

Run2Day Trimloop 10 februari 2024



pos	Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	aantal	km/u	min/km
400 meter															
1	1	Tess Huijig	v	Westdorp	2017	400m	01:51	01:51					1	12.9	4:37
2	2	Marni Evertse	v	Borger	2017	400m	02:04	02:04					1	11.6	5:08
800 meter															
1	6	Liam Andriessen	m	Assen	2015	800m	03:19	01:31	01:49				2	14.4	4:08
2	7	Mick Evertse	m	Borger	2015	800m	03:25	01:36	01:50				2	14.0	4:15
3	9	Iris van den Bosch	v	Assen	2015	800m	03:58	01:50	02:08				2	12.1	4:56
1200 meter															
1	15	Sarah Wallet	v	Assen	2012	1200m	04:48	01:24	01:45	01:40			3	15.0	3:59
2	14	Veerle Maas	v	Assen	2013	1200m	05:46	01:47	02:02	01:57			3	12.5	4:47
3 kilometer															
1	33	Timo Verhagen	m	Smilde	2001	3 km	10:31	10:31					1	17.1	3:30
2	26	Owen Nijenhuis	m	Assen	2009	3 km	11:52	11:52					1	15.1	3:57
3	21	Jurre Bousema	m	Assen	2013	3 km	13:40	13:40					1	13.1	4:33
4	32	Fernando Venema	m	Assen	1984	3 km	13:40	13:40					1	13.1	4:33
5	30	Noa Venema	v	Assen	2014	3 km	13:41	13:41					1	13.1	4:33
6	31	Jayden Venema	m	Assen	2012	3 km	13:54	13:54					1	12.9	4:37
7	28	Scott Robertson	m	Assen	2013	3 km	13:56	13:56					1	12.9	4:38
8	25	Bjorn Nijenhuis	m	Assen	2012	3 km	14:42	14:42					1	12.2	4:53
9	22	Ben Andriessen	m	Assen	1984	3 km	14:50	14:50					1	12.1	4:56
10	34	Marina Speelman	v	Assen	1988	3 km	16:24	16:24					1	10.9	5:27
11	23	Tim van der Vinne	m	Assen	2012	3 km	17:55	17:55					1	10.0	5:58
12	24	Janita van der Vinne	v	Assen	1985	3 km	18:03	18:03					1	9.9	6:00
13	29	Miranda Horstman	v	Assen	1977	3 km	18:46	18:46					1	9.5	6:15
14	51	Marije Vriesema	v	Winschoten	1978	3 km	20:06	20:06					1	8.9	6:41
15	20	Luna Jans	v	Assen	2009	3 km	20:34	20:34					1	8.7	6:51
6 kilometer															
1	52	Julian Groen	m	Assen	2008	6 km	29:41	14:52	14:49				2	12.1	4:56
2	40	Merel Ubels	v	Assen	2009	6 km	35:01	16:45	18:17				2	10.2	5:50
3	48	Norah Huisjes	v	Assen	2009	6 km	36:02	16:46	19:17				2	9.9	6:00
4	53	Domien Mulder	m	Joure	1960	6 km	36:09	18:31	17:38				2	9.9	6:01
5	60	Moniek Dorgelo	v	Assen	1990	6 km	36:41	18:56	17:45				2	9.8	6:06

pos	Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	aantal	km/u	min/km
6	42	Sem Koekoek	m	Assen	2011	6 km	36:51	18:49	18:03				2	9.7	6:08
7	44	Ingrid de Rijber	v	Assen	1982	6 km	36:51	18:49	18:03				2	9.7	6:08
8	50	Martijn Langen	m	Assen	1989	6 km	38:08	18:55	19:13				2	9.4	6:21
9	46	Piet Kerstholt	m	Groningen	1947	6 km	38:19	19:02	19:17				2	9.3	6:23
10	41	Henk Hoekstra	m	Assen	1963	6 km	38:36	19:36	19:01				2	9.3	6:25
11	39	Geertje Philips	v	Assen	1958	6 km	40:26	20:00	20:26				2	8.9	6:44
12	47	Gerard IJzermans	m	Assen	1948	6 km	42:02	20:17	21:45				2	8.5	7:00
13	49	Ingrid Molensky-Emanuel	v	Assen	1948	6 km	44:22	21:19	23:03				2	8.1	7:23

9 kilometer

1	68	Ludy Timmer	m	Assen	1969	9 km	39:21	13:22	13:20	12:40			3	13.7	4:22
2	67	Nicky Boltjes	m	Winschoten	1987	9 km	43:54	14:45	14:45	14:25			3	12.3	4:52
3	73	Rianne Beverdam	v	Bovensmilde	1983	9 km	45:53	15:24	15:16	15:13			3	11.7	5:05
4	69	Bertus Niezing	m	Blokszijl	1951	9 km	48:25	16:00	16:25	16:02			3	11.1	5:22
5	78	Hanneke Verheul	v	Assen	1955	9 km	48:32	16:05	16:17	16:12			3	11.1	5:23
6	61	Ronald Bousema	m	Assen	1976	9 km	49:25	15:15	16:49	17:22			3	10.9	5:29
7	72	Anne Kiers	v	Bovensmilde	1993	9 km	50:01	16:48	16:23	16:51			3	10.7	5:33
8	62	Aukje Meulenaar	v	Assen	1981	9 km	50:52	16:40	16:57	17:16			3	10.6	5:39
9	63	Yoline Hoekstra	v	Groningen	2001	9 km	56:47	19:35	19:05	18:08			3	9.5	6:18
10	70	Peter Brink	m	Groningen	1952	9 km	57:04	18:30	19:07	19:27			3	9.4	6:20
11	64	Margreet Habes	v	Assen	1960	9 km	58:05	19:01	19:09	19:55			3	9.2	6:27
12	65	Inge Mekkes	v	Assen	1972	9 km	58:07	19:01	19:09	19:58			3	9.2	6:27
13	85	Leo Muusers	m	Assen	1960	9 km	58:16	19:22	19:20	19:34			3	9.2	6:28
14	71	Henk Kortierink	m	Assen	1967	9 km	59:26	19:16	19:59	20:11			3	9.0	6:36
15	45	Janny Eissen	v	Blokszijl	1955	9 km	1:00:59	19:01	19:46	22:13			3	8.8	6:46

