

100 km estafette 30 augustus 2009

1 Ilion 1			
lapnr	startnr	finishtijd	laptijd
1	10	0:16:13	0:16:13
2	11	0:35:41	0:19:28
3	12	0:55:58	0:20:17
4	13	1:14:06	0:18:08
5	14	1:32:08	0:18:02
6	10	1:53:12	0:21:04
7	11	2:12:48	0:19:36
8	12	2:32:52	0:20:04
9	13	2:51:29	0:18:37
10	14	3:09:14	0:17:45
11	10	3:29:59	0:20:45
12	11	3:49:42	0:19:43
13	12	4:09:47	0:20:05
14	13	4:28:57	0:19:10
15	14	4:46:56	0:17:59
16	10	5:06:14	0:19:18
17	11	5:26:07	0:19:53
18	12	5:46:20	0:20:13
19	13	6:07:23	0:21:03
20	14	6:27:43	0:20:20
<i>snelste lap:</i>			<i>0:17:45</i>
Eindtijd:			6:27:43

100 km estafette 30 augustus 2009

2 De Buffelaars			
lapnr	startnr	finishtijd	laptijd
1	20	0:18:49	0:18:49
2	21	0:44:04	0:25:15
3	22	1:06:54	0:22:50
4	23	1:31:16	0:24:22
5	24	1:54:48	0:23:32
6	20	2:18:59	0:24:11
7	21	2:44:22	0:25:23
8	22	3:06:56	0:22:34
9	23	3:31:37	0:24:41
10	24	3:54:51	0:23:14
11	20	4:18:40	0:23:49
12	21	4:44:53	0:26:13
13	22	5:07:19	0:22:26
14	23	5:32:28	0:25:09
15	24	5:56:03	0:23:35
16	20	6:19:56	0:23:53
17	21	6:46:30	0:26:34
18	22	7:08:44	0:22:14
19	23	7:34:13	0:25:29
20	24	7:58:21	0:24:08
<i>snelste lap:</i>			0:22:14
Eindtijd:			7:58:21

100 km estafette 30 augustus 2009

3 Goudse Runners fast and Fabulous			
lapnr	startnr	finishtijd	laptijd
1	30	0:22:10	0:22:10
2	31	0:47:40	0:25:30
3	32	1:11:51	0:24:11
4	33	1:34:13	0:22:22
5	34	1:59:51	0:25:38
6	30	2:28:02	0:28:11
7	31	2:53:19	0:25:17
8	32	3:18:15	0:24:56
9	33	3:41:02	0:22:47
10	34	4:07:01	0:25:59
11	30	4:35:41	0:28:40
12	31	5:00:50	0:25:09
13	32	5:27:08	0:26:18
14	33	5:50:11	0:23:03
15	34	6:16:45	0:26:34
16	30	6:45:05	0:28:20
17	31	7:11:50	0:26:45
18	32	7:37:08	0:25:18
19	33	8:00:46	0:23:38
20	34	8:27:11	0:26:25
<i>snelste lap</i>			<i>0:22:22</i>
Eindtijd:			8:27:11

100 km estafette 30 augustus 2009

4 Goudse Runners Just for Fun 1			
lapnr	startnr	finishtijd	laptijd
1	40	0:18:33	0:18:33
2	41	0:42:20	0:23:47
3	42	1:09:30	0:27:10
4	43	1:38:42	0:29:12
5	44	2:08:34	0:29:52
6	45	2:29:44	0:21:10
7	46	3:03:50	0:34:06
8	47	3:33:43	0:29:53
9	48	4:04:25	0:30:42
10	49	4:31:37	0:27:12
11	40	4:55:36	0:23:59
12	41	5:18:48	0:23:12
13	42	5:44:36	0:25:48
14	43	6:13:33	0:28:57
15	44	6:43:53	0:30:20
16	45	7:04:53	0:21:00
17	46	7:39:53	0:35:00
18	47	8:08:30	0:28:37
19	48	8:40:33	0:32:03
20	49	9:12:36	0:32:03
<i>snelste lap</i>			<i>0:21:00</i>
Eindtijd:			9:12:36

