

Plts	RaceNr	Naam	Woonplaats	Cat	Nat	Swim	#S	Bike1	Bike2	Bike	#B	AftBike	#aftB	Run1	Run2	Run3	Run	#R	Total	Status
	8 2178	Omar Brons	Almere	M25	NED	0:26:18	7	0:58:01	1:19:48	2:17:48	11	2:47:01	4	0:25:58	0:29:43	0:31:21	1:27:02	40	4:17:10	
	43 2594	Wouter Viskil	Almere	M35	NED	0:33:04	124	1:01:18	1:25:02	2:26:19	60	3:03:21	59	0:28:57	0:29:44	0:30:12	1:28:52	54	4:35:38	
	152 2803	Gijs van der Zijden	Almere	M40	NED	0:34:36	193	1:02:36	1:25:41	2:28:16	85	3:07:30	89	0:34:37	0:35:17	0:35:31	1:45:25	382	4:56:15	
	180 2602	Ivar Koster	Almere	M35	NED	0:36:37	318	1:03:20	1:26:08	2:29:27	101	3:10:49	125	0:33:14	0:34:43	0:36:20	1:44:15	356	4:59:55	
	196 2163	Beau Visser	Almere	M25	NED	0:34:07	163	1:09:31	1:35:36	2:45:07	432	3:23:17	296	0:30:48	0:31:47	0:32:49	1:35:24	159	5:02:27	
	238 3525	Leo Muijs	Almere	M60	NED	0:34:12	169	1:03:59	1:28:20	2:32:18	141	3:11:02	127	0:34:31	0:37:05	0:41:00	1:52:36	560	5:07:42	
	264 2069	Thomas Bennis	Almere	MU24	NED	0:30:09	46	1:13:01	1:45:38	2:58:39	811	3:32:43	481	0:28:35	0:32:10	0:34:04	1:34:48	149	5:10:16	
	265 3010	Tom Engel	Almere	M45	NED	0:37:45	381	1:06:03	1:30:16	2:36:19	220	3:19:04	218	0:33:23	0:35:08	0:38:34	1:47:04	431	5:10:19	
	274 4079	Cynthia Zetz	Almere	W25	NED	0:37:32	374	1:10:01	1:34:22	2:44:23	421	3:25:57	347	0:32:37	0:34:00	0:35:46	1:42:22	303	5:11:16	
	298 2997	Rene Dreyling	Almere	M45	NED	0:36:04	274	1:11:18	1:36:29	2:47:46	501	3:29:02	392	0:32:17	0:32:46	0:33:56	1:38:58	229	5:13:12	
	340 2673	Dmitry Nikolaev	Almere	M35	RUS	0:36:17	293	1:11:30	1:38:37	2:50:06	574	3:35:26	543	0:31:14	0:32:01	0:33:55	1:37:08	194	5:16:59	
	354 3072	Richard Strobbe	Almere	M45	NED	0:38:47	462	1:06:56	1:32:35	2:39:30	288	3:23:23	299	0:33:47	0:36:35	0:40:35	1:50:56	518	5:17:59	
	370 2666	Martijn Wanders	Almere	M35	NED	0:44:56	927	1:08:18	1:32:34	2:40:52	324	3:32:29	470	0:32:02	0:33:57	0:36:53	1:42:51	319	5:19:26	
	381 3250	Fitzgerald Krudde	Almere	M50	NED	0:36:31	309	1:08:43	1:41:26	2:50:09	577	3:34:20	513	0:31:35	0:33:43	0:36:28	1:41:45	288	5:20:33	
	392 4428	Ingrid Boot-de Groot	Almere	W45	NED	0:34:01	158	1:09:25	1:37:54	2:47:18	492	3:26:29	355	0:35:21	0:36:39	0:38:50	1:50:49	515	5:21:29	
	399 3327	Jaap van der Kamp	Almere	M50	NED	0:39:01	480	1:09:48	1:37:02	2:46:50	478	3:30:46	432	0:34:08	0:34:41	0:36:47	1:45:35	386	5:21:56	
	447 2203	Maikel Breedveld	Almere	M25	NED	0:37:21	362	1:10:05	1:40:03	2:50:07	575	3:31:45	448	0:35:39	0:35:51	0:37:38	1:49:08	479	5:26:04	
