

22ste Kwarttriatlon Abbekerk, 4 september 2005

Plaats	Naam	Woonplaats	Categorie	Zwemtijd	Fietstijd	Looptijd	Eindtijd
1	Michael Krijnen	Spanbroek	(H) Sen	00:12:51	01:16:41	00:38:37	02:08:09
2	Fre Adema	Oranjewoud	(H) Mas 40-49	00:14:19	01:18:04	00:41:47	02:14:10
3	Ruud Schrijver	Noord-Scharwoude	(H) Mas 40-49	00:12:45	01:16:44	00:49:13	02:18:42
4	Ruud Degeling	Hoorn	(H) Mas 40-49	00:15:20	01:21:19	00:43:24	02:20:03
5	Henry Rijkenberg	Purmerend	(H) Mas 50-59	00:17:32	01:20:19	00:46:00	02:23:51
6	Marc v/d Broek	Amsterdam	(H) Mas 50-59	00:16:55	01:23:35	00:43:40	02:24:10
7	Wim Edam	Noordbeemster	(H) Mas 50-59	00:17:40	01:25:31	00:41:26	02:24:37
8	Theo v d Fluit	Noord Scharwoude	(H) Mas 40-49	00:17:22	01:21:26	00:45:53	02:24:41
9	Jerre Veltman	Abbekerk	(H) Sen	00:16:30	01:22:51	00:45:30	02:24:51
10	Sonja Jaarsveld	Hoorn	(D) Sen	00:17:26	01:23:22	00:45:08	02:25:56
11	Michel Mulder	Hoorn	(H) Mas 50-59	00:15:36	01:21:08	00:50:10	02:26:54
12	Hans Dinkelberg	Hoorn	(H) Mas 40-49	00:16:45	01:22:40	00:48:26	02:27:51
13	Denny Roos	Hoorn	(H) Mas 40-49	00:15:13	01:21:21	00:51:42	02:28:16
14	Rob Marinus	Heerhugowaard	(H) Mas 40-49	00:16:19	01:24:33	00:47:53	02:28:45
15	William Kooy	Abbekerk	(H) Mas 40-49	00:19:28	01:25:43	00:44:35	02:29:46
16	Marion Visser	Noord-Scharwoude	(D) Mas	00:15:18	01:25:21	00:51:11	02:31:50
17	Erwin Leblanche	Blokker	(H) Sen	00:19:19	01:25:29	00:47:22	02:32:10
18	Dagmar Krijnen - van Dijk	Spanbroek	(D) Sen	00:15:50	01:25:28	00:51:13	02:32:31
19	Clemens Beemsterboer	Abbekerk	(H) Mas 50-59	00:19:52	01:26:35	00:46:27	02:32:54
20	Ruud Boot	Purmerend	(H) Mas 40-49	00:15:45	01:36:45	00:41:27	02:33:57
21	Wilco Stavenuiter	Winkel	(H) Sen	00:21:05	01:28:22	00:44:36	02:34:03
22	Henny Tol	Hoorn	(H) Mas 40-49	00:18:13	01:26:07	00:50:30	02:34:50
23	Edwin de Vries	Oosterblokker	(H) Sen	00:18:35	01:24:42	00:51:59	02:35:16
24	Hans Last	Hoorn	(H) Mas 40-49	00:22:32	01:26:46	00:46:07	02:35:25
25	Robbert van Meulem	Oostwoud	(H) Sen	00:16:17	01:26:16	00:53:03	02:35:36
26	Jan Kok	Oosthuizen	(H) Mas 60+	00:19:32	01:22:59	00:53:30	02:36:01
27	Cees Groenland	Obdam	(H) Mas 40-49	00:18:21	01:28:53	00:49:53	02:37:07
28	Olof Huiberts	Twisk	(H) Mas 40-49	00:20:54	01:28:14	00:48:06	02:37:14
29	Mark Veenman	Dronten	(H) Mas 40-49	00:19:34	01:26:16	00:52:00	02:37:50
30	Monique Paauw	Blokker	(D) Sen	00:17:38	01:30:45	00:49:57	02:38:20
31	Wiep Waal	Purmerend	(H) Mas 60+	00:16:40	01:29:05	00:52:41	02:38:26
32	Wolter Jonkman	Hoorn	(H) Mas 40-49	00:17:58	01:26:18	00:55:03	02:39:19
33	Rene Huisman	Hoorn	(H) Mas 40-49	00:16:24	01:30:47	00:52:17	02:39:28
34	Henk Wijbenga	Hoorn	(H) Mas 40-49	00:22:13	01:26:30	00:51:17	02:40:00
35	Peter Bakker	Edam	(H) Mas 50-59	00:21:56	01:27:04	00:51:18	02:40:18
