

Uitslagen 33e Kooyman Polderloop De Kwakel van 12 september 2021

**10 km**

Rang	St.nr	Naam	Gb.j	M/V	Cat:	Vereniging	Ronde 1	Netto	Bruto	km/u	m/km
1.	166	Jan Leerink,	1992	M	H15-35	Running Holland	12:57	32:25	32:25	18.5	3:14
2.	212	Stefan Wolkers,	1993	M	H15-35	AV Aalsmeer	12:58	32:38	32:40	18.3	3:15
3.	222	Lotte Krause,	1992	V	D15-35	AKU	13:54	34:31	34:33	17.3	3:27
4.	169	Rick Marsman,	1983	M	H36-45	Ned. Triathlonbond	13:51	34:33	34:34	17.3	3:27
5.	154	Marc Klemann,	1995	M	H15-35	Hellas	13:52	34:39	34:41	17.3	3:27
6.	146	Marius van Heesewijk,	1985	M	H36-45	Phanos	14:17	35:46	35:48	16.7	3:34
7.	139	Daniel Danielecki,	1993	M	H15-35	Phanos	14:16	36:07	36:08	16.6	3:36
8.	145	Marck de Haan,	1986	M	H15-35	Loopgroep Aart Stigter	14:39	36:07	36:10	16.6	3:36
9.	159	Arjen Kroder,	1978	M	H36-45	Phanos	14:27	36:36	36:37	16.4	3:39
10.	229	Jolijn Swager,	1990	V	D15-35	Leiden Atletiek	15:01	36:53	36:55	16.2	3:41
11.	131	Israfil abdi,	2005	M	H15-35	AKU	13:52	37:30	37:32	16.0	3:44
12.	193	Maarten Schavemaker,	1984	M	H36-45		15:02	39:03	39:08	15.3	3:54
13.	173	Tetsuro Nishida,	1980	M	H36-45		15:43	39:09	39:12	15.3	3:54
14.	144	Dirk de Graaf,	1975	M	H36-45		15:25	39:12	39:15	15.3	3:55
15.	171	Erwin Metselaar,	1970	M	H46-99	AV Aalsmeer	15:06	39:14	39:15	15.2	3:55
16.	392	Muteusz Mola,	1970	M	H46-99		16:06	40:03	40:06	14.9	4:00
17.	136	Pepijn Bomas,	1985	M	H15-35		15:32	40:50	40:52	14.6	4:04
18.	135	Niels de Blok,	1980	M	H36-45		16:19	40:47	40:52	14.7	4:04
19.	202	Tim Verlaan,	1979	M	H36-45		16:28	41:14	41:17	14.5	4:07
20.	195	Wojciech Sobotzik,	1978	M	H36-45		16:45	41:19	41:23	14.5	4:07
21.	153	Jeroen Josse,	1984	M	H36-45		16:12	41:36	41:39	14.4	4:09
22.	161	Henk van Laar,	1963	M	H46-99		17:07	42:22	42:25	14.1	4:14
23.	183	Robin Piepers,	1980	M	H36-45	Phanos	17:06	42:24	42:28	14.1	4:14

