

## TUSSENSTAND SÚDWEST FRYSLÂN TRIATLON CUP

### HEREN

<b>Naam</b>	<b>Plaats</b>	<b>Workum 1/8e</b>	<b>Wommels 1/4e</b>	<b>Eindtijd</b>
Stefan de Jong	Blije	00:59:26	01:55:12	02:54:38
Arjen Bos	Bolsward	01:03:29	02:07:24	03:10:53
Samme Steenstra	Joure	01:06:43	02:08:36	03:15:19
Rob Pestman	Dokkum	01:06:36	02:11:47	03:18:23
Erik Jan Rodenhuis	Oranjewoud	01:08:16	02:15:56	03:24:12
Atze Wiepke Merkus	Winsum Fr.	01:10:49	02:13:39	03:24:28
Auke Velting	Bolsward	01:08:06	02:16:31	03:24:37
Sven Harskamp	Menaam	01:09:02	02:16:36	03:25:38
Jan Willem de Groot	Wommels	01:09:41	02:16:44	03:26:25
Wytse Hiemstra	Goutum	01:10:00	02:17:53	03:27:53
Bart-Jan Scheenstra	Gorredijk	01:09:52	02:19:15	03:29:07
Theunis Wouda	Workum	01:11:32	02:18:02	03:29:34
Jalmer de Vries	Menaam	01:10:09	02:24:41	03:34:50
Richard van Nood	Goutum	01:11:11	02:25:24	03:36:35
Jaap Zwaagstra	Witmarsum	01:12:49	02:24:21	03:37:10
Barry Lammers	Workum	01:13:36	02:32:24	03:46:00
Durk Tigchelaar	Harlingen	01:17:41	02:29:28	03:47:09
Siebolt Haijtema	Workum	01:15:18	02:32:22	03:47:40
Raimond de Lange	Harlingen	01:17:58	02:33:24	03:51:22
Frans Pyter Terpstra	Wommels	01:18:23	02:33:38	03:52:01
Edwin Wielinga	Workum	01:16:51	02:39:33	03:56:24

### DAMES

<b>Naam</b>	<b>Plaats</b>	<b>Workum 1/8e</b>	<b>Wommels 1/4e</b>	<b>Eindtijd</b>
Yvonne Hiemstra	Sneek	01:16:48	02:29:13	03:46:01
Dieuwke Couperus	Workum	01:22:14	02:46:38	04:08:52