

Hemelvaartsdagloop 09-05-2024									
Wedstrijd en prestatie loop 8600 m - DAMES									
Plaats	Naam	Ronde 1	Ronde 2	Ronde 3	Ronde 4	Ronde 5	Finish bruto	Finish netto	Min/km
1.	Yvonne van Vlerken	06:05	06:17	06:23	06:20	06:09	<b>31:14</b>	31:14	3:37
2.	Petra Sloots	06:46	06:55	07:05	07:16	07:15	<b>35:20</b>	35:17	4:06
3.	Eva van Boven	07:05	07:19	07:22	07:39	07:09	<b>36:38</b>	36:34	4:15
4.	Lieke Ouwerkerk	06:45	07:11	07:27	07:57	07:47	<b>37:08</b>	37:07	4:18
5.	Fleur Berkhof	07:06	07:22	07:51	08:03	08:04	<b>38:30</b>	38:27	4:28
6.	Cora Vlot	07:22	07:46	07:55	07:56	07:52	<b>38:54</b>	38:52	4:31
7.	Daniëlle Groeneveld	07:24	07:43	07:53	07:59	08:01	<b>39:02</b>	39:00	4:32
8.	Denise Biesheuvel	07:22	07:44	08:06	08:14	08:12	<b>39:43</b>	39:39	4:36
9.	Maxime van Stam	07:23	07:49	08:20	08:38	08:30	<b>40:42</b>	40:41	4:43
10.	Marit van Erk	07:43	08:09	08:34	08:40	08:23	<b>41:37</b>	41:30	4:49
11.	Maud Crooijmans	07:58	08:01	08:16	08:46	08:26	<b>41:38</b>	41:27	4:49
12.	Wendy de Weerd	08:17	08:25	08:27	08:46	08:28	<b>42:31</b>	42:23	4:55
13.	Tessa Oudenes	08:26	08:32	08:32	08:44	08:41	<b>43:11</b>	42:56	4:59
14.	Stefanie Nijman	08:11	08:25	08:46	08:57	09:08	<b>43:32</b>	43:27	5:03
15.	Femke de Bruijn	08:12	08:39	08:56	08:58	08:51	<b>43:46</b>	43:36	5:04
16.	Evi Bo Burger	08:41	08:38	08:40	09:03	09:11	<b>44:23</b>	44:14	5:08
17.	Danique Hamoen	08:37	08:34	08:57	09:30	09:17	<b>45:08</b>	44:55	5:13
18.	Marieke Goossens	08:25	08:54	09:18	09:18	09:17	<b>45:16</b>	45:13	5:15
19.	Daisy Jonker	08:37	08:52	09:11	09:36	09:23	<b>45:50</b>	45:39	5:18
20.	Natasja Roest	08:13	08:38	08:57	09:16	10:38	<b>45:52</b>	45:42	5:18
21.	Lianne van Leeuwen	09:09	09:05	09:13	09:15	09:12	<b>46:08</b>	45:55	5:20
22.	Moïse van den Berg	08:44	08:39	09:26	10:15	08:54	<b>46:16</b>	45:59	5:20
23.	Shirley Tori Hoogenboezem	08:39	08:57	09:45	09:54	09:41	<b>47:09</b>	46:57	5:27
24.	Lianne Koetsier	08:50	09:15	09:40	10:01	09:56	<b>47:53</b>	47:42	5:32
25.	Emma Brouwer	09:30	09:33	09:28	09:45	09:21	<b>47:56</b>	47:38	5:32
26.	Elly Odijk	09:33	09:35	09:39	09:47	09:49	<b>48:36</b>	48:24	5:37
27.	Bette Burger	09:08	09:39	09:46	10:00	09:50	<b>48:36</b>	48:24	5:37
28.	Lisanne van der Laan	08:51	09:11	10:05	10:21	10:00	<b>48:41</b>	48:29	5:38
29.	Maaïke Zilverberg	09:38	09:42	09:48	10:04	09:25	<b>48:57</b>	48:38	5:39
