

Naam	Serie	Leeftijd	Zwemmen	Lopen	Totaal	Teamnaam
Jongens Aspiranten 200m zwemmen 1,6 km lopen						
Senna Plasschaert	1	9	00:03:51	00:07:19	00:11:10	
Rick van der Knaap	1	11	00:03:52	00:07:24	00:11:16	
Lennart Boogaard	1	10	00:03:36	00:08:21	00:11:57	
Kick Meijndert	1	12	00:04:35	00:11:11	00:15:46	
Jochem Engelberts	1	12	00:04:19	00:13:18	00:17:37	
Sebastian Krijtenburg	1	13	00:04:16	00:13:23	00:17:39	
Robin Versteeg	1	12	00:05:44	00:12:35	00:18:19	
Meisjes Aspiranten 200m zwemmen 1,6 km lopen						
Tamar Veltman	1	12	00:03:09	00:07:00	00:10:09	
Eline Dankelman	1	13	00:03:00	00:07:55	00:10:55	
Femke Panjer	1	13	00:03:02	00:08:10	00:11:12	
Selina Franken	1	10	00:04:07	00:07:17	00:11:24	
Sophie Faveaux	1	9	00:03:27	00:09:44	00:13:11	
Elise Versteeg	1	10	00:06:06	00:13:29	00:19:35	
Jongens Jeugd 500m zwemmen 4,8 km lopen						
Thomas Engelberts	1	15	00:10:36	00:24:45	00:35:21	
Daan van Dieperbeek	1	15	00:12:50	00:28:13	00:41:03	
Heren Junioren A 500m zwemmen 4,8 km lopen						
Stefan van de Berg	2	19	00:06:44	00:19:28	00:26:12	
Dames Junioren A 500m zwemmen 4,8 km lopen						
Marije Dankelman	2	18	00:06:42	00:20:14	00:26:56	
Heren Junioren B 500m zwemmen 4,8 km lopen						
Niels Dokter	2	17	00:06:15	00:19:04	00:25:19	
Lars van der Knaap	2	16	00:06:49	00:18:40	00:25:29	
Victor Goené	2	16	00:07:27	00:21:27	00:28:54	
Stefan Zondervan	1	16	00:09:19	00:20:14	00:29:33	
Heren Overall 500m zwemmen 4,8 km lopen						
Leander van Diggelen	2	27	00:06:30	00:17:58	00:24:28	
Marijn Geurken	2	30	00:07:10	00:17:32	00:24:42	
Sjoerd Post	2	31	00:06:16	00:19:49	00:26:05	
Laurens van Roomen	2	21	00:07:08	00:19:24	00:26:32	
Bart van der Wal	2	38	00:07:17	00:19:52	00:27:09	
Sven Duits	2	37	00:08:20	00:18:51	00:27:11	
Joris Regtien	2	22	00:07:14	00:23:27	00:30:41	
Patrick Kok	1	38	00:08:51	00:23:43	00:32:34	
Rogier van Keulen	2	28	00:07:28	00:27:14	00:34:42	
Raymond Onderstal	1	34	00:08:48	00:26:02	00:34:50	
Gjalt Landman	1	36	00:09:17	00:25:37	00:34:54	
Tim Gras Gras	1	34	00:11:30	00:27:36	00:39:06	
Bart Holleman	1	34	00:12:35	00:28:31	00:41:06	
Dames Overall 500m zwemmen 4,8 km lopen						
Annemarie Rustenburg	1	25	00:08:51	00:22:52	00:31:43	
Floor Weusthof	1	29	00:08:23	00:23:40	00:32:03	
Agnes Vosselman	2	32	00:08:33	00:23:42	00:32:15	
Fiona Mirea	1	22	00:09:49	00:23:57	00:33:46	
Suzanne Vaessen-Vliegen	1	31	00:08:48	00:25:29	00:34:17	
Joyce Vermeulen-Hutten	1	35	00:09:23	00:25:17	00:34:40	
Susan Veldhuis	2	32	00:07:17	00:27:55	00:35:12	
Linda Harleman	2	37	00:08:36	00:27:14	00:35:50	
Daniëlle Blomsma	1	25	00:11:42	00:25:24	00:37:06	
Suus Harms	1	30	00:10:46	00:26:33	00:37:19	
Floor Sorgdrager	2	28	00:08:29	00:31:47	00:40:16	
Simone Lakeman	2	29	00:07:44	00:32:35	00:40:19	
Martine Staal	1	28	00:10:39	00:30:34	00:41:13	
Annette Vogelsang	2	31	00:07:37	00:37:26	00:45:03	

