

Lange afstand clubcompetitie voor Horrorleden - 2015-2016

Uitslag Ronde van SWF - zo 03-04-2016



Leeftijd

Gelopen afstand

Tijd

Omrekening

PUNTEN

Mannen Senioren

| | | | | | |
|------------------|----|------|----------|----------|----|
| 1. Siep Nota | 25 | 21,1 | 01:22:56 | 01:22:56 | 50 |
| 2. Wilko Bakker | 30 | 21,1 | 01:23:59 | 01:23:59 | 49 |
| 3. Simon Sijtsma | 21 | 12 | 01:00:00 | 01:48:35 | 48 |

Mannen 35+

| | | | | | |
|--------------------------|----|------|----------|----------|----|
| 1. Ilan Palstra | 43 | 21,1 | 01:21:44 | 01:21:44 | 50 |
| 2. Evert Westerhof | 37 | 21,1 | 01:30:59 | 01:30:59 | 49 |
| 3. Gerard Zijlstra | 42 | 21,1 | 01:32:37 | 01:32:37 | 48 |
| 4. Wabe Roskam | 43 | 21,1 | 01:36:16 | 01:36:16 | 47 |
| 5. Jouke Hoekstra | 42 | 12 | 00:53:32 | 01:36:52 | 46 |
| 6. Gielt Algra | 43 | 21,1 | 01:40:21 | 01:40:21 | 45 |
| 7. Anne Floris Bottema | 42 | 12 | 00:57:14 | 01:43:34 | 44 |
| 8. Fimme Jan van der Wal | 44 | 12 | 00:58:17 | 01:45:28 | 43 |
| 9. Jankest Jelsma | 36 | 21,1 | 01:47:52 | 01:47:52 | 42 |
| 10. Raymond Reekers | 39 | 12 | 01:03:47 | 01:55:25 | 41 |
| 11. Patrick Dijkhuizen | 43 | 21,1 | 02:23:15 | 02:23:15 | 40 |

Mannen 45+

| | | | | | |
|---------------------------|----|------|----------|----------|----|
| 1. Gerrit Kramer | 49 | 21,1 | 01:23:30 | 01:23:30 | 50 |
| 2. Gerald Hoogeveen | 50 | 21,1 | 01:35:00 | 01:35:00 | 49 |
| 3. Peter Groothoff | 48 | 21,1 | 01:37:16 | 01:37:16 | 48 |
| 4. Andre Duinstra | 45 | 21,1 | 01:37:50 | 01:37:50 | 47 |
| 5. Andrew Guest | 52 | 21,1 | 01:38:43 | 01:38:43 | 46 |
| 6. Bas de Best | 47 | 21,1 | 01:40:48 | 01:40:48 | 45 |
| 7. Klaas Jan Wiersma | 50 | 21,1 | 01:41:48 | 01:41:48 | 44 |
| 8. Jelle Wolthuizen | 50 | 12 | 00:57:17 | 01:43:40 | 43 |
| 9. Mildo Kock | 48 | 21,1 | 01:43:50 | 01:43:50 | 42 |
| 10. Luit de Jong | 49 | 21,1 | 01:43:55 | 01:43:55 | 41 |
| 11. Henk Ruiter | 53 | 21,1 | 01:44:45 | 01:44:45 | 40 |
| 12. Luuk Naarding | 48 | 21,1 | 01:49:21 | 01:49:21 | 39 |
| 13. Frank Meeuwisse | 45 | 12 | 01:01:26 | 01:51:10 | 38 |
| 14. Johan Jorritsma | 48 | 12 | 01:01:45 | 01:51:45 | 37 |
| 15. Jan Roelof Middeldorp | 50 | 12 | 01:04:55 | 01:57:29 | 36 |
| 16. Durk Douma | 53 | 21,1 | 01:57:30 | 01:57:30 | 35 |
| 17. Henk Meijers | 49 | 21,1 | 01:58:34 | 01:58:34 | 34 |
| 18. Henk Onsman | 46 | 12 | 01:09:05 | 02:05:01 | 33 |
| 19. Francisco Oosterbaan | 47 | 21,1 | 02:21:14 | 02:21:14 | 32 |

