

## Run-Bike-Run Pijnacker 23-11-2008

### Overzicht Individueel per Categorie

#### Heren 16-17

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
1	61	Jeroen Leemans	TV De Langstraat	00:18:24	19	00:01:01	00:19:24	00:49:16	28	00:00:59	01:09:38	00:10:00	26	01:19:38

#### Heren 18-19

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
1	4	Tim Dullaart	TV Rijnmond Rotter	00:16:54	2	00:00:49	00:17:43	00:44:23	5	00:00:50	01:02:54	00:09:05	7	01:11:58
2	5	Lesley Derks	Siitard	00:17:06	9	00:00:48	00:17:53	00:45:25	8	00:00:46	01:04:04	00:09:19	15	01:13:22
3	17	Stefan van Winden	Berkel en Rodenrijs	00:19:07	28	00:00:58	00:20:04	00:51:00	37	00:01:27	01:12:30	00:11:46	74	01:24:16

#### Heren 20-39

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
1	1	Rorik Schouten	DTC	00:16:40	1	00:00:49	00:17:28	00:41:09	1	00:00:47	00:59:23	00:08:50	2	01:08:12
2	41	Leon van der Heijden	Oosterwijk	00:16:54	3	00:00:57	00:17:51	00:42:15	3	00:00:48	01:00:52	00:08:47	1	01:09:39
3	2	Roy Arts	Wijchen	00:17:31	11	00:00:53	00:18:24	00:41:51	2	00:00:51	01:01:05	00:09:40	20	01:10:45
4	37	Bastiaan Gouda	Heiloo	00:17:05	8	00:01:06	00:18:11	00:45:04	6	00:00:55	01:04:08	00:09:10	9	01:13:18
5	154	Arjan van Vliet	TTL	00:17:32	12	00:01:05	00:18:36	00:45:59	9	00:01:37	01:06:11	00:09:04	6	01:15:15
6	167	Maarten Gouda	Egmond a Zee	00:16:55	5	00:01:10	00:18:04	00:46:41	10	00:01:17	01:06:02	00:09:18	14	01:15:20
7	153	John van der Vlies	Oud Beijerland	00:16:57	7	00:01:04	00:18:01	00:47:42	17	00:01:00	01:06:42	00:08:57	4	01:15:38
8	69	Geert-Jan Meewiss	RTC	00:18:03	17	00:01:02	00:19:05	00:47:17	13	00:01:00	01:07:20	00:09:16	13	01:16:35
9	7	Michel Pannekeet	Alkmaar	00:17:14	10	00:01:28	00:18:41	00:47:41	16	00:01:10	01:07:32	00:09:14	12	01:16:46
10	98	Fokke Stoel	??? Komt nog	00:19:26	35	00:01:10	00:20:36	00:47:00	12	00:00:57	01:08:32	00:09:46	21	01:18:18
11	88	Arjan van Rijswijk	TTL	00:19:21	33	00:01:13	00:20:33	00:47:34	14	00:01:11	01:09:17	00:10:08	30	01:19:24
12	43	Pieter-Jan van Heren	Delft	00:18:45	23	00:01:33	00:20:18	00:48:45	24	00:01:18	01:10:20	00:09:50	22	01:20:10
13	51	Rolf de Jong	Pijnacker	00:18:02	16	00:02:09	00:20:11	00:49:33	31	00:01:40	01:11:23	00:09:04	5	01:20:26
14	152	Leo Vissers	RTC Den Haag	00:18:00	15	00:01:47	00:19:47	00:50:01	33	00:01:44	01:11:31	00:09:12	10	01:20:43
15	96	Aniel Stam	Egmond a/d Hoef	00:18:52	25	00:01:30	00:20:21	00:49:08	26	00:01:13	01:10:41	00:10:08	31	01:20:49
16	19	Martijn Broekman	Amsterdam	00:20:47	52	00:01:20	00:22:06	00:46:56	11	00:00:56	01:09:57	00:10:58	48	01:20:55
17	79	Frank van Noort	TVB	00:18:52	24	00:01:08	00:19:59	00:49:43	32	00:01:25	01:11:06	00:10:48	45	01:21:54
18	148	Rick v.d Valk	Pijnacker	00:20:00	41	00:01:12	00:21:11	00:48:41	22	00:01:30	01:11:21	00:10:55	46	01:22:16
19	30	Thijs Eijking	Beverwijk	00:20:07	44	00:01:49	00:21:55	00:49:29	30	00:01:33	01:12:55	00:10:09	32	01:23:04
20	90	André Schaap	De Zijl Triathlon	00:18:17	18	00:02:00	00:20:16	00:52:08	43	00:01:32	01:13:55	00:09:26	17	01:23:20
21	80	Ferdinand Oldema	RTC Den Haag	00:19:17	30	00:01:18	00:20:35	00:51:24	41	00:01:26	01:13:24	00:10:24	35	01:23:48

