

Uitslag Testloop 2, 21 april 2016, AV Zaanland, Zaandam

Plaats	Naam	Vereniging	start nr.	geb.datum	cat.	geplande eindtijd	eindtijd
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600 meter

1	Alex Bouwmeester	Zaanland	491	23-10-1988	MS	01:36,0	01:31,7
2	Mark Hoffer	Zaanland	587	17-6-1989	MS	01:54,0	01:46,9
3	Teun Hoek	Zaanland	55	17-12-2002	JJC	05:00,0	01:53,7
4	Leon Thissen	Zaanland	57	27-1-1948	M65	02:00,0	01:57,2
5	Mark Gruijs	Zaanland	459	22-7-1991	MS	02:30,0	02:06,6
6	Malou de Gauw	Zaanland	446	16-1-2009	Mpmini	02:35,0	02:27,3
7	Amber Deijkers	Zaanland	476	7-8-2007	MPB	05:00,1	02:31,3
8	Collin Brakenhoff	-	436	4-11-2005	JPA	02:30,0	02:36,5
9	Maartje Brakenhoff	Zaanland	437	14-9-2008	MPC	03:00,0	02:47,1

800 meter

1	Io Pel	-	564	06-07-1997	JJA	02:27,5	02:12,4
2	Mick Onrust	Zaanland	588	12-08-1998	JJA	02:15,0	02:16,3
3	Tim Huiberts	Zaanland	470	13-11-1998	JJA	02:15,0	02:20,3
4	Gijs de Koning	-	558	-	JJC	02:30,0	02:20,9
5	Bram Vijzelaar	-	478	-	JJC	02:30,0	02:23,9
6	Job Hartjes	-	577	-	JJC	02:30,0	02:25,9
7	Sietse van der Pal	Zaanland	472	31-10-1998	JJA	02:27,4	02:28,8
8	Dani Jonker	-	482	-	JJC	02:30,0	02:29,4
9	Kick Castricum	-	569	-	JJC	02:30,0	02:29,4
10	Jip Hacquebard	-	576	-	JJC	02:30,0	02:30,3
11	Rik Nobel	-	80	-	-	02:55,0	02:32,0
12	Jeske van der Pal	Zaanland	471	5-2-1997	MJA	02:35,0	02:32,2
13	Xander Schoemaker	-	56	-	JJC	02:30,0	02:32,9
14	Emma-Joy van Dorp	Zaanland	443	2-2-1991	VS	02:37,0	02:41,1
15	Lise Lemsom	AV Castricum	583	07-06-2002	MJC	02:55,0	02:44,4
16	Jelmer de Gauw	Zaanland	455	8-6-2006	JPA	02:59,0	02:45,0
17	Lara Dijkhuis	-	77	-	MJC	02:55,0	02:49,5
18	Kim Schelvis	-	581	-	MJC	02:55,0	02:49,7
19	Noelle Bakker	-	591	-	MJC	02:55,0	02:50,1
20	Yara ter Laare	-	574	-	MJC	02:55,0	02:50,9
21	Roy Deijkers	Zaanland	596	1-3-2005	JPA	03:00,0	02:52,1
22	Ron Cadenau	Zaanland	594	23-07-1958	M55	03:00,0	02:54,8
23	Charlotte Brandjes	-	481	-	MJC	02:55,0	02:56,4
24	Jonna Velzeboer	-	573	-	MJC	02:55,0	02:57,0
25	Maartje van den Kommer	-	78	-	MJC	02:55,0	02:58,3
26	Brit Veldhuis	-	479	-	MJC	02:55,0	02:58,6
27	Lisanne van der Meij	-	81	-	MJC	02:55,0	02:59,8
28	Danique Beemsterboer	-	483	-	MJC	02:55,0	03:00,8
29	Paul Kramer	Zaanland	463	29-9-1965	M50	03:12,0	03:02,6
30	Floor Bakker	Zaanland	447	24-4-2006	MPB	03:15,0	03:04,3
31	Pien Bakker	Zaanland	448	24-1-2005	MPA	03:15,0	03:06,7
32	Lynn Zweeris	-	584	-	MJC	02:55,0	03:06,9
33	Els van Wijk	Zaanland	556	18-8-1991	VS	03:40,0	03:07,2
34	Indy Salij	-	563	-	MJC	02:55,0	03:07,2
35	Sonja van der Poel	Zaanland	435	15-10-1978	V35	03:30,0	03:11,8

