

start nr.	start tijd	eindtijd	uitslag	naam	plaats	Categorie	uitslag categorie	zwentijd	wisseltijd 1	fletstijd	wisseltijd 2	looptijd	ID - nummer
34	10:33:00	32:06	1	Sven Duits	AMERSFOORT	M 24+	1	4:04	1:01	17:00	1:04	8:56	239954
1	10:00:00	32:08	2	Taeo Tol	DEVENTER	M 24+	2	3:42	1:02	17:32	1:11	8:41	234790
170	12:49:00	33:12	3	Marten van der Veen	Deventer	M 50+	1	4:29	1:15	16:41	1:08	9:39	233011
58	10:57:00	33:14	4	Erik Lentfert	HENGLO	M 40+	1	4:25	1:20	16:55	1:00	9:34	230826
51	10:50:00	33:23	5	Werner Wessels	MARKELO	M 24+	3	4:54	1:17	16:55	1:18	9:00	241538
13	10:12:00	33:26	6	Remco Plasschaert	ALMERE	M 40+	2	3:36	1:00	17:34	1:28	9:49	234757
62	11:01:00	33:38	7	Maquinho Vorst	ALMERE	M 12+	1	3:05	0:59	17:43	1:03	10:46	231962
79	11:18:00	33:51	8	Maai Plasschaert	ALMERE	M 12+	2	3:42	0:49	18:50	1:05	9:25	
8	10:07:00	34:24	9	Dennis Noordink	DEVENTER	M 40+	3	4:08	0:57	17:54	1:15	10:10	228406
39	10:38:00	34:47	10	Marie Klein	HATTEM	V 24+	1	4:15	1:29	17:21	1:15	10:27	242000
191	13:10:00	34:49	11	Harco Drayer	DEVENTER	M 50+	2	4:56	1:08	17:47	1:09	9:49	
48	10:47:00	35:07	12	Dylan Spenklinik	HOLTEN	M 16+	1	4:12	1:01	18:13	1:18	10:23	230504
67	11:06:00	35:27	13	Milan van Dijk	LOO	M 12+	3	4:18	1:08	18:53	0:53	10:14	235454
25	10:24:00	36:02	14	Vincent P. Lam	ALMERE	M 16+	2	4:03	1:22	18:21	1:37	10:40	227093
18	10:17:00	36:11	15	Sake Zijlstra	ROTTERDAM	M 24+	4	4:25	2:09	17:51	1:22	10:24	242314
38	10:37:00	36:31	16	Anke Meulendijks	ZWOLLE	V 24+	2	3:48	1:24	19:01	1:26	10:52	246303
52	10:51:00	36:46	17	Nikki Oude Monnikhof	OLDENZAAL	V 24+	3	5:38	0:46	18:46	1:21	10:15	231858
83	11:22:00	36:59	18	Iza de Waal	ALMERE	V 12+	1	4:07	1:13	20:33	0:55	10:12	245146
30	10:29:00	37:00	19	Marc Zantinge	RHEDEN	M 50+	4	4:19	1:10	18:53	1:32	11:05	233451
168	13:07:00	37:16	20	Rijjan Bos	CORSSEL	M 50+	4	5:12	0:53	18:53	1:15	11:03	234979
14	10:13:00	37:19	21	Hent Beverdam	MARKELO	M 50+	5	3:59	1:19	18:36	1:17	12:07	232654
41	10:40:00	37:33	22	Hanc de Bokx	DELFT	M 40+	4	4:36	2:12	19:09	1:16	10:19	227192
106	11:45:00	37:42	23	Ets ten Have	ZWOLLE	V 24+	4	3:59	1:01	19:49	1:16	11:37	234470
76	11:15:00	37:45	24	Aniek Mars	RAALTE	V 12+	2	3:56	1:34	20:41	1:00	10:34	242695
78	11:17:00	37:48	25	Hugo Overmeen	HOLTEN	M 12+	4	5:03	1:01	19:52	0:55	10:47	227099
55	10:54:00	38:31	26	Jesper Jager	GRONINGEN	M 16+	3	5:06	1:04	20:13	1:42	10:27	228590
90	11:29:00	38:43	27	Senna Plasschaert	ALMERE	M 8+	1	4:29	1:04	21:15	1:06	10:49	232893
189	13:08:00	38:45	28	Jan van der Steeg	DEVENTER	M 50+	6	5:06	0:57	18:48	1:24	12:31	233662