30.	Roos Jordens	08:35	09:15	10:16	10:34	10:02	<b>49:01</b>	48:43	5:39
31.	Amber Verweij	09:23	09:47	10:08	10:07	09:47	<b>49:30</b>	49:12	5:43
32.	Shelley de Leeuw	09:18	09:56	10:07	10:15	10:08	<b>49:55</b>	49:44	5:46
33.	Sarah Smaardijk - Benschop	09:38	09:53	09:57	10:12	10:17	<b>50:14</b>	49:58	5:48
34.	Bianca Beijer	09:33	09:57	10:13	10:20	10:04	<b>50:22</b>	50:07	5:49
35.	Daria Marczyńska	09:39	10:05	10:02	10:13	10:12	<b>50:30</b>	50:12	5:50
36.	Freija Schut	09:33	09:35	10:13	10:49	10:14	<b>50:34</b>	50:24	5:51
37.	Marja van Santen	09:38	09:51	10:32	10:34	10:21	<b>51:18</b>	50:57	5:55
38.	Anne van Weelde	09:37	09:49	10:42	10:52	10:09	<b>51:20</b>	51:10	5:56
39.	Trudie Kooiman	09:20	09:56	10:20	10:35	10:57	<b>51:22</b>	51:09	5:56
40.	Inge de Marie	09:46	10:15	10:46	10:50	10:46	<b>52:37</b>	52:23	6:05
41.	Edith Bloemendal	09:27	10:23	11:00	11:12	10:42	<b>52:48</b>	52:45	6:07
42.	Eva Benschop	09:34	10:27	11:08	11:16	11:24	<b>54:07</b>	53:50	6:15
43.	Simona Kopecka	09:45	10:23	11:00	11:32	11:32	<b>54:25</b>	54:12	6:18
44.	Kimberly de Heer	10:37	10:57	11:20	11:54	11:11	<b>56:15</b>	55:59	6:30
45.	Melissa Korevaar	10:45	11:42	12:00	11:50	11:15	<b>57:49</b>	57:33	6:41
46.	Renske Wijmans-Sterrenburg	11:32	12:42	13:57	13:42	07:06	<b>59:07</b>	59:00	6:51

<b>Wedstrijd en prestatie loop 8600 m - HEREN</b>									
<b>Plaats</b>	<b>Naam</b>	<b>Ronde 1</b>	<b>Ronde 2</b>	<b>Ronde 3</b>	<b>Ronde 4</b>	<b>Ronde 5</b>	<b>Finish bruto</b>	<b>Finish netto</b>	<b>Min/km</b>
1.	Yorben Ruiter	05:37	05:43	05:30	05:25	05:25	<b>27:40</b>	27:40	3:13
2.	Flo van der Vlist	05:37	05:43	05:35	05:39	05:45	<b>28:19</b>	28:19	3:17
3.	Peter van der Velden	05:38	05:42	05:47	05:50	05:51	<b>28:48</b>	28:48	3:20
4.	Jasper Lindeman	05:38	05:42	05:47	06:01	05:55	<b>29:03</b>	29:03	3:22
5.	Karst Lenzen	05:45	05:53	05:57	06:05	05:57	<b>29:37</b>	29:37	3:26
6.	Tes van der Vlist	05:37	05:43	05:47	06:30	06:02	<b>29:40</b>	29:40	3:26
7.	Alexander Struijk	05:58	06:05	06:09	06:08	05:59	<b>30:19</b>	30:19	3:31
8.	Sjoerd van der Niet	05:44	06:05	06:16	06:14	06:03	<b>30:23</b>	30:22	3:31
9.	Patrick Kwist	05:56	06:04	06:11	06:09	06:10	<b>30:31</b>	30:31	3:32
10.	Matthew Harvey	06:02	06:13	06:14	06:17	06:05	<b>30:51</b>	30:51	3:35
11.	Wouter Stuurman	05:56	06:05	06:14	06:25	06:15	<b>30:56</b>	30:56	3:35
