

Plts	StNr	Naam	Woonplaats	1ste lopen	plaats	Wissel+F	plaats	Tussentijd na F	plaats	Wissel+2e lopen	plaats	Categorie	Eindtijd	snelheid	km per minuut
1	76	Rorik Schouten	Hoogwoud	00:21:12	5	00:51:31	1	01:12:43	1	00:11:41	5	1eman	1:24:24	16,71	3:35
2	82	Thijs Bakker	Waarland	00:20:47	3	00:56:25	7	01:17:12	3	00:10:45	2	2eman	1:27:57	16,03	3:44
3	85	Wiebe Terwisscha van Scheltinga	Reahûs	00:21:50	14	00:54:09	2	01:15:59	2	00:12:05	12	3eman	1:28:04	16,01	3:44
4	99	Edser Rijpstra	Stiens	00:20:05	2	00:58:24	10	01:18:29	9	00:10:18	1	4eman	1:28:47	15,88	3:46
5	65	Pieter Pilat	Ee	00:19:45	1	00:58:33	11	01:18:18	8	00:10:53	3	5eman	1:29:11	15,81	3:47
6	5	Anne Floris Bottema	Nijland	00:21:47	13	00:55:37	6	01:17:24	4	00:12:01	11	6eman	1:29:25	15,77	3:48
7	9	Arjen Bos	Bolsward	00:22:53	20	00:55:07	5	01:18:00	5	00:11:54	8	7eman	1:29:54	15,68	3:49
8	59	Martijn Ettema	Bolsward	00:20:54	4	00:57:19	9	01:18:13	6	00:12:30	18	8eman	1:30:43	15,54	3:51
9	81	Sybrand van der Wey	Wommels	00:21:55	15	00:57:18	8	01:19:13	11	00:12:16	14	9eman	1:31:29	15,41	3:53
10	45	Jerry Kenbeek	Enschede	00:23:38	22	00:54:37	4	01:18:15	7	00:13:21	28	10eman	1:31:36	15,39	3:53
11	91	Sytze Terwisscha van Scheltinga	Workum	00:24:36	29	00:54:30	3	01:19:06	10	00:13:16	25	11eman	1:32:22	15,27	3:55
12	48	Johannes van Raalte	Dearsum	00:21:37	10	01:01:53	16	01:23:30	12	00:12:00	10	12eman	1:35:30	14,76	4:03
13	80	Stan Korbach	Itens	00:21:45	12	01:01:51	15	01:23:36	13	00:12:26	16	13eman	1:36:02	14,68	4:05
14	83	Tsjipke Okkema	Wommels	00:21:31	9	01:02:13	17	01:23:44	14	00:12:32	19	14eman	1:36:16	14,65	4:05
15	98	Rinke Hiemstra	IJlst	00:21:14	6	01:04:46	23	01:26:00	16	00:11:54	7	15eman	1:37:54	14,40	4:09
16	63	Paulus Folmer	Workum	00:24:28	26	01:00:38	13	01:25:06	15	00:13:31	29	16eman	1:38:37	14,30	4:11
17	35	Hidde Bos	Bolsward	00:23:04	21	01:03:17	19	01:26:21	17	00:12:42	22	17eman	1:39:03	14,24	4:12
18	71	René Krijnsen	Bolsward	00:25:11	35	01:01:17	14	01:26:28	18	00:13:03	23	18eman	1:39:31	14,17	4:14
19	97	Erik Bouma	IJlst	00:21:17	8	01:06:55	31	01:28:12	21	00:11:51	6	19eman	1:40:03	14,09	4:15
20	55	Lenneke van der Heide	Heerenveen	00:24:35	28	01:02:47	18	01:27:22	19	00:13:46	32	1evrouw	1:41:08	13,94	4:18
21	4	Anne Zuiderveld	Drachten	00:22:34	18	01:06:40	29	01:29:14	24	00:12:16	13	20eman	1:41:30	13,89	4:19
22	23	Teun Zuiderveld	Rottevalle	00:24:20	24	01:04:51	24	01:29:11	23	00:12:39	21	21eman	1:41:50	13,85	4:20
23	47	Johan Bekema	Bolsward	00:24:10	23	01:04:35	21	01:28:45	22	00:13:43	31	22eman	1:42:28	13,76	4:21
24	100	Amerins van der Wal en Jorrit	Drachten	00:28:20	53	00:59:44	12	01:28:04	20	00:14:33	39	1eduo's	1:42:37	13,74	4:22
25	54	Laura Helmantel	Leeuwarden	00:22:33	17	01:08:46	37	01:31:19	31	00:11:57	9	2evrouw	1:43:16	13,65	4:23
26	103	Joost Deutekom en Ronald Neervoort	Workum	00:25:44	41	01:05:18	25	01:31:02	28	00:12:29	17	2eduo's	1:43:31	13,62	4:24
27	70	René Edens	Goutum	00:21:16	7	01:10:01	41	01:31:17	30	00:12:24	15	23eman	1:43:41	13,60	4:24
28	88	Winand de Jong	Wytgaard	00:21:41	11	01:10:34	43	01:32:15	32	00:11:34	4	24eman	1:43:49	13,58	4:25
