

# Uitslagenlijst Halve van Den Helder

Den Helder - Zondag 14 april 2013

## RMSN, 13.7 KM RECREAT

| Plaats | Naam                  | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-----------------------|-----------------------|---------|---------|
| 1      | Patck Kas             | Dutch Runners         | 55:51   | 55:19   |
| 2      | Tim Tesselaar         | Noordkop              | 56:36   | 56:36   |
| 3      | J. Meijer             | Univé Den Helder      | 59:27   | 59:03   |
| 4      | Vincent Bouw          |                       | 1:01:19 | 1:01:18 |
| 5      | Ralf van Aert         | Koninklijke Marine    | 1:02:02 | 1:01:58 |
| 6      | Erik Houweling        | Nederland             | 1:02:14 | 1:02:06 |
| 7      | Daan Schagen          | Den Helder            | 1:03:14 | 1:03:07 |
| 8      | Remco van der Beek    |                       | 1:04:23 | 1:04:17 |
| 9      | Lex Buur              | Breda                 | 1:04:59 | 1:04:30 |
| 10     | Danny van Eldijk      |                       | 1:05:48 | 1:05:14 |
| 11     | Mark van Eldijk       |                       | 1:05:48 | 1:05:14 |
| 12     | Gert-Jan van der Beek |                       | 1:06:55 | 1:06:23 |
| 13     | Wouter Notenbomer     | 's-Gravenhage         | 1:07:44 | 1:07:37 |
| 14     | Vincent Blom          | Den Helder            | 1:08:05 | 1:07:56 |
| 15     | Jorn Engel            | Julianadorp           | 1:08:15 | 1:08:07 |
| 16     | Sander Notenbomer     | Den Helder            | 1:09:00 | 1:08:55 |
| 17     | Maarten de Boer       | 's-Hertogenbosch      | 1:09:24 | 1:09:14 |
| 18     | Bart de Vries         |                       | 1:09:33 | 1:09:31 |
| 19     | Danny Post            |                       | 1:14:03 | 1:13:29 |
| 20     | Koen Jongejans        | Breezand              | 1:14:32 | 1:13:56 |
| 21     | Daan van der Meulen   | Alkmaar               | 1:15:43 | 1:15:41 |
| 22     | Marco Nieuwpoort      | Alkmaar               | 1:15:45 | 1:15:43 |
| 23     | Levi Biersteker       | Bluestream Offshore   | 1:16:31 | 1:16:07 |
| 24     | T. Verhage            | Univé Den Helder      | 1:16:53 | 1:16:30 |
| 25     | Nick Passenier        | Rabobank NHN          | 1:17:16 | 1:16:46 |
| 26     | Jeroen van Schouwen   | Julianadorp           | 1:17:57 | 1:17:23 |
| 27     | F. Feijen             | Univé Den Helder      | 1:18:00 | 1:17:36 |
| 28     | Mark Lieuwen          | Anna Paulowna         | 1:20:28 | 1:19:52 |
| 29     | Wensley Walle         | Pro Change Solutions  | 1:21:02 | 1:20:23 |
| 30     | Sander Potters        | Koninklijke Marine    | 1:21:44 | 1:21:27 |
| 31     | Dave Altena           | Koninklijke Marine    | 1:22:56 | 1:22:50 |
| 32     | Ruud Dekker           | 't Zand Nh            | 1:23:58 | 1:23:39 |
| 33     | Jeroen Zillig         | Univé Den Helder      | 1:24:58 | 1:24:33 |
| 34     | Jacco Bakelaar        | Den Helder            | 1:25:49 | 1:25:31 |
| 35     | Peter Tuurenhout      | Harlingen             | 1:26:14 | 1:26:01 |
| 36     | Remi van Niel         | Koninklijke Marine    | 1:26:31 | 1:26:20 |
| 37     | Bas Nieweg            | Alkmaar               | 1:26:37 | 1:26:26 |
| 38     | Richard de Vries      | Den Helder            | 1:31:03 | 1:30:26 |
| 39     | Dennis Quik           |                       | 1:34:48 | 1:34:09 |

## RM35, 13.7 KM RECREAT

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Jean Paul Driessen     | Noordkop              | 54:11   | 54:10   |
| 2      | Frits van Twuyver      | Noordkop              | 55:34   | 55:32   |
| 3      | Ingmar Vink            | Koninklijke Marine    | 1:00:41 | 1:00:40 |
| 4      | Onbekend               | Callantsoog           | 1:06:56 | 1:06:30 |
| 5      | Jordi Bosman           |                       | 1:07:24 | 1:07:07 |
| 6      | Kristian Gotsch        | 's-Gravenhage         | 1:07:26 | 1:06:44 |
| 7      | Kees Riekwel           |                       | 1:07:40 | 1:07:34 |
| 8      | Michael Okken          |                       | 1:09:12 | 1:08:53 |
| 9      | Toine Mulder           | Koninklijke Marine    | 1:09:39 | 1:09:39 |
| 10     | Andre Kok              | Julianadorp           | 1:10:11 | 1:09:32 |
| 11     | Erik Dekker            | Den Helder            | 1:11:14 | 1:10:49 |
| 12     | Harold Bok             | Hylas                 | 1:11:17 | 1:10:42 |
| 13     | Vincent Heinsbergen    | Den Helder            | 1:11:51 | 1:11:36 |
| 14     | Michael Bregman        | GDF SUEZ              | 1:11:51 | 1:11:18 |
| 15     | Gert-Jan van 't Spijke | Den Helder            | 1:12:33 | 1:11:53 |
| 16     | Eelco Metselaar        |                       | 1:12:37 | 1:12:21 |

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| Plaats | Naam                 | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|----------------------|-----------------------|---------|---------|
| 17     | Hans Kok             | Zaandam               | 1:12:55 | 1:12:31 |
| 18     | Hugo Versnel         | Julianadorp           | 1:13:27 | 1:13:17 |
| 19     | Peter Bootsman       | Hylas                 | 1:13:55 | 1:13:28 |
| 20     | Seb van Keulen       | JCI 't Nieuwe Diep    | 1:14:16 | 1:13:36 |
| 21     | Ewoud de Jong        | Julianadorp           | 1:14:43 | 1:14:22 |
| 22     | Jan Vale             | Anna Paulowna         | 1:14:53 | 1:14:45 |
| 23     | Michel Bakelaar      | Julianadorp           | 1:15:32 | 1:15:15 |
| 24     | Arnold Scheen        | SV Sportlust          | 1:15:47 | 1:15:12 |
| 25     | Erwin van Weely      |                       | 1:16:48 | 1:16:11 |
| 26     | Paul Veen            |                       | 1:17:41 | 1:17:12 |
| 27     | Fido de Kool         |                       | 1:18:24 | 1:17:45 |
| 28     | John van Riessen     | Anna Paulowna         | 1:18:35 | 1:18:09 |
| 29     | Yuri Vriesman        | Noordkop              | 1:20:33 | 1:20:17 |
| 30     | Yorick de jong       | Koninklijke Marine    | 1:21:01 | 1:20:48 |
| 31     | Luigi Scioni         |                       | 1:21:20 | 1:20:44 |
| 32     | Danni Sandholm       |                       | 1:22:40 | 1:22:22 |
| 33     | Romano Adely         |                       | 1:24:29 | 1:24:10 |
| 34     | Jan Douwe Borsch     | Den Helder            | 1:25:58 | 1:25:24 |
| 35     | Dolf Oosterbeek      | Schagen               | 1:27:03 | 1:26:42 |
| 36     | Johan van Moorselaar | Sint Maartensbrug     | 1:28:33 | 1:27:52 |
| 37     | Jt van Es            | Den Helder            | 1:29:19 | 1:28:51 |
| 38     | Sander Michalewski   | Den Helder            | 1:29:26 | 1:28:58 |
| 39     | Cor Weaver           | Den Helder            | 1:32:24 | 1:32:13 |
| 40     | Paul Jan de Graaf    | Univé Den Helder      | 1:37:38 | 1:37:36 |

## RM45, 13.7 KM RECREAT

| Plaats | Naam                | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|---------------------|-----------------------|---------|---------|
| 1      | Eddy Wisse          | Koninklijke Marine    | 58:30   | 58:27   |
| 2      | Dick Groenink       | Noordkop              | 59:10   | 59:08   |
| 3      | Erwin Asselman      |                       | 1:01:29 | 1:01:28 |
| 4      | Marcel Steenvoorden | Den Helder            | 1:01:56 | 1:01:53 |
| 5      | Nico Wessel         | Heerhugowaard         | 1:02:14 | 1:02:11 |
| 6      | George Lafèbre      | Den Helder            | 1:04:34 | 1:04:22 |
| 7      | Bart Brinkman       | Huisduinen            | 1:04:50 | 1:04:46 |
| 8      | Nick Hoogenbosch    | Julianadorp           | 1:08:19 | 1:08:13 |
| 9      | Tinus Lustig        | Julianadorp           | 1:09:07 | 1:08:37 |
| 10     | Peter Jacobs        | Noordkop              | 1:10:32 | 1:10:10 |
| 11     | Bart van den Broek  | Koninklijke Marine    | 1:10:37 | 1:10:28 |
| 12     | Cor Frost           | Breda                 | 1:11:03 | 1:10:26 |
| 13     | Cees Sintenie       | DOKEV                 | 1:11:24 | 1:11:13 |
| 14     | RuuRd Boomstra      | Koninklijke Marine    | 1:11:32 | 1:10:55 |
| 15     | Peter Kooy          | Maarssen              | 1:11:47 | 1:11:15 |
| 16     | Peter Roshan        |                       | 1:12:02 | 1:11:46 |
| 17     | Ruud Kollé          | Den Helder            | 1:12:28 | 1:11:51 |
| 18     | Johan Meijer        | Hippolytushoef        | 1:13:56 | 1:13:51 |
| 19     | Aiwen Lobles        | Den Helder            | 1:14:45 | 1:14:40 |
| 20     | Nico de Wit         | Julianadorp           | 1:15:13 | 1:14:41 |
| 21     | Randy Honken        | Den Helder            | 1:15:36 | 1:15:02 |
| 22     | James Copley        |                       | 1:16:01 | 1:15:46 |
| 23     | John Tebbes         | Julianadorp           | 1:16:06 | 1:15:36 |
| 24     | Cees de Puit        | SV Sportlust          | 1:17:03 | 1:16:27 |
| 25     | D. van Lier         | Univé Den Helder      | 1:17:33 | 1:17:24 |
| 26     | Melvin Meijers      | Julianadorp           | 1:18:35 | 1:18:25 |
| 27     | Martin de Boer      | Westwoud              | 1:18:36 | 1:18:03 |
| 28     | Rob Tames           | Den Helder            | 1:20:46 | 1:20:18 |
| 29     | Carlos Kribben      |                       | 1:21:27 | 1:20:51 |
| 30     | Gertjan Wuis        | Noordkop              | 1:22:02 | 1:21:49 |
| 31     | A.P.C. Eerland      | Univé Den Helder      | 1:22:16 | 1:21:35 |
| 32     | Frans Hoogervorst   | SV Sportlust          | 1:25:33 | 1:25:20 |

