

# Powerman Holland Duathlon Horst aan de Maas 20-04-2008

## Result NK Men Open + Age Groups by Category

### Men 20-24

Rk	RaceNo	Name	City	Nation	Run1	Bike	Run2	Total
1	24	Erik-Simon Strijk	Hazerswoude	Ned	0:49:50	1:33:38	0:28:00	2:51:26
2	54	Jacco Langerak	Oss	Ned	1:00:24	1:47:34	0:34:41	3:22:38

### Men 25-39

Rk	RaceNo	Name	City	Nation	Run1	Bike	Run2	Total
1	67	Ben Plantinga	Glimmen	Ned	0:51:02	1:34:13	0:30:17	2:55:31
2	20	Roland Besselink	Ugchelen	Ned	0:53:10	1:33:40	0:31:23	2:58:12
3	139	Gosse Beerda	Amsterdam	Ned	0:53:21	1:35:53	0:29:49	2:59:02
4	133	Raimond Boom, vd	Lelystad	Ned	0:52:18	1:37:11	0:30:38	3:00:06
5	72	Matthijs Scheijen, van	Breda	Ned	0:53:18	1:36:12	0:32:00	3:01:29
6	134	Wardie Wouw, van	Noordwijkerhout	Ned	0:54:33	1:35:45	0:31:27	3:01:45
7	55	Dave Lommen	Voorschoten	Ned	0:54:38	1:40:04	0:29:32	3:04:13
8	70	Jasper Reenalda	Hengelo	Ned	0:55:32	1:37:37	0:31:33	3:04:41
9	178	Guido Vroemen	Leusden	Ned	0:58:38	1:36:08	0:32:42	3:07:26
10	30	Jason Burgt, Vd	Amsterdam	Ned	0:57:16	1:42:42	0:31:54	3:11:52
11	150	Erik Jansen	Holten	Ned	0:57:08	1:41:57	0:33:27	3:12:31
12	97	Roland Haan, de	Enschede	Ned	0:59:16	1:44:01	0:32:23	3:15:40
13	167	Marco Rensen	Holten	Ned	1:00:53	1:41:08	0:36:05	3:18:05
14	63	Marc Niessen	Oosterhout Nb	Ned	1:02:50	1:42:22	0:33:56	3:19:07
15	100	Arjan Kruyt	Assen	Ned	0:59:36	1:43:12	0:36:32	3:19:20
16	68	René Poortvliet, van	Drauffelt	Ned	1:00:48	1:49:46	0:36:43	3:27:16
17	65	Marcel Peschier	Noordwijkerhout	Ned				3:27:40
18	165	Harm Peters	Waalre	Ned	1:05:19	1:48:20	0:34:59	3:28:36
19	112	Pieter Eijdsen	Amsterdam	Ned	1:03:58	1:48:40	0:38:29	3:31:06
20	48	Gerrit Heusinkveld	Soest	Ned	0:56:37	1:54:49	0:39:57	3:31:22
21	39	Ruben Duren, van	Heemskerk	Ned	1:01:42	1:53:59	0:36:03	3:31:44
22	161	Marco Nijboer	Raalte	Ned	1:03:44	1:55:43	0:36:10	3:35:37
23	89	Peter Ziekman	Spijkenisse	Ned	1:07:47	1:56:32	0:35:35	3:39:53
24	182	Patrick Hogetoorn	Malden	Ned	1:06:23	1:56:51	0:39:29	3:42:41

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## Result NK Men Open + Age Groups by Category

### Men 40-44

Rk	RaceNo	Name	City	Nation	Run1	Bike	Run2	Total
1	3	Armand Smissen, vd	Tilburg	Ned	0:48:46	1:31:12	0:29:39	2:49:36
2	215	Koen Spoorenberg	Landsmeer	Ned	1:01:45	1:38:07	0:36:01	3:15:53
3	221	Marco Nek, van	Purmerend	Ned	0:57:59	1:49:53	0:32:18	3:20:09
4	226	Robert Bruin, De	Zwolle	Ned	1:02:07	1:48:33	0:35:30	3:26:08
5	198	Maarten Krijnen	Purmerend	Ned	0:59:21	1:53:36	0:35:59	3:28:55
6	200	Mark Lodewijks	Purmerend	Ned	1:03:55	1:51:49	0:35:43	3:31:27
7	184	Marco Betman	Apeldoorn	Ned	1:00:29	2:04:28	0:36:14	3:41:10
8	195	Twan Keijsers	Horst	Ned	1:04:25	2:05:25	0:36:12	3:46:02
9	204	Koos Meinsma	Velp (Gld)	Ned	1:05:32	1:53:59	0:49:08	3:48:38
10	44	Gerrit Geurtsen	Berlicum	Ned	1:07:02	2:10:39	0:40:23	3:58:03
11	185	Walter Bout	Laren N.H.	Ned	1:13:30	2:05:49	0:43:52	4:03:10