Heren Masters 40+ 500m zwemmen 4,8 km lopen

Mathijm Wassink	2	42	00:06:55	00:20:20	00:27:15
Remco Plasschaert	2	45	00:07:23	00:20:05	00:27:28
Agnus Gerringa	2	44	00:07:16	00:22:21	00:29:37
Peter Denekamp	2	44	00:07:18	00:23:00	00:30:18
Bob Schepers	2	48	00:08:28	00:22:33	00:31:01
Patrick Groen	1	44	00:11:53	00:26:14	00:38:07
Michel van Velsen	1	47	00:08:54	00:30:48	00:39:42
Toon Engelberts	1	44	00:12:47	00:30:11	00:42:58

Dames Masters 40+ 500m zwemmen 4,8 km lopen

Linda van Wely	2	47	00:07:38	00:20:48	00:28:26
Angelique Wolsing	1	48	00:09:35	00:23:31	00:33:06
Nicky van Bruggen-Porsius	2	49	00:08:20	00:26:13	00:34:33
Charlotte Bekken	1	49	00:10:56	00:24:30	00:35:26
Babette Jongman	1	45	00:09:36	00:27:00	00:36:36
Miranda Straetemans	2	41	00:08:19	00:29:01	00:37:20
Roos Schoutsen	1	40	00:11:10	00:26:19	00:37:29
Angelina Kuijpers	1	47	00:11:10	00:26:51	00:38:01
Lineke Peters	1	48	00:11:49	00:30:04	00:41:53
Sonja Kowalski	1	49	00:12:29	00:31:12	00:43:41
Jose Tjihuis	1	48	00:09:44	00:34:16	00:44:00
Elisabeth Krijtenburg	1	47	00:12:12	00:33:08	00:45:20

Heren Masters 50+ 500m zwemmen 4,8 km lopen

Han Wolsing	2	50	00:09:02	00:18:15	00:27:17
Rudolf Meijer	2	55	00:07:20	00:24:38	00:31:58
Ronald de Jong	2	56	00:09:08	00:23:47	00:32:55
Jan Fidder	1	52	00:09:56	00:23:29	00:33:25
Stéphane Ramuzat	1	52	00:09:41	00:25:46	00:35:27
Gerard Oomen	2	55	00:07:45	00:28:00	00:35:45
Harry van Keulen	1	56	00:09:38	00:32:01	00:41:39

Dames Masters 50+ 500m zwemmen 4,8 km lopen

Regina Homan	1	59	00:12:51	00:23:45	00:36:36
Ingeborg van Dijke	1	55	00:11:17	00:33:08	00:44:25

Heren Masters 60+ 500m zwemmen 4,8 km lopen

Wiep Waal	1	70	00:09:30	00:29:34	00:39:04
Peter Hendriksen	1	62	00:14:26	00:26:49	00:41:15

Dames Masters 60+ 500m zwemmen 4,8 km lopen

Tineke van Diggelen	2	63	00:09:50	00:25:44	00:35:34
Els Gies	1	64	00:12:54	00:28:30	00:41:24

