

Plaats	Startnr	Naam	Woonplaats	Plaats per Cat.	Categorie	Prestatie	Zwemmen	Wissel1	Fietsen	Wissel2	Lopen
1	20	Sjirk Bijma	Joure	1	M-1/2	04:30:16	31:49	1:12	2:34:38	1:48	1:20:51
2	35	Stefan de Jong	Leeuwarden	2	M-1/2	04:30:50	31:47	1:06	2:34:47	1:15	1:21:56
3	46	Tsjomme Ozinga	Heerenveen	3	M-1/2	04:34:31	36:35	1:35	2:32:21	1:12	1:22:50
4	48	Jort van Zutphen	Weidum	4	M-1/2	04:37:48	32:28	2:44	2:38:07	2:19	1:22:13
5	38	Anne Floris Bottema	Nijland	5	M-1/2	04:38:25	32:06	1:33	2:33:45	1:23	1:29:39
6	7	Daniel Nagel	Gauw	6	M-1/2	04:38:33	30:14	1:39	2:32:01	1:44	1:32:57
7	49	Hendrik Falkena	Ysbrechtum	7	M-1/2	04:58:47	40:48	2:34	2:46:29	1:06	1:27:51
8	1	Wiebe Terwisscha van Sch.	Reahus	8	M-1/2	04:59:08	35:47	2:32	2:42:27	1:19	1:37:05
9	73	Annemarie Rustenburg	Biddinghuizen	1	V-1/2	04:59:10	33:41	1:07	2:48:02	0:48	1:35:34
10	41	Ben Douwes	Burgum	9	M-1/2	05:00:19	30:28	2:14	2:48:42	2:13	1:36:43
11	32	Jan Westerink	Nunspeet	10	M-1/2	05:03:33	38:38	2:32	2:41:32	0:59	1:39:53
12	9	Gerk Huisma	Surhuisterveen	11	M-1/2	05:10:41	35:23	2:01	2:53:19	2:12	1:37:48
13	8	Jendo Visser	Eesveen	12	M-1/2	05:14:40	39:34	2:42	2:55:51	2:00	1:34:35
14	19	Lambertus Moes	Leeuwarden	13	M-1/2	05:20:04	42:53	1:55	2:51:37	1:03	1:42:39
15	3	Paulus folmer	Workum	14	M-1/2	05:24:33	41:30	3:38	2:56:01	2:50	1:40:36
16	47	Ronald Risselada	Bakhuizen	15	M-1/2	05:25:31	42:27	1:27	3:02:08	1:28	1:38:03
17	45	Sybrand van der Wey	Wommels	16	M-1/2	05:26:42	39:46	4:53	2:59:08	1:04	1:41:54
18	2	Sytze Terwisscha van Sche	Workum	17	M-1/2	05:27:27	35:32	5:00	2:51:39	2:22	1:52:55
19	25	Samme Steenstra	Joure	18	M-1/2	05:31:08	36:27	5:11	3:08:03	1:43	1:39:47
20	58	Joop Angenent	Haren Gn	19	M-1/2	05:34:49	46:32	2:32	2:57:40	2:29	1:45:38
21	13	Theo van der Veen	Surhuisterveen	20	M-1/2	05:35:03	44:14	5:05	2:49:20	3:11	1:53:14
22	59	Ritske Frootman	Menaam	21	M-1/2	05:36:31	39:24	4:46	3:01:17	1:26	1:49:39
23	39	Roelof Oostra	Mantgum	22	M-1/2	05:37:26	45:06	3:02	3:25:59	2:59	1:20:21
24	63	Syb van der Ploeg	Kubaard	23	M-1/2	05:38:07	36:56	2:04	3:07:20	2:40	1:49:08
25	61	Fokke Kootstra	Assen	24	M-1/2	05:39:41	39:33	4:08	3:07:53	4:03	1:44:07
26	75	Krista Heije	Almere	2	V-1/2	05:43:00	35:41	2:28	3:06:50	2:36	1:55:26
27	60	Frank Brink	Zuid-Scharwoude	25	M-1/2	05:44:14	39:39	3:24	3:21:33	2:12	1:37:27
28	57	Sjouke Venema	Wommels	26	M-1/2	05:45:36	32:00	1:50	3:16:31	2:05	1:53:11
29	54	Age Dijkstra	Tzummarum	27	M-1/2	05:46:35	39:31	3:35	3:10:06	3:18	1:50:07
