

Nieuwpoort Stretrace, 19-06-2024

F	Nr	Naam	1	2	3	4	5	6	7	8	9	10	11	Snelste	Gem	Vershil
Heren 40+																
Mannen																
1.	129	Nijs Besten den	10:06.02	02:51.88	02:56.16	02:54.83	02:44.18	02:49.80	02:50.19	02:50.84	02:49.39	02:48.56		02:44.18	03:34.55	-
2.	112	Bert Pesselse	10:26.97	02:53.79	02:54.87	02:55.72	02:52.64	02:51.16	02:51.78	02:52.41	02:51.62	02:52.52		02:51.16	03:36.49	+00:21.30
3.	55	Henk Jong de	10:24.16	02:51.11	02:55.89	02:54.94	02:53.36	02:56.11	02:55.29	02:54.72	02:54.33	02:55.29		02:51.11	03:37.73	+00:35.01
4.	128	Juri Tuijl van	10:21.88	02:52.78	02:57.32	02:53.80	02:52.00	02:56.02	02:54.90	02:55.24	02:53.92	02:55.37		02:52.00	03:37.77	+00:35.44
5.	116	Peter Mesker	10:24.94	03:08.46	02:58.89	02:55.58	02:57.45	02:53.82	02:54.09	02:55.08	02:54.36	02:54.16		02:53.82	03:39.77	+00:57.38
6.	139	Wilfred Hof van	09:17.64	03:08.75	02:57.56	02:53.52	02:58.58	02:56.18	02:54.22	02:55.35	02:54.95	02:52.88		02:52.88	03:39.82	+00:57.96
7.	131	Arjan Baggerman	10:25.83	02:58.52	02:59.36	03:00.90	02:59.86	02:59.90	02:55.22	02:58.17	02:58.71	02:59.85		02:55.22	03:41.35	+01:14.78
8.	113	Arjan Vlist van der	10:23.79	03:09.79	02:59.49	02:56.44	02:58.66	02:57.82	03:00.39	02:58.95	02:57.41	02:57.76		02:56.44	03:42.11	+01:23.18
9.	70	Arnold Jong de	10:23.83	02:58.72	02:59.47	02:56.63	02:59.88	03:05.14	02:58.72	03:01.91	03:01.18	03:06.20		02:56.63	03:42.97	+01:32.60
10.	65	Arjan Verloop	10:25.06	03:07.54	03:02.04	02:58.80	02:59.67	03:02.62	03:02.33	03:05.98	03:04.85	03:02.51		02:58.80	03:44.70	+01:51.65
11.	57	Koert Houweligen van	09:33.79	02:55.26	03:00.18	03:01.53	03:06.54	03:06.64	03:06.15	03:03.88	03:09.48	03:03.62		02:55.26	03:45.24	+01:57.58
12.	121	Teus Dijk van	10:24.95	03:13.71	03:04.67	03:03.82	03:04.60	03:04.44	03:02.37	03:02.93	03:00.68	02:59.26		02:59.26	03:45.70	+02:02.62
13.	118	Arno Veen van der	10:14.88	03:19.89	03:04.27	03:06.04	03:04.02	03:02.24	03:01.50	03:01.44	02:59.87	03:03.07		02:59.87	03:46.52	+02:11.63
14.	132	Arjan Bot	10:06.54	03:15.46	03:02.97	03:05.48	03:06.74	03:03.88	03:07.97	03:15.38	03:07.64	03:10.58		03:02.97	03:49.40	+02:43.32
15.	19	Sjaak Graaf van de	10:24.78	03:02.26	03:06.16	03:08.06	03:09.53	03:07.42	03:09.96	03:16.50	03:07.58	03:10.78		03:02.26	03:49.46	+02:44.04
16.	133	Arjan Versluis	02:51.60	02:56.14	02:55.01	02:54.51	02:56.10	02:54.58	02:55.43	02:53.49	02:55.66	02:55.34		02:51.60	03:53.78	+03:31.55
17.	136	Ron Timmer	03:04.82	02:55.60	02:57.74	03:01.02	02:58.73	02:55.38	02:56.17	02:58.84	02:59.92	02:58.28		02:55.38	03:57.53	+04:12.75
18.	125	Herbe Groot de	03:01.50	02:57.72	02:58.04	02:59.84	03:00.26	02:59.45	03:00.31	03:03.12	03:09.50	03:01.03		02:57.72	03:59.62	+04:35.73
19.	134	Henk Woltman	03:11.48	03:04.08	02:59.43	03:00.63	03:01.24	03:00.83	03:02.53	03:01.70	03:05.34	03:02.82		02:59.43	04:01.45	+04:55.87
20.	140	Arjan Nederveen	10:17.78	03:19.42	03:16.55	03:43.25	03:19.05	03:21.39	03:24.99	03:23.20	03:25.52	03:24.14		03:16.55	04:02.05	+05:02.49
21.	130	Carolus Kwakernaak	03:18.86	03:01.50	03:03.07	03:04.10	03:05.90	03:02.71	03:02.44	03:01.72	03:05.65	03:03.62		03:01.50	04:03.32	+05:16.47
22.	119	Henk Korevaar kh	10:17.59	03:28.02	03:22.61	03:26.25	03:21.42	03:22.69	03:28.82	03:27.45	03:26.21	03:28.20		03:21.42	04:03.48	+05:18.29
23.	122	Mark Besten den	03:06.82	04:43.06	03:11.04	03:11.32	03:09.26	03:11.93	03:12.50	03:11.94	03:10.92	03:09.71		03:06.82	04:16.70	+07:43.64
24.	107	Theo Peursum	10:25.20	03:47.32	03:49.78	03:53.66	03:55.24	03:56.27	03:56.46	04:01.54	03:55.80		03:22.04	04:30.33	-1 Ronde	