

## All

| PI | Bib Name                   | Distance     | Affiliation | Category  | Guntime        | Result  | Start   | Finish  |
|----|----------------------------|--------------|-------------|-----------|----------------|---------|---------|---------|
| 1  | 311 Erik Linderholz        | 10 kilometer | De Wijk     | Heren 40- | <b>0:36:12</b> | 0:36:11 | 0:00:01 | 0:36:12 |
| 2  | 310 Erik Deenen            | 10 kilometer | Groningen   | Heren 40- | <b>0:36:29</b> | 0:36:27 | 0:00:02 | 0:36:29 |
| 3  | 312 Robert Huisjes         | 10 kilometer | Assen       | Heren 40- | <b>0:37:35</b> | 0:37:34 | 0:00:00 | 0:37:35 |
| 4  | 363 Jannes Dolfing         | 10 kilometer | Westerbork  | Heren 40+ | <b>0:38:37</b> | 0:38:36 | 0:00:00 | 0:38:37 |
| 5  | 366 Adriaan Huisman        | 10 kilometer | Oosterwolde | Heren 40+ | <b>0:39:41</b> | 0:39:40 | 0:00:01 | 0:39:41 |
| 6  | 309 Arnoud van Waardenburg | 10 kilometer | Groningen   | Heren 40- | <b>0:45:45</b> | 0:45:41 | 0:00:03 | 0:45:45 |
| 7  | 208 Fokko Ebbens           | 10 kilometer | Utrecht     | Heren 40- | <b>0:46:29</b> | 0:46:17 | 0:00:12 | 0:46:29 |
| 8  | 367 Bart van der Kolk      | 10 kilometer | Eursinge    | Heren 40+ | <b>0:46:42</b> | 0:46:40 | 0:00:01 | 0:46:42 |
| 9  | 304 Roel Schokker          | 10 kilometer | Westerbork  | Heren 40- | <b>0:47:07</b> | 0:47:05 | 0:00:01 | 0:47:07 |
| 10 | 308 Philip Pruim           | 10 kilometer | Groningen   | Heren 40- | <b>0:48:10</b> | 0:48:06 | 0:00:03 | 0:48:10 |
| 11 | 365 Arjan Weurding         | 10 kilometer | Westerbork  | Heren 40+ | <b>0:48:15</b> | 0:48:11 | 0:00:03 | 0:48:15 |
| 12 | 305 Arnoud Brinkman        | 10 kilometer | Zuidlaren   | Heren 40- | <b>0:48:27</b> | 0:48:20 | 0:00:07 | 0:48:27 |
| 13 | 354 Hans van den Berg      | 10 kilometer | Coevorden   | Heren 40+ | <b>0:48:45</b> | 0:48:32 | 0:00:12 | 0:48:45 |
| 14 | 314 Gijsbert Tijsseling    | 10 kilometer | Zevenhuizen | Heren 40- | <b>0:48:58</b> | 0:48:53 | 0:00:04 | 0:48:58 |
| 15 | 206 Marjolein de Lange     | 10 kilometer | Ruinen      | Dames 40- | <b>0:49:01</b> | 0:48:59 | 0:00:01 | 0:49:01 |
| 16 | 307 Douwe visser           | 10 kilometer | Heerenveen  | Heren 40- | <b>0:49:11</b> | 0:49:03 | 0:00:08 | 0:49:11 |
