

Uitslagenlijst Wolfskamerloop Huizen - Zondag 30 oktober 2011

| JMP, JONGENS 7-10 JR | | | | | |
|-----------------------------|----------------------|-----------|------------------------------|--------------|--------------|
| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Christopher Lam | 04 | Almere '81 | 4:11 | 4:08 |
| 2 | Job Linssen | 04 | Zuidwal | 4:24 | 4:22 |
| 3 | Robbie Schipper | 04 | Huizen | 4:35 | 4:34 |
| 4 | Robin Van Nigtevecht | 04 | Zuidwal | 4:39 | 4:35 |
| 5 | Robin Gooijer | 04 | Zuidwal | 4:44 | 4:41 |
| 6 | Kenny Elings | 04 | Zuidwal | 4:47 | 4:45 |
| 7 | Carsten van den Berg | 04 | Bussum | 4:48 | 4:46 |
| 8 | Wesley Steenbakker | 04 | Lycurgus | 4:50 | 4:49 |
| 9 | Victor de Jongh | 04 | Rotterdam | 4:59 | 4:57 |
| 10 | Max Speulman | 04 | Zuidwal | 5:10 | 5:07 |
| 11 | Mattis_Noam Hilgeman | 05 | Zuidwal | 5:13 | 5:08 |
| 12 | Jan Bas Grisnigt | 04 | Huizen | 5:16 | 5:13 |
| 13 | Melle Hoffmann | 04 | Zuidwal | 5:18 | 5:13 |
| 14 | Lisa Calis | 04 | Huizen | 5:32 | 5:29 |
| 15 | Bo Schraven | 05 | Almere '81 | 5:34 | 5:29 |
| 16 | Dayne van Eijden | 05 | Huizen | 5:42 | 5:37 |
| 17 | Ryan Dorland | 04 | Almere | 5:45 | 5:43 |
| 18 | David van Nigtevecht | 05 | Zuidwal | 5:53 | 5:49 |
| 19 | Kyan Olthof | 04 | Zuidwal | 6:08 | 6:01 |
| 20 | Kevin Deenik | 04 | Huizen | 6:37 | 6:33 |
| 21 | Jaimy Spinder | 04 | Zuidwal | 7:02 | 7:02 |
| JPC, JONGENS 7-10 JR | | | | | |
| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Thijmen de Ruiter | 03 | Blaricum | 4:02 | 4:02 |
| 2 | Thijs Rigter | 03 | Zuidwal | 4:30 | 4:27 |
| 3 | Floris van Essen | 03 | Huizen | 4:30 | 4:29 |
| 4 | Jasper Stikkelorum | 03 | Huizen | 4:33 | 4:32 |
| 5 | Teun Calis | 03 | Zuidwal | 4:46 | 4:43 |
| 6 | Daniel Berends | 03 | Zuidwal | 4:46 | 4:44 |
| 7 | Mels Pluis | 03 | Huizen | 4:54 | 4:51 |
| 8 | Tim Thuijs | 03 | Naarden | 4:55 | 4:53 |
| 9 | Idris König | 03 | Zuidwal | 4:56 | 4:54 |
| 10 | Daan Pieters | 03 | Zuidwal | 4:56 | 4:53 |
| 11 | Jouke Westerhof | 03 | AV Zeewolde | 4:59 | 4:58 |
| 12 | Pim van Iersel | 03 | Zuidwal | 5:04 | 5:00 |
| 13 | Ruben Vermaat | 03 | Zuidwal | 5:05 | 5:03 |
| 14 | Oscar Appeldoorn | 03 | Zuidwal | 5:06 | 5:01 |
| 15 | Luc de Ridder | 03 | Huizen | 5:08 | 5:06 |
| 16 | Avalon Renfurm | 03 | Huizen | 5:39 | 5:35 |
| 17 | Matthijs Dankelstijn | 03 | Huizen | 5:48 | 5:43 |
| 18 | Novi Lahay | 03 | Huizen | 5:55 | 5:53 |
| 19 | Coen van der Stok | 03 | Huizen | 5:57 | 5:55 |
| 20 | Philip Dezentje | 03 | Laren Nh | 6:49 | 6:47 |