Heren Overall 1000m zwemmen 9,6 km lopen

Vincent Bohm	3	31	00:12:51	00:35:00	00:47:51
Rik Linssen	3	31	00:12:52	00:35:16	00:48:08
Peter Res	3	37	00:15:25	00:33:49	00:49:14
Vincenz Frey	3	32	00:14:53	00:34:41	00:49:34
Sjoerd Veltman	3	38	00:13:49	00:36:36	00:50:25
Chris Seijger	3	29	00:15:35	00:34:56	00:50:31
Jeroen Leuverink	3	29	00:12:48	00:38:03	00:50:51
Daniel Nagel	3	37	00:14:53	00:36:07	00:51:00
Joost Christiaans	3	35	00:15:28	00:36:01	00:51:29
Koen Overmars	2	39	00:15:55	00:36:09	00:52:04
Leon van Hamersveld	3	27	00:14:14	00:38:27	00:52:41
Coen Smiers	2	26	00:16:42	00:36:51	00:53:33
Geert Lantink	3	29	00:12:28	00:41:06	00:53:34
Jeroen Gijzen	2	31	00:16:41	00:37:22	00:54:03
Jochem Duijnhoven	2	34	00:16:58	00:37:52	00:54:50
Robert van der Toorn	2	38	00:17:20	00:38:05	00:55:25
Ronald Prins	3	31	00:14:50	00:40:36	00:55:26
Thijs Kampen	3	25	00:16:38	00:39:12	00:55:50

Joost van den Broek	2	24	00:17:21	00:39:07	00:56:28
Wilco Steenwijk	3	35	00:15:41	00:40:50	00:56:31
Bart Timmermans	2	25	00:17:00	00:39:38	00:56:38
Sjoerd Wever	2	34	00:16:57	00:39:43	00:56:40
Bastiaan de Kooter	1	36	00:18:55	00:38:07	00:57:02
Leon van Doornik	3	38	00:13:28	00:43:52	00:57:20
Anne Leskens	2	33	00:16:57	00:43:39	01:00:36
Dennis Coorn	1	32	00:21:09	00:39:31	01:00:40
Roel Christis	2	36	00:18:33	00:42:34	01:01:07
Roland van Veen	1	34	00:19:15	00:41:59	01:01:14
Rik Top	1	31	00:17:41	00:44:01	01:01:42
Albert Kreeft	2	31	00:16:52	00:45:14	01:02:06
Pascal schonis	1	35	00:18:14	00:44:05	01:02:19
Dimitri Henry	1	29	00:19:06	00:43:22	01:02:28
Hugo de Munnik	1	34	00:19:40	00:45:10	01:04:50
Leon Versteeg	1	38	00:19:55	00:47:36	01:07:31
Karel schrijvers	1	34	00:19:15	00:49:15	01:08:30
Daan Vreeswijk	1	30	00:21:41	00:49:30	01:11:11
Maarten Borgers	1	35	00:18:07	Uitgestapt	
Hugo Hodselmans	1	33	00:21:55	Uitgestapt	

Dames Overall 1000m zwemmen 9,6 km lopen

Sandra Wassink-Hitzert	3	38	00:13:56	00:37:40	00:51:36
Jony Heerink	3	29	00:14:10	00:37:50	00:52:00
Heleen van der Meijden	2	31	00:16:19	00:37:19	00:53:38
Jorieke Casteleijn	2	30	00:15:46	00:38:15	00:54:01
Trudy Veenstra	3	24	00:15:44	00:38:41	00:54:25
Henriëke Prins	2	29	00:16:15	00:38:55	00:55:10
Sonja Jaarsveld	3	36	00:15:24	00:40:36	00:56:00
Hanne Boogaard-Hofmans	2	39	00:16:47	00:39:37	00:56:24
Nicole Voet	3	32	00:15:34	00:41:13	00:56:47
Bernadette Lohmann	3	35	00:15:00	00:43:28	00:58:28
Anne Stellaard	2	28	00:16:50	00:41:48	00:58:38
Saskia Veerman	2	34	00:17:00	00:41:50	00:58:50
Ann Schoot Uiterkamp	1	30	00:19:21	00:40:06	00:59:27
Daniëlle Vermeulen	3	24	00:14:11	00:45:39	00:59:50
Germijn Heijnen	3	37	00:14:34	00:45:27	01:00:01
Tessa Linssen	3	28	00:16:16	00:44:03	01:00:19
Lotte van Meurs	2	34	00:15:24	00:47:05	01:02:29
Linda de Boer	2	25	00:17:57	00:47:33	01:05:30
Patricia Kracht	2	28	00:16:08	00:50:34	01:06:42
Sabina Majoor	1	35	00:17:34	00:50:32	01:08:06
Francesca Ehmig	1	28	00:19:51	00:51:20	01:11:11
Eline Koers	2	28	00:16:24	Uitgestapt	
Sarah Freytag	3	29	00:14:50	Uitgestapt	

