

# Triathlon Friesland | Stiens | 01-07-2017



## Mannen

Pos	StartNr	Naam	Cat	Woonplaats	Swim	#Zw	Wis1	Fiets	#Fie	NaFiets	Wis2	Loop	#Loop	Total
1	733	Stefan van der Pal	H30	Leeuwarden	00:26:29	1	00:00:53	01:03:56	3	01:31:17	00:00:56	00:38:21	2	02:10:33
2	754	Emiel van Tongerlo	H30	ANNA PAULOWI	00:27:00	3	00:00:59	01:05:58	6	01:33:56	00:00:48	00:39:27	4	02:14:11
3	756	Jacob Veenstra	H30	GRONINGEN	00:28:04	4	00:01:08	01:03:43	2	01:32:54	00:01:18	00:40:10	5	02:14:21
4	731	David van Oosten	H20	LEEWARDEN	00:29:48	2	00:00:47	01:04:29	1	01:35:03	00:00:41	00:38:41	1	02:14:25
5	719	Roy Lagerburg	H30	AMSTERDAM	00:29:12	6	00:00:43	01:05:28	5	01:35:23	00:00:43	00:38:52	3	02:14:57
6	777	Jort van Zutphen	H30	WEIDUM	00:29:48	7	00:01:00	01:06:34	7	01:37:21	00:00:57	00:38:15	1	02:16:32
7	734	Gerrit Pijpker	H20	HALLUM	00:30:42	3	00:01:29	01:05:47	2	01:37:57	00:01:21	00:39:56	2	02:19:13
8	693	Dyan Hendriks	H20	BOLSWARD		0			0				0	02:21:30
9	654	Mathijs van Ark	H30	GRONINGEN	00:32:03	10	00:00:51	01:07:09	9	01:40:01	00:00:37	00:41:16	7	02:21:53
10	739	David Quintero Calzado	H30	GRONINGEN		0			0				0	02:22:19
11	675	Michel Dubbelboer	H30	GRONINGEN	00:26:54	2	00:00:59	01:10:51	14	01:38:43	00:00:50	00:43:27	11	02:23:00
12	710	Lex Kiewied	H30	NES AMELAND	00:34:35	18	00:01:02	01:06:54	8	01:42:30	00:00:01	00:40:49	6	02:23:19
13	735	Melle Plat	H30	SNEEK	00:29:08	5	00:01:36	01:07:35	11	01:38:18	00:01:07	00:44:26	13	02:23:51
14	677	Rene Elzinga	H50	HILVERSUM	00:30:21	2	00:01:51	01:09:28	2	01:41:40	00:01:19	00:41:43	1	02:24:41
15	686	Mathijs Groeneveld	H30	GRONINGEN	00:34:45	19	00:02:00	01:05:27	4	01:42:11	00:00:58	00:42:51	10	02:25:59
16	668	Stefan van Dijk	H40	IJSSELMUIDEN	00:30:01	1	00:01:20	01:09:59	6	01:41:19	00:01:18	00:43:59	2	02:26:36
17	699	Rene Hoep	H30	BREEZAND	00:30:27	9	00:00:55	01:10:48	13	01:42:09	00:01:09	00:43:31	12	02:26:48
18	692	Wiger Hellema	H40	HALLUM	00:31:59	5	00:01:43	01:08:56	5	01:42:37	00:01:01	00:43:11	1	02:26:49
19	762	Jendo Visser	H30	EESVEEN	00:32:49	11	00:01:41	01:11:27	16	01:45:57	00:01:07	00:41:30	8	02:28:32
20	667	Reinhard van Dijk	H50	IJSSELMUIDEN	00:33:09	7	00:01:23	01:07:52	1	01:42:23	00:01:04	00:46:38	5	02:30:04
21	741	Jordy van der Rijst	H20	DEN HELDER	00:32:45	4	00:00:50	01:10:41	4	01:44:16	00:00:58	00:45:00	3	02:30:13
22	724	Jan-Jorrit Lubben	H20	ZWARTEMEER	00:33:43	6	00:01:27	01:09:42	3	01:44:51	00:00:47	00:45:21	4	02:30:59
23	773	Theo Wolfs	H40	WARSTIENS	00:34:31	12	00:01:39	01:08:25	2	01:44:35	00:00:54	00:45:52	6	02:31:19