| JPB, JONGENS 7-10 JR | | | | | |
|-----------------------------|-------------------|-----------|------------------------------|--------------|--------------|
| Pts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Aled Elings | 02 | Zuidwal | 4:10 | 4:09 |
| 2 | Dion de Roo | 02 | Zuidwal | 4:14 | 4:14 |
| 3 | Boaz Hoes | 02 | Tempo | 4:21 | 4:20 |
| 4 | Chai de Bruijne | 02 | Zuidwal | 4:26 | 4:26 |
| 5 | Julian Roman | 02 | Zuidwal | 4:37 | 4:35 |
| 6 | Jasper Appeldoorn | 02 | Zuidwal | 4:51 | 4:50 |
| 7 | Jordy Krijnen | 02 | Huizen | 4:55 | 4:54 |
| 8 | Corné Hoogendoorn | 02 | Zuidwal | 4:57 | 4:55 |
| 9 | Niels de Boer | 02 | GAC Hilversum | 4:59 | 4:56 |
| 10 | Fabio Otto | 02 | Huizen | 5:12 | 5:10 |
| 11 | Max Thuijs | 02 | Naarden | 5:18 | 5:17 |
| 12 | Rick Kroon | 02 | Huizen | 10:22 | 10:20 |

| JPA1, JONGENS 7-10 JR | | | | | |
|------------------------------|------------------------|-----------|------------------------------|--------------|--------------|
| Pts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Duncan Steenbakker | 01 | Lycurgus | 3:53 | 3:53 |
| 2 | David Gielen | 01 | Huizen | 4:01 | 4:00 |
| 3 | Dennis Hulsebos | 00 | Hilversum | 4:02 | 4:01 |
| 4 | Max Duys | 01 | Zuidwal | 4:07 | 4:07 |
| 5 | Xander Ziedses des Pla | 01 | Loosdrecht | 4:13 | 4:12 |
| 6 | Jelle Idzenga | 01 | Huizen | 4:14 | 4:12 |
| 7 | Bouke Boor | 01 | Zuidwal | 4:20 | 4:20 |
| 8 | Wessel Terpstra | 01 | BAV | 4:21 | 4:19 |
| 9 | Jelmar de Bruin | 01 | Huizen | 4:27 | 4:27 |
| 10 | Kevin van Amersfoort | 01 | Huizen | 4:29 | 4:28 |
| 11 | Luuk Speulman | 01 | Zuidwal | 4:33 | 4:31 |
| 12 | Gijs Calis | 01 | Zuidwal | 4:36 | 4:35 |
| 13 | Hidde Westerhof | 01 | AV Zeewolde | 4:45 | 4:42 |
| 14 | Matteo Bos | 01 | Zuidwal | 5:00 | 4:59 |
| 15 | Michael vd Geest | 01 | Zuidwal | 5:34 | 5:33 |
| 16 | Roemer de Groot | | | 6:07 | 6:04 |
| 17 | Stijn de Ridder | 01 | Huizen | 6:12 | 6:10 |
| 18 | Jim Lahay | 01 | Huizen | 6:22 | 6:22 |

| MMP, MEISJES 7-10 JR | | | | | |
|-----------------------------|---------------------|-----------|------------------------------|--------------|--------------|
| Pts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
| 1 | Hilke van Dongen | 04 | Zuidwal | 5:13 | 5:08 |
| 2 | Femke Leguit | 04 | Almere '81 | 5:15 | 5:10 |
| 3 | Ella de Bruijne | 05 | Zuidwal | 5:16 | 5:13 |
| 4 | Pleun de Groot | 04 | Huizen | 5:20 | 5:17 |
| 5 | Ilse Calis | 05 | Zuidwal | 5:36 | 5:32 |
| 6 | Roos Kanters | 04 | Huizen | 5:44 | 5:40 |
| 7 | Evie de Roo | 04 | Huizen | 5:50 | 5:46 |
| 8 | Denise Frenk | 04 | Huizen | 6:17 | 6:13 |
| 9 | Sabine Dankelschijn | 04 | Huizen | 6:55 | 6:51 |