| 17 | 371 Peter Verkaaik         | 10 kilometer | Assen       | Heren 40+ | <b>0:49:26</b> | 0:49:25 | 0:00:01 | 0:49:26 |
| 18 | 375 Leonardo Veen          | 10 kilometer | Groningen   | Heren 40+ | <b>0:50:35</b> | 0:50:27 | 0:00:08 | 0:50:35 |
| 19 | 373 Peter Disseldorp       | 10 kilometer | Zuidhorn    | Heren 40+ | <b>0:51:13</b> | 0:51:05 | 0:00:07 | 0:51:13 |
| 20 | 266 Adrie Hartholt         | 10 kilometer | Appelscha   | Dames 40+ | <b>0:51:19</b> | 0:51:16 | 0:00:02 | 0:51:19 |
| 21 | 263 Leni Hofstede          | 10 kilometer | Mantinge    | Dames 40+ | <b>0:52:12</b> | 0:52:05 | 0:00:07 | 0:52:12 |
| 22 | 313 Eduard van Holland     | 10 kilometer | Hoogeveen   | Heren 40- | <b>0:52:38</b> | 0:52:34 | 0:00:03 | 0:52:38 |
| 23 | 370 Lieuwe Dijkstra        | 10 kilometer | Oosterwolde | Heren 40+ | <b>0:52:53</b> | 0:52:51 | 0:00:02 | 0:52:53 |
| 24 | 315 Ido van der Scheer     | 10 kilometer | Zuidlaren   | Heren 40- | <b>0:53:01</b> | 0:52:54 | 0:00:06 | 0:53:01 |
| 25 | 256 Rita Landeweerd        | 10 kilometer | Groningen   | Dames 40+ | <b>0:53:54</b> | 0:53:51 | 0:00:03 | 0:53:54 |
| 26 | 359 Harry Becker           | 10 kilometer | Westerbork  | Heren 40+ | <b>0:54:09</b> | 0:54:07 | 0:00:02 | 0:54:09 |
| 27 | 306 Henk Popken            | 10 kilometer | Appelscha   | Heren 40- | <b>0:54:48</b> | 0:54:44 | 0:00:03 | 0:54:48 |
| 28 | 374 Tonny Verhoef          | 10 kilometer | Hooghalen   | Heren 40+ | <b>0:55:36</b> | 0:55:25 | 0:00:11 | 0:55:36 |
| 29 | 251 Renate van Dop         | 10 kilometer | Westerbork  | Dames 40+ | <b>0:55:48</b> | 0:55:42 | 0:00:06 | 0:55:48 |
| 30 | 269 Ronneke van der Molen  | 10 kilometer | Beilen      | Dames 40+ | <b>0:55:57</b> | 0:55:50 | 0:00:07 | 0:55:57 |
| 31 | 252 Nelleke van Veen       | 10 kilometer | Fochteloo   | Dames 40+ | <b>0:56:03</b> | 0:55:59 | 0:00:04 | 0:56:03 |
| 32 | 203 Paula Bartelds         | 10 kilometer | Eindhoven   | Dames 40- | <b>0:56:09</b> | 0:56:04 | 0:00:05 | 0:56:09 |
| 33 | 353 Bert van der Weide     | 10 kilometer | Hooghalen   | Heren 40+ | <b>0:56:44</b> | 0:56:31 | 0:00:12 | 0:56:44 |
| 34 | 259 Inge Kleinman          | 10 kilometer | Groningen   | Dames 40+ | <b>0:56:46</b> | 0:56:38 | 0:00:08 | 0:56:46 |