100 km estafette 30 augustus 2009

5 Goudse Runners Supermix			
lapnr	startnr	finishtijd	laptijd
1	50	0:19:13	0:19:13
2	51	0:36:33	0:17:20
3	52	0:59:38	0:23:05
4	53	1:16:49	0:17:11
5	54	1:41:27	0:24:38
6	50	2:06:28	0:25:01
7	51	2:23:23	0:16:55
8	52	2:47:01	0:23:38
9	53	3:04:19	0:17:18
10	54	3:30:12	0:25:53
11	50	3:54:48	0:24:36
12	51	4:11:35	0:16:47
13	52	4:36:08	0:24:33
14	53	4:53:50	0:17:42
15	54	5:19:49	0:25:59
16	50	5:46:50	0:27:01
17	51	6:04:19	0:17:29
18	52	6:28:43	0:24:24
19	53	6:46:31	0:17:48
20	54	7:12:58	0:26:27
<i>snelste lap</i>			<i>0:16:47</i>
Eindtijd:			7:12:58

100 km estafette 30 augustus 2009

6 Quick Step			
lapnr	startnr	finishtijd	laptijd
1	60	0:16:49	0:16:49
2	61	0:38:28	0:21:39
3	62	1:01:03	0:22:35
4	63	1:22:44	0:21:41
5	64	1:43:35	0:20:51
6	60	2:06:36	0:23:01
7	61	2:27:55	0:21:19
8	62	2:49:42	0:21:47
9	63	3:12:21	0:22:39
10	64	3:35:14	0:22:53
11	60	3:57:25	0:22:11
12	61	4:19:03	0:21:38
13	62	4:40:57	0:21:54
14	63	5:03:37	0:22:40
15	64	5:26:17	0:22:40
16	60	5:48:43	0:22:26
17	61	6:10:38	0:21:55
18	62	6:31:51	0:21:13
19	63	6:56:24	0:24:33
20	64	7:18:45	0:22:21
<i>snelste lap</i>			<i>0:20:51</i>
Eindtijd:			7:18:45

100 km estafette 30 augustus 2009

7 RA laat het zien 1			
lapnr	startnr	finishtijd	laptijd
1	70	0:16:37	0:16:37
2	71	0:38:23	0:21:46
3	72	0:58:41	0:20:18
4	73	1:19:49	0:21:08
5	74	1:38:53	0:19:04
6	70	1:59:21	0:20:28
7	71	2:21:58	0:22:37
8	72	2:42:15	0:20:17
9	73	3:04:49	0:22:34
10	74	3:23:58	0:19:09
11	70	3:44:19	0:20:21
12	71	4:06:26	0:22:07
13	72	4:26:50	0:20:24
14	73	4:47:56	0:21:06
15	74	5:06:49	0:18:53
16	70	5:30:32	0:23:43
17	71	5:53:39	0:23:07
18	72	6:13:54	0:20:15
19	73	6:34:11	0:20:17
20	74	6:53:31	0:19:20
<i>snelste lap</i>			<i>0:18:53</i>
Eindtijd:			6:53:31

100 km estafette 30 augustus 2009

8 RA laat het zien 2			
lapnr	startnr	finishtijd	laptijd
1	80	0:15:19	0:15:19
2	81	0:38:39	0:23:20
3	82	1:01:07	0:22:28
4	83	1:23:27	0:22:20
5	84	1:49:06	0:25:39
6	85	2:10:49	0:21:43
7	81	2:35:47	0:24:58
8	82	2:58:37	0:22:50
9	83	3:21:23	0:22:46
10	84	3:44:41	0:23:18
11	80	4:03:56	0:19:15
12	81	4:27:33	0:23:37
13	82	4:50:38	0:23:05
14	83	5:13:03	0:22:25
15	84	5:38:29	0:25:26
16	85	5:59:38	0:21:09
17	81	6:22:47	0:23:09
18	82	6:45:56	0:23:09
19	83	7:08:38	0:22:42
20	84	7:33:16	0:24:38
<i>snelste lap</i>			<i>0:19:15</i>
Eindtijd:			7:33:16

