matijs Jansen	ZWOLLE	H24+	40:55 (99)	1:28:56 (5)	27:55 (26)	28:45 (25)	3:06:33	21:26
21.	204	Richard de Boer	LAREN	H40+	32:38 (21)	1:40:16 (43)	26:47 (16)	27:06 (13)	3:06:49	21:42
22.	33	Peter Denekamp	HILVERSUM	H40+	28:09 (7)	1:38:01 (28)	30:00 (52)	30:47 (59)	3:06:57	21:50
23.	131	Riikka Vreeswijk-Kelja	Gorinchem	D40+	32:52 (28)	1:38:14 (29)	28:34 (34)	28:18 (23)	3:08:00	22:53
24.	118	Willem de Voogd	VLAARDINGEN	H50+	35:35 (53)	1:38:32 (31)	26:59 (18)	27:37 (17)	3:08:44	23:37
25.	21	Martijn Schutteman	RIJSSEN	H24+	33:39 (37)	1:39:38 (37)	27:17 (22)	28:34 (24)	3:09:09	24:02
26.	50	Ron Hendriks	WIJCHEN	H50+	35:24 (52)	1:37:19 (27)	27:43 (25)	29:50 (44)	3:10:17	25:10
27.	119	Dick Vosmeer	NAARDEN	H50+	32:57 (29)	1:33:15 (13)	32:10 (84)	32:11 (73)	3:10:35	25:28
28.	55	Mathias Hölscher	WETTER	H40+	38:27 (76)	1:39:26 (36)	26:09 (9)	27:56 (20)	3:11:59	26:52
29.	102	Samme Steenstra	JOURE	H40+	33:35 (35)	1:38:57 (32)	29:13 (42)	30:37 (56)	3:12:23	27:16
30.	95	Michel van Schie	RIJSWIJK	H24+	33:26 (32)	1:41:28 (47)	28:52 (38)	28:59 (27)	3:12:46	27:39
31.	83	Tommy Obst	HILVERSUM	H40+	34:52 (46)	1:37:16 (26)	30:50 (65)	29:50 (45)	3:12:50	27:43
32.	101	Arjo Spans	ZWOLLE	H40+	38:57 (81)	1:36:21 (23)	28:43 (36)	28:58 (26)	3:13:00	27:53
33.	132	Judy van den Berg	Doesburg	D40+	35:14 (50)	1:40:14 (42)	28:22 (32)	29:43 (40)	3:13:34	28:27
34.	46	Marco Haselbekke	ALMELO	H40+	44:06 (119)	1:35:26 (19)	27:02 (19)	27:16 (15)	3:13:53	28:46
35.	13	Rene Metz	Buren Ameland	H24+	40:02 (88)	1:37:05 (24)	29:08 (41)	29:19 (34)	3:15:35	30:28
36.	78	Henk Meijers	SNEEK	H40+	34:47 (43)	1:41:58 (50)	29:25 (45)	30:01 (49)	3:16:13	31:06
37.	84	Michael Oefler	HAGEN	H40+	34:20 (42)	1:44:48 (66)	28:19 (29)	29:25 (36)	3:16:54	31:47
38.	36	Martin vd Duim	DRACHTEN	H40+	36:45 (63)	1:42:18 (53)	29:29 (46)	29:10 (29)	3:17:44	32:37
39.	126	Maarten Witteman	DEN HAAG	H24+	40:42 (93)	1:42:21 (54)	26:49 (17)	27:51 (19)	3:17:45	32:38
40.	9	Corné Kool	RHENEN	H24+	32:48 (27)	1:44:14 (63)	31:04 (68)	30:15 (51)	3:18:22	33:15
41.	134	Ingrid van Lubek	HILVERSUM	D40+	32:38 (20)	1:46:16 (73)	29:39 (49)	30:12 (50)	3:18:46	33:39
42.	117	Peter Visscher	DE WIJK	H40+	36:29 (58)	1:40:02 (39)	30:42 (63)	31:41 (66)	3:18:55	33:48
43.	130	Frits Riemersma	Haren	H60+	41:51 (107)	1:36:00 (21)	31:00 (66)	30:19 (52)	3:19:12	34:05
44.	18	Lex Kiewied	NES	H24+	41:00 (102)	1:42:06 (51)	28:19 (28)	27:56 (21)	3:19:22	34:15
