

## Uitslag Triathlon Heerhugowaard 2017 Individueel

| Plaats | Plaats Cat | Startnummer | Naam                  | Woonplaats       | Onderdeel                              | Categorie | Zwemmen | Fietsen | Lopen   | Eindtijd |
|--------|------------|-------------|-----------------------|------------------|--|-----------|---------|---------|---------|----------|
| 1      | 1          | 1           | Emiel van Tongerlo    | ANNA PAULOWNA    | 1/8 Triathlon Individueel              | Hsen      | 0:09:33 | 0:38:31 | 0:19:03 | 1:07:07  |
| 2      | 1          | 10          | Peter Johan Dillo     | SCHAGEN          | 1/8 Triathlon Individueel              | Hmas      | 0:09:25 | 0:38:40 | 0:19:40 | 1:07:45  |
| 3      | 2          | 71          | Tristan Olij          | WINKEL           | 1/8 Triathlon Individueel              | Hsen      | 0:09:12 | 0:39:24 | 0:19:43 | 1:08:19  |
| 4      | 2          | 3           | Michael Krijnen       | SPANBROEK        | 1/8 Triathlon Individueel              | Hmas      | 0:09:30 | 0:39:52 | 0:19:56 | 1:09:18  |
| 5      | 3          | 5           | Hans Bader            | WARMENHUIZEN     | 1/8 Triathlon Individueel              | Hmas      | 0:11:44 | 0:39:37 | 0:18:53 | 1:10:14  |
| 6      | 3          | 9           | Joris de Boer         | WINKEL           | 1/8 Triathlon Individueel              | Hsen      | 0:10:59 |         |         | 1:10:50  |
| 7      | 4          | 29          | Michael Emmerik       | ALKMAAR          | 1/8 Triathlon Individueel              | Hsen      | 0:13:59 | 0:38:15 | 0:19:00 | 1:11:14  |
| 8      | 5          | 131         | Ivar Ottenbros        | HEERHUGOWAARD    | 1/8 Triathlon Individueel              | Hsen      | 0:11:49 | 0:38:50 | 0:20:49 | 1:11:28  |
| 9      | 6          | 42          | Rene Hoep             | BREEZAND         | 1/8 Triathlon Individueel              | Hsen      | 0:11:17 | 0:40:41 | 0:19:32 | 1:11:30  |
| 10     | 4          | 2           | Rinse van de Ouweelen | MONNICKENDAM     | 1/8 Triathlon Individueel              | Hmas      | 0:09:38 | 0:41:29 | 0:20:27 | 1:11:34  |
| 11     | 5          | 8           | Ruud Kuipers          | ALKMAAR          | 1/8 Triathlon Individueel              | Hmas      | 0:11:16 | 0:39:49 | 0:20:34 | 1:11:39  |
| 12     | 7          | 6           | Nico van Langen       | SCHAGEN          | 1/8 Triathlon Individueel              | Hsen      | 0:13:01 | 0:38:14 | 0:20:38 | 1:11:53  |
| 13     | 8          | 7           | Paul Nieuwenhuizen    | ANNA PAULOWNA    | 1/8 Triathlon Individueel              | Hsen      | 0:11:01 | 0:40:10 | 0:22:02 | 1:13:13  |
| 14     | 1          | 212         | Talisa van der Fluit  | WINKEL           | 1/8 Triathlon Individueel Vrouwen      | Dsen      | 0:10:28 | 0:41:27 | 0:22:00 | 1:13:55  |
| 15     | 9          | 81          | Bart Sijm             | ZWAAG            | 1/8 Triathlon Individueel              | Hsen      | 0:10:59 | 0:40:52 | 0:22:07 | 1:13:58  |
| 16     | 6          | 47          | Edward Kardinaal      | OUDKARPEL        | 1/8 Triathlon Individueel              | Hmas      | 0:10:59 | 0:41:08 | 0:22:25 | 1:14:32  |
| 17     | 7          | 138         | Bob van Walsum        | HEERHUGOWAARD    | 1/8 Triathlon Individueel              | Hmas      | 0:10:29 | 0:42:19 | 0:21:51 | 1:14:39  |
| 18     | 10         | 69          | Rob Zweekhorst        | HEERHUGOWAARD    | 1/8 Triathlon Individueel              | Hsen      | 0:11:52 | 0:39:30 | 0:23:53 | 1:15:15  |
| 19     | 11         | 113         | Peter Borst           | EENIGENBURG      | 1/8 Triathlon Individueel              | Hsen      | 0:11:37 | 0:41:38 | 0:22:14 | 1:15:29  |
| 20     | 12         | 63          | Gijs Molenaar         | NIEUWE NIEDORP   | 1/8 Triathlon Individueel              | Hsen      | 0:10:41 | 0:43:26 | 0:22:09 | 1:16:16  |
| 21     | 13         | 18          | Co van Bueren         | SCHAGEN          | 1/8 Triathlon Individueel              | Hsen      | 0:11:31 | 0:42:33 | 0:22:28 | 1:16:32  |