30	62	Jarno de Jong	Harkema	28	M-1/2	05:48:48	1:21:24	2:26	2:35:39	2:25	1:49:21
31	24	Richard de Graaf	Mantgum	29	M-1/2	05:49:59	50:52	3:06	3:09:34	3:15	1:43:14
32	22	Ytzen Faber	Sintjohannesga	30	M-1/2	05:52:57	52:38	3:29	3:00:28	1:54	1:54:29
33	11	Wytse Hiemstra	Goutum	31	M-1/2	05:53:51	46:42	3:17	2:52:09	3:55	2:07:49
34	56	Remon van Lunzen	Leeuwarden	32	M-1/2	05:55:06	52:44	3:52	3:12:18	3:19	1:42:54
35	28	Jalmer de vries	Menaam	33	M-1/2	05:57:27	37:43	5:47	3:16:46	2:50	1:54:22
36	34	Huib-Jan Imbens	Wirdum Fr	34	M-1/2	05:58:29	47:33	5:45	3:08:59	2:31	1:53:43
37	40	Joop Scherpenzeel	Leeuwarden	35	M-1/2	05:59:26	35:36	3:59	3:22:52	3:12	1:53:49

38	55	Oscar De Jong	Zandweer	36	M-1/2	06:03:19	39:28	7:04	3:16:05	3:20	1:57:24
39	6	Johan Laagland	Molkwerum	37	M-1/2	06:03:44	35:14	5:29	3:41:21	2:33	1:39:09
40	18	Theunis Wouda	Workum	38	M-1/2	06:04:21	43:54	5:48	3:07:15	6:53	2:00:33
41	4	Jan Schengenga	Joure	39	M-1/2	06:12:53	40:59	3:47	3:22:05	1:49	2:04:15
42	5	Frans Pyter Terpstra	Wommels	40	M-1/2	06:13:50	44:23	5:46	3:23:27	3:12	1:57:03
43	15	Jaap Zwaagstra	Witmarsum	41	M-1/2	06:14:54	43:01	4:32	3:30:45	3:00	1:53:37
44	37	Tjamme Draaijer	Leeuwarden	42	M-1/2	06:15:27	43:35	5:13	3:13:16	2:09	2:11:16
45	21	Arjen Adriaanse	Leek	43	M-1/2	06:19:30	41:50	5:57	3:15:03	3:22	2:13:21
46	76	Yvonne Hiemstra	Sneek	3	V-1/2	06:21:45	48:55	3:02	3:36:10	2:34	1:51:05
47	71	Geertje De Schiffart	Eesveen	4	V-1/2	06:25:00	44:04	4:05	3:46:32	2:26	1:47:54
48	50	Arjan van der Wal	Pingjum	44	M-1/2	06:27:03	44:31	3:25	3:49:09	1:50	1:48:12
49	64	Durk Tigchelaar	Harlingen	45	M-1/2	06:30:01	46:07	4:21	3:52:38	4:42	1:42:14
50	81	Geke Venema	Easterlittens	5	V-1/2	06:30:14	54:11	14:22	3:21:24	1:43	1:58:36
51	83	Niels van der Vossen	Groningen	46	M-1/2	06:34:12	47:10	8:52	3:23:28	5:53	2:08:51
52	79	Berber Akkerman	Wommels	6	V-1/2	06:36:51	46:37	8:01	3:33:35	2:20	2:06:20
53	80	Hanneke Thoen	Jutrijp	7	V-1/2	06:43:32	46:36	5:40	3:29:26	6:42	2:15:10
54	52	Piet Alkema	Hoogezand	47	M-1/2	06:44:18	42:53	4:09	3:28:17	5:03	2:23:58
55	43	Dick Heppener	Bolsward	48	M-1/2	06:45:28	47:14	4:07	3:30:40	3:15	2:20:13
56	78	Gwenda van der Vaart	Groningen	8	V-1/2	06:50:47	43:03	4:14	3:56:04	3:33	2:03:55
57	27	Edwin Wielinga	Workum	49	M-1/2	06:51:16	46:49	5:40	3:45:30	1:52	2:11:28
58	77	Eline Haarsma	Sliedrecht	9	V-1/2	07:01:28	41:30	6:28	3:31:19	3:07	2:39:05
59	72	Jacqueline swart	Haskerhorne	10	V-1/2	07:13:03	1:01:37	5:00	3:46:43	4:24	2:15:21
60	82	Halbe Huitema	Easterein	50	M-1/2	07:35:29	50:36	6:13	4:23:00	4:21	2:11:20