

Uitslagen 33e Kooyman Polderloop De Kwakel van 12 september 2021

4 km

| Rang | St.nr | Naam | Gb.j | M/V | Cat: | Vereniging | Netto | Bruto | km/u | m/km |
|------|-------|----------------------------|------|-----|--------|----------------|-------|-------|------|------|
| 1. | 85 | Wobbe van der Meulen, | 1971 | M | H46-99 | | 15:23 | 15:25 | 15.6 | 3:50 |
| 2. | 99 | Robert Tates, | 1980 | M | H36-45 | | 15:49 | 15:51 | 15.1 | 3:57 |
| 3. | 77 | Thijs Heemskerk, | 1998 | M | H15-35 | AKU | 15:56 | 15:58 | 15.0 | 3:58 |
| 4. | 82 | Rafal Kielczynski, | 1985 | M | H15-35 | | 16:55 | 16:57 | 14.1 | 4:13 |
| 5. | 105 | Eva van Ee, | 1995 | V | D15-35 | | 17:19 | 17:22 | 13.8 | 4:19 |
| 6. | 109 | Kirsten Heemskerk, | 2000 | V | D15-35 | NSAV 't Haasje | 17:32 | 17:35 | 13.6 | 4:22 |
| 7. | 98 | Iver van Strijen, | 2007 | M | H15-35 | AKU | 17:38 | 17:41 | 13.6 | 4:24 |
| 8. | 124 | Brenda Sleuwenhoek, | 1970 | V | M46-99 | AKU | 18:30 | 18:33 | 12.9 | 4:37 |
| 9. | 74 | Finn Doeswijk, | 2006 | M | H15-35 | | 18:46 | 18:53 | 12.7 | 4:41 |
| 10. | 95 | Joshua Schreuder, | 2011 | M | J9 | | 19:15 | 19:17 | 12.4 | 4:48 |
| 11. | 115 | Simone de Jong, | 1991 | V | D15-35 | | 19:24 | 19:28 | 12.3 | 4:50 |
| 12. | 81 | Gijs van Kessel, | 2009 | M | J12 | | 19:59 | 20:01 | 12.0 | 4:59 |
| 13. | 111 | Dana Hogenboom, | 2009 | V | M12 | AKU | 20:00 | 20:02 | 12.0 | 4:59 |
| 14. | 110 | Fleur Hofmijster, | 2009 | V | M12 | AKU | 20:01 | 20:02 | 11.9 | 5:00 |
| 15. | 129 | Jolanda van Walraven-Vern, | 1965 | V | M46-99 | AKU | 20:10 | 20:13 | 11.9 | 5:02 |
| 16. | 87 | Eno Plasmeijer, | 2009 | M | J12 | | 20:12 | 20:14 | 11.8 | 5:02 |
| 17. | 113 | Jorma van der Hoorn, | 1987 | V | D15-35 | | 20:13 | 20:17 | 11.8 | 5:03 |
| 18. | 89 | Guus Pouw, | 2009 | M | J12 | | 20:23 | 20:24 | 11.7 | 5:05 |
| 19. | 112 | Meike Hoogland, | 1966 | V | M46-99 | AKU | 20:41 | 20:45 | 11.6 | 5:10 |
| 20. | 71 | John celie, | 1971 | M | H46-99 | | 20:50 | 20:56 | 11.5 | 5:12 |
| 21. | 103 | Jonne van Diemen, | 2011 | V | M12 | AKU | 21:02 | 21:10 | 11.4 | 5:15 |
| 22. | 106 | Carice Gerritsen, | 2009 | V | M12 | Startbaan | 21:06 | 21:13 | 11.3 | 5:16 |
| 23. | 75 | Sander Gerritsen, | 1975 | M | H46-99 | | 21:07 | 21:15 | 11.3 | 5:16 |