100 km estafette 30 augustus 2009

9 De bRAve dRAvers			
lapnr	startnr	finishtijd	laptijd
1	90	0:18:37	0:18:37
2	91	0:43:28	0:24:51
3	92	1:06:14	0:22:46
4	93	1:31:22	0:25:08
5	94	1:55:51	0:24:29
6	90	2:19:13	0:23:22
7	91	2:44:05	0:24:52
8	92	3:06:52	0:22:47
9	93	3:32:09	0:25:17
10	94	3:56:19	0:24:10
11	90	4:20:38	0:24:19
12	91	4:45:44	0:25:06
13	92	5:08:17	0:22:33
14	93	5:34:30	0:26:13
15	94	5:59:20	0:24:50
16	90	6:22:58	0:23:38
17	91	6:48:11	0:25:13
18	92	7:10:58	0:22:47
19	93	7:38:08	0:27:10
20	94	8:01:18	0:23:10
<i>snelste lap</i>			0:22:33
Eindtijd:			8:01:18

100 km estafette 30 augustus 2009

14 Langlaufvereniging Gouda			
lapnr	startnr	finishtijd	laptijd
1	140	0:16:01	0:16:01
2	141	0:36:21	0:20:20
3	142	1:08:27	0:32:06
4	143	1:33:21	0:24:54
5	144	1:57:44	0:24:23
6	145	2:30:33	0:32:49
7	146	2:50:21	0:19:48
8	147	3:19:09	0:28:48
9	148	3:43:33	0:24:24
10	149	4:10:07	0:26:34
11	140	4:36:45	0:26:38
12	141	5:05:00	0:28:15
13	142	5:29:47	0:24:47
14	143	5:58:53	0:29:06
15	144	6:26:38	0:27:45
16	145	6:52:47	0:26:09
17	146	7:21:29	0:28:42
18	147	7:46:36	0:25:07
19	148	8:16:58	0:30:22
20	149	8:46:59	0:30:01
<i>snelste lap</i>			<i>0:19:48</i>
Eindtijd:			8:46:59

100 km estafette 30 augustus 2009

15 Janboel AV'47			
lapnr	startnr	finishtijd	laptijd
1	150	0:20:12	0:20:12
2	151	0:43:08	0:22:56
3	152	1:08:15	0:25:07
4	153	1:33:15	0:25:00
5	154	1:56:44	0:23:29
6	150	2:22:04	0:25:20
7	151	2:44:42	0:22:38
8	152	3:09:25	0:24:43
9	153	3:34:34	0:25:09
10	154	3:58:08	0:23:34
11	150	4:23:50	0:25:42
12	151	4:46:24	0:22:34
13	152	5:12:04	0:25:40
14	153	5:36:20	0:24:16
15	154	6:00:02	0:23:42
16	150	6:26:30	0:26:28
17	151	6:49:16	0:22:46
18	152	7:15:19	0:26:03
19	153	7:39:29	0:24:10
20	154	8:03:47	0:24:18
<i>snelste lap</i>			<i>0:22:34</i>
Eindtijd:			8:03:47

100 km estafette 30 augustus 2009

16 AV '47 dames 1			
lapnr	startnr	finishtijd	laptijd
1	160	0:20:48	0:20:48
2	161	0:43:12	0:22:24
3	162	1:08:55	0:25:43
4	163	1:34:17	0:25:22
5	164	1:59:20	0:25:03
6	160	2:26:23	0:27:03
7	161	2:48:38	0:22:15
8	162	3:15:08	0:26:30
9	163	3:40:24	0:25:16
10	164	4:04:27	0:24:03
11	160	4:32:07	0:27:40
12	161	4:53:56	0:21:49
13	162	5:20:40	0:26:44
14	163	5:45:39	0:24:59
15	164	6:10:22	0:24:43
16	160	6:38:00	0:27:38
17	161	6:59:54	0:21:54
18	162	7:26:43	0:26:49
19	163	7:51:43	0:25:00
20	164	8:17:10	0:25:27
<i>snelste lap</i>			<i>0:21:49</i>
Eindtijd:			8:17:10

100 km estafette 30 augustus 2009

17 AV '47 Heren 1			
lapnr	startnr	finishtijd	laptijd
1	170	0:21:47	0:21:47
2	171	0:41:30	0:19:43
3	172	1:03:11	0:21:41
4	173	1:27:40	0:24:29
5	174	1:50:25	0:22:45
6	170	2:17:15	0:26:50
7	171	2:37:04	0:19:49
8	172	2:58:42	0:21:38
9	173	3:23:35	0:24:53
10	174	3:46:37	0:23:02
11	170	4:13:55	0:27:18
12	171	4:34:10	0:20:15
13	172	4:55:53	0:21:43
14	173	5:21:57	0:26:04
15	174	5:45:03	0:23:06
16	170	6:13:05	0:28:02
17	171	6:33:36	0:20:31
18	172	6:55:13	0:21:37
19	173	7:21:40	0:26:27
20	174	7:45:49	0:24:09
<i>snelste lap</i>			<i>0:19:43</i>
Eindtijd:			7:45:49