### Men 45-49

Rk	RaceNo	Name	City	Nation	Run1	Bike	Run2	Total
1	265	Frank Timmermans	Broekhuizenenvorst	Ned	0:56:17	1:35:19	0:32:14	3:03:50
2	231	Michel Bik	Krimpen Aan De Lek	Ned	0:59:23	1:35:54	0:34:19	3:09:36
3	250	Hans Roodzant	Arnhem	Ned	0:56:12	1:43:09	0:31:17	3:10:37
4	249	Aart Rietveld	S-Gravenpolder	Ned	0:56:01	1:47:26	0:34:38	3:18:04
5	255	Hans Vlijmen, van	Schijndel	Ned	0:59:30	1:44:36	0:36:32	3:20:37
6	232	Chris Borsch	Weesp	Ned	0:59:58	1:45:15	0:36:37	3:21:49
7	262	Ronald Kohn	Zuidland	Ned	1:00:44	1:44:41	0:36:45	3:22:09
8	264	Johan Snijders	Bakel	Ned	0:57:27	1:55:20	0:33:57	3:26:44
9	263	Erik Nieuwenhuis	Katwijk	Ned	1:06:18	1:44:06	0:36:40	3:27:04
10	259	Ron Welters	Nijmegen	Ned	1:06:17	1:48:01	0:36:54	3:31:11
11	257	Tijmen Vermaas	Amsterdam	Ned	1:12:37	1:58:26	0:44:03	3:55:05
12	254	Thijs Kolk, vd	Oostzaan	Ned	1:16:14	1:54:15	0:45:34	3:56:02
13	246	Lambert Linders	Horst	Ned	1:06:41	2:10:32	0:40:14	3:57:26
14	252	Emile Schrijver	Haarlem	Ned	1:14:34	2:00:31	0:42:51	3:57:55

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### Men 50-54

Rk	RaceNo	Name	City	Nation	Run1	Bike	Run2	Total
1	269	Wout Graafmans	Gilze	Ned	0:55:49	1:38:05	0:32:43	3:06:36
2	276	Jack Niessen	Swalmen	Ned	0:54:27	1:45:00	0:30:38	3:10:04
3	266	Rinus Veth, de	Maastricht	Ned	0:58:42	1:39:47	0:35:09	3:13:37
4	283	Rob Zanten, van	Vlaardingen	Ned	0:55:27	1:46:12	0:32:09	3:13:48
5	270	Jan-Hendrik Hutten	Radewijk	Ned	0:58:28	1:47:28	0:36:39	3:22:33
6	281	Hans Spaans	Arnhem	Ned	1:05:53	1:51:21	0:35:56	3:33:08
7	267	Rien Vreede, de	Middenbeemster	Ned	1:19:28	1:52:03	0:45:20	3:56:51
8	277	Cor Oorthuysen	Egmond-Binnen	Ned	1:12:50	2:02:25	0:46:25	4:01:39

### Men 55-59

Rk	RaceNo	Name	City	Nation	Run1	Bike	Run2	Total
1	295	Paul Ten Hag	Amersfoort	Ned	1:01:19	1:41:56	0:32:55	3:16:09
2	298	Paul Vos	Amersfoort	Ned	0:58:48	1:50:49	0:33:07	3:22:43
3	289	Fred Cornelissen	Huissen	Ned	1:02:39	1:54:22	0:37:14	3:34:14
4	296	Jan Ass, van	Venray	Ned	1:08:38	1:52:41	0:51:53	3:53:11
5	291	Jo Klerken	Venlo-Blerick	Ned	1:12:50	2:11:06	0:48:11	4:12:07

### Men 60-64

Rk	RaceNo	Name	City	Nation	Run1	Bike	Run2	Total
1	306	Bert Streumer	Odijk	Ned	0:59:08	1:44:10	0:32:37	3:15:54
2	301	Peter Bakker	Edam	Ned	1:06:28	1:47:32	0:40:02	3:34:00
3	305	Leo Meewisse	Den Haag	Ned	1:06:21	1:51:57	0:40:53	3:39:10
4	303	Jan Kuipers	Borger	Ned	1:09:08	2:01:04	0:41:41	3:51:52
5	304	Eelke Wijnia	Drogeham	Ned	1:28:45	2:20:34	0:54:32	4:43:51

### Men 65-69

Rk	RaceNo	Name	City	Nation	Run1	Bike	Run2	Total
1	310	Jan Kok	Oosthuizen	Ned	1:10:36	1:58:10	0:41:59	3:50:43

### Men 70-74

Rk	RaceNo	Name	City	Nation	Run1	Bike	Run2	Total
1	311	Pieter Buitelaar	Maasland	Ned	1:29:50	2:02:29	0:52:04	4:24:22