

Run2Day Trimloop 13 december 2025

Startnr	Naam	M/V	Plaats	Jaar	afstand	Eindtijd	R1	R2	R3	R4	R5	km/u	min/km
400 meter													
403	Cataleya N'Gouan	v	Oosterwolde	2020	400m	01:56	01:56					12.4	4:49
404	Marit Spijkerman	v	Assen	2020	400m	02:08	02:08					11.2	5:19
411	Ilya Dijkman	m	Assen	2018	400m	02:11	02:11					11.0	5:25
401	Ace Kasto	m	Assen	2020	400m	02:22	02:22					10.1	5:54
405	Leonie Spijkerman	v	Assen	2020	400m	02:25	02:25					9.9	6:00
406	Naud Kreeft	m	Assen	2020	400m	02:25	02:25					9.9	6:01
402	Evie Bosma	v	Tolbert	2020	400m	02:38	02:38					9.1	6:34
410	Tessa Strijker	v	Assen	2022	400m	03:44	03:44					6.4	9:19
407	Fien Bosma	v	Tolbert	2022	400m	03:54	03:54					6.1	9:44
800 meter													
416	Jalou Roos Nijboer	v	Assen	2017	800m	03:54	01:58	01:56				12.3	4:51
414	Romy Brink	v	Hoogersmilde	2019	800m	04:07	01:51	02:16				11.6	5:08
417	Eline Spijkerman	v	Assen	2017	800m	04:44	02:24	02:20				10.1	5:54
415	Ilja Stoffer	v	Assen	2019	800m	05:20	02:39	02:42				9.0	6:39
1200 meter													
420	Jan Komen	m	Assen	2017	1200m	05:36	01:47	01:56	01:54			12.8	4:39
421	Tijmen Tuin	m	Assen	2017	1200m	06:12	01:57	02:04	02:13			11.6	5:09
423	Sterre van Yperem	v	Assen	2017	1200m	06:16	01:59	02:15	02:04			11.4	5:13
419	Kenzo-lee Kasto	m	Assen	2016	1200m	07:01	02:13	02:31	02:18			10.2	5:50
3 kilometer													
48	Adriaan van Den Bosch	m	Assen	1983	3 km	13:35	13:35					13.2	4:31
30	Ben van den Bosch	m	Assen	2017	3 km	13:35	13:35					13.2	4:31
14	Mika Toxopeus	m	Assen	2012	3 km	14:18	14:18					12.5	4:45
36	Bjorn Nijenhuis	m	Assen	2012	3 km	14:20	14:20					12.5	4:46
26	Sarah Wallet	v	Assen	2012	3 km	14:23	14:23					12.5	4:47
10	Maurits Groenhof	m	Assen	2012	3 km	14:44	14:44					12.2	4:54
37	Robin Jager	m	Assen	2017	3 km	15:24	15:24					11.6	5:07
23	Laurens Groen	m	Assen	2012	3 km	15:38	15:38					11.5	5:12
15	Lauren van der Wee	v	Bovensmilde	2010	3 km	15:39	15:39					11.5	5:12
41	Nova Meima	v	Assen	2015	3 km	16:11	16:11					11.1	5:23
29	Iris van den Bosch	v	Assen	2015	3 km	16:11	16:11					11.1	5:23

