

Puinduinrun

25 januari 2015

Uitslag 9,4 km

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Finish	Netto	Bruto
1	483	David Apraiz	Den Haag	M-3	12:15,54	12:31,71	12:40,15	0:17,71	37:45,11	37:47
2	465	Jeroen van Aken	HAAG Atletiek	M-3	12:15,62	12:47,06	12:58,62	0:14,22	38:15,52	38:17
3	342	Remco Mocking	Den Haag	M-3	12:27,65	12:59,14	12:41,65	0:15,54	38:23,98	38:25
4	262	Pieter Bakx	Rotterdam Atletiek	M-3	12:27,12	12:58,89	13:08,14	0:18,04	38:52,19	38:54
5	476	Wynfrith Meijwes	Den Haag	M-3	12:52,05	13:41,86	13:32,44	0:12,40	40:18,75	40:21
6	129	Gearoid O'Shea	Den Haag	M-3	12:52,47	13:39,10	13:29,43	0:16,57	40:17,57	40:21
7	120	Misha Stassen	AV Sparta	M-3	13:25,87	13:49,16	13:48,80	0:15,53	41:19,36	41:22
8	473	Maarten Witteman	rtc	M-3	13:26,99	13:57,94	13:54,33	0:15,27	41:34,53	41:36
9	409	Maarten Klein	Running2000	M-3	13:54,10	14:05,95	14:05,71	0:16,98	42:22,74	42:24
10	307	Mattijs van Dulkenraad	Sparta	M-3	14:21,80	14:13,26	14:30,47	0:18,32	43:23,85	43:26
11	393	Edwin van der Scheer	Amsterdam	M-3	14:45,34	14:25,52	14:15,20	0:19,28	43:45,34	43:48
12	179	Jan van der Meer	Olympus' 70	M-3	14:21,58	14:32,61	14:38,15	0:21,38	43:53,72	43:55
13	1	Sanne Broeksma	RUN2DAY	V-3	14:26,57	14:31,15	15:06,06	0:16,18	44:19,96	44:22
14	323	Edgar Vermaas	Den Haag	M-3	14:36,57	14:53,57	14:57,03	0:13,28	44:40,45	44:43
15	359	Dennis Dekker	Voorschoten	M-3	14:44,19	14:53,03	14:51,04	0:13,75	44:42,01	44:44
16	124	Alex Olieman	gouda	M-3	14:35,95	15:06,26	15:01,31	0:15,61	44:59,13	45:01
17	139	Francois Lanel	Den Haag	M-3	15:04,60	14:59,79	14:49,03	0:16,91	45:10,33	45:14
18	311	Willem van der Hut	den haag	M-3	15:23,83	14:50,34	14:51,39	0:17,20	45:22,76	45:34
19	355	Michiel Hellegers	RTC	M-3	14:59,11	15:17,70	15:16,33	0:19,57	45:52,71	45:57
20	122	Geert-Jan Mols	Av Sparta	M-3	15:04,57	15:14,64	15:19,53	0:18,94	45:57,68	46:00
21	270	Jean Charles Rogers	HRR	M-3	14:55,58	15:16,23	15:37,97	0:19,78	46:09,56	46:14
22	252	Maarten Schoemaker	Loslopers	M-3	14:52,90	15:23,21	15:32,48	0:18,99	46:07,58	46:16
23	384	Nick Vogels	AV Sparta	M-3	15:12,78	15:23,27	15:33,13	0:18,30	46:27,48	46:30
24	100	Moniek van Lieshout	Den Haag	V-3	15:14,90	15:38,87	15:27,66	0:16,80	46:38,23	46:40
25	285	Michel van de Luitgaarden	AV Sparta Voorburg	M-3	15:27,73	15:25,72	15:27,95	0:20,22	46:41,62	46:44
26	327	Jeroen Schaap	Pijnacker	M-3	15:20,99	15:43,07	15:39,85	0:16,58	47:00,49	47:04
27	438	Maarten Storm	Naaldwijk	M-3	15:53,08	15:27,80	15:16,64	0:18,46	46:55,98	47:07
28	326	Wilco Faber	Den Haag	M-3	15:11,19	15:53,92	16:02,09	0:23,86	47:31,06	47:33
29	163	Richard van der Klis	ARV Ilion	M-3	15:30,01	15:48,86	15:56,55	0:21,67	47:37,09	47:39
30	193	Dennis Boersma	Den Haag	M-3	15:50,03	15:55,64	15:55,77	0:18,78	48:00,22	48:05