24	758	Willi-Jan Veltman	H40	LEEWARDEN	00:30:06	2	00:01:32	01:12:58	8	01:44:35	00:01:02	00:45:49	5	02:31:25

25	709 Jacob van der Ploeg	H40-DAMWOUDE	00:31:19	4	00:01:50	01:11:26	7	01:44:34	00:01:14	00:45:37	4	02:31:25
26	673 Marco Douma	H40-JOURE	00:37:18	16	00:01:14	01:05:22	1	01:43:53	00:01:25	00:46:48	7	02:32:05
27	706 Symen de Jong	H20-GIEKERK	00:28:26	1	00:00:42	01:14:47	6	01:43:53	00:00:40	00:47:49	7	02:32:21
28	705 Martin Jelders	H30-OUDEHASKE	00:33:35	15	00:01:20	01:13:24	19	01:48:18	00:01:02	00:46:05	14	02:35:23
29	665 Rogier Bremer	H30-DRONTEN	00:33:40	16	00:01:24	01:11:38	17	01:46:41	00:01:06	00:48:18	17	02:36:03
30	775 Wouter Zondervan	H50-AMERSFOORT	00:30:23	3	00:01:38	01:20:04	16	01:52:05	00:01:20	00:43:46	2	02:37:10
31	703 Jan Piet de Jager	H40-STIENS	00:34:14	11	00:02:29	01:08:55	4	01:45:37	00:01:33	00:50:05	14	02:37:14
32	753 Bouke Tjeerdsma	H30-LEEWARDEN	00:30:00	8	00:00:58	01:09:54	12	01:40:51	00:01:00	00:55:40	30	02:37:30
33	715 Hessel Kruijer	H50-ANNA PAULOWI	00:32:55	6	00:01:08	01:14:39	5	01:48:42	00:00:01	00:50:05	11	02:38:47
34	738 Angel Puente Sandoval	H30-UTRECHT	00:34:59	20	00:01:51	01:18:55	24	01:55:44	00:01:04	00:42:22	9	02:39:09
35	671 Jurrit Dijkstra	H30-LEEWARDEN	00:33:32	13	00:01:17	01:11:01	15	01:45:49	00:01:22	00:52:45	23	02:39:55
36	760 Henk Hans Vermeulen	H40-RODEN	00:41:54	23	00:02:43	01:08:47	3	01:53:24	00:01:36	00:45:13	3	02:40:12
37	727 Atze Wiepke Merkus	H40-WINSUM	00:33:09	9	00:01:27	01:14:30	11	01:49:06	00:02:09	00:49:11	13	02:40:24
38	697 Alex Hoekstra	H40-WINSUM	00:30:24	3	00:01:29	01:17:04	14	01:48:56	00:01:10	00:50:45	15	02:40:50
39	765 Edsart Walta	H30-STIENS	00:36:30	22	00:03:01	01:07:26	10	01:46:56	00:02:12	00:52:01	20	02:41:07
40	747 Heine Sietsma	H20-BOORNBERGUM	00:33:13	5	00:02:22	01:17:24	7	01:52:58	00:01:27	00:46:45	6	02:41:09
41	774 Wybren Zijlstra	H50-MIDLUM	00:38:33	13	00:01:59	01:13:35	4	01:54:06	00:00:56	00:46:17	4	02:41:18
42	685 Willem de Gouw	H50-ALPHEN AAN DE	00:29:27	1	00:01:13	01:15:05	7	01:45:45	00:01:23	00:54:53	20	02:42:00
43	679 Michiel van Ettinger	H30-DE KNIPE	00:32:59	12	00:02:34	01:16:53	23	01:52:25	00:01:12	00:49:26	19	02:43:02
44	743 Anne Runia	H30-LEEWARDEN	00:37:20	23	00:02:06	01:15:40	21	01:55:05	00:01:21	00:46:54	15	02:43:20
45	725 Jan van der Meij	H50-BERLIKUM	00:38:26	12	00:00:44	01:15:57	8	01:55:06	00:00:58	00:47:24	6	02:43:27
