

23ste Kwarttriatlon Abbekerk, 3 september 2006

Plaats	Naam	Woonplaats	Categorie	Zwemtijd	Fietstijd	Looptijd	Eindtijd
1	Eelco van der Wind	HOORN	Heren	00:14:07	01:18:53	00:39:52	02:12:52
2	Michael Krijnen	SPANBROEK	Heren	00:13:27	01:21:07	00:40:17	02:14:51
3	Johan Vos	VOLENDAM	Heren	00:15:05	01:22:16	00:44:52	02:22:13
4	Ruud Degeling	ZWAAG	H.Mas	00:16:39	01:22:43	00:43:25	02:22:47
5	Jerre Veldman	ABBEKERK	Heren	00:15:09	01:24:38	00:45:43	02:25:30
6	Rick Janssen	DEN HELDER	Heren	00:14:57	01:26:18	00:44:33	02:25:48
7	Theo van der Fluit	NOORD-SCHARWOUDE	H.Mas	00:17:15	01:26:09	00:43:39	02:27:03
8	Marco Veerman	VOLENDAM	Heren	00:15:02	01:27:16	00:45:52	02:28:10
9	Bauke Ylstra	AMSTERDAM	H.Mas	00:15:16	01:26:33	00:46:22	02:28:11
10	Jan Boxsem	PURMEREND	H.Mas	00:15:06	01:26:08	00:50:00	02:31:14
11	Cor Edam	NOORDBEEMSTER	H.Mas	00:16:34	01:25:26	00:50:07	02:32:07
12	Yannick Lefèbvre	EDAM	Heren	00:17:24	01:29:55	00:45:49	02:33:08
13	Rob Marinus	HEERHUGOWAARD	H.Mas	00:15:23	01:29:30	00:49:02	02:33:55
14	William Kooy	ABBEKERK	H.Mas	00:18:43	01:28:20	00:47:07	02:34:10
15	Danny Pormes	Hoorn	Heren	00:15:00	01:30:03	00:49:30	02:34:33
16	Denny Roos	HOORN	H.Mas	00:15:01	01:25:32	00:54:52	02:35:25
17	Gerard Schouten	DELFT	Heren	00:19:37	01:28:23	00:47:47	02:35:47
18	Jan Smit	OPPERDOES	H.Mas	00:21:10	01:29:39	00:45:35	02:36:24
19	Hans Dinkelberg	HOORN	H.Mas	00:17:14	01:32:12	00:47:03	02:36:29
20	John Wittenberg	HOORN	H.Mas	00:15:09	01:32:22	00:50:09	02:37:40
21	Arjan de Beurs	ABBEKERK	Heren	00:18:49	01:28:41	00:50:20	02:37:50
22	Rene Huisman	HOORN	H.Mas	00:16:47	01:35:21	00:47:01	02:39:09
23	Ruud Boot	PURMEREND	H.Mas	00:15:26	01:37:57	00:45:46	02:39:09
24	Marion Visser	NOORD-SCHARWOUDE	Dames	00:15:25	01:34:11	00:50:10	02:39:46
25	Edwin de Vries	OOSTERBLOKKER	Heren	00:19:02	01:34:14	00:47:00	02:40:16
26	Hanne Hofmans	HEERHUGOWAARD	Dames	00:16:13	01:33:50	00:50:22	02:40:25
27	Hans Last	HOORN	H.Mas	00:19:42	01:35:20	00:45:27	02:40:29
28	Wim Edam	NOORDBEEMSTER	H.Mas	00:18:35	01:36:26	00:45:40	02:40:41
29	Bart van Rijn	JULIANADORP	Heren	00:19:44	01:36:01	00:45:45	02:41:30
30	Marc Bouwer	ALKMAAR	H.Mas	00:20:38	01:30:12	00:50:53	02:41:43
31	Helmus de Kruijff	OUDENDIJK	H.Mas	00:20:53	01:36:23	00:44:59	02:42:15
32	Michiel Mulder	HOORN	H.Mas	00:15:13	01:41:03	00:46:50	02:43:06
33	Robbert van Meulem	OOSTWOUDE	Heren	00:16:02	01:33:45	00:54:06	02:43:53
34	Peter de Boer	HEERHUGOWAARD	Heren	00:22:46	01:31:11	00:50:00	02:43:57
