

Datum: 14-01-2010

STARTLIJST

Afdruk: 13-01-2010 21:14 uur

11 - Startlijst 3000 meter heren afstanden**14-01-2010**

Rit	KI	DIn	Deelnemer	Cat	Wed.Nr.	ST	PR	Tijd
103	wht	218	Bert Smits	H55	BR06064	4:55.57	4:55.57	
104	yel	256	Thomas Hoekstra	H55	UT00176	4:52.63	4:42.79	
	blu	221	Sieb Wiersma	H40	DH32229	4:49.70	4:37.32	
105	wht	203	Gerlof Zwaga	H40	AL06789	4:46.58	4:46.58	
	red	262	Ton van Klooster	H50	UT02240	4:45.32	4:42.41	
106	yel	219	Frank Steenkamp	H55	DH21184	4:45.30	4:36.38	
	blu	215	Pieter Elzinga	H50	BR05036	4:44.07	4:39.20	
107	wht	263	Hans Spil	H40	UT02553	4:41.46	4:39.29	
	red	252	Henri Heijltjes	HSB	NY00098	4:39.74	4:28.66	
108	yel	216	Jasper Ras	HSB	BR05147	4:39.44	4:38.26	
	blu	205	Adriaan Krom	H45	AM00050	4:39.36	4:39.36	
109	wht	220	Martin Rotgans	H45	DH24091	4:37.63	4:37.63	
	red	245	Erwin Dekker	H50	HA04349	4:35.85	4:35.85	
110	yel	231	Roberto van Goor	HSB	DV15368	4:34.04	4:29.65	
	blu	253	Sjors Verhaagh	HSB	NY60875	4:23.96	4:23.16	

12 - Startlijst 3000 meter heren allround**14-01-2010**

Rit	KI	DIn	Deelnemer	Cat	Wed.Nr.	ST	PR	Tijd
111	wht	151	Cees Stoop	H60	AL01108	5:00.71	4:42.32	
	red	149	Ton van Helden	H60	GL70070	5:00.64	4:48.74	
112	yel	148	Jan Boelen	H60	HV13567	5:00.20	4:42.80	
	blu	146	Piet Slikker	H60	AL01616	4:58.52	4:30.24	
113	wht	136	Dirk van Leen	H55	HN00137	4:57.67	4:53.09	
	red	147	Gerke Corstiaensen	H60	UT01067	4:55.69	4:34.37	
114	yel	135	Jan Zwaan	H55	UT00344	4:53.73	4:47.19	
	blu	130	Bert Keizer	H55	DV15204	4:50.88	4:42.69	
115	wht	142	Pieter den Dunnen	H60	BR01001	4:48.79	4:35.21	
	red	143	Niek Bodifée	H60	AM00009	4:47.85	4:35.00	
116	yel	141	Jan Zijp	H60	AL01140	4:47.79	4:28.08	
	blu	101	Stephan Tellier	H45	DH50210	4:46.53	4:46.53	