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13	Veerle Maas	v	Assen	2013	3 km	16:40	16:40					10.8	5:33
25	Scott Robertson	m	Assen	2013	3 km	16:50	16:50					10.7	5:36
27	Jason Wallet	m	Assen	2013	3 km	17:02	17:02					10.5	5:40
31	Lisa Hoeks	v	Assen	2011	3 km	17:51	17:51					10.0	5:56
12	Aukje Meulenaar	v	Assen	1981	3 km	18:00	18:00					10.0	5:59
34	Anna-linde Kreeft	v	Assen	1997	3 km	18:02	18:02					9.9	6:00
32	Nicolien Hoeks	v	Assen	1979	3 km	18:05	18:05					9.9	6:01
8	Sarah van der Heide	v	Bovensmilde	2012	3 km	18:15	18:15					9.8	6:04
45	Èva Meima	m	Assen	2015	3 km	18:22	18:22					9.8	6:07
19	Romy Nijenhuis	v	Assen	1980	3 km	18:36	18:36					9.6	6:11
22	Gert-Jan Nijenhuis	m	Assen	1980	3 km	18:36	18:36					9.6	6:11
40	Viola de Lange	v	Assen	1980	3 km	19:16	19:16					9.3	6:25
97	Rienk Eisses	m	Assen	1975	3 km	19:17	19:17					9.3	6:25
16	Jovanka Jans	v	Assen	1981	3 km	19:55	19:55					9.0	6:38
17	Luna Jans	v	Assen	2009	3 km	19:55	19:55					9.0	6:38

6 kilometer

101	Noa Venema	v	Assen	2014	6 km	25:44	12:49	12:56				13.9	4:17
83	Douwe Feenstra	m	Assen	2012	6 km	26:09	12:46	13:23				13.7	4:21
119	Jornt Visser	m	Assen	2001	6 km	28:39	14:53	13:46				12.5	4:46
94	Arjan Tuin	m	Assen	1982	6 km	29:29	14:06	15:24				12.2	4:54
99	Vincent Jager	m	Assen	1977	6 km	29:44	15:27	14:17				12.1	4:57
84	Jack Bosma	m	Tolbert	1983	6 km	30:39	14:54	15:45				11.7	5:06
92	Jan Ettema	m	Assen	1956	6 km	30:39	15:15	15:25				11.7	5:06
89	Gerrit Jan Stoffer	m	Assen	1979	6 km	31:20	15:25	15:56				11.4	5:13
95	Miriam Heijda	v	Bovensmilde	1992	6 km	32:27	16:19	16:09				11.0	5:24
109	Menno Steg	m	Appelscha	1982	6 km	33:14	16:56	16:18				10.8	5:32
86	Rene Ubels	m	Assen	1969	6 km	33:15	16:34	16:42				10.8	5:32
38	Hanneke Jager	v	Assen	1981	6 km	33:18	16:38	16:41				10.8	5:32
88	Domien Mulder	m	Joure	1960	6 km	35:11	17:54	17:18				10.2	5:51
96	Norah Huisjes	v	Assen	2009	6 km	35:48	17:57	17:51				10.0	5:57
108	Egbert Geertsma	m	Groningen	1961	6 km	36:17	18:12	18:06				9.9	6:02
82	Joas Veenstra	m	Assen	1990	6 km	36:30	17:27	19:04				9.8	6:04
102	Renske de Leeuw	v	Assen	1987	6 km	36:38	18:18	18:20				9.8	6:06

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100	Sonja Hamming	v	Bovensmilde	1979	6 km	36:41	18:15	18:26				9.8	6:06
91	Janette Drenth	v	Bovensmilde	1964	6 km	36:51	18:52	18:00				9.7	6:08
98	Jeroen de Jonge	m	Assen	1969	6 km	37:48	19:13	18:36				9.5	6:17
80	Tamara Dol	v	Dalfsen	1985	6 km	38:44	19:28	19:16				9.2	6:27
93	Piet Kerstholt	m	Groningen	1947	6 km	38:59	19:02	19:58				9.2	6:29
90	GINUS Geuzinge	m	Assen	1948	6 km	40:09	19:42	20:27				8.9	6:41
87	Merel Ubels	v	Assen	2009	6 km	40:30	19:48	20:42				8.8	6:44
85	Geertje Philips	v	Assen	1958	6 km	41:18	20:25	20:54				8.7	6:52
39	Janny Eissen	v	Blokzijl	1955	6 km	41:40	19:12	22:28				8.6	6:56