## All

|           |                               |              |               |           |                |         |         |         |
|-----------|-------------------------------|--------------|---------------|-----------|----------------|---------|---------|---------|
| <b>35</b> | 264 Erica Luning              | 10 kilometer | Westerbork    | Dames 40+ | <b>0:57:21</b> | 0:57:14 | 0:00:06 | 0:57:21 |
| <b>36</b> | 358 Alewijn van Asperen       | 10 kilometer | Zwiggelte     | Heren 40+ | <b>0:57:51</b> | 0:57:42 | 0:00:09 | 0:57:51 |
| <b>37</b> | 265 Clara de Boer             | 10 kilometer | Bolsward      | Dames 40+ | <b>0:57:57</b> | 0:57:53 | 0:00:03 | 0:57:57 |
| <b>38</b> | 202 Agnes Schotanus           | 10 kilometer | Westerbork    | Dames 40- | <b>0:58:18</b> | 0:58:12 | 0:00:05 | 0:58:18 |
| <b>39</b> | 362 Ben van der Bij           | 10 kilometer | Groningen     | Heren 40+ | <b>0:58:30</b> | 0:58:24 | 0:00:06 | 0:58:30 |
| <b>40</b> | 205 Monique Hoogeveen         | 10 kilometer | Wijster       | Dames 40- | <b>0:58:57</b> | 0:58:46 | 0:00:10 | 0:58:57 |
| <b>41</b> | 303 Mischa borsboom           | 10 kilometer | Witteveen     | Heren 40- | <b>0:58:57</b> | 0:58:47 | 0:00:10 | 0:58:57 |
| <b>42</b> | 357 Chery Wortelboer          | 10 kilometer | Westerbork    | Heren 40+ | <b>0:59:05</b> | 0:58:56 | 0:00:08 | 0:59:05 |
| <b>43</b> | 267 Trea de Vries             | 10 kilometer | Westerbork    | Dames 40+ | <b>0:59:39</b> | 0:59:29 | 0:00:09 | 0:59:39 |
| <b>44</b> | 372 Hans Ottenhof             | 10 kilometer | Beilen        | Heren 40+ | <b>0:59:39</b> | 0:59:29 | 0:00:09 | 0:59:39 |
| <b>45</b> | 361 Gerrit Lahuis             | 10 kilometer | Aalden        | Heren 40+ | <b>0:59:47</b> | 0:59:41 | 0:00:05 | 0:59:47 |
| <b>46</b> | 368 Teun Grit                 | 10 kilometer | Westerbork    | Heren 40+ | <b>1:00:39</b> | 1:00:33 | 0:00:06 | 1:00:39 |
| <b>47</b> | 207 Gera Kuijer               | 10 kilometer | Aalden        | Dames 40- | <b>1:01:00</b> | 1:00:58 | 0:00:02 | 1:01:00 |
| <b>48</b> | 356 Niek Verhoeff             | 10 kilometer | Meppel        | Heren 40+ | <b>1:01:24</b> | 1:01:21 | 0:00:02 | 1:01:24 |
| <b>49</b> | 261 Hetty van Burg            | 10 kilometer | Westerbork    | Dames 40+ | <b>1:01:25</b> | 1:01:18 | 0:00:07 | 1:01:25 |
| <b>50</b> | 253 Sonja Riemersma           | 10 kilometer | Zwiggelte     | Dames 40+ | <b>1:02:39</b> | 1:02:36 | 0:00:03 | 1:02:39 |
| <b>51</b> | 262 Janny Weurding-Janssen    | 10 kilometer | Beilen        | Dames 40+ | <b>1:02:52</b> | 1:02:49 | 0:00:03 | 1:02:52 |
| <b>52</b> | 301 Michiel Kaldijk           | 10 kilometer | Groningen     | Heren 40- | <b>1:03:54</b> | 1:03:42 | 0:00:11 | 1:03:54 |
| <b>53</b> | 255 Jeanette Naber            | 10 kilometer | Groningen     | Dames 40+ | <b>1:04:06</b> | 1:03:59 | 0:00:06 | 1:04:06 |
| <b>54</b> | 258 Hennie van Beek           | 10 kilometer | Haren         | Dames 40+ | <b>1:07:03</b> | 1:06:55 | 0:00:07 | 1:07:03 |
| <b>55</b> | 260 EHA Eringa                | 10 kilometer | Onnen         | Dames 40+ | <b>1:07:03</b> | 1:06:54 | 0:00:08 | 1:07:03 |
| <b>56</b> | 204 Danielle Kors             | 10 kilometer | Ten Boer      | Dames 40- | <b>1:08:37</b> | 1:08:32 | 0:00:04 | 1:08:37 |
| <b>57</b> | 352 Harrie van der Meer       | 10 kilometer | Hoogeveen     | Heren 40+ | <b>1:08:53</b> | 1:08:47 | 0:00:06 | 1:08:53 |
| <b>58</b> | 254 M. Westerman              | 10 kilometer | Groningen     | Dames 40+ | <b>1:08:53</b> | 1:08:48 | 0:00:05 | 1:08:53 |
| <b>59</b> | 257 Annemie Hanssen           | 10 kilometer | Groningen     | Dames 40+ | <b>1:10:14</b> | 1:10:09 | 0:00:05 | 1:10:14 |
| <b>60</b> | 369 Meine Visser              | 10 kilometer | Bolsward      | Heren 40+ | <b>1:10:36</b> | 1:10:31 | 0:00:04 | 1:10:36 |
| <b>61</b> | 364 Marcel Kiers              | 10 kilometer | Assen         | Heren 40+ |                |         | 0:00:04 |         |
| <b>62</b> | 201 Marjel Voschezang-Hemmink | 10 kilometer | Hoogeveen     | Dames 40- |                |         |         |         |
| <b>63</b> | 302 Leon Kloosterman          | 10 kilometer | Leeuwarden    | Heren 40- |                |         |         |         |
| <b>64</b> | 351 Egbert Voschezang         | 10 kilometer | Hoogeveen     | Heren 40+ |                |         |         |         |
| <b>65</b> | 355 Appie Happie              | 10 kilometer | Westerbork    | Heren 40+ |                |         |         |         |
| <b>66</b> | 360 Wim van Es                | 10 kilometer | 's-Gravenhage | Heren 40+ |                |         |         |         |