35	Nico Langedijk	MEDEMBLIK	Heren	00:21:04	01:34:40	00:48:32	02:44:16
36	Marcel Stroet	WERVERSHOOF	H.Mas	00:13:50	01:35:34	00:55:28	02:44:52
37	Clemens Beemsterboer	ABBEKERK	H.Mas	00:20:35	01:34:32	00:49:56	02:45:03
38	Liesbeth Lind	TWISK	Dames	00:20:13	01:35:02	00:50:02	02:45:17
39	Bernard Lind	TWISK	H.Mas	00:23:04	01:34:26	00:48:33	02:46:03
40	Jacques Beemsterboer	HOORN	H.Mas	00:18:30	01:37:49	00:50:23	02:46:42
41	Philippe Terheggen	BILTHOVEN	H.Mas	00:19:04	01:35:04	00:54:10	02:48:18
42	C.n.m. Groenland	OBDAM	H.Mas	00:15:54	01:41:22	00:51:52	02:49:08
43	Tonnie Deckers	HOORN	Dames	00:16:44	01:40:58	00:51:53	02:49:35
44	Wilco van Warmerdam	ABBEKERK	Heren	00:20:16	01:36:29	00:53:18	02:50:03
45	Bert Odie	ABBEKERK	H.Mas	00:22:43	01:35:49	00:52:21	02:50:53
46	Henny Tol	HOORN	H.Mas	00:20:16	01:31:39	01:00:19	02:52:14
47	Siemen Loos	WADWAY	Heren	00:21:22	01:38:33	00:53:14	02:53:09
48	Cor Kruse	LELYSTAD	H.Mas	00:22:07	01:34:48	00:56:18	02:53:13
49	Henk Wijbenga	HOORN	H.Mas	00:23:08	01:35:24	00:54:42	02:53:14
50	Pieter de Graaf	HOORN	Dames	00:19:35	01:39:52	00:54:37	02:54:04
51	Dave Dolleman	ABBEKERK	Heren	00:20:10	01:34:10	01:00:12	02:54:32
52	Jelte Bosma	ABBEKERK	Heren	00:21:26	01:39:15	00:54:18	02:54:59
53	Tymen de Haan	HOOGWOUDE	Heren	00:21:18	01:35:04	00:58:49	02:55:11
54	Ruud Haanstra	ABBEKERK	H.Mas	00:23:08	01:45:37	00:46:36	02:55:21
55	Pierre Groenland	URSEM	H.Mas	00:24:52	01:42:39	00:48:00	02:55:31
56	Hans Groot	LAMBERTSCHAAG	H.Mas	00:22:52	01:39:14	00:53:52	02:55:58
57	Gerben Konijn	SLOOTDORP	Heren	00:18:31	01:33:25	01:08:43	03:00:39
58	Johan Baas	WOGNUM	Heren	00:23:04	01:53:37	00:44:54	03:01:35
59	Christel Betten	ABBEKERK	Dames	00:18:14	01:43:46	01:00:01	03:02:01
60	Michiel van der Ham	MIDWOUDE	Heren	00:20:30	01:44:07	01:02:46	03:07:23
61	Gerrit Burggraaf	ABBEKERK	H.Mas	00:23:00	01:45:22	00:59:02	03:07:24
62	Tom van der Linden	ABBEKERK	Heren	00:20:14	01:42:57	01:04:28	03:07:39
63	Cock van Duin	UITGEEST	H.Mas	00:27:28	01:44:39	00:56:57	03:09:04
64	Rita van Duin	UITGEEST	Dames	00:23:39	01:50:22	00:59:17	03:13:18
65	Jan Scholten	WEESP	H.Mas	00:22:32	01:50:48	01:00:05	03:13:25
66	Gerard Jan van Lijnen						
66	Noomen	ABBEKERK	Heren	00:19:22	01:54:18	01:00:52	03:14:32
67	Tine Groenland	URSEM	Dames	00:22:53	01:55:55	00:57:33	03:16:21
68	Bouke Fennema	BRITSUM	H.Mas	00:20:44	01:53:29	01:02:31	03:16:44
69	Robbert Mol	WIERINGERWERF	Heren	00:20:27	01:51:57	01:04:28	03:16:52
70	Van Assema		0 H.Mas	00:25:40	01:51:16	01:00:17	03:17:13

