

<b>Hemelvaartsdagloop 26-05-2022</b>										
<b>Wedstrijd en prestatie-loop 8,7 km - HEREN</b>										
Plaats	Startnr.	Naam	Ronde 1	Ronde 2	Ronde 3	Ronde 4	Ronde 5	Finish bruto	Finish netto	Min/km
1.	220	van der Velden, Daan	05:41	05:48	05:52	05:56	05:32	<b>28:49</b>	28:49	3:18
2.	230	Verhagen, Wilfred	05:41	05:48	05:53	05:55	05:35	<b>28:52</b>	28:52	3:18
3.	104	van der Vlist, Flo	05:41	05:48	05:52	06:13	06:07	<b>29:41</b>	29:40	3:24
4.	259	van Buren, Jaco	05:53	06:08	06:14	06:14	06:15	<b>30:44</b>	30:44	3:31
5.	150	Heijkoop, Tom	05:41	05:58	06:32	06:35	06:11	<b>30:57</b>	30:57	3:33
6.	280	van Leeuwen, Gerben	06:10	06:21	06:26	06:28	06:17	<b>31:42</b>	31:41	3:38
7.	225	de Groot, Richard	06:08	06:22	06:28	06:32	06:30	<b>32:00</b>	32:00	3:40
8.	271	Koolmees, Andy	06:08	06:22	06:34	06:49	06:37	<b>32:30</b>	32:29	3:44
9.	122	Struijk, Alexander	06:31	06:25	06:32	06:42	06:20	<b>32:30</b>	32:29	3:43
10.	232	Kooiman, Erik Jan	06:32	06:22	06:25	06:40	06:41	<b>32:40</b>	32:36	3:44
11.	254	Zijderlaan, Jan	06:20	06:37	06:43	06:54	06:47	<b>33:21</b>	33:21	3:49
12.	139	Boon, Mark	06:33	06:47	06:57	07:02	06:56	<b>34:15</b>	34:13	3:55
13.	262	van Duuren, Jurien	06:40	06:52	07:03	06:59	06:56	<b>34:30</b>	34:25	3:57
14.	101	Verboom, Cornelis	06:20	06:41	07:00	07:11	07:20	<b>34:32</b>	34:31	3:57
15.	137	Mannee, Maarten	06:30	06:53	07:06	07:06	07:04	<b>34:39</b>	34:38	3:58
16.	286	van der Niet, Sjoerd	06:28	06:43	06:57	07:21	07:20	<b>34:49</b>	34:47	3:59
17.	129	Bodegom, Martjan	06:33	06:53	07:09	07:16	07:17	<b>35:08</b>	35:07	4:02
18.	290	Prins, Tom	06:21	06:49	07:12	07:25	07:30	<b>35:17</b>	35:15	4:03
19.	276	Schenk, Rick	06:50	07:01	07:10	07:17	07:11	<b>35:29</b>	35:28	4:04
20.	161	Groen, Michael	06:54	06:50	06:56	07:25	07:33	<b>35:38</b>	35:36	4:05
21.	237	van Triest, Anton	06:34	07:04	07:39	07:14	07:18	<b>35:49</b>	35:46	4:06
22.	132	Verbeek, Gert-Jan	06:49	07:02	07:17	07:18	07:24	<b>35:50</b>	35:48	4:06
23.	110	Ruiter, Arno	07:01	07:19	07:24	07:20	07:20	<b>36:24</b>	36:22	4:10
24.	263	Moelken, Geert	06:49	07:12	07:31	07:38	07:40	<b>36:50</b>	36:48	4:13
25.	166	Feijnenbuik, Jelle	06:38	07:08	07:55	07:50	07:26	<b>36:57</b>	36:53	4:14
26.	160	van der Bas, Wilco	07:06	07:29	07:37	07:37	07:15	<b>37:04</b>	37:01	4:15
27.	266	de Jong, Marc	07:07	07:29	07:48	07:39	07:09	<b>37:12</b>	37:08	4:16
28.	103	Kooistra, Remco	06:58	07:38	07:36	07:38	07:26	<b>37:16</b>	37:15	4:16
29.	270	Schenk, Tim	07:23	07:16	07:33	07:40	07:32	<b>37:24</b>	37:23	4:17

Plaats	Startnr.	Naam	Ronde 1	Ronde 2	Ronde 3	Ronde 4	Ronde 5	Finish bruto	Finish netto	Min/km
30.	277	Krikke, Rinke	07:31	07:33	07:41	07:41	07:26	<b>37:52</b>	37:45	4:20
31.	248	Eringfeld, Lennart	07:45	07:29	07:30	07:35	07:38	<b>37:57</b>	37:51	4:20
32.	146	Noordergraaf, Mike	07:31	07:33	07:42	07:40	07:42	<b>38:08</b>	38:03	4:22