45.	133	Birgit Schönherr-Hölscher	WETTER	D40+	38:27 (77)	1:45:36 (67)	28:07 (27)	27:13 (14)	3:19:25	34:18
46.	127	Marcel ten Wolde	GRONINGEN	H40+	39:51 (87)	1:40:51 (44)	29:30 (47)	29:15 (32)	3:19:27	34:20
47.	17	Klaas Tjibbe Oenema	NES AMELAND	H24+	40:44 (95)	1:35:52 (20)	30:39 (62)	32:21 (76)	3:19:38	34:31
48.	28	Jan Bot	AKERSLOOT	H40+	39:32 (85)	1:43:43 (61)	27:16 (21)	29:55 (47)	3:20:27	35:20
49.	124	Lion Wildenburg	DELFT	H40+	39:30 (84)	1:43:41 (60)	28:20 (30)	29:35 (38)	3:21:06	35:59
50.	91	Paco van der Reijden	HEERENVEEN	H24+	37:18 (70)	1:42:40 (56)	30:48 (64)	30:36 (55)	3:21:25	36:18
51.	39	Toon Durville	AMSTERDAM	H40+	36:56 (66)	1:41:22 (46)	32:11 (86)	31:24 (62)	3:21:55	36:48
52.	16	Marco Mosterman	NES AMELAND	H24+	47:19 (131)	1:33:25 (15)	30:33 (59)	30:38 (57)	3:21:56	36:49
53.	137	Gonny Rosendaal	Beesd	D40+	31:31 (16)	1:49:02 (86)	30:38 (61)	30:46 (58)	3:21:58	36:51



CROSS TRIATHLON AMELAND

54.	73	Robert Loeff	ARNHEM	H40+	36:39 (60)	1:47:09 (76)	28:54 (39)	29:19 (33)	3:22:02	36:55
55.	125	Wido de Wilde	BLOEMENDAAL	H40+	41:20 (104)	1:42:31 (55)	28:46 (37)	29:23 (35)	3:22:02	36:55
56.	37	Peter Dullaart	KRIMPEN AAN DEN IJssel	H50+	40:26 (92)	1:39:06 (33)	31:30 (76)	31:15 (61)	3:22:17	37:10
57.	104	Klaas Stielstra	STIENS	H24+	40:23 (91)	1:40:08 (41)	30:19 (56)	31:31 (64)	3:22:21	37:14
58.	43	Arnoud Hageman	HARKSTEDE	H40+	36:50 (64)	1:43:50 (62)	31:20 (73)	30:57 (60)	3:22:59	37:52
59.	70	Oscar de Jong	DOODSTIL	H40+	39:03 (82)	1:41:40 (48)	30:36 (60)	31:51 (69)	3:23:11	38:04
60.	150	Marijke Zeekant	AMSTERDAM	D50+	31:27 (13)	1:47:50 (80)	32:05 (82)	32:25 (77)	3:23:48	38:41
61.	88	Epko Oosterheerd	MAARSSSEN	H50+	35:08 (47)	1:43:12 (57)	32:15 (88)	33:17 (82)	3:23:54	38:47
62.	139	Silvia Brouwer	OUDESCHOOT	D24+	35:08 (48)	1:46:02 (71)	31:12 (69)	32:03 (71)	3:24:27	39:20
63.	77	Leon Meijer	BERGSCHENHOEK	H24+	40:20 (90)	1:39:24 (35)	31:44 (79)	33:25 (83)	3:24:55	39:48
64.	99	Arjen Soederhuizen	BUSSUM	H40+	42:16 (111)	1:39:19 (34)	31:13 (70)	32:44 (78)	3:25:34	40:27
65.	69	Ronald Langelaar	KORTENHOEF	H40+	32:46 (24)	1:48:50 (84)	30:20 (57)	33:42 (85)	3:25:39	40:32
66.	35	Maarten Drissen	VEENDAM	H24+	39:21 (83)	1:40:04 (40)	33:35 (98)	32:49 (79)	3:25:50	40:43
67.	68	Jack Kuper	SCHILDWOLDE	H24+	41:03 (103)	1:48:58 (85)	28:29 (33)	27:21 (16)	3:25:52	40:45
68.	72	Johan Lek	EMMEN	H40+	36:40 (61)	1:56:04 (110)	26:17 (12)	26:51 (11)	3:25:54	40:47