| 22     | 14         | 41          | Niels van der Hoek    | WINKEL           | 1/8 Triathlon Individueel              | Hsen      | 0:12:49 | 0:42:23 | 0:21:25 | 1:16:37  |
| 23     | 8          | 108         | Sten Albracht         | NOORD-SCHARWOUDE | 1/8 Triathlon Individueel              | Hmas      | 0:10:37 | 0:42:09 | 0:23:53 | 1:16:39  |
| 24     | 9          | 133         | Ambro van Straten     | BURGERBRUG       | 1/8 Triathlon Individueel              | Hmas      | 0:12:04 | 0:41:51 | 0:23:07 | 1:17:02  |
| 25     | 15         | 70          | René Olij             | HEERHUGOWAARD    | 1/8 Triathlon Individueel              | Hsen      | 0:11:50 | 0:43:09 | 0:22:46 | 1:17:45  |
| 26     | 10         | 122         | Leon Huisman          | HEERHUGOWAARD    | 1/8 Triathlon Individueel              | Hmas      | 0:13:00 | 0:42:21 | 0:22:48 | 1:18:09  |
| 27     | 11         | 31          | Jacco Geel            | WIERINGERWAARD   | 1/8 Triathlon Individueel              | Hmas      | 0:11:55 | 0:42:35 | 0:23:55 | 1:18:25  |
| 28     | 16         | 120         | Rob Hetsen            | SCHAGEN          | 1/8 Triathlon Individueel              | Hsen      | 0:12:45 | 0:43:07 | 0:22:35 | 1:18:27  |
| 29     | 17         | 117         | Job Biersteker        | DEN HELDER       | 1/8 Triathlon Individueel              | Hsen      | 0:12:44 | 0:42:01 | 0:23:45 | 1:18:30  |
| 30     | 18         | 160         | Jacco Koot            | ALKMAAR          | 1/8 Triathlon Individueel Zomercursist | Hsen      | 0:12:53 | 0:44:49 | 0:20:52 | 1:18:34  |
| 31     | 19         | 14          | Ivan Bos              | HEERHUGOWAARD    | 1/8 Triathlon Individueel              | Hsen      | 0:12:50 | 0:43:21 | 0:22:52 | 1:19:03  |
| 32     | 12         | 80          | Sjaak Schuitemaker    | ANDIJK           | 1/8 Triathlon Individueel              | Hmas      | 0:12:53 | 0:43:29 | 0:22:43 | 1:19:05  |
| 33     | 13         | 55          | Hessel Kruijer        | ANNA PAULOWNA    | 1/8 Triathlon Individueel              | Hmas      | 0:11:28 | 0:44:25 | 0:23:17 | 1:19:10  |
| 34     | 2          | 214         | Jessica Glasbergen    | DEN HELDER       | 1/8 Triathlon Individueel Vrouwen      | Dsen      | 0:11:28 | 0:45:41 | 0:22:01 | 1:19:10  |
| 35     | 14         | 91          | Patrick Admiraal      | OUDORP           | 1/8 Triathlon Individueel              | Hmas      | 0:11:56 | 0:44:44 | 0:22:31 | 1:19:11  |
| 36     | 20         | 76          | Andre Pijnacker       | BREEZAND         | 1/8 Triathlon Individueel              | Hsen      | 0:11:51 | 0:43:28 | 0:24:08 | 1:19:27  |
| 37     | 3          | 242         | Brenda Zwarthoed      | UITGEEST         | 1/8 Triathlon Individueel Vrouwen      | Dsen      | 0:08:33 | 0:47:09 | 0:23:47 | 1:19:29  |
| 38     | 15         | 33          | Dirk Goldebeld        | WORMER           | 1/8 Triathlon Individueel              | Hmas      | 0:12:44 | 0:44:34 | 0:22:52 | 1:20:10  |
| 39     | 21         | 90          | Tim Telleman          | BREEZAND         | 1/8 Triathlon Individueel              | Hsen      | 0:12:49 | 0:44:05 | 0:23:30 | 1:20:24  |
| 40     | 16         | 126         | Sander Bergers        | HEERHUGOWAARD    | 1/8 Triathlon Individueel              | Hmas      | 0:11:33 | 0:45:40 | 0:23:15 | 1:20:28  |
| 41     | 17         | 30          | Theo van der Fluit    | NOORD-SCHARWOUDE | 1/8 Triathlon Individueel              | Hmas      | 0:11:38 | 0:46:13 | 0:23:03 | 1:20:54  |
| 42     | 22         | 112         | Don Beukers           | DEN HELDER       | 1/8 Triathlon Individueel              | Hsen      | 0:11:40 | 0:46:21 | 0:23:14 | 1:21:15  |
| 43     | 18         | 54          | Rick van der Kroon    | KUDELSTAART      | 1/8 Triathlon Individueel              | Hmas      | 0:12:38 | 0:43:49 | 0:24:56 | 1:21:23  |
| 44     | 23         | 40          | Joey Hidding          | ALKMAAR          | 1/8 Triathlon Individueel              | Hsen      | 0:11:28 | 0:45:49 | 0:24:17 | 1:21:34  |