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24.	168	Sem van Loveren,	2007	M	H15-35		17:27	42:23	42:32	14.1	4:14
25.	157	Rob Kooiman,	1990	M	H15-35		17:07	42:37	42:43	14.0	4:15
26.	132	Dariusz Bartko,	1975	M	H46-99		17:36	42:43	42:51	14.0	4:16
27.	207	Ferry Wegbrands,	1972	M	H46-99		17:06	43:55	44:00	13.6	4:23
28.	192	Bram van Schagen,	1977	M	H36-45	AKU	17:03	44:05	44:08	13.6	4:24
29.	152	Vincent de Jong,	1991	M	H15-35		18:32	44:35	44:46	13.4	4:27
30.	178	Hans Overbeek,	1963	M	H46-99		17:48	44:53	44:59	13.3	4:29
31.	137	Bert Bouwmeester,	1954	M	H46-99		18:12	44:59	45:01	13.3	4:29
32.	227	Carla van Rooijen,	1974	V	M46-99		18:13	45:08	45:11	13.2	4:30
33.	234	Iris vromans,	1977	V	D36-45		18:38	45:27	45:41	13.2	4:32
34.	140	Jan Willem Fransen,	1965	M	H46-99	Phanos	17:36	45:55	45:59	13.0	4:35
35.	167	Pieter van Leeuwen,	1963	M	H46-99		18:02	45:54	45:59	13.0	4:35
36.	149	Edwin Hoogenboom,	1973	M	H46-99		18:10	46:01	46:06	13.0	4:36
37.	88	Johan van rij,	1981	M	H36-45		19:37	45:55	46:08	13.0	4:35
38.	232	Loes Verlaan,	1982	V	D36-45		18:33	46:25	46:29	12.9	4:38
39.	143	Sander Gerritsen,	1975	M	H46-99		19:28	46:43	46:55	12.8	4:40
40.	163	Bas van der Lans,	1983	M	H36-45		19:13	46:44	46:55	12.8	4:40
41.	151	Clement Jager,	1976	M	H36-45		18:25	46:53	47:00	12.7	4:41
42.	221	Lydia Korrel,	1959	V	M46-99		19:09	47:19	47:24	12.6	4:43
43.	233	Karin Versteeg,	1965	V	M46-99	AKU	19:34	47:43	47:51	12.5	4:46
44.	206	Tom Warmerdam,	1991	M	H15-35		19:13	47:53	48:03	12.5	4:47
45.	138	Marc van Dalen,	1990	M	H15-35		18:37	48:29	48:41	12.3	4:50
46.	182	Sjors Peters,	1976	M	H36-45		20:43	48:44	49:00	12.3	4:52
47.	201	Rens veerman,	1966	M	H46-99		18:49	49:01	49:05	12.2	4:54
48.	208	Nico Wessel,	1959	M	H46-99		19:50	49:06	49:15	12.2	4:54

Uitslagen 33e Kooyman Polderloop De Kwakel van 12 september 2021

49.	177	Nils Out,	1992	M	H15-35		19:33	49:15	49:26	12.1	4:55
50.	179	Robert Overdam,	1971	M	H46-99		20:03	49:05	49:27	12.2	4:54
51.	156	Guus Kooijman,	1984	M	H36-45		19:50	49:23	49:35	12.1	4:56
52.	165	Jeroen van der Lee,	1977	M	H36-45		19:50	49:42	49:43	12.0	4:58
53.	187	Rick Rijlaarsdam,	1986	M	H15-35		19:51	49:33	49:45	12.1	4:57
54.	197	Jean-Paul Streng,	1982	M	H36-45		20:22	49:37	49:47	12.0	4:57
55.	228	Mayra Slootweg,	1980	V	D36-45	AKU	19:26	50:11	50:21	11.9	5:01
56.	180	Soumitra Padhi,	1980	M	H36-45		20:09	50:16	50:25	11.9	5:01
57.	172	Rohit Mokal,	1979	M	H36-45		19:39	50:24	50:33	11.9	5:02
58.	185	Silvan Reijnen,	1979	M	H36-45		19:51	50:50	51:02	11.8	5:04
59.	162	Ron van Lammeren,	1978	M	H36-45		19:28	50:58	51:04	11.7	5:05
60.	194	Mario van Schie,	1983	M	H36-45		20:21	51:11	51:25	11.7	5:07
61.	142	Van Geest,	1970	M	H46-99		20:52	51:20	51:37	11.6	5:07
62.	150	Rene Hoogenboom,	1968	M	H46-99		20:10	51:46	51:59	11.5	5:10
63.	200	Frank van Tol,	1971	M	H46-99		20:14	52:02	52:09	11.5	5:12
64.	170	Edwin Meijer,	1972	M	H46-99		20:14	52:02	52:09	11.5	5:12
65.	148	Maarten Hogenboom,	1984	M	H36-45		20:22	52:07	52:21	11.5	5:12
66.	176	Dennis Onderwater,	1977	M	H36-45		21:34	52:44	52:56	11.3	5:16
67.	147	Richard Hess,	1979	M	H36-45		20:44	52:36	52:58	11.4	5:15
68.	217	Jeannette Dollee,	1970	V	M46-99		21:35	53:06	53:15	11.3	5:18
69.	219	Wendy Hogervorst,	1978	V	D36-45		20:54	53:09	53:29	11.2	5:18
70.	181	Hans Pauw,	1952	M	H46-99		20:29	53:23	53:33	11.2	5:20
71.	204	Sander Voorn,	1974	M	H46-99		21:06	53:41	53:51	11.1	5:22
72.	175	Michel Oevering,	1980	M	H36-45	AKU	21:35	53:32	53:53	11.2	5:21
73.	213	Van Zaanen,	1977	M	H36-45		20:30	53:46	53:55	11.1	5:22