36	Pierre Groenland	Ursem	(H) Mas 50-59	00:24:10	01:28:35	00:48:49	02:41:34
37	Liesbeth Lind	Twisk	(D) Mas	00:20:29	01:30:36	00:50:31	02:41:36
38	Ruud Haanstra	Abbekerk	(H) Mas 50-59	00:22:36	01:33:35	00:45:29	02:41:40
39	Bernard Lind	Twisk	(H) Mas 40-49	00:20:35	01:32:05	00:49:14	02:41:54
40	Gerben Konijn	Slootdorp	(H) Sen	00:19:20	01:29:04	00:53:54	02:42:18
41	Bert Odie	Abbekerk	(H) Mas 40-49	00:22:15	01:29:53	00:50:32	02:42:40
42	Jan Smit	Opperdoes	(H) Mas 40-49	00:22:26	01:33:44	00:48:08	02:44:18
43	Hans Groot	Lambertschaag	(H) Mas 50-59	00:22:49	01:31:01	00:50:40	02:44:30
44	Achilles Smeltink	Zaandam	(H) Sen	00:22:44	01:35:33	00:48:49	02:47:06
45	Johan van gelderen	bovenkarspel	(H) Mas 50-59	00:16:40	01:33:57	00:56:32	02:47:09
46	Tonny Deckers	Hoorn	(D) Mas	00:17:24	01:38:59	00:50:55	02:47:18
47	Cor Oorthuysen	Egmond-binnen	(H) Mas 50-59	00:21:54	01:30:10	00:55:16	02:47:20
48	Enrico Koenis	Holten (Ov)	(H) Sen	00:18:20	01:37:40	00:51:22	02:47:22
49	Gerald Koeman	Westwoud	(H) Sen	00:26:35	01:35:27	00:46:26	02:48:28
50	Ton van Dijk	Blokker	(H) Sen	00:22:46	01:34:48	00:52:41	02:50:15
51	Tim de Haan	Hoogwoud	(H) Sen	00:21:30	01:26:32	01:02:43	02:50:45
52	Ben Kleinbekman	Oudkarspel	(H) Mas 50-59	00:23:45	01:31:35	00:56:19	02:51:39
53	Marcel Stroet	Wervershoof	(H) Mas 40-49	00:13:53	01:34:26	01:03:26	02:51:45
54	Siemen Loos	Spanbroek	(H) Sen	00:22:59	01:29:32	00:59:57	02:52:28
55	Joery Dekker	Nibbixwoud	(H) Sen	00:16:39	01:29:07	01:07:33	02:53:19
56	Kees van Elst	Utrecht	(H) Sen	00:25:08	01:36:50	00:51:35	02:53:33
57	Pietermel de Graaf	Hoorn	(D) Mas	00:20:41	01:35:45	00:57:08	02:53:34
58	Robert Wiegman	Naarden	(H) Sen	00:23:55	01:35:34	00:56:05	02:55:34
59	Johan Krommenhoek	Kortenhoef	(H) Mas 40-49	00:20:00	01:33:17	01:02:43	02:56:00
60	Christel Betten	Abbekerk	(D) Sen	00:17:33	01:37:39	01:03:02	02:58:14
61	Wiljam Kaandorp	Alkmaar	(H) Mas 40-49	00:19:30	01:41:06	00:58:54	02:59:30
62	Gerard Marlet	Utrecht	(H) Sen	00:23:14	01:38:01	00:59:20	03:00:35
63	Fred van Wageningen	anna paulowna	(H) Mas 40-49	00:24:05	01:35:50	01:00:48	03:00:43
64	Jolanda Schrijver	Twisk	(D) Mas	00:19:41	01:38:03	01:03:07	03:00:51
65	Robbert Mol	Wieringerwerf	(H) Sen	00:21:11	01:33:19	01:06:44	03:01:14
66	Dick Koelewijn	Zaandam	(H) Mas 40-49	00:21:46	01:42:12	00:57:58	03:01:56
67	Jan Scholten	Weesp	(H) Mas 40-49	00:22:45	01:38:30	01:01:30	03:02:45
68	Rita van Duin	Uitgeest	(D) Mas	00:23:52	01:42:23	00:59:36	03:05:51
69	Evert Jan Hoveling	Koog aan de Zaan	(H) Sen	00:21:34	01:39:57	01:04:54	03:06:25
70	Tine Groenland	Ursem	(D) Mas	00:23:40	01:46:12	00:57:23	03:07:15
71	Adri van Assema	Hoorn	(H) Mas 40-49	00:26:24	01:36:21	01:08:11	03:10:56