9 kilometer

70	Patrick Wallet	m	Assen	1980	9 km	37:28	12:00	12:41	12:49			14.4	4:09
135	Joran Brink	m	Assen	2005	9 km	41:27	13:45	14:11	13:33			13.0	4:36
136	Erik Brink	m	Assen	1970	9 km	41:44	13:45	14:11	13:49			12.9	4:38
124	Frits Kremer	m	Assen	1968	9 km	43:01	14:12	14:11	14:38			12.5	4:46
127	Anja van Vliet	v	Oosterwolde	1962	9 km	43:47	14:35	14:40	14:33			12.3	4:51
122	Folkert Tienkamp	m	Assen	1962	9 km	46:37	15:33	15:30	15:36			11.5	5:10
125	Martijn Langen	m	Assen	1989	9 km	49:24	16:48	16:46	15:51			10.9	5:29
131	Hanneke Verheul	v	Assen	1955	9 km	49:28	16:25	16:34	16:30			10.9	5:29
126	Bart van Vliet	m	Oosterwolde	1956	9 km	51:53	17:04	17:12	17:39			10.4	5:45
120	Larissa Venekamp	v	Assen	1984	9 km	53:20	17:45	17:43	17:53			10.1	5:55
106	Siebe Feenstra	m	Assen	1980	9 km	54:07	18:28	17:59	17:41			9.9	6:00
123	Henk Hoekstra	m	Assen	1963	9 km	54:18	18:15	18:26	17:37			9.9	6:01
138	Sjoerd Van Raaij	m	Assen	1990	9 km	54:39	17:55	18:21	18:24			9.8	6:04
133	Bart van der Veen	m	Hooghalen	1952	9 km	55:56	18:10	18:29	19:18			9.6	6:12

12 kilometer

61	Eric Busstra	m	Assen	1994	12 km	51:16	12:11	12:50	13:11	13:05		14.0	4:16
63	Lennert Jongh	m	Assen	1983	12 km	51:58	13:17	12:44	12:48	13:11		13.8	4:19
57	Jan Schaap	m	Assen	1954	12 km	52:44	13:05	13:02	13:17	13:23		13.6	4:23
51	Tadesse Kibret	m	Assen	1984	12 km	53:37	13:17	12:57	13:40	13:45		13.4	4:28
62	Stephan Boomker	m	Assen	1991	12 km	56:20	13:32	14:02	14:24	14:24		12.7	4:41
71	Jan Koning	m	Assen	1962	12 km	58:18	14:37	14:31	14:34	14:37		12.3	4:51
52	Gerko Norg	m	Assen	1981	12 km	1:04:59	16:20	16:20	16:13	16:07		11.0	5:24

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114	Peter Bom	m	Assen	1961	12 km	1:06:28	15:53	17:23	17:53	15:21		10.8	5:32
59	Inge Mekkes	v	Assen	1972	12 km	1:10:26	17:29	17:34	17:35	17:50		10.2	5:52
121	Margreet Habes	v	Assen	1960	12 km	1:15:56	18:55	19:00	19:07	18:55		9.4	6:19
54	Leo Muusers	m	Assen	1960	12 km	1:15:58	18:52	19:01	19:07	18:59		9.4	6:19

15 kilometer

72	Dagmar Jansen	m	Assen	1978	15 km	58:43	11:42	11:50	11:43	11:52	11:38	15.3	3:54
68	Stephan Spijkerman	m	Assen	1980	15 km	1:08:26	12:47	12:57	14:13	14:34	13:57	13.1	4:33
66	Niels Schuiling	m	Assen	1988	15 km	1:17:37	14:51	15:36	15:29	15:58	15:45	11.5	5:10
67	Trea Dekker	v	Smilde	1965	15 km	1:21:06	16:16	16:16	16:17	16:11	16:08	11.0	5:24

Aantal gefinished: 98