	481 3326	Rene Vermeeren	Almere	M50	NED	0:39:09	489	1:09:15	1:39:59	2:49:14	540	3:35:31	546	0:33:09	0:35:41	0:37:47	1:46:36	421	5:28:43	
	483 2623	Dennis van Asselen	Almere	M35	NED	0:39:44	543	1:08:11	1:36:05	2:44:15	417	3:29:01	391	0:34:45	0:38:55	0:42:26	1:56:05	654	5:28:46	
	485 2532	Tony Sellwood	Almere	M35	GBR	0:35:27	238	1:11:27	1:44:26	2:55:53	736	3:37:57	601	0:35:16	0:35:17	0:36:03	1:46:35	420	5:29:02	
	497 2453	Thijs Rood	Almere	M30	NED	0:37:04	340	1:07:41	1:35:57	2:43:38	399	3:24:46	329	0:35:24	0:41:04	0:42:22	1:58:49	727	5:29:50	
	517 3086	Sergio Contrucci	Almere	M45	NED	0:38:29	437	1:12:33	1:41:34	2:54:07	692	3:38:38	617	0:33:07	0:35:31	0:40:33	1:49:10	483	5:31:24	
	521 2790	Rob Koelwijjn	Almere	M40	NED	0:37:54	397	1:10:31	1:37:56	2:48:27	518	3:30:32	426	0:36:11	0:40:41	0:39:43	1:56:33	669	5:31:34	
	530 3005	Arthur Dieters	Almere	M45	NED	0:39:37	532	1:08:41	1:35:32	2:44:13	414	3:32:06	462	0:34:17	0:40:42	0:40:20	1:55:19	636	5:32:24	
	538 2573	Roland Vos	Almere	M35	NED	0:39:55	563	1:03:34	1:30:27	2:34:00	173	3:20:25	240	0:36:42	0:44:03	0:47:18	2:08:02	935	5:32:47	
	580 4436	Jeannette Lebouille	Almere	W45	NED	0:38:40	455	1:12:25	1:42:04	2:54:29	704	3:39:10	631	0:35:20	0:37:39	0:39:28	1:52:27	555	5:36:09	
	599 3316	Maarten Zon	Almere	M50	NED	0:40:48	628	1:10:07	1:39:34	2:49:41	558	3:36:00	559	0:37:46	0:39:10	0:40:52	1:57:47	701	5:37:39	
	616 2077	Erik Baalbergen	Almere	MU24	NED	0:31:47	84	1:11:29	1:42:57	2:54:26	702	3:32:46	482	0:36:20	0:37:42	0:47:16	2:01:18	794	5:38:51	
	623 2644	Frank Franken	Almere	M35	NED	0:43:24	820	1:13:02	1:45:40	2:58:41	812	3:47:58	803	0:33:52	0:34:29	0:36:29	1:44:49	363	5:39:55	
	625 3000	Michael Maijen-Smits	Almere	M45	NED	0:46:26	1016	1:12:59	1:41:10	2:54:08	693	3:48:39	818	0:32:01	0:33:15	0:41:13	1:46:29	416	5:40:05	
	626 4233	Angelique van Tilburg	Almere	W35	NED	0:32:40	107	1:15:00	1:41:56	2:56:55	763	3:34:54	530	0:36:20	0:39:49	0:43:35	1:59:42	757	5:40:06	
	639 3004	Martin Hooijer	Almere	M45	NED	0:42:22	750	1:11:30	1:41:51	2:53:20	672	3:41:38	680	0:37:05	0:37:48	0:40:12	1:55:03	626	5:41:23	
	659 2628	Erik van Eijgen	Almere	M35	NED	0:38:57	473	1:10:15	1:40:53	2:51:08	613	3:35:18	542	0:36:53	0:43:27	0:43:12	2:03:32	840	5:43:18	
	673 2650	Arnaud Houweling	Almere	M35	NED	0:43:54	861	1:13:56	1:40:13	2:54:09	694	3:45:02	735	0:36:29	0:36:49	0:40:00	1:53:17	576	5:44:13	
