

Run2Day Trimloop 8 november 2025

Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	km/u	min/km
400 meter													
8	Romy Brink	v	Hoogersmilde	2019	400m	01:58	01:58					12.2	4:53
10	Ilan Veenstra	m	Assen	2020	400m	02:13	02:13					10.8	5:31
11	Marit Spijkerman	v	Assen	2020	400m	02:24	02:24					10.0	5:58
12	Leonie Spijkerman	v	Assen	2020	400m	02:31	02:31					9.5	6:15
13	Tessa Strijker	v	Assen	2022	400m	03:27	03:27					6.9	8:37
9	Mirre Veenstra	v	Assen	2022	400m	04:05	04:05					5.8	10:10
800 meter													
18	Senn Kerstholt	m	Smilde	2018	800m	03:51	01:47	02:04				12.5	4:47
15	Revi Veenstra	m	Assen	2017	800m	03:55	01:54	02:01				12.2	4:53
16	Eline Spijkerman	v	Assen	2017	800m	04:39	02:17	02:23				10.3	5:48
19	Lowe Jongh	m	Assen	2021	800m	05:18	02:27	02:52				9.0	6:37
1200 meter													
22	Sophia Alberts	v	Assen	2014	1200m	05:05	01:31	01:47	01:48			14.1	4:13
25	Ben van den Bosch	m	Assen	2017	1200m	05:18	01:44	01:48	01:48			13.5	4:24
26	Nova Meima	v	Assen	2015	1200m	06:01	01:56	02:06	02:01			11.9	5:00
23	Iris van den Bosch	v	Assen	2015	1200m	06:02	01:56	02:06	02:01			11.9	5:00
27	Sterre van Yperen	v	Assen	2017	1200m	06:19	01:58	02:13	02:09			11.4	5:15
28	Tess Beuving	v	Assen	2017	1200m	08:40	02:10	02:45	03:46			8.3	7:12
3 kilometer													
61	Thomas Berends	m	Assen	2008	3 km	11:21	11:21					15.8	3:46
62	Sarah Wallet	v	Assen	2012	3 km	13:28	13:28					13.3	4:29
44	Bjorn Nijenhuis	m	Assen	2012	3 km	13:43	13:43					13.1	4:34
92	Sanne Niestijl	v	Assen	2002	3 km	14:09	14:09					12.7	4:42
55	Robin Jager	m	Assen	2017	3 km	14:10	14:10					12.7	4:43
51	Scott Robertson	m	Assen	2013	3 km	14:28	14:28					12.4	4:49
63	Anne Reijgersberg	v	Assen	1982	3 km	14:33	14:33					12.3	4:50
34	Patrick de Jonge	m	Assen	1975	3 km	15:05	15:05					11.9	5:01
52	Vera van der Ploeg	v	Assen	2014	3 km	15:06	15:06					11.9	5:01
50	Viënn de Vries	v	Assen	2014	3 km	15:19	15:19					11.7	5:06
59	Mika Toxopeus	m	Assen	2012	3 km	15:24	15:24					11.7	5:07
57	Laurens Groen	m	Assen	2012	3 km	16:20	16:20					11.0	5:26

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36	Maurits Groenhof	m	Assen	2012	3 km	16:22	16:22					11.0	5:27
48	Lisa Hoeks	v	Assen	2011	3 km	16:23	16:23					10.9	5:27
49	Ralf Hoeks	m	Assen	1978	3 km	16:27	16:27					10.9	5:28
45	Luna Jans	v	Assen	2009	3 km	16:59	16:59					10.6	5:39
54	Peter Strijbosch	m	Assen	1975	3 km	17:05	17:05					10.5	5:41
53	Boaz Strijbosch	m	Assen	2012	3 km	17:05	17:05					10.5	5:41
40	Romy Nijenhuis	v	Assen	1980	3 km	17:52	17:52					10.0	5:57
41	Gert-Jan Nijenhuis	m	Assen	1980	3 km	17:52	17:52					10.0	5:57
37	Sarah van der Heide	v	Bovensmilde	2012	3 km	18:25	18:25					9.7	6:08
47	Viola de Lange	v	Assen	1980	3 km	19:16	19:16					9.3	6:25
70	Geertje Philips	v	Assen	1958	3 km	19:47	19:47					9.1	6:35
39	Janny Eissen	v	Blokzijl	1955	3 km	20:58	20:58					8.5	6:59
56	Mats Lande Timmer	m	Assen	2005	3 km	21:32	21:32					8.3	7:10
58	Charlotte Eefting	v	Assen	2000	3 km	21:33	21:33					8.3	7:10
82	Jannie Betsema	v	Gasteren	1953	3 km	25:59	25:59					6.9	8:39

