



## Dima XTERRA Netherlands Beach Challenge Den Haag / Kijkduin, 23 August 2003

Results XTERRA Race Challenge, by Age-Group

### Female, 18-24 years

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN			FINISH		
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop		Total	Rank
1	111	141	Julia Bisschops	GER	F-18-24	0:27:18	45	0:01:39	54	2:19:37	112	0:01:15	47	0:23:58	0:25:31	0:06:30	0:55:58	110	3:45:44

### Female, 25-29 years

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN			FINISH		
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop		Total	Rank
1	24	122	Jamie Whitmore	USA	F-25-29	0:26:16	33	0:01:11	10	1:23:34	28	0:01:14	44	0:16:49	0:17:05	0:04:32	0:38:24	23	2:30:37
2	47	128	Katrin Helmcke	GER	F-25-29	0:28:29	64	0:01:28	43	1:28:24	45	0:01:30	70	0:19:00	0:18:38	0:05:01	0:42:38	52	2:42:28
3	88	132	Marijke Kulik	NED	F-25-29	0:32:01	103	0:02:31	99	1:39:01	80	0:02:02	102	0:20:42	0:21:12	0:05:33	0:47:26	86	3:03:00

### Female, 30-34 years

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN			FINISH		
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop		Total	Rank
1	29	120	Ingrid van Lubek	NED	F-30-34	0:25:05	24												2:34:04
2	53	124	Melissa Thomas	USA	F-30-34	0:28:48	71	0:01:49	67	1:30:33	54	0:01:14	45	0:18:41	0:18:46	0:04:54	0:42:20	50	2:44:42
3	54	136	Jenette Tolhoek	NED	F-30-34	0:25:05	25	0:01:11	7	1:35:58	69	0:01:10	36	0:18:24	0:18:25	0:04:56	0:41:43	45	2:45:05
4	66	130	Marcia Jansen	NED	F-30-34	0:27:04	42	0:01:17	24	1:30:48	56	0:01:21	59	0:21:38	0:23:44	0:06:32	0:51:53	101	2:52:21
5	70	137	Anke Tuinman	NED	F-30-34	0:26:07	31	0:01:22	31	1:37:10	73	0:01:01	24	0:20:04	0:22:14	0:05:54	0:48:11	88	2:53:48
6	82	134	Gonny Rosendaal	NED	F-30-34	0:26:45	38	0:01:47	65	1:43:29	90	0:01:46	86	0:19:54	0:21:40	0:05:19	0:46:51	81	3:00:37

**Female, 35-39 years**

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN				FINISH		
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop	Total		Rank	
1	33	125	Ute Schäfer	GER	F-35-39	Yes	0:26:56	40	0:01:23	34	1:24:53	35	0:01:02	25	0:17:42	0:18:14	0:04:41	0:40:37	36	2:34:48
2	34	138	Marianne Vlasveld	NED	F-35-39	Yes	0:34:10	113	0:01:10	4	1:20:20	16	0:01:02	26	0:17:13	0:17:13	0:04:33	0:38:58	27	2:35:38
3	36	123	Riikka Keija	FIN	F-35-39	Yes	0:26:55	39	0:01:10	5	1:27:01	42	0:01:04	27	0:17:40	0:17:31	0:04:46	0:39:56	34	2:36:04
4	40	126	Ariane Gutknecht	SUI	F-35-39	Yes	0:27:11	43	0:01:14	18	1:27:04	43	0:01:13	41	0:17:29	0:18:11	0:05:04	0:40:43	37	2:37:24
5	89	142	Silke Hamacher	GER	F-35-39		0:27:20	46	0:01:39	55	1:47:54	100	0:01:35	75	0:19:55	0:20:22	0:05:31	0:45:48	75	3:04:14
6	98	135	Carin Schrader	GER	F-35-39		0:33:26	110	0:02:01	80	1:49:31	102	0:01:46	85	0:19:24	0:19:35	0:05:23	0:44:21	59	3:11:03
7	109	133	Annemieke Rademaker	NED	F-35-39		0:30:30	85	0:02:46	106	2:06:04	109	0:02:17	106	0:22:04	0:23:09	0:05:59	0:51:11	100	3:32:46

