

1/8 triatlon Abbekerk, 5 september 2004
Eindklassement Overall

<u>Plaats</u>	<u>Naam</u>	<u>Woonplaats</u>	<u>Categorie</u>	<u>Zwentijd</u>	<u>Fietstijd</u>	<u>Looptijd</u>	<u>Eindtijd</u>
1	Edwin Heiblom	Alkmaar	H31-40	00:07:05	00:38:12	00:23:29	01:08:46
2	René Hol	Heerhugowaard	H31-40	00:06:54	00:39:02	00:25:44	01:11:40
3	Denny Roos	Hoorn	H31-40	00:07:07	00:41:00	00:27:29	01:15:36
4	Jaap Bootsman	Heerhugowaard	H41+	00:08:25	00:39:56	00:29:33	01:17:54
5	René Glas	Hoorn	H41+	00:10:06	00:42:31	00:29:35	01:22:12
6	Alderlieste	Twisk	H20-30	00:09:21	00:47:32	00:25:59	01:22:52
7	den Berg	Weesp	D20-30	00:07:35	00:44:34	00:31:11	01:23:20
8	Čedo Palc	Beverwijk	H41+	00:10:22	00:46:32	00:27:54	01:24:48
9	Karen Bok	Heerhugowaard	D20-30	00:07:42	00:46:25	00:33:18	01:27:25
10	Erik Molenaar	Hoorn	H41+	00:11:20	00:50:30	00:27:28	01:29:18
11	Piet Rood	Sint Pancras	H41+	00:11:38	00:47:23	00:30:50	01:29:51
12	Marriette Bron	Middenmeer	D17-18-19	00:12:46	00:45:38	00:32:08	01:30:32
13	Jan Dogger	Scharwoude	H41+	00:13:49	00:44:36	00:32:07	01:30:32
14	Dick Maas	Heerhugowaard	H41+	00:11:24	00:47:03	00:33:02	01:31:29
15	Wilma Bakker	Nieuwe Niedorp	D31-41	00:09:28	00:50:33	00:31:40	01:31:41
16	Horst	Tzummarum	H41+	00:10:46	00:53:29	00:34:30	01:38:45
17	Ria de Jong	Weesp	D41+	00:12:54	00:54:24	00:35:07	01:42:25
18	Jos Huisman	Heerhugowaard	H31-40	00:11:25	00:50:23	00:42:19	01:44:07
19	Swartsenburg		D41+	00:11:59	00:55:24	00:36:57	01:44:20
20	Editha Kocks	Abbekerk	D20-30	00:11:28	00:55:58	00:39:32	01:46:58
21	Co Zut	Heerhugowaard	H41+	00:13:20	00:52:27	00:42:24	01:48:11
22	Commandeur	Abbekerk	D13	00:12:44	01:03:38	00:46:31	02:02:53
23	Paula Smit	Abbekerk	D13	00:13:03	01:03:18	00:46:32	02:02:53
24	Jan Jorna	Harlingen	H41+	00:18:17	01:00:21	00:54:28	02:13:06

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Minitriatlon Jeugd Abbekerk, 5 september 2004
Eindklassement Overall

<u>Plaats</u>	<u>Naam</u>	<u>Zwemtijd</u>	<u>Fietstijd</u>	<u>Looptijd</u>	<u>Totaaltijd</u>
1	Jimfrey Meijners	00:05:11	00:27:52	00:10:24	00:43:27
2	Nicola Wilson	00:05:58	00:27:51	00:12:18	00:46:07
3	Kevin Bink	00:05:29	00:28:29	00:12:11	00:46:09
4	Boris de Wit	00:05:07	00:28:48	00:12:37	00:46:32
5	Jesper Lind	00:06:59	00:28:37	00:11:22	00:46:58
6	Catja Stuurmeyer	00:05:38	00:28:36	00:12:45	00:46:59
7	Paul Stuyt	00:04:48	00:28:50	00:13:30	00:47:08
8	Mark Zutt	00:06:52	00:28:41	00:11:55	00:47:28
9	Jurgen Ligthart	00:07:39	00:28:40	00:11:11	00:47:30
10	Natalie Wilson	00:06:41	00:27:50	00:13:21	00:47:52
11	Mieke Commandeur	00:04:56	00:28:37	00:14:44	00:48:17
12	Thijs van der Sluis	00:05:47	00:28:34	00:14:14	00:48:35
13	Paul Zuurbier	00:06:49	00:29:25	00:12:25	00:48:39
14	Tom de Vries	00:08:19	00:29:10	00:11:18	00:48:47
15	Denise Beets	00:05:26	00:28:51	00:14:30	00:48:47
16	Niek Nijland	00:08:06	00:28:50	00:12:10	00:49:06
17	Sanne Kieftenburg	00:06:20	00:29:20	00:14:00	00:49:40
18	Sanne de Vries	00:06:59	00:28:33	00:14:34	00:50:06
19	Iris van der Does	00:07:01	00:28:49	00:14:32	00:50:22