Dames 40-

| <b>PI</b> | <b>Bib</b> | <b>Name</b>            | <b>Distance</b> | <b>Affiliation</b> | <b>Category</b> |
|-----------|------------|------------------------|-----------------|--------------------|-----------------|
|           | <b>1</b>   | 206 Marjolein de Lange | 10 kilometer    | Ruinen             | Dames 40-       |
|           | <b>2</b>   | 203 Paula Bartelds     | 10 kilometer    | Eindhoven          | Dames 40-       |
|           | <b>3</b>   | 202 Agnes Schotanus    | 10 kilometer    | Westerbork         | Dames 40-       |
|           | <b>4</b>   | 205 Monique Hoogeveen  | 10 kilometer    | Wijster            | Dames 40-       |
|           | <b>5</b>   | 207 Gera Kuijer        | 10 kilometer    | Aalden             | Dames 40-       |
|           | <b>6</b>   | 204 Danielle Kors      | 10 kilometer    | Ten Boer           | Dames 40-       |

Dames 40-

| <b>Guntime</b> | <b>Result</b> | <b>Start</b> | <b>Finish</b> |
|----------------|---------------|--------------|---------------|
| <b>0:49:01</b> | 0:48:59       | 0:00:01      | 0:49:01       |
| <b>0:56:09</b> | 0:56:04       | 0:00:05      | 0:56:09       |
| <b>0:58:18</b> | 0:58:12       | 0:00:05      | 0:58:18       |
| <b>0:58:57</b> | 0:58:46       | 0:00:10      | 0:58:57       |
| <b>1:01:00</b> | 1:00:58       | 0:00:02      | 1:01:00       |
| <b>1:08:37</b> | 1:08:32       | 0:00:04      | 1:08:37       |