12.	Gerben van Leeuwen	06:03	06:17	06:24	06:21	06:16	<b>31:22</b>	31:21	3:38
13.	Tom Prins	06:02	06:12	06:14	06:29	06:31	<b>31:30</b>	31:28	3:39
14.	Remco Schouten	06:02	06:17	06:25	06:40	06:46	<b>32:13</b>	32:10	3:44
15.	Erik Jan Kooiman	06:00	06:18	06:32	06:40	06:47	<b>32:20</b>	32:18	3:45
16.	Thom Boom	06:04	06:24	06:49	06:59	06:47	<b>33:03</b>	33:03	3:50
17.	Erik Booij	06:00	06:25	07:14	07:04	06:52	<b>33:38</b>	33:35	3:54
18.	Laurens Rus	06:02	06:24	07:02	07:15	07:06	<b>33:51</b>	33:50	3:55
19.	Andy Koolmees	06:21	06:51	07:03	07:07	06:56	<b>34:19</b>	34:18	3:59
20.	Winston van Gemd	06:38	06:48	06:51	07:06	07:15	<b>34:39</b>	34:38	4:01
21.	Sebastiaan Rath	06:36	06:59	07:04	07:08	07:03	<b>34:52</b>	34:51	4:03
22.	Noah Heemskerck	06:46	06:53	07:07	07:15	07:02	<b>35:05</b>	35:03	4:04
23.	Marc de Jong	07:12	07:02	07:03	06:59	06:46	<b>35:09</b>	35:03	4:04
24.	Joris Tukker	06:54	07:00	07:09	07:11	07:02	<b>35:18</b>	35:17	4:06
25.	Tim Bibba	06:30	06:56	07:15	07:28	07:14	<b>35:24</b>	35:24	4:06
26.	Jeffrey de Vries	07:08	07:17	07:06	07:18	06:50	<b>35:40</b>	35:39	4:08
27.	Mike Noordergraaf	06:57	07:07	07:13	07:19	07:16	<b>35:53</b>	35:53	4:10
28.	Rick Schenk	06:51	06:56	07:16	07:23	07:27	<b>35:55</b>	35:54	4:10
29.	Daan Brouwer	06:51	07:01	07:16	07:14	07:28	<b>35:57</b>	35:50	4:09
30.	Wouter van Straalen	07:43	06:50	07:08	07:21	07:01	<b>36:17</b>	36:03	4:11
31.	Tim Schenk	06:48	07:08	07:28	07:38	07:19	<b>36:22</b>	36:21	4:13
32.	Niels v/d Velden	07:05	07:20	07:20	07:27	07:25	<b>36:41</b>	36:38	4:15
33.	Diede de Vries	07:03	07:15	07:19	07:33	07:32	<b>36:45</b>	36:43	4:16
34.	Bart Sterrenburg	06:43	07:13	07:30	07:47	07:25	<b>36:45</b>	36:39	4:15
35.	Ronald de Groot	06:40	07:15	07:30	07:51	07:26	<b>36:45</b>	36:43	4:16
36.	Timo Nijman	07:14	07:24	07:33	07:40	07:05	<b>36:59</b>	36:56	4:17
37.	Jan Mourik	07:05	07:19	07:16	07:41	07:24	<b>37:01</b>	36:46	4:16
38.	Luuk van Zwiene	07:24	07:16	07:32	07:40	07:19	<b>37:13</b>	37:11	4:19
39.	Paul Sieben	06:57	07:15	07:29	07:50	07:42	<b>37:15</b>	37:13	4:19
40.	Ruud van Kooten	06:44	07:03	07:33	07:58	08:01	<b>37:23</b>	37:20	4:20
41.	Maurice van Veldhooven	06:41	07:19	07:29	08:03	07:59	<b>37:32</b>	37:31	4:21
42.	Remco Kooistra	07:08	07:21	07:38	07:45	07:41	<b>37:39</b>	37:33	4:21
43.	Luuk Cummins	07:36	07:42	07:37	07:33	07:07	<b>37:41</b>	37:36	4:22
