

## TRIATLON WITMARSUM – 8 SEPTEMBER 2019

### 1/8° Individueel

| <b>Nr.:</b> | <b>Naam:</b>                    | <b>Woonplaats:</b> | <b>Categorie:</b> | <b>Nettotijd:</b> |
|-------------|---------------------------------|--------------------|-------------------|-------------------|
| 1           | Dyan Hendriks                   | Bolsward           | Heren 01          | 0:56:31           |
| 2           | Paul Oosterom                   | Groningen          | Heren 02          | 0:58:30           |
| 3           | Stefan de Jong                  | Blije              | Heren 03          | 0:59:03           |
| 4           | Rink Pijker                     | Leeuwarden         | Heren 04          | 0:59:09           |
| 5           | Ben Douwes                      | De Westereen       | Heren 05          | 1:00:53           |
| 6           | Jacob Visser                    | Groningen          | Heren 06          | 1:01:20           |
| 7           | Sybrand v/d Wey                 | Wommels            | Heren 07          | 1:01:30           |
| 8           | Marjan Andringa                 | Marrum             | Dames 01          | 1:01:46           |
| 9           | Jacob v/d Ploeg                 | Damwâld            | Heren 08          | 1:02:01           |
| 10          | Lammert v/d Ploeg               | De Westereen       | Heren 09          | 1:02:15           |
| 11          | Eric Lammers                    | Sneek              | Heren 10          | 1:02:30           |
| 12          | Wiebe Terwisscha van Scheltinga | Reahûs             | Heren 11          | 1:02:59           |
| 13          | Thomas Veltman                  | Dokkum             | Heren 12          | 1:03:06           |
| 14          | Auke Velting                    | Bolsward           | Heren 13          | 1:03:11           |
| 15          | Pieter Atsma                    | Surhuisterveen     | Heren 14          | 1:03:28           |
| 16          | Mirko Ligtenberg                | Leeuwarden         | Heren 15          | 1:03:47           |
| 17          | Gerk Huisma                     | Surhuisterveen     | Heren 16          | 1:03:53           |
| 18          | Hanno Zomermaand                | Franeker           | Heren 17          | 1:04:10           |
| 19          | Jaap Zwaagstra                  | Witmarsum          | Heren 18          | 1:04:36           |
| 20          | Paulus Folmer                   | Workum             | Heren 19          | 1:04:51           |
| 21          | Syb v/d Ploeg                   | Kûbaard            | Heren 20          | 1:05:20           |
| 22          | Olger Douwes                    | Hurdegaryp         | Heren 21          | 1:05:31           |
| 23          | Jalmer de Vries                 | Menaam             | Heren 22          | 1:05:56           |
| 24          | Theunis Wouda                   | Workum             | Heren 23          | 1:06:05           |
| 25          | Siebrand Tjoelker               | Dronryp            | Heren 24          | 1:06:18           |
| 26          | Marco Brandsma                  | Midlum             | Heren 25          | 1:06:43           |
| 27          | Marcel Smidt                    | Berltsum           | Heren 26          | 1:07:04           |
| 28          | Dennis Smit                     | IJlst              | Heren 27          | 1:07:24           |
| 29          | Dennis v/d Meer                 | Lollum             | Heren 28          | 1:07:25           |
| 30          | Michel Hania                    | Warten             | Heren 29          | 1:08:16           |
| 31          | Siebolt Haijtema                | Workum             | Heren 30          | 1:08:31           |
| 32          | Suzanne Mol                     | Roden              | Dames 02          | 1:08:50           |
| 33          | Barry Lammers                   | Workum             | Heren 31          | 1:08:51           |
| 34          | Matthijs v/d Akker              | Groningen          | Heren 32          | 1:09:00           |
| 35          | Freddy Venema                   | Wergea             | Heren 33          | 1:09:02           |
| 36          | Corine Visser                   | Leeuwarden         | Dames 03          | 1:09:53           |
| 37          | Mel Treub                       | Makkum             | Heren 34          | 1:10:07           |
| 38          | Jouke Hoekstra                  | IJlst              | Heren 35          | 1:10:29           |
| 39          | Ad Roosendaal                   | Leeuwarden         | Heren 36          | 1:10:46           |
| 40          | Nico Dijkstra                   | Witmarsum          | Heren 37          | 1:10:56           |
| 41          | Richard Nood                    | Goutum             | Heren 38          | 1:10:59           |
| 42          | Casper Marelis                  | Middenmeer         | Heren 39          | 1:11:18           |
| 43          | Jort van Wolfswinkel            | Vlieland           | Heren 40          | 1:11:20           |
| 44          | Wytse Hiemstra                  | Goutum             | Heren 41          | 1:11:38           |
| 45          | Stijn Wiersma                   | Bolsward           | Heren 42          | 1:11:47           |
| 46          | Hellen Boonstra-Drost           | Heerenveen         | Dames 04          | 1:12:23           |
| 47          | Yvonne Hiemstra                 | Sneek              | Dames 05          | 1:12:35           |
| 48          | Jeroen van Dijk                 | Bolsward           | Heren 43          | 1:12:43           |
| 49          | Jitske Cats                     | Burgwerd           | Dames 06          | 1:12:45           |
| 50          | Theo Terpstra                   | Stiens             | Heren 44          | 1:13:20           |