33.	128	Rietveld, Werner	07:11	07:48	07:50	07:54	07:27	<b>38:10</b>	38:08	4:22
34.	249	Roest, Gert-jan	07:42	07:34	07:46	07:44	07:24	<b>38:10</b>	38:05	4:22
35.	278	Evengroen, Edwin	07:37	07:37	07:42	07:49	07:37	<b>38:22</b>	38:17	4:23
36.	251	Spruit, Marcel	07:32	07:37	07:47	07:49	07:40	<b>38:25</b>	38:21	4:24
37.	244	Krijgsman, Kevin	07:51	07:45	07:50	07:44	07:28	<b>38:38</b>	38:29	4:25
38.	257	Slingerland, Tijmen	07:05	07:31	07:55	07:57	08:15	<b>38:43</b>	38:39	4:26
39.	283	Boer, Maarten	07:35	07:25	07:43	08:04	08:03	<b>38:50</b>	38:41	4:26
40.	247	van Herk, Davey	07:52	07:37	07:56	07:51	07:46	<b>39:02</b>	38:56	4:28
41.	261	de Vries, Jeffrey	07:32	07:56	07:58	07:50	07:48	<b>39:04</b>	39:01	4:29
42.	250	Spruit, Michiel	07:33	07:43	07:48	08:01	08:02	<b>39:07</b>	39:03	4:29
43.	147	Goudena, Jasper	07:32	07:37	07:59	08:14	07:54	<b>39:16</b>	39:11	4:30
44.	265	van Kasteel, Bas	07:31	07:35	07:38	07:36	09:00	<b>39:20</b>	39:17	4:30
45.	221	Regeer, Marco	07:52	07:48	08:01	08:04	07:48	<b>39:33</b>	39:28	4:32
46.	246	van Heijningen, Marcel	06:53	07:50	08:13	08:29	08:09	<b>39:34</b>	39:31	4:32
47.	136	Erkel, Maarten	07:44	08:02	08:01	08:04	08:01	<b>39:52</b>	39:49	4:34
48.	291	van Kleij, Tom	07:50	07:34	07:53	08:15	08:23	<b>39:55</b>	39:49	4:34
49.	272	de Vries, Diede	08:02	08:28	07:45	07:59	07:48	<b>40:02</b>	40:00	4:35
50.	120	den Oudsten, Tjeerd	07:31	07:52	08:10	08:33	08:20	<b>40:26</b>	40:22	4:38
51.	113	Dekker, Dirk	08:00	08:05	08:12	08:15	07:56	<b>40:28</b>	40:25	4:38
52.	279	van der Hoeven, Leo	07:56	08:10	08:10	08:15	08:03	<b>40:34</b>	40:29	4:39
53.	260	Volk, John	07:50	07:48	08:08	08:27	08:30	<b>40:43</b>	40:33	4:39
54.	226	Rothman, Gertjan	07:23	07:56	08:22	08:50	08:26	<b>40:57</b>	40:52	4:41
55.	144	de Jong, Martijn	07:31	07:38	08:11	08:39	08:59	<b>40:58</b>	40:52	4:41
56.	284	Pols, Edwin	07:56	08:01	08:23	08:39	08:04	<b>41:03</b>	40:53	4:41
57.	155	Heuvelman, Ramon	07:45	07:59	08:24	08:35	08:31	<b>41:14</b>	41:10	4:43
58.	163	Roest, Remco	07:32	08:13	08:37	08:44	08:14	<b>41:20</b>	41:16	4:44
59.	252	de Jong, Arjan	08:12	08:24	08:18	08:12	08:14	<b>41:20</b>	41:17	4:44
60.	236	van Linschoten, Klaas	07:55	08:04	08:20	08:29	08:36	<b>41:24</b>	41:16	4:44

Plaats	Startnr.	Naam	Ronde 1	Ronde 2	Ronde 3	Ronde 4	Ronde 5	Finish bruto	Finish netto	Min/km
61.	116	Verburg, Cor	08:19	08:16	08:22	08:28	08:07	<b>41:32</b>	41:25	4:45
62.	256	de Vos, Bas	08:20	08:20	08:32	08:41	08:10	<b>42:03</b>	41:58	4:49
63.	273	Voortman, Toon	08:20	08:17	08:26	08:39	08:36	<b>42:18</b>	42:10	4:50
64.	165	Boesberg, Tom	07:30	08:06	08:48	09:08	08:46	<b>42:18</b>	42:14	4:51
65.	267	Tolhoek, Erik	08:18	08:22	08:32	08:41	08:36	<b>42:29</b>	42:23	4:52
66.	109	Vriens, Sebastiaan	07:40	08:03	08:38	09:12	09:13	<b>42:46</b>	42:42	4:54
67.	268	Visser, Arie	08:14	08:22	08:48	09:07	08:31	<b>43:02</b>	42:55	4:55
