

**UITSLAG / Onderdeel: 10 KM / Mannen /**

Plaats.	StartNo.	Naam	Finishtijd	Km/uur
1	282	Marco Kingma	16:49:17,284	15,23
2	343	Andries van der Veen	16:51:08,586	14,54
3	329	Evert de Vries	16:51:20,083	14,48
4	325	Diemer Top	16:51:40,537	14,35
5	332	Marco Tekstra	16:52:46,567	13,99
6	315	Theo van der Horn	16:52:49,960	13,97
7	267	Klaas Pieter Dijksterhuis	16:53:49,401	13,65
8	301	Ilya Groot	16:54:27,146	13,46
9	333	Willem-Jan Wakelkamp	16:54:44,087	13,38
10	281	Rene Meijer	16:54:46,820	13,36
11	270	Bauke Schievink	16:54:51,071	13,34
12	321	Anne Nico van der Vaart	16:54:54,545	13,32
13	275	Aalt Brouwer	16:54:54,876	13,32
14	256	Timo Kuipers	16:55:01,528	13,29
15	286	Teun Top	16:55:08,053	13,26
16	292	Pieter Hijlkema	16:55:32,122	13,14
17	340	Peter Overwijk	16:55:56,583	13,02
18	274	Jacco Strik	16:55:59,919	13,01
19	310	Jan Albert Schonewille	16:56:26,963	12,88
20	287	Hedde Oord	16:56:33,610	12,85
21	311	Alle de Boer	16:56:56,297	12,75
22	341	Erik Deenen	16:56:59,404	12,73
23	285	Bauke Jansen	16:57:07,880	12,70
24	320	Eelco de Groot	16:57:12,028	12,68
25	319	Bert Bergsma	16:57:25,017	12,62
26	326	Jakob Hut	16:57:29,264	12,61
27	318	Arnold Bloem	16:57:29,861	12,60
28	257	Jelmer Wanders	16:57:57,863	12,48
29	296	Jelte de Wit	16:58:03,106	12,46
30	279	Bernard Wilkens	16:58:35,761	12,32
31	263	Haije de Vries	16:58:43,805	12,28
32	330	Vincent van der Veen	16:58:45,944	12,27
33	328	Herman Weening	16:58:46,260	12,27
34	265	Jan vd Vaart	16:58:56,512	12,23
35	272	Harry van der Lei	16:58:57,772	12,22
36	302	Karel Kort	16:59:31,010	12,09
37	273	Henk Schievink	16:59:33,477	12,08
38	295	Jarno Dijkstra	16:59:41,935	12,04
39	313	Alfons	16:59:44,757	12,03
40	297	Jan Jelle renkema	17:00:24,522	11,87
41	283	Leonardo	17:00:30,515	11,85
42	324	Taeke Boersma	17:00:46,585	11,79
43	268	Jaap van Dekken	17:01:34,240	11,61
44	277	hans Jakobs	17:01:52,546	11,54
45	299	Wim van Brummen	17:01:52,848	11,54
46	312	Rene	17:01:55,659	11,53
47	293	Reinder Tel	17:02:31,415	11,40
48	289	Jan Bron	17:02:38,076	11,37
49	323	Jeroen Moser	17:02:51,698	11,32
50	309	Niels Buiten	17:03:34,886	11,17
51	334	Arje Wobbes	17:03:35,796	11,17
52	294	Gesinus Boer	17:03:52,644	11,11
53	317	Sjouke Stoker	17:04:24,105	11,01

54	316	Roel Storteboom	17:05:06,184	10,87
55	276	Carel Vedder	17:06:44,177	10,55
56	258	Joop van Kammen	17:06:52,298	10,53
57	331	Daan Jongsma	17:07:08,315	10,48
58	307	Derk Sibon	17:07:49,058	10,36
59	305	Thierry Roossien	17:07:50,875	10,35
60	290	Erik Betten	17:08:13,813	10,28
61	337	Jorn Brouwer	17:08:57,546	10,16
62	306	jongsma	17:09:01,521	10,14
63	336	Klaas Michiel Elema	17:14:22,173	9,30
64	271	kor gorter	17:15:43,788	9,11

#### UITSLAG / Onderdeel: 10 KM / Vrouwen

Plts.	StartNo.	Naam	Finishtijd	Km/uur
1	342	Henk Heemskerk	16:57:00,317	12,73
2	288	Taetske	16:57:07,753	12,70
3	339	Mirjam Ernst	17:00:37,157	11,83
4	269	Viktoriia Starokozhko	17:00:45,968	11,79
5	327	Gea Tepper	17:00:46,601	11,79
6	252	Bojoura Gjaltema	17:02:00,833	11,51
7	261	Engrid Bron	17:02:22,015	11,43
8	291	Doetie Gorter	17:04:31,383	10,98
9	314	Jantine Meijer	17:05:37,672	10,76
10	264	Judith Buiten-Veldhuis	17:05:43,786	10,74
11	280	Marleen Oosterhuis	17:05:44,130	10,74
12	266	Annette Pijper	17:07:08,001	10,48
13	278	Elvira Van Houten	17:08:11,647	10,29
14	300	Julia Meijer	17:08:46,571	10,19
15	335	Evelien Bekkering-De Ruiter	17:08:47,525	10,18
16	284	Carien	17:09:41,238	10,03
17	322	Geraldien Leppers	17:09:41,535	10,03
18	304	Tanja Nijboer	17:09:55,773	9,99
19	303	Arianne nauta	17:10:35,051	9,88
20	338	Wilma Nabring	17:10:46,859	9,85
21	308	alice mijlhoff	17:12:37,939	9,56
22	262	Naraysca Cecilia	17:15:07,929	9,20