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Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Finish	Netto	Bruto
31	209	Albert Ruijg	PAC	M-3	15:37,49	16:13,57	15:58,02	0:18,45	48:07,53	48:12
32	330	Jeroen Schraag	Crossfit Bink 36	M-3	16:29,04	16:07,11	15:09,34	0:13,93	47:59,42	48:13
33	178	Erwin Blaauw	av Sparta	M-3	15:51,11	15:57,38	16:13,83	0:19,83	48:22,15	48:25
34	469	Marcel Wierenga	De Hardloopwinkel	M-3	15:31,93	16:13,18	16:21,29	0:21,06	48:27,46	48:31
35	299	Geert Snijders	Den Haag	M-3	15:50,34	16:12,09	16:10,71	0:18,35	48:31,49	48:35
36	295	Irene Aldersma	Haag Atletiek	V-3	14:59,73	16:15,94	16:57,61	0:21,87	48:35,15	48:37
37	121	Rob Brown	Leidschendam	M-3	15:33,56	16:21,63	16:23,84	0:16,38	48:35,41	48:38
38	442	Eric Philipssen	olympus'70	M-3	16:00,12	16:29,11	15:46,27	0:19,49	48:34,99	48:38
39	184	Patrick Keizer	Leiden	M-3	15:29,46	16:10,82	16:40,13	0:20,82	48:41,23	48:44
40	319	Peter Kaljouw	av veteranen nederland	M-3	16:12,71	16:29,84	16:38,29	0:22,21	49:43,05	49:50
41	264	Marianne Nijmeijer	Haag Atletiek	V-3	16:08,29	16:40,58	16:41,88	0:17,68	49:48,43	49:51
42	255	Jurgen Kalkman	Den Haag	M-3	16:00,65	16:39,79	16:50,77	0:16,29	49:47,50	49:52
43	186	Richard van Heeckeren	Orion	M-3	15:59,72	16:47,13	16:43,16	0:21,04	49:51,05	49:54
44	436	Sandy Dekker	Wormer	M-3	15:54,16	16:39,79	16:55,63	0:20,20	49:49,78	49:55
45	427	Pjotr van der Velden	s-Gravenhage	M-3	17:16,10	15:53,46	16:04,58	0:20,21	49:34,35	50:01
46	304	Niels Kampschuur	Den Haag	M-3	16:08,28	16:49,38	16:38,86	0:19,23	49:55,75	50:06
47	478	Frans Martens	HRR	M-3	16:30,45	16:48,39	16:31,02	0:16,47	50:06,33	50:11
48	405	Elbert Langerak	Oud-Beijerland	M-3	15:49,96	16:52,82	17:11,31	0:18,94	50:13,03	50:17
49	308	Arie Heddema	RTC	M-3	16:18,65	16:56,53	16:37,15	0:19,22	50:11,55	50:18
50	145	Marc van het Bolscher	Road Runners Zoetermeer	M-3	15:47,42	17:09,42	16:56,84	0:22,82	50:16,50	50:22
51	314	Steven McDowell	Den Haag	M-3	15:53,53	17:06,61	16:55,93	0:20,27	50:16,34	50:28
52	237	Kees van der Beek	den haag	M-3	16:47,33	16:50,36	16:26,58	0:19,90	50:24,17	50:29
53	448	Peter Jol	Den Haag	M-3	17:19,76	16:28,45	15:32,43	0:18,81	49:39,45	50:31
54	294	Peter Simonis	Den Haag	M-3	16:22,36	17:02,06	16:38,47	0:18,58	50:21,47	50:33
55	253	Roy Boersma	AVRijnsoever	M-3	16:52,17	16:27,17	16:39,43	0:21,19	50:19,96	50:35
56	407	Alex Renckens	Sparta Voorburg	M-3	17:49,16	16:13,37	16:06,48	0:18,16	50:27,17	50:38
57	418	Erik van der Plas	Amsterdam	M-3	17:28,75	16:23,29	16:12,74	0:15,81	50:20,59	50:40
58	126	Simone Lankhuijzen	av sparta	V-3	16:37,66	16:49,69	17:02,29	0:19,26	50:48,90	50:50
59	466	Erik Mastebroek	Voorburg	M-3	16:23,92	16:55,86	17:00,43	0:23,70	50:43,91	50:56
60	332	Marcus Bouma	SVV scheveningen ;)	M-3	16:54,42	16:33,22	16:58,84	0:22,74	50:49,22	51:03

