

Officieel

Achilles

Loperscompetitie 2010

5 van de 7

	Cat	Baan		Liesbosch		Rijsbergen		Baan		Baan		Herfstmarath. Etten-Leur		Kogelvanger		Totaal	
		9-2	Coop.test	30-4	Uurloop	19-6	10 km	31-8	5000 mtr.	24-9	3000 mtr.	31-10	10 km	of/=	21 km		19-12
1	<i>Karin de Wild</i>	Dse	1	2728	1	12010	1	47.39	1	23.34	1	13.07	1	0:49:38 = 1:49:25			5
2	<i>Ellen den Arend</i>	Dse	3	2600	3	10655	2	50.04	2	24.18	2	14.06	3	1:59:11	2	23.03	11
1	<i>José van der Linden</i>	Dm2	1	2875	1	13010	1	43.34	1	20.54	1	12.32					5
2	<i>Barbara Wierema</i>	Dm2	2	2670	2	11955			2	23.38	3	13.36	1	1:47:39	2	20.01	9
3	<i>Cia Smulders</i>	Dm2	3	2580					3	24.18	2	13.22	2	1:51:18	3	20.18	13
1	<i>Johan Hack</i>	Hse	2	2905					2	21.25	2	11.51	3	0:45:55 = 1:41:13	1	38.22	10
1	<i>Kees van de Riet</i>	Hm1	1	3208			1	39.38	1	19.13	2	10.41			1	31.12	6
2	<i>Johan Monden</i>	Hm1	2	2880	2	13125	2	43.33	3	21.24			3	3:37:14 = 1:41:21	2	33.11	11
3	<i>Gertwan Soethout</i>	Hm1	3	2860	3	12750	3	45.32	4	22.02	5	12.13	2	0:44:34 = 1:38:15	5	35.59	15
4	<i>Kees van de Sande</i>	Hm1	5	2640	5	12075	4	46.43	5	22.09			5	1:46:37	6	41.04	24
1	<i>Kees Lazeroms</i>	Hm2	1	3255	2	14645	1	39.45	1	19.26	2	11.30	3	1:36:09	2	32.45	7
2	<i>Peter Gulden</i>	Hm2	3	3206	3	14075	2	39.53	2	19.52	1	11.09			4	33.04	11
3	<i>Haydar Kara</i>	Hm2	7	2830	5	13525	3	41.32	3	20.13	4	11.31	1	1:32:33	6	34.32	16
4	<i>Kees de Hoon</i>	Hm2	5	3010	4	13725	4	44.50			5	12.03	7	1:44:28	5	33.59	23
5	<i>Rini Verhoeven</i>	Hm2	6	2876	6	13025			5	22.31	6	12.26	5	1:39:07	3	33.02	25
6	<i>Kees Lambreghts</i>	Hm2	9	2790	7	12485	5	45.53	4	21.46	7	12.50	6	1:39:08			29
7	<i>Bertus van Eekelen</i>	Hm2	13	2585	11	11655	6	48.44	8	24.13	9	13.59	9	1:46:01	8	41.40	40
7	<i>Toine Kerstes</i>	Hm2	10	2740	9	11880			6	22.55	8	13.20	7	0:47:14 = 1:44:08			40
1	<i>Jac Beekers</i>	Hm3	2	2671					1	20.53	2	11.59	1	0:40:34 = 1:29:26	2	37.00	8
2	<i>Riny Oostvogels</i>	Hm3	1	2689	1	12985			3	22.45	4	13.41	3	1:41:08			12
3	<i>Wim Blom</i>	Hm3					2	46.00	4	23.14	3	12.50	4	1:41:37	1	36.13	14