21ste Kwarttriatlon Abbekerk, 5 september 2004

<u>Plaats</u>	<u>Naam</u>	<u>Woonplaats</u>	<u>Categorie</u>	<u>Zwemtijd</u>	<u>Fietstijd</u>	<u>Looptijd</u>	<u>Eindtijd</u>
1	Martijn Boot	Almere	H20-30	00:12:47	00:54:59	00:36:06	01:43:52
2	Wie niet waagt wie niet wint	Abbekerk	Trio	00:16:15	00:55:38	00:34:03	01:45:56
3	Ruud Schrijver	Noord-Scharwoude	H41+	00:12:43	00:55:01	00:42:06	01:49:50
4	Gerrit Jan Bakker	Ermelo	H41+	00:13:39	00:59:20	00:40:43	01:53:42
5	Niko Stammes	Warmenhuizen	H31-40	00:15:17	00:57:40	00:41:19	01:54:16
6	Cor Edam	Noord-Beemster	H41+	00:16:02	00:57:01	00:42:04	01:55:07
7	Fred Nes	Winkel	H41+	00:15:46	00:57:13	00:42:10	01:55:09
8	H4R	Abbekerk	Trio	00:16:18	00:55:36	00:45:09	01:57:03
9	Kwik, Kwek en Kwak	Amstelveen	Trio	00:19:28	00:58:48	00:39:17	01:57:33
10	Winnaars 2004	Nieuwe Niedorp	Trio	00:13:51	01:01:55	00:42:34	01:58:20
11	Eelco van der Wind	Hoorn	H20-30	00:15:00	01:01:16	00:42:04	01:58:20
12	Joanne, Joeke en Stefan	Amsterdam	Trio	00:17:20	01:02:01	00:39:34	01:58:55
13	Team One (1)	Heerhugowaard	Trio	00:17:42	01:03:48	00:37:34	01:59:04
14	Theo van der Fluit	N-Scharwoude	H41+	00:17:17	01:00:13	00:42:56	02:00:26
15	Jan van Kooten	Breukelen	H41+	00:16:19	01:03:29	00:40:43	02:00:31
16	Marion Visser	Noord-Scharwoude	D	00:15:36	01:00:10	00:44:47	02:00:33
17	Wim Edam	Noord-Beemster	H41+	00:17:39	01:05:25	00:37:53	02:00:57
18	Ruud Sweep	Winkel	H41+	00:16:20	01:00:24	00:45:57	02:02:41
19	Kees Groenland	Obdam	H41+	00:17:20	01:02:24	00:43:21	02:03:05
20	Maiko Rummens	Obdam	H31-40	00:17:03	01:02:39	00:43:39	02:03:21
21	Jan Boxsem	Purmerend	H41+	00:15:55	01:02:40	00:45:05	02:03:40
22	Beststro	Abbekerk	Trio	00:15:45	01:05:35	00:42:24	02:03:44
23	Henk van de Grootevheen	Alkmaar	H41+	00:15:48	00:59:53	00:48:12	02:03:53
24	MKK	Abbekerk	Trio	00:19:35	01:04:59	00:39:23	02:03:57
25	De Boertjes	t Veld	Trio	00:23:08	00:59:18	00:42:29	02:04:55
26	HAP-team	Opmeer	Trio	00:21:31	01:03:05	00:41:04	02:05:40
27	Theo Boorsma	Sneek	H31-40	00:20:01	01:03:39	00:42:35	02:06:15
28	Erwin le Blansch	Blokker	H31-40	00:19:08	01:05:08	00:42:40	02:06:56
29	Clemens Beemsterboer	Abbekerk	H41+	00:18:45	01:04:01	00:44:10	02:06:56
30	Rene Huisman	Hoorn	H41+	00:16:23	01:06:06	00:45:26	02:07:55
31	De prutracers	Hoogwoud	Trio	00:23:09	01:03:30	00:41:25	02:08:04
32	Wiep Waal	Purmerend	H41+	00:16:15	01:03:31	00:48:50	02:08:36
33	De lammetjes	Twisk	Trio	00:22:58	01:02:57	00:42:52	02:08:47
34	Robbert van Meulem	Oostwoud	H31-40	00:16:01	01:03:34	00:49:13	02:08:48
35	Henny Tol	Hoorn	H41+	00:18:09	01:02:35	00:48:08	02:08:52
36	Peter Bakker	Edam	H41+	00:21:30	01:02:54	00:44:58	02:09:22
37	Jan Smit	Oppendoes	H41+	00:21:36	01:04:53	00:43:12	02:09:41