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74.	164	Jack Lauwers,	1983	M	H36-45		20:22	53:44	53:58	11.1	5:22
75.	210	Sietse Wijngaard,	2007	M	H15-35		21:41	54:11	54:19	11.0	5:25
76.	189	Harold van rijn,	1980	M	H36-45		21:34	54:07	54:20	11.0	5:24
77.	235	Maaike De Wildt,	1984	V	D36-45		21:58	54:17	54:31	11.0	5:25
78.	203	Casper Vlaming,	1973	M	H46-99		21:33	54:15	54:35	11.0	5:25
79.	199	Eric Tijssen,	1969	M	H46-99	Startbaan	20:55	54:31	54:45	11.0	5:27
80.	225	Lia Rademaker,	1959	V	M46-99	De Veenlopers	21:26	54:37	54:46	10.9	5:27
81.	238	Natalie Zwart,	1982	V	D36-45		22:26	54:48	54:48	10.9	5:28
82.	218	Ellen Flinterman,	1982	V	D36-45		22:26	54:39	54:50	10.9	5:27
83.	216	Linda deibert,	1983	V	D36-45		21:32	55:37	55:51	10.7	5:33
84.	226	Janne rijkers,	1975	V	M46-99		22:31	55:47	55:58	10.7	5:34
85.	220	Graciela Jharap,	1974	V	M46-99	AV Aalsmeer	22:44	55:54	56:17	10.7	5:35
86.	214	Ming Zhao,	1973	M	H46-99		21:44	56:14	56:21	10.6	5:37
87.	224	Jacqueline van Dijk - Ove,	1970	V	M46-99		22:45	57:57	58:11	10.3	5:47
88.	191	Michel de Ruiter,	1971	M	H46-99		22:33	58:52	59:10	10.1	5:53
89.	209	Walter wiedijk,	1974	M	H46-99		23:08	59:08	59:26	10.1	5:54
90.	211	Albert Wijting,	1961	M	H46-99		23:23	59:18	59:32	10.1	5:55
91.	133	Albert van den Berg,	1966	M	H46-99	Loopgroep Ter Aar	24:07	1:01:29	1:01:44	9.7	6:08
92.	184	Martijn Polak,	1971	M	H46-99		23:47	1:01:42	1:01:52	9.7	6:10
93.	186	Bob Renkema,	1949	M	H46-99	Phanos	24:36	1:01:52	1:02:15	9.6	6:11
94.	215	Carla van den Berg,	1965	V	M46-99	Loopgroep Ter Aar	24:19	1:04:14	1:04:30	9.3	6:25
95.	236	Anita wolvers,	1978	V	D36-45		24:57	1:04:10	1:04:30	9.3	6:24
96.	155	Piet Van Der Knaap,	1948	M	H46-99		24:36	1:05:47	1:05:54	9.1	6:34
97.	237	Ingrid van Zelst,	1974	V	M46-99		27:31	1:12:16	1:12:34	8.3	7:13
98.	160	Johan Kwa,	1965	M	H46-99		36:57	1:33:52	1:34:10	6.3	9:23