## Dames 40+

| <b>PI</b> | <b>Bib</b> | <b>Name</b>                | <b>Distance</b> | <b>Affiliation</b> | <b>Category</b> |
|-----------|------------|----------------------------|-----------------|--------------------|-----------------|
|           | <b>1</b>   | 266 Adrie Hartholt         | 10 kilometer    | Appelscha          | Dames 40+       |
|           | <b>2</b>   | 263 Leni Hofstede          | 10 kilometer    | Mantinge           | Dames 40+       |
|           | <b>3</b>   | 256 Rita Landeweerd        | 10 kilometer    | Groningen          | Dames 40+       |
|           | <b>4</b>   | 251 Renate van Dop         | 10 kilometer    | Westerbork         | Dames 40+       |
|           | <b>5</b>   | 269 Ronneke van der Molen  | 10 kilometer    | Beilen             | Dames 40+       |
|           | <b>6</b>   | 252 Nelleke van Veen       | 10 kilometer    | Fochteloo          | Dames 40+       |
|           | <b>7</b>   | 259 Inge Kleinman          | 10 kilometer    | Groningen          | Dames 40+       |
|           | <b>8</b>   | 264 Erica Luning           | 10 kilometer    | Westerbork         | Dames 40+       |
|           | <b>9</b>   | 265 Clara de Boer          | 10 kilometer    | Bolsward           | Dames 40+       |
|           | <b>10</b>  | 267 Trea de Vries          | 10 kilometer    | Westerbork         | Dames 40+       |
|           | <b>11</b>  | 261 Hetty van Burg         | 10 kilometer    | Westerbork         | Dames 40+       |
|           | <b>12</b>  | 253 Sonja Riemersma        | 10 kilometer    | Zwiggelte          | Dames 40+       |
|           | <b>13</b>  | 262 Janny Weurding-Janssen | 10 kilometer    | Beilen             | Dames 40+       |
|           | <b>14</b>  | 255 Jeanette Naber         | 10 kilometer    | Groningen          | Dames 40+       |
|           | <b>15</b>  | 258 Hennie van Beek        | 10 kilometer    | Haren              | Dames 40+       |
|           | <b>16</b>  | 260 EHA Eringa             | 10 kilometer    | Onnen              | Dames 40+       |
|           | <b>17</b>  | 254 M. Westerman           | 10 kilometer    | Groningen          | Dames 40+       |
|           | <b>18</b>  | 257 Annemie Hanssen        | 10 kilometer    | Groningen          | Dames 40+       |

Dames 40+

| <b>Guntime</b> | <b>Result</b> | <b>Start</b> | <b>Finish</b> |
|----------------|---------------|--------------|---------------|
| <b>0:51:19</b> | 0:51:16       | 0:00:02      | 0:51:19       |
| <b>0:52:12</b> | 0:52:05       | 0:00:07      | 0:52:12       |
| <b>0:53:54</b> | 0:53:51       | 0:00:03      | 0:53:54       |
| <b>0:55:48</b> | 0:55:42       | 0:00:06      | 0:55:48       |
| <b>0:55:57</b> | 0:55:50       | 0:00:07      | 0:55:57       |
| <b>0:56:03</b> | 0:55:59       | 0:00:04      | 0:56:03       |
| <b>0:56:46</b> | 0:56:38       | 0:00:08      | 0:56:46       |
| <b>0:57:21</b> | 0:57:14       | 0:00:06      | 0:57:21       |
| <b>0:57:57</b> | 0:57:53       | 0:00:03      | 0:57:57       |
| <b>0:59:39</b> | 0:59:29       | 0:00:09      | 0:59:39       |
| <b>1:01:25</b> | 1:01:18       | 0:00:07      | 1:01:25       |
| <b>1:02:39</b> | 1:02:36       | 0:00:03      | 1:02:39       |
| <b>1:02:52</b> | 1:02:49       | 0:00:03      | 1:02:52       |
| <b>1:04:06</b> | 1:03:59       | 0:00:06      | 1:04:06       |
| <b>1:07:03</b> | 1:06:55       | 0:00:07      | 1:07:03       |
| <b>1:07:03</b> | 1:06:54       | 0:00:08      | 1:07:03       |
| <b>1:08:53</b> | 1:08:48       | 0:00:05      | 1:08:53       |
| <b>1:10:14</b> | 1:10:09       | 0:00:05      | 1:10:14       |