185	13:04:00	38:46	29	Lars de Groot	DEVENTER	M 24+	5	5:12	1:36	18:53	1:21	11:43	233639
26	10:25:00	38:52	30	Arie Klop	DEN HAAG	M 40+	5	5:08	1:43	19:17	1:54	10:50	247405
20	10:19:00	38:52	31	Alfred Kaal	DEVENTER	M 50+	7	5:34	1:32	19:46	1:30	10:31	227965
24	10:23:00	38:57	32	Pater Linthorst	HAARLE	M 50+	7	5:10	2:07	19:07	1:37	10:56	246479
70	11:09:00	39:04	33	Salina Franken	ALMERE	V 12+	3	4:36	1:13	21:32	0:55	10:48	233259
15	10:14:00	39:07	34	Sabaaljan Kamperman	BATHMEN	M 16+	4	5:03	1:33	18:47	2:20	11:25	228593
54	10:53:00	39:07	35	Sander Keurentjes	UTRECHT	M 24+	6	5:19	2:20	19:47	1:42	9:59	236960
50	10:49:00	39:08	36	Mark Bauhuis	UTRECHT	M 24+	7	5:34	2:15	18:39	1:41	10:59	240697
68	11:07:00	39:10	37	Demi Engel	ALMERE	V 12+	4	4:16	1:26	20:57	1:08	11:24	245778
3	10:02:00	39:12	38	Jeroen Koot	SCHALKHAAR	M 50+	9	4:37	1:37	18:56	2:06	9:59	237528
10	10:09:00	39:28	39	Harrie Hatzmann	HEERDE	M 40+	6	5:15	2:02	19:00	2:13	10:57	237528
7	10:06:00	39:33	40	Sander Houthuizen	RIDDERKERK	M 24+	8	4:46	0:58	19:46	1:26	12:37	248774
22	10:21:00	39:35	41	Wendy Jimnick	BATHMEN	V 16+	1	4:55	1:09	20:48	1:19	11:24	238551
32	10:31:00	39:36	42	Alexander Ottmans	HEESCH	M 40+	7	5:06	1:33	18:49	2:04	12:05	232480
6	10:05:00	39:36	43	Wendy Snel	RIDDERKERK	V 24+	5	4:56	0:56	21:04	1:27	11:13	228407
4	10:03:00	39:41	44	Auke Dijkstra	MARKELO	M 24+	9	4:18	1:55	18:41	1:46	13:01	248958
69	11:08:00	39:48	45	Nienke Eznick	HOLTEN	V 12+	10	4:28	1:39	20:42	1:07	11:52	248784
23	10:22:00	39:54	46	Gerson Burgers	AMERSFOORT	M 24+	10	3:55	1:52	20:22	1:56	11:49	228576
44	10:43:00	40:16	47	Julian Renkingh	HENO	M 16+	5	3:32	2:31	22:40	2:08	9:25	234088
81	11:20:00	40:32	48	Kay van Steen	STEENWUJ	M 12+	5	4:06	1:15	21:19	1:09	12:43	242048
118	11:57:00	41:03	49	Charlotte Bekken	ZUTPHEN	V 50+	1	5:21	1:55	20:03	1:45	11:58	228511
65	11:04:00	41:31	50	Julian Broodman	LEUSDEN	M 12+	6	5:05	1:50	21:46	1:06	11:45	242402
17	10:16:00	41:33	51	Quirine Renloo	ROTTERDAM	V 24+	6	4:45	1:30	19:39	1:46	13:53	246007
192	13:11:00	41:34	52	Eise Nijenhuis Tutert	DEVENTER	V 40+	1	5:30	1:31	21:20	1:24	11:49	245161
84	11:23:00	41:37	53	Harm Wevers	BATHMEN	M 12+	7	4:08	2:39	20:36	1:36	12:38	246581
71	11:10:00	42:09	54	Marit Hanewinkel	HOLTEN	V 12+	6	5:05	1:00	22:33	0:56	12:34	228433
36	10:35:00	42:24	55	Trees Turpin	DEVENTER	V 50+	2	4:18	1:40	21:50	1:19	13:17	246803
73	11:12:00	42:42	56	Marit Kokkman	HOLTEN	V 12+	7	5:55	1:55	22:06	1:10	11:36	246312
80	11:19:00	43:02	57	Naomi Polinder	ZWOLLE	V 12+	6	3:31	1:38	23:34	1:02	6:37	246953