Sheet1

72	Bea Bakker	Abbekerk	(D) Mas	00:24:33	01:42:44	01:05:05	03:12:22
73	Matthy van Klaveren	Heemskerk	(H) Mas 50-59	00:27:06	01:37:13	01:08:41	03:13:00
74	Jan de Vries	Heerhugowaard	(H) Mas 40-49	00:27:08	01:40:56	01:06:51	03:14:55
75	Johan Baas	Wognum	(H) Sen	00:22:35	02:10:06	00:49:08	03:21:49
76	Dave Dolleman	Abbekerk	(H) Sen	00:21:04	01:40:56	01:25:48	03:27:48
77	Leo Petersen	Hoor	(H) Mas 60+	00:28:18	01:53:40	01:13:56	03:35:54
78	Louis Kock	Den Haag	(H) Sen	00:23:45	01:53:43	01:19:56	03:37:24
79	Sjaak Danenberg	Hoor	(H) Mas 40-49	00:20:20			
80	Cock van Duin	Uitgeest	(H) Mas 40-49	00:27:38	01:44:50		
81	Robbert Middelburg	Zwaag	(H) Sen	00:19:51	01:32:17		
82	Joram Kauwoh	Den Helder	(H) Sen				
83	Rosalinde Bakker - Rens	Edam	(D) Mas				
84	Rob van Duifhuizen	Zoetermeer	(H) Sen				
85	Cor Edam	Noordbeemster	(H) Mas 50-59	00:16:32	01:18:27		