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Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Finish	Netto	Bruto
61	198	Mike van Wichen	VanWichenHardlopers	M-3	16:50,32	16:46,88	17:00,09	0:20,49	50:57,78	51:04
62	396	Pieter van Gent	Den Haag	M-3	17:14,17	16:34,63	16:26,30	0:20,08	50:35,18	51:13
63	283	Nathalie Goemans	VanDrielSport	V-3	22:37,03	22:45,83	0:25,88	5:14,13	51:02,87	51:15
64	201	Jan van Rijn	Rrz	M-3	17:38,07	16:52,61	16:29,85	0:23,93	51:24,46	51:31
65	373	Ilse Houtman	Haag Atletiek	V-3	16:52,40	17:08,78	17:13,03	0:20,41	51:34,62	51:39
66	334	Yorick Meijdam	Den Haag	M-3	16:47,91	17:02,86	17:18,85	0:21,62	51:31,24	51:44
67	398	Sander Nievergeld	Maastricht	M-3	17:17,93	17:00,26	17:04,79	0:23,68	51:46,66	51:52
68	6	Bram Bakker	RUN2DAY	M-3	16:40,43	17:21,39	17:33,21	0:17,75	51:52,78	51:56
69	347	Hans Buitendijk	Rotterdam	M-3	15:58,03	17:29,97	18:06,55	0:23,77	51:58,32	52:02
70	402	Marvin de Jong	zoetermeer	M-3	17:12,05	17:03,03	17:13,49	0:18,71	51:47,28	52:03
71	131	Sjoerd Kreijns	Veenendaal	M-3	17:27,81	16:43,25	17:21,96	0:16,24	51:49,26	52:05
72	117	Marjolein Dam	RTC	V-3	17:24,50	16:56,21	17:20,03	0:19,58	52:00,32	52:11
73	143	Tim Dijkhuijs	Den Haag	M-3	17:49,80	17:13,86	16:40,02	0:22,98	52:06,66	52:16
74	455	Andre de Jong	schiedam	M-3	17:21,97	17:14,36	17:14,23	0:21,30	52:11,86	52:20
75	431	Robin Kolner	Den Haag	M-3	17:27,37	17:02,58	17:28,09	0:16,19	52:14,23	52:24
76	374	Edwin van Scherrenburg	Den Haag	M-3	16:49,16	17:40,44	17:32,48	0:24,37	52:26,45	52:34
77	171	Michiel Vroon	Den Haag	M-3	17:02,91	17:56,34	17:28,05	0:19,37	52:46,67	52:52
78	484	Bo Videler	Den Haag	M-3	17:33,75	17:36,40	17:18,84	0:20,69	52:49,68	52:57
79	281	Rolf Vermolen	ARV ILION	M-3	17:12,79	17:42,84	17:42,29	0:20,45	52:58,37	53:02
80	200	Edwin Crielaard	thor roosendaal	M-3	17:26,74	17:36,71	17:30,46	0:20,12	52:54,03	53:04
81	164	Coen van Hal	den haag	M-3	18:14,65	17:11,21	17:05,49	0:18,47	52:49,82	53:05
82	274	Brenda Schuurkamp	RTC	V-3	17:02,43	17:52,50	17:46,91	0:20,56	53:02,40	53:08
83	228	Caspar de Kok	Den Haag	M-3	17:05,00	17:58,64	17:43,42	0:21,98	53:09,04	53:11
84	203	Peter Dubbelaar	AV Rijnsoever	M-3	17:41,79	17:25,31	17:29,48	0:22,09	52:58,67	53:16
85	297	Jan-Willem Savalle	Zoetermee	M-3	17:32,44	17:19,58	17:50,04	0:24,97	53:07,03	53:16
86	218	Martin Worsdorfer	Den Haag	M-3	17:37,83	17:31,63	17:41,92	0:20,39	53:11,77	53:21
87	446	Eduard Wittenaar	De Lier	M-3	18:29,00	17:11,07	16:38,40	0:20,67	52:39,14	53:27
88	383	Mwalima Peltenburg	Den Haag	V-3	18:10,85	17:20,90	17:01,05	0:19,34	52:52,14	53:27
89	142	Andre Dijkhuijs	Den Haag	M-3	17:49,00	17:36,85	17:33,31	0:20,30	53:19,46	53:28
90	482	Ferdi van der Arend	Poeldijk	M-3	18:26,04	17:11,62	17:11,83	0:20,74	53:10,23	53:30

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Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Finish	Netto	Bruto
91	265	Marc Hondebrink	Rijswijk	M-3	17:38,79	17:23,36	17:59,17	0:22,63	53:23,95	53:34
92	135	Gerard van Dommelen	Dutch Runner	M-3	18:01,29	17:03,15	17:45,51	0:22,59	53:12,54	53:35
93	211	Rob Paas	Den Haag	M-3	17:34,73	17:23,42	18:03,76	0:24,63	53:26,54	53:39
94	441	Marcel Veen	Den Haag	M-3	18:31,24	17:41,29	16:45,13	0:19,47	53:17,13	53:48
95	7	Teun Roodvoets	NO SWEAT	M-3	18:24,59	17:09,96	17:30,22	0:18,00	53:22,77	53:53
96	414	Arjen Postma	Haarlem	M-3	17:27,37	18:01,64	17:38,64	0:13,95	53:21,60	53:59
97	108	Willem Schofaerts	Den Haag	M-3	17:54,03	18:02,35	17:33,33	0:19,31	53:49,02	54:01
98	309	José Xavier	AVSparta	M-3	16:27,16	18:13,02	19:00,61	0:20,52	54:01,31	54:03
99	188	Bart Hamelink	Delft	M-3	19:01,95	17:13,54	17:00,17	0:19,28	53:34,94	54:04
100	364	Hilair Zwinkels	Olympus '70	M-3	18:10,63	17:28,83	17:44,34	0:20,22	53:44,02	54:13
101	381	Bianca Meijndert	de Kieviten	V-3	18:23,04	17:45,03	17:42,98	0:20,25	54:11,30	54:18
102	358	Jan Jens	Nieuwegein	M-3	18:29,85	17:41,64	17:32,18	0:17,58	54:01,25	54:19
103	371	Arie Franke	Leidschendam	M-3	17:30,90	17:57,79	18:07,45	0:20,73	53:56,87	54:28
104	158	Elleke Koorneef	AV de Koplopter	V-3					54:14,00	
105	435	John Klippel	Gouda	M-3	17:52,70	18:06,23	18:19,65	0:21,28	54:39,86	54:47
106	130	Mireille Ploegmakers	A.V. Oss '78	V-3	18:40,35	17:48,55	18:00,19	0:16,79	54:45,88	54:58
107	191	Emiel Jonkers	Den Haag	M-3	18:36,16	18:04,86	17:52,46	0:16,51	54:49,99	54:59
108	411	Joost Louweret	nvt	M-3	18:31,12	17:58,32	17:50,43	0:24,13	54:44,00	55:03
109	382	Dave Jansen	Lelystad	M-3	18:52,53	17:47,74	17:46,65	0:21,67	54:48,59	55:07
110	429	Jean-paul Kulk	voorborg	M-3	18:07,27	18:03,14	18:03,86	0:23,41	54:37,68	55:08
111	217	Sander van der Leeuw	Den Haag	M-3	18:00,62	17:43,66	18:38,59	0:22,62	54:45,49	55:15
112	452	Henk Scholte Albers	Den Haag	M-3	18:15,61	18:19,81	18:04,36	0:20,79	55:00,57	55:18
113	219	Remco Arnoldus	RRZ	M-3	17:20,09	18:43,10	19:06,25	0:20,45	55:29,89	55:40
114	212	Patrick Canten	Wateringen	M-3	18:24,88	18:12,99	18:35,71	0:22,51	55:36,09	55:50
115	268	Willem Teerlink	haag atletiek	M-3	17:33,13	18:22,08	19:20,60	0:25,28	55:41,09	55:51
116	375	Michael Appel	Haagatletiek	M-3	17:43,87	18:41,36	18:58,48	0:20,50	55:44,21	55:51
117	416	Marijn Bunnik	Den Haag	M-3	18:33,36	18:19,95	18:15,38	0:21,48	55:30,17	55:58
118	408	Raymond Kievit	Amersfoort	M-3	17:59,03	18:15,43	18:47,92	0:19,11	55:21,49	55:59
119	168	Remco van Paridon	den haag	M-3	18:09,25	18:30,56	18:51,36	0:20,15	55:51,32	56:01
120	250	Marcel Jacobs	av'40	M-3	18:04,51	18:36,06	18:53,03	0:21,18	55:54,78	56:03