44.	Martijn de Jong	06:57	07:11	07:36	07:53	08:05	<b>37:43</b>	37:42	4:22
45.	Lukas Moen	06:40	07:29	08:25	08:00	07:13	<b>37:51</b>	37:48	4:23
46.	Rein Kok	07:23	07:32	07:39	07:48	07:37	<b>38:02</b>	37:59	4:24
47.	Gert-Jan Roest	07:15	07:23	07:51	07:53	07:40	<b>38:06</b>	38:02	4:25
48.	Bart Streefland	07:33	07:22	07:38	07:58	07:30	<b>38:10</b>	38:02	4:25
49.	Dennie van Ham	07:08	07:32	08:14	07:56	07:33	<b>38:24</b>	38:23	4:27
50.	Edwin Evengroen	07:32	07:38	07:43	07:47	07:41	<b>38:30</b>	38:21	4:27
51.	Eric Verweij	07:24	07:30	07:47	08:02	07:37	<b>38:31</b>	38:21	4:27
52.	Erik Stoel	07:39	07:48	07:44	07:48	07:28	<b>38:35</b>	38:27	4:28
53.	John Geneugelijk	07:43	07:40	07:41	07:36	07:41	<b>38:36</b>	38:22	4:27
54.	Ian Hendriks	07:19	07:24	07:51	08:09	07:50	<b>38:42</b>	38:34	4:28
55.	Ramon Heuvelman	07:16	07:25	07:50	08:03	08:03	<b>38:44</b>	38:37	4:29
56.	Daan Van der wel	07:17	07:36	07:44	08:11	07:56	<b>38:49</b>	38:45	4:30
57.	Marco Regeer	07:21	07:43	07:58	08:04	07:53	<b>39:01</b>	38:59	4:31
58.	Remco Roest	07:16	07:32	07:44	08:11	08:14	<b>39:07</b>	38:58	4:31

59.	Pepijn Bruinaars	07:43	07:44	07:45	08:03	07:50	<b>39:13</b>	39:05	4:32
60.	Jesse Bleij	07:51	07:43	07:54	08:05	07:30	<b>39:14</b>	39:03	4:32
61.	Davey van Herk	07:51	07:42	07:55	08:05	07:34	<b>39:18</b>	39:07	4:32
62.	Arjan de Jong	07:44	07:53	08:02	08:04	07:40	<b>39:29</b>	39:24	4:34
63.	Remon Schults	07:21	07:48	08:09	08:13	07:55	<b>39:32</b>	39:27	4:35
64.	Wilco v/d Bas	07:06	07:21	07:39	08:29	08:52	<b>39:33</b>	39:28	4:35
65.	Jaco van der Wel	07:16	07:37	07:53	08:37	08:08	<b>39:36</b>	39:32	4:35
66.	Jochem Pfeiffer	07:51	07:42	07:59	08:09	07:59	<b>39:51</b>	39:41	4:36
67.	Liam Rawlinson	07:05	07:39	08:20	08:51	07:58	<b>40:02</b>	39:54	4:38
68.	Koen Ponsen	07:54	07:53	08:06	08:11	08:05	<b>40:21</b>	40:09	4:40
69.	Youri Oranje	08:05	07:48	08:03	08:15	07:59	<b>40:23</b>	40:11	4:40
70.	Dirk de Wit	07:40	07:50	08:05	08:17	08:26	<b>40:24</b>	40:19	4:41
71.	Bas de Vos	07:47	07:57	08:13	08:24	08:14	<b>40:37</b>	40:36	4:43
72.	Remco Dekker	07:54	08:04	08:16	08:18	08:07	<b>40:51</b>	40:39	4:43
73.	Remco de Zwart	08:06	07:52	08:07	08:14	08:20	<b>40:51</b>	40:40	4:43
74.	Mark Erkens	07:44	07:43	08:09	08:30	08:36	<b>40:57</b>	40:43	4:43
75.	Dirk Dekker	07:57	08:06	08:17	08:28	08:13	<b>41:04</b>	41:02	4:46
