



Stiens
Zaterdag
30 JUNI
2012

ROC FRIESE POORT
Triathlon Friesland
Tevens Kampioenschap Noord-Nederland

Kwart Individueel

				Zwemmen	Fietsen	Lopen	Totaal	Achter	
1.	92	Stefan van der Pal	Leeuwarden	H30+	15:09 (1)	1:05:32 (2)	38:22 (2)	1:59:04	
2.	18	Richard de Groot	SCHIEDAM	H40+	15:50 (3)	1:06:36 (5)	37:10 (1)	1:59:37	00:32
3.	4	René Poppe	ZWOLLE	H40+	16:16 (6)	1:06:08 (4)	39:13 (3)	2:01:37	02:32
4.	67	Tiedo Tinga	BOLSWARD	H30+	16:21 (7)	1:05:22 (1)	41:19 (7)	2:03:03	03:58
5.	32	Menno Iedema	Drachten	H40+	15:41 (2)	1:06:46 (6)	41:07 (5)	2:03:35	04:31
6.	81	Hans Schaaper	HEEMSKERK	H40+	16:32 (9)	1:05:59 (3)	41:15 (6)	2:03:46	04:41
7.	94	Jacob Veenstra	Groningen	H30+	16:11 (4)	1:08:10 (13)	41:04 (4)	2:05:27	06:22
8.	5	Erik Bloklander	ALMERE	H50+	16:55 (10)	1:06:54 (7)	42:43 (10)	2:06:32	07:27
9.	37	Ruud van den Broek	LOOSDRECHT	H50+	17:20 (11)	1:08:09 (12)	44:03 (14)	2:09:33	10:28
10.	51	Tom Fokkens	ZEEWOLDE	H20+	19:31 (24)	1:08:00 (11)	42:42 (9)	2:10:14	11:09
11.	123	Lizette van der Vegt	GRONINGEN	D30+	16:14 (5)	1:10:53 (20)	43:17 (12)	2:10:25	11:20
12.	15	Paul Nieuwenhuizen	SCHOORL	H30+	19:56 (27)	1:07:30 (9)	44:02 (13)	2:11:30	12:25
13.	78	Marcel ten Wolde	GRONINGEN	H40+	18:31 (15)	1:10:12 (16)	42:59 (11)	2:11:42	12:38
14.	68	Peter van Ravenswaaij	GRONINGEN	H50+	17:50 (13)	1:13:13 (28)	41:45 (8)	2:12:49	13:44
15.	75	Edser Kuiper	DRONRIJP	H40+	16:25 (8)	1:10:21 (17)	48:19 (30)	2:15:06	16:01
16.	3	Marco Douma	JOURE	H40+	23:38 (65)	1:07:25 (8)	44:07 (15)	2:15:11	16:06
17.	44	Lex Kiewied	NES	H30+	21:14 (40)	1:09:38 (15)	44:26 (16)	2:15:18	16:13
18.	124	Esther de Vries	GRONINGEN	D40+	18:00 (14)	1:12:24 (24)	45:50 (20)	2:16:15	17:10
19.	46	Klaas Stielstra	STIENS	H30+	20:31 (33)	1:09:27 (14)	46:36 (22)	2:16:35	17:30
20.	2	Johan Bloemhof	BOLSWARD	H50+	19:08 (21)	1:12:24 (25)	46:41 (23)	2:18:13	19:08
21.	40	Patrick Melis	ZOETERMEER	H50+	18:42 (17)	1:07:30 (10)	52:28 (59)	2:18:41	19:36
22.	26	Eric Lammers	SNEEK	H40+	17:31 (12)	1:10:39 (19)	50:32 (47)	2:18:43	19:38
23.	11	Arjo Spans	ZWOLLE	H40+	21:02 (37)	1:10:25 (18)	48:26 (32)	2:19:54	20:49
24.	86	Samme Steenstra	JOURE	H40+	18:52 (20)	1:15:11 (34)	45:58 (21)	2:20:01	20:57
25.	12	Sjouke Venema	WAGENINGEN	H40+	18:47 (18)	1:14:54 (32)	47:00 (25)	2:20:42	21:37
26.	50	Alain Crottaz	WASSENAAR	H40+	21:22 (42)	1:15:11 (35)	45:05 (17)	2:21:39	22:35
27.	1	Wieger Boonstra	ENGELUM	H30+	19:46 (26)	1:12:35 (26)	49:52 (41)	2:22:14	23:09
28.	84	Siard Jongsma	GRONINGEN	H20+	20:50 (35)	1:11:56 (22)	49:41 (40)	2:22:28	23:23
29.	52	Marcel Dijkstra	BEDUM	H30+	21:12 (39)	1:16:35 (43)	45:14 (18)	2:23:02	23:57
30.	34	Jan Piet de Jager	STIENS	H30+	23:02 (55)	1:12:19 (23)	48:25 (31)	2:23:47	24:42
31.	35	Gertjan Hulzinga	ASSEN	H20+	21:38 (44)	1:15:25 (37)	46:52 (24)	2:23:55	24:50
32.	66	Jan van der Heide	HEERENVEEN	H60+	19:27 (23)	1:15:09 (33)	49:30 (39)	2:24:07	25:02