| 45     | 19         | 129         | Frans Muus            | OUDE NIEDORP     | 1/8 Triathlon Individueel              | Hmas      | 0:12:56 | 0:44:13 | 0:24:25 | 1:21:34  |
| 46     | 20         | 88          | Ruud Sweep            | WINKEL           | 1/8 Triathlon Individueel              | Hmas      | 0:12:21 | 0:45:01 | 0:24:15 | 1:21:37  |
| 47     | 21         | 65          | Theo Mosch            | BERGEN           | 1/8 Triathlon Individueel              | Hmas      | 0:11:07 | 0:45:55 | 0:24:56 | 1:21:58  |
| 48     | 22         | 111         | Johnny van Beers      | HEERHUGOWAARD    | 1/8 Triathlon Individueel              | Hmas      | 0:13:02 | 0:44:42 | 0:24:14 | 1:21:58  |
| 49     | 24         | 49          | Sander Kliphuis       | SCHAGEN          | 1/8 Triathlon Individueel              | Hsen      | 0:11:03 | 0:45:56 | 0:25:01 | 1:22:00  |
| 50     | 23         | 82          | Alan Simmonds         | BARSINGERHORN    | 1/8 Triathlon Individueel              | Hmas      | 0:15:33 | 0:45:19 | 0:21:37 | 1:22:29  |

## Triathlon Heerhugowaard

|     |    |     |                         |                    |  |      |         |         |         |         |
|-----|----|-----|-------------------------|--------------------|--|------|---------|---------|---------|---------|
| 51  | 24 | 139 | Gerben van der Weij     | ALKMAAR            | 1/8 Triathlon Individueel              | Hmas | 0:15:41 | 0:43:42 | 0:23:10 | 1:22:33 |
| 52  | 25 | 100 | Jeroen van Vlaanderen   | HEERHUGOWAARD      | 1/8 Triathlon Individueel              | Hmas | 0:12:54 | 0:45:18 | 0:24:23 | 1:22:35 |
| 53  | 25 | 110 | Rene Bakker             | HEERHUGOWAARD      | 1/8 Triathlon Individueel              | Hsen | 0:13:23 | 0:46:18 | 0:22:57 | 1:22:38 |
| 54  | 26 | 52  | Jan Koopman             | DEN HELDER         | 1/8 Triathlon Individueel              | Hmas | 0:12:47 | 0:47:09 | 0:22:48 | 1:22:44 |
| 55  | 4  | 215 | Laura van den Heuvel    | ANNA PAULOWNA      | 1/8 Triathlon Individueel Vrouwen      | Dsen | 0:11:22 | 0:46:52 | 0:24:42 | 1:22:56 |
| 56  | 26 | 51  | Roy Kok                 | LUTJEWINKEL        | 1/8 Triathlon Individueel              | Hsen | 0:11:23 | 0:46:04 | 0:25:46 | 1:23:13 |
| 57  | 27 | 37  | Ronald Hauwert          | 'T VELD            | 1/8 Triathlon Individueel              | Hsen | 0:09:19 | 0:48:35 | 0:25:25 | 1:23:19 |
| 58  | 1  | 216 | Marianna Hoekstra       | WIERINGERWAARD     | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:12:38 | 0:45:51 | 0:25:06 | 1:23:35 |
| 59  | 28 | 83  | Arjan Slaakweg          | AMSTELVEEN         | 1/8 Triathlon Individueel              | Hsen | 0:14:00 | 0:46:03 | 0:23:45 | 1:23:48 |
| 60  | 27 | 136 | Ruud Voerman            | NIEUWE NIEDORP     | 1/8 Triathlon Individueel              | Hmas | 0:10:58 | 0:46:39 | 0:26:20 | 1:23:57 |
| 61  | 28 | 101 | Jacco van der Werff     | 'T VELD            | 1/8 Triathlon Individueel              | Hmas | 0:13:20 | 0:46:41 | 0:23:58 | 1:23:59 |
| 62  | 29 | 124 | Oscar Koopmans          | ASSEDELFT          | 1/8 Triathlon Individueel              | Hmas | 0:13:12 | 0:45:29 | 0:25:22 | 1:24:03 |
| 63  | 29 | 92  | Niels Vaars             | BREEZAND           | 1/8 Triathlon Individueel              | Hsen | 0:16:43 | 0:43:59 | 0:23:37 | 1:24:19 |
| 64  | 30 | 15  | Olaf Bos                | BROEK OP LANGEDIJK | 1/8 Triathlon Individueel              | Hsen | 0:11:18 | 0:46:05 | 0:27:03 | 1:24:26 |
| 65  | 30 | 59  | Bart Leegwater          | WINKEL             | 1/8 Triathlon Individueel              | Hmas | 0:14:09 | 0:44:41 | 0:25:59 | 1:24:49 |
| 66  | 31 | 79  | Stefan Schaap           | ANNA PAULOWNA      | 1/8 Triathlon Individueel              | Hsen | 0:13:02 | 0:47:02 | 0:24:52 | 1:24:56 |
| 67  | 31 | 119 | Nico Groot              | HEERHUGOWAARD      | 1/8 Triathlon Individueel              | Hmas | 0:12:59 | 0:44:33 | 0:27:28 | 1:25:00 |
| 68  | 32 | 77  | Jorick Quax             | BREEZAND           | 1/8 Triathlon Individueel              | Hsen | 0:12:11 | 0:46:41 | 0:26:16 | 1:25:08 |