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|-----|-------------------------|---------------|----------|---------|
| 51  | Jorn Hofstra            | Witmarsum     | Heren 45 | 1:13:25 |
| 52  | Jan Groot               | Steenwijk     | Heren 46 | 1:13:33 |
| 53  | Enno Hofstra            | Witmarsum     | Heren 47 | 1:13:40 |
| 54  | Edwin Wielinga          | Workum        | Heren 48 | 1:13:58 |
| 55  | Dick Heppener           | Bolsward      | Heren 49 | 1:14:18 |
| 56  | Baukejan Feenstra       | Wons          | Heren 50 | 1:15:28 |
| 57  | Almer Zijlstra          | Arum          | Heren 51 | 1:15:53 |
| 58  | Allard Sym Sprenger     | Harlingen     | Heren 52 | 1:16:05 |
| 59  | Richard de Graaf        | Mantgum       | Heren 53 | 1:16:30 |
| 60  | Colin Baarda            | Witmarsum     | Heren 54 | 1:16:33 |
| 61  | Ilse Hoekstra           | Sneek         | Dames 07 | 1:16:46 |
| 62  | Tinus Dijkstra          | Bolsward      | Heren 55 | 1:16:53 |
| 63  | Dieuwke Couperus        | Workum        | Dames 08 | 1:17:04 |
| 64  | Durk Jan Tjoelker       | Franeke       | Heren 56 | 1:17:07 |
| 65  | Ineke Wynia             | Bitgummole    | Dames 09 | 1:17:13 |
| 66  | Hester Groenveld        | Bolsward      | Dames 10 | 1:17:24 |
| 67  | Piet v/d Heide          | Engelum       | Heren 57 | 1:17:52 |
| 68  | Menno Hiemstra          | Emmeloord     | Heren 58 | 1:17:57 |
| 69  | Foppe v/d Velde         | Witmarsum     | Heren 59 | 1:18:14 |
| 70  | Stefan Ruiten           | Scharnegoutum | Heren 60 | 1:18:14 |
| 71  | Sandra de Jong-v/d Werk | Britsum       | Dames 11 | 1:18:28 |
| 72  | Fimke Anna Giliam       | Groningen     | Dames 12 | 1:18:42 |
| 73  | Paulo Nhala da Silva    | Joure         | Heren 61 | 1:18:43 |
| 74  | Boudewijn van Dijken    | Leeuwarden    | Heren 62 | 1:18:49 |
| 75  | Jelle Pranger           | Sneek         | Heren 63 | 1:18:50 |
| 76  | Raymond Blaeser         | Bolsward      | Heren 64 | 1:19:03 |
| 77  | Ton Cusiel              | Heerenveen    | Heren 65 | 1:19:28 |
| 78  | Styno Politiek          | Schettens     | Heren 66 | 1:19:32 |
| 79  | Rob Vissers             | Harlingen     | Heren 67 | 1:19:48 |
| 80  | Raimond de Lange        | Harlingen     | Heren 68 | 1:20:12 |
| 81  | Halbe Huitema           | Easterein     | Heren 69 | 1:20:13 |
| 82  | Theo Sikkema            | Franeke       | Heren 70 | 1:20:19 |
| 83  | Annalies Bouma          | Harlingen     | Dames 13 | 1:20:34 |
| 84  | Daisy Rusch             | Groningen     | Dames 14 | 1:20:36 |
| 85  | Jarin v/d Kooi          | Burgum        | Heren 71 | 1:20:57 |
| 86  | Anja Hofstra            | Witmarsum     | Dames 15 | 1:21:12 |
| 87  | Dirk v/d Leij           | Kollum        | Heren 72 | 1:21:14 |
| 88  | Bouke Fennema           | Britsum       | Heren 73 | 1:21:47 |
| 89  | Wytse Nauta             | Workum        | Heren 74 | 1:22:00 |
| 90  | Petra Oudejans          | Arum          | Dames 16 | 1:22:11 |
| 91  | Klaas Jan v/d Kooi      | Burgum        | Heren 75 | 1:22:11 |
| 92  | Alexsander v/d Veen     | Witmarsum     | Heren 76 | 1:22:17 |
| 93  | José v/d Lijke          | Joure         | Dames 17 | 1:22:25 |
| 94  | Edwin Al                | Cornwerd      | Heren 77 | 1:22:30 |
| 95  | Jenny Bakker            | Wageningen    | Dames 18 | 1:22:31 |
| 96  | Neno de Boer            | Schettens     | Heren 78 | 1:22:36 |
| 97  | Sippie Louwsma          | Wijnaldum     | Dames 19 | 1:22:40 |
| 98  | Dennis v/d Heide        | Midlum        | Heren 79 | 1:22:57 |
| 99  | Rens Bolkestein         | Witmarsum     | Heren 80 | 1:23:06 |
| 100 | Cornelis Zijlstra       | Franeke       | Heren 81 | 1:25:18 |
| 101 | Sjors Huisman           | Witmarsum     | Heren 82 | 1:25:55 |
| 102 | Jeljer Westra           | Lollum        | Heren 83 | 1:25:56 |
| 103 | Harmen Stremmer         | Witmarsum     | Heren 84 | 1:26:39 |
| 104 | Peter Visser            | Leeuwarden    | Heren 85 | 1:26:43 |
| 105 | Myrthe Wielinga         | Vlieland      | Dames 20 | 1:26:51 |

