

# Nederlands Kampioenschap Kort , Waalsdorper Vlakte / Uilenbosch , UZO , 13 juni 2004

<b>Route 2</b> (D-20), <b>D21</b> <b>3,50</b> km											
	1378	Elisabeth SCHUTJES	D21	HAM OK	0:31:00	08:51	1000	0:36:07	10:19	916	1:07:07
	468	Encarna Maturama	D21	UZO	0:34:35	09:53	896	0:33:04	09:27	1000	1:07:39 D21-1
	218	Lieke van Opstal	D21	KOVZ	0:33:32	09:35	924	0:40:40	11:37	813	1:14:12 D21-2
	439	Dunja van de Riet	D35	OLIFANT	0:34:03	09:44	910	0:43:41	12:29	757	1:17:44 D21-3
	166	Olga Zwikker	D21	ARGUS	0:38:12	10:55	812	0:51:31	14:43	642	1:29:43
	465	Olga Manoilova	D21	UZO	0:41:27	11:51	748	0:48:40	13:54	679	1:30:07
		Xandra Langenhuizen	D21	ind.	0:52:00	14:51	596	0:47:11	13:29	701	1:39:11
		Cindy de Putter	D21	ind.	0:57:53	16:32	536	1:00:43	17:21	545	1:58:36
	73	Natascha Kuijken	D21	MINOR	0:54:54	15:41	565	1:39:00	28:17	334	2:33:54
	181	Mietta Groeneveld	D35	UZO	0:34:19	09:48	903	opg.		250	
<b>Route 3</b> (D-16, D-18, D35,) <b>D40, D45,</b> <b>3,00</b> km											
	216	Elly van Opstal	D45	KOVZ	0:33:25	11:08	789	1:15:53	25:18	876	1:49:18 (D45)
1	180	Birgitta Verbeek-van Vliet	D40	MINOR	0:26:21	08:47	1000	opg.		250	0:26:21
	143	Simonne SILVI	D45	KOL (B)	mp			1:06:28	22:09	1000	1:06:28
2	496	Jacqueline van Zweeden	D40	UZO	1:24:07	28:02	313	opg.		250	1:24:07
3	318	Carla van Noort	D40	AMOR				mp		250	
<b>Route 4</b> (D50+) <b>2,00</b> km											
<b>Route 5</b> <b>D-14</b> <b>2,00</b> Easy											
	499	Anne van Zweeden	D-14	UZO	0:26:41	13:20	1000	1:25:39	42:50	1000	1:52:20 D-14
<b>Route 6</b> (D-10), <b>D-12</b> <b>1,50</b> Easy											
	497	Vera van Zweeden	D-12	UZO	0:25:13	16:49	1000	0:55:52	37:15	1000	1:21:05 D-12-1
	498	Dorien van Zweeden	D-12	UZO	0:28:13	18:49	894	0:58:46	39:11	951	1:26:59 D-12-2