29	41	Jan Maurer	Joure	00:25:52	46	01:03:33	20	01:29:25	25	00:14:57	47	25eman	1:44:22	13,51	4:26
30	95	Sjouke Venema	Wommels	00:25:03	32	01:05:21	26	01:30:24	26	00:14:14	34	26eman	1:44:38	13,48	4:27
31	24	Feike-Jan de Bruin	Augustinusga	00:25:50	45	01:04:36	22	01:30:26	27	00:14:16	35	27eman	1:44:42	13,47	4:27
32	12	Bert Jan Blok	Workum	00:25:07	34	01:06:02	27	01:31:09	29	00:14:33	40	28eman	1:45:42	13,34	4:29
33	78	Sander Jilderts	Harlingen	00:25:04	33	01:07:22	34	01:32:26	33	00:13:19	26	29eman	1:45:45	13,33	4:30
34	19	Durk Ozinga	Workum	00:24:58	30	01:07:44	35	01:32:42	35	00:13:33	30	30eman	1:46:15	13,27	4:31
35	90	Theunis Wouda	Workum	00:25:41	40	01:07:04	32	01:32:45	36	00:14:40	44	31eman	1:47:25	13,13	4:34
36	8	Arjan Siersma	Hemelum	00:24:30	27	01:09:48	40	01:34:18	38	00:13:20	27	32eman	1:47:38	13,10	4:34
37	64	Peter Abma	Franeke	00:25:50	44	01:06:49	30	01:32:39	34	00:15:24	51	33eman	1:48:03	13,05	4:35
38	67	Ralph Oude Nijeweme	Stiens	00:25:15	36	01:10:10	42	01:35:25	40	00:14:06	33	34eman	1:49:31	12,87	4:39
39	18	Dirk-Yde Sjaarda	Easterein	00:26:31	49	01:09:45	39	01:36:16	42	00:14:37	42	35eman	1:50:53	12,72	4:43
40	56	Leonardo Veen	Marum	00:28:59	57	01:06:17	28	01:35:16	39	00:16:22	55	36eman	1:51:38	12,63	4:45
41	93	Durk Tigchelaar	Harlingen	00:22:29	16	01:16:09	59	01:38:38	44	00:13:14	24	37eman	1:51:52	12,60	4:45
42	86	Willi-Jan Veltman	Leeuwarden	00:25:24	37	01:12:06	47	01:37:30	43	00:14:42	45	38eman	1:52:12	12,57	4:46
43	1	Age Terluin Workum	Workum	00:28:55	56	01:07:08	33	01:36:03	41	00:17:02	60	39eman	1:53:05	12,47	4:48
44	21	Evelyn Jeeninga	Heerenveen	00:25:39	38	01:13:13	50	01:38:52	45	00:14:28	38	3evrouw	1:53:20	12,44	4:49
45	28	Gerlof Hofman	Verneuil-Moustiers	00:25:47	43	01:08:24	36	01:34:11	37	00:19:28	70	40eman	1:53:39	12,41	4:50
46	2	Eldert van der Ploeg	Drachten	00:25:40	39	01:13:20	51	01:39:00	46	00:15:27	52	41eman	1:54:27	12,32	4:52
47	60	Matthijs Velkers	Heerenveen	00:26:33	50	01:13:02	49	01:39:35	48	00:15:11	48	42eman	1:54:46	12,29	4:53
48	77	Rosalie Torensma	Leeuwarden	00:25:01	31	01:16:09	58	01:41:10	51	00:14:19	36	4evrouw	1:55:29	12,21	4:54
49	58	Marc Snip	Schagen	00:27:39	52	01:12:16	48	01:39:55	49	00:16:35	57	43eman	1:56:30	12,10	4:57

50	104	Folkert Flapper en Robbert Boele	Workum	00:24:23	25	01:19:39	62	01:44:02	58	00:12:36	20	3eduo's	1:56:38	12,09	4:57
51	42	Jan Zeinstra	Noardburgum	00:27:32	51	01:14:41	55	01:42:13	55	00:14:38	43	44eman	1:56:51	12,07	4:58
52	46	Jetze Boon	Nijmegen	00:25:56	47	01:15:28	57	01:41:24	52	00:15:30	53	45eman	1:56:54	12,06	4:58
53	22	Fardau Wal	Rottevalle	00:28:22	54	01:13:28	52	01:41:50	54	00:15:13	50	5evrouw	1:57:03	12,05	4:58
54	62	Minne Schiphof	Burgwerd	00:30:13	60	01:10:55	44	01:41:08	50	00:16:40	58	46eman	1:57:48	11,97	5:00
55	36	Hiltsje Brandsma	Wolsum	00:30:26	62	01:11:02	45	01:41:28	53	00:16:32	56	6evrouw	1:58:00	11,95	5:01
56	30	Harmen Stremler	Bolsward	00:30:25	61	01:08:55	38	01:39:20	47	00:18:44	65	47eman	1:58:04	11,94	5:01
57	53	Kor Zitteema	Bitgum	00:29:15	58	01:13:48	53	01:43:03	56	00:16:12	54	48eman	1:59:15	11,82	5:04