22	159	Rene Winters	Hellendoorn	00:19:35	37	00:01:43	00:21:18	00:51:53	42	00:01:58	01:15:09	00:10:19	33	01:25:28
23	24	Rene Buitenhek	Den Haag	00:22:16	75	00:01:52	00:24:07	00:48:43	23	00:01:22	01:14:12	00:12:06	79	01:26:18
24	83	Roderick Os van	----	00:19:29	36	00:01:33	00:21:01	00:53:31	46	00:01:32	01:16:04	00:11:00	49	01:27:03
25	147	Ton van Tunen	Breukelen	00:22:12	72	00:01:47	00:23:59	00:50:40	35	00:01:36	01:16:14	00:11:15	57	01:27:29
26	47	Tobias Holling	Den Haag	00:19:49	39	00:01:20	00:21:08	00:54:46	51	00:01:21	01:17:14	00:10:24	34	01:27:37
27	6	Perry Bakker	BAScons	00:24:15	98	00:00:58	00:25:13	00:49:09	27	00:00:57	01:15:18	00:12:55	90	01:28:12
28	150	Sebastiaan Vermaa	TV Rijnmond Rotter	00:20:53	54	00:00:55	00:21:48	00:55:58	56	00:00:59	01:18:43	00:09:59	25	01:28:42
29	48	Michiel IJskes	Delfgauw	00:19:54	40	00:01:45	00:21:38	00:54:45	50	00:02:10	01:18:32	00:10:45	41	01:29:16
30	76	Richard van Niel	Het BAS Team	00:20:39	48	00:01:24	00:22:02	00:57:18	62	00:01:16	01:20:35	00:10:58	47	01:31:32
31	25	Emile Cornelisse	Imere	00:21:45	66	00:01:55	00:23:40	00:56:07	58	00:01:28	01:21:15	00:11:12	55	01:32:27
32	156	Arjen Voogt	Rotterdam	00:19:24	34	00:01:26	00:20:50	01:00:49	73	00:01:24	01:23:02	00:10:39	38	01:33:40
33	168	Jeroen Jilesen	Amerongen	00:20:52	53	00:02:12	00:23:03	00:59:04	66	00:01:52	01:23:57	00:11:31	64	01:35:27
34	21	Jack van Brummele	Den Haag	00:20:02	43	00:00:54	00:20:55	01:02:56	82	00:01:00	01:24:50	00:10:48	43	01:35:37
35	89	Maarten Sauter	Den Haag	00:18:53	26	00:01:50	00:20:42	01:05:30	87	00:01:06	01:27:17	00:10:26	36	01:37:43
36	49	Stefan Immerzeel	Nieuwkoop	00:22:02	70	00:01:41	00:23:43	01:01:10	75	00:01:31	01:26:23	00:11:45	72	01:38:07
37	53	Bas van Kaam	Ijmuiden	00:22:41	85	00:01:58	00:24:39	01:01:26	76	00:01:36	01:27:40	00:11:44	71	01:39:24
38	85	Niko Pelzers	Delfgauw	00:21:20	59	00:01:26	00:22:46	01:03:55	84	00:01:25	01:28:04	00:11:31	65	01:39:35
39	27	Dirk Duinsbergen	Leiden	00:24:06	96	00:01:45	00:25:51	00:58:40	65	00:01:47	01:26:17	00:13:19	96	01:39:36
40	56	Quint Kikkert	Hoek van Holland	00:24:09	97	00:02:08	00:26:17	00:59:58	67	00:02:11	01:28:25	00:12:12	82	01:40:37
41	91	Dolf Smit	BAScons	00:22:08	71	00:01:06	00:23:13	01:05:33	88	00:01:04	01:29:49	00:11:23	62	01:41:12
42	99	Remco Toele	Bussum	00:24:52	104	00:03:46	00:28:37	00:56:51	61	00:04:02	01:29:29	00:13:23	97	01:42:52
43	75	Roland Nederstigt	BAScons	00:20:42	49	00:01:49	00:22:31	01:09:03	95	00:01:12	01:32:44	00:12:52	89	01:45:36
44	23	Dennis Buitendijk	Delft	00:20:57	55	00:01:59	00:22:56	01:13:03	103	00:01:56	01:37:54	00:10:36	37	01:48:30
45	94	Jan Beemsterboer	Alkmaar	00:25:08	106	00:02:39	00:27:47	01:04:44	85	00:02:06	01:34:36	00:14:00	102	01:48:36
46	149	Barry Verbeek	Het BAS Team	00:23:25	87	00:01:09	00:24:33	01:11:33	100	00:01:25	01:37:29	00:13:35	98	01:51:03
47	151	Filip Verschoor	Bleiswijk	00:24:38	102	00:01:34	00:26:12	01:11:40	101	00:02:01	01:39:52	00:12:47	88	01:52:39
48	65	Sander van der Lin	Austerlitz	00:24:50	103	00:01:26	00:26:15	01:14:45	105	00:01:55	01:42:54	00:12:59	91	01:55:53
49	42	Rutger Heindentrijl	Haarlem	00:22:40	83	00:05:47	00:28:27	01:09:01	94	00:05:01	01:42:28	00:13:44	100	01:56:11
50	81	Jack van Oord	BAScons	00:24:04	93	00:01:39	00:25:43	01:18:27	106	00:01:51	01:46:00	00:13:00	92	01:58:59
51	82	Brian Oosthuizen	BAScons	00:24:55	105	00:01:51	00:26:46	01:07:51	91	00:06:24	01:41:00		0	
52	50	Dennis Jansen	Sassenheim	00:18:36	21	00:01:09	00:19:44	01:00:32	70				0	
53	59	Jeroen de Korte	Kerk-Avezaath	00:22:40	84	00:01:10	00:23:50		0				0	
54	166	Ronald Verkuil	Gouda	00:24:02	92	00:02:10	00:26:12		0				0	

