

F	Nr	Naam	1	2	3	4	5	6	7	8	9	10	11	Snelste	Gem	Vershil
Heren 40- / Jongens 16+																
Mannen																
1.	109	Mika Bouman	02:31.08	02:36.40	02:34.69	02:35.76	02:38.96	02:36.77	02:36.46	02:34.10	02:36.33	02:36.30	02:38.92	02:31.08	02:40.37	-
2.	108	Ruben Nederveen	02:32.45	02:34.13	02:34.75	02:36.73	02:38.40	02:37.39	02:35.96	02:33.56	02:36.52	02:36.91	02:38.74	02:32.45	02:40.40	+00:00.33
3.	111	Darian Groeneveld	02:32.67	02:34.70	02:34.88	02:35.93	02:38.13	02:36.36	02:37.40	02:35.28	02:37.16	02:38.03	02:38.64	02:32.67	02:40.72	+00:04.20
4.	82	Luuk Viveen	02:35.50	02:36.74	02:36.45	02:38.68	02:40.86	02:41.70	02:41.40	02:39.26	02:39.85	02:43.91	02:42.44	02:35.50	02:43.89	+00:42.21
5.	124	Len Westerbroek	02:43.44	02:37.40	02:40.21	02:41.32	02:42.73	02:40.24	02:38.72	02:41.01	02:42.30	02:44.28	02:45.64	02:37.40	02:45.56	+01:02.21
6.	142	Jesse Bikker	02:32.68	02:38.83	02:40.90	02:44.20	02:43.09	02:40.76	02:41.92	02:39.82	02:44.93	02:45.19	02:47.29	02:32.68	02:45.64	+01:03.18
7.	150	Sten Hopstaken	02:45.99	02:39.55	02:41.13	02:40.16	02:42.08	02:39.50	02:41.89	02:41.80	02:44.24	02:42.48	02:40.88	02:39.50	02:45.75	+01:04.51
8.	110	Tim Lopik van	02:40.33	02:37.89	02:40.66	02:40.76	02:40.86	02:39.30	02:41.06	02:39.84	03:25.54	02:45.60	02:41.98	02:37.89	02:48.64	+01:39.23
9.	143	Dion Slomp	02:36.95	02:39.93	02:43.62	02:41.29	02:45.19	02:43.96	02:46.37	02:45.88	02:50.58	02:49.32	02:51.89	02:36.95	02:48.69	+01:39.79
10.	137	Edwin Ruijter de	02:46.83	02:41.49	02:43.79	02:44.22	02:44.62	02:44.66	02:46.17	02:47.64	02:48.04	02:44.24	02:48.08	02:41.49	02:49.12	+01:44.93
11.	73	Jelmer Bassa	02:41.80	02:37.25	02:38.46	02:40.78	02:38.23	02:40.96	02:41.93	02:41.38	03:44.56	02:49.65	02:47.22	02:37.25	02:51.04	+02:07.98
12.	141	Sander Spoolder	02:56.22	02:44.64	02:45.43	02:47.81	02:51.84	02:50.69	02:49.48	02:50.08	02:50.87	02:56.67	02:56.44	02:44.64	02:54.22	+02:46.19
13.	99	Wouter Bruin de	02:58.69	02:50.99	02:53.12	02:52.23	02:50.60	02:51.06	02:52.84	02:55.45	02:53.15	02:54.48	02:56.06	02:50.60	02:56.57	+03:14.41
14.	29	Xander Waardenburg van	02:50.00	02:51.20	02:50.54	02:51.18	02:55.17	02:57.30	02:59.40	02:54.13	02:54.75	02:57.95	02:57.70	02:50.00	02:57.40	+03:24.33
15.	146	Matthias Hoogendoorn	02:57.39	02:55.05	02:53.13	02:51.71	02:52.55	02:52.24	02:56.29	02:55.34	02:55.70	02:55.38	02:56.72	02:51.71	02:57.54	+03:26.05
16.	144	Patrick Blom	02:42.96	02:51.39	02:53.74	02:54.77	02:57.81	02:55.90	02:57.35	02:58.61	03:01.14	03:00.40	03:00.25	02:42.96	02:58.59	+03:38.63
17.	63	Leendert Sluijs van der	02:45.59	02:53.24	02:55.44	02:53.55	02:53.33	02:55.92	02:56.99	02:58.54	03:01.16	03:00.42	03:00.81	02:45.59	02:58.67	+03:39.59
18.	148	Berto Anker	02:55.97	03:08.63	02:56.34	02:58.02	02:55.40	02:55.87	02:55.92	02:52.03	02:52.50	02:52.78	02:55.20	02:52.03	02:59.07	+03:44.35
19.	138	Arie Boer	03:03.03	02:52.53	02:50.18	02:51.57	02:51.44	02:49.51	02:56.64	03:23.10	02:51.06	02:59.40	03:17.13	02:49.51	03:01.40	+04:12.32
20.	149	Bastiaan Soet	03:04.81	03:01.31	02:57.65	03:00.50	02:57.53	02:59.49	03:02.38	02:58.29	02:56.55	03:00.31	03:08.90	02:56.55	03:03.21	+04:34.01
21.	145	Leon Slingerland	03:22.02	03:01.35	03:15.72	03:04.30	03:03.27	03:02.18	03:02.36	03:07.55	03:07.58	03:04.15	03:05.50	03:01.35	03:09.03	+05:43.85
22.	123	Thomas Herk van	03:31.58	03:17.68	03:17.87	03:14.85	03:13.47	03:13.84	03:11.29	03:16.92	03:06.72	03:07.70	03:07.64	03:06.72	03:15.87	+07:06.02
23.	135	Ricardo Woltman	03:20.42	03:22.30	03:22.53	03:30.98	03:26.58	03:45.24	03:46.36	03:30.78	03:39.33	03:30.76	03:31.86	03:20.42	03:31.51	+10:13.70
24.	147	Wim Korevaar	03:28.38	03:28.38	03:32.14	03:34.10	03:35.06	03:30.90	03:33.83	03:27.48	03:33.44	03:31.16	03:32.75	03:27.48	03:31.61	+10:14.87
25.	126	Anne Blokland	03:11.66	02:58.31	02:58.52	02:56.40	03:02.87	03:02.15	03:00.35	03:00.78	11:35.76	02:41.96	02:41.96	03:49.13	-1 Ronde	