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121	256	Bas van Binnendijk	Dutch Runners Gold	M-3	18:00,75	19:00,58	18:46,52	0:18,61	56:06,46	56:11
122	460	Sander Vis	Den Haag	M-3	18:22,88	18:28,34	18:53,47	0:17,54	56:02,23	56:14
123	245	Harald ten Katen	RTC	M-3	18:21,78	18:39,74	18:50,59	0:21,04	56:13,15	56:19
124	225	Derk Hazekamp	Lexgroep	M-3	18:15,29	18:03,17	19:25,75	0:19,73	56:03,94	56:20
125	118	Berry Verkiijk	Haag Atletiek	M-3	18:37,65	18:46,75	18:33,99	0:21,55	56:19,94	56:24
126	363	Paul Boeren	Sparta	M-3	19:09,84	18:34,98	18:16,97	0:16,77	56:18,56	56:29
127	345	Mart Nobel	TVS'90-Team HOPE	M-3	17:39,76	18:30,24	19:35,04	0:20,29	56:05,33	56:30
128	234	Willem-Jan Storm	Naaldwijk	M-3	19:00,25	18:27,73	18:31,25	0:21,34	56:20,57	56:32
129	169	Eline van der Toorn	RRZ	V-3	17:58,48	20:03,73	17:58,03	0:24,03	56:24,27	56:34
130	195	Rick de Graaff	Leidschendam	M-3	19:05,81	18:01,85	18:30,39	0:21,24	55:59,29	56:35
131	471	Sybe Sinnema	delft	M-3	18:21,99	18:43,10	19:15,60	0:19,80	56:40,49	56:53
132	485	Jan de Vries		M-3	18:35,69	18:53,44	18:59,15	0:24,50	56:52,78	57:09
133	266	Ralph Penning	Den Haag	M-3	18:54,46	18:31,49	18:35,95	0:21,44	56:23,34	57:13
134	282	Magdalena Kolb	Den Haag	V-3	18:40,07	18:50,53	19:14,30	0:21,43	57:06,33	57:20
135	439	Stefan Scholtes	s-Gravenzande	M-3	17:39,06	19:14,72	19:58,77	0:23,19	57:15,74	57:21
136	223	Naomi Roeleveld	Den Haag	V-3	18:36,80	18:41,35	19:02,56	0:21,32	56:42,03	57:34
137	231	Gerben Jan Gerbrandy	Den Haag	M-3	19:10,58	19:25,50	18:23,48	0:21,54	57:21,10	57:38
138	479	Robert Weij	Den Haag	M-3	19:10,59	19:25,90	18:22,95	0:21,87	57:21,31	57:38
139	226	Siebren Ruijg	Den Haag	M-3	19:32,04	18:22,51	19:04,83	0:16,11	57:15,49	57:43
140	353	Jack Boone	Health Club Open Air	M-3	18:22,44	18:47,73	19:54,26	0:20,66	57:25,09	57:48
141	202	Michiel Hartkamp	Den Haag	M-3	19:46,94	19:28,25	18:03,56	0:18,63	57:37,38	57:52
142	102	Marcel Schuddemat	den haag	M-3	18:47,64	19:07,73	19:30,38	0:22,47	57:48,22	57:53
143	480	Robin Vermeulen	Den Haag	M-3	17:55,98	19:38,68	19:57,46	0:18,20	57:50,32	58:02
144	227	Marc Trebels	Delft	M-3	19:29,61	19:02,51	18:39,63	0:19,67	57:31,42	58:04
145	259	Arie Klop	RTC	M-3	19:13,72	18:44,83	19:12,34	0:25,01	57:35,90	58:15
146	368	Fred van den Ende	Wateringen	M-3	19:24,60	19:10,95	19:10,82	0:23,86	58:10,23	58:19
147	242	Joke Immerzeel	Olympus 70	V-3	19:25,10	19:23,64	18:54,44	0:24,66	58:07,84	58:21
148	251	Ricky Martens	RRZ	M-3	20:28,14	18:43,64	18:42,52	0:21,01	58:15,31	58:22
149	181	Erik van Doorn	Voorburg	M-3	19:27,16	19:07,58	19:16,02	0:23,36	58:14,12	58:38
150	187	Hans Uytenhout	HAAG Atletiek	M-3	18:40,33	19:42,17	20:07,30	0:20,27	58:50,07	58:54