#### UITSLAG / Onderdeel: 5 KM / Mannen

Plts.	StartNo.	Naam	Finishtijd	Km/uur
1	136	Ronald vd Haak	16:18:40,057	16,26
2	148	Jamie Verhagen	16:18:51,804	16,10
3	100	Cor	16:18:56,120	16,03
4	139	Jappie Doller	16:19:19,756	15,71
5	31	Ewout Atsma	16:19:25,828	15,63
6	62	Sietze Huizenga	16:19:32,197	15,53
7	107	Bert Ausma	16:19:38,417	15,45
8	91	Rutger Wind	16:19:53,286	15,25
9	48	Alco Sybrandy	16:20:03,301	15,13
10	153	Harmen Faber	16:20:24,448	14,86
11	33	Lukas Braams	16:20:26,285	14,84
12	117	Fokke Kootstra	16:20:47,957	14,59
13	111	Stephan de Vries	16:21:10,639	14,32
14	97	Elko Knoop	16:21:29,312	14,11

15	37 Niek Drost	16:21:33,606	14,06
16	34 Niels Panman	16:21:36,658	14,03
17	47 Rob Bergsma	16:21:40,594	13,99
18	14 Ronald Hummel	16:21:43,092	13,95
19	41 Rinze Boonstra	16:22:05,878	13,72
20	42 Daniel Dongstra	16:22:05,894	13,72
21	69 Rens Mulder	16:22:07,565	13,70
22	70 Tycho Smit	16:22:08,542	13,69
23	66 Sem van der Veen	16:22:08,870	13,69
24	67 Jesper Van der Veen	16:22:10,750	13,67
25	68 Jesper Gjaltema	16:22:33,784	13,43
26	56 Willem Stienstra	16:22:49,576	13,27
27	59 Patrick Rubingh	16:22:53,536	13,24
28	61 Tjeerd Dirk Huizenga	16:22:59,936	13,18
29	95 Roelof Roffel	16:23:05,542	13,12
30	12 Rins Herder	16:23:07,791	13,10
31	63 Hans Arling	16:23:23,442	12,95
32	36 Rene Dijkstra	16:23:40,129	12,79
33	22 Bob Copper	16:23:50,240	12,70
34	19 Ben Plandsoen	16:23:58,934	12,63
35	26 Chris Gjaltema	16:24:05,352	12,57
36	3 Kasper de Graf	16:24:16,809	12,47
37	140 Robert Keekstra	16:24:59,146	12,11
38	90 Erik Bekkema	16:24:59,514	12,11
39	131 Lammert Marinus	16:25:14,953	11,99
40	46 Sebastiaan Boerema	16:25:18,367	11,96
41	20 Dolf Tiggelaar	16:25:30,737	11,87
42	151 Wietze Westerhuis	16:25:31,977	11,85
43	38 Pim Analbers	16:25:37,447	11,81
44	98 Jort Appelo	16:25:50,100	11,71
45	84 Jan van der Molen	16:25:55,036	11,67
46	50 Carlo Ezinga	16:26:13,864	11,54
47	5 Albert Kuipers	16:26:19,000	11,49
48	116 Johan Span	16:26:20,250	11,49
49	71 Leco Smit	16:26:32,251	11,40
50	154 Joris Ezinga	16:26:45,862	11,31
51	122 Ties Sibma	16:26:51,852	11,26
52	40 Marthijn Leusink	16:26:58,670	11,21
53	64 Richard van Uem	16:27:14,224	11,10
54	109 Suardus Varwijk	16:27:26,590	11,02
55	16 Niels Scholtens	16:27:57,940	10,82
56	21 Leo van Herksen	16:28:01,396	10,79
57	157 KeesLouwman	16:28:22,577	10,66
58	88 Renny Dijkstra	16:28:24,187	10,64
59	1 Simeon Gemmink	16:28:54,661	10,46
60	9 Wim Wils	16:29:38,267	10,20
61	133 Henri Martini	16:29:41,312	10,18
62	123 Reint Perdok	16:29:47,327	10,15
63	10 Hans de Graaf	16:29:56,425	10,10
64	142 Klaas Galama	16:30:30,343	9,91
65	80 Marco Wilbers	16:30:32,550	9,90
66	83 Klaas Anne Middel	16:30:32,850	9,90
67	25 Westerkwartier 5	16:31:11,043	9,69
68	60 Wieger Douma	16:31:36,647	9,56
69	57 Sietse Vogelzang	16:31:36,992	9,55