5	10:04:00	43:03	58	Gerold Boersen	WUHE	M 50+	10	4:46	1:51	20:20	1:40	14:27	245725
45	10:44:00	43:10	59	Daphne Goossens	BORCULO	V 24+	7	5:59	1:19	21:41	1:23	12:48	227191
21	10:20:00	43:19	60	Marc de Wit	RAALTE	M 50+	11	4:20	2:55	22:21	1:17	12:25	227088
37	10:36:00	43:24	61	Ellen Geertjens	DEVENTER	V 40+	2	5:36	1:46	20:56	1:33	13:33	245178
91	11:30:00	43:25	62	Pascal Seine	ZWOLLE	M 8+	2	5:52	1:16	21:26	1:43	13:08	238154
28	10:27:00	43:47	63	Richard van der Star	EDE	M 50+	12	5:11	2:49	19:51	2:53	13:04	227938
86	11:25:00	44:12	64	Kjell Zantinge	RHEDEN	M 12+	8	4:34	1:35	21:52	1:20	14:51	228510
56	10:55:00	44:15	65	Bernadette Roekvis	LOCHEM	V 40+	3	5:22	2:09	22:36	1:36	12:32	242900
66	11:05:00	44:29	66	Isla van Dijk	LOO	V 12+	9	6:10	1:18	24:13	1:24	11:25	229844
12	10:11:00	44:29	67	Monique van der Meij	BATHMEN	V 50+	3	5:24	2:33	22:01	2:09	12:23	245088
35	10:34:00	44:32	68	Mirke Twijnstra	WILSUM	V 40+	4	4:55	1:40	20:27			248657
89	11:28:00	45:14	69	Sjimon Engel	ALMERE	M 8+	3	6:10	1:41	23:56	1:19	12:09	244400
2	10:01:00	45:27	70	Annermarie Tönis-Koopmans	AMERSFOORT	V 40+	5	4:36	2:07	23:39	1:17	13:47	248447
31	10:30:00	45:34	71	Judith Ottmans	HEESCH	V 40+	6	6:02	1:49	21:18	2:05	14:19	229241
187	13:06:00	45:39	72	Marlies Brandt	DEVENTER	V 50+	4	6:01	1:44	22:58	2:04	12:52	232075
95	11:34:00	45:43	73	Isa Spenklinik	Holt	V 16+	2	4:43	2:36	22:15	1:27	14:12	241802
74	11:13:00	46:05	74	Shantell Kwofie	ALMERE	V 12+	10	6:40	2:23	25:02	1:10	10:49	235308
88	11:27:00	46:15	75	Tim Postma	ALMERE	M 12+	9	5:47	3:12	21:37	3:20	12:19	227583
64	11:03:00	47:04	76	Nikki Bosman	LOCHEM	V 12+	11	6:26	2:51	22:52	1:10	13:44	235423
85	11:24:00	47:07	77	Marjolijn Woff VanWulfing	TERWOLDE	V 12+	12	4:15	1:30	25:27	1:23	14:32	246428
75	11:14:00	47:16	78	Hugo Lamink	ZWOLLE	M 12+	10	4:21	1:27	27:02	1:03	13:22	246471
94	11:33:00	48:22	79	Guido ten Wolde	ZWOLLE	M 8+	4	4:43	5:02	26:02	1:07	11:29	233455
16	10:15:00	48:29	80	Anke Beverdam	MARKELO	V 16+	3	4:16	2:52	23:04	1:41	16:36	235598
11	11:11:00	48:36	81	Ruben Hartkamp	NUMERDAL	M 12+	11	7:08	4:50	23:32	0:59	12:37	246379
11	10:10:00	49:01	82	Rafael Tamstran	AMERSFOORT	M 40+	9	6:02	3:31	22:46	2:47	13:55	240742
93	11:32:00	50:16	83	Luca Wolbert	ZWOLLE	M 8+	5	6:40	2:01	26:49	1:06	13:40	247835
87	11:26:00	50:20	84	Stan Drost	ZUTPHEN	M 12+	12	6:17	2:56	25:44	1:09	14:12	246201
40	10:39:00	50:46	85	Leonie Wiggers	OKKENBROEK	V 24+	8	4:52	1:53	25:08	2:02	16:52	227763
46	10:45:00	51:06	86	Maria Bosman	NUMEGEN	V 50+	5	5:52	5:00	24:25	1:38	14:12	227100
57	10:56:00	51:08	87	Lisa Plof	DEVENTER	V 16+	4	5:53	3:50	22:41	2:36	16:09	246370