| MPC, MEISJES 7-10 JR | | | | | |
|-----------------------------|-------------|-----------|------------------------------|--------------|--------------|
| Pts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |

| | | | | | |
|----|-------------------|----|------------|------|------|
| 1 | Emma Bout | 03 | Zuidwal | 4:48 | 4:44 |
| 2 | Renske Idzenga | 03 | Zuidwal | 4:48 | 4:46 |
| 3 | Aniek van Lune | 03 | Zuidwal | 4:55 | 4:52 |
| 4 | Anouk Reilink | 03 | Zuidwal | 5:03 | 4:57 |
| 5 | Marloes Bos | 03 | Zuidwal | 5:17 | 5:11 |
| 6 | Sarah van Tuijl | 03 | Almere '81 | 5:18 | 5:14 |
| 7 | Sarah Dorland | 03 | Almere | 5:20 | 5:17 |
| 8 | Noah Mecklenfeld | 03 | Zuidwal | 5:21 | 5:16 |
| 9 | Tessa Hartog | 03 | Huizen | 5:27 | 5:22 |
| 10 | Iris de Jongh | 03 | Rotterdam | 5:44 | 5:42 |
| 11 | Merit Bouwmeester | 03 | Huizen | 6:08 | 6:05 |
| 12 | Fenne Kiel | 03 | Almere | 6:53 | 6:50 |
| 13 | Lisanne Smit | 03 | Huizen | 6:57 | 6:53 |

MPB, MEISJES 7-10 JR

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|-------------------|----|-----------------------|-------|-------|
| 1 | Margriet Hilhorst | 02 | GAC Hilversum | 4:21 | 4:20 |
| 2 | Femke Drijfhout | 02 | Krommenie | 4:53 | 4:51 |
| 3 | Danique Eijsbouts | 02 | Hilversum | 4:56 | 4:53 |
| 4 | Noa Schaap | 02 | Blaricum | 4:57 | 4:54 |
| 5 | Britt Schraven | 02 | Almere '81 | 5:14 | 5:10 |
| 6 | Bente Weertman | 02 | Eemnes | 5:25 | 5:22 |
| 7 | Merel Kanters | 02 | Huizen | 5:31 | 5:26 |
| 8 | Joelle Zeekaf | 02 | Huizen | 5:52 | 5:49 |

MPA1, MEISJES 7-10 JR

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|------------------------|----|-----------------------|-------|-------|
| 1 | Naomi Doves | 01 | Zuidwal | 4:16 | 4:16 |
| 2 | Joy de Bruijne | 01 | Zuidwal | 4:24 | 4:24 |
| 3 | Winnie Karlijn de Groo | 01 | BAV | 4:26 | 4:25 |
| 4 | Isabel van den Broek | 01 | BAV | 4:34 | 4:32 |
| 5 | Romy van Hilst | 01 | Zuidwal | 4:42 | 4:40 |
| 6 | Fleurie Grisnigt | 01 | Huizen | 4:47 | 4:44 |
| 7 | Maryse de Vos | 01 | Zuidwal | 4:51 | 4:50 |
| 8 | Myrna Moya | 01 | Hilversum | 5:10 | 5:07 |
| 9 | Merel Horst | 01 | Zuidwal | 5:24 | 5:23 |
| 10 | Mieke de Jongh | 01 | Rotterdam | 5:44 | 5:41 |
| 11 | Eva Weertman | 00 | Eemnes | 5:52 | 5:48 |
| 12 | Esmee Alings | 01 | Huizen | 5:59 | 5:55 |

