

# Uitslag Testloop 1

## 24 maart 2016



plaats	startnr.	Naam	Geb. datum	cat.	verwacht	eindtijd	km/u
<b>800 meter</b>							
1	441	Ronald Wiering	25-5-1964	M50	02:12,0	<b>02:18,3</b>	20,87
2	470	Tim Huiberts	13-11-1998	JJA	02:20,0	<b>02:19,1</b>	20,72
3	442	Bjorn Heijnen	17-4-1991	MS	02:20,0	<b>02:21,2</b>	20,43
4	472	Sietse van der Pal	31-10-1998	JJA	02:30,0	<b>02:30,8</b>	19,07
5	471	Jeske van der Pal	5-2-1997	MJA	02:40,0	<b>02:36,8</b>	18,34
6	443	Emma-Joy van Dorp	2-2-1991	VS	02:46,0	<b>02:37,6</b>	18,23
7	440	Rob van der Pal	26-12-1964	M50	?	<b>02:48,3</b>	17,14
8	474	Bram Ruizeveld	2-10-2007	JPB	?	<b>03:13,1</b>	14,92
9	469	Mirjam van der Pal	5-4-1963	V50	03:39,0	<b>03:21,0</b>	14,33
10	446	Malou de Gauw	16-1-2009	Mpmini	03:45,0	<b>03:22,8</b>	14,19
11	435	Sonja van der Poel	15-10-1978	V35	05:00,0	<b>03:22,9</b>	14,19
12	444	Kenny Ndenzako	27-6-2004	JJD	03:20,0	<b>03:27,3</b>	13,91
13	445	Laura Hyslop	1-6-1958	V55	03:40,0	<b>03:29,8</b>	13,71
14	436	Collin Brakenhoff	4-11-2005	geen lid	?	<b>03:40,5</b>	13,03
15	437	Maartje Brakenhoff	14-9-2008	MPC	?	<b>04:12,9</b>	11,38
<b>1000 meter</b>							
1	455	Jelmer de Gauw	8-6-2006	JPA	03:45,0	<b>03:34,3</b>	16,82
2	440	Rob van der Pal	26-12-1964	M50	?	<b>03:36,5</b>	16,59
3	439	Petra Konijn	9-4-1981	VS	?	<b>03:39,4</b>	16,44
4	462	Mike Alders	9-9-1967	M45	04:00,0	<b>03:44,6</b>	16,00
5	464	Robin Bakker	6-8-1997	JJA	04:00,0	<b>03:45,5</b>	16,00
6	456	Katia Ganda	24-9-1979	V35	03:45,0	<b>03:48,3</b>	15,79
7	459	Mark Gruijs	22-7-1991	MS	03:55,0	<b>04:01,6</b>	14,88
8	460	Jan Fris	7-1-1956	M60	03:59,6	<b>04:03,1</b>	14,81
9	438	Noa Sonius	28-4-2006	MPA1	?	<b>04:08,2</b>	14,52
10	447	Floor Bakker	24-4-2006	MPB	04:05,0	<b>04:10,4</b>	14,40
11	448	Pien Bakker	24-1-2005	MPA	04:05,0	<b>04:13,4</b>	14,23
12	452	Joyce de Roo	20-12-1975	V40	05:05,0	<b>04:14,2</b>	14,17
13	450	Dorcas Rutto	14-8-1974	V40	05:00,0	<b>04:20,9</b>	13,79
14	449	Marthijn Bakker	28-11-1991	MS	04:20,0	<b>04:25,5</b>	13,53
15	451	Corry Fris-Meijer	25-3-1963	V50	05:05,0	<b>04:27,4</b>	13,48
16	453	Rikus Bijvoet	23-6-1947	M65	05:20,0	<b>04:37,2</b>	13,00
17	454	Piet Glas	30-6-1935	M80	09:00,0	<b>09:59,0</b>	6,01

**3000 meter**

<b>1</b>	491	Alex Bouwmeester	23-10-1988	MS	10:00,0	<b>09:55,7</b>	18,12
<b>2</b>	493	Joost van Galen	26-5-1967	M45	10:30,0	<b>09:56,5</b>	18,12
<b>3</b>	473	Rowdy Speldenbrink	19-2-1987	MS	10:30,0	<b>09:57,9</b>	18,06
<b>4</b>	492	Jeroen Kramer	11-2-1980	M35	10:10,0	<b>09:58,0</b>	18,06
<b>5</b>	494	Jos Jacobsen	29-5-1977	M35	10:30,0	<b>10:03,0</b>	17,91
<b>6</b>	495	Ruben Romkes	13-4-1969	M45	10:30,0	<b>10:25,7</b>	17,25
<b>7</b>	498	Michiel Richards	12-8-1971	M40	12:00,0	<b>11:49,7</b>	17,14
<b>8</b>	488	Arjan van Diepen	24-9-1973	M40	15:00,0	<b>12:05,0</b>	14,90
<b>9</b>	496	Sandra Ulle	14-3-1974	V35	11:14,0	<b>12:10,5</b>	14,77
<b>10</b>	441	Ronald Wiering	30-5-1964	M45	11:15,0	<b>12:10,8</b>	14,77
<b>11</b>	439	Petra Konijn	9-4-1981	VS	?	<b>12:21,5</b>	14,57
<b>12</b>	490	Julio Mengod de Man	10-7-1968	M45	?	<b>12:24,0</b>	14,52
<b>13</b>	475	Piet van der Pal	25-1-1956	M60	?	<b>12:43,2</b>	14,15
<b>14</b>	467	Jeroen van Bracht	12-4-1969	M45	13:30,0	<b>12:52,9</b>	13,97
<b>15</b>	499	Peter van der Eng	27-7-1956	M55	12:30,0	<b>12:55,2</b>	13,94
<b>16</b>	466	Marcel Taanman	26-9-1976	M35	13:30,0	<b>12:57,7</b>	13,88
<b>17</b>	485	Henk Onrust	13-3-1967	M45	13:30,0	<b>13:25,1</b>	13,42
<b>18</b>	468	Jette van der Heijde	29-1-1962	V50	15:00,0	<b>14:25,4</b>	12,49
<b>19</b>	487	Nico Vergouw	7-5-1946	M65	14:31,0	<b>14:25,6</b>	12,47