46	678 Jan Engbers	H50-LONNEKER	00:31:23	4	00:01:59	01:18:24	12	01:51:45	00:02:35	00:49:23	10	02:43:42
47	771 Juan Wiersma	H50-DRACHTEN	00:34:22	10	00:02:54	01:14:42	6	01:51:57	00:02:17	00:50:27	13	02:44:40
48	748 Jan Sietsma	H30-DRACHTEN	00:40:20	26	00:02:14	01:12:58	18	01:55:31	00:01:22	00:48:16	16	02:45:08
49	745 Jan Schengenga	H40-JOURE	00:33:03	8	00:01:39	01:15:20	13	01:50:02	00:01:46	00:53:47	17	02:45:34
50	770 Lieuwe Westra	H30-TIJNJE	00:47:24	33	00:01:38	01:01:52	1	01:50:52	00:01:28	00:53:14	24	02:45:34
51	669 Age Dijkstra	H50-TZUMMARUM	00:34:19	9	00:02:03	01:18:51	15	01:55:13	00:01:29	00:49:17	9	02:45:58
52	660 Jan Willem de Bos	H50-GRONINGEN	00:34:01	8	00:01:39	01:13:14	3	01:48:53	00:01:36	00:55:55	21	02:46:23
53	659 Laszlo Borocz	H50-KESZTHELY	00:32:19	5	00:03:45	01:20:32	17	01:56:35	00:02:30	00:47:27	7	02:46:30
54	662 Anne Floris Bottema	H40-NIJLAND	00:32:07	6	00:01:30	01:13:47	9	01:47:24	00:01:07	00:58:19	26	02:46:48
55	720 Jitze Landman	H30-LEEWARDEN	00:38:28	24	00:01:45	01:16:00	22	01:56:12	00:01:45	00:49:20	18	02:47:16
56	769 Jacco van der Werff	H50-T VELD	00:35:08	11	00:02:26	01:18:41	13	01:56:14	00:00:01	00:51:33	14	02:47:47
57	766 Jorrit Weidenaar	H20-OOSTERNIJKERK	00:40:06	7	00:03:13	01:14:05	5	01:57:23	00:01:45	00:49:26	8	02:48:33
58	700 Cornelis Hogeveen	H40-AMERSFOORT	00:38:00	17	00:02:06	01:19:43	20	01:59:48	00:01:10	00:47:39	9	02:48:37

59	688 Jesse Harder	H50-GRONINGEN	00:41:28	17	00:01:08	01:17:06	10	01:59:41	00:01:45	00:48:08	8	02:49:33
60	664 Marco Brandsma	H30-HARLINGEN	00:35:33	21	00:02:12	01:14:58	20	01:52:41	00:01:52	00:55:21	28	02:49:53
61	657 Marco de Boer	H40-HEILOO	00:32:56	7	00:01:52	01:17:27	16	01:52:14	00:01:07	00:57:00	23	02:50:20
62	723 Feike Lousma	H40-STIENS	00:42:25	24	00:02:05	01:15:15	12	01:59:44	00:01:56	00:49:07	12	02:50:46
63	755 Arjan Tonnis	H40-DE WILP	00:39:21	18	00:02:52	01:19:17	19	02:01:29	00:01:37	00:48:49	11	02:51:55
64	718 Rob Kuiper	H30-HILVERSUM	00:34:19	17	00:03:34	01:21:13	25	01:59:05	00:01:38	00:54:12	25	02:54:54
65	726 Joop Menke	H60-DEN HELDER	00:29:38	1	00:01:23	01:21:11	1	01:52:11	00:01:29	01:01:39	1	02:55:18
66	701 Hendrik Hospes	H50-BUREN	00:41:28	18	00:01:45	01:18:15	11	02:01:27	00:01:37	00:52:51	17	02:55:54
67	740 Bart Remmers	H40-AMSTERDAM	00:34:58	13	00:02:29	01:21:44	21	01:59:10	00:01:35	00:55:25	21	02:56:09
68	663 Paul Miedema	H20-BERLTSUM	00:41:35	8	00:02:25	01:24:39	8	02:08:37	00:01:37	00:46:27	5	02:56:40
69	652 Sjoerd Anjema	H50-DOKKUM	00:39:48	14	00:02:13	01:18:48	14	02:00:48	00:01:56	00:54:23	19	02:57:06