Puinduinrun

25 januari 2015

Uitslag 9,4 km

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Finish	Netto	Bruto
151	337	Rob Stallinga	koplopers Delft	M-3	19:54,97	19:14,69	19:12,92	0:22,91	58:45,49	59:00
152	316	Gerard van Schie	rtc	M-3	19:39,22	19:20,02	19:23,45	0:25,03	58:47,72	59:11
153	365	William Blokdijk	-	M-3	19:24,77	19:39,06	19:39,87	0:21,57	59:05,27	59:24
154	325	Fleur Lucas	Den Haag	V-3	19:24,33	19:39,24	19:40,47	0:21,35	59:05,39	59:24
155	177	Richard Paardekooper	Olympus '70	M-3	19:07,78	19:24,48	19:59,94	0:21,44	58:53,64	59:24
156	328	Marco Zonneveld	RTC	M-3	18:30,06	19:58,43	20:31,89	0:22,85	59:23,23	59:29
157	467	Sjoerd de Vries	Voorburg	V-3	18:41,50	20:15,80	19:57,34	0:24,63	59:19,27	59:31
158	447	Walter van der Wees	Den Haag	M-3	19:42,11	19:09,87	19:24,49	0:23,95	58:40,42	59:32
159	440	Tom Ouwering	s-Gravenzande	M-3	17:58,08	20:37,54	20:30,30	0:23,93	59:29,85	59:36
160	352	Ton de Jong	Haag atletiek	M-3	20:13,54	19:24,28	19:13,74	0:18,45	59:10,01	59:37
161	149	Henk Budel	Den Haag	M-3	19:23,95	19:38,64	19:55,28	0:22,08	59:19,95	59:37
162	216	Leo van Spronsen	poeldijk	M-3	20:30,31	18:55,89	19:04,65	0:24,05	58:54,90	59:41
163	183	Floris Gimberg	Voorschoten	M-3	19:35,98	19:26,76	19:49,00	0:21,72	59:13,46	59:41
164	116	Hetty van Hamersveld	Den Haag	V-3	20:12,90	19:24,77	19:27,94	0:24,62	59:30,23	59:43
165	419	Ron Schijf	geen	M-3	20:10,62	19:40,39	19:09,03	0:24,32	59:24,36	59:50
166	463	Howard Pijpaert	roadrunners Zoetermeer	M-3	19:55,19	19:44,68	19:50,59	0:22,82	59:53,28	1:00:02
167	310	Robin Westerduijn	den haag	M-3	20:14,45	19:59,80	19:10,17	0:23,34	59:47,76	1:00:03
168	470	Jeroen Hulscher	Rijswijk	M-3	19:03,16	20:15,97	20:14,86	0:25,64	59:59,63	1:00:13
169	258	Melvin Lotz	Katwijk aan Zee	M-3	19:24,04	20:00,14	20:12,28	0:21,75	59:58,21	1:00:15
170	454	Yvonne Tas	RIJSWIJK	V-3	20:11,12	20:00,87	19:26,04	0:21,24	59:59,27	1:00:21
171	110	Wendy de Vreugd	AV Rijnsoever	V-3	20:34,29	19:44,34	19:27,26	0:19,30	1:00:05,19	1:00:23
172	133	Simon Jansen	hrr	M-3	19:45,84	20:24,83	19:48,64	0:16,52	1:00:15,83	1:00:31
173	150	Mark-Jan Videler	Den haag	M-3	17:44,95	20:26,34	21:48,19	0:26,32	1:00:25,80	1:00:32
174	278	Fabio Bruna	Den Haag	M-3	19:06,20	20:11,58	20:48,47	0:21,83	1:00:28,08	1:00:36
175	185	Marielle van Heeckeren	Orion	V-3	19:52,26	20:14,01	19:56,63	0:22,50	1:00:25,40	1:00:44
176	387	Henk Slagter	Den haag	M-3	19:29,62	20:06,07	20:39,85	0:24,17	1:00:39,71	1:00:50
177	106	André Buitenhok	Den Haag	M-3	20:03,24	20:15,61	19:43,87	0:22,94	1:00:25,66	1:00:51
178	148	Domien Zahradnik	Den Haag	M-3	19:51,69	20:15,55	20:17,62	0:23,48	1:00:48,34	1:00:54
179	233	Sjoerd-Gosse Dijkstra	DIJC Bertus	M-3	21:08,85	19:22,82	19:29,81	0:20,86	1:00:22,34	1:00:57
180	213	Mickael den Exter	ZOETERMEER	M-3	19:44,41	20:18,05	20:21,14	0:19,12	1:00:42,72	1:01:03