69.	89	Kees-Jan Otto	EDE	H50+	32:35 (19)	1:46:29 (75)	32:14 (87)	34:38 (95)	3:25:58	40:51
70.	107	Simke Talsma	DELFT	H24+	34:01 (40)	1:53:03 (102)	30:00 (53)	29:14 (31)	3:26:19	41:12
71.	149	Tineke van de Wal	OUDEHASKE	D24+	36:53 (65)	1:46:27 (74)	31:50 (81)	31:38 (65)	3:26:49	41:42
72.	93	Jaap Rikken	DUIVEN	H40+	34:52 (45)	1:47:56 (81)	31:04 (67)	33:06 (81)	3:27:00	41:53
73.	138	Jip Veelenturf	Alphen aan den Rijn	D18+	33:31 (34)	1:47:57 (82)	30:31 (58)	35:35 (101)	3:27:35	42:28
74.	80	Robby Mol	AMSTERDAM	H40+	42:43 (113)	1:42:07 (52)	31:20 (72)	32:07 (72)	3:28:18	43:11
75.	79	Jan van de Meij	BERLIKUM	H50+	41:33 (105)	1:49:07 (88)	29:17 (43)	29:03 (28)	3:29:01	43:54
76.	42	Albert Geerling	SCHAARSBERGEN	H40+	35:56 (55)	1:51:42 (96)	31:21 (74)	30:26 (53)	3:29:26	44:19
77.	103	Willem van der Sterren	ZWOLLE	H24+	31:30 (15)	1:47:17 (77)	35:07 (105)	36:14 (105)	3:30:09	45:02
78.	49	Bram Heikamp	MUIDEN	H50+	37:09 (67)	1:43:23 (58)	34:37 (102)	35:22 (100)	3:30:32	45:25
79.	44	Frank Hamelink	DEN HAAG	H50+	37:09 (68)	1:46:15 (72)	33:41 (99)	33:45 (86)	3:30:52	45:45
80.	15	Wietse Lolkema	HOLLUM	H40+	44:11 (120)	1:39:43 (38)	33:05 (93)	34:07 (88)	3:31:08	46:01
81.	71	Yannick Lefébvre	EDAM	H24+	43:07 (117)	1:47:46 (79)	30:11 (54)	30:27 (54)	3:31:33	46:26
82.	122	Harold Vrieling	APELDOORN	H24+	42:46 (115)	1:41:44 (49)	32:40 (91)	34:24 (92)	3:31:35	46:28
83.	98	Tijmen Smit	BERGENTHEIM	H24+	32:40 (22)	1:55:19 (107)	31:37 (78)	32:13 (74)	3:31:51	46:44
84.	108	Vincent Telgen	TILBURG	H40+	41:54 (108)	1:51:48 (97)	29:51 (51)	29:36 (39)	3:33:10	48:03
85.	40	Dirk Fabels	BUSSUM	H40+	40:58 (100)	1:49:07 (87)	31:34 (77)	31:48 (68)	3:33:29	48:22
86.	38	Ruben van Duren	HILVERSUM	H24+	34:50 (44)	1:57:15 (112)	30:18 (55)	31:30 (63)	3:33:55	48:48
87.	144	Brenda Schuurkamp	DEN HAAG	D24+	32:48 (26)	1:49:10 (89)	36:25 (115)	36:26 (106)	3:34:49	49:42
88.	129	Jurjen Worp	BUSSUM	H40+	40:44 (94)	1:38:30 (30)	36:43 (119)	39:22 (121)	3:35:20	50:13
89.	115	Arjan van Venrooy	HUIZEN	H24+	44:55 (122)	1:45:40 (69)	32:11 (85)	34:23 (91)	3:37:10	52:03
90.	136	Marjolein Bil	UTRECHT	D24+	40:45 (96)	1:57:27 (113)	29:32 (48)	29:51 (46)	3:37:36	52:29
91.	142	Brenda de Jong	DRACHTEN	D24+	33:29 (33)	2:02:24 (127)	29:50 (50)	31:52 (70)	3:37:37	52:30
92.	59	Rik Jansen	GENEMUIDEN	H24+	40:49 (97)	1:50:51 (94)	31:49 (80)	34:10 (90)	3:37:40	52:33