Sheet1

71	Anton Douwes	ALMERE	Heren	00:29:09	01:49:18	01:04:51	03:23:18
72	Duncan Muskiet	ABBEKERK	Heren	00:20:40	01:53:06	01:10:36	03:24:22
73	Frank Detmers	NIBBIXWOUD	Heren	00:22:11	01:51:42	01:14:41	03:28:34
74	Marjolein Verhart	ABBEKERK	Dames	00:22:43	01:54:09	01:11:47	03:28:39
75	Mark Ohr	PURMEREND	Heren	00:23:15	02:11:13	01:06:30	03:40:58
76	Camiel Verberne	AMSTERDAM	Heren	00:23:15	02:12:22	01:09:23	03:45:00
77	Olof Huiberts	TWISK	H.Mas				
78	Robbert Middelburg	HOORN	Heren				
79	Wolter Jonkman	HOORN	Heren	00:17:46	01:38:31		

1/8 triatlon Abbekerk, 3 september 2006

Plaats	Naam	Woonplaats	Categorie	Zwemtijd	Fietstijd	Looptijd	Eindtijd
1	Richard Geijteman	GORREDIJK	Heren	0:07:43	0:44:37	0:22:15	1:14:35
2	Tobias Meester	NIBBIXWOUD	Heren	0:07:38	0:45:32	0:25:37	1:18:47
3	Gert Jan Smit	ZWAAG	Heren	0:10:10	0:45:54	0:25:18	1:21:22
4	Marco Polm	ALKMAAR	Heren	0:07:46	0:50:08	0:25:30	1:23:24
5	Alexander Reddering	DE GOORN	Heren	0:09:35	0:47:42	0:26:19	1:23:36
6	Louise Groot	LAMBERTSCHAAG	Dames	0:10:04	0:49:51	0:24:49	1:24:44
7	Cees Valkenburg	HOEVELAKEN	Heren	0:11:01	0:46:10	0:28:53	1:26:04
8	Anke Smit	HOEVELAKEN	Dames	0:08:53	0:51:03	0:27:12	1:27:08
9	Wilma Bakker	NIEUWE NIEDORP	Dames	0:09:07	0:52:11	0:26:55	1:28:13
10	Mariska Bouwer-Vredenburg	ALKMAAR	Dames	0:09:31	0:53:45	0:25:07	1:28:23
11	Maryvonne van den Berg	ALMERE	Dames	0:07:33	0:51:21	0:30:41	1:29:35
12	Cees Luttkhuizen	HEERHUGOWAARD	Heren	0:11:32	0:51:55	0:26:45	1:30:12
13	Vincent Bouwer	ALKMAAR	Heren	0:10:48	0:53:59	0:29:15	1:34:02
14	Eric Molenaar	Hoorn	Heren	0:11:21	0:57:26	0:25:33	1:34:20
15	Bart Jacobs	AMSTERDAM	Heren	0:11:16	0:57:04	0:26:26	1:34:46
16	Margreth de Vries	ABBEKERK	Dames	0:10:08	0:56:24	0:28:56	1:35:28
17	Monique c. Bankras	DE WEERE	Dames	0:12:00	0:58:35	0:28:17	1:38:52
18	Nelis Bakker	HEERHUGOWAARD	Heren	0:13:49	0:53:09	0:32:23	1:39:21
19	Marieke Walter	ALKMAAR	Dames	0:10:19	1:01:25	0:30:41	1:42:25
20	Inge de Beurs	ABBEKERK	Dames	0:11:22	1:00:01	0:31:44	1:43:07
21	Esther v/d Linden	ABBERK	Dames	0:11:56	1:01:21	0:30:21	1:43:38
22	Laura Kooy-Verhart	ABBEKERK	Dames	0:11:54	0:57:54	0:33:54	1:43:42
23	Ria de Jong	WEESP	Dames	0:13:27	1:02:54	0:32:24	1:48:45
24	Lilian Soerotomo	ABBEKERK	Dames	0:13:47	1:06:10	0:33:47	1:53:44
25	Annette Vogelsang	MEDEMBLIK	Dames	0:08:41	1:08:26	0:42:23	1:59:30