#### Heren 40-49

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
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1	16 Ernst Bovenkamp	TVRijnmond Rotteri	00:16:55	4	00:01:02	00:17:56	00:47:49	18	00:01:00	01:06:44	00:09:05	8	01:15:49
2	158 Pim de Waard	Heiloo	00:18:41	22	00:01:32	00:20:13	00:45:24	7	00:01:09	01:06:45	00:09:31	18	01:16:15
3	38 Mark de Haan	TRIP	00:17:48	14	00:01:07	00:18:55	00:48:26	20	00:01:12	01:08:32	00:09:23	16	01:17:54
4	60 Maarten Krijnen	Purnerend	00:17:37	13	00:01:41	00:19:17	00:48:25	19	00:01:19	01:08:59	00:09:12	11	01:18:11
5	32 John Engele	Pijnacker	00:19:19	31	00:00:44	00:20:02	00:47:38	15	00:00:49	01:08:29	00:10:00	27	01:18:29
6	155 Willem de Voogd	TVR	00:18:28	20	00:01:17	00:19:45	00:48:34	21	00:01:14	01:09:32	00:09:37	19	01:19:09
7	10 Hans Beyer	TVR Rijnmond	00:19:14	29	00:00:44	00:19:57	00:51:06	38	00:00:45	01:11:47	00:09:51	23	01:21:37
8	77 Rob Nijhof	TTL	00:18:54	27	00:01:23	00:20:17	00:50:23	34	00:01:20	01:11:59	00:10:03	28	01:22:02
9	54 Moul Kaewkokua	RTC Den Haag	00:20:08	45	00:01:24	00:21:31	00:53:56	48	00:01:24	01:16:49	00:10:48	42	01:27:37
10	73 Bert Mostert	YVP	00:20:00	42	00:01:38	00:21:38	00:55:18	52	00:01:35	01:18:30	00:11:13	56	01:29:43
11	36 Michel de Gier	RTC Den Haag	00:21:00	56	00:01:15	00:22:15	00:56:20	59	00:01:13	01:19:46	00:11:10	54	01:30:56
12	31 Bert van der Ende	TRIP	00:21:55	69	00:01:15	00:23:10	00:55:28	53	00:01:20	01:19:56	00:11:42	69	01:31:38
13	63 Piet van Leeuwen	Lekkerkerk	00:22:35	81	00:01:34	00:24:09	00:56:04	57	00:01:15	01:21:27	00:10:48	44	01:32:15
14	22 Peter Brus	TRIP	00:22:27	78	00:01:24	00:23:51	00:56:48	60	00:01:35	01:22:14	00:11:46	73	01:33:59
15	72 Henri Mosterd	Rijswijk	00:25:58	108	00:02:54	00:28:51	00:50:57	36	00:02:21	01:22:08	00:12:26	86	01:34:34
16	74 Edwin Mulder	Langeraar	00:22:17	76	00:02:42	00:24:59	00:58:26	64	00:02:18	01:25:42	00:11:20	60	01:37:01