33.	62	Reinier Ingwersen	ARUM	H40+	20:30 (32)	1:13:36 (29)	50:14 (44)	2:24:21	25:16
34.	38	Guus Hoekstra	DONKERBROEK	H40+	23:25 (58)	1:14:07 (31)	47:03 (26)	2:24:37	25:32
35.	125	Geke Venema	EASTERLITTENS	D40+	23:51 (67)	1:13:07 (27)	48:17 (29)	2:25:15	26:11
36.	115	Silvia Brouwer	OUDESCHOOT	D30+	18:51 (19)	1:19:23 (48)	48:50 (34)	2:27:04	27:59
37.	326	Frits Riemersma	Haren	H60+	21:01 (36)	1:11:39 (21)	54:27 (65)	2:27:08	28:03
38.	105	Linda Nagel-Keizer	LELYSTAD	D40+	20:00 (28)	1:16:31 (42)	51:15 (50)	2:27:47	28:42
39.	14	Jan van de Meij	BERLIKUM	H50+	22:06 (47)	1:15:35 (38)	50:13 (43)	2:27:55	28:50
40.	45	Robert ten Wolde	NIJEVEEN	H40+	19:45 (25)	1:16:31 (41)	52:01 (55)	2:28:17	29:13
41.	102	Jenneke Deelstra	GRONINGEN	D20+	21:23 (43)	1:16:05 (40)	51:15 (51)	2:28:45	29:40
42.	127	Casper van der Kamp	Nes Ameland	H40+	20:41 (34)	1:19:45 (50)	48:40 (33)	2:29:07	30:02
43.	112	Audrey Breur	DEN HELDER	D40+	22:21 (50)	1:18:01 (46)	49:01 (36)	2:29:24	30:19
44.	10	Kor Visser	STIENS	H30+	20:02 (29)	1:20:11 (52)	49:19 (38)	2:29:32	30:28
45.	19	Jelmer de Jong	ZEEWOLDE	H40+	22:41 (51)	1:15:19 (36)	52:01 (56)	2:30:02	30:57
46.	13	Sieger-Rink de Jong	ZEEWOLDE	H40+	23:28 (60)	1:17:22 (44)	49:15 (37)	2:30:07	31:02
47.	30	Wietse Lolkema	HOLLUM	H40+	24:49 (71)	1:15:38 (39)	49:55 (42)	2:30:24	31:19
48.	114	Brenda de Jong	DRACHTEN	D30+	18:31 (16)	1:24:20 (70)	47:46 (28)	2:30:38	31:34
49.	48	Klaas Tjibbe Oenema	NES AMELAND	H20+	21:45 (46)	1:17:30 (45)	51:27 (53)	2:30:43	31:38
50.	43	Henk van der Meiden	DE RIJP	H40+	26:19 (78)	1:18:22 (47)	47:12 (27)	2:31:54	32:49
51.	119	Marleen Stroomer	ZWAAG	D30+	21:19 (41)	1:20:26 (54)	50:18 (45)	2:32:04	32:59
52.	47	Harry Westerbeek	oud-ALBLAS	H30+	26:25 (80)	1:21:20 (59)	45:31 (19)	2:33:18	34:13
53.	82	Peter Bil	SNEEK	H40+	24:55 (72)	1:20:01 (51)	50:28 (46)	2:35:25	36:20
54.	111	Tineke van de Wal	OUDEHASKE	D20+	20:05 (30)	1:20:43 (56)	54:49 (67)	2:35:38	36:33
55.	60	Harm Alberts	HARLINGEN	H40+	23:34 (63)	1:21:27 (61)	52:05 (57)	2:37:06	38:01
56.	79	Henk Gabriels	BERGEN OP ZOOM	H60+	23:45 (66)	1:19:27 (49)	54:51 (69)	2:38:05	39:00
57.	73	Hein Smelt	ZEEWOLDE	H40+	25:41 (77)	1:23:28 (66)	48:56 (35)	2:38:06	39:01
58.	108	Janna Brand	ROTTERDAM	D30+	24:26 (69)	1:22:52 (64)	51:20 (52)	2:38:38	39:34
59.	49	Hajo Jonker	DE RIJP	H40+	24:00 (68)	1:20:42 (55)	55:32 (72)	2:40:15	41:10
60.	89	Jonathan Bartsma	SNEEK	H30+	20:10 (31)	1:21:15 (58)	59:50 (89)	2:41:17	42:12
61.	120	Mariska Lagerweij	AMERSFOORT	D40+	23:25 (57)	1:21:21 (60)	57:03 (78)	2:41:50	42:45
62.	113	Elisabeth Postma	HARKEMA	D30+	19:11 (22)	1:25:57 (75)	57:37 (79)	2:42:45	43:40
63.	33	Klaas Pranger	DAMWALD	H30+	24:42 (70)	1:24:52 (73)	53:15 (63)	2:42:50	43:45
64.	58	Tjalf Pieter Hek	JULIANADORP	H20+	26:36 (81)	1:24:14 (68)	52:30 (60)	2:43:21	44:16