| 69  | 32 | 78  | Mark van Rossum         | ALKMAAR            | 1/8 Triathlon Individueel              | Hmas | 0:11:14 | 0:46:52 | 0:27:14 | 1:25:20 |
| 70  | 33 | 58  | Peter Beerse            | HOORN              | 1/8 Triathlon Individueel              | Hmas | 0:11:48 | 0:48:30 | 0:25:07 | 1:25:25 |
| 71  | 34 | 67  | Valentijn van der Neut  | ABBEKERK           | 1/8 Triathlon Individueel              | Hmas | 0:12:48 | 0:46:36 | 0:26:04 | 1:25:28 |
| 72  | 35 | 12  | Diederik de Boer        | 'T ZAND            | 1/8 Triathlon Individueel              | Hmas | 0:12:59 | 0:45:57 | 0:26:36 | 1:25:32 |
| 73  | 5  | 231 | Annet Roest             | HEERHUGOWAARD      | 1/8 Triathlon Individueel Vrouwen      | Dsen | 0:13:15 | 0:49:24 | 0:23:37 | 1:26:16 |
| 74  | 36 | 25  | Geoffrey van Dijk       | ALKMAAR            | 1/8 Triathlon Individueel              | Hmas | 0:13:03 | 0:47:37 | 0:25:39 | 1:26:19 |
| 75  | 6  | 210 | Kim van Dijk            | HEERHUGOWAARD      | 1/8 Triathlon Individueel Vrouwen      | Dsen | 0:14:31 | 0:45:16 | 0:26:33 | 1:26:20 |
| 76  | 37 | 73  | Jeroen Oostdam          | NIEUW VENNEP       | 1/8 Triathlon Individueel              | Hmas | 0:13:01 | 0:47:29 | 0:25:54 | 1:26:24 |
| 77  | 2  | 208 | Lida Deen               | WINKEL             | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:15:05 | 0:49:18 | 0:22:03 | 1:26:26 |
| 78  | 38 | 135 | Niels Tesselaar         | HEERHUGOWAARD      | 1/8 Triathlon Individueel              | Hmas | 0:12:31 | 0:49:47 | 0:24:11 | 1:26:29 |
| 79  | 3  | 179 | Ivonne Kramer           | ANDIJK             | 1/8 Triathlon Individueel Zomercursist | Dmas | 0:14:26 | 0:48:15 | 0:23:56 | 1:26:37 |
| 80  | 39 | 102 | Bert Westhoff           | OUDE NIEDORP       | 1/8 Triathlon Individueel              | Hmas | 0:15:58 | 0:47:20 | 0:23:19 | 1:26:37 |
| 81  | 40 | 89  | Robert Telleman         | HEERHUGOWAARD      | 1/8 Triathlon Individueel              | Hmas | 0:13:41 | 0:46:52 | 0:26:05 | 1:26:38 |
| 82  | 41 | 125 | Jeroen Anslin           | DIRKSHORN          | 1/8 Triathlon Individueel              | Hmas | 0:12:41 | 0:48:34 | 0:25:25 | 1:26:40 |
| 83  | 42 | 157 | Dimitri Holtman         | EGMOND AAN ZEE     | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:14:00 | 0:50:40 | 0:22:29 | 1:27:09 |
| 84  | 43 | 11  | Marco Bijl              | NIBBIXWOUD         | 1/8 Triathlon Individueel              | Hmas | 0:12:49 | 0:49:07 | 0:25:19 | 1:27:15 |
| 85  | 44 | 45  | Christiaan Huijg        | HEERHUGOWAARD      | 1/8 Triathlon Individueel              | Hmas | 0:13:52 | 0:47:56 | 0:25:31 | 1:27:19 |
| 86  | 45 | 114 | Egbert Boxma            | SINT PANCRAS       | 1/8 Triathlon Individueel              | Hmas | 0:14:05 | 0:47:55 | 0:25:22 | 1:27:22 |
| 87  | 1  | 75  | Sam Albracht            | NOORD-SCHARWOUDE   | 1/8 Triathlon Individueel              | Hjun | 0:12:53 | 0:49:57 | 0:24:36 | 1:27:26 |
| 88  | 33 | 109 | Martin Beek             | NIEUWE NIEDORP     | 1/8 Triathlon Individueel              | Hsen | 0:12:07 | 0:47:42 | 0:27:45 | 1:27:34 |
| 89  | 46 | 23  | Albert Dam              | HEEMSTEDE          | 1/8 Triathlon Individueel              | Hmas | 0:12:17 | 0:54:17 | 0:21:01 | 1:27:35 |
| 90  | 34 | 189 | Jorrit Zuiker           | ZWAAG              | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:13:32 | 0:51:39 | 0:22:32 | 1:27:43 |
| 91  | 47 | 72  | Wouter van Onzenoort    | DEN HELDER         | 1/8 Triathlon Individueel              | Hmas | 0:12:47 | 0:48:45 | 0:26:21 | 1:27:53 |
| 92  | 35 | 150 | Joost Booms             | ALKMAAR            | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:15:48 | 0:49:39 | 0:22:56 | 1:28:23 |
| 93  | 36 | 50  | Richard Klos            | BROEK OP LANGEDIJK | 1/8 Triathlon Individueel              | Hsen | 0:13:13 | 0:50:09 | 0:25:26 | 1:28:48 |
| 94  | 48 | 99  | Jos Vink                | ALKMAAR            | 1/8 Triathlon Individueel              | Hmas | 0:12:40 | 0:51:10 | 0:25:10 | 1:29:00 |