Heren 40-

| <b>PI</b> | <b>Bib</b> | <b>Name</b>            | <b>Distance</b> | <b>Affiliation</b> | <b>Category</b> |
|-----------|------------|------------------------|-----------------|--------------------|-----------------|
| <b>1</b>  | 311        | Erik Linderholz        | 10 kilometer    | De Wijk            | Heren 40-       |
| <b>2</b>  | 310        | Erik Deenen            | 10 kilometer    | Groningen          | Heren 40-       |
| <b>3</b>  | 312        | Robert Huisjes         | 10 kilometer    | Assen              | Heren 40-       |
| <b>4</b>  | 309        | Arnoud van Waardenburg | 10 kilometer    | Groningen          | Heren 40-       |
| <b>5</b>  | 208        | Fokko Ebbens           | 10 kilometer    | Utrecht            | Heren 40-       |
| <b>6</b>  | 304        | Roel Schokker          | 10 kilometer    | Westerbork         | Heren 40-       |
| <b>7</b>  | 308        | Philip Pruijm          | 10 kilometer    | Groningen          | Heren 40-       |
| <b>8</b>  | 305        | Arnoud Brinkman        | 10 kilometer    | Zuidlaren          | Heren 40-       |
| <b>9</b>  | 314        | Gijsbert Tijsseling    | 10 kilometer    | Zevenhuizen        | Heren 40-       |
| <b>10</b> | 307        | Douwe visser           | 10 kilometer    | Heerenveen         | Heren 40-       |
| <b>11</b> | 313        | Eduard van Holland     | 10 kilometer    | Hoogeveen          | Heren 40-       |
| <b>12</b> | 315        | Ido van der Scheer     | 10 kilometer    | Zuidlaren          | Heren 40-       |
| <b>13</b> | 306        | Henk Popken            | 10 kilometer    | Appelscha          | Heren 40-       |
| <b>14</b> | 303        | Mischa borsboom        | 10 kilometer    | Witteveen          | Heren 40-       |
| <b>15</b> | 301        | Michiel Kaldijk        | 10 kilometer    | Groningen          | Heren 40-       |

Heren 40-

| <b>Guntime</b> | <b>Result</b> | <b>Start</b> | <b>Finish</b> |
|----------------|---------------|--------------|---------------|
| <b>0:36:12</b> | 0:36:11       | 0:00:01      | 0:36:12       |
| <b>0:36:29</b> | 0:36:27       | 0:00:02      | 0:36:29       |
| <b>0:37:35</b> | 0:37:34       | 0:00:00      | 0:37:35       |
| <b>0:45:45</b> | 0:45:41       | 0:00:03      | 0:45:45       |
| <b>0:46:29</b> | 0:46:17       | 0:00:12      | 0:46:29       |
| <b>0:47:07</b> | 0:47:05       | 0:00:01      | 0:47:07       |
| <b>0:48:10</b> | 0:48:06       | 0:00:03      | 0:48:10       |
| <b>0:48:27</b> | 0:48:20       | 0:00:07      | 0:48:27       |
| <b>0:48:58</b> | 0:48:53       | 0:00:04      | 0:48:58       |
| <b>0:49:11</b> | 0:49:03       | 0:00:08      | 0:49:11       |
| <b>0:52:38</b> | 0:52:34       | 0:00:03      | 0:52:38       |
| <b>0:53:01</b> | 0:52:54       | 0:00:06      | 0:53:01       |
| <b>0:54:48</b> | 0:54:44       | 0:00:03      | 0:54:48       |
| <b>0:58:57</b> | 0:58:47       | 0:00:10      | 0:58:57       |
| <b>1:03:54</b> | 1:03:42       | 0:00:11      | 1:03:54       |