**Female, 40-44 years**

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN				FINISH		
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop	Total		Rank	
1	45	121	Joke Keuning	NED	F-40-44	Yes	0:28:40	69	0:01:33	50	1:26:52	41	0:00:51	7	0:19:27	0:19:07	0:04:59	0:43:32	54	2:41:26
2	101	131	Cora Mulder	NED	F-40-44		0:30:46	88	0:02:32	100	1:45:19	93	0:01:57	100	0:22:21	0:23:45	0:06:07	0:52:12	103	3:12:44

**Male, 18-24 years**

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN				FINISH		
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop	Total		Rank	
1	9	11	Brad Storm	RSA	M-20-24	Yes	0:21:34	3	0:01:14	17	1:23:17	27	0:00:53	11	0:14:24	0:14:56	0:04:06	0:33:25	2	2:20:20
2	12	17	Youri Severin	NED	M-20-24	Yes	0:21:57	5	0:01:11	12	1:22:55	24	0:00:56	15	0:16:04	0:16:28	0:04:14	0:36:46	15	2:23:43
3	14	18	Bas Borreman	NED	M-20-24	Yes	0:24:35	17	0:01:17	22	1:20:27	17	0:01:00	21	0:15:54	0:16:35	0:04:34	0:37:02	18	2:24:18
4	39	16	Remco van der Meys	NED	M-15-19		0:23:31	11	0:01:46	62	1:25:34	36	0:01:50	91	0:18:39	0:20:23	0:05:22	0:44:23	60	2:37:02
5	50	73	Jan Zamostny	CZR	M-20-24		0:31:41	98	0:01:41	59	1:30:24	53	0:01:07	30	0:16:59	0:16:52	0:04:34	0:38:24	22	2:43:14
6	51	113	Erik Wolsing	NED	M-20-24		0:23:31	10	0:01:29	45	1:29:51	49	0:01:08	32	0:20:34	0:21:26	0:06:04	0:48:04	87	2:44:01
7	55	49	Jan Matejec	CZR	M-20-24		0:27:21	47	0:02:29	98	1:29:34	48	0:01:44	83	0:19:31	0:19:48	0:05:40	0:44:58	66	2:46:03
8	97	48	Hynek Matejec	CZR	M-20-24		0:24:58	23	0:02:15	91	1:58:13	105	0:01:33	71	0:18:35	0:20:23	0:05:09	0:44:06	57	3:11:03