JPA2, JONGENS 11-15 J

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|------------------------|----|-----------------------|-------|-------|
| 1 | Kelvin Baartwijk | 00 | Almere '81 | 8:39 | 8:39 |
| 2 | Damian Basseluer | 00 | Almere | 9:26 | 9:25 |
| 3 | Bas van der Heijden | 00 | Huizen | 9:54 | 9:51 |
| 4 | Viktor Schotborgh | 00 | Baarn | 9:55 | 9:54 |
| 5 | Christian Prins | 00 | Huizen | 9:57 | 9:54 |
| 6 | Jelle Martinus de Groo | 00 | Baarn | 9:59 | 9:57 |
| 7 | Jelmer Kiel | 00 | Almere | 10:38 | 10:36 |
| 8 | Kaj Horst | 00 | Eemnes | 10:39 | 10:37 |

| | | | | | |
|----|---------------------|----|---------------|-------|-------|
| 9 | Sidney van Geffen | 01 | Amsterdam | 10:50 | 10:48 |
| 10 | Bram van der Hulst | 00 | Zuidwal | 10:56 | 10:55 |
| 11 | David Peetoom | 00 | Zuidwal | 11:03 | 11:02 |
| 12 | Martijn de Boer | 00 | GAC Hilversum | 11:03 | 11:02 |
| 13 | Lucas Hartog | 00 | Huizen | 11:21 | 11:18 |
| 14 | Thom Lesimanuaja | 00 | Huizen | 11:29 | 11:25 |
| 15 | Tom Schoemaker | 00 | Zuidwal | 12:29 | 12:27 |
| 16 | Pepijn van der Klis | 00 | Zuidwal | 12:34 | 12:32 |

JD1, JONGENS 11-15 J

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|---------------------|----|-----------------------|-------|-------|
| 1 | Cain Rutgers | 99 | Almere '81 | 8:13 | 8:13 |
| 2 | Justin Lam | 99 | Almere '81 | 8:21 | 8:20 |
| 3 | Denilson Kleintjes | 99 | GAC Hilversum | 8:58 | 8:57 |
| 4 | Anton Hilhorst | 99 | Zuidwal | 10:20 | 10:19 |
| 5 | Michael Mandersloot | 99 | Baarn | 10:24 | 10:23 |
| 6 | Boris Sierink | 99 | AV Zeewolde | 10:30 | 10:28 |

JD2, JONGENS 11-15 J

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|------------------------|----|-----------------------|-------|-------|
| 1 | Antonio van den Heuvel | 98 | GAC Hilversum | 7:58 | 7:57 |
| 2 | Daniel de Graaff | 98 | Huizen | 9:15 | 9:13 |
| 3 | Martijn Hak | 98 | Huizen | 9:37 | 9:34 |
| 4 | Jort Wolda | 98 | Zuidwal | 9:50 | 9:47 |
| 5 | Max Hoffmann | 98 | Huizen | 10:22 | 10:20 |
| 6 | Rick Hulsebos | 98 | Hilversum | 10:34 | 10:32 |
| 7 | Bas van de Nieuwenhof | 98 | Huizen | 10:49 | 10:46 |
| 8 | Paul van der Slot | 98 | Naarden | 11:13 | 11:11 |
| 9 | Thomas Koeman | 98 | Huizen | 11:26 | 11:23 |
| 10 | Erwin van Tilburg | 98 | Huizen | 11:32 | 11:29 |
| 11 | Lars van den Born | 98 | Huizen | 12:33 | 12:31 |

JC, JONGENS 11-15 J

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|----------------|----|-----------------------|-------|-------|
| 1 | Daniel Moya | 97 | Hilversum | 9:28 | 9:26 |
| 2 | David de Vries | 96 | Haarlemmermeer | 10:49 | 10:48 |