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| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 33     | Patrick Stähli         | Koninklijke Marine    | 1:26:08 | 1:26:04 |
| 34     | Eric Wagemans          | Koninklijke Marine    | 1:26:09 | 1:25:33 |
| 35     | William Frost          | Julianadorp           | 1:26:37 | 1:26:01 |
| 36     | Ad van Dooremaal       | Koninklijke Marine    | 1:27:33 | 1:27:13 |
| 37     | Ed Lammerts van Bueren | Julianadorp           | 1:33:03 | 1:32:52 |
| 38     | Robin van der Mee      | Den Helder            | 1:33:03 | 1:32:53 |
| 39     | Henk Glas              |                       | 1:33:38 | 1:33:03 |
| 40     | Niels Vellinga         | Julianadorp           | 1:38:30 | 1:37:56 |

## RM55+, 13.7 KM RECREAT

| Plaats | Naam                | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|---------------------|-----------------------|---------|---------|
| 1      | Henk Kooijman       | Noordkop              | 1:03:52 | 1:03:49 |
| 2      | Dirk Londema        | Noordkop              | 1:07:06 | 1:07:05 |
| 3      | Cors van Kruining   | Noordkop              | 1:07:24 | 1:07:04 |
| 4      | P. Volkers          | Univé Den Helder      | 1:07:41 | 1:07:35 |
| 5      | Willem Snel         | Dutch Runners         | 1:08:14 | 1:08:10 |
| 6      | Derk Jansen         |                       | 1:08:51 | 1:08:47 |
| 7      | Lammert Jager       | Noordkop              | 1:09:50 | 1:09:38 |
| 8      | Johan Brand         | Noordkop              | 1:13:30 | 1:13:03 |
| 9      | Frits Kraaij        | Noordkop              | 1:14:38 | 1:14:25 |
| 10     | Chris Everhardus    | Koninklijke Marine    | 1:14:44 | 1:14:24 |
| 11     | Ronald Bos          | Koninklijke Marine    | 1:18:31 | 1:18:03 |
| 12     | Herman Hommen       | Wieringermeer         | 1:18:33 | 1:18:12 |
| 13     | Harry Kraak         | Noordkop              | 1:20:11 | 1:19:58 |
| 14     | Sjoerdjan Brandsma  | Den Helder            | 1:21:50 | 1:21:45 |
| 15     | Koen Hermesen       | Julianadorp           | 1:22:43 | 1:22:21 |
| 16     | Piet Gijswijt       | Noordkop              | 1:30:13 | 1:30:02 |
| 17     | Vok Buin            |                       | 1:30:14 | 1:29:45 |
| 18     | Charl Mica          | SV Sportlust          | 1:31:16 | 1:30:46 |
| 19     | George Eelman       | Texel                 | 1:35:04 | 1:35:00 |
| 20     | Floris van der Plas | Julianadorp           | 1:35:12 | 1:34:43 |
| 21     | Frank de Klerk      | Julianadorp           | 1:35:14 | 1:34:44 |
| 22     | Karl Warmerdam      | Noordkop              | 1:35:40 | 1:35:09 |

## RVSEN, 13.7 KM RECREAT

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Audrey Goesaert        | 8530 Harelbeke        | 54:25   | 54:23   |
| 2      | Suzan Kleppe           | Amstelveen            | 1:12:08 | 1:11:34 |
| 3      | Jamila Stokey          | Alkmaar               | 1:12:35 | 1:12:34 |
| 4      | Alejandra Reyes        | Den Helder            | 1:13:39 | 1:13:35 |
| 5      | Sabina ten Velden      |                       | 1:13:51 | 1:13:44 |
| 6      | Rowena van den aakster | Hylas                 | 1:14:12 | 1:14:03 |
| 7      | H.S. Jansen            | Univé Den Helder      | 1:14:15 | 1:13:52 |
| 8      | Floor ter burg         | Noordkop              | 1:14:26 | 1:14:15 |
| 9      | Maxime Copsy           | Koninklijke Marine    | 1:15:10 | 1:14:49 |
| 10     | M. Volkers             | Univé Den Helder      | 1:16:04 | 1:15:42 |
| 11     | Marieke Haver          | Anna Paulowna         | 1:16:08 | 1:15:52 |
| 12     | Korinne ter Meer       | Koninklijke Marine    | 1:17:04 | 1:16:33 |
| 13     | Ramona van Eijk        | Koninklijke Marine    | 1:17:04 | 1:16:32 |
| 14     | Cinderella Verhoef     | Noordkop              | 1:17:06 | 1:17:01 |
| 15     | Margriet Crijns        | Amsterdam             | 1:17:56 | 1:17:19 |
| 16     | Jolanda Beeke          | Den Helder            | 1:18:27 | 1:18:20 |
| 17     | Leyla Brouwer          | Den Helder            | 1:19:23 | 1:18:54 |
| 18     | Rinda de Goede         | Julianadorp           | 1:20:38 | 1:20:01 |
| 19     | Merel Koenen           | Julianadorp           | 1:20:47 | 1:20:21 |
| 20     | Lianne Vos             | Den Helder            | 1:21:05 | 1:20:49 |
| 21     | Inge Dekker            | 't Zand Nh            | 1:21:51 | 1:21:32 |
| 22     | Lotte Leegwater        | London (GBR)          | 1:21:57 | 1:21:29 |
| 23     | C.E. Pijs              | Univé Den Helder      | 1:23:16 | 1:22:54 |

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| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 24     | Mariska de Ridder      |                       | 1:23:33 | 1:22:53 |
| 25     | Cheryl Baijer          | Den Helder            | 1:24:07 | 1:23:59 |
| 26     | Mariska van Tol        |                       | 1:24:16 | 1:24:11 |
| 27     | Marloes Helder         |                       | 1:24:30 | 1:24:11 |
| 28     | Denise van Hartingsvel | Julianadorp           | 1:26:31 | 1:26:19 |
| 29     | Lonne Schoo            | Alkmaar               | 1:26:43 | 1:26:32 |
| 30     | Susanne Lafebre        | Alkmaar               | 1:27:10 | 1:26:28 |
| 31     | Daisy Post             | Leiden                | 1:27:10 | 1:26:29 |
| 32     | Evelien Potters        | Maastricht            | 1:27:21 | 1:27:04 |
| 33     | Ariska van der Kamp    |                       | 1:28:54 | 1:28:24 |
| 34     | Sarah van Velzen       | Den Helder            | 1:32:17 | 1:31:54 |
| 35     | Karin Pronk            | Noordkop              | 1:32:41 | 1:32:18 |
| 36     | J.J. van Dorst         | Univé Den Helder      | 1:33:18 | 1:32:57 |
| 37     | C. Eijkenboom          | Univé Den Helder      | 1:33:18 | 1:32:57 |
| 38     | Monique Jacobsen       | Den Helder            | 1:33:22 | 1:33:11 |
| 39     | Samantha Riteco        | Julianadorp           | 1:35:44 | 1:35:40 |
| 40     | Leila van Zaal         | Rabobank NHN          | 1:37:05 | 1:36:34 |
| 41     | Florie Tegel           | Rabobank NHN          | 1:37:05 | 1:36:34 |
| 42     | Sarah van Lieshout     | Den Helder            | 1:40:50 | 1:40:36 |

## RV35, 13.7 KM RECREAT

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Danielle Krijgsman     | Koninklijke Marine    | 58:42   | 58:40   |
| 2      | Jantina Alders         | Peterson SBS          | 1:11:12 | 1:11:03 |
| 3      | Elisa Assorgia         | Koninklijke Marine    | 1:12:39 | 1:12:28 |
| 4      | Wendy Sanders          | Wieringermeer         | 1:12:45 | 1:12:24 |
| 5      | Marije Dito            | Noordkop              | 1:16:10 | 1:15:58 |
| 6      | Monique Veldhuizen     | Heerhugowaard         | 1:16:37 | 1:16:25 |
| 7      | Pascale Greeve         | Peterson SBS          | 1:16:58 | 1:16:32 |
| 8      | Jeannette Smit         | Den Helder            | 1:17:02 | 1:16:48 |
| 9      | Wendy Groen            | Koninklijke Marine    | 1:18:00 | 1:17:24 |
| 10     | Wil Broekaart          | Julianadorp           | 1:18:28 | 1:17:59 |
| 11     | Adriana Bode           | Koninklijke Marine    | 1:18:39 | 1:18:03 |
| 12     | Annemieke Koning - Hou | Rabobank NHN          | 1:18:51 | 1:18:40 |
| 13     | Carolien Raadgers      | Den Helder            | 1:19:32 | 1:19:07 |
| 14     | Angelique de Boer      | Den Helder            | 1:19:42 | 1:19:28 |
| 15     | Camilla Reolink        |                       | 1:20:09 | 1:19:29 |
| 16     | Yildiz de Leeuw        | 's-Gravenhage         | 1:20:43 | 1:20:02 |
| 17     | Astrid Houdijk         | Rabobank NHN          | 1:20:57 | 1:20:38 |
| 18     | Diane Schoppink        | Rabobank NHN          | 1:20:57 | 1:20:38 |
| 19     | Thelma Grippeling      | SV Sportlust          | 1:22:51 | 1:22:39 |
| 20     | Vivienne Sannes        | Almere                | 1:23:09 | 1:22:33 |
| 21     | Ester Brinkman         | Huisduinen            | 1:23:17 | 1:22:52 |
| 22     | Nancy van der winden   | Den Helder            | 1:23:51 | 1:23:24 |
| 23     | Mijke Mars             |                       | 1:24:26 | 1:24:05 |
| 24     | Karin Hofland          | Den Helder            | 1:25:31 | 1:25:20 |
| 25     | Yvette Roet            | Krommenie             | 1:26:06 | 1:25:46 |
| 26     | Louise Parijs-Blok     | Koninklijke Marine    | 1:26:32 | 1:26:09 |
| 27     | Désirée van Neerven    | Den Helder            | 1:26:54 | 1:26:42 |
| 28     | Jannie van Kalsbeek    | Den Helder            | 1:26:54 | 1:26:43 |
| 29     | Annemiek Oosterbeek    | Schagen               | 1:27:03 | 1:26:42 |
| 30     | Anja van Ooyen         | Den Helder            | 1:27:54 | 1:27:20 |
| 31     | Jeanet Holwerda        |                       | 1:28:06 | 1:27:56 |
| 32     | Sylvia Conneman        | Den Helder            | 1:29:19 | 1:28:51 |
| 33     | Natasja Schabbing      | Heerhugowaard         | 1:29:33 | 1:29:15 |
| 34     | Kanda Merceij          |                       | 1:29:56 | 1:29:17 |
| 35     | Ellen Braham           | Koninklijke Marine    | 1:29:58 | 1:29:43 |
| 36     | Nijkerken              | GDF SUEZ              | 1:30:19 | 1:29:38 |
| 37     | Francis Buis           | SV Sportlust          | 1:31:25 | 1:31:13 |