**Male, 25-29 years**

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN				FINISH		
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop	Total		Rank	
	1	2	Royce Kortekaas	NED	M-25-29	Yes	0:23:30	9	0:01:11	9	1:09:37	3	0:01:00	23	0:14:34	0:15:29	0:04:21	0:34:24	5	2:09:40
	2	3	Eric van der Linden	NED	M-25-29	Yes	0:21:33	1	0:01:05	2	1:14:57	7	0:00:54	12	0:13:42	0:14:33	0:03:46	0:32:00	1	2:10:27
	3	6	Ronny Dietz	GER	M-25-29	Yes	0:23:27	8	0:01:18	26	1:15:05	8	0:00:56	16	0:14:43	0:14:41	0:04:05	0:33:28	3	2:14:12
	4	7	Cees Colijn	NED	M-25-29	Yes	0:25:29	26	0:01:18	25	1:14:30	6	0:01:05	28	0:15:44	0:15:45	0:04:02	0:35:29	10	2:17:49
	5	10	Chris Volley	GBR	M-25-29	Yes	0:21:33	2	0:01:11	8	1:22:07	23	0:00:50	5	0:15:17	0:15:45	0:04:10	0:35:11	8	2:20:50
	6	11	Rorik Schouten	NED	M-25-29		0:24:55	22	0:01:16	21	1:18:33	13	0:00:51	6	0:15:41	0:15:51	0:04:37	0:36:08	14	2:21:40
	7	25	107 Tomas Baca	CZR	M-25-29		0:24:00	14	0:01:18	27	1:24:16	32	0:00:53	10	0:17:37	0:18:08	0:04:51	0:40:35	35	2:30:59
	8	27	105 Jochem Reinhardt	GER	M-25-29		0:24:42	19	0:01:13	15	1:29:16	47	0:00:59	20	0:15:43	0:15:55	0:04:15	0:35:52	12	2:32:01
	9	30	66 Sjoerd Veltman	NED	M-25-29		0:23:05	7	0:01:26	38	1:26:32	40	0:01:19	53	0:17:33	0:19:24	0:04:58	0:41:55	46	2:34:15
	10	38	31 Courtney Cardenas	USA	M-25-29		0:27:41	49	0:01:36	52	1:23:57	29	0:01:15	48	0:18:08	0:19:05	0:04:42	0:41:55	47	2:36:22
	11	42	72 Wouter Wierenga	NED	M-25-29		0:28:00	56	0:01:18	28	1:29:53	50	0:01:05	29	0:17:30	0:17:39	0:04:29	0:39:37	31	2:39:52
	12	48	29 Ralf op 't Broek	NED	M-25-29		0:29:06	73	0:01:44	61	1:28:21	44	0:01:30	69	0:18:24	0:18:33	0:05:07	0:42:03	48	2:42:42
	13	58	44 Jeroen Kroon	NED	M-25-29		0:27:13	44	0:01:29	44	1:34:26	65	0:01:57	99	0:20:01	0:19:23	0:04:55	0:44:18	58	2:49:21
	14	59	34 Rudolf Frycek	CZR	M-25-29		0:27:59	55	0:01:22	33	1:37:16	74	0:01:35	74	0:17:57	0:18:41	0:04:57	0:41:35	42	2:49:44
	15	64	68 Erwin Verweij	NED	M-25-29		0:28:42	70	0:01:52	73	1:34:29	67	0:01:29	68	0:19:25	0:20:27	0:05:20	0:45:10	69	2:51:41
	16	71	110 Sander Riebroek	NED	M-25-29		0:33:54	112	0:02:21	95	1:32:41	58	0:00:49	4	0:19:33	0:19:36	0:05:27	0:44:34	61	2:54:18
	17	76	58 Danny Schuring	NED	M-25-29		0:27:35	48	0:02:13	89	1:38:46	78	0:02:00	101	0:20:16	0:21:20	0:05:22	0:46:57	82	2:57:28
	18	79	67 Maarten Vermeulen	NED	M-25-29		0:29:22	77	0:02:05	84	1:40:12	84	0:01:49	89	0:19:48	0:20:13	0:05:17	0:45:17	70	2:58:43
	19	92	50 Pim van der Meer	NED	M-25-29		0:31:28	95	0:03:00	107	1:39:03	81	0:03:25	111	0:21:39	0:21:47	0:05:17	0:48:42	89	3:05:36
	20	104	45 Stepan Kroupa	CZR	M-25-29		0:30:28	84	0:01:40	56	1:59:12	106	0:01:13	40	0:19:34	0:19:39	0:05:29	0:44:41	63	3:17:13
	21	110	59 Hendrik-Jan Sepers	NED	M-25-29		0:37:32	114	0:04:40	115	1:59:59	108	0:01:21	58	0:21:02	0:23:04	0:05:38	0:49:43	96	3:33:13