	674 3330	Ronald Koch	Almere	M50	NED	0:35:26	237	1:10:01	1:38:47	2:48:47	526	3:29:16	396	0:40:10	0:43:04	0:46:50	2:10:04	973	5:44:32	
	678 2452	Dennis Vleugel	Almere	M30	NED	0:34:23	183				0		0	0:41:56	0:39:39	0:42:51	2:04:26	861	5:44:53	
	713 3051	Sven den Brave	Almere	M45	NED	0:43:36	844	1:14:16	1:48:22	3:02:37	902	3:54:14	902	0:34:50	0:36:20	0:38:04	1:49:13	486	5:47:41	
	719 3024	Harm Brouwer	Almere	M45	NED	0:47:55	1083	1:14:50	1:44:45	2:59:34	837	3:54:12	901	0:35:38	0:36:42	0:38:02	1:50:21	506	5:48:26	

731	3081	Jeroen Stahlberg	Almere	M45	NED	0:39:54	559	1:08:14	1:35:01	2:43:14	382	3:31:02	437	0:39:49	0:45:23	0:47:47	2:12:59	1004	5:49:31
737	2204	Marco Vleugel	Almere	M25	NED	0:34:47	198	1:18:40	1:44:42	3:03:22	915	3:45:31	750	0:36:40	0:40:02	0:42:56	1:59:37	752	5:49:51
744	2652	Maarten Herman Kuitert	Almere	M35	NED	0:36:51	329	1:15:37	1:45:17	3:00:54	859	3:42:26	692	0:38:29	0:39:56	0:43:32	2:01:56	808	5:50:16
755	2643	Jeroen Ruijs	Almere	M35	NED	0:33:21	132	1:15:31	1:49:18	3:04:49	941	3:44:41	729	0:38:14	0:41:05	0:42:31	2:01:49	805	5:51:18
762	4005	Daniëlle Spoelder	Almere	WU24	NED	0:33:17	129	1:12:42	1:49:08	3:01:49	878	3:40:09	649	0:38:09	0:42:59	0:47:21	2:08:28	944	5:52:06
763	2601	Sander Lueks	Almere	M35	NED	0:41:12	669	1:12:50	1:43:04	2:55:53	737	3:45:17	744	0:37:50	0:41:29	0:41:49	2:01:08	790	5:52:15
775	2436	Paul de Bakker	Almere	M30	NED	0:46:54	1039	1:09:03	1:38:52	2:47:55	506	3:39:22	634	0:39:19	0:42:55	0:46:06	2:08:18	938	5:53:19
777	2847	Joris van Brakel	Almere	M40	NED	0:41:50	711	1:13:22	1:43:47	2:57:08	770	3:45:14	742	0:37:42	0:41:25	0:44:04	2:03:11	827	5:53:36
789	3332	Albert Callenbach	Almere	M50	NED	0:45:20	949	1:14:18	1:40:54	2:55:11	720	3:45:53	760	0:38:06	0:41:07	0:43:42	2:02:55	822	5:54:45
798	3022	Meinze Hobo	Almere	M45	NED	0:52:24	1197	1:14:18	1:43:12	2:57:29	782	3:58:07	960	0:35:10	0:36:57	0:39:57	1:52:04	546	5:55:32
801	3088	Marcel Vissers	Almere	M45	NED	0:41:03	656	1:09:19	1:37:35	2:46:54	482	3:33:25	495	0:42:43	0:47:28	0:47:18	2:17:28	1080	5:55:40
817	3448	Michiel Heslinga	Almere	M55	NED	0:52:33	1199	1:11:54	1:43:51	2:55:45	731	3:54:59	912	0:37:03	0:39:12	0:41:23	1:57:37	697	5:57:08
818	3319	Roel Arends	Almere	M50	NED	0:34:11	166	1:10:17	1:38:19	2:48:35	522	3:29:25	400	0:39:45	0:45:08	0:53:43	2:18:35	1090	5:57:17