27	10:26:00	52:22	88	Natasja Klop	DEN HAAG	V 40+	7	6:08	3:19	24:00	2:18	16:37	228405
62	11:21:00	52:40	89	Marick Tonnaer	DEVENTER	M 12+	13	7:43	2:42	27:43	1:14	13:17	244514
83	11:02:00	52:50	90	Anne Bijpost	RUSSEN	V 12+	13	7:02	3:07	27:11	1:29	14:01	247288
77	11:16:00	53:18	91	Lisa Nijkamp	RUSSEN	V 12+	14	7:09	5:19	25:27	1:23	13:59	234067
19	10:18:00	53:19	92	Cornelis Heynis	HOOPDDORP	M 50+	13	8:17	2:36	24:06	3:03	15:17	234009
156	12:55:00	32:00	1	Joni Knops	DEVENTER	Rec.M 24+	1	4:38	0:53	15:24	1:11	9:54	248370
172	12:51:00	33:46	2	Thijs van der Waaert	AMSTERD								

150	12:29:00	40:17	32	Rob de Groot	SCHALKHAAR	Rec.M 40+	9	5:48	1:30	19:13	2:14	11:33	241280
127	12:06:00	40:20	33	Pieter van Nes	UTRECHT	Rec.M 24+	18	5:18	2:23	18:30	1:47	12:22	227186
123	12:02:00	40:35	34	Jeffrey Bosgoed	APELDOORN	Rec.M 24+	19	4:58	1:16	21:42	1:04	11:34	244361
182	13:01:00	40:44	35	Dennis van Bakkom	VELP	Rec.M 24+	20	4:30	2:01	17:37	1:45	14:51	232234
178	12:57:00	40:49	36	Christiaan Jelsma	APELDOORN	Rec.M 24+	21	5:27	1:39	19:12	1:40	12:51	235919
132	12:11:00	40:50	37	Melania Witt	'S-HEERENBERG	Rec.V 24+	1	5:26	1:47	19:34	1:10	12:54	227078
120	11:59:00	40:51	38	Fred Harbers	LOCHEM	Rec.M 50+	4	6:33	2:07	18:43	1:49	11:40	239165
157	12:36:00	40:58	39	A Tommae	DEVENTER	Rec.V 40+	1	4:26	1:50	21:56	1:20	11:26	
186	13:05:00	41:55	42	Mike Kolkman	LOCHEM	Rec.M 16+	2	5:30	2:29	20:08	1:15	12:33	242257
154	12:33:00	41:56	43	Laris Noordgraaf	LUTTENBERG	Rec.V 40+	2	5:49	1:40	19:53	1:18	13:17	242333
108	11:47:00	41:58	44	Chris Zorgdrager	DENEKAMP	Rec.M 50+	5	4:12	1:29	20:48	1:52	13:37	241453
137	12:16:00	42:01	45	Christa Stuart	DRUTEN	Rec.V 24+	3	5:27	1:31	20:57	1:27	12:39	233586
160	12:39:00	42:05	46	Merlijn Smits	ENSCHDE	Rec.V 16+	2	4:33	2:14	21:11	1:30	12:37	235429
113	11:52:00	42:05	47	Maarten van Koolwijk	DEVENTER	Rec.M 24+	22	5:35	2:01	20:53	1:53	11:43	231508
164	12:43:00	42:09	48	Marianne Lennips	DEDEMSVAART	Rec.V 24+	4	5:31	1:57	21:16	1:49	11:37	239047
193	13:12:00	42:16	49	Erwin Bosman		Rec.M 24+	23	5:46	2:19	20:54	1:02	12:14	237514
171	12:50:00	42:20	50	Lotte Kolkman	ZWOLLE	Rec.V 24+	5	4:17	1:16	20:53	2:02	13:51	239739
140	12:19:00	42:20	51	Sandra Kerstens	OEGSTGEEST	Rec.V 50+	6	5:50	2:42	20:22	1:51	11:35	246020
136	12:15:00	42:52	52	Mike Fischer	ELST	Rec.M 24+	24	5:45	2:00	21:09	1:34	12:25	231569
180	12:59:00	43:05	53	Gert Hartkamp	NIJVERDAL	Rec.M 40+	11	6:10	1:59	18:51	1:56	14:09	245584
43	10:42:00	43:20	54	Yvo Santema	Deventer	Rec.M 24+	25	6:27	3:04	19:49	1:37	12:23	248660