17	58 Roberto Tholenaars		00:21:21	60	00:02:22	00:23:42	01:02:22	81	00:01:41	01:27:44	00:12:08	80	01:39:52
18	33 Dave Fredriksz	Leiderdorp	00:22:34	80	00:01:54	00:24:27	01:01:56	79	00:01:41	01:28:03	00:12:15	83	01:40:17
19	39 Paul Hamelink	RTC	00:23:26	89	00:00:57	00:24:23	01:03:45	83	00:01:05	01:29:12	00:13:18	95	01:42:29
20	165 Franco Lisci	Den Haag	00:24:05	94	00:01:15	00:25:19	01:04:59	86	00:01:10	01:31:27	00:13:15	94	01:44:41
21	164 Marco Zonneveld	RTC	00:23:25	88	00:02:12	00:25:37	01:07:16	89	00:01:27	01:34:19	00:12:23	85	01:46:42
22	163 Aad Zonneveld	Nootdorp	00:22:19	77	00:02:12	00:24:30	01:11:16	99	00:01:43	01:37:28	00:11:21	61	01:48:49
23	84 Wim Van Paassen	Poeldijk	00:24:05	95	00:01:27	00:25:31	01:09:37	98	00:01:48	01:36:55	00:13:40	99	01:50:35
24	45 Ton van Hoernig	Delfgauw	00:21:19	58	00:04:19	00:25:37	01:09:25	97	00:03:44	01:38:46	00:12:01	78	01:50:46
25	35 Coen de Gier	Bergambacht	00:24:29	100	00:02:25	00:26:53	01:12:09	102	00:03:34	01:42:35	00:13:53	101	01:56:27
26	95 Rene Stallinga	Wateringen	00:26:03	109	00:03:01	00:29:04	01:14:30	104	00:02:29	01:46:01	00:15:38	106	02:01:39

### Heren 50-59

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
1	3	Rob Barel		00:16:56	6	00:00:35	00:17:30	00:42:42	4	00:00:32	01:00:44	00:08:54	3	01:09:37
2	28	Peter Dullaart	Krimpen a/d IJssel	00:20:37	47	00:01:46	00:22:23	00:49:28	29	00:01:30	01:13:21	00:10:44	40	01:24:05
3	55	Leo van Egmond	Loopgroep PK	00:20:46	51	00:01:17	00:22:03	00:52:50	45	00:01:06	01:15:58	00:10:04	29	01:26:01
4	67	Peet v.d. Meer	Pijnacker	00:21:12	57	00:00:53	00:22:05	00:52:16	44	00:00:47	01:15:07	00:11:04	52	01:26:11
5	160	Gerard van Wissen	TVHW	00:21:43	65	00:01:32	00:23:15	00:51:22	40	00:01:23	01:15:59	00:11:27	63	01:27:26
6	62	Leo van Leeuwen	TRIP Pijnacker	00:20:09	46	00:01:15	00:21:23	00:55:57	55	00:00:48	01:18:08	00:11:02	51	01:29:09
7	157	Rien de Vreede	Middenbeemster	00:23:35	90	00:02:32	00:26:06	00:53:59	49	00:01:57	01:22:02	00:11:35	67	01:33:36

