

Pl	Name	Club	Time
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H21 (10/10)

H21 (10/10)

1	Bart van Wijngaarden	Geen/overig	1:18:29
2	Joel Leistra	KOVZ	1:26:00
3	Richard Wols	HOC93	1:29:29
4	Rik Tensen	MINOR	1:33:22
5	Jeroen Vochteloo	HOC93	1:38:52
6	Davied Meerstra	HOC93	2:01:24
7	Willem Woudstra	Geen/overig	2:32:53
	Roelof Posthouwer	MINOR	mp
	Viktor Iovenko	HOC93	dns
	Melchior Ram	HOC93	dns

H35 (4/4)

H35 (4/4)

1	Sonny Wessels	ARGUS	1:34:27
2	Peter Reitsema	ARGUS	1:35:26
3	Mathijs van Ark	Geen/overig	2:19:32
	Thomas Venema	MINOR	dns

H40 (2/2)

H40 (2/2)

1	Herman Mooij	ARGUS	1:13:59
2	Rene Bloemberg	HOC93	1:22:02

H45 (5/5)

H45 (5/5)

1	Clemens Roos	HOC93	53:59
2	Erik Eefting	HOC93	1:17:56
3	Penko Penev	Geen/overig	1:28:40
4	Alwin de Lijster	MINOR	1:30:41
5	Jona Vecht	HOC93	1:43:32

Pl	Name	Club	Time
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H50 (3/3)

H50 (3/3)

1	Marc van Veen	ARGUS	1:10:26
2	Freddie Kootstra	HOC93	2:16:47
	Bjorn Dinse	HOC93	dns

H55 (3/3)

H55 (3/3)

1	Klaas Jan Hofstra	HOC93	1:04:08
2	John Graafmans	KOVZ	1:23:14
3	Marcel Daverveld	KOVZ	1:39:55

H16 (1/1)

H16 (1/1)

1	Micah Wiering	HOC93	58:55
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H60 (7/7)

H60 (7/7)

1	Steven Jochems	KOVZ	50:00
2	Henk Snijders	ARGUS	50:37
3	Adriaan Baas	HOC93	1:00:47
4	Bert Molenaar	HOC93	1:20:48
5	Ton van Amerongen	HOC93	2:32:57
	Frank Sanders	ARGUS	mp
nc	Wout Hennipman	HOC93	1:37:44

H65 (9/9)

H65 (9/9)

1	Gerrit Van de Riet	OLifant	48:00
2	Rink Post	HOC93	59:20
3	Simon.P. Nijenhuis	MINOR	1:01:21
4	Robert van der Hulst	MINOR	1:17:30
5	Paul Rasmussen	HOC93	1:50:20
	Anne Heikoop	HOC93	mp

Pl	Name	Club	Time
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H65 (9/9)

H65 (9/9)

(c)

nc	Evert Koning	HOC93	1:37:46
nc	Kevin Eefting	HOC93	1:57:24
nc	Albert M.M. van Loenen	HOC93	dns

H70 (2/2)

H70 (2/2)

1	Klaas De Jong	HOC93	1:08:54
2	Jaap Hijma	HOC93	2:11:43

H80 (2/2)

H80 (2/2)

1	Kees Geers	ARGUS	1:04:38
2	Jan Witsenboer	MINOR	1:05:47

H14 (3/3)

H14 (3/3)

1	Renze Kootstra	HOC93	1:35:56
2	Nathan Leistra	KOVZ	1:44:41
3	Ronald Roos	HOC93	2:10:05

HB (1/1)

HB (1/1)

1	Dick Fijlstra	HOC93	2:10:05
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D21 (3/3)

D21 (3/3)

1	Greti Pentek	MINOR	1:03:35
2	Machteld Hoeven	MINOR	1:05:36
3	Tjitske Breimer	HOC93	1:16:39

Pl	Name	Club	Time
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D35 (1/1)

D35 (1/1)

1	Iris Eggels	ARGUS	1:34:34
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D40 (6/6)

D40 (6/6)

1	Geke Bakker	Geen/overig	1:06:14
2	Renske Giesen	ARGUS	1:33:10
3	Manon Hegeman	HOC93	1:47:38
	Suzanna Reitsema	Geen/overig	mp
	Sandra Wezenberg	HOC93	dnf
	Klara Sumberova	ARGUS	dns

D45 (4/4)

D45 (4/4)

1	Inge Huisman	MINOR	1:29:15
2	Lisa Leistra	KOVZ	1:35:17
3	Katja Tiitinen	ARGUS	2:14:46
4	Ineke Ligthart	Geen/overig	2:26:46

D16 (3/3)

D16 (3/3)

1	Elin Zwikker	HOC93	1:10:30
2	Tessa Fijlstra	HOC93	2:32:53
	Marije Kootstra	HOC93	dns

D50 (5/5)

D50 (5/5)

1	Linda Wols	HOC93	1:08:21
2	Jenny Kootstra	HOC93	1:54:03
nc	Willeke van Werven	ARGUS	1:21:14
nc	Jeltsje Harmsma	Geen/overig	mp
nc	Sonja van Loenen	HOC93	dns

Pl	Name	Club	Time
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D55 (3/3)

D55 (3/3)

1	Dunja Van de Riet	OLifant	53:04
	Masja Van de Ven	KOVZ	mp
	Nicoline Sanders	ARGUS	mp

D60 (2/2)

D60 (2/2)

1	Joke Molenaar	HOC93	1:28:16
2	Jenny Fijlstra	HOC93	2:32:56

D65 (2/2)

D65 (2/2)

	Katinka Mulder	ARGUS	mp
nc	Hedwig De Jong	HOC93	1:38:23

D70 (1/1)

D70 (1/1)

1	Dicky Mooij	ARGUS	1:24:17
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DB (4/4)

DB (4/4)

1	Lisette Kooistra	HOC93	1:23:47
2	Jolet Wiering	Geen/overig	1:37:22
3	Betsie Frijters	Geen/overig	1:37:24
4	Mattie De Boer	HOC93	1:59:27