| 95  | 37 | 84  | Vincent Sombroek        | HEERHUGOWAARD      | 1/8 Triathlon Individueel              | Hsen | 0:20:06 | 0:53:08 | 0:15:46 | 1:29:00 |
| 96  | 49 | 22  | Peter Buter             | TUITJENHORN        | 1/8 Triathlon Individueel              | Hmas | 0:14:10 | 0:48:35 | 0:26:20 | 1:29:05 |
| 97  | 38 | 165 | Ruud Roemersma          | HEERHUGOWAARD      | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:15:50 | 0:48:33 | 0:24:43 | 1:29:06 |
| 98  | 4  | 236 | Saskia Verijzer-Sleking | DEN HELDER         | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:11:57 | 0:50:16 | 0:26:59 | 1:29:12 |
| 99  | 5  | 234 | Esther Veldhuis         | BOVENKARPEL        | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:15:59 | 0:49:54 | 0:23:38 | 1:29:31 |
| 100 | 50 | 46  | Paul Jansen             | HEERHUGOWAARD      | 1/8 Triathlon Individueel              | Hmas | 0:13:56 | 0:47:14 | 0:28:24 | 1:29:34 |
| 101 | 6  | 239 | Marion Visser           | NOORD-SCHARWOUDE   | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:12:05 | 0:50:50 | 0:26:41 | 1:29:36 |
| 102 | 7  | 222 | Marga Leegwater         | WINKEL             | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:15:36 | 0:47:45 | 0:26:15 | 1:29:36 |
| 103 | 39 | 195 | Martijn van Leeuwen     | AMSTERDAM          | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:15:48 | 0:52:16 | 0:21:42 | 1:29:46 |
| 104 | 51 | 98  | Eric Verschoor          | BREEZAND           | 1/8 Triathlon Individueel              | Hmas | 0:13:23 | 0:49:09 | 0:27:22 | 1:29:54 |
| 105 | 40 | 43  | Paul Homan              | ANNA PAULOWNA      | 1/8 Triathlon Individueel              | Hsen | 0:12:50 | 0:49:49 | 0:27:28 | 1:30:07 |

## Triathlon Heerhugowaard

|     |    |     |                         |                |  |      |         |         |         |         |
|-----|----|-----|-------------------------|----------------|--|------|---------|---------|---------|---------|
| 106 | 52 | 61  | Marc Louter             | PETTEN         | 1/8 Triathlon Individueel              | Hmas | 0:14:45 | 0:50:04 | 0:25:49 | 1:30:38 |
| 107 | 53 | 13  | Wilko de Boer           | OB DAM         | 1/8 Triathlon Individueel              | Hmas | 0:16:08 | 0:48:46 | 0:25:48 | 1:30:42 |
| 108 | 54 | 44  | Pieter van der Hoorn    | ASSEDELFT      | 1/8 Triathlon Individueel              | Hmas | 0:12:55 | 0:49:25 | 0:28:31 | 1:30:51 |
| 109 | 55 | 197 | David Homborg           | AMSTERDAM      | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:13:48 | 0:50:39 | 0:26:27 | 1:30:54 |
| 110 | 8  | 220 | Anita Karperien         | KROMMENIE      | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:12:29 | 0:51:50 | 0:26:43 | 1:31:02 |
| 111 | 56 | 62  | Humphrey Mijns          | JULIANADORP    | 1/8 Triathlon Individueel              | Hmas | 0:18:43 | 0:49:46 | 0:22:34 | 1:31:03 |
| 112 | 7  | 205 | Cora Blankendaal        | EENIGENBURG    | 1/8 Triathlon Individueel Vrouwen      | Dsen | 0:15:01 | 0:48:21 | 0:27:50 | 1:31:12 |
| 113 | 9  | 229 | Silvia de Reus-Stoop    | WAARLAND       | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:14:49 | 0:50:31 | 0:25:54 | 1:31:14 |
| 114 | 57 | 176 | Marcel Beentjes         | OOSTHUIZEN     | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:13:54 | 0:53:56 | 0:23:25 | 1:31:15 |
| 115 | 41 | 200 | Koen van der Meer       | ALKMAAR        | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:10:23 | 0:55:14 | 0:25:51 | 1:31:28 |
| 116 | 58 | 134 | Her Tesselaar           | HEERHUGOWAARD  | 1/8 Triathlon Individueel              | Hmas | 0:19:52 | 0:47:58 | 0:23:49 | 1:31:39 |
| 117 | 10 | 152 | Brigitta Commandeur     | SINT PANCRAS   | 1/8 Triathlon Individueel Zomercursist | Dmas | 0:16:18 | 0:49:33 | 0:26:06 | 1:31:57 |
| 118 | 42 | 86  | Joost van Stralen       | HEERHUGOWAARD  | 1/8 Triathlon Individueel              | Hsen | 0:16:14 | 0:49:42 | 0:26:11 | 1:32:07 |
| 119 | 43 | 20  | Ron Burger              | ANNA PAULOWNA  | 1/8 Triathlon Individueel              | Hsen | 0:17:19 | 0:50:43 | 0:24:15 | 1:32:17 |
