

Stratenloop van St. Tunnis 2024

Sint Anthonis



Pl	Nr	Name	City	Laps	Lap1	Tempo1	Lap2	Tempo2	Lap3	Tempo3	Lap4	Tempo4	Time	Gap	Speed	Tempo
Stratenloop																
1.	60	Pol Nabben	Dordrecht	4	03:51	03:11	03:48	03:08	03:50	03:10	03:52	03:11	15:22	-	18.8	03:10
2.	96	Tom Hopman	Ottersum	4	03:38	03:00	03:49	03:09	03:58	03:16	04:03	03:20	15:29	+7	18.7	03:12
3.	80	Teun van der Kraan	Groesbeek	4	03:44	03:05	03:55	03:14	03:58	03:17	03:56	03:15	15:35	+13	18.6	03:13
4.	87	Pieter Verdaasdonk	Nijmegen	4	03:52	03:12	04:11	03:27	04:13	03:29	03:57	03:16	16:14	+52	17.8	03:21
5.	61	Thomas Vael	Helmond	4	03:51	03:11	04:03	03:21	04:14	03:30	04:10	03:26	16:19	+57	17.7	03:22
6.	91	Bram Deenen	Sint Anthonis	4	04:13	03:29	04:24	03:38	04:25	03:39	04:29	03:42	17:33	+2:10	16.5	03:37
7.	77	Rob Kerkhof	Mill	4	04:26	03:39	04:26	03:40	04:25	03:39	04:23	03:37	17:41	+2:19	16.4	03:39
8.	94	Jort Cuijpers	Sint Anthonis	4	04:18	03:33	04:34	03:46	04:41	03:52	04:39	03:50	18:13	+2:51	15.9	03:46
9.	92	Martijn van de Pol	Boxmeer	4	04:33	03:45	04:35	03:47	04:41	03:52	04:46	03:56	18:36	+3:14	15.6	03:50
10.	42	Thijs Bisseling	Boxmeer	4	04:35	03:47	04:40	03:52	04:42	03:53	04:39	03:50	18:38	+3:16	15.5	03:51
11.	97	Roy van Eck	Boxmeer	4	04:36	03:48	04:44	03:54	04:50	04:00	04:34	03:46	18:45	+3:23	15.4	03:52
12.	70	Sem Rost	Ledeacker	4	04:37	03:49	04:43	03:54	04:50	03:59	04:35	03:47	18:47	+3:24	15.4	03:52
13.	43	Stijn Bardoel	Nijmegen	4	04:26	03:39	04:45	03:56	04:49	03:59	04:48	03:58	18:50	+3:27	15.4	03:53
14.	75	Bas Houx	Belfeld	4	04:37	03:49	04:43	03:53	04:49	03:59	04:43	03:54	18:54	+3:32	15.3	03:54
15.	93	Mantje Martens	Boxmeer	4	04:39	03:50	04:44	03:55	04:48	03:58	04:44	03:54	18:56	+3:33	15.3	03:54
16.	71	Huib Rost	Ledeacker	4	04:37	03:49	04:43	03:54	04:50	03:59	04:54	04:03	19:05	+3:43	15.2	03:56
17.	64	Frank Cornelissen	Sint Anthonis	4	04:39	03:51	04:51	04:01	04:52	04:01	04:48	03:58	19:12	+3:50	15.1	03:58
18.	85	Kevin Cornelissen	Sint Anthonis	4	04:42	03:53	04:52	04:01	04:58	04:06	05:09	04:15	19:42	+4:20	14.7	04:04
19.	52	Richard Verberk	Sint Anthonis	4	04:39	03:50	04:52	04:01	04:59	04:07	05:16	04:21	19:47	+4:25	14.6	04:05
20.	67	Ronald Korsten	Sint Anthonis	4	05:04	04:11	05:05	04:12	05:06	04:13	04:59	04:07	20:15	+4:53	14.3	04:11
21.	82	Luuk Pouwels	Breda	4	05:12	04:18	05:13	04:19	05:14	04:19	05:06	04:13	20:47	+5:24	13.9	04:17
22.	59	Eric Sommers	Sint Anthonis	4	04:50	03:59	05:15	04:20	05:25	04:28	05:25	04:29	20:56	+5:34	13.8	04:19
23.	62	Bouke Ceelen	Haps	4	05:15	04:20	05:15	04:20	05:24	04:28	05:22	04:26	21:17	+5:55	13.6	04:24
24.	83	Roland Robinson	Helmond	4	05:14	04:19	05:24	04:28	05:24	04:28	05:14	04:19	21:18	+5:56	13.6	04:24
25.	51	Eric Cornelissen	Sint Anthonis	4	04:59	04:07	05:20	04:24	05:31	04:33	05:28	04:31	21:20	+5:57	13.6	04:24
26.	72	Willie Hendriks	Sint Anthonis	4	05:21	04:26	05:25	04:29	05:22	04:26	05:23	04:27	21:34	+6:12	13.4	04:27
27.	86	Inego Teunissen	Sint Anthonis	4	05:24	04:28	05:26	04:29	05:33	04:35	05:23	04:27	21:48	+6:26	13.3	04:30
28.	45	Eugène Roelofs	Boxmeer	4	05:13	04:19	05:28	04:31	05:33	04:35	05:34	04:36	21:50	+6:27	13.2	04:30
29.	90	Wendy de Weerd	Sint Anthonis	4	05:16	04:21	05:32	04:34	05:36	04:37	05:39	04:40	22:05	+6:42	13.1	04:33
30.	44	Mike van Dijk	Sint Anthonis	4	05:24	04:27	05:38	04:39	05:40	04:41	05:49	04:48	22:33	+7:10	12.8	04:39
31.	53	Will Hijssen	Sint Anthonis	4	05:11	04:17	05:52	04:51	06:01	04:58	05:52	04:51	22:58	+7:35	12.6	04:44
32.	74	Melanie Weijmans	Sint Anthonis	4	05:29	04:31	05:51	04:50	06:00	04:58	05:55	04:53	23:16	+7:54	12.4	04:48
33.	89	Willem de Weerd	Sint Anthonis	4	05:18	04:23	05:55	04:53	06:10	05:06	06:11	05:07	23:36	+8:14	12.3	04:52
34.	81	Martien Verbeek	Boxmeer	4	05:56	04:55	05:48	04:48	05:54	04:52	05:58	04:55	23:38	+8:15	12.2	04:53