Puinduinrun

25 januari 2015

Uitslag 9,4 km

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Finish	Netto	Bruto
181	290	Michel Goemans	Zoeterwoude	M-3	20:16,94	20:31,87	19:43,86	0:21,65	1:00:54,32	1:01:06
182	390	Roeland van der Molen	Rotterdam	M-3	20:29,39	19:57,85	19:44,85	0:21,86	1:00:33,95	1:01:12
183	180	Gerard van den Ende	s-Gravenzande	M-3	21:30,17	19:23,48	19:13,66	0:21,59	1:00:28,90	1:01:14
184	101	Dominik van Lankeren	Den Haag	M-3	20:43,95	19:41,31	19:53,44	0:20,37	1:00:39,07	1:01:17
185	420	Harold van der Hoeven	den Haag	M-3	21:35,44	19:27,65	19:12,35	0:14,39	1:00:29,83	1:01:17
186	249	Xander Storms	Den Haag	M-3	21:52,27	19:32,00	19:17,18	0:21,20	1:01:02,65	1:01:25
187	260	Aad van Zeijl	Naaldwijk	M-3	21:41,88	19:21,35	19:15,13	0:27,89	1:00:46,25	1:01:32
188	449	Youssef Ait Daoud	Das B&A Trrelclub	M-3	21:09,53	20:06,73	19:21,65	0:21,97	1:00:59,88	1:01:48
189	286	Eduard Evenblij	voorborg	M-3	21:02,51	20:00,35	19:34,76	0:27,37	1:01:04,99	1:01:52
190	372	Ron 't Lam	Schiedam	M-3	20:40,61	20:37,81	20:06,49	0:20,70	1:01:45,61	1:01:55
191	366	Marlie van der Hooft	Leidschendam	V-3	20:40,43	20:35,96	20:08,11	0:20,95	1:01:45,45	1:01:55
192	176	Shirley Scheffel	Monster	V-3	20:23,55	20:52,85	20:31,42	0:26,19	1:02:14,01	1:02:40
193	450	Pieter Hogeweg	Den Haag	M-3	20:23,38	21:00,10	20:35,81	0:23,09	1:02:22,38	1:02:40
194	462	Jolanda van Kesteren	HRR	V-3	20:51,41	20:34,53	20:23,02	0:22,76	1:02:11,72	1:02:40
195	388	Paul op den Buijsch	Den haag	M-3	20:18,70	21:07,31	20:46,74	0:24,23	1:02:36,98	1:02:48
196	445	Laurens de Groot	Rotterdam	M-3	21:25,78	20:31,89	19:43,12	0:19,22	1:02:00,01	1:02:48
197	444	Richard van Deventer	Das B&A Trrelclub	M-3	21:26,48	20:28,73	19:46,85	0:22,28	1:02:04,34	1:02:53
198	291	Pieter van Dooren	Leiden Atletiek	M-3	20:22,76	20:39,09	21:21,78	0:22,04	1:02:45,67	1:02:58
199	189	Mike Richmond	leidschendam	M-3	20:32,23	20:42,03	21:03,10	0:22,30	1:02:39,66	1:03:11
200	235	Robin Micka	Den Haag	M-3	21:21,40	19:57,06	20:53,08	0:22,58	1:02:34,12	1:03:21
201	361	Jeroen van der Kamp	Rijswijk	M-3	19:25,28	21:08,83	22:08,00	0:25,87	1:03:07,98	1:03:23
202	137	Jonathan Mccann	den Haag	M-3	20:41,45	21:08,34	20:43,76	0:19,24	1:02:52,79	1:03:23
203	113	Michaél Robers	Dutch Runners	M-3	20:24,52	20:26,05	21:40,84	0:26,20	1:02:57,61	1:03:31
204	162	Sander van den Bos	Leidschendam	M-3	20:54,17	20:46,59	20:52,54	0:23,88	1:02:57,18	1:03:36
205	207	Onno Achterberg	Leidschendam	M-3	20:41,21	21:10,31	21:14,22	0:20,36	1:03:26,10	1:03:42
206	292	Esther Nijhof	Den Haag	V-3	21:01,71	20:43,81	21:12,87	0:27,48	1:03:25,87	1:03:55
207	111	Esther Huygen	Leidschendam	V-3	21:41,04	20:30,75	20:49,89	0:25,03	1:03:26,71	1:04:02
208	263	Roland Hooghiemstra	Delft	M-3	21:35,90	20:32,94	20:59,46	0:24,62	1:03:32,92	1:04:07
209	434	Danny Adam	den haag	M-3	22:05,68	20:41,38	20:27,94	0:21,65	1:03:36,65	1:04:08
210	317	Marcel Kloesmeijer	Roadrunners Zoetermeer	M-3	20:22,97	21:18,51	21:57,18	0:24,89	1:04:03,55	1:04:14