38	Roy, Teunis en Brenda	Wieringerwaard	Trio	00:24:21	01:02:46	00:42:35	02:09:42
39	Arjan de Beurs	Abbekerk	H31-40	00:20:15	01:02:53	00:46:46	02:09:54
40	Rosalinde Bakker-Rens	Edam	D	00:20:41	01:04:04	00:45:20	02:10:05
41	John van Roosmalen	Alkmaar	H31-40	00:16:07	01:03:38	00:50:29	02:10:14
42	Ruud Haanstra	Abbekerk	H41+	00:22:16	01:06:31	00:41:41	02:10:28
43	Zwaan Junior	Oppendoes	Trio	00:20:50	01:06:10	00:43:43	02:10:43
44	Hans Last	Hoorn	H31-40	00:21:36	01:06:21	00:43:03	02:11:00
45	Marcel Stroet	Wervershoof	H31-40	00:14:06	01:05:30	00:51:27	02:11:03
46	Edwin de Vries	Oosterblokker	H20-30	00:19:59	01:04:44	00:46:26	02:11:09
47	Monique Paauw	Blokker	D	00:17:52	01:08:44	00:45:42	02:12:18
48	Kool/Buisman	Bovenkarspel	Trio	00:19:31	01:05:10	00:47:51	02:12:32
49	Pierre Groenland	Ursem	H41+	00:23:43	01:05:34	00:43:32	02:12:49
50	Jan van der Schuur	Oppendoes	H31-40	00:19:13	01:07:30	00:46:16	02:12:59
51	Gerben Konijn	Slootdorp	H20-30	00:18:21	01:04:41	00:50:24	02:13:26
52	Jos Burger	Nieuwe Niedorp	H41+	00:17:52	01:04:55	00:50:40	02:13:27
53	Henk Wijbenga	Hoorn	H41+	00:23:00	01:03:46	00:48:42	02:15:28
54	Piet Welp	Beverwijk	H41+	00:18:07	01:08:49	00:48:39	02:15:35
55	Wolter Jonkman	Hoorn	H31-40	00:19:13	01:05:35	00:50:48	02:15:36
56	Gerrit Burggraaf	Amsterdam	H41+	00:22:24	01:08:37	00:44:39	02:15:40
57	Tonny Deckers	Hoorn	D	00:16:20	01:10:53	00:49:23	02:16:36
58	Fred Zut	Heerhugowaard	H20-30	00:17:06	01:04:58	00:55:37	02:17:41
59	Peter Bergen Henegouwen	Den Helder	H31-40	00:19:03	01:07:43	00:51:09	02:17:55
60	Team Verlaat	Abbekerk	Trio	00:23:05	01:05:33	00:49:23	02:18:01
61	Jan Scholten	Weesp	H41+	00:20:29	01:09:13	00:48:24	02:18:06
62	Daniel Verhamme	Utrecht	H31-40	00:20:25	01:05:52	00:51:56	02:18:13
63	Ben Kleinbekman	Oudkarspel	H41+	00:23:23	01:05:23	00:49:36	02:18:22
64	Schipper loont	Medemblik	Trio	00:20:40	01:03:02	00:55:02	02:18:44
65	Hans Groot	Lambertschaag	H41+	00:21:43	01:07:05	00:49:58	02:18:46
66	Debby Heynen	Obdam	D	00:18:12	01:06:36	00:54:12	02:19:00
67	Rob de Wolff	Hoorn	H41+	00:17:44	01:08:52	00:52:41	02:19:17
68	Wilco Stavenuiter	Winkel	H31-40	00:21:35	01:11:04	00:47:15	02:19:54
69	William Arts	Breukelen	H31-40	00:25:37	01:10:32	00:44:02	02:20:11
70	Team 130	Abbekerk	Trio	00:27:45	01:13:50	00:38:52	02:20:27
71	Bert Odie	Abbekerk	H41+	00:22:38	01:08:31	00:49:57	02:21:06
72	Vriestensen	Abbekerk	Trio	00:22:03	01:05:06	00:55:17	02:22:26
73	Paul van der Weiden	Amsterdam	H20-30	00:16:30	01:16:57	00:49:11	02:22:38
74	Het DKK team	Oppendoes	Trio	00:23:44	01:05:00	00:53:55	02:22:39
75	Robert Wiegmans	Naarden	H31-40	00:25:33	01:06:26	00:51:22	02:23:21
76	Jeroen Preijde	Heemstede	H31-40	00:21:28	01:14:04	00:48:34	02:24:06