70	729 Egbert Nikkels	H40-BOORNBERGUM	00:39:37	19	00:04:11	01:14:26	10	01:58:13	00:01:36	00:57:42	24	02:57:30
71	658 Robert de Boer	H40-HEILOO	00:35:40	14	00:02:59	01:28:56	30	02:07:34	00:02:05	00:48:28	10	02:58:06
72	656 Erik Bijma	H30-BERLTSUM	00:39:12	25	00:03:21	01:23:20	27	02:05:51	00:01:32	00:52:11	21	02:59:33
73	698 Guus Hoekstra	H40-DONKERBROEK	00:48:25	35	00:02:20	01:17:39	17	02:08:23	00:01:58	00:51:17	16	03:01:37
74	653 Jeroen Anslin	H40-DIRKSHORN	00:33:21	10	00:02:07	01:25:10	26	02:00:37	00:01:28	00:59:51	28	03:01:55
75	694 Klaas Hiddema	H50-BOELENLAAN	00:50:17	22	00:02:38	01:20:38	18	02:13:32	00:02:50	00:45:59	3	03:02:19
76	676 Jan Duijzer	H50-BREEZAND	00:50:49	23	00:02:14	01:17:06	9	02:10:08	00:02:03	00:50:18	12	03:02:28
77	651 Jan Anjema	H50-DE WILGEN	00:40:32	16	00:02:37	01:20:44	19	02:03:52	00:01:39	00:57:15	22	03:02:45
78	680 Benjamin Feenstra	H30-DRACHTEN		0			0				0	03:05:22
79	761 Jan Visser	H40-SUWÂLD	00:42:29	25	00:03:08	01:23:34	23	02:09:10	00:02:31	00:54:49	20	03:06:29
80	672 Menno Doodkorte	H30-LEEWARDEN	00:44:03	31	00:02:58	01:24:49	30	02:11:50	00:02:22	00:52:28	22	03:06:39
81	714 Hielke Kootstra	H40-STEENWIJKERW	00:43:03	27	00:03:10	01:24:07	24	02:10:19	00:02:51	00:54:41	19	03:07:50
82	690 Remko van der Heide	H30-DRACHTEN	00:42:40	28	00:02:12	01:23:48	29	02:08:39	00:01:47	00:57:51	31	03:08:17
83	711 Bert Kingma	H40-LEEWARDEN	00:47:35	32	00:02:10	01:17:22	15	02:07:06	00:02:44	00:59:11	27	03:09:01
84	713 Wietze Knol	H40-DRACHTEN	00:48:43	37	00:00:01	01:22:22	22	02:11:06	00:02:06	00:56:11	22	03:09:22
85	752 Thomas Thalen	H30-HILVERSUM	00:43:13	29	00:02:03	01:27:56	33	02:13:10	00:02:01	00:54:21	26	03:09:31
86	655 Marco Bijlsma	H30-DRACHTEN	00:43:46	30	00:02:03	01:27:50	31	02:13:39	00:01:30	00:54:42	27	03:09:49
87	749 Jeroen Smits	H50-DEN BURG	00:49:33	21	00:04:23	01:21:42	20	02:15:36	00:02:37	00:51:55	15	03:10:07
88	757 David Van Burken	H40-HOOGVEEN	00:40:40	22	00:01:45	01:25:22	27	02:07:47	00:02:09	01:00:31	29	03:10:26
89	764 Guus Vogelzang	H50-ELAHUIZEN	00:51:16	24	00:02:26	01:23:38	21	02:17:18	00:01:12	00:52:25	16	03:10:55
90	751 Theo Terpstra	H40-HALLUM	00:43:18	28	00:02:37	01:26:05	29	02:11:59	00:01:29	00:58:10	25	03:11:37
91	696 Oeds Hiemstra	H30-TYTSJERK	00:41:42	27	00:03:17	01:29:54	34	02:14:52	00:02:03	00:55:31	29	03:12:25
92	737 Syds Post	H50-BERLTSUM		0			0				0	03:12:42

93	778 Ronald Stoffelsma	H50-NORG	00:41:43	19	00:02:53	01:25:22	22	02:09:56	00:02:26	01:00:38	23	03:12:58