76.	Thomas Broere	08:00	08:06	08:14	08:22	08:07	<b>41:06</b>	40:49	4:44
77.	Roy van Dam	07:50	07:51	08:11	08:49	08:25	<b>41:12</b>	41:07	4:46
78.	Bastiaan Snoei	08:21	08:19	08:13	08:15	08:00	<b>41:13</b>	41:08	4:46
79.	Tom van Kleij	07:45	07:50	08:07	08:45	08:54	<b>41:23</b>	41:21	4:48
80.	Roel Wingbermühle	08:04	08:14	08:28	08:31	08:18	<b>41:41</b>	41:35	4:50
81.	Jop Heeringa	08:36	08:35	08:57	07:57	07:24	<b>41:42</b>	41:29	4:49
82.	John Volk	07:45	07:58	08:19	08:45	08:52	<b>41:44</b>	41:40	4:50
83.	Niels Molenaar	07:32	08:03	08:31	08:46	08:53	<b>41:47</b>	41:45	4:51
84.	Hans Overbeek	07:54	08:15	08:35	08:40	08:28	<b>41:58</b>	41:53	4:52
85.	Tonnie v/d Heuvel	08:36	09:22	07:50	08:03	08:01	<b>41:59</b>	41:53	4:52
86.	Oren Solomon	08:10	08:18	08:33	08:41	08:22	<b>42:13</b>	42:04	4:53
87.	Jose de Vetten	07:54	08:03	08:18	08:52	08:59	<b>42:18</b>	42:06	4:53
88.	Delian van Tol	08:13	08:23	08:36	08:45	08:20	<b>42:24</b>	42:18	4:55
89.	Kees Vlot	07:28	08:17	08:43	08:52	09:05	<b>42:28</b>	42:26	4:55
90.	Mitchell van der Waarden	08:04	08:17	08:33	08:52	08:37	<b>42:29</b>	42:23	4:55
91.	Daan Advocaat	07:41	08:05	08:41	09:07	09:02	<b>42:41</b>	42:37	4:57
92.	Dirk Schenk	08:35	08:26	08:31	08:38	08:20	<b>42:43</b>	42:30	4:56
93.	Dennis Burger	08:41	08:38	08:33	08:36	08:21	<b>42:59</b>	42:49	4:58
94.	Pieter van Herk	08:19	08:13	08:32	08:51	08:50	<b>42:59</b>	42:46	4:58
95.	Piet van Leeuwen	08:22	08:35	08:45	08:46	08:28	<b>43:08</b>	42:56	4:59
96.	Soen Herewijn	08:26	08:32	08:32	08:44	08:41	<b>43:11</b>	42:55	4:59
97.	Adrie Noorlander	08:12	08:04	08:13	09:07	09:31	<b>43:14</b>	43:08	5:00
98.	Edwin Pols	07:58	08:19	08:37	09:07	09:03	<b>43:23</b>	43:04	5:00
99.	Werner Rietveld	07:34	08:05	09:10	09:18	09:13	<b>43:27</b>	43:20	5:02
100.	Wouter de Haard	08:55	08:41	08:37	08:42	08:36	<b>43:35</b>	43:31	5:03
101.	Matthijs v/d Hengel	08:32	08:39	08:42	08:50	08:45	<b>43:36</b>	43:28	5:03
102.	Thomas van Herk	07:45	08:17	08:58	09:35	08:58	<b>43:38</b>	43:34	5:03
103.	Ton Nobel	08:28	08:33	08:46	09:07	08:47	<b>43:48</b>	43:41	5:04
104.	Steven de Haard	08:37	08:45	08:56	08:56	08:38	<b>43:56</b>	43:52	5:06
105.	Marc Advocaat	08:08	08:35	08:50	09:03	09:09	<b>44:00</b>	43:46	5:05
106.	Jan Mourik	08:18	08:20	08:50	09:13	09:09	<b>44:04</b>	43:50	5:05
107.	Aart van Dieren	08:43	08:29	08:36	08:53	09:05	<b>44:09</b>	43:46	5:05