5 van de 7

	Cat	Baan		Liesbosch		Rijsbergen		Baan		Baan		Herfstmarath. Etten-Leur		Kogelvanger		Totaal	
		9-2	Coop.test	30-4	Uurloop	19-6	10 km	31-8	5000 mtr.	24-9	3000 mtr.	31-10	10 km of=	21 km	19-12		Clubcross
1	Kees van de Riet	Hm1	3	3208			1	39.38	1	19.13	2	10.41			1	31.12	8
2	Kees Lazeroms	Hm2	1	3255	2	14645	2	39.45	2	19.26	6	11.30	7	1:36:09	4	32.45	11
3	Peter Gulden	Hm2	4	3206	3	14075	3	39.53	3	19.52	3	11.09			6	33.04	16
4	Haydar Kara	Hm2	15	2830	6	13525	4	41.32	5	20.13	7	11.31	2	1:32:33	11	34.32	24
5	Johan Monden	Hm1	10	2880	7	13125	6	43.33	10	21.24			16	3:37:14 = 1:41:21	7	33.11	40
6	Kees de Hoon	Hm2	7	3010	4	13725	8	44.50			13	12.03	20	1:44:28	9	33.59	41
7	Rini Verhoeven	Hm2	11	2876	9	13025			17	22.31	15	12.26	12	1:39:07	5	33.02	52
8	José van der Linden	Dm2	12	2875	10	13010	7	43.34	9	20.54	16	12.32					54
9	Jac Beekers	Hm3	23	2671					7	20.53	12	11.59	1	0:40:34 = 1:29:26	15	37.00	58
10	Gertwan Soethout	Hm1	13	2860	13	12750	9	45.32	13	22.02	14	12.13	11	0:44:34 = 1:38:15	13	35.59	59
11	Johan Hack	Hse	9	2905					11	21.25	11	11.51	15	0:45:55 = 1:41:13	17	38.22	63
12	Kees Lambreghts	Hm2	18	2790	16	12485	11	45.53	12	21.46	17	12.50	13	1:39:08			69
13	Wim Blom	Hm3					12	46.00	20	23.14	18	12.50	17	1:41:37	14	36.13	81
14	Riny Oostvogels	Hm3	21	2689	12	12985			18	22.45	23	13.41	14	1:41:08			88
15	Kees van de Sande	Hm1	26	2640	18	12075	13	46.43	14	22.09			22	1:46:37	22	41.04	89
16	Karin de Wild	Dse	20	2728	19	12010	14	47.39	22	23.34	19	13.07	25	0:49:38 = 1:49:25			94
17	Toine Kerstes	Hm2	19	2740	21	11880			19	22.55	20	13.20	19	0:47:14 = 1:44:08			98
18	Bertus van Eekelen	Hm2	29	2585	23	11655	15	48.44	24	24.13	24	13.59	21	1:46:01	23	41.40	106
19	Barbara Wierema	Dm2	24	2670	20	11955			23	23.38	22	13.36	23	1:47:39	20	20.01	108
20	Ellen den Arend	Dse	28	2600	27	10655	17	50.04	26	24.18	25	14.06	33	1:59:11	24	23.03	119
21	Cia Smulders	Dm2	30	2580					26	24.18	21	13.22	28	1:51:18	21	20.18	126
22	Douwe Schouwenaars	Hse	6	3012					6	20.39	9	11.34	3	0:42:26 = 1:33:33			24
23	Rinus Wilderom	Rec	8	2910	15	12615			7	20.53			9	0:44:26 = 1:37:57			39
24	Jan van der Moezel	Hm3					10	45.33	15	22.15			24	1:48:12	18	39.13	67
25	Ben van Loon	Hm2	16	2825	17	12225							30	1:52:21	16	37.46	79
26	Wil Goossens	Hm2	25	2655	22	11795	16	50.03	21	23.28							84
27	José Kuijstermans	Dse	27	2605	26	11375							31	0:51:08 = 1:52:44	19	19.54	103
28	Jacqueline Meijer	Dm2	33	2505	29	10280			31	27.15			35	0:55:41 = 2:02:45			128
28	Frans Jansen	Hm3	36	2145	28	10630			30	26.43			34	0:54:29 = 2:00:07			128
30	Tonio de Jong	Hm1			5	13570							3	0:42:26 = 1:33:33	8	33.55	16
31	Leon Sonneveld	Hm1							4	19.53	4	11.24			12	35.07	20
32	Willem Dekkers	Hse			11	13009	5	43.09					10	1:38:03			26
33	Frank Kerstens	Hm1	17	2815	14	12725							18	0:46:52 = 1:43:19			49
34	Peter Sanders	Hm2	22	2675					25	24.16			32	1:58:53			79
35	Anita van Dorst	Dm1	32	2545							26	14.29	29	1:51:22			87

36	Jan Muller	Hm2	2	3245						2	31.15	4	
37	Jan Arnouts	Hm2	5	3120	1	14795						6	
38	Michel van Boxtel	Hm2						5	11.30	8	1:36:12	13	
39	Jos Jochems	Hm3						10	11.46	6	1:36:02	16	
40	Rob Luykx	Hse	14	2855	8	13055						22	
41	Mark Colen	Hm1					16	22.16		26	3:54:34 = 1:49:27	42	
42	Piet Ijpelaar	Hm2			25	11400		29	25.28			54	
43	Christ Machielsen	Hm3	34	2425			28	24.43				62	
44	Sjac van Dueren den Hollander	Hm1						1	10.30			1	
45	Rabin Mohunlol	Hm1									3	32.36	3
46	Ron Biemans	Hm2								5	1:34:12	5	
47	Arjan van den Dries	Hm1						8	11.33			8	
48	Silvia Verhoeven	Dm2									10	17.06	10
49	Marja de Heer	Dm2			24	11425						24	
50	Hans Smit	Hm1								27	0:49:43 = 1:49:36	27	
51	Wim Meijer	Hm2			30	8508						30	
52	Magali Flèche	Dse	31	2555								31	
53	Ramona de Jong	Dse	35	2185								35	
54	Lian van Santen	Dse								36	0:57:34 = 2:06:54	36	