93.	128	Robert ten Wolde	NIJEVEEN	H40+	36:10 (57)	1:54:26 (106)	33:30 (96)	33:40 (84)	3:37:48	52:41
94.	92	Kees Rekelhof	LEIMUIDEN	H50+	35:13 (49)	1:45:46 (70)	37:52 (123)	40:07 (123)	3:39:00	53:53
95.	48	Jan van der Heide	HEERENVEEN	H60+	36:42 (62)	1:55:30 (108)	33:08 (94)	34:56 (99)	3:40:18	55:11
96.	148	Annemiek Veenkamp	ZEEWOLDE	D40+	43:58 (118)	1:49:11 (90)	32:48 (92)	34:25 (93)	3:40:24	55:17
97.	51	Rob Hetsen	SCHAGEN	H24+	45:40 (126)	1:47:26 (78)	34:16 (101)	34:08 (89)	3:41:31	56:24
98.	27	Luuk Bos	CALLANTSOOG	H40+	38:57 (80)	1:53:02 (101)	35:08 (106)	34:47 (96)	3:41:55	56:48
99.	146	Ingrid Tempert	GRONINGEN	D24+	45:08 (124)	1:53:31 (105)	31:20 (71)	32:16 (75)	3:42:15	57:08
100.	57	Ronald Hulsmann	BRIELLE	H40+	42:13 (110)	1:50:59 (95)	33:20 (95)	35:57 (104)	3:42:31	57:24
101.	20	Hajo Jonker	DE RIJP	H40+	44:55 (123)	1:50:36 (93)	32:16 (89)	34:47 (98)	3:42:36	57:29
102.	248	Joost van Montfort	AMSTERDAM	H40+	42:37 (112)	1:55:38 (109)	32:30 (90)	33:01 (80)	3:43:47	58:40
103.	76	Leo Meewisse	DEN HAAG	H60+	45:46 (127)	1:48:32 (83)	33:57 (100)	35:47 (102)	3:44:03	58:56
104.	74	Frank Luikens	GRONINGEN	H24+	46:45 (130)	1:44:36 (65)	35:14 (107)	38:18 (114)	3:44:54	59:47
105.	22	Arthur van den Aarssen	NIJMEGEN	H40+	49:18 (134)	1:51:52 (98)	32:05 (83)	31:45 (67)	3:45:02	59:55
106.	82	Wiljo van de Noort	DEN HAAG	H40+	53:20 (137)	1:53:05 (103)	29:20 (44)	29:45 (41)	3:45:32	1:00:25
107.	30	Gerard Brouwer	HILVERSUM	H50+	37:44 (71)	1:53:12 (104)	36:39 (116)	38:33 (115)	3:46:09	1:01:02
108.	29	Ruud van den Brink	BUSSUM	H40+	42:45 (114)	1:44:35 (64)	38:17 (125)	41:04 (126)	3:46:42	1:01:35
109.	547	Helen Kleinveld	DEN HAAG	D30+	32:59 (30)	1:59:04 (118)	36:18 (114)	38:40 (116)	3:47:02	1:01:55
110.	147	Margriet Uil	SCHIEDAM	D50+	44:22 (121)	1:49:57 (91)	36:03 (111)	37:34 (109)	3:47:58	1:02:51

CROSS TRIATHLON AMELAND

111.	109	Warner Tholen	ZUIDHORN	H24+	42:48 (116)	1:45:38 (68)	37:44 (122)	42:48 (131)	3:48:59	1:03:52
112.	86	Paul Onel	HARDERWIJK	H40+	38:00 (74)	1:58:39 (114)	35:41 (109)	37:15 (108)	3:49:36	1:04:29
113.	143	Cora Mulder	OVERBERG	D50+	37:47 (73)	2:01:02 (123)	36:41 (117)	36:59 (107)	3:52:30	1:07:23
114.	23	Jonathan Bartsma	SNEEK	H24+	38:35 (78)	1:59:53 (119)	36:13 (112)	37:48 (110)	3:52:31	1:07:24
115.	97	Reinoud Sluifers	MONNICKENDAM	H40+	45:38 (125)	1:58:49 (115)	33:32 (97)	34:37 (94)	3:52:37	1:07:30