| 120 | 59 | 132 | Erik Simons             | ALKMAAR        | 1/8 Triathlon Individueel              | Hmas | 0:14:03 | 0:51:54 | 0:26:35 | 1:32:32 |
| 121 | 44 | 159 | Adriaan Klijn           | HEERHUGOWAARD  | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:18:48 | 0:48:56 | 0:24:53 | 1:32:37 |
| 122 | 60 | 17  | John Brussel            | ASSEDELFT      | 1/8 Triathlon Individueel              | Hmas | 0:15:50 | 0:50:35 | 0:26:13 | 1:32:38 |
| 123 | 45 | 155 | Jörg Dreyer             | HEERHUGOWAARD  | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:15:13 | 0:50:39 | 0:26:48 | 1:32:40 |
| 124 | 11 | 230 | Willy Risselada         | ZWAAG          | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:17:56 | 0:51:06 | 0:23:49 | 1:32:51 |
| 125 | 61 | 66  | Martijn Muller          | NIEUW -VENNEP  | 1/8 Triathlon Individueel              | Hmas | 0:13:11 | 0:51:04 | 0:29:18 | 1:33:33 |
| 126 | 62 | 85  | René Stammes            | NIEUWE NIEDORP | 1/8 Triathlon Individueel              | Hmas | 0:13:19 | 0:49:50 | 0:30:29 | 1:33:38 |
| 127 | 8  | 218 | Sanne van der Horst     | ANNA PAULOWNA  | 1/8 Triathlon Individueel Vrouwen      | Dsen | 0:12:48 | 0:54:18 | 0:26:58 | 1:34:04 |
| 128 | 63 | 57  | Walter Langedijk        | WOGNUM         | 1/8 Triathlon Individueel              | Hmas | 0:14:37 | 0:52:14 | 0:27:26 | 1:34:17 |
| 129 | 46 | 127 | Johan Mosch             | HEERHUGOWAARD  | 1/8 Triathlon Individueel              | Hsen | 0:13:07 | 0:54:32 | 0:27:06 | 1:34:45 |
| 130 | 64 | 170 | Barry Visscher          | ALKMAAR        | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:14:46 | 0:52:38 | 0:27:21 | 1:34:45 |
| 131 | 65 | 153 | Dick Commandeur         | SINT PANCRAS   | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:17:48 | 0:47:05 | 0:29:55 | 1:34:48 |
| 132 | 47 | 198 | Leon Spil               | ZWAAG          | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:17:09 | 0:54:19 | 0:23:21 | 1:34:49 |
| 133 | 66 | 53  | Jos Kraakman            | SCHOORL        | 1/8 Triathlon Individueel              | Hmas | 0:14:26 | 0:53:25 | 0:27:02 | 1:34:53 |
| 134 | 12 | 240 | Martine Wilms           | BREEZAND       | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:11:52 | 0:53:02 | 0:30:05 | 1:34:59 |
| 135 | 9  | 238 | Mirjam Vertelman        | WINKEL         | 1/8 Triathlon Individueel Vrouwen      | Dsen | 0:14:39 | 0:51:57 | 0:28:33 | 1:35:09 |
| 136 | 1  | 181 | Carmen Oudejans         | ABBEKERK       | 1/8 Triathlon Individueel Zomercursist | Djun | 0:14:17 | 0:52:44 | 0:28:17 | 1:35:18 |
| 137 | 67 | 35  | Henk van de Grootevheen | ALKMAAR        | 1/8 Triathlon Individueel              | Hmas | 0:14:08 | 0:52:59 | 0:28:52 | 1:35:59 |
| 138 | 68 | 38  | Onno van Heerwaarden    | WITMARSUM      | 1/8 Triathlon Individueel              | Hmas | 0:12:52 | 0:53:27 | 0:29:43 | 1:36:02 |
| 139 | 69 | 128 | René Mulder             | ALKMAAR        | 1/8 Triathlon Individueel              | Hmas | 0:13:24 | 0:55:11 | 0:27:43 | 1:36:18 |
| 140 | 70 | 28  | Gerard van Assem        | WARMENHUIZEN   | 1/8 Triathlon Individueel              | Hmas | 0:18:12 | 0:49:35 | 0:28:40 | 1:36:27 |
| 141 | 71 | 21  | Bob Buter               | AMSTERDAM      | 1/8 Triathlon Individueel              | Hmas | 0:16:36 | 0:48:30 | 0:31:25 | 1:36:31 |
| 142 | 72 | 60  | Renny Loomans           | BLOKKER        | 1/8 Triathlon Individueel              | Hmas | 0:15:26 | 0:54:43 | 0:27:23 | 1:37:32 |
| 143 | 73 | 16  | Ingmar Bras             | HEERHUGOWAARD  | 1/8 Triathlon Individueel              | Hmas | 0:17:48 | 0:51:57 | 0:28:04 | 1:37:49 |
| 144 | 74 | 154 | Erik de Wit             | HOOGWOUDE      | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:14:33 | 0:56:48 | 0:26:51 | 1:38:12 |
| 145 | 48 | 196 | Stef Mecklenfeld        | ZAANDAM        | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:18:19 | 0:53:10 | 0:27:17 | 1:38:46 |