108.	Bas Groos	07:02	08:36	09:24	09:46	09:23	<b>44:12</b>	44:11	5:08
109.	Maarten Kruijt	08:15	08:30	09:08	09:18	08:56	<b>44:19</b>	44:08	5:07
110.	Rudy Dam	08:26	08:47	09:05	09:09	08:40	<b>44:21</b>	44:08	5:07
111.	Cor Terlouw	08:31	08:39	08:59	09:09	08:51	<b>44:31</b>	44:09	5:08
112.	Ab Buitendijk	08:35	08:44	09:00	09:22	08:53	<b>44:39</b>	44:34	5:10
113.	Ron Jeremy	08:32	08:37	08:44	09:23	09:25	<b>44:50</b>	44:42	5:11
114.	Piet Saman	08:32	08:37	08:44	09:23	09:26	<b>44:51</b>	44:42	5:11
115.	Wil Bierman	08:31	08:38	08:43	09:23	09:26	<b>44:51</b>	44:42	5:11
116.	Jasper Wijmans	08:54	08:51	08:53	09:10	09:12	<b>45:07</b>	45:00	5:13
117.	Peye de Ruitter	07:46	08:17	09:51	09:40	09:30	<b>45:08</b>	45:04	5:14
118.	André de Groot	07:22	08:04	09:49	10:20	09:31	<b>45:10</b>	45:07	5:14
119.	Max Boxem	07:48	08:35	09:58	10:08	08:40	<b>45:13</b>	45:09	5:14

120.	Martijn van Keulen	08:40	08:47	09:36	09:40	08:28	<b>45:19</b>	45:11	5:15
121.	Tom Boesberg	08:49	08:47	08:56	09:31	09:30	<b>45:46</b>	45:34	5:17
122.	Kick de Man	08:43	08:39	09:27	10:12	08:57	<b>46:16</b>	45:58	5:20
123.	Mitchell van den Berg	08:43	08:39	09:26	10:15	08:54	<b>46:16</b>	45:58	5:20
124.	Cor van Ijzeren	08:37	08:58	09:15	09:40	09:44	<b>46:21</b>	46:15	5:22
125.	Martin Meijer	08:40	08:47	09:36	09:40	09:33	<b>46:24</b>	46:17	5:22
126.	Wim Rook	08:43	08:38	09:28	10:15	09:08	<b>46:30</b>	46:13	5:22
127.	Mathijs Molenaar	08:00	09:06	09:51	09:50	09:41	<b>46:32</b>	46:28	5:24
128.	Ivo Borst	09:33	09:34	09:30	09:30	08:12	<b>46:35</b>	46:19	5:23
129.	Edwin Snoei	08:21	09:17	09:26	09:49	09:39	<b>46:37</b>	46:32	5:24
130.	Fred Spruit	08:25	09:05	09:27	09:45	09:46	<b>46:39</b>	46:29	5:24
131.	Mees van Herk	09:30	09:39	09:31	09:19	08:40	<b>46:55</b>	46:40	5:25
132.	Arian van Herk	09:30	09:39	09:32	09:18	08:47	<b>47:02</b>	46:46	5:26
133.	Gil Hoogenboezem	08:40	08:56	09:45	09:54	09:41	<b>47:09</b>	46:57	5:27
134.	Corné Meidam	09:33	09:31	09:24	09:32	08:59	<b>47:11</b>	47:00	5:27
135.	Bart de Bie	09:15	09:14	09:25	09:43	09:20	<b>47:12</b>	46:57	5:27
136.	Wesley Jacobs	08:47	09:11	09:42	09:46	09:49	<b>47:24</b>	47:16	5:29
137.	Thomas Rietkerk	07:53	08:58	09:58	10:10	10:27	<b>47:28</b>	47:26	5:30
138.	Matthijs Brand	08:24	08:56	09:49	10:11	10:11	<b>47:36</b>	47:31	5:31
139.	Ferd Veelenturf	09:27	09:36	09:37	09:41	09:21	<b>47:54</b>	47:43	5:32