116.	14	Martin Kooiker	NES AMELAND	H40+	51:19 (135)	1:56:17 (111)	31:28 (75)	34:03 (87)	3:53:09	1:08:02
117.	145	Carina Speksnijder	STOLWIJK	D24+	35:43 (54)	2:01:17 (124)	37:19 (121)	39:06 (119)	3:53:25	1:08:18
118.	96	Mark Schoonhoven	ROTTERDAM	H40+	31:47 (18)	2:02:08 (126)	37:53 (124)	41:47 (127)	3:53:36	1:08:29
119.	141	Hilde van Heuveln	DOODSTIL	D40+	39:45 (86)	1:58:56 (116)	36:43 (118)	38:46 (118)	3:54:12	1:09:05
120.	94	Sjaak van Roon	BRIELLE	H40+	40:58 (101)	1:52:30 (99)	39:47 (128)	40:56 (125)	3:54:13	1:09:06
121.	6	Oscar de Lange	HIERDEN	H40+	36:37 (59)	2:00:14 (120)	38:18 (126)	39:21 (120)	3:54:32	1:09:25
122.	162	Elske Dijkstra	GRONINGEN	D30+	38:41 (79)	2:00:21 (121)	38:44 (127)	38:42 (117)	3:56:29	1:11:22
123.	54	Bart Hokke	YDE	H24+	41:38 (106)	2:06:00 (131)	36:14 (113)	40:08 (124)	4:04:03	1:18:56
124.	53	Tsjeard Hofstra	WOMMELS	H24+	48:25 (133)	2:04:01 (130)	34:50 (103)	38:13 (112)	4:05:32	1:20:25
125.	24	Rob Berbers	BUSSUM	H40+	33:18 (31)	2:06:44 (133)	41:16 (132)	44:40 (133)	4:06:00	1:20:53
126.	100	Rob Sosef	DEN HAAG	H50+	1:01:19 (140)	1:50:33 (92)	35:56 (110)	38:15 (113)	4:06:04	1:20:57
127.	19	Sjon de Haan	BALLUM	H40+	48:19 (132)	2:01:24 (125)	36:49 (120)	39:44 (122)	4:06:19	1:21:12
128.	87	Wouter van Onzenoort	DEN HELDER	H40+	40:55 (98)	2:03:29 (129)	40:02 (129)	42:36 (129)	4:07:04	1:21:57
129.	47	Henk-Jan van Hees	AMSTERDAM	H50+	54:11 (139)	2:06:42 (132)	35:05 (104)	34:47 (97)	4:10:46	1:25:39
130.	64	Harald ten Katen	DEN HAAG	H60+	53:31 (138)	1:59:00 (117)	44:29 (133)	35:53 (103)	4:12:54	1:27:47
131.	90	Frank Persyn	AMSTELVEEN	H24+	46:34 (128)	2:03:03 (128)	40:18 (130)	43:00 (132)	4:12:57	1:27:50
132.	26	Paul Born	AMSTERDAM	H50+	46:42 (129)	2:07:23 (134)	41:07 (131)	42:39 (130)	4:17:53	1:32:46
133.	52	Gertjan Hoefman	LAREN	H24+	34:06 (41)	2:18:29 (137)	44:30 (134)	47:23 (134)	4:24:30	1:39:23
134.	32	Melvin Disco	DEN HELDER	H24+	42:08 (109)	2:38:53 (138)	35:14 (108)	41:54 (128)	4:38:11	1:53:04
135.	106	Jan Stoop	VOORBURG	H60+	51:30 (136)	2:10:39 (136)	47:06 (135)	51:24 (135)	4:40:41	1:55:34
	45	Leo de Hartog	LEERSUM	H60+	40:18 (89)	1:52:38 (100)				DNF
	116	Peter Vermeiren	BUSSUM	H40+	37:14 (69)	2:09:06 (135)				DNF
	140	Janke van Es	ANNEN	D40+	38:06 (75)	2:00:30 (122)				DNF
	3	Rick Nijhoving	AMERSFOORT	H24+	27:58 (4)					DNF
	66	Marc van der Kort	BEESD	H40+	33:37 (36)					DNF
	123	Edwin Wiersema	EELDE	H24+						DNF