**Male, 30-34 years**

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN				FINISH		
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop	Total		Rank	
	1	4	10 Marc Ruhe	LIE	M-30-34	Yes	0:27:44	50	0:01:24	36	1:07:41	1	0:00:56	13	0:15:33	0:15:35	0:04:14	0:35:21	9	2:13:04
	2	5	12 Machiel Ittmann	NED	M-30-34	Yes	0:24:25	15	0:01:13	13	1:11:13	5	0:00:57	17	0:15:43	0:15:43	0:04:10	0:35:34	11	2:13:20
	3	13	3 Casper van den Burgh	NED	M-30-34	Yes	0:21:48	4	0:01:11	11	1:23:01	25	0:01:08	33	0:16:27	0:16:23	0:04:07	0:36:56	17	2:24:03
	4	17	62 Gunther Swoboda	NAM	M-30-34		0:23:49	13	0:01:54	75	1:21:37	21	0:00:37	1	0:16:48	0:16:59	0:04:27	0:38:13	21	2:26:09
	5	18	46 Oliver Lehmann	SUI	M-30-34		0:26:07	32	0:01:41	58	1:20:29	18	0:01:14	43	0:16:16	0:16:28	0:04:05	0:36:48	16	2:26:17
	6	23	5 Peter-Johan Dillo	NED	M-30-34		0:25:38	28	0:01:17	23	1:19:27	14	0:01:09	35	0:16:06	0:19:07	0:06:57	0:42:08	49	2:29:37
	7	26	35 Amoud van Garderen	NED	M-30-34		0:27:51	51	0:01:33	48	1:23:09	26	0:01:07	31	0:16:25	0:17:04	0:04:22	0:37:50	20	2:31:28
	8	31	61 Thierry Stevens	BEL	M-30-34		0:28:16	60	0:01:28	42	1:24:45	34	0:01:09	34	0:16:35	0:17:32	0:04:57	0:39:03	29	2:34:39
	9	35	30 Bas de Bruin	NED	M-30-34		0:27:54	53	0:01:35	51	1:26:18	38	0:01:20	55	0:16:57	0:17:02	0:04:40	0:38:37	24	2:35:43
	10	44	114 Arjan van Vliet	NED	M-30-34		0:26:02	30	0:01:51	71	1:25:43	37	0:01:51	94	0:17:55	0:21:35	0:05:35	0:45:05	68	2:40:29
	11	46	60 Jan Stehouwer	NED	M-30-34		0:28:15	59	0:01:40	57	1:21:03	20	0:01:27	65	0:18:09	0:26:29	0:05:22	0:49:59	97	2:42:23
	12	74	106 Bram de Jeu	NED	M-30-34		0:33:41	111	0:03:18	109	1:31:32	57	0:01:16	50	0:20:03	0:20:08	0:05:38	0:45:47	74	2:55:32
	13	75	71 Gerwin Vos	NED	M-30-34		0:28:40	68	0:01:27	40	1:41:42	87	0:01:28	67	0:18:09	0:19:12	0:05:02	0:42:22	51	2:55:37
	14	77	38 Hajo Jonker	NED	M-30-34		0:32:38	105	0:01:52	72	1:37:55	76	0:01:50	92	0:18:54	0:19:47	0:04:59	0:43:38	55	2:57:51
	15	78	51 Paul Mensink	NED	M-30-34		0:31:29	96	0:02:15	92	1:33:00	61	0:02:17	107	0:20:27	0:23:07	0:05:53	0:49:27	93	2:58:26
	16	80	27 Marco van den Berg	NED	M-30-34		0:24:28	16	0:03:55	110	1:41:03	86	0:01:20	57	0:20:40	0:22:40	0:05:45	0:49:05	91	2:59:50
	17	99	56 Rody Schiffer	NED	M-30-34		0:30:42	87	0:02:38	102	1:46:04	97	0:02:37	110	0:21:24	0:22:25	0:05:53	0:49:41	95	3:11:41
	18	102	108 Sander Hoegen Dijkhof	NED	M-30-34		0:30:50	90	0:01:31	47	1:47:39	99	0:02:17	108	0:22:18	0:23:31	0:06:05	0:51:53	102	3:14:08
	19	103	20 Pankaj Wadwha	USA	M-30-34		0:32:34	104	0:01:59	78	1:44:47	92	0:01:51	96	0:22:44	0:24:17	0:07:08	0:54:08	107	3:15:18