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|-----|---------------------------|----------------|-----------|---------|
| 106 | Alet Hoeksma              | Menaam         | Dames 21  | 1:27:05 |
| 107 | René Anema                | Dronten        | Heren 86  | 1:27:33 |
| 108 | Dennis Visser             | Schettens      | Heren 87  | 1:27:34 |
| 109 | Mirjam Schober            | Schettens      | Dames 22  | 1:27:48 |
| 110 | Erik Salverda             | 's-Gravenhage  | Heren 88  | 1:28:00 |
| 111 | Sijmen Talhout            | Franeker       | Heren 89  | 1:28:13 |
| 112 | Grietsje Schapelhouman    | Oosterwolde    | Dames 23  | 1:28:20 |
| 113 | Bertha Breeuwsma          | Bolsward       | Dames 24  | 1:28:30 |
| 114 | Suzan Kroontje            | Bolsward       | Dames 25  | 1:28:39 |
| 115 | Benjamin van Aken         | 's-Gravenhage  | Heren 90  | 1:28:53 |
| 116 | Christian v/d Werff       | Witmarsum      | Heren 91  | 1:28:55 |
| 117 | Martin Treub              | Makkum         | Heren 92  | 1:29:26 |
| 118 | Jacob Hoekstra            | Ternaard       | Heren 93  | 1:30:13 |
| 119 | Sapke Nijboer             | Surhuisterveen | Dames 26  | 1:30:42 |
| 120 | Martin Hoekstra           | Harkstede      | Heren 94  | 1:31:18 |
| 121 | Johanneke Zwier           | Harkstede      | Dames 27  | 1:31:18 |
| 122 | Annika Bangma             | Arum           | Dames 28  | 1:31:30 |
| 123 | Redmar Eef Sprenger       | Harlingen      | Heren 95  | 1:31:42 |
| 124 | Marije Bakker             | Havelte        | Dames 29  | 1:31:56 |
| 125 | Nynke Rijpkema            | Arum           | Dames 30  | 1:32:26 |
| 126 | Reinder Sinnema           | Leeuwarden     | Heren 96  | 1:32:48 |
| 127 | Remco v/d Meer            | Witmarsum      | Heren 97  | 1:32:50 |
| 128 | Antsje Hornstra           | Nijhuizum      | Dames 31  | 1:33:27 |
| 129 | Tineke v/d Bijl           | Twijzelerheide | Dames 32  | 1:35:20 |
| 130 | Marjan Roedema            | De Westereen   | Dames 33  | 1:35:20 |
| 131 | Astrid Heida              | Joure          | Dames 34  | 1:35:39 |
| 132 | Willy Brouwer             | Arum           | Dames 35  | 1:36:01 |
| 133 | Frans v/d Molen           | Herbajum       | Heren 98  | 1:36:09 |
| 134 | Hester v/d Schaaf         | Bolsward       | Dames 36  | 1:36:39 |
| 135 | Erykah Jansen             | Wytgaard       | Dames 37  | 1:38:47 |