Minitriatlon Jeugd Abbekerk, 3 september 2006

Plaats	Naam	Woonplaats	Zwentijd	Fietstijd	Looptijd	Totaaltijd
1	Bas de Wit	ABBEKERK	0:04:40	0:24:02	0:09:10	0:37:52
2	Colin Meijners	ABBEKERK	0:05:08	0:24:01	0:09:17	0:38:26
3	Boris de Wit	ABBEKERK	0:04:45	0:24:20	0:10:25	0:39:30
4	Kay Schipper	MEDEMBLIK	0:06:29	0:23:28	0:10:56	0:40:53
5	Rob Stuyt	LAMBERTSCHAAG	0:05:11	0:24:44	0:11:32	0:41:27
6	Rik Schipper	MEDEMBLIK	0:06:21	0:23:25	0:12:23	0:42:09
7	Mark Bijwaard	ABBEKERK	0:05:11	0:23:59	0:14:15	0:43:25
8	Mieke Commandeur	ABBEKERK				

23ste Kwarttriatlon Abbekerk, 3 september 2006

Plaats	Naam	Woonplaats	Categorie	Zwemtijd	Fietstijd	Looptijd	Eindtijd
1	Team Amsterdam1	AMSTERDAM	Trio	00:17:23	01:15:02	00:36:24	02:08:49
2	De rouwdouwers	TWISK	Trio	00:17:19	01:18:51	00:42:59	02:19:09
3		44,9 WOGNUM	Trio	00:14:27	01:28:37	00:39:36	02:22:40
4	Ruim 100	ENKHUIZEN	Trio	00:16:22	01:26:55	00:40:07	02:23:24
5	Drie IsGenoeg	ABBEKERK	Trio	00:13:48	01:29:56	00:44:12	02:27:56
6	de Happy Skreppies Team van Utrecht tot	Lambertschaag	Trio	00:21:49	01:17:37	00:50:00	02:29:26
7	Nibbixwoud	AMSTERDAM	Trio	00:16:20	01:28:56	00:44:28	02:29:44
8	Joli	AMSTERDAM	Trio	00:17:18	01:30:33	00:42:50	02:30:41
9	Fietser Gezocht?!	ABBEKERK	Trio	00:16:48	01:24:07	00:50:22	02:31:17
10	Kerkstraat Wognum	WOGNUM	Trio	00:17:15	01:29:38	00:45:29	02:32:22
11	Boekelbosch	ABBEKERK	Trio	00:20:22	01:31:14	00:44:18	02:35:54
12	Vangnet	HOORN	Trio	00:19:52	01:32:15	00:45:55	02:38:02
13	Bestro	DE WEERE	Trio	00:16:53	01:34:16	00:47:32	02:38:41
14	De3zwaantjes	OPPERDOES	Trio	00:20:02	01:31:04	00:48:20	02:39:26
15	De Zwagers	ALKMAAR	Trio	00:19:50	01:32:03	00:48:27	02:40:20
16	Jong Belegen	MIDWOUD	Trio	00:18:47	01:35:15	00:48:31	02:42:33
17	Leegwater	BROEK OP LANGEDIJK	Trio	00:23:37	01:31:48	00:47:51	02:43:16
18	Te Land, Te Water En Te	WIERINGERWAAR					