Mannen 55+

| | | | | | |
|------------------------|----|------|----------|----------|----|
| 1. Hein Keekstra | 59 | 12 | 00:51:26 | 01:33:04 | 50 |
| 2. Harmen de Hoop | 65 | 21,1 | 01:40:31 | 01:40:31 | 49 |
| 3. Beke Clossen | 61 | 21,1 | 01:41:41 | 01:41:41 | 48 |
| 4. Wim Kuipers | 60 | 12 | 00:57:45 | 01:44:30 | 47 |
| 5. Rob Swart | 56 | 21,1 | 01:47:34 | 01:47:34 | 46 |
| 6. Ronald de Lange | 57 | 12 | 00:59:46 | 01:48:09 | 45 |
| 7. Koos Jacobsen | 62 | 12 | 01:01:23 | 01:51:05 | 44 |
| 8. Symen van der Velde | 58 | 21,1 | 01:52:11 | 01:52:11 | 43 |
| 9. Bouwe Bruinsma | 56 | 21,1 | 01:53:45 | 01:53:45 | 42 |
| 10. Bert Barhorst | 58 | 12 | 01:03:10 | 01:54:18 | 41 |
| 11. Jan Dotinga | 55 | 21,1 | 01:55:48 | 01:55:48 | 40 |
| 12. Freak Kaspersma | 58 | 12 | 01:04:10 | 01:56:07 | 39 |
| 13. Kees Visser | 55 | 21,1 | 01:57:31 | 01:57:31 | 38 |
| 14. Sytze de Witte | 62 | 12 | 01:09:15 | 02:05:19 | 37 |
| 15. Lolke Clossen | 56 | 21,1 | 02:05:54 | 02:05:54 | 36 |
| 16. Sjack Jansma | 56 | 21,1 | 02:08:59 | 02:08:59 | 35 |

Vrouwen Senioren

| | | | | | |
|------------------|----|------|----------|----------|----|
| 1. Regine Postma | 27 | 12 | 00:54:18 | 01:38:16 | 50 |
| 2. Ester Douma | 20 | 21,1 | 02:01:57 | 02:01:57 | 49 |

Vrouwen 35+

| | | | | | |
|-------------------------|----|------|----------|----------|----|
| 1. Yvonna Tinga | 41 | 21,1 | 01:37:55 | 01:37:55 | 50 |
| 2. Wietske de Jong | 41 | 12 | 01:00:57 | 01:50:18 | 49 |
| 3. Saskia Smits | 40 | 21,1 | 01:51:32 | 01:51:32 | 48 |
| 4. Ingrid Floor | 38 | 12 | 01:01:45 | 01:51:45 | 47 |
| 5. Roelina Adema | 40 | 21,1 | 01:52:12 | 01:52:12 | 46 |
| 6. Henrieta Oosterbaan | 44 | 21,1 | 01:57:50 | 01:57:50 | 45 |
| 7. Hendrika den Breejen | 40 | 21,1 | 01:58:14 | 01:58:14 | 44 |
| 8. Jorine Post | 36 | 12 | 01:11:56 | 02:10:10 | 43 |
| 9. Priscilla Feenstra | 39 | 12 | 01:15:22 | 02:16:23 | 42 |

Vrouwen 45+

| | | | | | |
|-------------------------|----|------|----------|----------|----|
| 1. Liesbeth Steenbergen | 49 | 21,1 | 01:39:54 | 01:39:54 | 50 |
| 2. Janet Werkema | 54 | 21,1 | 01:44:44 | 01:44:44 | 49 |
| 3. Alie Brouwer | 52 | 21,1 | 01:50:28 | 01:50:28 | 48 |
| 4. Lucia van der Bijl | 48 | 12 | 01:05:07 | 01:57:50 | 47 |
| 5. Antsje Smeding | 47 | 21,1 | 02:02:52 | 02:02:52 | 46 |
| 6. Klaske Portena | 48 | 21,1 | 02:02:52 | 02:02:52 | 45 |
| 7. Willy van Beek | 48 | 12 | 01:13:09 | 02:12:23 | 44 |
| 8. Dora Wijnja | 53 | 21,1 | 02:23:46 | 02:23:46 | 43 |

Vrouwen 55+

| | | | | | |
|------------------|----|----|----------|----------|----|
| 1. Anita Boschma | 55 | 12 | 01:03:41 | 01:55:15 | 50 |
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Lopen meetellende voor klassemment

| Nr. | Datum | Naam | Hoofdafstand | Overige |
|-----|---------------|----------------------|--------------|---------|
| 1. | za 29-08-2015 | Sneek-Bolsward-Sneek | 20 km | 10 km |
| 2. | wo 16-09-2015 | Schuttersveldloop | 10 km | 7,5 km |
| 3. | zo 01-11-2015 | 1e Winterloop | 8,9 km | |
| 4. | zo 06-12-2015 | 2e Winterloop | 8,9 km | |
| 5. | zo 03-01-2016 | 3e Winterloop | 8,9 km | |
| 6. | zo 07-02-2016 | 4e Winterloop | 8,9 km | |
| 7. | zo 03-04-2016 | Ronde van SWF | 21,1 km | 12 km |