58	96	Niels Boonstra	Wommels	00:25:45	42	01:19:32	61	01:45:17	59	00:14:24	37	49eman	1:59:41	11,78	5:05
59	73	Rianne van der Leij	Haskerdijken	00:22:36	19	01:24:10	66	01:46:46	61	00:14:34	41	7evrouw	2:01:20	11,62	5:09
60	40	Jan van der Heide	Heerenveen	00:31:53	69	01:11:51	46	01:43:44	57	00:19:01	68	50eman	2:02:45	11,49	5:13
61	43	Jan Peter Boomsma	Reduzum	00:30:32	64	01:14:46	56	01:45:18	60	00:18:43	64	51eman	2:04:01	11,37	5:16
62	52	Kim van der Lest	Tijnje	00:31:22	67	01:18:48	60	01:50:10	63	00:16:53	59	8evrouw	2:07:03	11,10	5:24
63	111	Wiebe van Diggelen	Nijland	00:26:08	48	01:27:24	74	01:53:32	64	00:15:11	49	52eman	2:08:43	10,95	5:28
64	32	Hellen Boonstra-Drost	Heerenveen	00:28:37	55	01:26:58	71	01:55:35	67	00:14:51	46	9evrouw	2:10:26	10,81	5:33
65	101	Desirée Efdée en Riemer Andries	Workum	00:35:09	80	01:13:54	54	01:49:03	62	00:21:51	75	4eduo's	2:10:54	10,77	5:34
66	13	Bram Wieringa	Hoogezand	00:33:09	74	01:20:31	63	01:53:40	65	00:17:29	61	53eman	2:11:09	10,75	5:34
67	89	Clasien Andela	Oudega	00:32:35	70	01:23:25	64	01:56:00	68	00:17:39	62	10evrouw	2:13:39	10,55	5:41
68	68	Rein Brandsma	Wolsum	00:30:28	63	01:23:49	65	01:54:17	66	00:19:31	71	54eman	2:13:48	10,54	5:41
69	50	Jurjen Pieter Sweering	Folsgare	00:31:48	68	01:24:46	68	01:56:34	69	00:18:20	63	55eman	2:14:54	10,45	5:44
70	16	Carmen Kooij	Leeuwarden	00:31:10	66	01:25:43	69	01:56:53	70	00:19:05	69	11evrouw	2:15:58	10,37	5:47
71	75	Rommert Politiek	Oudehaske	00:32:39	71	01:27:23	73	02:00:02	72	00:18:58	67	56eman	2:19:00	10,14	5:54
72	79	Sandra de Jong - van der Werk	Britsum	00:34:09	78	01:27:18	72	02:01:27	73	00:18:48	66	12evrouw	2:20:15	10,05	5:58
73	92	Ronald Stoffelsma	Norg	00:35:00	79	01:24:45	67	01:59:45	71	00:20:42	73	57eman	2:20:27	10,04	5:58
74	11	Bernhard Bijma	Leeuwarden	00:33:58	76	01:29:14	75	02:03:12	75	00:19:44	72	58eman	2:22:56	9,86	6:04
75	66	Pytsje Rijpma Tjalma	Heeg	00:36:08	82	01:26:26	70	02:02:34	74	00:24:34	76	13evrouw	2:27:08	9,58	6:15
76	74	Richella Wardenier	Luinjeberd	00:33:26	75	01:45:17	76	02:18:43	76	00:21:09	74	14evrouw	2:39:52	8,82	6:48
Plts	StNr	Naam	Woonplaats	1ste lopen	plaats	Wissel+F	plaats	Tussentijd na F	plaats	Wissel+2e lopen	plaats	Categorie	Eindtijd	snelheid	km per minuut
101	3	Andre Kerbof	Gorredijk	00:29:53	59			Fiets kapot							
102	27	Jan Willem Janssen	Workum	00:30:59	65			?							
103	94	Menno Steg	Appelscha	00:32:45	72			Gestopt							
104	72	Renske Fokkema	Amsterdam	00:32:55	73	00:48:24		01:21:19	3 rondjes fietsen				1:39:16		
105	33	Hermi van der Pol	Heeg	00:34:07	77	00:58:26		01:32:33	2 rondjes fietsen				1:48:50		
106	44	Jannie Idema	Leeuwarden	00:35:52	81	01:14:06		01:49:58	3 rondjes fietsen				2:12:58		
107	84	Wendy Visser	Heeg	00:36:52	83	00:46:25		01:23:17	2 rondjes fietsen				1:48:48		
108	15	Cilia Brandsma	Oudega	00:36:56	84	00:46:24		01:23:20	2 rondjes fietsen				1:48:39		
109	39	Ina van der Woude-Lohof	Joure	1 ronde				01:33:14		00:28:30			2:01:44		

Als er opmerkingen zijn, dan hoor ik het graag. Siebolt Haijtema (shaijtema@hotmail.nl)