

Pl	Bib	Name	Distance	Category	Result	Finish
1	165	Robert Beute	5 kilometer	Heren 40+	00:17:48	00:17:48
2	101	Jeroen-Pieter vd Vliet	5 kilometer	Heren 40-	00:18:53	00:18:53
3	103	Tijmen van der Kolk	5 kilometer	Heren 40-	00:19:15	00:19:15
4	163	Jappie Doller	5 kilometer	Heren 40+	00:19:30	00:19:30
5	161	Nico de Jong	5 kilometer	Heren 40+	00:20:11	00:20:11
6	104	Roy Grotentraast	5 kilometer	Heren 40-	00:20:22	00:20:22
7	10	Ilona Stille	5 kilometer	Dames 40-	00:21:01	00:21:01
8	102	Roy Moes	5 kilometer	Heren 40-	00:22:30	00:22:30
9	160	Willem Koops	5 kilometer	Heren 40+	00:23:07	00:23:07
10	105	Gerhard Stegehuis	5 kilometer	Heren 40-	00:23:43	00:23:43
11	56	Desiree Winterwerp	5 kilometer	Dames 40+	00:23:47	00:23:47
12	11	Nicole Kapar	5 kilometer	Dames 40-	00:24:52	00:24:52
13	157	Marcel Folkerts	5 kilometer	Heren 40+	00:25:02	00:25:02
14	8	Anneke Ausma	5 kilometer	Dames 40-	00:25:05	00:25:05
15	7	Nanda de Vries	5 kilometer	Dames 40-	00:26:28	00:26:28
16	166	Koos Kip	5 kilometer	Heren 40+	00:26:47	00:26:47
17	6	Eka Rabbers	5 kilometer	Dames 40-	00:27:31	00:27:31
18	154	Joop Bakker	5 kilometer	Heren 40+	00:27:56	00:27:56
19	55	Antje Scheper	5 kilometer	Dames 40+	00:28:36	00:28:36
20	156	Siepkoscheper	5 kilometer	Heren 40+	00:28:36	00:28:36
21	158	Gerard Kort	5 kilometer	Heren 40+	00:29:23	00:29:23
22	58	H Dijk	5 kilometer	Dames 40+	00:29:44	00:29:44
23	159	Frans Scheuneman	5 kilometer	Heren 40+	00:30:18	00:30:18
24	9	Karin Koops	5 kilometer	Dames 40-	00:30:40	00:30:40
25	164	Jan-Bert Bontius	5 kilometer	Heren 40+	00:30:50	00:30:50
26	162	Wout Kok	5 kilometer	Heren 40+	00:30:52	00:30:52
27	153	Niek Wolthers	5 kilometer	Heren 40+	00:30:53	00:30:53
28	51	Kirsten Boerema	5 kilometer	Dames 40+	00:31:02	00:31:02
29	155	Gerrit Lahuis	5 kilometer	Heren 40+	00:31:04	00:31:04
30	152	Dolf Dekker	5 kilometer	Heren 40+	00:31:17	00:31:17
31	13	Dorien de Jong	5 kilometer	Dames 40-	00:32:07	00:32:07
32	12	Ellen Boer	5 kilometer	Dames 40-	00:32:26	00:32:26
33	52	Mignon Noordegraaf	5 kilometer	Dames 40+	00:32:42	00:32:42
34	59	Jeannet Hemstede	5 kilometer	Dames 40+	00:33:13	00:33:13
35	3	Renate Beuving	5 kilometer	Dames 40-	00:33:21	00:33:21
36	151	Wim Christiaans	5 kilometer	Heren 40+	00:34:28	00:34:28
37	53	Annie van Ramshorst	5 kilometer	Dames 40+	00:34:46	00:34:46
38	5	Karlijn Christiaans	5 kilometer	Dames 40-	00:37:38	00:37:38
39	57	Mirjam Zantingh	5 kilometer	Dames 40+	00:38:29	00:38:29