12 kilometer

1	86	Tadesse Kinret	m	Assen	1984	12 km	57:07	13:44	14:23	14:28	14:34		4	12.6	4:45
2	76	Jetse bakker	m	Assen	1965	12 km	1:02:09	13:55	15:36	16:17	16:23		4	11.5	5:10
3	83	Gert-Jan Nijenhuis	m	Assen	1980	12 km	1:02:28	13:50	16:03	16:23	16:13		4	11.5	5:12
4	81	Kees de Vries	m	Hoogezand	1954	12 km	1:03:28	14:42	16:18	16:18	16:11		4	11.3	5:17
5	97	Folkert Tienkamp	m	Assen	1962	12 km	1:04:04	14:31	16:28	16:24	16:42		4	11.2	5:20
6	79	Nico Brugman	m	Eext	1959	12 km	1:06:34	15:14	16:53	17:11	17:18		4	10.8	5:32
7	82	Gerrit Jan Rave	m	Assen	1964	12 km	1:06:38	15:19	16:21	17:13	17:47		4	10.8	5:33

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8	80	Trea Dekker	v	Smilde	1965	12 km	1:06:38	15:19	16:25	17:08	17:47		4	10.8	5:33
9	87	Wouter Brink	m	Gronngen	1984	12 km	1:09:17	15:19	17:59	19:02	16:58		4	10.3	5:46
10	77	Patrick de Groot	m	Assen	1975	12 km	1:09:37	15:20	17:18	19:00	18:01		4	10.3	5:48
11	84	Ginus Geuzinge	m	Assen	1948	12 km	1:13:54	17:56	18:57	18:51	18:12		4	9.7	6:09
12	88	Nathan Berenschot	m	Smilde	1969	12 km	1:14:06	18:13	19:04	18:21	18:30		4	9.7	6:10
15 kilometer															
1	106	Erik van Deelen	m	Assen	1988	15 km	1:00:33	11:56	12:14	12:14	12:05	12:08	5	14.8	4:02
2	107	Roel Strijker	m	Assen	1987	15 km	1:01:00	11:50	12:09	12:20	12:06	12:36	5	14.7	4:03
3	108	Jorn Habes	m	Zwolle	1993	15 km	1:04:01	12:38	13:01	13:01	13:07	12:14	5	14.0	4:16
4	110	Niels Schuiling	m	Assen	1988	15 km	1:06:58	12:52	13:12	13:21	13:53	13:41	5	13.4	4:27
5	103	Ruben Wortelboer	m	Assen	2009	15 km	1:07:40	12:56	13:12	13:24	14:01	14:09	5	13.3	4:30
6	109	Ronald Sluiter	m	Assen	1977	15 km	1:10:48	14:01	14:15	14:21	14:21	13:51	5	12.7	4:43
7	101	Kevin Eefting	m	Grolloo	1991	15 km	1:14:54	14:53	15:12	15:03	15:03	14:45	5	12.0	4:59
8	99	Pim Ziengs	m	Emmen	1988	15 km	1:16:44	13:41	14:59	15:55	16:16	15:54	5	11.7	5:06
9	112	Rosalie Westerveld-Koops	v	Assen	1992	15 km	1:23:01	16:48	16:20	16:56	16:31	16:29	5	10.8	5:32
10	111	Sanne Scheltens	v	Assen	1994	15 km	1:23:01	16:48	16:20	16:55	16:31	16:29	5	10.8	5:32
11	100	Freddie Kalsbeek	m	Assen	1959	15 km	1:24:42	16:46	16:21	17:03	17:15	17:19	5	10.6	5:38
12	102	Michelle Timmer	v	Assen	2007	15 km	1:28:54	15:14	16:21	18:17	19:15	19:49	5	10.1	5:55
13	98	Daan van der Hoofd	m	West-Terschelling	2006	15 km	1:28:54	15:14	16:21	18:17	19:15	19:49	5	10.1	5:55
14	96	Klaas Olthof	m	Warffum	1958	15 km	1:34:17	16:49	17:56	19:02	18:35	21:57	5	9.5	6:17
15	105	Fransien Mulder	v	Assen	1980	15 km	1:38:56	19:14	19:52	20:13	20:18	19:21	5	9.0	6:35
16	104	Marc Steenhorst	m	Assen	1979	15 km	1:38:57	19:15	19:52	20:13	20:18	19:21	5	9.0	6:35

Aantal gefinished: 78