

Nederlands Kampioenschap Middle Distance 2008 = tevens Nat.Comp. 2e wedstrijd

Kootwijkerzand 13-apr

Route 6	Dames Pupillen	1,79 km	(D10,D12)		Route 6	Heren Pupillen	1,79 km	(H10,H12)			
1	24	Kristin Willamo	D10 HOC '93	0:16:16	09:05	1000	D10-1	0:29:29	16:28	1000	H10-1
2	208	Sylvia Verbeek	D10 MINOR	0:17:23	09:43	936	D10-2	0:31:30	17:36	936	H10-2
								0:45:40	25:31	646	H10-3
Route 5	Dames Asiranten	3,00 Easy	(D14)		Route 5	Heren Aspiranten	3,00 Easy	(H14)			
Route 4	Dames Junioren C	3,24 km	(D16)		Route 4	Heren Junioren C	3,00 km	(H16)			
1	497	Vera van Zweeken	D16 UZO	0:33:17	10:16	1000	D16-1				
2	498	Dorien van Zweeken	D16 UZO	0:36:08	11:09	921	D16-2				
3	132	Kinga Corbet	D16 ARGUS	0:49:16	15:12	676	D16-3				
Route 3	Dames Junioren B	4,59 km	(D18)		Route 3	Heren Junioren B	4,50 km	(H18)			
1	499	Anne van Zweeken	D18 UZO	0:41:22	09:01	1000	D18				
Route 2	Dames Junioren A	5,50 km	(D20)		Route 2	Heren Junioren A	5,50 km	(H20)			
1	500	Eva van Boven	D18 UZO	1:01:19	10:53	1000	D20				
Route 2	Dames Senioren	5,63 km	(D21)		Route 1	Heren Senioren	6,51 km	(H21,35)			
1	173	Sadie Zwikker	D21 ARGUS	0:41:37	07:24	1000	d21-1	0:36:44	05:39	1000	H21-1
2	218	Lieke van Opstal	D21 KOVZ	0:45:00	08:00	925	d21-2	0:37:29	05:45	980	bm
3	v232	Regular Hoeggen	D21 SV Magg	0:46:10	08:12	901	bm	0:38:06	05:51	964	H21-2
4	v231	Jana Jirackova	D21 ZBM	0:48:33	08:37	857	bm	0:38:29	05:55	955	H21-3
5	181	Mietta Groeneveld	D40 UZO	0:50:38	09:00	822	d21-3	0:38:36	05:56	952	
6	381	Anne van Doorn	D21 ARGUS	0:58:10	10:20	715		0:40:16	06:11	912	
7	44	Sanna Geers	D21 AMOR	0:59:10	10:31	703		0:42:10	06:29	871	
8	342	Gabby op de Weegh	D21 OLIFANT	1:02:57	11:11	661		0:46:28	07:08	791	bm
9	97	Willeke Mooij	D21 ARGUS	1:06:04	11:44	630		0:46:36	07:09	788	bm
10	245	Yvette Tan	D21 UZO	dns		1		0:46:53	07:12	784	bm
								0:46:55	07:12	783	bm
								0:47:12	07:15	778	bm
								0:48:47	07:30	753	bm
								0:50:04	07:41	734	bm
								0:53:08	08:10	691	bm
								0:54:50	08:25	670	bm
								0:59:09	09:05	621	bm
								1:03:47	09:48	576	
								1:16:11	11:42	482	
								2:09:51	19:57	283	bm
								2:09:53	19:57	283	bm
								dns		1	bm
								dns		1	bm
								dns		1	
Route 3	Dames Veteranen A	4,59 km	(D35,40,45)		Route 2	Heren Veteranen A	5,63 km	(H40,H45)			
1	100	Katinka Mulder	D45 AMOR	0:38:12	08:19	1000	D45-1	0:40:05	07:07	1000	H40-1
2	221	Gyorgyi Corbet	D45 ARGUS	0:41:15	08:59	926	D45-2	0:40:57	07:16	979	H40-2
3	180	Birgitta Verbeek - van	D40 MINOR	0:42:21	09:14	902	D40-1	0:41:34	07:23	964	
4	258	Joke Molenaar	D45 HOC '93	0:44:31	09:42	858		0:41:46	07:25	960	H45-1
5	444	Anita Foppen	D40 MINOR	0:45:40	09:57	836	D40-2	0:45:09	08:01	888	H45-2
6	144	Annika Bengtsson	D35 AMOR	0:48:43	10:37	784	bm	0:46:29	08:15	862	
7	496	Jacqueline van Zweeken	D40 UZO	0:54:47	11:56	697		0:47:54	08:30	837	H45-3
8	153	Liesbeth Hillebrand	D40 HOC '93	0:57:04	12:26	669		0:48:45	08:40	822	bm
9	21	Liv Willamo	D45 HOC '93	1:10:42	15:24	540		0:51:17	09:07	782	
10	189	Gonne Golliard - van	D40 ARGUS	1:11:40	15:37	533	bm	0:53:22	09:29	751	
11	492	Ely Appelboom	D45 UZO	1:35:02	20:42	402		1:00:26	10:44	663	
12	v247	Enikö Stüdeli	D35 Ind	2:28:52	32:26	257	bm	1:04:24	11:26	622	
								1:13:35	13:04	545	
								dns		1	
								0:38:04	06:46	0	bm
Route 4	Dames Veteranen B	3,24 km	(D50+)		Route 3	Heren Veteranen B	4,59 km	(H50,H55)			
1	167	Christa Zwikker	D55 ARGUS	0:40:43	12:34	1000	D55-1	0:30:05	06:33	1000	H50-1
2	274	Monica Roeling	D55 KOVZ	0:45:17	13:59	899	D55-2	0:33:43	07:21	892	H50-2
3	99	Dicky Mooij - Durieu	D55 ARGUS	1:17:50	24:01	523		0:35:35	07:45	845	H55-1
4	48	Claudia Rijnvis	D55 ARGUS	dns		1		0:36:40	07:59	820	H50-3
								0:37:44	08:13	797	H55-2
								0:38:20	08:21	785	
								0:38:36	08:25	779	
								0:39:54	08:42	754	
								0:41:39	09:04	722	
								0:44:12	09:38	681	
								0:39:25	12:10	1000	H65
								0:44:41	13:47	882	H75
								0:48:53	15:05	806	
								0:58:13	17:58	677	BM

H60 leeftijd cursief = loper die heeft gekozen om een langere Route te lopen

H45 Leefijd vet = loper die te korte afstand heeft gekozen, dus BM

bm = buiten mededinging

Niet-NOLB-leden kunnen geen NK w orden

bm = buiten mededinging

NOLB-leden die (nog) geen NK kunnen w orden