Heren 40+

| <b>PI</b> | <b>Bib</b> | <b>Name</b>             | <b>Distance</b> | <b>Affiliation</b> | <b>Category</b> |
|-----------|------------|-------------------------|-----------------|--------------------|-----------------|
|           | <b>1</b>   | 363 Jannes Dolfing      | 10 kilometer    | Westerbork         | Heren 40+       |
|           | <b>2</b>   | 366 Adriaan Huisman     | 10 kilometer    | Oosterwolde        | Heren 40+       |
|           | <b>3</b>   | 367 Bart van der Kolk   | 10 kilometer    | Eursinge           | Heren 40+       |
|           | <b>4</b>   | 365 Arjan Weurding      | 10 kilometer    | Westerbork         | Heren 40+       |
|           | <b>5</b>   | 354 Hans van den Berg   | 10 kilometer    | Coevorden          | Heren 40+       |
|           | <b>6</b>   | 371 Peter Verkaaik      | 10 kilometer    | Assen              | Heren 40+       |
|           | <b>7</b>   | 375 Leonardo Veen       | 10 kilometer    | Groningen          | Heren 40+       |
|           | <b>8</b>   | 373 Peter Disseldorp    | 10 kilometer    | Zuidhorn           | Heren 40+       |
|           | <b>9</b>   | 370 Lieuwe Dijkstra     | 10 kilometer    | Oosterwolde        | Heren 40+       |
|           | <b>10</b>  | 359 Harry Becker        | 10 kilometer    | Westerbork         | Heren 40+       |
|           | <b>11</b>  | 374 Tonny Verhoef       | 10 kilometer    | Hooghalen          | Heren 40+       |
|           | <b>12</b>  | 353 Bert van der Weide  | 10 kilometer    | Hooghalen          | Heren 40+       |
|           | <b>13</b>  | 358 Alewijn van Asperen | 10 kilometer    | Zwiggelte          | Heren 40+       |
|           | <b>14</b>  | 362 Ben van der Bij     | 10 kilometer    | Groningen          | Heren 40+       |
|           | <b>15</b>  | 357 Chery Wortelboer    | 10 kilometer    | Westerbork         | Heren 40+       |
|           | <b>16</b>  | 372 Hans Ottenhof       | 10 kilometer    | Beilen             | Heren 40+       |
|           | <b>17</b>  | 361 Gerrit Lahuis       | 10 kilometer    | Aalden             | Heren 40+       |
|           | <b>18</b>  | 368 Teun Grit           | 10 kilometer    | Westerbork         | Heren 40+       |
|           | <b>19</b>  | 356 Niek Verhoeff       | 10 kilometer    | Meppel             | Heren 40+       |
|           | <b>20</b>  | 352 Harrie van der Meer | 10 kilometer    | Hoogeveen          | Heren 40+       |
|           | <b>21</b>  | 369 Meine Visser        | 10 kilometer    | Bolsward           | Heren 40+       |

Heren 40+

| <b>Guntime</b> | <b>Result</b> | <b>Start</b> | <b>Finish</b> |
|----------------|---------------|--------------|---------------|
| <b>0:38:37</b> | 0:38:36       | 0:00:00      | 0:38:37       |
| <b>0:39:41</b> | 0:39:40       | 0:00:01      | 0:39:41       |
| <b>0:46:42</b> | 0:46:40       | 0:00:01      | 0:46:42       |
| <b>0:48:15</b> | 0:48:11       | 0:00:03      | 0:48:15       |
| <b>0:48:45</b> | 0:48:32       | 0:00:12      | 0:48:45       |
| <b>0:49:26</b> | 0:49:25       | 0:00:01      | 0:49:26       |
| <b>0:50:35</b> | 0:50:27       | 0:00:08      | 0:50:35       |
| <b>0:51:13</b> | 0:51:05       | 0:00:07      | 0:51:13       |
| <b>0:52:53</b> | 0:52:51       | 0:00:02      | 0:52:53       |
| <b>0:54:09</b> | 0:54:07       | 0:00:02      | 0:54:09       |
| <b>0:55:36</b> | 0:55:25       | 0:00:11      | 0:55:36       |
| <b>0:56:44</b> | 0:56:31       | 0:00:12      | 0:56:44       |
| <b>0:57:51</b> | 0:57:42       | 0:00:09      | 0:57:51       |
| <b>0:58:30</b> | 0:58:24       | 0:00:06      | 0:58:30       |
| <b>0:59:05</b> | 0:58:56       | 0:00:08      | 0:59:05       |
| <b>0:59:39</b> | 0:59:29       | 0:00:09      | 0:59:39       |
| <b>0:59:47</b> | 0:59:41       | 0:00:05      | 0:59:47       |
| <b>1:00:39</b> | 1:00:33       | 0:00:06      | 1:00:39       |
| <b>1:01:24</b> | 1:01:21       | 0:00:02      | 1:01:24       |
| <b>1:08:53</b> | 1:08:47       | 0:00:06      | 1:08:53       |
| <b>1:10:36</b> | 1:10:31       | 0:00:04      | 1:10:36       |