68.	107	Buitendijk, Ab	08:32	08:34	08:41	08:44	08:34	<b>43:05</b>	43:00	4:56
69.	169	van den Heuvel, Thijs	08:03	08:35	08:54	09:06	08:50	<b>43:28</b>	43:27	4:59
70.	115	van Buren, Arie	08:24	08:42	08:44	08:49	08:53	<b>43:32</b>	43:26	4:59
71.	168	de Jong, Gerco	08:03	08:35	08:54	09:22	08:40	<b>43:34</b>	43:34	5:00
72.	269	Nikolakopoulos, George	09:05	08:28	08:52	08:37	08:50	<b>43:52</b>	43:37	5:00
73.	148	Ceelen, Henk	08:13	08:27	09:02	09:01	09:15	<b>43:58</b>	43:51	5:02
74.	253	Schenk, Dirk	08:22	09:35	08:56	08:56	08:19	<b>44:08</b>	44:05	5:03
75.	170	de Ruitter, Peye	08:03	08:42	09:07	09:21	09:01	<b>44:14</b>	44:12	5:04
76.	243	van Herk, Pieter	07:25	08:42	09:12	09:28	09:29	<b>44:16</b>	44:14	5:04
77.	281	van Leeuwen, Piet	08:58	08:34	08:51	09:02	08:57	<b>44:22</b>	44:13	5:04
78.	167	Groen, Kees	09:05	08:52	08:56	09:01	08:46	<b>44:40</b>	44:27	5:06
79.	228	Ros, Sven	08:40	08:39	08:54	09:13	09:17	<b>44:43</b>	44:36	5:07
80.	229	Ros, Arie	08:40	08:39	08:54	09:14	09:17	<b>44:44</b>	44:36	5:07
81.	100	de Visser, Johan	08:41	08:49	09:05	09:14	08:55	<b>44:44</b>	44:36	5:07
82.	158	Burger, Dennis	08:31	08:53	09:06	09:15	09:16	<b>45:01</b>	44:58	5:10
83.	289	van IJzeren, Nick	08:57	09:07	09:16	09:25	08:51	<b>45:36</b>	45:29	5:13
84.	288	van IJzeren, Cor	08:57	09:08	09:15	09:25	09:01	<b>45:46</b>	45:39	5:14
85.	135	Spruit, Fred	08:25	09:01	09:29	09:33	09:26	<b>45:54</b>	45:48	5:15
86.	164	van Vliet, Vincent	08:47	08:44	09:22	10:02	09:41	<b>46:36</b>	46:24	5:19
87.	118	Meidam, Corné	09:12	09:22	09:37	09:48	09:32	<b>47:31</b>	47:27	5:27
88.	238	Kruijt, Maarten	09:49	09:24	09:26	09:41	09:17	<b>47:37</b>	47:27	5:27
89.	154	van Prooijen, Dick	09:21	09:29	09:28	09:41	09:41	<b>47:40</b>	47:35	5:28
90.	222	Weimans, Jasper	09:11	09:25	09:17	10:05	10:22	<b>48:20</b>	48:08	5:31
91.	143	Buitendijk, Hans	10:00	09:59	09:54	09:54	09:10	<b>48:57</b>	48:47	5:36

Plaats	Startnr.	Naam	Ronde 1	Ronde 2	Ronde 3	Ronde 4	Ronde 5	Finish bruto	Finish netto	Min/km
92.	114	van den Dool, Jorne	09:37	09:37	09:43	10:01	10:06	<b>49:04</b>	48:55	5:37
93.	171	Lankhaar, Marcel	09:26	09:23	09:39	10:05	10:36	<b>49:09</b>	48:58	5:37
94.	233	Odijk, Kees	10:12	10:00	09:55	09:54	09:15	<b>49:16</b>	49:10	5:39
95.	285	van Herk, Thomas	08:19	09:36	10:33	11:01	10:16	<b>49:45</b>	49:43	5:42
96.	119	Schipper, Willem Jan	08:48	09:40	10:26	10:49	10:50	<b>50:33</b>	50:29	5:48
97.	130	Dam, Rudy	09:33	10:08	10:35	10:37	10:35	<b>51:28</b>	51:21	5:54
98.	245	Krijgsman, Gert	09:45	10:09	10:34	10:48	10:54	<b>52:10</b>	52:00	5:58
99.	294	van den Berg, Ries	09:46	10:16	10:41	11:12	11:49	<b>53:44</b>	53:38	6:09
100.	140	Rietveld, Gerard	10:40	10:37	10:51	10:58	11:17	<b>54:23</b>	54:12	6:13
101.	264	Jonkheijm, Gerrie	10:49	11:13	11:12	11:01	11:00	<b>55:15</b>	55:05	6:19
102.	293	Dekker, Adrie	09:53	10:52	11:57	13:15	14:01	<b>59:58</b>	59:54	6:53