



# Trappenmarathon

## Uitslag 5KM

**Datum:** za 12 september 2020      **LANDGRAAF**      **GPS afstand:** 4,75

Pl	Pl. Cat.	Bib	Naam	Gemeente	Categorie	Netto	Gem. Snelh.	Min. KM	Ronde 1	Ronde 2	Ronde 3	Ronde 4	Ronde 5
1	1	80	Jurn van Gisteren	Oss	man	00:32:01	8,9	00:06:44	00:05:44	00:06:23	00:06:27	00:06:56	00:06:34
2	1	76	Michelle van der Made	Zoetermeer	vrouw	00:35:58	7,9	00:07:34	00:06:43	00:07:16	00:07:31	00:07:17	00:07:13
3	2	244	Renee Kruis	-	man	00:38:15	7,5	00:08:03	00:07:07	00:07:37	00:07:54	00:07:53	00:07:45
4	2	4	Susanne Bening	Voerendaal	vrouw	00:38:27	7,4	00:08:06	00:06:46	00:07:35	00:07:56	00:08:04	00:08:08
5	3	23	Achim Fuß	Eschweiler	man	00:38:49	7,3	00:08:10	00:06:34	00:07:51	00:07:44	00:08:18	00:08:23
6	3	31	Emanuela Hinz	Grevenbroich	vrouw	00:39:14	7,3	00:08:16	00:07:39	00:07:39	00:07:41	00:08:28	00:07:49
7	4	42	Siska Lony	Heerlen	vrouw	00:40:15	7,1	00:08:28	00:08:08	00:08:14	00:08:03	00:07:59	00:07:54
8	4	28	Marcel Handler	Heerlen	man	00:40:18	7,1	00:08:29	00:06:29	00:07:59	00:08:32	00:08:53	00:08:27
9	5	12	Marjolein Dam	Den Haag	vrouw	00:40:31	7,0	00:08:32	00:08:01	00:08:09	00:07:59	00:08:27	00:07:58
10	5	43	Jeroen Meerveld	Heerlen	man	00:41:34	6,9	00:08:45	00:07:40	00:08:06	00:08:35	00:08:43	00:08:31
11	6	50	Hilde Poolen	Bunde	vrouw	00:41:42	6,8	00:08:47	00:07:44	00:08:09	00:08:33	00:08:47	00:08:32
12	7	20	Simone Eschweiler	Simpelveld	vrouw	00:41:56	6,8	00:08:50	00:07:23	00:08:17	00:08:47	00:09:12	00:08:18
13	8	24	Astrid Fuß	Eschweiler	vrouw	00:43:06	6,6	00:09:04	00:07:46	00:08:32	00:08:53	00:08:54	00:09:03
14	9	30	Kylie Hendriks	-	vrouw	00:43:56	6,5	00:09:15	00:07:18	00:08:10	00:09:30	00:10:06	00:08:54
15	10	1	Danielle Aldenhoven	Landgraaf	vrouw	00:44:09	6,5	00:09:18	00:08:09	00:08:52	00:09:23	00:09:00	00:08:48
16	11	19	Kayleigh Engels	Roggel	vrouw	00:45:47	6,2	00:09:38	00:07:37	00:09:08	00:09:55	00:09:34	00:09:35
17	6	56	Marc Römkens	Heerlen	man	00:45:58	6,2	00:09:41	00:08:55	00:09:10	00:09:38	00:09:13	00:09:04
18	12	55	Sarah Roelofs	Limbriicht	vrouw	00:46:01	6,2	00:09:41	00:07:37	00:09:34	00:09:11	00:10:12	00:09:29
19	7	57	Borbin Roost	Nederweert	man	00:46:37	6,1	00:09:49	00:07:52	00:09:23	00:09:13	00:10:17	00:09:53
20	13	2	Rifka Bahlmann	Veghel	vrouw	00:47:31	6,0	00:10:00	00:08:18	00:09:12	00:10:02	00:10:09	00:09:52
21	14	85	Bianca van Rijsselberg	BRUNSSUM	vrouw	00:48:38	5,9	00:10:14	00:09:12	00:09:37	00:09:53	00:10:05	00:09:54
22	15	10	Ramona Corsius	Sint Geertruid	vrouw	00:49:35	5,7	00:10:26	00:08:21	00:10:07	00:10:03	00:11:04	00:10:02
23	16	67	Marieke Soogeleer	Nuth	vrouw	00:50:48	5,6	00:10:42	00:08:53	00:09:46	00:10:41	00:10:47	00:10:43
24	17	95	Amy Watelle	Assebroek	vrouw	00:50:58	5,6	00:10:44	00:09:39	00:10:11	00:10:33	00:10:45	00:09:52
25	8	79	Michael Van Gemen	Velden	man	00:51:00	5,6	00:10:44	00:08:03	00:09:28	00:10:25	00:11:51	00:11:17
26	18	21	Quinn Fonk	-	vrouw	00:51:12	5,6	00:10:47	00:07:40	00:10:04	00:13:01	00:10:45	00:09:44
27	19	89	Ilova Vonken	Wijlre	vrouw	00:51:17	5,6	00:10:48	00:08:32	00:09:35	00:10:36	00:11:02	00:11:34
28	9	66	Joan Somers	Kerkrade	man	00:51:57	5,5	00:10:56	00:08:55	00:09:11	00:10:20	00:11:46	00:11:48
29	10	64	Michiel Simons	Beek	man	00:52:11	5,5	00:10:59	00:08:22	00:11:09	00:10:54	00:10:49	00:10:59
30	20	44	Dedroog Melissa	Maasmechelen	vrouw	00:52:16	5,5	00:11:00	00:08:51	00:10:01	00:10:50	00:11:00	00:11:35
31	21	75	Heleen van der Linden	Rotterdam	vrouw	00:52:28	5,4	00:11:03	00:09:37	00:10:01	00:10:27	00:11:10	00:11:14
32	22	92	Rachella Waalen	Voerendaal	vrouw	00:52:42	5,4	00:11:06	00:09:49	00:10:26	00:10:45	00:11:02	00:10:42
33	23	29	G Handler	Heerlen	vrouw	00:52:58	5,4	00:11:09	00:09:00	00:09:38	00:10:31	00:11:34	00:12:17
34	24	90	Robin Vos	Geleen	vrouw	00:53:20	5,3	00:11:14	00:09:11	00:10:50	00:10:31	00:11:35	00:11:15
35	25	54	Lisa Roelofs	Susteren	vrouw	00:53:24	5,3	00:11:15	00:08:13	00:09:51	00:11:40	00:11:30	00:12:12
36	11	5	Angelo Bessems	Kerkrade	man	00:53:36	5,3	00:11:17	00:09:16	00:10:35	00:11:47	00:11:00	00:10:59