100	11:39:00	43:27	55	Andre Postma	ALMERE	Rec.M 40+	12	4:25	2:29	23:08	2:04	11:22	228869
134	12:13:00	43:28	56	Yout Gerritse	UTRECHT	Rec.M 24+	26	6:23	1:39	21:43	1:01	12:42	231855
181	13:00:00	43:56	57	Desirée Olde Monnikhof	OLDENZAAL	Rec.V 50+	7	5:43	2:13	20:31	2:07	13:21	244169
138	12:17:00	44:09	58	Levin de Blaaij	VALBURG	Rec.M 40+	13	6:03	3:08	19:40	2:13	13:06	232855
161	12:40:00	44:25	59	Mark Beltman	ENSCHDE	Rec.M 16+	3	5:36	2:04	21:10	2:29	13:06	246202
125	12:04:00	44:29	60	Demi Kalfsterman	HARFSEN	Rec.V 16+	3	4:35	1:40	23:02	1:50	13:22	240883
149	12:28:00	44:57	61	Monique de Olde	KAMPEN	Rec.V 40+	3	5:49	1:59	20:46	2:20	14:04	232947
103	11:42:00	45:06	62	Eugene Postma	ALMERE	Rec.M 40+	14	5:45	3:15	22:37	2:19	11:11	238240
158	12:37:00	45:16	63	Fabian Marsch	HOLTEN	Rec.M 24+	27	7:06	1:25	22:48	1:31	12:26	244675
190	13:09:00	45:20	64	Jennifer Herms	APELDOORN	Rec.V 24+	6	4:57	2:57	22:13	1:23	13:50	227755
139	12:18:00	45:29	65	Kim van den Bergh	SPIJK	Rec.V 24+	7	4:09	2:19	21:46	1:55	15:20	246809
166	12:45:00	46:05	66	Erica Davids	LOCHEM	Rec.V 50+	8	6:05	2:11	22:24	1:31	13:53	246237
141	12:20:00	46:24	67	Mila Kalfsterman	HARFSEN	Rec.V 16+	4	6:15	1:55	23:18	1:15	13:41	234646
115	11:54:00	46:43	68	Babet Walthuis	ENSCHDE	Rec.V 24+	8	4:49	1:43	23:14	1:16	15:41	247115
174	12:53:00	47:10	69	Kyra van Dijk	OLDENZAAL	Rec.V 24+	9	5:55	2:21	21:52	2:04	14:58	242071
168	12:47:00	47:42	70	Gerrit Kolkman-Schoolen	LOCHEM	Rec.V 50+	9	5:49	1:59	21:45	3:01	15:08	235606
122	12:01:00	47:45	71	Annerieke Bijpoet	RUSSEN	Rec.V 40+	4	7:04	2:38	21:50	1:37	14:35	227418
128	12:07:00	48:08	72	Maikel van Bosgoed	HOUTEN	Rec.M 24+	28	8:24	3:24	22:35	1:20	12:25	245921
159	12:38:00	48:28	75	John Elskamp	TWELLO	Rec.M 50+	6	4:55	2:45	21:28	2:46	16:34	235790
119	11:58:00	48:42	73	Lianne Grefthenhuis	APELDOORN	Rec.V 24+	10	6:37	2:27	24:37	1:26	13:35	236578
129	12:08:00	51:00	74	Caroline van Rooijen	HOUTEN	Rec.V 24+	11	6:42	3:00	22:49	2:12	16:17	248576
121	12:00:00	52:40	76	Ramona Luby	RUSSEN	Rec.V 24+	12	7:05	2:34	22:43	2:00	18:18	233236
135	12:14:00	55:13	77	Vincent Gerritse	UTRECHT	Rec.M 16+	4	7:13	2:23	26:59	1:03	17:36	245585
9	10:08:00	dis		Deward Bruntink	NEEDE	M 40+	7	5:36	1:56	20:53		14:30	235749
29	10:28:00	dis		Hankjan van Goor	DAARLERVEEN	M 40+	6	4:13	0:59	15:43	1:13	10:19	234061
49	10:48:00	dis		Abieth ah Raguthas	DEVENTER	M 16+	9	8:41	2:38	19:16	1:21	17:39	232252
59	10:58:00	dis		Hugo Faber	Deventer	M16+	8	7:17	2:28	18:31	1:53	13:28	235426
92	11:31:00	dis		Jelle Vogels	HATTEM	M 8+	10	7:05	2:04	23:43	2:07		242788