8	92	Uco Sobering	Voorburg	00:21:31	61	00:01:12	00:22:43	01:00:49	72	00:01:02	01:24:32	00:11:15	58	01:35:47
9	40	Wim van Haperen	TV Breda	00:20:45	50	00:01:16	00:22:01	01:02:01	80	00:01:25	01:25:26	00:11:16	59	01:36:42
10	97	Leo van Steen	Den Haag	00:22:14	74	00:02:17	00:24:31	01:00:24	69	00:02:31	01:27:25	00:11:42	70	01:39:07
11	8	Charles Aernouts	WBTV	00:23:46	91	00:01:51	00:25:36	01:01:36	78	00:01:54	01:29:05	00:12:35	87	01:41:39
12	162	Gerard van Zeijl	TV AZC Alphen	00:24:36	101	00:01:50	00:26:26	01:08:41	93	00:01:43	01:36:49	00:13:04	93	01:49:53

#### Heren 60-69

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
1	70	Leo Meewisse	RTC	00:21:39	62	00:01:12	00:22:51	00:51:16	39	00:01:01	01:15:06	00:11:38	68	01:26:44
2	18	Aart v.d. Breevaart	Triat Ver Hoekse W	00:21:40	63	00:01:44	00:23:23	00:55:41	54	00:01:42	01:20:46	00:11:07	53	01:31:52

#### Heren 70 e.o.

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
1	20	Rob Brouwer		00:25:53	107	00:01:09	00:27:01	01:21:51	107	00:01:56	01:50:48	00:14:18	104	02:05:05

#### Dames 16-17

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
1	178	Jip Veelenturf	Alphen a/d Rijn	00:21:42	64	00:01:27	00:23:09	00:57:34	63	00:01:25	01:22:07	00:11:02	50	01:33:08

#### Dames 20-39

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
1	175	Laura van Leeuwen	Den Haag	00:23:11	86	00:01:39	00:24:50	00:53:43	47	00:01:35	01:20:07	00:12:15	84	01:32:21
2	181	Maaïke van Vliet	Den Haag	00:22:32	79	00:01:15	00:23:46	01:00:48	71	00:01:06	01:25:40	00:11:53	76	01:37:32
3	171	Patricia Bronowski	BAScons	00:28:03	111	00:03:02	00:31:04	01:37:32	109	00:01:25	02:10:00	00:15:12	105	02:25:12
4	172	Gabrielle Ebskamp	AZC-Electrolux	00:22:39	82	00:01:16	00:23:54		0		01:16:43		0	
5	170	Marieke van Breda	BAScons	00:28:06	112	00:02:59	00:31:05	01:25:23	108	00:01:57	01:58:24		0	

#### Dames 40-49

Nr	StartNr	Naam	Woonplaats	Loop1	PlstLoop1	Wissel1	NaWissel1	Fiets	PltsFiets	Wissel2	NaWissel2	Loop2	PltsLoop2	Totaaltijd
1	180	Riikka Vreeswijk-Ke	Typhoon Gorinchen	00:19:38	38	00:00:54	00:20:32	00:48:46	25	00:00:51	01:10:08	00:10:41	39	01:20:48
2	169	Monique Arkenbot	Limmen	00:19:20	32	00:02:00	00:21:19	01:00:59	74	00:02:07	01:24:24	00:09:53	24	01:34:17
3	173	Jolanda de Haan	Pijnacker	00:22:14	73	00:01:00	00:23:13	01:01:33	77	00:01:01	01:25:47	00:11:48	75	01:37:34
4	174	Caroline Jacobs	Delfgauw	00:21:54	68	00:01:17	00:23:10	01:09:08	96	00:01:30	01:33:47	00:11:32	66	01:45:19
5	176	Cora Mulder		00:24:23	99	00:02:01	00:26:24	01:07:28	90	00:02:09	01:36:00	00:12:11	81	01:48:11
6	179	Sylvia Visser	Den Haag	00:27:57	110	00:01:18	00:29:15	01:08:02	92	00:01:14	01:38:29	00:14:14	103	01:52:43

**Dames 50-59**

<b>Nr</b>	<b>StartNr</b>	<b>Naam</b>	<b>Woonplaats</b>	<b>Loop1</b>	<b>PlstLoop1</b>	<b>Wissel1</b>	<b>NaWissel1</b>	<b>Fiets</b>	<b>PltsFiets</b>	<b>Wissel2</b>	<b>NaWissel2</b>	<b>Loop2</b>	<b>PltsLoop2</b>	<b>Totaaltijd</b>
1	177	Pieta Ritskes	Zwijndrecht	00:21:52	67	00:01:58	00:23:50	01:00:06	68	00:02:23	01:26:18	00:11:54	77	01:38:11