826	3294	Bas Lacroix	Almere	M50	NED	0:42:39	767	1:15:57	1:45:56	3:01:53	879	3:52:21	878	0:35:42	0:40:45	0:42:35	1:59:01	734	5:57:47
842	2672	Bogdan Tatimir	Almere	M35	ROU	0:45:17	943	1:17:01	1:52:50	3:09:50	1012	4:04:45	1029	0:35:57	0:36:45	0:37:46	1:50:28	509	5:59:35
857	3422	Martin Lieberom	Almere	M55	NED	0:44:00	865	1:13:39	1:45:47	2:59:25	831	3:50:30	848	0:39:37	0:41:40	0:44:30	2:05:47	893	6:01:14
867	4439	Jolanda Kroese	Almere	W45	NED	0:39:23	511	1:16:21	1:44:41	3:01:01	862	3:46:48	779	0:41:05	0:42:59	0:44:41	2:08:44	948	6:01:51
889	2771	Niels de Kleijn	Almere	M40	NED	0:50:28	1157	1:10:00	1:45:09	2:55:09	717	3:56:09	928	0:37:06	0:39:55	0:42:56	1:59:56	767	6:03:48
899	3089	Jeff Kater	Almere	M45	NED	0:44:09	876	1:13:54	1:43:02	2:56:55	761	3:47:54	800	0:41:57	0:43:09	0:46:09	2:11:14	986	6:05:14
907	2835	Stephen den Heijer	Almere	M40	NED	0:44:59	930	1:16:15	1:51:39	3:07:54	983	3:59:13	969	0:37:33	0:40:43	0:43:34	2:01:48	804	6:06:50
909	3067	Dennis Strik	Almere	M45	NED	0:46:33	1024	1:11:34	1:37:57	2:49:30	549	3:44:40	728	0:41:08	0:45:11	0:49:20	2:15:38	1056	6:06:58
911	4232	Kim van Breda	Almere	W35	NED	0:38:21	424	1:17:43	1:46:39	3:04:21	934	3:48:09	805	0:40:35	0:46:11	0:48:28	2:15:13	1051	6:07:21
913	3429	Jack Moerenhout	Almere	M55	NED	0:47:10	1051	1:14:38	1:42:49	2:57:26	781	3:53:28	892	0:40:01	0:42:11	0:46:11	2:08:23	941	6:07:30
915	3079	Remo van Rest	Almere	M45	NED	0:44:42	914	1:16:13	1:52:27	3:08:39	995	4:02:18	1009	0:37:20	0:40:17	0:41:59	1:59:35	749	6:07:36
919	3107	Dennis Kleefman	Almere	M45	NED	0:46:01	994	1:18:18	1:54:21	3:12:39	1039	4:06:06	1042	0:38:36	0:38:21	0:38:52	1:55:48	647	6:08:16
922	2569	Gerard de Jong	Almere	M35	NED	0:41:55	717	1:12:45	1:49:11	3:01:55	881	3:50:02	840	0:42:16	0:44:13	0:47:15	2:13:43	1023	6:08:38
927	2445	Erik Schopman	Almere	M30	NED	0:49:24	1124	1:05:28	1:35:16	2:40:44	321	3:37:58	602	0:45:04	0:50:20	0:50:29	2:25:52	1150	6:09:13
935	2837	Ronald Franken	Almere	M40	NED	0:51:21	1178	1:19:35	1:55:07	3:14:42	1063	4:12:37	1087	0:36:21	0:36:42	0:37:09	1:50:11	503	6:09:50
939	4427	Anke de Boer - Van Genesen	Almere	W45	NED	0:47:35	1069	1:14:37	1:47:35	3:02:11	889	3:57:17	942	0:38:23	0:43:27	0:45:13	2:07:03	921	6:10:41
947	4114	Marianne Schilder	Almere	W30	NED	0:39:07	486	1:19:42	1:49:40	3:09:22	1002	3:53:05	882	0:42:44	0:43:44	0:47:07	2:13:35	1016	6:11:48