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77	Liesbeth Lind	Twisk	D	00:22:18	01:10:29	00:51:39	02:24:26
78	Bouke Fennema	Britsum	H41+	00:22:07	01:06:43	00:55:38	02:24:28
79	Zwaan Senior	Opperdoes	Trio	00:24:38	01:02:28	00:57:55	02:25:01
80	Na de zomer	Abbekerk	Trio	00:25:31	01:21:35	00:38:19	02:25:25
81	Johan Baas	Wognum	H17-18-19	00:23:15	01:18:37	00:44:33	02:26:25
82	Jonna, Evert, Rita	Abbekerk	Trio	00:21:50	01:01:52	01:02:47	02:26:29
83	Samen Veertig	Abbekerk	Trio	00:20:36	01:15:32	00:50:42	02:26:50
84	The Flyers	Abbekerk	Trio	00:23:30	01:09:39	00:54:05	02:27:14
85	Buck Bouw	Hoorn	Trio	00:15:43	01:12:42	00:59:03	02:27:28
86	Christel Betten	Abbekerk	D	00:17:36	01:13:49	00:56:17	02:27:42
87	Leen Wegman	Zwaag	H41+	00:32:01	01:06:15	00:49:27	02:27:43
88	Ton van Dijk	Blokker	H31-40	00:22:02	01:18:11	00:47:59	02:28:12
89	Groot in het klein	Lambertschaag	Trio	00:21:24	01:12:57	00:53:59	02:28:20
90	Als de brandweer	Abbekerk	Trio	00:29:52	01:08:10	00:50:52	02:28:54
91	Betten en Co.	Abbekerk	Trio	00:23:06	01:08:55	00:56:54	02:28:55
92	Jolanda Schrijver	Twisk	D	00:18:43	01:13:13	00:57:15	02:29:11
93	De Spetters	Abbekerk	Trio	00:21:37	01:15:48	00:52:35	02:30:00
94	Chris Steensma	Tuitjenhorn	H31-40	00:23:17	01:13:21	00:53:49	02:30:27
95	Eddo van Duijn	Sassenheim	H41+	00:23:08	01:12:46	00:54:38	02:30:32
96	Willem Langendijk	Dronten	H41+	00:23:39	01:12:15	00:55:44	02:31:38
97	Samen sterker	Abbekerk	Trio	00:24:40	01:13:23	00:53:44	02:31:47
98	Johan Krommenhoek	Kortenhoef	H31-40	00:18:52	01:08:15	01:06:12	02:33:19
99	Jan Boos	Bovenkarspel	H41+	00:24:59	01:16:11	00:52:30	02:33:40
100	Tine Groenland	Ursem	D	00:22:36	01:18:27	00:53:51	02:34:54
101	Pietermel de Graaf	Hoorn	D	00:22:37	01:15:51	00:56:28	02:34:56
102	Trio Rossio	Abbekerk	Trio	00:24:16	01:14:26	00:56:38	02:35:20
103	Fred Wageningen	Anna Paulowna	H41+	00:24:13	01:12:51	00:58:19	02:35:23
104	Fernand Kruijer	Heerhugowaard	H20-30	00:21:13	01:13:47	01:00:37	02:35:37
105	Fam. Bijwaard	Abbekerk	Trio	00:21:30	01:07:04	01:08:06	02:36:40
106	Maarten Boschloo	Ameide	H41+	00:26:00	01:15:13	00:57:37	02:38:50
107	Team Hartog	Abbekerk	Trio	00:21:26	01:16:48	01:03:04	02:41:18
108	Lou Covert	Lambertschaag	H41+	00:27:09	01:20:15	00:54:55	02:42:19
109	Duinlopers	Lambertschaag	Trio	00:23:31	01:19:29	01:00:56	02:43:56
110	Matthy Klaveren	Heemskerk	H41+	00:27:04	01:13:08	01:03:48	02:44:00
111	Team K3	Abbekerk	Trio	00:21:09	01:22:24	01:03:31	02:47:04
112	Marjolein Verhart	Abbekerk	D	00:20:29	01:19:39	01:09:39	02:49:47
113	Marije, Tjarlie en Irene	Oostwoud	Trio	00:20:11	01:39:35	00:50:40	02:50:26
114	Duncan Muskiet	Abbekerk	H31-40	00:21:29	01:18:21	01:14:47	02:54:37
115	Dajo Rodrigo	Hilversum	H20-30	00:28:34	01:18:30	01:09:38	02:56:42
116	Frank Beetsma	Dronten	H41+	00:29:06	01:20:54	01:15:14	03:05:14
117	Dennis de Vries	Midwoud	H31-40	00:26:50	02:00:34	01:14:16	03:41:40