Datum: 14-01-2010

STARTLIJST

Afdruk: 13-01-2010 21:14 uur

117	wht	134	Twan den Braber	H55	BR04033	4:46.42	4:21.38	
	red	122	Karel Margry	H50	UT00504	4:46.11	4:22.03	
118	yel	75	Arjen Keuning	HSB	DH35709	4:45.16	4:45.16	
	blu	87	Menno Westerveld	H40	AS02427	4:45.01	4:45.01	
119	wht	98	Roland ten Klooster	H45	DH40086	4:44.99	4:41.59	
	red	120	Ferd Veelenturf	H50	DH50654	4:44.24	4:42.16	
120	yel	127	Rein van Luunen	H55	NY60854	4:44.23	4:30.08	
	blu	131	Brugt Drijver	H55	AS02360	4:43.85	4:35.06	
121	wht	73	Emiel de Haan	HSB	DH35037	4:43.54	4:43.54	
	red	99	Ruud Bouwmeester	H45	AM01389	4:43.36	4:28.67	
122	yel	132	Sjaak Hulsman	H55	HA03365	4:42.85	4:31.09	
	blu	126	Victor van den Hoff	H55	HA00097	4:41.32	4:12.94	
123	wht	106	Jean Paul van Rie	H45	NY10000	4:41.28	4:32.14	
	red	79	Jan van der Stouwe	H40	HV33502	4:40.36	4:17.27	
124	yel	145	Jaap v.d. Heijden	H60	HV11139	4:39.84	4:35.40	
	blu	85	Michel Meyering	H40	AL06623	4:39.64	4:39.64	
125	wht	116	Bert Piek	H50	HV43798	4:39.54	4:39.00	
	red	121	Alfred Beers	H50	HN00254	4:39.51	4:36.95	
126	yel	128	Pieter Hessel Siemonsma	H55	HV44203	4:38.48	4:35.30	
	blu	84	André Kleinrensink	H40	UT01461	4:38.29	4:29.48	
127	wht	63	Harry Pardijs	HSB	DV48029	4:37.78	4:29.64	
	red	86	Eddy van Dijk	H40	UT03022	4:37.78	4:36.07	
128	yel	139	Wibe Veenbaas	H60	UT00763	4:35.91	4:34.01	
	blu	113	Jan Smid	H50	GR75183	4:35.71	4:34.66	
129	wht	125	Jacob Heslinga	H55	HV12142	4:35.67	4:24.05	
	red	83	Jaap Pereboom	H40	HN00246	4:34.96	4:28.01	
130	yel	82	Frans Verhoeve	H40	HA03231	4:33.85	4:12.49	
	blu	105	Frank Heijerman	H45	DH35349	4:33.69	4:33.69	
131	wht	68	Alex van Huissteden	HSB	BR04104	4:32.91	4:32.91	
	red	72	Jeroen de Heer	HSB	BR07192	4:32.42	4:11.07	
132	yel	104	Beno Pol	H45	NY60915	4:31.81	4:31.81	
	blu	114	Adriaan Provoost	H50	BR06057	4:31.36	4:22.65	
133	wht	67	Marc de Vrieze	HSB	BR06193	4:31.25	4:28.33	
	red	111	Wim de Wit	H50	DH60325	4:30.48	4:17.48	
134	yel	65	Willem-Jan Molleman	HSB	DH24163	4:30.27	4:25.82	
	blu	118	Henk Abbink	H50	EN01033	4:30.27	4:27.30	

Datum: 14-01-2010

STARTLIJST

Afdruk: 13-01-2010 21:14 uur

135	wht	88	Kees Bakker	H40	HN00004	4:30.16	4:25.03	
	red	70	Andy van Waes	HSB	AM01640	4:29.82	4:06.51	
136	yel	66	Ard Neven	HSB	DH50145	4:28.92	4:27.29	
	blu	115	Sietse van der Werff	H50	AM07109	4:28.59	4:28.10	
137	wht	81	Ed de Looze	H40	BR06199	4:28.45	4:28.45	
	red	80	Wijnand Kooiman	H40	DH50168	4:28.30	4:25.06	
138	yel	100	Jan Buisman	H45	HA00277	4:28.03	4:19.28	
	blu	110	Johan van Leeuwen	H50	DH40077	4:27.02	4:16.93	
139	wht	93	Herman Vermeer	H45	UT00783	4:26.24	4:14.11	
	red	95	Emile Jansen	H45	NY00047	4:25.77	4:20.82	
140	yel	103	Sjaak Botman	H45	HN00249	4:24.46	4:15.83	
	blu	78	Hans van der Does	H40	DH40089	4:23.89	4:18.54	
141	wht	94	Rob Vermist	H45	AM01505	4:22.36	4:22.36	
	red	96	Harry Schut	H45	GR30278	4:22.33	4:11.72	
142	yel	97	Jim Verdurmen	H45	HA02082	4:22.22	4:18.75	
	blu	112	John van der Vlugt	H50	HA01482	4:21.40	4:19.23	
143	wht	117	Arjan Bakker	H50	DH50281	4:17.67	4:17.67	
	red	102	Jan Duif	H45	HN00171	4:13.95	4:03.19	
144	yel	62	Johannes de Groot	HSB	HV31590	4:05.88	4:05.88	
	blu	77	Erik Valentijn	H40	HA00485	4:04.82	4:04.82	