140.	Arie van Buren	09:17	09:52	09:49	09:31	09:18	<b>47:56</b>	47:47	5:33
141.	Danny Langeveld	09:16	09:52	09:48	09:33	09:17	<b>47:56</b>	47:47	5:33
142.	Hans van Wurmond	09:22	09:30	09:40	09:51	09:45	<b>48:22</b>	48:08	5:35
143.	Kees Groen	09:25	09:33	09:50	09:51	09:33	<b>48:26</b>	48:12	5:36
144.	Bart Boudestijn	08:39	09:24	10:14	10:24	09:55	<b>48:42</b>	48:37	5:39
145.	Ad Berger	09:26	09:32	09:50	09:52	09:50	<b>48:44</b>	48:31	5:38
146.	Bas Silverberg	09:38	09:42	09:48	10:04	09:25	<b>48:57</b>	48:38	5:39
147.	Max van Vugt	09:35	09:34	10:01	09:50	09:40	<b>48:59</b>	48:41	5:39
148.	Robbert Loef	08:20	08:58	09:52	11:12	11:03	<b>49:30</b>	49:26	5:44
149.	Dick van Prooijen	09:07	09:26	10:02	10:29	10:29	<b>49:38</b>	49:34	5:45
150.	Tijmen Slingerland	08:15	09:26	10:17	10:48	11:02	<b>49:58</b>	49:48	5:47
151.	Kees Odijk	10:11	10:04	10:05	09:58	09:35	<b>50:06</b>	49:53	5:47
152.	Hans Buitendijk	09:57	10:06	10:07	10:02	09:53	<b>50:20</b>	50:06	5:49
153.	Barry de Koning	09:28	09:34	10:13	10:33	10:16	<b>50:24</b>	50:04	5:49
154.	Jelle Molenaar	09:28	09:34	10:13	10:32	10:17	<b>50:24</b>	50:04	5:49
155.	Sam Milort	09:27	09:34	10:13	10:33	10:16	<b>50:24</b>	50:04	5:49
156.	Pierre Lamé	09:33	09:35	10:14	10:48	10:14	<b>50:34</b>	50:25	5:51
157.	Brent Oskam	08:00	09:19	11:12	11:33	10:44	<b>51:05</b>	50:48	5:54
158.	Merijn Koek	09:37	09:51	10:25	10:32	10:42	<b>51:24</b>	51:08	5:56
159.	Kees Dopper	09:52	10:13	10:22	10:53	11:12	<b>52:35</b>	52:33	6:06
160.	Marvin Knetsch	09:34	10:27	11:08	11:16	11:25	<b>54:08</b>	53:51	6:15
161.	Sjaco Jordens	09:28	09:42	10:20	11:56	12:26	<b>54:09</b>	53:52	6:15
162.	Gerard Rietveld	10:55	11:05	11:33	12:08	12:23	<b>58:13</b>	58:05	6:45

### Wedstrijd en prestatieloop 8600 m- wel gestart maar geen volledige afstand gelopen

Plaats	Naam	Ronde 1	Ronde 2	Ronde 3					
dnf	Lisanne van Santen	09:33	09:52	10:47					
dnf	Fred Noorlander	06:58	07:05						
dnf	Thijs van den Heuvel	07:16							
dnf	Sander van Werkhoven	08:42	08:47						
dnf	Fred Scholte	08:20							
dnf	Peter de Jong								
dnf	Arie Visser	08:48	09:12	09:56					
dnf	Rick Anker	06:03	06:22	06:52					
dnf	Iwan Boertje	06:57							
dnf	Yonah Kalkman	06:29							
dnf	Dennis Spek	07:44							
dnf	Lars Jeroense	08:19							
dnf	Tijn Huberts	06:04	06:17	06:30					
dnf	Jos Neef	08:37	09:23	10:08					