Plaats	Naam	Vereniging	start nr.	geb.datum	cat.	geplande eindtijd	eindtijd
36	Peter van Breukelen	Zaanland	82	19-2-1964	M50	02:55,0	03:12,0
37	Karin Punte-Broekhuizen	Zaanland	580	16-5-1963	V50	03:35,0	03:12,1
38	Mirjam van der Pal	Zaanland	469	16-5-1905	V50	03:20,0	03:12,4
39	Joyce de Roo	Zaanland	452	20-12-1975	V40	03:35,0	03:12,9
40	Margreet Al	-	585	27-05-1971	V40	03:35,0	03:16,2
41	Belle Scrocca	-	79	-	MJC	02:55,0	03:16,2
42	Corry Fris-Meijer	Zaanland	451	25-3-1963	V50	03:35,0	03:27,4
43	Laura Hyslop	Zaanland	85	1-6-1958	V55	03:30,0	03:34,2
44	Dina Rozemeijer	-	554	-	MJC	02:55,0	03:43,3

1500 meter

1	Thomas Merlijn	-	94	-	-	04:40,0	04:35,1
2	Yasser	-	89	-	-	05:00,0	04:45,0
3	Alex Bouwmeester	Zaanland	491	23-10-1988	MS	04:45,0	04:45,6
4	Ronald Wiering	Zaanland	441	25-5-1964	M50	04:57,0	04:46,4
5	Bjorn Heijnen	Zaanland	442	17-04-1991	MS	05:00,0	04:56,5
6	Elmar Fienieg	Zaanland	83	19-01-1988	MS	05:15,0	05:05,5
7	Jordy de Groot	Zaanland	84	15-09-1987	MS	05:14,0	05:08,4
8	Eline Langeveld	Zaanland	88	10-7-1988	VS	05:00,0	05:24,3
9	Jeroen Kramer	Zaanland	492	11-02-1980	M35	05:00,0	05:24,3
10	Jos Jacobsen	Zaanland	76	29-05-1977	M35	04:57,0	05:24,3
11	Ruben Romkes	Zaanland	495	13-4-1969	M45	04:58,0	05:26,1
12	Joost van Galen	Zaanland	87	26-5-1967	M45	04:30,0	05:26,5
13	Mike Alders	Zaanland	462	9-9-1967	M45	05:40,0	05:39,8
14	Steven de Goede	Zaanland	54	18-03-1992	MS	06:58,0	05:51,8
15	Piet van der Pal	Zaanland	93	25-1-1956	M60	06:58,0	05:56,6
16	Jan Dekker	Zaanland	572	14-05-1958	M55	06:05,7	06:02,1
17	Hennie van Langelaar	Zaanland	560	28-10-1958	M55	06:59,0	06:38,8
18	Mihamed Mohamadi	-	86	1-7-1967	M45	07:00,0	06:40,5
19	Ruud de Goede	Zaanland	597	01-02-1956	M60	06:58,0	06:41,7
20	Estifan Salim	-	91	16-1-1983	MS	07:00,0	06:54,2
21	Jacqueline Louwe-Zijlstra	Zaanland	571	15-06-1968	V45	07:00,0	06:56,2
22	Marthijn Bakker	Zaanland	449	28-11-1991	MS	07:00,0	06:59,4

5000 meter 20:00 uur

1	Joost van Galen	Zaanland	87	26-5-1967	M45	17:00,0	17:11,7
2	Rowdy Speldenbrink	Zaanland	473	19-02-1987	MS	17:40,0	17:15,1
3	Niels Anders	Zaanland	590	24-9-1983	MS	18:00,0	17:15,1
4	Jos Jacobsen	Zaanland	76	29-05-1977	M35	04:57,0	19:36,6
5	Ruben Romkes	Zaanland	495	13-4-1969	M45	17:45,0	19:37,8
6	Michiel Richards	Zaanland	498	12-8-1971	MS	20:00,0	19:50,3
7	Edwin ter Velde	Zaanland	555	21-10-1966	M45	20:00,0	19:58,7
8	Sandra Ulle de Jong	Zaanland	496	14-3-1974	V35	22:00,0	21:12,4
9	Ronald Wiering	Zaanland	441	25-5-1964	M50	22:00,0	21:12,8
10	Julio Mengod de Man	Zaanland	490	10-7-1968	M45	23:00,0	21:30,8
11	Leon Heijman	Zaanland	90	4-4-2005	JPA	24:00,0	22:02,6
12	Sonja van Zeelt	Le Champion	598	07-06-1964	V50	24:00,0	24:09,3
13	Jaco Brakenhoff	Zaanland	570	26-08-1970	M45	28:00,0	24:19,9
14	Henk Motshagen	Zaanland	559	06-07-1949	M65	24:30,0	24:23,1
15	Nico Vergouw	Zaanland	487	07-05-1946	M65	24:30,0	24:44,0
16	Jette van der Heijde	Zaanland	92	29-01-1962	V50	25:00,0	24:59,6