Route 1		H-20, H21, H3:	4,00	km								
	467	Greg Barbour	H40	UZO	0:26:22	06:35	1000	0:30:12	07:33	1000	0:56:34	H21-1
	88	Marco Smulders	H35	KOVZ	0:26:46	06:42	985	0:32:15	08:04	936	0:59:01	H21-2
	51	Mark Heikoop	H40	OLIFAN	0:30:39	07:40	860	0:34:57	08:44	864	1:05:36	H21-3
	120	Clemens Roos	H21	HOC '93	0:30:38	07:39	861	0:35:41	08:55	846	1:06:19	
	215	Adrie van Opstal	H45	KOVZ	0:27:52	06:58	946	0:38:41	09:40	781	1:06:33	
	938	Tomas Henriksson	H21	KOVZ	0:31:17	07:49	843	0:35:25	08:51	853	1:06:42	
	396	Ralph Kurt	H21	KOVZ	0:27:54	06:58	945	0:41:42	10:25	724	1:09:36	
	2	Ronald Dohmen	H35	MINOR	0:29:39	07:25	889	0:40:11	10:03	752	1:09:50	
	74	Patrick Kuijken	H21	MINOR	0:29:30	07:23	894	0:42:44	10:41	707	1:12:14	
	214	Gerard Mooiman	H35	KOVZ	0:33:28	08:22	788	0:43:54	10:58	688	1:17:22	
	90	Heino Mertens	H40	KOVZ	0:33:22	08:20	790	0:45:02	11:15	671	1:18:24	
		Michael Grill	H35	NFW (A)	0:34:38	08:39	761	0:53:32	13:23	564	1:28:10	
1	187	Jody Borgers	H35	UZO	0:35:31	08:53	742	0:56:22	14:05	536	1:31:53	H-35
	107	Vincent Verstappen	H35	KOVZ	0:42:16	10:34	624	0:51:21	12:50	588	1:33:37	
2	461	Robbert Voors	H35	UZO	0:37:22	09:20	706	0:59:18	14:49	509	1:36:40	
	77	Jeroen Liefink	H21	OLIFAN	0:45:21	11:20	581	0:52:14	13:04	578	1:37:35	
	399	Peter Voermans	H40	KOVZ	0:45:10	11:18	584	0:55:59	14:00	539	1:41:09	
1	147	Niels Peter Foppen	H-20	MINOR	0:31:45	07:56	830	mp		250	0:31:45	
		Martin Wingelaar	H35	ind.	0:42:59	10:45	613	ee starters			0:42:59	
	438	Peter Vogels	H21	OLIFAN	mp			0:54:30	13:38	554	0:54:30	
	443	Johan Nijhof	H21	MINOR	1:14:30	18:37	354	ee starters			1:14:30	
Route 2		H40, H45	3,50	km								
	203	Lucien Baert	H45	KOVZ	0:29:16	08:22	1000	0:40:22	11:32	952	1:09:38	H45-1
	53	Anne Heikoop	H45	UZO	0:31:22	08:58	933	0:42:57	12:16	895	1:14:19	H45-2
	143	Ton de Vaan	H55	UZO	0:38:18	10:57	764	0:38:26	10:59	1000	1:16:44	H45-3
1	413	Cas van Zweeden	H40	UZO	0:30:44	08:47	952	0:46:43	13:21	823	1:17:27	H40-1
	13	Henk-Guus van Boven	H45	UZO	0:37:39	10:45	777	0:52:23	14:58	734	1:30:02	
2	58	Wim Hoogendoorn	H40	UZO	0:42:17	12:05	692	0:49:55	14:16	770	1:32:12	H40-2
	59	Tonny Neplenbroek	H45	UZO	0:47:11	13:29	620	0:56:14	16:04	683	1:43:25	
3	171	Derk de Vries	H40	MINOR	1:06:44	19:04	439	1:06:45	19:04	576	2:13:29	
	115	Gerrit van de Riet	H45	OLIFAN	0:29:20	08:23	998	opg.		250		
Route 3 (H-16, H-18)		H50, H55	3,00	km								
	1666	Jean-Pierr KELLENS	H50	KOL (B)	0:24:36	08:12	841	0:28:31	09:30	1000	0:53:07	
1	41	Peter Foppen	H50	MINOR	0:25:08	08:23	824	0:30:38	10:13	931	0:55:46	H50-1
	101	Mike in 't Groen	H55	KOVZ	0:23:59	08:00	863	0:39:37	13:12	720	1:03:36	H55-1
	374	Frank Mensink	H55	MINOR	0:25:55	08:38	799	0:41:46	13:55	683	1:07:41	H55-2
		Steve Ingleby	H50	DEE (UK)	0:20:42	06:54	1000	0:47:03	15:41	606	1:07:45	
2	102	Alfred Newerla	H50	UZO	0:31:28	10:29	658	0:41:56	13:59	680	1:13:24	H50-2
	1718	Mark VAN BRUGGEN	H55	TROL (B)	0:29:28	09:49	702	0:46:15	15:25	617	1:15:43	
	72	Hans Kuijken	H55	MINOR	0:34:51	11:37	594	0:51:14	17:05	557	1:26:05	
3	68	Gerard Kolner	H50	UZO	0:38:48	12:56	534	0:51:36	17:12	553	1:30:24	
Route 4		H60+	2,00	km								
	47	Jacob Haklander	H70	MINOR	0:52:26	26:13	1000	0:42:38	21:19	1000	1:35:04	H60+
	156	Frans Vos	H70	ARGUS	mp							
Route 5 (H-14)			2,00	Easy								
Route 6 (H-10, H-12)			1,50	Easy								

Starters	(Route 5)			2,00	Easy					
	Robert Langenhuizen	H	ind.	0:32:11	16:05	1000	0:43:17	21:38	876	1:15:28
	Scott Peppin	H	ind.	0:40:53	20:26	787	0:37:55	18:57	1000	1:18:48
	Greg Stone	H	ind.	0:43:32	21:46	739	0:46:24	23:12	817	1:29:56
185	Gemma Dingjan	D45	UZO	0:45:56	22:58	701	1:11:32	35:46	530	1:57:28
	Willem Hofman	H	ind.	0:58:23	29:12	551				0:58:23
	Rob Hofman	H	ind.	0:58:23	29:12	551				0:58:23
443	Johan Nijhof	H21	MINOR	Route1			1:01:18	30:39	619	1:01:18
	Familie Wenstra		ind.	1:12:42	36:21	443				1:12:42
	Familie Berger		ind.	1:12:46	36:23	442				1:12:46
	Familie Veerbeek		ind.	1:12:52	36:26	442				1:12:52
	Familie Lonsdale		ind.	1:12:52	36:26	442				1:12:52
	Natalia	D45	ind.	1:17:00	38:30	418				1:17:00
	Romuald Djaroud	H	ind.	mp						
	Jaap Dijk	H	ind.	mp						
	Hans Dirkse	H	ind.							
	Martin Wingelaar	H35	ind.	Route1			mp		250	

per club	aantal deelnemers			per leeftijd/cat			
	per afstand			D	H		
AMOR	1	Dames	3,50	10	nn	3	8
ARGUS	2	Dames	3,00	5	-10	2	
HOC '93	1	Dames	2,00	0	-12	1	
KOVZ	12	Dames	2,00	1	-14		
MINOR	11	Dames	1,50	2	-16		
OLIFANT	5	Heren	4,00	21	-18		
UZO	19 +	Heren	3,50	9	-20		1
	50	Heren	3,00	9	21	8	7
IND	23 +	Heren	2,00	2	35	2	8
	73	Heren	2,00	0	40	3	7
		Heren	1,50	0	45	4	6
		starters		14 +	50		5
				73	55	1	5
					60		
					65		
					70	2	+
					24	49	

Voor het laatst bijgewerkt op 04-06-19

Door Mike

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