18	Kort Lucht3	D	Trio	00:16:02	01:35:54	00:53:41	02:45:37
19	Team Amsterdam3	AMSTERDAM	Trio	00:19:40	01:32:39	00:53:29	02:45:48
20	Daar GaanZe Weer...	ABBEKERK	Trio	00:16:12	01:37:23	00:55:31	02:49:06
21	Bovenkarspelers	BOVENKARSPHEL	Trio	00:22:15	01:37:32	00:49:37	02:49:24
22	T Winners	ZAANDAM	Trio	00:20:58	01:43:04	00:45:50	02:49:52
23	Team TegenJanT.t.j	MEDEMBLIK	Trio	00:19:41	01:39:06	00:51:58	02:50:45
24	Super MarioJos	ABBEKERK	Trio	00:22:29	01:33:57	00:55:51	02:52:17
25	De Lange Odie	Abbekerk	Trio	00:25:30	01:41:56	00:45:15	02:52:41
26	Nieman EnVrouwen	ABBEKERK	Trio	00:19:45	01:40:07	00:54:43	02:54:35
27	De Hobbyisten	ABBEKERK	Trio	00:23:35	01:37:35	00:54:36	02:55:46
28	Flyers	NEDERHORST DEN BERG	Trio	00:24:07	01:37:46	00:55:02	02:56:55
29	Nooy nooy &Nooy	OUDORP	Trio	00:16:27	01:37:01	01:04:19	02:57:47
30	Spierpijn	TWISK	Trio	00:27:54	01:36:17	00:53:54	02:58:05
31	De Spetters	ABBEKERK	Trio	00:20:17	01:46:47	00:53:01	03:00:05
32	"de Lange" V/d	NOORD- SCHARWOUDE	Trio	00:16:00	01:48:28	00:56:32	03:01:00
33	Hoventjes	ABBEKER	Trio	00:22:22	01:36:57	01:02:01	03:01:20
34	Gymnasten	NOORDSCHARWO UDE	Trio	00:25:15	01:51:49	00:49:28	03:06:32
35	Wimmen	ABBEKERK	Trio	00:19:22	01:58:25	00:52:00	03:09:47
36	Jenever WalkAlone	HOORN	Trio	00:22:35	01:45:31	01:02:03	03:10:09
37	Trio Rossio	ABBEKERK	Trio	00:22:37	01:48:36	00:59:41	03:10:54
38	Team Hartog-Snel	ABBEKERK	Trio	00:23:50	01:45:45	01:04:05	03:13:40
39	Alleswent	Abbekerk	Trio	00:19:45	01:59:00	00:57:15	03:16:00
40	Duinlopers	LAMBERTSCHAAG	Trio	00:23:47	01:50:41	01:02:23	03:16:51
41	Kwik,kwek,kwak	ABBEKERK	Trio	00:22:57	01:50:04	01:03:57	03:16:58
42	Jong, Snel en Wild	ABBEKERK	Trio	00:19:20	02:06:33	00:54:03	03:19:56
43	Wij Wel	TWISK	Trio	00:25:18	02:09:51	00:47:57	03:23:06
44	TZN	LAMBERTSCHAAG	Trio	00:23:43	01:58:57	01:07:50	03:30:30
45	DEKKER-OUDEMAN	BLOKKER	Trio				
46	So ken 't ok	ABBEKERK	Trio				