MPA2, MEISJES 11-15 J

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|--------------------|----|-----------------------|-------|-------|
| 1 | Tamar Appeldoorn | 00 | Zuidwal | 9:23 | 9:22 |
| 2 | Jaimy van de Loo | 00 | De Spartaan | 9:34 | 9:32 |
| 3 | Femke van den Bos | 00 | Tempo | 10:15 | 10:14 |
| 4 | Isabelle Leenhouts | 00 | Zuidwal | 10:43 | 10:41 |
| 5 | Nienke Veldhuizen | 00 | Zuidwal | 10:45 | 10:42 |
| 6 | Karlijn Zeeman | 00 | Zuidwal | 10:52 | 10:50 |
| 7 | Juliette Grisnigt | 00 | Huizen | 11:53 | 11:50 |
| 8 | Donne Mijwaart | 00 | Huizen | 16:20 | 16:16 |

MD1, MEISJES 11-15 J

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|---------------------|----|-----------------------|-------|-------|
| 1 | Lotte de Jong | 99 | Almere '81 | 9:04 | 9:03 |
| 2 | Esmee van der Knaap | 99 | Zuidwal | 10:34 | 10:32 |

| | | | | | |
|---|---------------------|----|-----------|-------|-------|
| 3 | Kira van Nigtevecht | 99 | Zuidwal | 10:43 | 10:40 |
| 4 | Isabel Hooijman | 99 | AKU | 10:55 | 10:53 |
| 5 | Julia Ubbink | 99 | Huizen | 11:53 | 11:50 |
| 6 | Melissa Eijsbouts | 99 | Hilversum | 14:43 | 14:39 |

MD2, MEISJES 11-15 J

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|------------------|----|-----------------------|-------|-------|
| 1 | Elke Molenaar | 98 | Spirit Lelystad | 8:59 | 8:58 |
| 2 | Iris Wijkhuijzen | 98 | Zuidwal | 9:55 | 9:53 |
| 3 | Sanne Veldhuizen | 98 | Zuidwal | 10:07 | 10:05 |
| 4 | Naiara van Raay | 98 | Zuidwal | 10:30 | 10:28 |
| 5 | Eline de Jong | 98 | Zuidwal | 10:45 | 10:43 |

MC, MEISJES 11-15 J

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|---------------------|----|-----------------------|-------|-------|
| 1 | Tess van den Berg | 96 | GAC Hilversum | 9:12 | 9:11 |
| 2 | Lotte van der Velde | 96 | Triathlon | 9:14 | 9:14 |
| 3 | Floor Klop | 96 | Phanos | 9:20 | 9:16 |
| 4 | Caitlin van Gessel | 96 | Triathlon | 9:32 | 9:31 |
| 5 | Shirley Dolman | 96 | BAV | 9:33 | 9:32 |
| 6 | Mei Nelissen | 96 | Triathlon | 9:40 | 9:39 |
| 7 | Cody Wijkhuijzen | 96 | Zuidwal | 10:03 | 10:01 |
| 8 | Selena Bordes | 96 | Zuidwal | 10:05 | 10:03 |
| 9 | Maaïke Beelman | 96 | Zuidwal | 11:44 | 11:42 |