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| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 38     | M. van Twuijver        | Univé Den Helder      | 1:31:54 | 1:31:34 |
| 39     | M. Dogger              | Univé Den Helder      | 1:31:54 | 1:31:29 |
| 40     | Delilah van Dam        | Den Helder            | 1:32:42 | 1:32:07 |
| 41     | Gerda Bregman          | GDF SUEZ              | 1:33:07 | 1:32:27 |
| 42     | D. van Mullum          | Univé Den Helder      | 1:33:11 | 1:32:49 |
| 43     | Nadia Monsfort         |                       | 1:33:41 | 1:33:06 |
| 44     | Patricia van Veen - Ho | Rabobank NHN          | 1:33:53 | 1:33:38 |
| 45     | Anouk Bouwmeester      | Krommenie             | 1:34:26 | 1:34:05 |
| 46     | Melvina Hutten         |                       | 1:35:22 | 1:34:43 |
| 47     | Sharon Smit            | Alkmaar               | 1:36:22 | 1:35:49 |
| 48     | Nicolette Smit         | Koninklijke Marine    | 1:36:22 | 1:35:49 |
| 49     | Cindy Conneman         | Den Helder            | 1:37:24 | 1:36:56 |
| 50     | Anja Heijblok          | Julianadorp           | 1:38:30 | 1:38:17 |
| 51     | W.A. Kolmus            | Univé Den Helder      | 1:53:58 | 1:53:38 |

## RV45, 13.7 KM RECREAT

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Petra Moltmaker        | SV Sportlust          | 1:13:00 | 1:12:38 |
| 2      | Jolanda Kämpfer-Ouweha | Julianadorp           | 1:14:15 | 1:14:10 |
| 3      | Jenny van der Vlies    | Koninklijke Marine    | 1:16:37 | 1:16:22 |
| 4      | Ellen Doeleman- Pouwe  | NEA Volharding        | 1:16:46 | 1:16:35 |
| 5      | Louise Olij            | Hylas                 | 1:17:02 | 1:16:49 |
| 6      | Liesbeth Ramler        | Overveen              | 1:19:40 | 1:19:07 |
| 7      | Angela Holtslag        | Noordkop              | 1:19:59 | 1:19:48 |
| 8      | Caroline Bornebroek    | Noordkop              | 1:20:10 | 1:19:50 |
| 9      | Edith Knuppe           | SV Sportlust          | 1:20:52 | 1:20:21 |
| 10     | Annie Flisijn          | Noordkop              | 1:21:00 | 1:20:57 |
| 11     | Nynke van Dijk         | Noordkop              | 1:21:25 | 1:21:04 |
| 12     | Ineke van Hartingsveld | Haren Gn              | 1:23:24 | 1:23:14 |
| 13     | Willeke Maas           | Noordkop              | 1:24:23 | 1:24:12 |
| 14     | Annie Hin              | Den Burg              | 1:26:02 | 1:25:58 |
| 15     | Aleida Hagman          |                       | 1:28:06 | 1:27:56 |
| 16     | Jannet Smakman Plagmei | Sint Maartensbrug     | 1:28:33 | 1:27:53 |
| 17     | Hellen Janssen         | Den Helder            | 1:28:54 | 1:28:42 |
| 18     | Roelanda van de Kamer  | Julianadorp           | 1:31:12 | 1:31:07 |
| 19     | J.W. Wolters Hartman   | Univé Den Helder      | 1:31:52 | 1:31:32 |
| 20     | Saskia de Rover        |                       | 1:33:41 | 1:33:06 |
| 21     | Truus van den Berg     | Breezand              | 1:34:26 | 1:34:10 |
| 22     | W.J.M. Sandkuijl       | Univé Den Helder      | 1:37:12 | 1:36:52 |
| 23     | Brigitte Lustig        | Koninklijke Marine    | 1:37:24 | 1:36:56 |
| 24     | Noortje Huiskens       | Triathlon             | 1:40:50 | 1:40:35 |

## RV55+, 13.7 KM RECREAT

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Marja Mulder           |                       | 1:09:06 | 1:08:59 |
| 2      | Tineke Privee-Schenk   | Noordkop              | 1:17:21 | 1:16:59 |
| 3      | G. Beerling-Pronk      | Univé Den Helder      | 1:18:46 | 1:18:38 |
| 4      | Anna van Aalst         | Hera                  | 1:18:57 | 1:18:23 |
| 5      | Sjaan Beentjes-Koopman | Den Helder            | 1:19:34 | 1:19:29 |
| 6      | P. Pot                 | Univé Den Helder      | 1:23:11 | 1:22:48 |
| 7      | Elly Martens           | Beverwijk             | 1:23:59 | 1:23:48 |
| 8      | Tine Groenland         | ARO '88               | 1:24:52 | 1:24:36 |
| 9      | Corrie Ahmed           | Noordkop              | 1:25:02 | 1:24:39 |
| 10     | C. van Velzen          | Univé Den Helder      | 1:25:16 | 1:24:54 |
| 11     | Baukje van der Giessen |                       | 1:27:24 | 1:27:05 |
| 12     | Wia Stilma             |                       | 1:31:47 | 1:31:16 |
| 13     | Afke Verschoor         | SV Sportlust          | 1:32:11 | 1:31:39 |
| 14     | Jurria Hollak          | Loopgroep Hoorn       | 1:40:31 | 1:40:16 |
| 15     | Janny Heidman          | Noordkop              | 1:48:19 | 1:47:57 |

# Uitslagenlijst Halve van Den Helder

Den Helder - Zondag 14 april 2013

| Plaats | Naam      | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-----------|-----------------------|---------|---------|
| 16     | E.J. Pijs | Univé Den Helder      | 1:51:28 | 1:51:07 |

## MSEN, 21.1 KM WEDSTRI

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Henry Sang Worldrunnin | De Goorn              | 1:07:09 | 1:07:09 |
| 2      | Iwan Kamminga          | Aquilo                | 1:11:39 | 1:11:38 |
| 3      | Jan Stuursma           | SV Veendam            | 1:12:56 | 1:12:55 |
| 4      | Bert Deschodt          | 8530 Harelbeke        | 1:17:41 | 1:17:40 |
| 5      | Janis Arsenikous       |                       | 1:19:30 | 1:19:29 |
| 6      | Jaap Witte             | Texel                 | 1:19:52 | 1:19:52 |
| 7      | Luca Assorgia          | SV Sportlust          | 1:22:42 | 1:22:41 |
| 8      | Sascha Lindig          |                       | 1:24:30 | 1:24:27 |
| 9      | Ronald Marees          | Rabobank NHN          | 1:26:27 | 1:26:26 |
| 10     | Axel Homborg           | Koninklijke Marine    | 1:27:05 | 1:27:04 |
| 11     | Raymond Koen           | Noordkop              | 1:27:39 | 1:27:39 |
| 12     | Remco Hijink           | Schagerbrug           | 1:29:07 | 1:29:04 |
| 13     | Alie Kanu              | SV Sportlust          | 1:31:10 | 1:31:09 |
| 14     | Doede Everhardus       | Koninklijke Marine    | 1:31:31 | 1:31:29 |
| 15     | Florian Duterloo       | Amsterdam             | 1:32:24 | 1:32:22 |
| 16     | Nick holtslag          | Koninklijke Marine    | 1:34:15 | 1:34:10 |
| 17     | Daniël Spijker         | Peterson SBS          | 1:35:51 | 1:35:49 |
| 18     | Marc Hermesen          | Koninklijke Marine    | 1:36:05 | 1:36:01 |
| 19     | Don Beukers            | SV Sportlust          | 1:37:18 | 1:37:16 |
| 20     | Dave den Boer          | Koninklijke Marine    | 1:37:23 | 1:37:18 |
| 21     | Bertram Vlot           | Koninklijke Marine    | 1:38:10 | 1:38:02 |
| 22     | Jay Daniel             | Koninklijke Marine    | 1:38:15 | 1:37:46 |
| 23     | Hugo Zonneveld         |                       | 1:38:25 | 1:38:22 |
| 24     | Sebastiaan Kemps       | Haarlem               | 1:38:34 | 1:38:31 |
| 25     | Onbekend               | Koninklijke Marine    | 1:39:59 | 1:39:54 |
| 26     | Mark Muurling          | Schagen               | 1:40:04 | 1:39:42 |
| 27     | Matthijs Munnik        | Julianadorp           | 1:40:07 | 1:40:02 |
| 28     | Paul van der Werf      | Amsterdam             | 1:40:40 | 1:40:12 |
| 29     | Remco de Puijs         | Lelystad              | 1:40:43 | 1:40:20 |
| 30     | Wesley Fielemon        | Lelystad              | 1:41:55 | 1:41:31 |
| 31     | Michel Debertrand      | Koninklijke Marine    | 1:43:00 | 1:42:43 |
| 32     | Remco Peerdeman        |                       | 1:43:31 | 1:42:54 |
| 33     | Frank Lenders          | Koninklijke Marine    | 1:43:33 | 1:43:07 |
| 34     | Tjalf-pieter Hek       | Julianadorp           | 1:43:49 | 1:43:45 |
| 35     | Jan Willem de Vries    |                       | 1:45:23 | 1:45:20 |
| 36     | Jeroen Koopman         | Den Helder            | 1:45:40 | 1:45:32 |
| 37     | Ronald Minneboo        | Alkmaar               | 1:45:49 | 1:45:41 |
| 38     | Christian Tepper       | Zwolle                | 1:46:51 | 1:46:23 |
| 39     | Jeroen van Essen       | Den Helder            | 1:47:23 | 1:46:44 |
| 40     | E. Koster              | Univé Den Helder      | 1:47:52 | 1:47:29 |
| 41     | Frens Lubberts         | Oudeschoot            | 1:48:09 | 1:47:41 |
| 42     | William Vrasdonk       | Delta Lloyd Running   | 1:48:16 | 1:48:13 |
| 43     | Jasper Dukers          | Heiloo                | 1:49:08 | 1:48:25 |
| 44     | Maarten Griek          | Noordkop              | 1:50:34 | 1:50:33 |
| 45     | Tom Stuivenberg        | Koninklijke Marine    | 1:52:05 | 1:51:48 |
| 46     | Evert van den Burg     | Noordkop              | 1:52:29 | 1:52:06 |
| 47     | Koen van Emmerik       | Anna Paulowna         | 1:53:09 | 1:52:43 |
| 48     | Martijn Wesselman      | GDF SUEZ              | 1:53:39 | 1:53:08 |
| 49     | Martin Koch            | Den Helder            | 1:54:23 | 1:53:57 |
| 50     | Robin de Man           | Den Helder            | 1:54:45 | 1:54:22 |
| 51     | Árpád Hornyák          | Peterson SBS          | 1:55:03 | 1:54:47 |
| 52     | Bart Brouns            | 's-Gravenhage         | 1:55:09 | 1:54:42 |
| 53     | Fabian Blokzijl        | Koninklijke Marine    | 1:55:13 | 1:54:37 |
| 54     | Sander Scholten        |                       | 1:55:53 | 1:55:23 |
| 55     | Michel Schuitemaker    | Wilms B.V.            | 1:55:55 | 1:55:25 |