100 km estafette 30 augustus 2009

18 AV '47 Heren 2			
lapnr	startnr	finishtijd	laptijd
1	180	0:17:38	0:17:38
2	181	0:38:49	0:21:11
3	182	1:01:09	0:22:20
4	183	1:24:40	0:23:31
5	184	1:47:51	0:23:11
6	180	2:10:02	0:22:11
7	181	2:31:35	0:21:33
8	182	2:53:47	0:22:12
9	183	3:17:38	0:23:51
10	184	3:41:12	0:23:34
11	180	4:03:44	0:22:32
12	181	4:25:12	0:21:28
13	182	4:47:54	0:22:42
14	183	5:12:25	0:24:31
15	184	5:36:21	0:23:56
16	180	5:59:18	0:22:57
17	181	6:21:12	0:21:54
18	182	6:43:23	0:22:11
19	183	7:08:28	0:25:05
20	184	7:33:29	0:25:01
<i>snelste lap</i>			<i>0:21:11</i>
Eindtijd:			7:33:29

100 km estafette 30 augustus 2009

19 Kombij Atletiek			
lapnr	startnr	finishtijd	laptijd
1	190	0:22:06	0:22:06
2	191	0:50:51	0:28:45
3	192	1:18:06	0:27:15
4	193	1:47:08	0:29:02
5	194	2:11:19	0:24:11
6	195	2:39:06	0:27:47
7	196	3:04:07	0:25:01
8	197	3:26:37	0:22:30
9	198	3:47:20	0:20:43
10	199	4:14:57	0:27:37
11	190	4:44:26	0:29:29
12	191	5:12:17	0:27:51
13	192	5:38:13	0:25:56
14	193	6:08:59	0:30:46
15	194	6:33:05	0:24:06
16	195	7:01:01	0:27:56
17	196	7:26:17	0:25:16
18	197	7:48:48	0:22:31
19	198	8:10:16	0:21:28
20	199	8:38:23	0:28:07
<i>snelste lap</i>			<i>0:20:43</i>
Eindtijd:			8:38:23

100 km estafette 30 augustus 2009

27 AV '47 Boskoop Running			
lapnr	startnr	finishtijd	laptijd
1	270	0:18:11	0:18:11
2	271	0:41:00	0:22:49
3	272	1:00:02	0:19:02
4	273	1:19:58	0:19:56
5	274	1:38:25	0:18:27
6	270	2:02:02	0:23:37
7	271	2:24:29	0:22:27
8	272	2:43:39	0:19:10
9	273	3:03:02	0:19:23
10	274	3:21:49	0:18:47
11	270	3:45:07	0:23:18
12	271	4:07:29	0:22:22
13	272	4:26:41	0:19:12
14	273	4:46:48	0:20:07
15	274	5:05:50	0:19:02
16	270	5:28:20	0:22:30
17	271	5:50:31	0:22:11
18	272	6:09:50	0:19:19
19	273	6:31:31	0:21:41
20	274	6:50:04	0:18:33
<i>snelste lap</i>			0:18:27
Eindtijd:			6:50:04

100 km estafette 30 augustus 2009

28 Ilion 2			
lapnr	startnr	finishtijd	laptijd
1	280	0:15:23	0:15:23
2	281	0:39:18	0:23:55
3	282	1:00:59	0:21:41
4	283	1:21:28	0:20:29
5	284	1:41:56	0:20:28
6	280	2:02:14	0:20:18
7	281	2:26:49	0:24:35
8	282	2:50:36	0:23:47
9	283	3:11:42	0:21:06
10	284	3:32:03	0:20:21
11	280	3:57:58	0:25:55
12	281	4:23:33	0:25:35
13	282	4:48:08	0:24:35
14	283	5:11:02	0:22:54
15	284	5:31:37	0:20:35
16	280	5:55:56	0:24:19
17	281	6:21:27	0:25:31
18	282	6:44:13	0:22:46
19	283	7:08:33	0:24:20
20	284	7:28:52	0:20:19
<i>snelste lap</i>			<i>0:20:18</i>
Eindtijd:			7:28:52

