

Sjoerd Groeskamp

Personal Bests:

800m:	2:21, Bedrijven Estafette AV Texel, 2010.
10km:	38:16, Unicef Loop Amsterdam, 14-11-2010.
Half Marathon (21.1km):	1:23:26, Halve Marathon Hoorn, 22-05-2011.
Marathon (42.2 km):	3:08:17, Han Kan Marathon, 10-04-2011.
Olympic distance Triathlon:	2:20:38, Triathlon Amsterdam Nieuw West, 13-06-2010: 1500m swim (30:29), T1 (2:29), 40km Bike (1:06:01), T2 (1:22), and 10km run (40:19).
Longest Triathlon:	5:20:06, Halve van Leiderdorp (08-08-2010). 2.5km swim, 80km bike ride, 20km run.
Point 2 Pinnacle	2:02:26 (21.4km, elevation 1240m).