94	650 Eelco Algra	H40-BERLTSUM	00:47:57	34	00:01:50	01:18:58	18	02:08:45	00:01:40	01:03:06	31	03:13:30
95	730 Ype van Olst	H70-DRACHTEN	00:39:55	1	00:01:47	01:22:16	1	02:03:58	00:01:15	01:08:47	1	03:14:00
96	661 Peter Bos	H40-LEEWARDEN	00:44:32	30	00:02:17	01:25:42	28	02:12:30	00:01:48	01:01:45	30	03:16:01
97	779 Sebastien Portet	H30-BRUSSELS	00:33:34	14	00:02:50	01:38:47	36	02:15:10	00:01:25	00:59:44	32	03:16:19
98	744 Tjisse Schaap	H40-ENGELUM	00:47:50	33	00:04:00	01:30:17	32	02:22:06	00:02:06	00:53:56	18	03:18:08
99	702 Bertus Jaarsma	H40-HEERENVEEN	00:43:25	29	00:01:30	01:25:05	25	02:09:59	00:01:47	01:06:58	35	03:18:43
100	681 Bouke Fennema	H50-BRITSUM	00:39:50	15	00:02:32	01:31:49	23	02:14:10	00:01:28	01:04:45	25	03:20:22
101	682 Klaas-Tette Galema	H40-LEEWARDEN	00:36:21	15	00:02:52	01:35:31	34	02:14:43	00:01:58	01:03:45	32	03:20:24
102	750 Bas Tellinga	H40-GORREDIJK	00:40:05	21	00:03:26	01:49:46	37	02:33:16	00:01:52	00:47:02	8	03:22:09
103	691 Hendrik Heite	H30-LEEWARDEN	00:51:18	35	00:01:52	01:27:51	32	02:21:00	00:01:59	01:01:08	33	03:24:07
104	689 Piet van der Heide	H50-ENGELUM	00:51:30	25	00:02:00	01:35:41	25	02:29:10	00:02:06	00:54:00	18	03:25:15
105	708 Folkert Kamerbeek	H40-LAREN	00:47:03	31	00:03:08	01:29:57	31	02:20:08	00:01:59	01:04:23	33	03:26:29
106	746 Daniel Schmidt	H40-GOUTUM	00:42:50	26	00:04:26	01:32:26	33	02:19:41	00:02:42	01:04:40	34	03:27:02
107	728 Eric Nab	H50-HALLUM	00:45:17	20	00:03:25	01:33:35	24	02:22:16	00:01:32	01:04:45	24	03:28:32
108	712 Rudolf Knegtering	H30-LEEWARDEN	00:51:22	36	00:03:59	01:23:35	28	02:18:55	00:03:12	01:07:53	35	03:29:59
109	736 Jeffrey Poort	H40-GORREDIJK	00:40:02	20	00:02:14	01:35:38	35	02:17:54	00:01:55	01:15:11	36	03:35:00
110	674 Tjamme Draaijer	H30-Leeuwarden	00:51:10	34	00:03:44	01:34:13	35	02:29:07	00:02:46	01:06:11	34	03:38:03
111	684 Peter van Ginneken	H40-TILBURG	00:48:30	36	00:05:28	01:42:07	36	02:36:04	00:03:03	01:25:52	37	04:04:58
112	722 Hoeke Looijenga	H30-Stiens	00:45:31	32	00:02:38	01:22:28	26	02:10:35	00:01:52		0	02:12:27
113	670 Jacob Dijkstra	H50-Bitgummole	00:58:49	26	00:03:43		0				0	01:28:44
114	759 Willi-Jan Veltman	H40-LEEWARDEN		0			0				0	01:05:09
115	732 Cees Paenen	H50-LELYSTAD	00:48:14	0	00:03:09	01:32:25	0	02:23:47	00:02:51	00:16:16	0	02:42:52
116	772 Martijn Wietzes	H30-PEIZE	00:30:15	0	00:01:09		0				0	00:48:55

Mylaps Event timing using ChampionChip 3-7-2017 23:10:14