22ste Kwarttriatlon Abbekerk, 4 september 2005

Plaats	Naam	Woonplaats	Categorie	Zwemtijd	Fietstijd	Looptijd	Eindtijd
1	Team Amsterdam	Amsterdam	Trio	00:17:03	01:13:07	00:40:31	02:10:41
2	Groot in klein werk	Lambertschaag	Trio	00:21:24	01:11:44	00:40:18	02:13:26
3	Kok met J-I-M	Abbekerk	Trio	00:17:02	01:22:17	00:36:32	02:15:51
4	B-B-D-team	Abbekerk	Trio	00:15:20	01:14:45	00:48:44	02:18:49
5	Zo hard als water!	Twisk	Trio	00:18:48	01:17:46	00:42:16	02:18:50
6	Team One	Heerhugowaard	Trio	00:18:57	01:21:33	00:40:12	02:20:42
7	Trochsetters	Lambertschaag	Trio	00:22:36	01:13:23	00:47:19	02:23:18
8	De Postduikers	De Weere	Trio	00:23:35	01:22:35	00:39:31	02:25:41
9	De Rappuh Mannuh Duo Richard en Sjaak	Abbekerk	Trio	00:20:21	01:19:50	00:46:21	02:26:32
10	zonder Klaas	Abbekerk	Trio	00:21:25	01:20:57	00:44:44	02:27:06
11	it's REAL!!	Abbekerk	Trio	00:20:49	01:23:44	00:46:34	02:31:07
12	Bestro	Abbekerk	Trio	00:16:03	01:26:57	00:48:07	02:31:07
13	Oudeman-Dekker	Hoorn	Trio	00:18:50	01:27:24	00:45:21	02:31:35
14	Gladiators	Midwoud	Trio	00:22:18	01:23:46	00:46:15	02:32:19
15	Wegwezen	Zwaag	Trio	00:16:50	01:22:49	00:53:36	02:33:15
16	Duurzaam Sportief	Abbekerk	Trio	00:20:11	01:26:04	00:47:33	02:33:48
17	Triathloncomite Niedorp	Winkel	Trio	00:15:46	01:27:15	00:51:17	02:34:18
18	Trio Lou Coevert	Lambertschaag	Trio	00:21:42	01:26:40	00:48:23	02:36:45
19	knalteam	Abbekerk	Trio	00:21:11	01:27:10	00:52:50	02:41:11
20	Betten/vanKleef/Baljet	Abbekerk	Trio	00:20:26	01:31:38	00:51:26	02:43:30
21	Vol-voets	Lambertschaag	Trio	00:22:47	01:19:14	01:01:29	02:43:30
22	Team Verlaat	Abbekerk	Trio	00:22:21	01:31:18	00:50:31	02:44:10
23	Op Goed Geluk	Abbekerk	Trio	00:23:59	01:24:30	00:57:26	02:45:55
24	De Flyers	Abbekerk	Trio	00:22:18	01:30:22	00:54:21	02:47:01
25	de mannen van staal	Obdam	Trio	00:20:14	01:29:27	00:58:36	02:48:17
26	Beat the Doggys	Noord Scharwoude	Trio	00:22:49	01:29:06	00:58:13	02:50:08
27	de Gymnasten	Abbekerk	Trio	00:21:44	01:23:34	01:05:23	02:50:41
28	Damesleed	Amsterdam	Trio	00:22:26	01:29:24	00:59:35	02:51:25
29	The Doggys	Zuid Scharwoude	Trio	00:20:12	01:25:08	01:07:19	02:52:39
30	willem, willem en ?	Noord-Scharwoude	Trio	00:27:55	01:33:46	00:51:13	02:52:54
31	De Drie Vlechtjes	Nrd-Scharwoude	Trio	00:16:53	01:38:06	00:59:28	02:54:27
32	AntLandLau nie-Piet	Abbekerk	Trio	00:21:20	01:36:47	00:56:26	02:54:33
33	Trio Rossio	Abbekerk	Trio	00:22:20	01:33:56	00:59:06	02:55:22
34	't Topteam	Abbekerk	Trio	00:24:39	01:40:27	00:52:29	02:57:35
35	Spirit	Abbekerk	Trio	00:21:34	01:34:55	01:03:44	03:00:13
36	Trio Anoniem	Abbekerk	Trio	00:24:05	01:41:10	00:57:19	03:02:34
37	Jocomibjo	Emmeloord	Trio	00:13:58	02:00:05	00:50:13	03:04:16
38	Team Hartog	Abbekerk	Trio	00:21:15	01:40:11	01:06:46	03:08:12
39	Trio Dr. Mak	Abbekerk	Trio	00:20:10	01:53:58	00:55:00	03:09:08
40	De Duinloopsters	Abbekerk	Trio	00:24:37	01:43:05	01:02:36	03:10:18