# Uitslagenlijst Halve van Den Helder

Den Helder - Zondag 14 april 2013

| Plaats | Naam                 | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|----------------------|-----------------------|---------|---------|
| 56     | Rick de Haas         | Den Helder            | 1:56:01 | 1:55:53 |
| 57     | Jasper Brand         | Alkmaar               | 1:56:55 | 1:56:28 |
| 58     | Marco Langendoen     | Den Helder            | 1:57:35 | 1:57:06 |
| 59     | Bas Dijkstra         |                       | 1:59:05 | 1:58:45 |
| 60     | Raymond Warnars      | Den Helder            | 1:59:16 | 1:59:03 |
| 61     | David van den Berg   | Delft                 | 2:00:21 | 1:59:53 |
| 62     | Alex Haas            |                       | 2:00:35 | 2:00:31 |
| 63     | Robert Oomen         | 's-Gravenhage         | 2:01:28 | 2:00:50 |
| 64     | Martijn Vacano       | Noordkop              | 2:01:49 | 2:01:25 |
| 65     | Jason van der Hulst  | Den Helder            | 2:02:44 | 2:02:25 |
| 66     | Nick van der Noordaa | Amsterdam             | 2:03:23 | 2:03:16 |
| 67     | Dennis Curvers       | Julianadorp           | 2:05:46 | 2:05:28 |
| 68     | Wouter Kisteman      | NAM                   | 2:05:49 | 2:05:15 |
| 69     | R.E. Link            | Univé Den Helder      | 2:06:55 | 2:06:30 |
| 70     | Stephan schuurung    | Koninklijke Marine    | 2:08:42 | 2:08:34 |
| 71     | Mark van der Plaats  | Meppel                | 2:15:53 | 2:15:23 |
| 72     | M. van Stralen       | Univé Den Helder      | 2:19:19 | 2:18:57 |
| 73     | Djurre Everhardus    | Den Helder            | 2:26:58 | 2:26:53 |
| 74     | Michael Lindeloo     | 's-Gravenhage         | 2:32:44 | 2:32:05 |
| 75     | Robbert Grootjans    | Den Helder            | 2:33:38 | 2:33:19 |

## M35, 21.1 KM WEDSTRI

| Plaats | Naam               | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|--------------------|-----------------------|---------|---------|
| 1      | Aziz Kanfaoui      |                       | 1:13:02 | 1:13:01 |
| 2      | Ronald Lienes      | Koninklijke Marine    | 1:26:26 | 1:26:25 |
| 3      | Joram Kauwoh       | SV Sportlust          | 1:27:53 | 1:27:51 |
| 4      | Maarten Wanders    | Koninklijke Marine    | 1:33:13 | 1:33:12 |
| 5      | Dennis di Bartolo  | Noordkop              | 1:33:59 | 1:33:58 |
| 6      | Rene Vermaat       | Purmerend             | 1:42:57 | 1:42:50 |
| 7      | Rene Slijkhuis     | Julianadorp           | 1:44:21 | 1:44:01 |
| 8      | Ramon Naumann      | Den Helder            | 1:44:41 | 1:44:17 |
| 9      | Marcel Tourlamain  | De Jong Assurantiën   | 1:45:54 | 1:45:44 |
| 10     | Jeroen Linting     | TAS '82               | 1:49:00 | 1:48:36 |
| 11     | Rick Buddingh      |                       | 1:50:34 | 1:50:16 |
| 12     | R. Verhoeven       | Univé Den Helder      | 1:51:55 | 1:51:47 |
| 13     | R.J.C. Ruiterman   | Univé Den Helder      | 1:53:09 | 1:52:44 |
| 14     | Michel van Veen    | SV Sportlust          | 1:54:08 | 1:53:42 |
| 15     | Albert Hoekstra    | Callantsoog           | 1:54:33 | 1:54:16 |
| 16     | Wilfried de Groot  | Heerhugowaard         | 1:54:49 | 1:54:09 |
| 17     | Daniël Dekker      | Julianadorp           | 1:56:51 | 1:56:18 |
| 18     | Frank Fuhr         | Den Helder            | 1:57:37 | 1:57:21 |
| 19     | Daniel Bloem       | Den Helder            | 1:59:52 | 1:59:38 |
| 20     | Raymon Blankespoon |                       | 2:01:04 | 2:00:58 |
| 21     | Enteny Klarenbeek  |                       | 2:05:46 | 2:05:39 |
| 22     | Frank de Koster    | Amsterdam             | 2:09:06 | 2:08:45 |
| 23     | Jeroen Thuis       | Rabobank NHN          | 2:15:09 | 2:14:51 |
| 24     | Aaldert Jan Kleis  | Meppel                | 2:36:27 | 2:36:23 |

## M40, 21.1 KM WEDSTRI

| Plaats | Naam              | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-------------------|-----------------------|---------|---------|
| 1      | Sad Kanfaoui      |                       | 1:14:15 | 1:14:15 |
| 2      | Erik. Strikker    | SV Sportlust          | 1:23:13 | 1:23:13 |
| 3      | Anko Top          | Wieringermeer         | 1:24:51 | 1:24:50 |
| 4      | Menno Beneker     | Koninklijke Marine    | 1:31:49 | 1:31:46 |
| 5      | Aart Slegh        | De Waal               | 1:34:13 | 1:34:10 |
| 6      | Edwin Knol        | Koninklijke Marine    | 1:35:25 | 1:35:15 |
| 7      | Cees Zuurbier     | Hylas                 | 1:36:27 | 1:36:23 |
| 8      | Richard Kamerling | Leiden                | 1:38:17 | 1:38:14 |
| 9      | Jan Koopman       | Rabobank NHN          | 1:38:21 | 1:38:19 |



# Uitslagenlijst Halve van Den Helder

Den Helder - Zondag 14 april 2013

| Plaats | Naam                 | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|----------------------|-----------------------|---------|---------|
| 10     | Jeffrey Mercx        | Volendam              | 1:40:43 | 1:40:09 |
| 11     | Emile Verduin        | Uitgeest              | 1:41:22 | 1:41:12 |
| 12     | Jeroen Vis           | Alkmaar               | 1:41:52 | 1:41:48 |
| 13     | Gerrit Brommer       | DOKEV                 | 1:42:14 | 1:42:14 |
| 14     | Robert Jan van Vliet | Noordkop              | 1:42:15 | 1:42:08 |
| 15     | John Braham          | Badhoevedorp          | 1:43:28 | 1:43:12 |
| 16     | Barry Schouten       | Amsterdam             | 1:43:45 | 1:43:16 |
| 17     | Michael van den Berg | Den Helder            | 1:43:52 | 1:43:20 |
| 18     | Rob Pulles           | Koninklijke Marine    | 1:45:16 | 1:44:48 |
| 19     | Hans Hoogervorst     | Wervershoof           | 1:46:09 | 1:45:33 |
| 20     | Jacob van der Wulp   | SV Sportlust          | 1:46:13 | 1:46:09 |
| 21     | Arnold Gerritsen     | Den Helder            | 1:47:22 | 1:47:18 |
| 22     | Peter Schilder       | Koninklijke Marine    | 1:48:33 | 1:48:03 |
| 23     | Gerco Aberson        | Koninklijke Marine    | 1:48:34 | 1:48:24 |
| 24     | Roberto van der Lem  | Beverwijk             | 1:48:36 | 1:48:26 |
| 25     | Mark Zuidema         | Muiderberg            | 1:50:33 | 1:50:19 |
| 26     | Maurice Jong         | Amsterdam Zuidoost    | 1:50:34 | 1:50:25 |
| 27     | Niels de Vos         |                       | 1:52:06 | 1:51:41 |
| 28     | Eric-Jan Dol         | Haarlem               | 1:52:41 | 1:52:17 |
| 29     | Edwin de Wit         | Noordkop              | 1:52:41 | 1:52:36 |
| 30     | Ewout van der Wouden | Haarlem               | 1:53:25 | 1:52:47 |
| 31     | Bart Muller          | Koninklijke Marine    | 1:54:06 | 1:53:52 |
| 32     | Patrick Watervoort   | Amsterdam             | 1:54:31 | 1:54:12 |
| 33     | Hans Bakker          | Koedijk               | 1:56:12 | 1:55:56 |
| 34     | Ludwig Voskuil       | Julianadorp           | 1:56:44 | 1:56:17 |
| 35     | Wilbert Siebelink    | Peterson SBS          | 1:57:03 | 1:56:49 |
| 36     | Marco Klaver         | Hylas                 | 1:57:09 | 1:56:46 |
| 37     | Jeroen Lemmen        |                       | 1:57:18 | 1:56:41 |
| 38     | Ferry Wassens        |                       | 1:57:33 | 1:57:26 |
| 39     | Eric Zomer           | 's-Gravenhage         | 2:00:27 | 1:59:47 |
| 40     | Martijn de Haan      | Koninklijke Marine    | 2:03:12 | 2:03:00 |
| 41     | Jan-Maarten Rovers   | 's-Gravenhage         | 2:05:49 | 2:05:34 |
| 42     | Peter Mondeel        | Almere                | 2:12:52 | 2:12:15 |
| 43     | Richard de Vries     | Julianadorp           | 2:19:33 | 2:19:17 |
| 44     | Erdo Sirach          | Koninklijke Marine    | 2:23:45 | 2:23:26 |