6 kilometer

93	Taeke van der Ploeg	m	Assen	1988	6 km	26:30	13:02	13:28				13.5	4:24
90	Noa Venema	v	Assen	2014	6 km	26:40	13:01	13:39				13.5	4:26
85	Douwe Feenstra	m	Assen	2012	6 km	27:26	13:35	13:51				13.1	4:34
124	AJ Haveman	m	Assen	1987	6 km	27:41	13:41	14:00				13.0	4:36
167	Adriaan van Den Bosch	m	Assen	1983	6 km	27:46	13:46	14:00				12.9	4:37
89	Jurre Bousema	m	Assen	2013	6 km	28:04	13:55	14:10				12.8	4:40
78	Peter Petersen	m	Tynaarlo	1956	6 km	29:11	14:24	14:47				12.3	4:51
76	Wouter Broekman	m	Zwolle	2002	6 km	30:18	14:29	15:50				11.8	5:02
168	Jan Ettema	m	Assen	1956	6 km	30:59	15:47	15:12				11.6	5:09
88	Ronald Bousema	m	Assen	1976	6 km	32:06	14:37	17:30				11.2	5:20
165	Jinte Engberts	v	Assen	2008	6 km	33:05	16:31	16:34				10.8	5:30
166	Jonathan Engberts	m	Assen	1977	6 km	33:05	16:31	16:34				10.8	5:30
73	Rene Ubels	m	Assen	1969	6 km	33:43	16:46	16:57				10.6	5:37
84	Henk Hoekstra	m	Assen	1963	6 km	34:15	17:06	17:09				10.5	5:42
91	Martijn Langen	m	Assen	1989	6 km	34:56	17:27	17:29				10.3	5:49
87	Jildert Visser	m	Assen	1965	6 km	34:58	17:29	17:29				10.2	5:49
67	Amber Slomp	v	Ruinen	2003	6 km	35:20	17:01	18:19				10.1	5:53

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86	Siebe Feenstra	m	Assen	1980	6 km	35:25	17:30	17:55				10.1	5:54
77	Maartje Feenstra	v	Assen	1984	6 km	35:25	17:56	17:29				10.1	5:54
96	Larissa Venekamp	v	Assen	1984	6 km	35:33	18:01	17:32				10.1	5:55
95	Fred van der Velde	m	Assen	1971	6 km	35:56	17:31	18:26				10.0	5:59
71	Annewieke Stoffer	v	Assen	1981	6 km	36:00	17:56	18:04				10.0	5:59
74	Norah Huisjes	v	Assen	2009	6 km	37:10	18:44	18:26				9.6	6:11
164	Yvonne Boers	v	Assen	1971	6 km	37:14	18:52	18:23				9.6	6:12
83	Joas Veenstra	m	Assen	1990	6 km	38:34	18:15	20:20				9.3	6:25
81	Piet Kerstholt	m	Groningen	1947	6 km	39:47	19:37	20:10				9.0	6:37
72	Merel Ubels	v	Assen	2009	6 km	40:25	19:46	20:40				8.9	6:44
107	Gerard IJzermans	m	Assen	1948	6 km	41:32	20:07	21:25				8.6	6:55
75	Jolanda Moes	v	Assen	1968	6 km	44:01	21:45	22:16				8.1	7:20
80	Ginus Geuzinge	m	Assen	1948	6 km	44:46	21:48	22:59				8.0	7:27
69	Sitie Amatasoeki	v	Zuidbroek	1969	6 km	47:54	23:56	23:58				7.5	7:58