| 146 | 10 | 203 | Suzanne Bark            | NIEUWE NIEDORP | 1/8 Triathlon Individueel Vrouwen      | Dsen | 0:14:38 | 0:54:32 | 0:30:00 | 1:39:10 |
| 147 | 75 | 56  | Raimond de Lange        | HARLINGEN      | 1/8 Triathlon Individueel              | Hmas | 0:15:51 | 0:51:20 | 0:32:01 | 1:39:12 |
| 148 | 76 | 187 | Sander van Houten       | WERVERSHOOF    | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:12:49 | 0:59:49 | 0:27:08 | 1:39:46 |
| 149 | 11 | 158 | Jolanda Jansen          | ALKMAAR        | 1/8 Triathlon Individueel Zomercursist | Dsen | 0:14:41 | 0:57:01 | 0:28:05 | 1:39:47 |
| 150 | 13 | 201 | Carla Aalders           | HEERHUGOWAARD  | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:16:09 | 0:55:59 | 0:28:31 | 1:40:39 |
| 151 | 49 | 194 | Dietmar Rosalia         | AMSTELVEEN     | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:17:23 | 0:54:13 | 0:29:15 | 1:40:51 |
| 152 | 12 | 171 | Paula Volkers           | HEERHUGOWAARD  | 1/8 Triathlon Individueel Zomercursist | Dsen | 0:15:45 | 0:56:05 | 0:29:02 | 1:40:52 |
| 153 | 14 | 213 | Jola Geerlig-Kaan       | ANNA PAULOWNA  | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:17:58 | 0:54:10 | 0:29:00 | 1:41:08 |
| 154 | 15 | 209 | Florien Deken           | SINT PANCRAS   | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:14:44 | 0:59:17 | 0:27:15 | 1:41:16 |
| 155 | 16 | 227 | Threski Poorter         | ALKMAAR        | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:15:09 | 0:56:27 | 0:29:49 | 1:41:25 |
| 156 | 77 | 106 | Ruud Winter             | BOVENKARPEL    | 1/8 Triathlon Individueel              | Hmas | 0:15:48 | 0:56:43 | 0:28:58 | 1:41:29 |
| 157 | 50 | 24  | Remko Davids            | BREEZAND       | 1/8 Triathlon Individueel              | Hsen | 0:13:38 | 0:58:46 | 0:29:06 | 1:41:30 |
| 158 | 17 | 151 | Evelien Brans           | KOEDIJK        | 1/8 Triathlon Individueel Zomercursist | Dmas | 0:14:53 | 0:56:49 | 0:29:53 | 1:41:35 |
| 159 | 78 | 167 | Frank Smit              | HEERHUGOWAARD  | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:17:05 | 0:56:50 | 0:27:50 | 1:41:45 |
| 160 | 18 | 219 | Margret Ijdema          | HEERHUGOWAARD  | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:13:37 | 1:05:55 | 0:22:16 | 1:41:48 |

Triathlon Heerhugowaard

|     |    |     |                         |                |  |      |         |         |         |         |
|-----|----|-----|-------------------------|----------------|--|------|---------|---------|---------|---------|
| 161 | 19 | 206 | Ennie De Graaf          | HEILOO         | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:13:10 | 1:03:10 | 0:25:38 | 1:41:58 |
| 162 | 13 | 226 | Ingrid Nan              | ZWAAG          | 1/8 Triathlon Individueel Vrouwen      | Dsen | 0:15:16 | 0:59:17 | 0:27:40 | 1:42:13 |
| 163 | 79 | 103 | Cor van Westrienen      | HEERHUGOWAARD  | 1/8 Triathlon Individueel              | Hmas | 0:15:30 | 0:55:55 | 0:30:58 | 1:42:23 |
| 164 | 80 | 164 | Geert Roekevisch        | LAREN          | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:14:39 | 0:57:35 | 0:30:34 | 1:42:48 |
| 165 | 14 | 183 | Lonneke Rentinck        | HOORN          | 1/8 Triathlon Individueel Zomercursist | Dsen | 0:14:13 | 0:59:28 | 0:29:11 | 1:42:52 |
| 166 | 81 | 95  | Edwin van Venetiën      | NIEUWE NIEDORP | 1/8 Triathlon Individueel              | Hmas | 0:20:13 | 0:53:26 | 0:29:46 | 1:43:25 |
| 167 | 15 | 178 | Lydian de Poel          | HOORN          | 1/8 Triathlon Individueel Zomercursist | Dsen | 0:14:17 | 0:58:25 | 0:30:45 | 1:43:27 |
| 168 | 82 | 96  | Chris Vermeulen         | DEN HELDER     | 1/8 Triathlon Individueel              | Hmas | 0:20:24 | 0:55:00 | 0:28:03 | 1:43:27 |
| 169 | 83 | 166 | Eric Sikma              | ALKMAAR        | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:15:25 | 0:55:27 | 0:33:02 | 1:43:54 |
| 170 | 20 | 235 | Annemarie van Velzen    | UITGEEST       | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:14:38 | 0:58:59 | 0:30:22 | 1:43:59 |