Puinduinrun

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Uitslag 9,4 km

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Finish	Netto	Bruto
211	432	Richard Beekhuis	Monster	M-3	21:54,54	21:17,90	19:57,48	0:19,38	1:03:29,30	1:04:23
212	243	Martijn Nijholt	Den Haag	M-3	21:58,58	20:53,30	20:38,59	0:24,95	1:03:55,42	1:04:25
213	194	Arjan van Gemert	Den Haag	M-3	20:31,00	21:38,48	21:53,68	0:21,11	1:04:24,27	1:04:36
214	214	Carien Pelster	Den Haag	V-3	21:11,71	21:19,88	20:51,62	0:24,12	1:03:47,33	1:04:36
215	367	Niels Leerentveld	Den Haag	M-3	21:21,42	21:17,79	20:44,24	0:22,19	1:03:45,64	1:04:38
216	272	Ton van der Wal	haag atletiek	M-3	21:52,83	20:31,92	21:20,98	0:26,37	1:04:12,10	1:04:39
217	293	Dennis vd Hoeven	Sport2Bfit	M-3	20:58,92	22:13,91	21:08,83	0:21,75	1:04:43,41	1:04:54
218	115	Annemarie Lankheet	den Haag	V-3	20:59,91	21:47,34	21:20,63	0:23,55	1:04:31,43	1:04:56
219	406	Michael Hiep	Ter Heijde	M-3	19:33,60	22:08,79	22:43,65	0:14,76	1:04:40,80	1:04:56
220	221	Daniel Hoyng	Den Haag	M-3	21:10,98	21:10,63	21:43,17	0:24,90	1:04:29,68	1:04:59
221	348	Marieke van der Staak	Den Haag	V-3	21:25,83	21:57,27	20:46,05	0:25,40	1:04:34,55	1:04:59
222	377	Lisa Nederlof	Den Haag	V-3	20:32,76	21:50,83	22:05,27	0:23,26	1:04:52,12	1:05:03
223	301	Jackeline Everaers	Delft	V-3	21:42,06	20:52,44	21:41,81	0:22,21	1:04:38,52	1:05:13
224	320	Evelyn van der Stap	Den Haag	V-3	21:05,85	21:12,48	21:48,58	0:26,35	1:04:33,26	1:05:23
225	146	Delicia Ensing	Delft	V-3	21:57,38	21:03,78	21:32,02	0:19,59	1:04:52,77	1:05:26
226	336	Hans Out	Haag Atletiek	M-3	24:26,23	19:55,07	20:07,60	0:26,15	1:04:55,05	1:05:52
227	208	Daan Berger	den haag	V-3	20:48,38	22:09,61	22:25,52	0:23,88	1:05:47,39	1:05:57
228	428	Ariane Hamming	Den Haag	V-3	21:26,36	22:17,89	21:38,56	0:23,86	1:05:46,67	1:05:57
229	468	Evelien Smit	Voorburg	V-3	21:21,81	22:18,07	21:38,31	0:23,63	1:05:41,82	1:05:57
230	239	Raymond Kettenis	Den Haag	M-3	22:16,48	21:34,01	21:26,25	0:20,93	1:05:37,67	1:06:06
231	138	Pieter van Harskamp	Den Haag	M-3	20:19,90	22:01,35	23:14,60	0:29,23	1:06:05,08	1:06:13
232	422	Peter Pronk	Haag Atletiek	M-3	21:37,75	22:02,86	21:46,65	0:22,61	1:05:49,87	1:06:17
233	461	Jan van der Rassel	HPSV	M-3	21:33,12	22:02,13	21:59,43	0:16,96	1:05:51,64	1:06:18
234	152	Simone de Heer	DEN HOORN ZH	V-3	21:39,37	21:37,31	21:48,75	0:28,08	1:05:33,51	1:06:21
235	155	Eef Goeyenbier	Sparta	M-3	22:34,83	21:27,39	21:28,58	0:24,44	1:05:55,24	1:06:26
236	280	Sylvia Visser	RTC	V-3	21:54,88	21:41,95	22:08,38	0:29,45	1:06:14,66	1:06:29
237	338	Irene Hoevenaars	Funrunners	V-3	22:22,33	21:33,37	21:32,19	0:23,38	1:05:51,27	1:06:36
238	172	Nicole Vermeij	DIJC Bertus Delft	V-3	21:58,12	21:49,88	21:57,94	0:22,19	1:06:08,13	1:06:42
239	112	Martine Tap	Salon Mali	V-3	22:40,51	21:34,06	22:11,44	0:27,70	1:06:53,71	1:07:16
240	114	Madelon Vink	Den haag	V-3	22:20,09	21:55,85	22:10,30	0:27,77	1:06:54,01	1:07:16

Puinduinrun

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Uitslag 9,4 km

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Finish	Netto	Bruto
241	421	Martijn Sterke	Den Haag	M-3	22:27,25	21:15,92	22:28,58	0:24,88	1:06:36,63	1:07:17
242	144	Colin Joyce	Den Haag	M-3	22:50,85	22:02,45	21:38,97	0:20,74	1:06:53,01	1:07:22
243	456	Barbara Keus	Den Haag	V-3	23:04,75	21:59,02	21:11,19	0:19,47	1:06:34,43	1:07:33
244	236	Michel Blom	s Gravenzande	M-3	20:39,45	22:50,20	23:35,39	0:27,70	1:07:32,74	1:07:39
245	379	Eva Jonker	Den Haag	V-3	22:28,08	21:49,53	22:15,93	0:25,37	1:06:58,91	1:07:39
246	477	Lieke Kempen	dwn Haag	V-3	22:10,15	22:13,27	22:20,57	0:25,72	1:07:09,71	1:07:43
247	103	Babette van der Wijst	Nootdorp	V-3	22:54,78	22:02,95	22:06,96	0:19,67	1:07:24,36	1:07:44
248	156	Natasja van den Bos	Leidschendam	V-3	22:32,38	22:12,72	22:12,87	0:24,14	1:07:22,11	1:07:57
249	376	Kitty van Hoorn	Dordrecht	V-3	22:17,69	22:35,53	22:24,15	0:26,19	1:07:43,56	1:07:59
250	386	Paul Geenen	TTB	M-3	21:50,61	22:11,46	23:14,52	0:27,81	1:07:44,40	1:08:07
251	205	Ingrid Achterberg-Kortekaas	AV Sparta	V-3	21:56,70	23:26,31	22:37,93	0:23,43	1:08:24,37	1:08:40
252	267	Thomas Schenderling	Koudekerk aan den Rijn	M-3	22:43,82	22:29,58	22:36,92	0:23,54	1:08:13,86	1:08:40
253	335	Tina Out	Haag Atletiek	V-3	24:26,24	21:39,35	21:35,14	0:26,27	1:08:07,00	1:09:04
254	395	Joke Fransen	DEN HAAG	V-3	23:41,75	22:09,45	22:33,95	0:26,11	1:08:51,26	1:09:30
255	394	Henk van der Tak	DEN HAAG	M-3	22:24,32	22:25,20	23:35,50	0:26,01	1:08:51,03	1:09:30
256	401	Wick Vermeulen	Reeuwijk	M-3	22:23,23	22:26,38	23:35,04	0:25,91	1:08:50,56	1:09:30
257	392	Simone Varenkamp	AV Sparta	V-3	22:07,73	23:19,95	23:35,84	0:26,08	1:09:29,60	1:09:46
258	391	Remco Duijnhouwer	Den Haag	M-3	22:52,29	23:27,14	22:57,00	0:24,22	1:09:40,65	1:10:05
259	215	Bas Verveen	Den Haag	M-3	22:42,74	23:45,70	23:39,40	0:26,69	1:10:34,53	1:10:59
260	210	Yvo van Delden	Dutch mud men	M-3	22:13,17	23:33,56	24:46,38	0:33,74	1:11:06,85	1:11:14
261	166	Marieke Smit	Voorburg	V-3	22:50,65	23:35,98	24:06,62	0:29,81	1:11:03,06	1:11:17
262	453	Marco Akerboom	Den Haag	M-3	24:13,28	24:13,52	23:24,78	0:26,77	1:12:18,35	1:13:12
263	248	Erwin Deen	Den Haag	M-3	24:41,22	24:06,35	23:35,72	0:28,37	1:12:51,66	1:13:14
264	174	Ernesto Hompe	den haag	M-3	23:29,33	23:59,85	24:50,25	0:28,72	1:12:48,15	1:13:48
265	349	Erica van Dam-van Laar	Den Haag	V-3	24:39,02	24:04,18	23:46,62	0:25,60	1:12:55,42	1:13:54
266	151	Karin Witteveen	Leidschendam	V-3	24:55,44	25:28,08	24:59,84	0:24,50	1:15:47,86	1:16:22
267	153	Judith Oostwoud	Leidschendam	V-3	24:54,84	25:27,81	24:59,98	0:25,02	1:15:47,65	1:16:22
268	105	Liesbeth Poortvliet	RCA	V-3	26:00,45	25:12,62	25:39,13	0:26,00	1:17:18,20	1:18:03
269	357	Jan Stoop	RTC	M-3	25:25,36	25:51,25	26:55,89	0:31,94	1:18:44,44	1:19:05
270	433	Astrid Broeker	Monster	V-3	26:26,90	27:52,85	27:16,40	0:30,16	1:22:06,31	1:22:57