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|-----|-----|--------------------------|------|---|--------|---------|--|-------|-------|------|------|
| 24. | 123 | Karin Schrama, | 1970 | V | M46-99 | AKU | | 21:12 | 21:15 | 11.3 | 5:17 |
| 25. | 108 | Carry de Groot, | 1965 | V | M46-99 | AKU | | 21:13 | 21:18 | 11.3 | 5:18 |
| 26. | 72 | Bart van diemen, | 1974 | M | H46-99 | | | 21:20 | 21:28 | 11.2 | 5:19 |
| 27. | 100 | Iwan van Verseveld, | 2009 | M | J12 | | | 21:18 | 21:28 | 11.2 | 5:19 |
| 28. | 102 | Marit de vries - Dekker, | 1984 | V | D36-45 | | | 21:25 | 21:32 | 11.2 | 5:21 |
| 29. | 91 | Jake Reijnen, | 2011 | M | J9 | | | 21:33 | 21:37 | 11.1 | 5:23 |
| 30. | 128 | Ellis van Verseveld, | 1976 | V | D36-45 | | | 22:05 | 22:15 | 10.8 | 5:31 |
| 31. | 117 | Dana van Lammeren, | 2009 | V | M12 | AAV '36 | | 22:15 | 22:21 | 10.7 | 5:33 |
| 32. | 83 | Ron van Lammeren, | 1978 | M | H36-45 | | | 22:18 | 22:24 | 10.7 | 5:34 |
| 33. | 390 | Ronald Plasmeijer, | 1970 | M | H46-99 | | | 22:28 | 22:31 | 10.6 | 5:36 |
| 34. | 125 | Melissa Smits, | 1994 | V | D15-35 | | | 23:58 | 24:08 | 10.0 | 5:59 |
| 35. | 84 | Cees Methorst, | 1945 | M | H46-99 | avVN | | 23:59 | 24:08 | 10.0 | 5:59 |
| 36. | 121 | Linda Rewijk, | 1990 | V | D15-35 | | | 24:01 | 24:08 | 9.9 | 6:00 |
| 37. | 116 | Maud van Kessel, | 2011 | V | M 9 | | | 24:20 | 24:24 | 9.8 | 6:04 |
| 38. | 97 | Skye Slater, | 2011 | M | J12 | | | 24:14 | 24:25 | 9.9 | 6:03 |
| 39. | 96 | Matthew Slater, | 1980 | M | H36-45 | | | 24:15 | 24:25 | 9.9 | 6:03 |
| 40. | 79 | Richard van Kessel, | 1971 | M | H46-99 | | | 24:38 | 24:42 | 9.7 | 6:09 |
| 41. | 126 | Esther Tijmensen, | 1981 | V | D36-45 | | | 24:39 | 24:44 | 9.7 | 6:09 |
| 42. | 73 | Dex Doeswijk, | 2010 | M | J12 | | | 24:37 | 24:48 | 9.7 | 6:09 |
| 43. | 78 | Jaylen van der Hoort, | 2010 | M | J12 | | | 24:37 | 24:49 | 9.7 | 6:09 |
| 44. | 80 | Siep van Kessel, | 2010 | M | J12 | | | 24:37 | 24:49 | 9.7 | 6:09 |
| 45. | 93 | Stan van rijn, | 2008 | M | H15-35 | | | 24:37 | 24:49 | 9.7 | 6:09 |
| 46. | 70 | Cas Burggraaf, | 2010 | M | J12 | | | 24:38 | 24:49 | 9.7 | 6:09 |
| 47. | 94 | Matthias Schreuder, | 2013 | M | J9 | | | 25:01 | 25:03 | 9.5 | 6:15 |
| 48. | 104 | Lisa Dijkstra, | 1993 | V | D15-35 | | | 25:31 | 25:38 | 9.4 | 6:22 |

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|-----|-----|---------------------|------|---|--------|------------------------|--|-------|-------|-----|------|
| 49. | 76 | Marck de Haan, | 1986 | M | H15-35 | Loopgroep Aart Stigter | | 25:32 | 25:38 | 9.4 | 6:22 |
| 50. | 127 | Laura Touw, | 1979 | V | D36-45 | | | 26:28 | 26:38 | 9.0 | 6:36 |
| 51. | 119 | Nicole Nieuwenhoff, | 1968 | V | M46-99 | | | 27:00 | 27:08 | 8.8 | 6:44 |
| 52. | 120 | Martine Oevering, | 1981 | V | D36-45 | AKU | | 27:06 | 27:13 | 8.8 | 6:46 |
| 53. | 86 | Lesley Pengel, | 1949 | M | H46-99 | | | 27:14 | 27:23 | 8.8 | 6:48 |
| 54. | 101 | Sacha Verwoolde, | 2011 | M | J12 | | | 27:25 | 27:27 | 8.7 | 6:51 |
| 55. | 118 | Eline van Mourik, | 1963 | V | M46-99 | AV Aalsmeer | | 27:19 | 27:28 | 8.7 | 6:49 |
| 56. | 69 | Hans Beijer, | 1950 | M | H46-99 | | | 27:25 | 27:36 | 8.7 | 6:51 |
| 57. | 92 | Rudi de reuver, | 1962 | M | H46-99 | | | 27:48 | 27:56 | 8.6 | 6:56 |
| 58. | 122 | Claudia Rewijk, | 1994 | V | D15-35 | | | 27:52 | 27:59 | 8.6 | 6:57 |
| 59. | 391 | Ilse Hogerwerf, | 1980 | V | D36-45 | | | 29:24 | 29:36 | 8.1 | 7:20 |
| 60. | 130 | Dorien wiedijk, | 1974 | V | M46-99 | | | 31:07 | 31:16 | 7.7 | 7:46 |
| 61. | 107 | Nynke Goinga, | 1970 | V | M46-99 | | | 31:59 | 32:08 | 7.5 | 7:59 |