| 171 | 84 | 123 | Peter Konijn            | HEERHUGOWAARD  | 1/8 Triathlon Individueel              | Hmas | 0:16:19 | 0:55:30 | 0:32:15 | 1:44:04 |
| 172 | 21 | 211 | Miranda Emmanouilidis   | SCHOORL        | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:16:52 | 0:56:09 | 0:31:19 | 1:44:20 |
| 173 | 85 | 156 | Richard Hes             | HEERHUGOWAARD  | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:19:35 | 0:59:11 | 0:25:34 | 1:44:20 |
| 174 | 2  | 204 | Liv Beezemer            | TWISK          | 1/8 Triathlon Individueel Vrouwen      | Djun | 0:18:24 | 0:54:12 | 0:32:52 | 1:45:28 |
| 175 | 16 | 174 | Karin Appelman          | GROOTEBROEK    | 1/8 Triathlon Individueel Zomercursist | Dsen | 0:15:29 | 0:58:10 | 0:31:52 | 1:45:31 |
| 176 | 17 | 202 | Wicky Bakker-VanZelst   | VELSEN-ZUID    | 1/8 Triathlon Individueel Vrouwen      | Dsen | 0:18:23 | 0:59:22 | 0:28:16 | 1:46:01 |
| 177 | 51 | 163 | Vladimir Peralta Garcia | ANNA PAULOWNA  | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:18:36 | 0:58:58 | 0:28:31 | 1:46:05 |
| 178 | 86 | 115 | Ger Breure              | EGMOND BINNEN  | 1/8 Triathlon Individueel              | Hmas | 0:16:35 | 0:59:03 | 0:30:45 | 1:46:23 |
| 179 | 22 | 221 | Monique Keizer          | NIEUWE NIEDORP | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:14:58 | 1:00:44 | 0:30:42 | 1:46:24 |
| 180 | 87 | 185 | Martin van Ginkel       | ZWAAG          | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:17:18 | 0:56:22 | 0:32:52 | 1:46:32 |
| 181 | 88 | 184 | Mark van der Wurff      | ZWAAG          | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:17:21 | 0:56:11 | 0:33:00 | 1:46:32 |
| 182 | 2  | 186 | Bram van Ginkel         | ZWAAG          | 1/8 Triathlon Individueel Zomercursist | Hjun | 0:17:21 | 0:56:24 | 0:32:47 | 1:46:32 |
| 183 | 23 | 232 | Doortje Seeger          | OOSTHUIZEN     | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:18:11 | 1:01:35 | 0:26:46 | 1:46:32 |
| 184 | 24 | 217 | Carla Hopman            | DEN HELDER     | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:16:46 | 0:53:58 | 0:35:52 | 1:46:36 |
| 185 | 25 | 237 | Christa Verschoor       | BREEZAND       | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:17:15 | 0:58:52 | 0:31:01 | 1:47:08 |
| 186 | 18 | 175 | Charlotte Bakker        | GROOTEBROEK    | 1/8 Triathlon Individueel Zomercursist | Dsen | 0:19:06 | 0:59:47 | 0:28:18 | 1:47:11 |
| 187 | 26 | 172 | Kim Wilms               | ALKMAAR        | 1/8 Triathlon Individueel Zomercursist | Dmas | 0:14:24 | 0:57:17 | 0:37:05 | 1:48:46 |
| 188 | 27 | 233 | Linda van der Veer      | AMSTERDAM      | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:15:43 | 1:04:12 | 0:30:04 | 1:49:59 |
| 189 | 52 | 173 | Jeroen Wouda            | HEILOO         | 1/8 Triathlon Individueel Zomercursist | Hsen | 0:21:40 | 1:00:39 | 0:29:25 | 1:51:44 |
| 190 | 28 | 224 | Bianca Mens             | HOORN          | 1/8 Triathlon Individueel Vrouwen      | Dmas | 0:16:18 | 1:01:55 | 0:33:42 | 1:51:55 |
| 191 | 89 | 169 | Erwin van Vreden        | HEERHUGOWAARD  | 1/8 Triathlon Individueel Zomercursist | Hmas | 0:17:37 | 1:03:18 | 0:35:17 | 1:56:12 |
| 192 | 29 | 168 | Linda van Baar          | OB DAM         | 1/8 Triathlon Individueel Zomercursist | Dmas | 0:18:53 | 1:06:01 | 0:42:35 | 2:07:29 |
|     |    | 121 | René Hol                | HEERHUGOWAARD  | 1/8 Triathlon Individueel              | Hmas | 0:10:58 | 0:44:47 |         | DNF     |
|     |    | 140 | Peter Weijers           | ALKMAAR        | 1/8 Triathlon Individueel              | Hmas | 0:12:44 | 0:13:39 |         | DNF     |
|     |    | 34  | Frank Groot             | HEERHUGOWAARD  | 1/8 Triathlon Individueel              | Hmas | 0:15:57 | 0:52:22 |         | DNF     |
|     |    | 130 | Wim Opdam               | UITGEEST       | 1/8 Triathlon Individueel              | Hmas | 0:12:58 |         |         | DNF     |
|     |    | 118 | Richard Gillebaard      | SCHOORL        | 1/8 Triathlon Individueel              | Hmas | 0:13:33 |         |         | DNF     |