37	26	59	Verena Scheilen	Geleen	vrouw	00:55:22	5,1	00:11:39	00:08:52	00:09:52	00:12:05	00:12:28	00:12:07
38	27	69	Daniëlle Straaten	Eindhoven	vrouw	00:55:29	5,1	00:11:41	00:09:57	00:11:02	00:11:45	00:11:21	00:11:26
39	28	58	Daniëlle Roost	Landgraaf	vrouw	00:56:10	5,1	00:11:49	00:09:25	00:10:46	00:11:59	00:12:17	00:11:45
40	29	40	Sanja Lageweg	Sittard	vrouw	00:57:49	4,9	00:12:10	00:09:21	00:10:54	00:12:05	00:13:11	00:12:18
41	30	18	Stephanie Durst-Cals	Landgraaf	vrouw	00:58:28	4,9	00:12:19	00:08:27	00:10:28	00:13:13	00:12:47	00:13:35
42	12	35	Rene Jansen	Beek En Donk	man	00:58:33	4,9	00:12:20	00:09:42	00:11:32	00:12:06	00:12:52	00:12:23
43	31	97	Julia Weyts	-	vrouw	00:59:12	4,8	00:12:28	00:07:40	00:10:05	00:13:55	00:13:41	00:13:52
44	32	34	Ada in 't Veld	Heinenoord	vrouw	00:59:35	4,8	00:12:33	00:11:20	00:12:24	00:11:50	00:12:02	00:12:01
45	33	51	Diana Rikkert	Hoensbroek	vrouw	01:00:59	4,7	00:12:50	00:10:45	00:11:23	00:12:29	00:13:08	00:13:14
46	34	61	Ingrid Schouten	Brunssum	vrouw	01:02:56	4,5	00:13:15	00:09:22	00:12:28	00:13:38	00:14:08	00:13:22
47	35	81	Pauline van Gulik	Maastricht	vrouw	01:03:00	4,5	00:13:16	00:10:06	00:11:49	00:13:58	00:13:46	00:13:23
48	13	36	Quinten Jansen	-	man	01:03:41	4,5	00:13:24	00:08:27	00:14:14	00:13:38	00:14:53	00:12:31
49	36	3	Sandra Benden	Landgraaf	vrouw	01:05:50	4,3	00:13:52	00:10:44	00:12:34	00:14:12	00:13:56	00:14:27
50	37	78	Bianca van Eck-Sijben	Brunssum	vrouw	01:07:04	4,2	00:14:07	00:11:35	00:12:55	00:14:17	00:14:24	00:13:54
51	38	13	Nathalie De Groot	Enschede	vrouw	01:07:22	4,2	00:14:11	00:11:33	00:13:30	00:13:52	00:14:14	00:14:16
52	39	98	Angele Willems	Heerlen	vrouw	01:07:23	4,2	00:14:11	00:11:23	00:12:59	00:14:14	00:14:23	00:14:24
53	40	53	Esmay Rila	-	vrouw	01:09:09	4,1	00:14:33	00:11:24	00:13:05	00:14:48	00:15:22	00:14:32
54	41	38	Emerentia Knebel	Kerkrade	vrouw	01:09:17	4,1	00:14:35	00:11:08	00:12:36	00:14:29	00:15:08	00:15:58
55	42	39	Wendy Kohlen	Landgraaf	vrouw	01:09:18	4,1	00:14:35	00:11:12	00:12:34	00:14:27	00:15:11	00:15:56
56	43	96	Marion Wenders	Gulpen	vrouw	01:10:16	4,1	00:14:48	00:11:48	00:13:20	00:14:58	00:15:26	00:14:47
57	14	48	Willie Peters	Ravenstein	man	01:12:47	3,9	00:15:19	00:12:37	00:13:50	00:14:07	00:15:47	00:16:28
58	44	71	Daphne Teeuw	Nieuw Bergen	vrouw	01:14:32	3,8	00:15:41	00:11:08	00:14:07	00:16:10	00:17:10	00:15:58
59	15	14	Erwin De rooy	Vaesrade	man	01:15:26	3,8	00:15:53	00:11:40	00:14:57	00:15:56	00:16:54	00:16:01
60	45	11	Wendy Cuijpers	NUTH	vrouw	01:15:27	3,8	00:15:53	00:11:39	00:14:58	00:15:57	00:16:53	00:16:02
61	16	94	Zef Waltmans	Vaesrade	man	01:15:30	3,8	00:15:54	00:13:57	00:14:59	00:15:28	00:15:07	00:16:02
62	17	6	Hendo Bijkerk	Enschede	man	01:16:28	3,7	00:16:06	00:14:15	00:14:34	00:15:56	00:18:00	00:13:44
63	18	41	Stephan Lendering	Heek	man	01:16:28	3,7	00:16:06	00:14:16	00:14:33	00:15:56	00:18:01	00:13:44
64	19	47	Joan Oldersma	Enschede	man	01:16:29	3,7	00:16:06	00:14:16	00:14:33	00:15:56	00:18:02	00:13:44
65	46	72	Sabine Toonstra	Enschede	vrouw	01:17:43	3,7	00:16:22	00:12:23	00:15:16	00:16:58	00:16:36	00:16:32
66	20	52	Paul Rila	Veeddam	man	01:18:53	3,6	00:16:36	00:13:04	00:15:36	00:16:10	00:16:54	00:17:11
67	47	46	Conny nijmeijer	Eindhoven	vrouw	01:20:07	3,6	00:16:52	00:12:18	00:14:10	00:15:29	00:19:06	00:19:06
68	21	15	Henk Derks	Ravenstein	man	01:20:12	3,6	00:16:53	00:13:19	00:16:25	00:15:43	00:17:16	00:17:31
69	48	62	Ann Sierens	Deinze	vrouw	01:20:25	3,5	00:16:56	00:13:19	00:15:21	00:16:30	00:17:44	00:17:33
70	49	60	Djoëlla Schmetz	Heerlen	vrouw	01:24:22	3,4	00:17:46	00:13:01	00:15:45	00:17:42	00:17:35	00:20:22
71	50	68	Saskia Steengraver	Heerlen	vrouw	01:24:28	3,4	00:17:47	00:13:02	00:15:54	00:17:37	00:17:33	00:20:23
72	51	27	Edyta Gulpers	Landgraaf	vrouw	01:30:17	3,2	00:19:00	00:14:20	00:17:49	00:19:35	00:19:06	00:19:29
73	22	83	Harry Van Maaren	Zevenaar	man	01:34:22	3,0	00:19:52	00:12:33	00:19:41	00:20:39	00:20:20	00:21:11