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Pl	Nr	Name	City	Laps	Lap1	Tempo1	Lap2	Tempo2	Lap3	Tempo3	Lap4	Tempo4	Time	Gap	Speed	Tempo
35.	58	Jos van de Graaf	Sint Anthonis	4	05:56	04:54	05:57	04:55	06:07	05:03	05:45	04:45	23:46	+8:24	12.2	04:54
36.	56	Janneke van Els	Oeffelt	4	05:43	04:43	05:58	04:56	06:11	05:06	06:02	04:59	23:55	+8:33	12.1	04:56
37.	99	Marie-José Jacobs	Sint Anthonis	4	05:48	04:47	06:05	05:01	06:07	05:03	06:05	05:02	24:07	+8:44	12.0	04:59
38.	57	Koen van Gaal	Sint Anthonis	4	05:42	04:43	06:11	05:07	06:27	05:20	06:11	05:06	24:33	+9:11	11.8	05:04
39.	54	Bennie van Kempen	Boxmeer	4	06:17	05:11	06:00	04:57	06:13	05:08	06:11	05:07	24:42	+9:20	11.7	05:06
40.	63	Joris Zeegers	Ledeacker	4	06:00	04:57	06:17	05:11	06:23	05:16	06:08	05:04	24:48	+9:26	11.7	05:07
41.	84	Jara van der Velden	Sint Anthonis	4	06:17	05:11	06:11	05:06	06:18	05:12	06:07	05:03	24:54	+9:31	11.6	05:08
42.	41	Marieke Brandts	Ledeacher	4	06:06	05:03	06:09	05:05	06:20	05:14	06:27	05:19	25:04	+9:41	11.5	05:10
43.	95	Hilde Thomassen	Groeningen	4	05:51	04:50	06:33	05:25	06:49	05:38	06:53	05:42	26:07	+10:45	11.1	05:23
44.	73	Xenia Houwen	Venray	4	06:41	05:31	06:45	05:34	07:03	05:49	06:56	05:44	27:26	+12:04	10.5	05:40
45.	66	Anne de Keizer	Sint Anthonis	4	06:53	05:41	07:20	06:04	07:33	06:14	07:28	06:10	29:15	+13:53	9.9	06:02
46.	78	Alies Polman	Sambeek	4	07:28	06:10	07:34	06:15	07:40	06:20	07:38	06:19	30:21	+14:59	9.5	06:16
47.	79	Kim Munsters-Polman	Siebungewald	4	07:28	06:10	07:34	06:15	07:41	06:21	07:38	06:18	30:21	+14:59	9.5	06:16
48.	100	Martien Weerts	Vierlingsbeek	4	07:14	05:58	07:31	06:13	07:52	06:30	07:56	06:33	30:34	+15:12	9.4	06:19
49.	98	Jack Mommen	Venray	4	06:41	05:31	07:53	06:30	08:24	06:56	07:41	06:21	30:39	+15:17	9.4	06:20
50.	65	Malinda Bens	Boxmeer	4	07:21	06:04	07:54	06:32	08:12	06:47	08:18	06:51	31:47	+16:24	9.1	06:34
DNS	55	Davy van de Mooren	Gennep	0									00:00			
DNS	68	Vungy Antonio	Gennep	0									00:00			
DNS	69	Michael Megos	Gemert	0									00:00			
DNS	76	Sanne Houx	Belfeld	0									00:00			
DNS	88	Sarah Roelofs	Weert	0									00:00			

Number of records: 55