## M45, 21.1 KM WEDSTRI

| Plaats | Naam                | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|---------------------|-----------------------|---------|---------|
| 1      | Lutz Lohse          | Texel                 | 1:23:27 | 1:23:26 |
| 2      | Arthur Kopman       | Hylas                 | 1:25:18 | 1:25:16 |
| 3      | Danny Hajos         | Koninklijke Marine    | 1:26:09 | 1:26:07 |
| 4      | Wouter van der Haak | Alkmaar               | 1:29:20 | 1:29:19 |
| 5      | Ronald Jacobs       |                       | 1:30:47 | 1:30:45 |
| 6      | Peter ter Burg      | Noordkop              | 1:31:54 | 1:31:52 |
| 7      | Marco Hondijk       |                       | 1:34:44 | 1:34:39 |
| 8      | Erik Leibbrand      | Koninklijke Marine    | 1:37:56 | 1:37:56 |
| 9      | Theo Sprengeling    | Heiloo                | 1:38:00 | 1:37:41 |
| 10     | John Min            | Alkmaar               | 1:38:39 | 1:38:37 |
| 11     | Paul Blom           | NOVA                  | 1:41:09 | 1:41:06 |
| 12     | Stanley Bornebroek  | Noordkop              | 1:41:49 | 1:41:43 |
| 13     | Alex Kistenmacher   |                       | 1:43:25 | 1:43:08 |
| 14     | Stefan van Dieken   | Loopgroep PK          | 1:44:01 | 1:43:54 |
| 15     | Mark Appelman       |                       | 1:45:26 | 1:45:18 |
| 16     | Alexander Vlieger   | Alkmaar               | 1:46:49 | 1:46:45 |
| 17     | Peter Bancken       | Texel                 | 1:47:03 | 1:46:57 |
| 18     | Han Ordeman         | Koninklijke Marine    | 1:47:28 | 1:46:54 |
| 19     | Albert Peeters      |                       | 1:48:09 | 1:48:05 |
| 20     | René Zasburg        | Koninklijke Marine    | 1:49:08 | 1:48:59 |
| 21     | Fons van den Hoek   | Koninklijke Marine    | 1:49:56 | 1:49:48 |



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| Plaats | Naam                  | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-----------------------|-----------------------|---------|---------|
| 22     | Thomas Richter        | Texel                 | 1:51:04 | 1:50:56 |
| 23     | Guido Banda           |                       | 1:51:10 | 1:51:03 |
| 24     | Thomas Tavernier      |                       | 1:51:57 | 1:51:32 |
| 25     | Jacco Buis            | SV Sportlust          | 1:52:22 | 1:52:15 |
| 26     | Jilles de Wit         | Den Helder            | 1:52:44 | 1:52:16 |
| 27     | Richard Bijl          | Driehuis Nh           | 1:52:47 | 1:52:37 |
| 28     | Antonio Baltes        | Wormer                | 1:53:26 | 1:53:05 |
| 29     | Rob Dragt             | Koninklijke Marine    | 1:53:49 | 1:53:37 |
| 30     | Ger Booij             |                       | 1:53:51 | 1:53:30 |
| 31     | Roelof Vredeveld      | Koninklijke Marine    | 1:54:46 | 1:54:33 |
| 32     | Frits Wiltink         | KAV Holland           | 1:54:51 | 1:54:19 |
| 33     | Frits van der Wilt    | GDF SUEZ              | 1:54:56 | 1:54:48 |
| 34     | Raymond Borst         | SV Sportlust          | 1:55:00 | 1:54:31 |
| 35     | Chris Vermeulen       | Noordkop              | 1:55:03 | 1:54:51 |
| 36     | Alexander van Stee    | Weesp                 | 1:55:15 | 1:54:45 |
| 37     | Flip Verweij          | Den Helder            | 1:55:32 | 1:55:05 |
| 38     | René Slikker          | Koninklijke Marine    | 1:55:57 | 1:55:21 |
| 39     | Hans Nederstigt       | Alkmaar               | 1:55:57 | 1:55:23 |
| 40     | Roy Bradley           | Politie NHN           | 1:56:02 | 1:55:52 |
| 41     | Anne Smeding          | Nietap                | 1:56:17 | 1:56:12 |
| 42     | Ruud Schut            |                       | 1:57:26 | 1:56:56 |
| 43     | Ron de Wit            | Julianadorp           | 1:57:29 | 1:57:13 |
| 44     | Henry Ludwig          | Den Helder            | 1:57:43 | 1:57:40 |
| 45     | Kas Beumkes           | Oudorp Nh             | 1:57:48 | 1:57:26 |
| 46     | Anton Westerhout      | Koninklijke Marine    | 1:57:52 | 1:57:37 |
| 47     | Willem Molijn         | SV Sportlust          | 1:58:42 | 1:58:28 |
| 48     | Peter Tjisen          |                       | 1:58:55 | 1:58:26 |
| 49     | Marcel Fortuin        | Rabobank NHN          | 1:59:05 | 1:58:50 |
| 50     | Rob Molenaar          | TAS '82               | 2:00:45 | 2:00:37 |
| 51     | John van 't Westeinde | SV Sportlust          | 2:00:46 | 2:00:29 |
| 52     | Ronald Weistra        | Den Helder            | 2:01:42 | 2:01:04 |
| 53     | Ron Vang              | Julianadorp           | 2:03:13 | 2:02:52 |
| 54     | Marco de Jong         | Koninklijke Marine    | 2:04:02 | 2:03:43 |
| 55     | Cees Dijkers          | Zaandam               | 2:06:05 | 2:05:30 |
| 56     | T.T. Wakker           | Univé Den Helder      | 2:06:55 | 2:06:30 |
| 57     | M. de Koster          | Univé Den Helder      | 2:06:55 | 2:06:30 |
| 58     | Eric Keizer           | Koninklijke Marine    | 2:08:34 | 2:08:21 |
| 59     | N.H.M. Roodenrijs     | Univé Den Helder      | 2:08:59 | 2:08:36 |
| 60     | André Struijk         | Noordkop              | 2:08:59 | 2:08:31 |
| 61     | A.W. Platte           | Univé Den Helder      | 2:09:26 | 2:09:12 |
| 62     | Ruud Langedijk        | Koninklijke Marine    | 2:10:51 | 2:10:33 |
| 63     | Rob Langedijk         | Koninklijke Marine    | 2:10:52 | 2:10:34 |
| 64     | Gabriel de Scheemaker |                       | 2:15:28 | 2:14:53 |
| 65     | Jeen Bijma            | Den Helder            | 2:15:52 | 2:15:19 |

## M50, 21.1 KM WEDSTRI

| Plaats | Naam                  | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-----------------------|-----------------------|---------|---------|
| 1      | Ferry Engel           | Pallas '93            | 1:22:27 | 1:22:25 |
| 2      | Humphrey Mijnaals     | SV Sportlust          | 1:29:13 | 1:29:11 |
| 3      | Christian Falmagne    | Koninklijke Marine    | 1:29:13 | 1:29:10 |
| 4      | Hessel Kruijer        | Den Helder            | 1:31:55 | 1:31:53 |
| 5      | Jan-Willem Schutte    | Noordkop              | 1:31:57 | 1:31:56 |
| 6      | Pierre Bonnet         | Texel                 | 1:33:04 | 1:33:00 |
| 7      | Dirk abbink           | DOKEV                 | 1:34:29 | 1:34:27 |
| 8      | Frans Bouw            | Apeldoorn             | 1:38:54 | 1:38:48 |
| 9      | John van der Genugten | SV Sportlust          | 1:39:50 | 1:39:47 |
| 10     | John Mulders          | Apeldoorn             | 1:40:13 | 1:40:07 |
| 11     | Jan Duijzer           | NAM                   | 1:41:43 | 1:41:39 |
| 12     | Martin de Vos         | Koninklijke Marine    | 1:42:27 | 1:42:04 |