**Male, 35-39 years**

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN				FINISH			
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop	Total	Rank	Rank		
	1	8	4	Frans van Heteren	NED	M-35-39	Yes	0:23:43	12	0:01:10	6	1:17:04	12	0:01:00	22			0:36:04	13	2:19:00	
	2	15	52	Robert Mijwaart	NED	M-35-39		0:27:56	54	0:01:01	1	1:16:41	11	0:00:58	18	0:16:58	0:17:13	0:04:30	0:38:40	26	2:25:14
	3	21	14	Alexander Lang	GER	M-35-39	Yes	0:25:51	29	0:01:19	29	1:24:41	33	0:01:16	49	0:15:01	0:15:35	0:04:01	0:34:37	6	2:27:42
	4	32	65	Frank Veltman	NED	M-35-39		0:26:39	37	0:01:30	46	1:26:23	39	0:01:13	39	0:17:09	0:17:18	0:04:34	0:39:00	28	2:34:43
	5	37	43	Carsten Krause	GER	M-35-39								0:01:40	80				0:38:39	25	2:36:20
	6	41	39	Moul Kaewkokua	THL	M-35-39		0:29:58	82	0:01:25	37	1:23:59	30	0:01:19	54	0:18:09	0:18:04	0:04:50	0:41:03	41	2:37:42
	7	43	55	Harco Schaafsma	NED	M-35-39		0:26:21	34	0:01:13	14	1:24:01	31	0:01:26	63	0:20:43	0:21:07	0:05:11	0:47:01	83	2:40:00
	8	56	42	Marc van der Kort	NED	M-35-39		0:28:17	61	0:01:23	35	1:30:33	55	0:01:23	62	0:19:44	0:19:55	0:05:00	0:44:38	62	2:46:12
	9	63	41	Michael Apaydin	SUI	M-35-39		0:28:14	58	0:01:49	66	1:33:32	63	0:01:42	82	0:20:05	0:20:51	0:05:12	0:46:07	78	2:51:21
	10	65	37	Maurits van der Heijde	NED	M-35-39		0:29:01	72	0:01:50	69	1:34:08	64	0:01:36	77	0:19:17	0:20:36	0:05:31	0:45:23	72	2:51:56
	11	68	53	Mike Rathai	GER	M-35-39		0:28:31	65	0:01:16	20	1:35:47	68	0:01:13	42	0:19:57	0:21:01	0:05:26	0:46:23	80	2:53:08
	12	69	63	Peter Tauber	NED	M-35-39		0:33:13	109	0:02:38	101	1:29:57	51	0:02:34	109	0:18:52	0:20:42	0:05:49	0:45:22	71	2:53:42
	13	81	69	Frank de Vogel	NED	M-35-39		0:24:41	18	0:01:46	63	1:42:26	88	0:01:56	97	0:18:50	0:24:31	0:06:13	0:49:32	94	3:00:19
	14	84	47	Hans-Peter Ligthart	NED	M-35-39		0:28:23	62	0:02:19	94	1:44:16	91	0:00:58	19	0:20:14	0:20:24	0:05:16	0:45:53	76	3:01:47
	15	90	25	Hans-Peter van den Akker	NED	M-35-39		0:28:33	66	0:02:11	86	1:46:59	98	0:01:27	66	0:19:52	0:20:10	0:06:00	0:46:01	77	3:05:10
	16	95	54	Bob Rekkers	NED	M-35-39		0:30:53	91	0:02:12	88	1:45:22	95	0:01:41	81	0:20:42	0:22:27	0:06:03	0:49:11	92	3:09:17
	17	105	104	Paul Slot	NED	M-35-39		0:32:40	106	0:02:24	96	1:49:40	103	0:01:14	46	0:23:29	0:23:55	0:06:28	0:53:51	105	3:19:48
	18	112	33	Jean Paul van Dorst	NED	M-35-39		0:38:12	116	0:04:12	111	2:13:24	111	0:01:27	64	0:24:01	0:27:22	0:06:53	0:58:15	111	3:55:29