1/8 triatlon Abbekerk, 4 september 2005

Plaats	Naam	Woonplaats	Categorie	Zwemtijd	Fietstijd	Looptijd	Eindtijd
1	Dave van Gellekom	Wognum	(M) Sen	00:09:19	00:38:06	00:29:58	01:17:23
2	Richard Geijteman	Gorredijk	(M) Sen	00:08:06	00:41:13	00:28:21	01:17:40
3	Bauke Ylstra	Amsterdam	(M) Mas	00:08:27	00:44:57	00:27:47	01:21:11
4	Tobias Meester	Nibbixwoud	(M) Jun	00:07:42	00:47:10	00:31:11	01:26:03
5	Gert Jan Smit	Zwaag	(M) Mas	00:09:40	00:44:00	00:32:41	01:26:21
6	Cees Luttkhuizen	Heerhugowaard	(M) Mas	00:10:48	00:44:55	00:32:34	01:28:17
7	Melissa, Jodi, Ayla Team 91	t Veld	Trio(1/8)	00:11:18	00:45:58	00:31:56	01:29:12
8	Wilma Bakker	Nieuwe Niedorp	(D) Sen	00:08:49	00:46:50	00:34:32	01:30:11
9	Mariska Bouwer	Alkmaar	(D) Sen	00:09:37	00:47:39	00:33:02	01:30:18
10	John Jongerhuis	Hoorn	(M) Sen	00:11:28	00:44:11	00:35:24	01:31:03
11	Louise Groot	Lambertschaag	(D) Jun	00:09:55	00:47:21	00:34:33	01:31:49
12	Channe Noort	Oudkarspel	(D) Jun	00:08:15	00:49:01	00:34:33	01:31:49
13	Eric Molenaar	Hoorn	(M) Mas	00:11:09	00:51:57	00:31:48	01:34:54
14	Florien Deken	St. Pancras	(D) Sen	00:09:40	00:47:36	00:41:08	01:38:24
15	Bart Jacobs	Amsterdam	(M) Mas	00:11:22	00:54:00	00:35:05	01:40:27
16	Monique Bankras	De Weere	(D) Sen	00:11:27	00:55:19	00:36:25	01:43:11
17	Jeroen van Vliet	Uitgeest	(M) Sen	00:11:09	00:55:44	00:38:32	01:45:25
18	Ria de Jong	Weesp	(D) Mas	00:12:20	00:55:11	00:39:19	01:46:50
19	Marco Wagendorp	Midwoud	(M) Sen	00:12:22	00:58:45	00:40:25	01:51:32
20	Jos Huisman	Heerhugowaard	(M) Sen	00:10:58	00:50:48	00:51:11	01:52:57
21	Michiel van der Ham	Midwoud	(M) Sen	00:10:44	00:56:04	00:50:36	01:57:24
22	Marina Heibloom	Alkmaar	(D) Mas	00:10:48	01:00:19	00:50:06	02:01:13
23	Aafke Commandeur	Abbekerk	(D) Jun	00:12:10	01:06:01	00:56:15	02:14:26
24	Mike Garrelfs	Amsterdam	(M) Sen				
25	Edwin Heibloom	Alkmaar	(M) Sen	00:07:47			

Minitriatlon Jeugd Abbekerk, 4 september 2005

Plaats	Naam	Woonplaats	Zwemtijd	Fietstijd	Looptijd	Totaaltijd
1	Bas de Wit	Abbekerk	00:04:34	00:23:47	00:13:26	00:41:47
2	Mike Huijberts	Abbekerk	00:04:19	00:23:20	00:14:50	00:42:29
3	Colin Meijners	Abbekerk	00:06:07	00:23:59	00:12:39	00:42:45
4	Boris de Wit	Abbekerk	00:04:42	00:23:55	00:15:27	00:44:04
5	Koen Krommenhoek	Kortenhoef	00:06:38	00:23:20	00:15:01	00:44:59
6	Jesper Lind	Twisk	00:06:39	00:23:20	00:15:31	00:45:30
7	Jimfrey Meijners	Abbekerk	00:04:55	00:23:07	00:17:35	00:45:37
8	Kay Schipper	Abbekerk	00:06:44	00:23:09	00:16:10	00:46:03
9	Rob Stuyt	Lambertschaag	00:05:28	00:24:17	00:16:26	00:46:11
10	Sharon Leegwater	t Veldt	00:06:15	00:23:20	00:17:35	00:47:10
11	Celina Konijn	t Veldt	00:06:28	00:23:20	00:17:35	00:47:23
12	Anouk Wijnker	t Veldt	00:06:47	00:23:20	00:17:36	00:47:43
13	Mieke Commandeur	Abbekerk	00:05:02	00:23:41	00:21:55	00:50:38
14	Mark Bijwaard	Abbekerk	00:05:38	00:23:51	00:27:05	00:56:34
15	Kees Koning	Abbekerk	00:06:48	00:25:20	00:25:40	00:57:48
16	Robin Steltenpool	Abbekerk	00:07:59	00:25:19	00:35:53	01:09:11
17	Paul Zuurbier	Abbekerk				
18	Sammy van Saarloos	Abbekerk				
19	Jordi Brink	Abbekerk				
20	Rik Schipper	Medemblik	00:06:19	00:23:08		