# Uitslagenlijst Halve van Den Helder

Den Helder - Zondag 14 april 2013

| Plaats | Naam                | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|---------------------|-----------------------|---------|---------|
| 13     | Marco Windt         | TAS '82               | 1:42:44 | 1:42:41 |
| 14     | Martin van Noort    |                       | 1:43:14 | 1:42:51 |
| 15     | Will Roosen         | Koninklijke Marine    | 1:44:34 | 1:44:26 |
| 16     | Ruud Sweep          |                       | 1:45:29 | 1:45:23 |
| 17     | Ton van der Lee     | DOKEV                 | 1:46:00 | 1:45:56 |
| 18     | Johan Schoonheden   | Noordkop              | 1:48:10 | 1:48:03 |
| 19     | Hans Stekelenburg   | Koninklijke Marine    | 1:48:50 | 1:48:32 |
| 20     | Johan Onderwater    | DOKEV                 | 1:49:06 | 1:48:41 |
| 21     | Werner van der Meer | GDF SUEZ              | 1:49:12 | 1:48:55 |
| 22     | Danny Joor          |                       | 1:49:34 | 1:49:01 |
| 23     | Luud van der Ham    | Beverwijk             | 1:49:50 | 1:49:37 |
| 24     | M.G. Kuiper         | Univé Den Helder      | 1:52:00 | 1:51:53 |
| 25     | Arie van Ham        | DOKEV                 | 1:52:59 | 1:52:59 |
| 26     | Ruud Schouten       |                       | 1:54:19 | 1:54:05 |
| 27     | Ruud Konijn         | Julianadorp           | 1:55:21 | 1:54:54 |
| 28     | Berend Timmermans   | Koninklijke Marine    | 1:55:37 | 1:55:29 |
| 29     | Frans Helderman     | Wormer                | 1:55:38 | 1:55:23 |
| 30     | Walter Jansen       | Amersfoort            | 1:56:32 | 1:56:25 |
| 31     | Nico Graaf          | Alkmaar               | 1:57:15 | 1:57:01 |
| 32     | Johan Groot         | Koninklijke Marine    | 1:58:10 | 1:57:52 |
| 33     | Paul Riteco         | Julianadorp           | 1:58:45 | 1:58:40 |
| 34     | J. van Bremen       | Univé Den Helder      | 2:06:54 | 2:06:30 |
| 35     | Gerrit Koopal       | Univé Den Helder      | 2:06:54 | 2:06:30 |
| 36     | E. Wasch            | Univé Den Helder      | 2:08:50 | 2:08:28 |
| 37     | Erik GJ Jak         | NSL                   | 2:09:23 | 2:08:53 |
| 38     | Mo Biglari          | Son                   | 2:18:58 | 2:18:29 |
| 39     | Ron Houtkooper      | Noordkop              | 2:19:51 | 2:19:18 |
| 40     | Flip Breukers       |                       | 2:26:49 | 2:26:07 |

## M55, 21.1 KM WEDSTRI

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Ton van der Meche      | SV Sportlust          | 1:29:28 | 1:29:25 |
| 2      | Ab Vos                 | Noordkop              | 1:30:27 | 1:30:26 |
| 3      | Mats Smit              | Peterson SBS          | 1:34:57 | 1:34:56 |
| 4      | Cees van Amsterdam     | Julianadorp           | 1:38:50 | 1:38:36 |
| 5      | Rob van Eis            | Koninklijke Marine    | 1:40:09 | 1:40:08 |
| 6      | Peter Hovestad         | Groet                 | 1:41:40 | 1:41:14 |
| 7      | Willem Hoogervorst     | Hylas                 | 1:46:07 | 1:46:01 |
| 8      | Paul Camphuijzen       | Koninklijke Marine    | 1:47:13 | 1:46:43 |
| 9      | Nico van Koningsbrugge | Noordkop              | 1:47:51 | 1:47:44 |
| 10     | Rob van Eis            | Koninklijke Marine    | 1:55:48 | 1:55:11 |
| 11     | Frank Elkhuisen        | Koninklijke Marine    | 1:58:59 | 1:58:37 |
| 12     | Nico Dirks             | Den Helder            | 2:00:38 | 2:00:12 |
| 13     | Jack Ouwens            | SV Sportlust          | 2:01:24 | 2:01:08 |
| 14     | Peter Snel             | Overveen              | 2:02:51 | 2:02:18 |
| 15     | Mannes Westra          | Anna Paulowna         | 2:07:53 | 2:07:33 |
| 16     | Lo Bremer              | Texel                 | 2:07:59 | 2:07:53 |
| 17     | Jan Nekkers            | Team 10               | 2:09:48 | 2:09:10 |
| 18     | Arno ter Veld          | Den Helder            | 2:14:59 | 2:14:22 |

## M60+, 21.1 KM WEDSTRI

| Plaats | Naam              | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-------------------|-----------------------|---------|---------|
| 1      | Koos van der Jagt |                       | 1:36:09 | 1:36:07 |
| 2      | Jan vd Star       | Texel                 | 1:41:39 | 1:41:36 |
| 3      | Alfred Gaasbeek   | Climax                | 1:47:46 | 1:47:38 |
| 4      | Co Wiskerke       | TAS '82               | 1:49:18 | 1:49:11 |
| 5      | André van Tillo   | Noordkop              | 1:50:11 | 1:49:45 |
| 6      | Ton Hollak        | Loopgroep Hoorn       | 1:51:22 | 1:51:08 |
| 7      | Ben Ahmed         | Noordkop              | 1:53:27 | 1:53:23 |

# Uitslagenlijst Halve van Den Helder

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| Plaats | Naam              | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-------------------|-----------------------|---------|---------|
| 8      | Herman de Boer    | Den Helder            | 1:56:47 | 1:56:39 |
| 9      | Ysbrand Haagsma   | Julianadorp           | 1:58:45 | 1:58:40 |
| 10     | Jan van Vliet     | Papendrecht           | 1:59:05 | 1:58:50 |
| 11     | Jan Springveld    | Hera                  | 2:00:43 | 2:00:29 |
| 12     | Johan Klarenbeek  | Julianadorp           | 2:05:46 | 2:05:39 |
| 13     | Matthie Vermeulen | Den Helder            | 2:11:24 | 2:11:09 |
| 14     | Ron de Groot      | Univé Den Helder      | 2:12:46 | 2:12:22 |
| 15     | Aad Groen         | SV Sportlust          | 2:19:06 | 2:18:35 |

## VSEN, 21.1 KM WEDSTRI

| Plaats | Naam                 | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|----------------------|-----------------------|---------|---------|
| 1      | Ramona Banda         |                       | 1:51:09 | 1:51:02 |
| 2      | Mandy Striet         | Den Helder            | 1:51:32 | 1:51:16 |
| 3      | Anja Koning          | Den Helder            | 1:55:54 | 1:55:46 |
| 4      | Jessica Sleeswijk    | Hera                  | 1:56:53 | 1:56:40 |
| 5      | Sandra Oele-Dobber   | Assendelft            | 1:57:10 | 1:57:02 |
| 6      | Nelie Boymans        | Noordkop              | 1:57:19 | 1:57:04 |
| 7      | Kim Evers            | Den Helder            | 1:57:53 | 1:57:26 |
| 8      | Marielle Oomen       | 's-Gravenhage         | 2:01:35 | 2:00:57 |
| 9      | Lonneke van Elsacker | Koninklijke Marine    | 2:01:55 | 2:01:37 |
| 10     | Jacqueline Waringa   | Koninklijke Marine    | 2:05:22 | 2:05:00 |
| 11     | Brenda Blankenzee    | Den Helder            | 2:22:01 | 2:21:22 |
| 12     | Kelly Bais           | SV Sportlust          | 2:22:16 | 2:21:47 |
| 13     | Merel van Vliet      | Leeuwarden            | 2:34:37 | 2:34:20 |

## V35, 21.1 KM WEDSTRI

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Mariska Kramer         | Friesland             | 1:20:31 | 1:20:30 |
| 2      | Yvonne Kassenberg      | Lionitas              | 1:22:17 | 1:22:16 |
| 3      | Ilona Ploeger          | DOKEV                 | 1:40:41 | 1:40:37 |
| 4      | Miranda Mulder-Verbrug | Den Helder            | 1:47:06 | 1:46:53 |
| 5      | Marina Langendoen-Zijp | Noordkop              | 1:49:03 | 1:48:35 |
| 6      | Nathalie Nelemans      | Koninklijke Marine    | 1:52:39 | 1:52:20 |
| 7      | Ellen Frederiks        | Den Helder            | 1:54:28 | 1:54:16 |
| 8      | Nicole Jong-Missoudan  | Hera                  | 1:56:53 | 1:56:41 |
| 9      | Mandy van As           | Delft                 | 1:57:53 | 1:57:14 |
| 10     | Ilse Westerhof-Dijksho | Noordkop              | 1:59:26 | 1:59:16 |
| 11     | Anneke Quartel-Koopman | Noordkop              | 2:00:25 | 2:00:19 |
| 12     | Katja Tol              | Den Helder            | 2:01:04 | 2:00:47 |
| 13     | Anne Miek Koenen       | Middenmeer            | 2:05:59 | 2:05:33 |
| 14     | Isabelle van Oudenaard | Noordkop              | 2:20:12 | 2:19:39 |
| 15     | Monica Zuidberg        | SV Sportlust          | 2:22:16 | 2:21:47 |

## V40, 21.1 KM WEDSTRI

| Plaats | Naam                  | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-----------------------|-----------------------|---------|---------|
| 1      | Lucienne Groenendijk  |                       | 1:30:31 | 1:30:30 |
| 2      | Judy van den Berg     | SV Sportlust          | 1:37:38 | 1:37:35 |
| 3      | Audrey Breur          | Noordkop              | 1:39:10 | 1:38:56 |
| 4      | Marianne Meijer       | Julianadorp           | 1:51:44 | 1:51:41 |
| 5      | Irene van Dalen       | Stichting Vrijwaard   | 1:54:56 | 1:54:43 |
| 6      | Ingrid van Roosendaal | Koninklijke Marine    | 1:57:20 | 1:57:06 |
| 7      | Nathalie Dragt        | Noordkop              | 1:58:27 | 1:58:15 |
| 8      | Margret Does          | Hera                  | 1:59:39 | 1:59:27 |
| 9      | C. Ellen              | Univé Den Helder      | 2:15:01 | 2:14:36 |
| 10     | Stella Hunt           |                       | 2:24:04 | 2:23:35 |
| 11     | Thea Medemblik        | Julianadorp           | 2:24:04 | 2:23:37 |

## V45, 21.1 KM WEDSTRI

| Plaats | Naam              | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-------------------|-----------------------|---------|---------|
| 1      | Gaby Waterdrinker | Den Helder            | 1:36:12 | 1:36:06 |