Heren Masters 40+ 1000m zwemmen 9,6 km lopen

Cees Colijn	3	40	00:14:17	00:35:38	00:49:55
Bob de Vries	3	49	00:13:24	00:36:39	00:50:03
Michel Besseling	3	41	00:16:20	00:35:35	00:51:55
Vincent Beijck	2	41	00:16:14	00:35:52	00:52:06
Robert Mijwaart	3	47	00:15:34	00:37:13	00:52:47
Arie Nimberg	3	40	00:15:32	00:37:38	00:53:10
Wouter Zondervan	3	48	00:16:30	00:38:04	00:54:34
Ruud Kamp	3	45	00:15:30	00:39:29	00:54:59
Ruben van Duren	3	40	00:15:33	00:39:40	00:55:13
Joeri Overman	1	40	00:18:09	00:37:06	00:55:15
Piet van Tuijl	2	47	00:16:28	00:39:16	00:55:44
Theo Bult	2	40	00:17:22	00:39:06	00:56:28
Mark Lodewijks	2	49	00:15:54	00:40:54	00:56:48
Paul Lebouille	3	45	00:16:18	00:41:56	00:58:14
Remco Larooij	2	43	00:16:13	00:42:23	00:58:36
Hans Melgers	1	44	00:16:55	00:42:30	00:59:25
Martin Broodman	1	43	00:17:54	00:43:36	01:01:30
Tino van de Pol	1	43	00:22:15	00:40:50	01:03:05

Frank van de Werff	2	45	00:16:14	00:47:16	01:03:30
Bram Verbout	3	42	00:15:37	00:48:52	01:04:29
Olav Wilke	2	43	00:15:50	00:51:30	01:07:20
Robert Teunisse	1	44	00:20:22	00:48:14	01:08:36
Wessel Troost	1	42	00:18:17	00:56:28	01:14:45
Hans Bosman	1	49	00:22:08	00:53:17	01:15:25
Roel Versteeg	3	45	00:16:26	00:59:46	01:16:12
Peter Deege	3	44	00:13:31	Uitgestapt	

Dames Masters 40+ 1000m zwemmen 9,6 km lopen

Hilly Panjer	2	47	00:16:41	00:41:27	00:58:08
Welmoed Meindersma	1	43	00:16:59	00:44:59	01:01:58
Jeannette Lebouille	2	45	00:17:45	00:49:57	01:07:42
Martien van Rijn	1	49	00:19:00	00:49:01	01:08:01
Mariska van Wengen	2	48	00:16:53	00:52:36	01:09:29
Sandra van Lieshout	1	44	00:19:33	01:02:36	01:22:09
Nicole Bakker Schut	2	46	00:20:56	01:02:52	01:23:48

Heren Masters 50+ 1000m zwemmen 9,6 km lopen

Peter Vocking	3	50	00:16:29	00:36:28	00:52:57
Ruud Kuipers	3	51	00:17:08	00:38:40	00:55:48
Wilibrold Vos	2	51	00:16:28	00:40:24	00:56:52
Gert Hardeman	3	52	00:15:31	00:45:12	01:00:43
Erwin Alebregtse	1	52	00:16:07	00:46:56	01:03:03
John Stevens	3	50	00:15:21	00:48:02	01:03:23
Karel Doest	2	53	00:19:10	00:45:21	01:04:31
Frans Cortenbach	2	51	00:18:22	00:46:09	01:04:31
Gerard Brouwer	2	53	00:17:54	00:48:07	01:06:01
Michel Mulder	2	56	00:16:15	00:49:55	01:06:10
Rene Bosman	1	53	00:18:59	00:47:32	01:06:31
Hans Tijhuis	1	51	00:20:12	00:46:36	01:06:48
Eibert Leusink	2	56	00:17:20	00:51:50	01:09:10
Dick van Stegeren	2	54	00:16:21	00:53:16	01:09:37
Anton Pluim	1	50	00:19:18	00:52:58	01:12:16
Geerlof den Hartogh	1	57	00:20:00	00:53:22	01:13:22
Philippe Terheggen	1	58	00:20:07	00:54:35	01:14:42
Rene Wokke	1	54	00:22:07	00:54:09	01:16:16
Titus Blom	1	50	00:28:06	00:49:52	01:17:58
Wim Huijsman	1	50	00:20:17	01:01:50	01:22:07
Jacko van der Windt	1	51	00:25:14	00:59:25	01:24:39