| 136 | Agetha Put-de Vries       | Joure          | Dames 38  | 1:39:15 |
| 137 | André Veenstra            | Franeker       | Heren 99  | 1:40:06 |
| 138 | Joke Fokkema              | Franeker       | Dames 39  | 1:41:51 |
| 139 | Eileen Ilbrink            | Wytgaard       | Dames 40  | 1:41:52 |
| 140 | Annamarijn van Ginneken   | Makkum         | Dames 41  | 1:42:10 |
| 141 | Rommie van Ginneken       | Makkum         | Dames 42  | 1:42:10 |
| 142 | Carla Scholten            | Bolsward       | Dames 43  | 1:46:04 |
| 143 | Marjon Zwaga              | Joure          | Dames 44  | 1:48:18 |
| 144 | Trieneke Dijkstra-de Jong | Bolsward       | Dames 45  | 1:49:00 |
| 145 | Yke Wijbenga              | De Falom       | Dames 46  | 1:50:42 |
| 146 | Wesley Talhout            | Wytgaard       | Heren 100 | 1:51:18 |
| 147 | Lisa v/d Stelt            | Bolsward       | Dames 47  | 1:53:50 |
| 148 | Bianca Heijs              | Bolsward       | Dames 48  | 1:53:52 |
| 149 | Hilde Veninga             | Witmarsum      | Dames 49  | 1:59:04 |
| 150 | Johan van IJs             | Arum           | Heren 101 | 1:59:32 |
| 151 | Nienke Deelstra           | Zwolle         | Dames 50  | 2:04:08 |

### 1/8<sup>e</sup> Teams

| <b>Nr.:</b> | <b>Naam:</b>            | <b>Categorie:</b> | <b>Nettotijd:</b> |
|-------------|-------------------------|-------------------|-------------------|
| 1           | Team NNZI               | Recreanten 01     | 1:00:57           |
| 2           | Team Fysio Witmarsum    | Business 01       | 1:07:27           |
| 3           | Team Hofstra Bouw       | Recreanten 02     | 1:12:13           |
| 4           | Team We doen het samen! | Recreanten 03     | 1:15:28           |

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|----|-------------------------|---------------|---------|
| 5  | Team Lido Seals         | Recreanten 04 | 1:16:10 |
| 6  | Team Maritieme Academie | Business 02   | 1:18:24 |
| 7  | Team Lido 2d 3d         | Recreanten 05 | 1:23:44 |
| 8  | Team Undercover         | Recreanten 06 | 1:26:35 |
| 9  | Team De Gelukzoekers    | Recreanten 07 | 1:29:18 |
| 10 | Team It had niet mutten | Recreanten 08 | 1:31:30 |
| 11 | Team Feebe              | Recreanten 09 | 1:31:40 |
| 12 | Team P.I.T.             | Recreanten 10 | 1:56:03 |