**Male, 40-44 years**

Position		St.nr.	Name	Nation	Pro / Elite	SWIM		T-1		BIKE		T-2		RUN				FINISH			
Group	Overall					Time	Rank	Time	Rank	Time	Rank	Time	Rank	Lap1	Lap2	F.Loop	Total	Rank	Rank		
	1	16	93	Pim Veeger	NED	M-40-44		0:24:52	21	0:01:10	3	1:21:55	22	0:00:51	8	0:16:02	0:16:40	0:04:25	0:37:06	19	2:25:52
	2	20	80	Hans Leek	NED	M-40-44		0:28:33	67	0:01:15	19	1:16:03	9	0:00:49	3	0:17:32	0:18:20	0:05:02	0:40:53	38	2:27:31
	3	22	84	Graeme Pearson	NZL	M-40-44	Yes	0:29:39	80	0:01:27	41	1:20:47	19	0:01:22	60	0:14:55	0:15:31	0:04:27	0:34:52	7	2:28:05
	4	28	76	Mik Borsten	NED	M-40-44		0:30:41	86	0:01:33	49	1:19:44	15	0:00:46	2	0:18:04	0:18:06	0:04:47	0:40:55	39	2:33:36
	5	49	82	René Mayer	SUI	M-40-44		0:30:03	83	0:01:58	77	1:29:58	52	0:01:22	61	0:17:27	0:17:38	0:04:41	0:39:45	33	2:43:03
	6	52	92	Piet van Tol	NED	M-40-44		0:26:37	36	0:01:20	30	1:33:00	60	0:01:40	79	0:18:02	0:18:31	0:05:03	0:41:35	43	2:44:10
	7	60	109	Mario Deicher	SUI	M-40-44		0:30:46	89	0:02:39	104	1:32:53	59	0:02:09	104	0:17:51	0:18:52	0:04:54	0:41:36	44	2:50:02
	8	62	75	Hugo de Best	NED	M-40-44		0:28:02	57	0:02:24	97	1:34:28	66	0:01:20	56	0:19:02	0:20:34	0:05:26	0:45:01	67	2:51:12
	9	72	91	Erik Teunissen	NED	M-40-44		0:29:14	74	0:01:57	76	1:36:02	70	0:01:18	52	0:20:01	0:20:41	0:05:33	0:46:14	79	2:54:44
	10	83	79	Maarten de Fockert	NED	M-40-44		0:31:15	93	0:01:47	64	1:42:57	89	0:01:51	93	0:18:34	0:19:14	0:05:07	0:42:54	53	3:00:41
	11	85	115	Albert Verduijn	NED	M-40-44								0:01:47	88	0:20:42	0:21:58	0:06:03	0:48:42	90	3:02:02
	12	86	81	Wim van Leeuwen	NED	M-40-44		0:32:01	102	0:02:11	85	1:39:06	82	0:01:49	90	0:20:56	0:20:51	0:05:24	0:47:10	84	3:02:16
	13	94	89	Michael Rudd	GBR	M-40-44		0:27:00	41	0:01:51	70	1:40:25	85	0:01:57	98	0:22:38	0:25:58	0:06:53	0:55:28	109	3:06:39
	14	96	87	Hans Rietveld	NED	M-40-44		0:26:31	35	0:01:43	60	1:48:21	101	0:01:33	73	0:22:39	0:24:04	0:06:04	0:52:46	104	3:10:54
	15	113	83	René Mulder	NED	M-40-44		0:40:39	117	0:04:30	113	2:09:23	110	0:01:33	72	0:26:41	0:31:06	0:07:58	1:05:44	112	4:01:47