9 kilometer

109	Michel van de Worp	m	Bovensmilde	1985	9 km	41:06	13:12	13:43	14:12			13.1	4:33
111	Vincent Jager	m	Assen	1977	9 km	42:46	14:12	14:25	14:10			12.6	4:45
108	Christian Hoorn	m	Bovensmilde	1983	9 km	43:08	13:35	14:37	14:57			12.5	4:47
94	Peter Bom	m	Assen	1961	9 km	44:44	15:03	14:36	15:06			12.0	4:58
116	Michelle Timmer	v	Assen	2007	9 km	45:12	14:29	15:21	15:22			11.9	5:01
125	Melle Hamstra	m	Assen	1967	9 km	45:49	15:22	15:19	15:09			11.7	5:05
98	Klaas Notenbomer	m	Loon	1963	9 km	48:06	15:40	15:36	16:51			11.2	5:20
120	Miriam Heijda	v	Bovensmilde	1992	9 km	50:35	16:59	17:09	16:28			10.6	5:37
106	Kees de Vries	m	Hoogezand	1954	9 km	51:23	17:28	17:01	16:55			10.5	5:42
114	Alie Dussel-Timmer	v	Assen	1971	9 km	51:39	16:59	17:12	17:29			10.4	5:44
97	Inge Mekkes	v	Assen	1972	9 km	52:06	17:27	17:18	17:21			10.3	5:47
145	Freddie Kalsbeek	m	Assen	1959	9 km	52:17	18:08	17:14	16:57			10.3	5:48
123	Jeroen de Jonge	m	Assen	1969	9 km	54:02	18:51	18:23	16:49			9.9	6:00
122	Yoline Hoekstra	v	Groningen	2001	9 km	57:44	17:25	18:43	21:37			9.3	6:24
121	Bart van der Veen	m	Hooghalen	1952	9 km	57:53	18:51	18:36	20:27			9.3	6:25
102	Margreet Habes	v	Assen	1960	9 km	58:26	19:04	19:03	20:20			9.2	6:29
147	Sjoerd Frenay	m	Groningen	1989	9 km	1:06:58	19:18	20:33	27:08			8.0	7:26

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12 kilometer													
138	Tadesse Kinret	m	Assen	1984	12 km	54:55	13:55	13:39	13:49	13:33		13.1	4:34
136	Joël Koning	m	Assen	2007	12 km	57:02	14:24	13:43	14:51	14:06		12.6	4:45
139	Raoul Carli	m	Assen	2008	12 km	59:44	15:13	15:05	15:00	14:29		12.0	4:58
142	Gaston Carli	m	Assen	1974	12 km	59:47	15:13	15:05	15:00	14:31		12.0	4:58
128	Kim Radix	v	Assen	1995	12 km	1:01:04	15:10	15:16	15:15	15:26		11.7	5:05
135	Jetse Bakker	m	Assen	1965	12 km	1:04:28	15:28	15:34	16:28	16:58		11.1	5:22
133	Hanneke Verheul	v	Assen	1955	12 km	1:07:07	16:52	16:47	16:53	16:37		10.7	5:35
130	Dorothe Norg	v	Assen	1984	12 km	1:07:54	16:43	16:52	17:19	17:02		10.6	5:39
101	Gerko Norg	m	Assen	1981	12 km	1:07:54	16:43	16:52	17:19	17:02		10.6	5:39
99	Leo Muusers	m	Assen	1960	12 km	1:15:43	19:19	19:03	18:49	18:34		9.5	6:18
113	Geert Dussel	m	Assen	1963	12 km	1:17:24	19:25	19:37	19:22	19:02		9.3	6:26
129	Klaas Olthof	m	Warffum	1958	12 km	1:23:51	17:58	21:01	20:27	24:26		8.5	6:59
131	Anja Pieterman	v	Nietap	1960	12 km	1:30:55	21:41	22:08	22:55	24:14		7.9	7:34
15 kilometer													
149	Nicky Boltjes	m	Winschoten	1987	15 km	58:53	11:31	11:53	11:50	11:51	11:50	15.2	3:55
153	Ludy Timmer	m	Assen	1969	15 km	1:05:48	14:23	13:43	14:00	12:08	11:36	13.6	4:23
154	Frank van Strien	m	Assen	2003	15 km	1:09:16	14:24	13:43	14:00	12:09	15:02	12.9	4:37
151	Stephan Spijkerman	m	Assen	1980	15 km	1:11:09	12:31	16:21	14:09	14:33	13:36	12.6	4:44
152	Bert Schipper	m	Muntendam	1966	15 km	1:11:19	13:58	14:04	14:32	14:29	14:19	12.6	4:45
146	Niels Schuiling	m	Assen	1988	15 km	1:15:34	15:08	15:16	15:15	15:25	14:32	11.9	5:02
150	Koen Bijl	m	Groningen	1997	15 km	1:15:35	15:10	15:16	15:14	15:25	14:32	11.9	5:02
156	Sanne Scheltes	v	Assn	1994	15 km	1:15:35	15:10	15:16	15:15	15:26	14:31	11.9	5:02

Aantal gefinished: 112