950	4228	Annemieke Koekebakker	Almere	W35	NED	0:48:16	1097	1:14:30	1:46:55	3:01:24	870	3:57:14	941	0:40:39	0:42:53	0:45:34	2:09:06	955	6:12:16
953	3270	Michel van West	Almere	M50	NED	0:39:12	493	1:10:33	1:39:21	2:49:53	568	3:35:53	554	0:39:11	0:47:25	1:05:14	2:31:49	1183	6:13:00
955	3324	Ronald Jansen	Almere	M50	NED	0:43:22	816	1:14:59	1:55:00	3:09:58	1013	4:00:30	987	0:37:09	0:40:17	0:48:37	2:06:01	898	6:13:28
981	4557	Aukje Bijlsma	Almere	W55	NED	0:40:30	603	1:22:09	1:57:37	3:19:45	1114	4:07:40	1054	0:41:18	0:41:20	0:41:57	2:04:35	867	6:17:29
992	3049	Arie Robbemond	Almere	M45	NED	0:40:11	579	1:15:24	1:52:29	3:07:53	982	4:04:36	1027	0:41:27	0:40:37	0:41:49	2:03:51	847	6:19:28
993	4349	Sanne Goosen	Almere	W40	NED	0:38:20	423	1:17:41	1:57:03	3:14:43	1065	3:58:34	964	0:41:43	0:44:58	0:48:22	2:15:03	1047	6:19:28
994	4350	Esther Aikens	Almere	W40	NED	0:45:32	957	1:16:38	1:51:27	3:08:05	987	4:01:57	1002	0:41:46	0:44:33	0:47:19	2:13:37	1018	6:20:14

997 4220	Willeke de Groot	Almere	W35	NED	0:43:29	829	1:19:01	1:51:29	3:10:30	1022	3:59:45	972	0:40:46	0:44:29	0:49:59	2:15:13	1052	6:20:30
1003 3256	Jacques Damen	Almere Hout	M50	NED	0:46:53	1038	1:19:11	1:59:32	3:18:42	1103	4:10:41	1074	0:38:20	0:40:49	0:46:27	2:05:35	890	6:21:12
1018 2074	Marciano Philippi	Almere	MU24	NED	0:50:34	1162	1:14:01	1:55:11	3:09:11	1001	4:08:56	1063	0:41:20	0:41:14	0:45:18	2:07:52	931	6:23:11
1026 2649	Rik de Lange	Almere	M35	NED	0:45:28	954	1:15:41	1:46:13	3:01:53	880	3:52:37	880	0:44:48	0:49:24	0:52:21	2:26:32	1155	6:24:32
1038 2591	Wilfred Wiene	Almere	M35	NED	0:48:06	1091	1:12:12	1:48:34	3:00:45	856	3:54:48	909	0:41:06	0:49:51	0:57:43	2:28:39	1164	6:27:48
1051 4221	Suzanne Kortekaas	Almere	W35	NED	0:43:32	835	1:22:15	2:00:04	3:22:18	1143	4:12:52	1089	0:39:47	0:43:20	0:49:20	2:12:26	998	6:30:27
1061 4527	Dalva Hubert	Almere	W50	NED	0:42:59	796	1:26:21	2:07:19	3:33:39	1210	4:24:59	1170	0:36:48	0:40:02	0:43:06	1:59:55	766	6:33:13
1080 3047	Edmar Hagen	Almere	M45	NED	0:46:04	996	1:36:09	2:01:32	3:37:41	1230	4:30:37	1201	0:36:41	0:39:44	0:43:18	1:59:42	758	6:36:51
1081 3094	Eric Smit	Almere	M45	NED	0:41:25	689	1:14:50	1:44:40	2:59:30	833	3:48:41	819	0:46:59	0:51:31	1:03:12	2:41:41	1210	6:36:52
1092 2455	Frans Neuts	Almere	M30	NED	0:48:21	1102	1:21:29	2:03:06	3:24:34	1157	4:19:00	1128	0:40:24	0:44:57	0:48:53	2:14:12	1032	6:39:14
1095 3099	Jan de Raadt	Almere	M45	NED	1:10:15	1283	1:11:07	1:43:59	2:55:06	716	4:16:25	1108	0:41:42	0:44:36	0:46:59	2:13:16	1010	6:39:51