70	135	Jordan Togtema	16:31:52,934	9,48
71	121	Jaap Sibma	16:32:21,566	9,34
72	120	Jan Sibma	16:32:22,317	9,33
73	130	Steven Boekema	16:32:54,787	9,18
74	138	Milan Strik	16:32:55,657	9,17
75	143	Hylke Galama	16:32:58,396	9,16
76	99	Floris Appelo	16:35:54,567	8,41
77	81	Teus Ruitenbeek	16:40:50,250	7,39
78	7	Burim Bajrami	16:45:46,011	6,59
79	155	Piet Kamp	16:51:22,291	5,87

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Plts.	StartNo.	Naam	Finishtijd	Km/uur
1	45	Anna ter Steege	16:20:08,981	15,05
2	108	Leonie Brummer	16:21:11,281	14,31
3	150	Tine Zweers	16:21:58,140	13,79
4	32	Karla Schipper	16:22:28,872	13,48
5	44	Riekje ter Steege	16:23:05,856	13,12
6	49	Janetta Wolthekker	16:23:08,638	13,09
7	156	Elin Hondebrink	16:23:24,386	12,94
8	110	Anna Gorter	16:23:40,429	12,79
9	4	Gonda van der Ploeg	16:23:47,520	12,73
10	128	Johanna de Boer	16:23:51,178	12,69
11	13	Tiny Wouda	16:23:54,296	12,67
12	87	Dolf van der Vaart	16:24:17,097	12,47
13	152	Tineke de Jong	16:24:51,316	12,18
14	54	Liza Wagenaar	16:25:18,039	11,96
15	30	Anneleen Pomper	16:25:41,516	11,78
16	35	Mariël Vermeulen	16:25:46,947	11,74
17	29	Kyra Gerritsjans	16:26:24,246	11,46
18	28	Reinette Gjaltema	16:26:26,104	11,44
19	43	José van Gijssel	16:26:48,956	11,29
20	27	Ruth Gjaltema	16:27:02,134	11,19
21	23	Heddy Boonstra	16:27:28,758	11,01
22	149	Sandra Veenstra	16:27:33,666	10,98
23	105	Sandra de Ruiter	16:27:37,771	10,95
24	53	Lisanne Elmers	16:27:38,620	10,94
25	11	Manon Pruijm	16:27:54,891	10,84
26	119	Judith Tuinstra	16:28:29,193	10,61
27	145	Janny de Groot	16:28:35,913	10,58
28	137	Indra de Weert	16:28:36,245	10,57
29	73	Ariette Wassenaar	16:28:59,187	10,43
30	6	Monika de Vries	16:29:04,867	10,40
31	103	Josita Betten	16:29:05,261	10,39
32	104	Claire de Bruin	16:29:13,215	10,34
33	158	Tonny Kodde	16:29:13,508	10,34
34	132	Anita Mulder	16:29:16,290	10,33
35	51	Jeanette van der Horn	16:29:24,159	10,28
36	55	Hanneke Nijman	16:29:24,175	10,28
37	15	Sara Meijer	16:29:27,869	10,26
38	65	Doretha Tuinstra	16:29:30,354	10,24
39	79	Rebekka Neef	16:29:36,740	10,21
40	39	Tessa Hulshof	16:29:42,897	10,18
41	106	Gertrud Kwant	16:29:46,100	10,15

42	126	Liesbeth Veen	16:29:47,013	10,15
43	52	Anja Engel	16:30:04,998	10,04
44	85	Ellen Sneller	16:30:47,656	9,81
45	86	Petra Kuperus	16:30:47,994	9,81
46	115	C Sikkema	16:31:33,761	9,57
47	147	Melanie Oldert	16:31:35,079	9,56
48	146	Larissa Wijninga	16:31:35,384	9,56
49	24	Femke Hoefste	16:31:56,051	9,46
50	89	Marco van Andel	16:32:10,084	9,39
51	118	Lisa Boekema	16:32:17,685	9,36
52	129	Naomi Boekema	16:32:18,017	9,35
53	96	Nikolien	16:32:19,957	9,35
54	134	Greetje Feenstra	16:32:29,080	9,30
55	93	Marielle Appelo	16:32:30,317	9,29
56	17	Ina Visser	16:33:06,965	9,12
57	72	Daphne Pama	16:33:12,899	9,10
58	76	Dieneke van Kammen	16:33:17,033	9,07
59	18	Judith Bos	16:33:26,365	9,03
60	58	Godien Notebomer	16:33:41,781	8,96
61	78	Marianne vd Horn	16:34:04,850	8,86
62	2	Jetty Hoenkamp	16:35:02,621	8,62
63	92	Liset Appelo	16:35:54,583	8,41
64	144	Naomi Strik	16:35:54,900	8,41
65	141	Rixt Galama	16:37:11,435	8,12
66	114	hinke de haan	16:37:29,654	8,05
67	77	Liane Schut	16:39:14,537	7,69
68	101	Anne Maria van Nus	16:40:43,674	7,41
69	82	Riimmelth Ruitenbeek	16:40:45,604	7,40
70	8	Dieuwke Visser	16:45:05,556	6,69