Dames Masters 50+ 1000m zwemmen 9,6 km lopen

Marinka van der Zwet	3	50	00:15:27	00:51:59	01:07:26
Wil Jansen	1	55	00:20:25	00:54:16	01:14:41
Yvonne Hogenkamp	1	52	00:22:32	00:52:46	01:15:18

Heren Masters 60+ 1000m zwemmen 9,6 km lopen

mink Zeilstra	2	68	00:17:03	00:46:04	01:03:07
Hans van Oort	2	63	00:16:16	00:47:11	01:03:27
Hans Bos	1	60	00:22:30	00:42:57	01:05:27
Jos Vreeswijk	1	61	00:22:24	00:48:47	01:11:11

DUO 200 200m zwemmen 1,6 km lopen

Demian Schimmel	1	11	00:03:01	00:07:08	00:10:09	Team Bouwbedrijf Van Hoeijen
Isa van Sintemaartensdijk		10				Team Bouwbedrijf Van Hoeijen
Selena Telder	1	10	00:05:20	00:07:52	00:13:12	Dubbel Bubble
Joyce Bakker Schut		10				Dubbel Bubble

DUO 500 500m zwemmen 4,8 km lopen

Emily van den Ende	2	18	00:08:03	00:19:07	00:27:10	De Haaien
Tom van den Ende		17				De Haaien
Ingrid Bruinink	2	29	00:07:31	00:21:36	00:29:07	LenteUitjes
Egbert Hazeleger		30				LenteUitjes
Anika van Gessel	2	17	00:07:31	00:22:53	00:30:24	De gesseltjes
Caitlin van Gessel		19				De gesseltjes

Elisabeth Lorenzo Lorenzo	1	35	00:09:52	00:21:26	00:31:18	De Laatste
Michael van der Heijden		28				De Laatste
Arthur Oosterhof	1	19	00:09:15	00:22:20	00:31:35	Team Oosterhof
Henk Oosterhof		54				Team Oosterhof
Mendy Koo	2	16	00:07:43	00:25:05	00:32:48	DUO-PENOTTI
Femke Kuiper		16				DUO-PENOTTI
Frits Bruinink	2	60	00:09:34	00:24:02	00:33:36	KeiBoeskool
Anthony Tijssen		32				KeiBoeskool
Hester Meijer	2	17	00:09:02	00:26:50	00:35:52	Zoeffff
Merel Meijer		14				Zoeffff
Johan van Wieringen	1	56	00:08:26	00:27:54	00:36:20	wiercort
Willy Cortus		49				wiercort

DUO 1000 1000m zwemmen 4,8 km lopen

Richard Huisken	3	30	00:12:56	00:37:08	00:50:04	Huisken & Huisken
Michel Huisken		34				Huisken & Huisken
Mirte Drijfhout	2	25	00:16:54	00:39:26	00:56:20	M&M
Mathijs Höster		27				M&M
Tessa Struis	1	19	00:17:29	00:44:00	01:01:29	Teski
Skip Waccarie		23				Teski
Bas Misset	2	41	00:18:20	00:45:50	01:04:10	Hesselink-Misset
Maarten Hesselink		38				Hesselink-Misset
Teun van Spriel	3	75	00:21:04	00:58:04	01:19:08	Abc
Martin van Westerlaak		67				Abc