100 km estafette 30 augustus 2009

29 Goudse Runners Goverwelle 1			
lapnr	startnr	finishtijd	laptijd
1	290	0:17:23	0:17:23
2	291	0:38:18	0:20:55
3	292	0:59:21	0:21:03
4	293	1:21:14	0:21:53
5	294	1:41:35	0:20:21
6	290	2:03:25	0:21:50
7	291	2:24:39	0:21:14
8	292	2:45:34	0:20:55
9	293	3:07:50	0:22:16
10	294	3:28:30	0:20:40
11	290	3:50:26	0:21:56
12	291	4:11:41	0:21:15
13	292	4:32:55	0:21:14
14	293	4:55:30	0:22:35
15	294	5:16:14	0:20:44
16	290	5:38:35	0:22:21
17	291	6:00:16	0:21:41
18	292	6:21:24	0:21:08
19	293	6:43:17	0:21:53
20	294	7:03:43	0:20:26
<i>snelste lap</i>			<i>0:20:21</i>
Eindtijd:			7:03:43

100 km estafette 30 augustus 2009

39 Goudse Runners Goverwelle 2			
lapnr	startnr	finishtijd	laptijd
1	390	0:19:55	0:19:55
2	391	0:49:26	0:29:31
3	392	1:14:33	0:25:07
4	392	1:42:59	0:28:26
5	394	2:08:13	0:25:14
6	390	2:33:20	0:25:07
7	391	3:03:00	0:29:40
8	392	3:28:10	0:25:10
9	393	3:57:01	0:28:51
10	394	4:22:26	0:25:25
11	390	4:47:14	0:24:48
12	391	5:15:25	0:28:11
13	392	5:41:01	0:25:36
14	393	6:10:39	0:29:38
15	394	6:35:52	0:25:13
16	390	7:00:56	0:25:04
17	391	7:30:06	0:29:10
18	392	7:55:40	0:25:34
19	393	8:25:37	0:29:57
20	394	8:51:10	0:25:33
<i>snelste lap</i>			<i>0:24:48</i>
Eindtijd:			8:51:10

100 km estafette 30 augustus 2009

40 AV Gouda All Stars			
lapnr	startnr	finishtijd	laptijd
1	400	0:15:09	0:15:09
2	401	0:35:13	0:20:04
3	403	0:53:51	0:18:38
4	402	1:14:11	0:20:20
5	404	1:33:12	0:19:01
6	400	1:52:21	0:19:09
7	401	2:12:36	0:20:15
8	403	2:31:39	0:19:03
9	402	2:52:00	0:20:21
10	404	3:11:33	0:19:33
11	400	3:29:51	0:18:18
12	401	3:49:24	0:19:33
13	403	4:08:35	0:19:11
14	402	4:29:20	0:20:45
15	404	4:49:49	0:20:29
16	400	5:08:56	0:19:07
17	402	5:28:45	0:19:49
18	403	5:48:39	0:19:54
19	402	6:09:52	0:21:13
20	404	6:30:30	0:20:38
<i>snelste lap</i>			<i>0:18:18</i>
Eindtijd:			6:30:30

100 km estafette 30 augustus 2009

41 AV '47 Dames II			
lapnr	startnr	finishtijd	laptijd
1	410	0:21:20	0:21:20
2	411	0:44:05	0:22:45
3	412	1:09:55	0:25:50
4	413	1:36:03	0:26:08
5	414	2:03:28	0:27:25
6	410	2:30:40	0:27:12
7	411	2:53:46	0:23:06
8	412	3:19:33	0:25:47
9	413	3:45:22	0:25:49
10	414	4:12:53	0:27:31
11	410	4:40:19	0:27:26
12	411	5:03:20	0:23:01
13	412	5:29:09	0:25:49
14	413	5:55:09	0:26:00
15	414	6:23:30	0:28:21
16	410	6:51:21	0:27:51
17	411	7:14:53	0:23:32
18	412	7:40:53	0:26:00
19	413	8:07:14	0:26:21
20	414	8:35:07	0:27:53
<i>snelste lap</i>			<i>0:22:45</i>
Eindtijd:			8:35:07