Puinduinrun

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Uitslag 9,4 km

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Finish	Netto	Bruto
271	360	Edward Geukes	Haag Atletiek	M-3	25:46,30	16:03,69	17:08,03	17:14,83	1:16:36,56	4 Ronden
272	417	Hans Joele	Den Haag	M-3	15:16,15	16:26,90	0:21,00		32:04,05	2 Ronden
273	302	Rick Driessen	Voorburg	M-3	14:49,45	16:55,83	0:52,15		32:37,43	2 Ronden
274	305	Freek van den Wildenberg	Hilversum	M-3	17:24,36	16:24,21	0:17,71		34:06,28	2 Ronden
275	312	Michelle Enright	Den Haag	V-3	18:27,69	19:24,22	0:27,69		38:19,60	2 Ronden
276	287	Paul Bergenhenegouwen	Crankzinnig	M-3	19:03,06	18:39,00	0:20,55		38:02,61	2 Ronden
277	154	John van Zweeden	NNPV	M-3	18:53,54	19:04,39	0:24,92		38:22,85	2 Ronden
278	109	Marja Ellen Verhoef	RRZ	V-3	20:33,64	20:40,45	0:24,37		41:38,46	2 Ronden
279	472	Jan de Kwant	Sparta	M-3	20:08,40	21:06,21	0:32,46		41:47,07	2 Ronden
280	206	Paul Cars	Den Haag	M-3	20:04,61	21:50,60	0:27,27		42:22,48	2 Ronden
281	170	Arnoud du Clou	ARV Ilion	M-3	20:58,51	20:40,49	0:24,04		42:03,04	2 Ronden
282	389	Youri Dijkxhoorn	Den Haag	M-3	18:30,97	26:03,63	0:47,06		45:21,66	2 Ronden
283	241	Inge Jongerius	Den Haag	V-3	22:40,63	22:42,79	0:26,57		45:49,99	2 Ronden
284	238	Jessica Bink	den Haag	V-3	22:27,88	23:38,50	0:29,06		46:35,44	2 Ronden
285	481	Jolanda Pol	den haag	V-3	22:42,86	23:30,45	0:31,32		46:44,63	2 Ronden
286	321	Suzan Verzijden	Den Haag	V-3	23:44,59	23:31,23	0:29,28		47:45,10	2 Ronden
287	261	Leonard Hogerbrugge	Den Haag	M-3	24:30,64	22:49,78	0:24,90		47:45,32	2 Ronden
288	230	Vincent Gephardt	av sparta	M-3	27:06,90	29:06,74	0:27,24		56:40,88	2 Ronden
289	220	Bouke Wiebe van der Meer	PFT	M-3	16:06,10	0:20,70			16:26,80	1 Ronde
290	273	Diana Parlevliet	HRR	V-3	19:30,87	0:27,47			19:58,34	1 Ronde
291	279	Tom van Poecke	Den Haag	M-3	19:33,95	0:38,38			20:12,33	1 Ronde
292	385	Marc Hoogerwerf	Ede	M-3	20:22,72	0:46,09			21:08,81	1 Ronde
293	303	Bob van Nuland	Hellas Triathlon	M-3	20:01,36	1:04,92			21:06,28	1 Ronde
294	165	Priscilla Deijs	RRZ	V-3	22:59,23	0:39,65			23:38,88	1 Ronde
295	140	Marcel Hoogland	Den Haag	M-3	23:21,18	0:32,26			23:53,44	1 Ronde
296	329	Paul Muller	Hoek van Holland	M-3	1:13,43	30:51,36			32:04,79	1 Ronde