MAN, 5.000 M

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|----------------------|----|-----------------------|-------|-------|
| 1 | David Vonk | 90 | Zuidwal | 16:43 | 16:42 |
| 2 | Jeroen Verboom | 89 | Pijnenburg | 17:11 | 17:09 |
| 3 | Arnold Berghuizen | 95 | Atos | 18:16 | 18:14 |
| 4 | Lars Brugman | 81 | Baarn | 18:36 | 18:34 |
| 5 | Jordin Bijlstra | 95 | Zuidwal | 18:39 | 18:38 |
| 6 | Chaout Younes | 95 | U-Track | 18:41 | 18:40 |
| 7 | Edward Nuyter | 64 | Amersfoort | 18:45 | 18:43 |
| 8 | Michael Cornelisz | 94 | TTW | 19:06 | 19:05 |
| 9 | Dennis van der Horst | 93 | Huizen | 19:07 | 19:06 |
| 10 | Maarten Langstraat | 74 | Zuidwal | 19:20 | 19:19 |
| 11 | Walrick Hurdeman | 62 | Altis | 19:21 | 19:20 |
| 12 | Luuk van der Wal | 96 | Zuidwal | 19:50 | 19:50 |
| 13 | Niek Heldoorn | 99 | Huizen | 20:04 | 20:02 |
| 14 | Frank Heldoorn | 69 | Huizen | 20:04 | 20:04 |
| 15 | Nils van der Weiden | 94 | GAC Hilversum | 20:48 | 20:47 |
| 16 | Bas van der Vuurst | 95 | BAV | 21:08 | 21:06 |
| 17 | Luc van Ommen | 82 | Amsterdam | 21:09 | 21:07 |
| 18 | Walter de Bruijn | 68 | Hardloopvereniging D | 21:15 | 21:13 |
| 19 | Agnus Gerringa | 71 | Lelystad | 21:17 | 21:16 |
| 20 | Erwin Peetoom | 69 | Huizen | 21:35 | 21:33 |
| 21 | Richard Vermeer | 78 | Bunschoten-Spakenbur | 21:41 | 21:39 |
| 22 | Derrek Heuveling | 83 | Huizen | 21:48 | 21:44 |
| 23 | Patrick Bakker | 75 | Zuidwal | 21:53 | 21:51 |

| | | | | | |
|----|---------------------|----|----------------------|-------|-------|
| 24 | Ed Bout | 71 | Zuidwal | 21:57 | 21:55 |
| 25 | Martijn Wijma | 83 | Huizen | 22:06 | 22:05 |
| 26 | Erik Mulder | 63 | Huizen | 22:10 | 22:07 |
| 27 | Dylan de Bruijn | 95 | Hardloopvereniging D | 22:40 | 22:39 |
| 28 | Job The | 95 | Blaricum | 23:08 | 23:05 |
| 29 | Steffan Wentink | 89 | Huizen | 23:18 | 23:16 |
| 30 | Johan Doornekamp | 56 | Hilversum | 23:32 | 23:23 |
| 31 | Michel Brundel | 64 | Zuidwal | 23:40 | 23:37 |
| 32 | Dick de Boer | 52 | Huizen | 23:42 | 23:41 |
| 33 | Sjoerd Pieplenbosch | 58 | Zuidwal | 23:46 | 23:33 |
| 34 | Raymond Lescauwaet | 63 | Hardloopvereniging D | 23:52 | 23:50 |
| 35 | Robert Lieuwen | 83 | Tempo | 24:02 | 23:58 |
| 36 | Peter Lute | 69 | Zuidwal | 24:10 | 24:08 |
| 37 | Maarten Stigter | 94 | Huizen | 24:16 | 24:12 |
| 38 | Bas de Bruijn | 69 | Huizen | 24:23 | 24:17 |
| 39 | Mike Overeem | 66 | Zuidwal | 24:31 | 24:20 |
| 40 | Nico Klomp | 70 | Eemnes | 24:39 | 24:35 |
| 41 | Frank Huurdeman | 98 | Altis | 24:45 | 24:43 |
| 42 | Mike Kabel | 78 | Eemnes | 24:50 | 24:44 |
| 43 | Camiel Kiers | 75 | Huizen | 25:00 | 24:53 |
| 44 | Hans van Bruggen | 61 | Huizen | 25:05 | 24:56 |
| 45 | Tip Geerlings | 57 | Huizen | 25:05 | 25:02 |
| 46 | Joran Verweij | 98 | Huizen | 25:23 | 25:17 |
| 47 | Itse Kruyt | 97 | | 25:23 | 25:18 |
| 48 | Bas Heesemans | 88 | Huizen | 25:26 | 25:11 |
| 49 | Pieter Koopman | 60 | Zuidwal | 25:49 | 25:36 |
| 50 | Julien Auffray | 85 | Huizen | 25:52 | 25:40 |
| 51 | Ronald Harderwijk | 58 | Zuidwal | 25:54 | 25:39 |
| 52 | Marc ter Haar | 67 | Huizen | 25:55 | 25:48 |
| 53 | Micha Candel | 83 | Huizen | 25:57 | 25:43 |
| 54 | Bart Westland | 81 | Utrecht | 25:57 | 25:54 |
| 55 | Edwin Evertse | 72 | Huizen | 26:05 | 25:52 |
| 56 | Anass Adouli | 72 | Huizen | 26:12 | 26:00 |
| 57 | Chan Rambharst | 65 | Almere | 26:12 | 26:05 |
| 58 | Bert Dekker | 55 | Huizen | 26:21 | 26:09 |
| 59 | Michael Knecht | 78 | Huizen | 26:23 | 26:14 |
| 60 | Gilian van Harmelen | 82 | Almere | 26:33 | 26:13 |
| 61 | Sander van Loon | 74 | Lelystad | 26:53 | 26:35 |
| 62 | Henk van der Hulst | 69 | Zuidwal | 26:54 | 26:41 |
| 63 | Floris ter Haar | 98 | Huizen | 27:00 | 26:55 |
| 64 | Jasper van Gaal | 96 | Huizen | 27:01 | 26:56 |
| 65 | Piet van't Klooster | 51 | Huizen | 27:02 | 26:59 |
| 66 | Martijn ten Brinke | 78 | Groessen | 27:04 | 26:56 |
| 67 | Rene Kingsma | 67 | Ridderkerk | 27:05 | 26:57 |
| 68 | Jasper van Monsjou | 94 | Zuidwal | 27:06 | 26:59 |
| 69 | Han Berends | 69 | Huizen | 27:07 | 27:00 |
| 70 | Sjaak Spanjersberg | 58 | Zuidwal | 27:20 | 27:16 |
| 71 | Lars Wieringa | 70 | Bussum | 27:23 | 27:20 |