# Uitslagenlijst Halve van Den Helder

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| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 2      | Jacoba Marinus         |                       | 1:44:20 | 1:44:18 |
| 3      | Corry Leijen           | Hylas                 | 1:46:01 | 1:45:57 |
| 4      | Sylvia Stähli-van Rijs | Den Helder            | 1:53:44 | 1:53:40 |
| 5      | Inge Wulffelé          |                       | 1:55:13 | 1:54:56 |
| 6      | Ineke Smit             | Noordkop              | 1:56:26 | 1:56:14 |
| 7      | Susanne van den Hooff  | Oudorp Nh             | 1:56:48 | 1:56:25 |
| 8      | Marianne Bremer        | De Jong Assurantiën   | 1:57:41 | 1:57:34 |
| 9      | Diana Koster           | Koninklijke Marine    | 1:58:40 | 1:58:31 |
| 10     | Mieke Molenaar         | TAS '82               | 2:00:45 | 2:00:37 |
| 11     | Alize Okel-Kooy        | SV Sportlust          | 2:00:46 | 2:00:29 |
| 12     | Renata Vermeulen       | Noordkop              | 2:08:51 | 2:08:23 |
| 13     | Renata de Boer         | SV Sportlust          | 2:10:39 | 2:10:07 |
| 14     | Miranda van Belois     |                       | 2:15:29 | 2:14:58 |
| 15     | Claudia Clowting       | Middenmeer            | 2:20:26 | 2:20:00 |

## V50, 21.1 KM WEDSTRI

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Elly Ouwers            | SV Sportlust          | 2:01:22 | 2:01:05 |
| 2      | Annelies Dijkstra      |                       | 2:01:31 | 2:00:58 |
| 3      | Yvonne Tomaso          | SV Sportlust          | 2:06:08 | 2:05:53 |
| 4      | Bianca Smit-van Dillew | SV Sportlust          | 2:06:09 | 2:05:52 |

## V55, 21.1 KM WEDSTRI

| Plaats | Naam                 | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|----------------------|-----------------------|---------|---------|
| 1      | Mirian Zuurbier      |                       | 1:46:53 | 1:46:40 |
| 2      | I. Paniagua          | Univé Den Helder      | 1:52:03 | 1:51:41 |
| 3      | Jeannette Londema    | Rabobank NHN          | 1:53:51 | 1:53:38 |
| 4      | Dula Brandsma        | SV Sportlust          | 1:55:38 | 1:55:24 |
| 5      | Marian Blankman      | KAV Holland           | 2:00:39 | 2:00:07 |
| 6      | Martha van der Meche |                       | 2:01:30 | 2:01:14 |
| 7      | Margriet Freeth      |                       | 2:04:36 | 2:04:23 |
| 8      | Caroline Penthum     | SV Sportlust          | 2:08:02 | 2:07:45 |

## V60+, 21.1 KM WEDSTRI

| Plaats | Naam      | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|-----------|-----------------------|---------|---------|
| 1      | Riet Tas  |                       | 1:58:11 | 1:58:07 |
| 2      | M. Dijker | Univé Den Helder      | 2:17:20 | 2:16:55 |

## 4-5J, KIDSRUN

| Plaats | Naam               | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------|-----------------------|-------|-------|
| 1      | Merlijn van Nuland |                       | 2:02  | 2:01  |
| 2      | Storm Roelink      |                       | 2:20  | 2:19  |
| 3      | Dimis Zwart        |                       | 2:29  | 2:27  |
| 4      | Hugo van der Wilt  |                       | 2:33  | 2:31  |
| 5      | Owen Asselman      |                       | 2:33  | 2:33  |
| 6      | Sven de Boer       |                       | 2:33  | 2:31  |
| 7      | Viggo Witte        |                       | 2:40  | 2:39  |
| 8      | Nathan Hunt        |                       | 2:41  | 2:39  |
| 9      | Twan Schutten      |                       | 2:41  | 2:40  |
| 10     | Jaron de Weert     |                       | 2:51  | 2:49  |
| 11     | Ketteth Spoolder   |                       | 2:51  | 2:50  |
| 12     | Pelle van Stee     | Weesp                 | 2:53  | 2:50  |
| 13     | Luuk Ordeman       |                       | 2:57  | 2:54  |
| 14     | Tim Bosman         |                       | 2:58  | 2:56  |
| 15     | Hidde Bakker       |                       | 3:02  | 3:00  |
| 16     | Koen Ordeman       |                       | 3:09  | 3:05  |
| 17     | Dennis Heiting     |                       | 3:16  | 3:12  |
| 18     | Fabio Bakker       |                       | 3:19  | 3:15  |
| 19     | Mads Jansen        |                       | 3:24  | 3:21  |

# Uitslagenlijst Halve van Den Helder

Den Helder - Zondag 14 april 2013

| Plaats | Naam          | Woonplaats/Vereniging | Bruto | Netto |
|--------|---------------|-----------------------|-------|-------|
| 20     | Tim Lienos    |                       | 3:42  | 3:40  |
| 21     | Daan Aberson  |                       | 3:47  | 3:43  |
| 22     | Mathis Okken  |                       | 3:52  | 3:48  |
| 23     | Sven Scholten |                       | 4:51  | 4:48  |

## 4-5M, KIDSRUN

| Plaats | Naam            | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------|-----------------------|-------|-------|
| 1      | Chelsea Striet  | Den Helder            | 2:26  | 2:25  |
| 2      | Zoe Straatman   |                       | 2:42  | 2:39  |
| 3      | Pink Groot      |                       | 2:43  | 2:41  |
| 4      | Aukje Magielsen |                       | 2:51  | 2:48  |
| 5      | Vera Bisdonk    |                       | 2:57  | 2:57  |
| 6      | Fay Marrenga    |                       | 2:58  | 2:56  |
| 7      | Jalou Straatman |                       | 3:25  | 3:22  |
| 8      | Zoë van Schaik  |                       | 3:33  | 3:31  |
| 9      | Lena Hoogsteen  |                       | 3:34  | 3:31  |
| 10     | Leanne de Beurs |                       | 3:37  | 3:34  |
| 11     | Luna Quartel    |                       | 4:07  | 4:03  |

## 6-8J, KIDSRUN

| Plaats | Naam                  | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 1      | Ebbe Heinsbergen      |                       | 1:50  | 1:50  |
| 2      | Jamie Pitstra         |                       | 1:51  | 1:51  |
| 3      | Ioann Lobles          | Noordkop              | 1:51  | 1:50  |
| 4      | Robin Rens            | Noordkop              | 1:59  | 1:57  |
| 5      | Björn Jansen          | Julianadorp           | 2:05  | 2:03  |
| 6      | Cas van der Veen      | DOKEV                 | 2:05  | 2:04  |
| 7      | Lucas Beneker         |                       | 2:07  | 2:06  |
| 8      | Muni Troch            |                       | 2:07  | 2:07  |
| 9      | Bart van Stee         | Weesp                 | 2:08  | 2:07  |
| 10     | Timo de Wit           |                       | 2:09  | 2:07  |
| 11     | Rein Frank            |                       | 2:10  | 2:09  |
| 12     | Owen Gerritsen        |                       | 2:10  | 2:10  |
| 13     | Damon Zwart           |                       | 2:10  | 2:08  |
| 14     | Ruben Wilms           |                       | 2:11  | 2:09  |
| 15     | Arne Reenders         |                       | 2:16  | 2:15  |
| 16     | Nathan Verveer        |                       | 2:17  | 2:17  |
| 17     | Bas van Zijl          |                       | 2:17  | 2:16  |
| 18     | Koen Peters           |                       | 2:20  | 2:18  |
| 19     | Harry ten Hoeve       |                       | 2:20  | 2:17  |
| 20     | Matt Versnel          | Julianadorp           | 2:20  | 2:18  |
| 21     | Zigo Kosten           | Den Helder            | 2:20  | 2:17  |
| 22     | Boyd Bais             | Noordkop              | 2:21  | 2:19  |
| 23     | Gijs Bakker           |                       | 2:24  | 2:23  |
| 24     | Luuk van Vliet        |                       | 2:25  | 2:24  |
| 25     | Robin Heiting         | Den Helder            | 2:27  | 2:23  |
| 26     | Sem Hoekstra          | Den Helder            | 2:27  | 2:25  |
| 27     | Jamie van Schaik      |                       | 2:27  | 2:25  |
| 28     | Luca Siebelink        | Den Helder            | 2:28  | 2:26  |
| 29     | Sem Huigen            | Den Helder            | 2:29  | 2:28  |
| 30     | Skik Groot            |                       | 2:30  | 2:30  |
| 31     | Mat Illohan           |                       | 2:31  | 2:28  |
| 32     | Dylan Schildknecht    |                       | 2:38  | 2:37  |
| 33     | Manoah Okken          |                       | 2:41  | 2:41  |
| 34     | Jenz Kiers            |                       | 2:41  | 2:40  |
| 35     | Constantijn de Koster | Amsterdam             | 2:47  | 2:44  |
| 36     | Kane van den Bosch    | Den Helder            | 2:48  | 2:46  |
| 37     | Job Hoelandt          |                       | 2:56  | 2:53  |
| 38     | Daan Sluiter          |                       | 2:56  | 2:53  |

# Uitslagenlijst Halve van Den Helder

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| Plaats | Naam               | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------|-----------------------|-------|-------|
| 39     | Quinn Marrenga     | Noordkop              | 2:57  | 2:55  |
| 40     | Milan Schildknecht |                       | 2:59  | 2:57  |
| 41     | Luuk Warnars       |                       | 3:22  | 3:18  |

## 6-8M, KIDSRUN

| Plaats | Naam                  | Woonplaats/Vereniging | Bruto | Netto |
|--------|-----------------------|-----------------------|-------|-------|
| 1      | Lara Smits            | Den Helder            | 1:50  | 1:49  |
| 2      | Mecx van Linge        | Den Helder            | 2:06  | 2:05  |
| 3      | Floortje Reenders     |                       | 2:13  | 2:12  |
| 4      | Myrthe Vredeveld      | Noordkop              | 2:16  | 2:15  |
| 5      | Mart Bisdonk          |                       | 2:20  | 2:19  |
| 6      | Loes Frank            |                       | 2:21  | 2:19  |
| 7      | Marit Boltendal       |                       | 2:23  | 2:22  |
| 8      | Shirley van der Mee   | Den Helder            | 2:25  | 2:23  |
| 9      | Lara Bosman           |                       | 2:26  | 2:25  |
| 10     | Paz Michelle Scholten |                       | 2:29  | 2:28  |
| 11     | Fenne Duijvelshoff    |                       | 2:30  | 2:29  |
| 12     | Norah ten Hoeve       |                       | 2:31  | 2:29  |
| 13     | Indy Kiers            |                       | 2:32  | 2:32  |
| 14     | Eline van der Wilt    |                       | 2:34  | 2:31  |
| 15     | Donna Bakker          |                       | 2:34  | 2:32  |
| 16     | Maaïke Magielsen      |                       | 2:35  | 2:33  |
| 17     | Rosalee van der Zon   |                       | 2:37  | 2:34  |
| 18     | Anna Warnars          |                       | 2:38  | 2:35  |
| 19     | Donna Quartel         |                       | 2:40  | 2:36  |
| 20     | Renske Bisdonk        |                       | 2:41  | 2:40  |
| 21     | Janne Roelink         |                       | 2:43  | 2:41  |
| 22     | Lieke van Es          | Den Helder            | 2:46  | 2:45  |
| 23     | Julia Dijkshoorn      |                       | 2:47  | 2:45  |
| 24     | Danita de Beurs       |                       | 2:52  | 2:49  |
| 25     | Bente Ordelman        |                       | 2:52  | 2:49  |
| 26     | Violet Noordover      |                       | 2:53  | 2:52  |
| 27     | Linde Troch           |                       | 2:57  | 2:56  |
| 28     | Angel van den Bosch   | Den Helder            | 2:59  | 2:59  |
| 29     | Amber Perret          |                       | 3:02  | 3:00  |
| 30     | Shannon de Jonge      | Den Helder            | 3:05  | 3:03  |
| 31     | Megan Kaarsgaarn      | Den Helder            | 3:15  | 3:11  |