Sports Quality Time Measuring

# Trappenmarathon

## Uitslag 5KM

Pl	Pl. Cat.	Bib	Naam	Gemeente	Categorie	Netto	Gem. Snelh.	Min. KM	Ronde 1	Ronde 2	Ronde 3	Ronde 4	Ronde 5
74	52	84	Fenny Van Maaren	Zevenaar	vrouw	01:34:24	3,0	00:19:52	00:12:50	00:20:36	00:21:23	00:20:30	00:19:07
75	53	63	Miranda Sijben	Brunssum	vrouw	01:34:52	3,0	00:19:58	00:15:37	00:19:55	00:19:31	00:18:56	00:20:55
76	54	82	Ramona Van Kesteren	Schiedam	vrouw	01:48:17	2,6	00:22:48	00:15:38	00:20:45	00:23:20	00:23:29	00:25:07
77	55	99	Nathalie Witjes	Roermond	vrouw	02:21:11	2,0	00:29:43	00:21:28	00:27:08	00:32:06	00:32:23	00:28:08
78	23	49	Mickel Phoelich	Brunssum	man	02:34:14	1,8	00:32:28	00:21:51	00:26:47	00:32:35	00:34:08	00:38:55
DNF		146	Danny Smits	Brunssum	man	DNF			00:14:14				
DNF		65	Yordan Smits	Brunssum	man	DNF			00:59:15				
DNF		45	Maarten Nieveldstein	Landgraaf	man	DNF			03:05:58				
DNF		16	Katharina Dieckow	Halle	vrouw	DNF			00:17:53	00:28:21	00:26:38		