1104 4238	Maryvonne van den Berg	Almere	W35	NED	0:33:39	148	1:23:26	2:01:45	3:25:11	1161	4:03:31	1021	0:45:56	0:50:53	0:53:25	2:30:13	1172	6:41:47
1114 4074	Patty Cramer	Almere-haven	W25	NED	0:43:28	827	1:20:45	2:03:13	3:23:57	1153	4:15:33	1105	0:43:33	0:46:30	0:54:04	2:24:06	1138	6:44:20
1120 3060	Dick Boumans	Almere	M45	NED	0:49:44	1138	1:20:36	2:00:59	3:21:35	1132	4:22:26	1155	0:41:57	0:46:05	0:47:42	2:15:44	1060	6:45:14
1146 3312	Dennis van Oudheusden	Almere	M50	NED	0:56:12	1247	1:18:41	2:01:51	3:20:31	1123	4:25:03	1171	0:42:58	0:48:56	0:49:09	2:21:01	1106	6:50:35
1156 4351	Kirsten Klok	Almere	W40	NED	1:00:18	1265	1:18:37	1:54:22	3:12:58	1043	4:21:26	1144	0:44:38	0:48:11	0:52:19	2:25:06	1144	6:52:28
1186 4653	Elly van der Zijden	Almere	W65	NED	0:52:48	1204	1:23:22	2:06:21	3:29:42	1191	4:31:41	1206	0:45:24	0:49:08	0:49:03	2:23:33	1132	7:04:34
1187 3434	Herman Maat	Almere	M55	NED	0:53:54	1220	1:15:52	1:54:22	3:10:14	1017	4:14:16	1098	0:49:02	0:55:40	0:57:03	2:41:44	1211	7:05:38
1200 3314	Stef van der Heiden	Almere	M50	NED	0:57:24	1254	1:21:13	2:06:46	3:27:58	1180	4:37:07	1228	0:45:19	0:49:33	0:53:43	2:28:34	1163	7:14:23
1204 4601	Petra Moria	Almere	W60	NED	0:50:45	1166	1:20:40	1:59:32	3:20:11	1119	4:22:17	1154	0:49:07	0:56:21	0:58:09	2:43:36	1216	7:16:15
1205 4354	Tina Alenfors	Almere	W40	SWE	0:57:07	1252	1:28:13	2:11:22	3:39:34	1235	4:46:53	1245	0:41:57	0:48:11	0:52:22	2:22:29	1120	7:16:44
1209 4078	Mireille Pasop	Almere	W25	NED	0:50:28	1158	1:24:24	2:11:31	3:35:55	1223	4:36:18	1223	0:47:24	0:52:05	0:55:21	2:34:49	1199	7:18:40
1225 4434	Sandra Huenders	Almere	W45	NED	0:46:34	1025	1:27:37	2:14:18	3:41:55	1243	4:38:32	1230	0:53:03	0:56:56	0:56:11	2:46:09	1220	7:32:38
1228 2624	Jeroen Schuitemaker	Almere	M35	NED	1:00:30	1266	1:24:40	2:17:44	3:42:23	1244	4:51:35	1254	0:53:55	0:52:18	0:51:45	2:37:57	1203	7:38:44
1238 3417	Ruud Horn	Almere	M55	NED	0:45:58	990	1:34:22	2:29:36	4:03:57	1264	5:03:23	1261	0:47:51	0:54:13	1:01:12	2:43:15	1214	7:58:24
1255 3442	Wout de Vries	Almere	M55	NED	0:47:25	1064	1:09:46	1:36:59	2:46:45	476	3:40:37	661	0:49:53					0
1261 2976	Marcel Kool	Almere	M45	NED	0:45:56	987	1:18:48	1:58:59	3:17:46	1096	4:11:23	1079						0
1278 2773	Ferdinand Posno	Almere	M40	NED	0:43:13	805				0		0						0
1282 3073	Stanley van Munster	Almere	M45	NED	0:03:13	1				0		0						0