## 9-11J, SCHOLIERENLOOP

| Plaats | Naam           | Woonplaats/Vereniging | Bruto | Netto |
|--------|----------------|-----------------------|-------|-------|
| 1      | Tijmen Bouw    |                       | 4:28  | 4:28  |
| 2      | Max Hulzebos   |                       | 5:27  | 5:26  |
| 3      | Nick Schutten  |                       | 5:32  | 5:32  |
| 4      | Quinn Asselman |                       | 5:36  | 5:35  |
| 5      | Tygo Siebelink | Den Helder            | 5:44  | 5:43  |
| 6      | Jimme Quax     |                       | 5:54  | 5:53  |
| 7      | Dychano Menig  |                       | 6:03  | 6:03  |
| 8      | Niek Kollé     | Den Helder            | 6:06  | 6:04  |
| 9      | Ravi Raadgers  | Noordkop              | 6:20  | 6:18  |
| 10     | Milan Naumann  |                       | 6:24  | 6:21  |
| 11     | Daan van Stee  | Weesp                 | 6:38  | 6:37  |
| 12     | Sil Weaver     | Den Helder            | 7:03  | 7:01  |
| 13     | Milan Okken    |                       | 7:15  | 7:14  |
| 14     | Menno de Boer  |                       | 7:15  | 7:14  |
| 15     | Jesse Huigen   | Den Helder            | 7:36  | 7:35  |

## 9-11M, SCHOLIERENLOOP

| Plaats | Naam        | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------|-----------------------|-------|-------|
| 1      | Irene Baars |                       | 5:38  | 5:37  |

# Uitslagenlijst Halve van Den Helder

Den Helder - Zondag 14 april 2013

| Plaats | Naam              | Woonplaats/Vereniging | Bruto | Netto |
|--------|-------------------|-----------------------|-------|-------|
| 2      | Deniece Bromlewe  | Noordkop              | 5:50  | 5:49  |
| 3      | Cindy ten Have    | Noordkop              | 5:58  | 5:57  |
| 4      | Isa kollé         | Den Helder            | 6:13  | 6:12  |
| 5      | Suzanne de Wit    | Noordkop              | 6:24  | 6:21  |
| 6      | Jane Heidweiller  |                       | 6:31  | 6:31  |
| 7      | Lisa van Neerven  | Den Helder            | 7:08  | 7:07  |
| 8      | Madelon Noordover |                       | 7:27  | 7:25  |
| 9      | Neltje Spoolder   |                       | 7:54  | 7:54  |
| 10     | Kim Wever         | Den Helder            | 9:22  | 9:21  |

## 1215J, SCHOLIERENLOOP

| Plaats | Naam               | Woonplaats/Vereniging | Bruto | Netto |
|--------|--------------------|-----------------------|-------|-------|
| 1      | Djoao Lobles       | Noordkop              | 4:24  | 4:24  |
| 2      | Jeremy van der Mee | Noordkop              | 4:55  | 4:54  |
| 3      | Vince van Dalen    | Noordkop              | 5:00  | 4:59  |
| 4      | Roy Lorijn         |                       | 6:16  | 6:15  |
| 5      | Swen Siebelink     | Den Helder            | 8:13  | 8:13  |
| 6      | Willem Kramer      | Julianadorp           | 8:15  | 8:15  |

## 1215M, SCHOLIERENLOOP

| Plaats | Naam             | Woonplaats/Vereniging | Bruto | Netto |
|--------|------------------|-----------------------|-------|-------|
| 1      | Noa Zoon         | Noordkop              | 4:47  | 4:46  |
| 2      | Isa Raadgers     | Noordkop              | 5:19  | 5:18  |
| 3      | Rikkie Kollé     | Den Helder            | 5:22  | 5:21  |
| 4      | Noële Driessen   | Noordkop              | 5:29  | 5:28  |
| 5      | Joelle Asselman  |                       | 5:56  | 5:54  |
| 6      | Isa Hulzebos     |                       | 6:17  | 6:16  |
| 7      | Jill Heidweiller |                       | 7:12  | 7:12  |
| 8      | Joëlle van Dijk  |                       | 8:48  | 8:48  |

## BLOOP, HALVE BEDRIJLP

| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 1      | Politie 12             | Politie 12            | 1:28:19 | 1:28:14 |
| 2      | Stichting Vrijwaard 6  | Stichting Vrijwaard   | 1:29:36 | 1:29:29 |
| 3      | Politie 8              | Politie 8             | 1:40:52 | 1:40:42 |
| 4      | Politie 13             | Politie 13            | 1:43:20 | 1:43:15 |
| 5      | Politie 4              | Politie 4             | 1:43:37 | 1:43:27 |
| 6      | Politie 11             | Politie 11            | 1:43:51 | 1:43:40 |
| 7      | Keykeg 1               | Keykeg 1              | 1:44:46 | 1:44:20 |
| 8      | Stichting geriant 1    | Stichting geriant 1   | 1:48:44 | 1:48:29 |
| 9      | Politie 10             | Politie 10            | 1:48:52 | 1:48:43 |
| 10     | Politie 3              | Politie 3             | 1:50:49 | 1:50:36 |
| 11     | Bluestream Offshore 1  | Bluestream Offshore   | 1:53:02 | 1:52:40 |
| 12     | Egner kantoorspecialis | Egner kantoorspecial  | 1:53:08 | 1:52:38 |
| 13     | Rabobank Noord Holland | Rabobank Noord-Holla  | 1:54:04 | 1:53:45 |
| 14     | Fysio de Schooten      | Fysio de Schooten     | 1:54:43 | 1:54:34 |
| 15     | Keykeg 2               | Keykeg 2              | 1:55:14 | 1:54:48 |
| 16     | Politie 2              | Politie 2             | 1:55:16 | 1:55:06 |
| 17     | Bluestream Offshore 4  | Bluestream Offshore   | 1:57:18 | 1:56:54 |
| 18     | Stichting Vrijwaard 3  | Stichting Vrijwaard   | 1:57:55 | 1:57:23 |
| 19     | Politie 5              | Politie 5             | 1:58:51 | 1:58:41 |
| 20     | Acta Marine 2          | Acta Marine 2         | 1:58:51 | 1:58:13 |
| 21     | De Jong Assurantien cv | De Jong Assurantien   | 1:59:12 | 1:58:45 |
| 22     | Omnyacc                | Omnyacc               | 1:59:17 | 1:59:11 |
| 23     | Rabobank Noord Holland | Rabobank Noord-Holla  | 1:59:56 | 1:59:44 |
| 24     | Politie 7              | Politie 7             | 2:00:20 | 2:00:10 |
| 25     | Ontwikkelmaatschappij  | Ontwikkelmaatschappij | 2:00:48 | 2:00:37 |
| 26     | Stichting Vrijwaard 4  | Stichting Vrijwaard   | 2:02:05 | 2:01:56 |
| 27     | Wilms BV 1             | Wilms BV 1            | 2:02:47 | 2:02:29 |



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| Plaats | Naam                   | Woonplaats/Vereniging | Bruto   | Netto   |
|--------|------------------------|-----------------------|---------|---------|
| 28     | Politie 1              | Politie 1             | 2:04:33 | 2:04:24 |
| 29     | Politie 9              | Politie 9             | 2:04:35 | 2:04:22 |
| 30     | Bluestream Offshore 3  | Bluestream Offshore   | 2:04:45 | 2:04:22 |
| 31     | Wilms BV 2             | Wilms BV 2            | 2:04:50 | 2:04:32 |
| 32     | Acta Marine 1          | Acta Marine 1         | 2:05:27 | 2:04:49 |
| 33     | JCI t Nieuwe Diep      | JCI t Nieuwe Diep     | 2:05:28 | 2:04:47 |
| 34     | De Jong Assurantien c  | De Jong Assurantien   | 2:06:08 | 2:05:58 |
| 35     | De Jong Assurantien cv | De Jong Assurantien   | 2:06:36 | 2:06:09 |
| 36     | Stichting Vrijwaard 1  | Stichting Vrijwaard   | 2:07:22 | 2:06:49 |
| 37     | Bluestream Offshore 2  | Bluestream Offshore   | 2:10:11 | 2:09:48 |
| 38     | Stichting geriant 2    | Stichting geriant 2   | 2:11:12 | 2:10:57 |
| 39     | Rabobank Noord Holland | Rabobank Noord-Holla  | 2:11:49 | 2:11:37 |
| 40     | Logopediepraktijk Den  | Logopediepraktijk De  | 2:13:36 | 2:13:36 |
| 41     | Stichting Vrijwaard 2  | Stichting Vrijwaard   | 2:15:26 | 2:14:54 |
| 42     | Stichting Vrijwaard 5  | Stichting Vrijwaard   | 2:16:59 | 2:16:26 |
| 43     | Wilms BV 3             | Wilms BV 3            | 2:17:10 | 2:16:51 |
| 44     | Politie 6              | Politie 6             | 2:24:36 | 2:24:26 |
| 45     | Stichting Vrijwaard 7  | Stichting Vrijwaard   | 2:27:42 | 2:27:33 |