| | | | | | |
|-----|------------------------|----|---------------|-------|-------|
| 72 | Bas Bollaart | 96 | Huizen | 27:26 | 27:07 |
| 73 | Erwin Kleiberg | 95 | Naarden | 27:34 | 27:26 |
| 74 | Ton Cornelissen | 48 | Soest | 27:51 | 27:36 |
| 75 | Bert de Greeff | 67 | Blaricum | 27:55 | 27:53 |
| 76 | A.M.M Kuijer | 80 | Huizen | 27:58 | 27:54 |
| 77 | Wilco Nieweg | 63 | Huizen | 28:06 | 27:58 |
| 78 | Leander Wolffensperger | 89 | Lelystad | 28:14 | 27:55 |
| 79 | Justin Wolffensperger | 79 | Lelystad | 28:16 | 27:57 |
| 80 | Onno van Weeren | 63 | Zuidwal | 28:18 | 28:05 |
| 81 | Frans Wikkerman | 52 | Zuidwal | 28:21 | 28:05 |
| 82 | Marcel Grisnigt | 64 | Huizen | 28:25 | 28:10 |
| 83 | Johan Schwartz | 53 | Amersfoort | 28:32 | 28:22 |
| 84 | Jacques Coffeng | 67 | Zuidwal | 28:40 | 28:27 |
| 85 | Louis Nijman | 83 | Almere | 28:44 | 28:32 |
| 86 | Hans Bollaart | 62 | Huizen | 28:50 | 28:31 |
| 87 | Hans Hilbers | 58 | Hoogeveen | 29:27 | 29:22 |
| 88 | Peter Bosma | 51 | Huizen | 29:27 | 29:23 |
| 89 | René van Sligtenhorst | 69 | Almere | 29:31 | 29:12 |
| 90 | Pieter Saarberg | 61 | Zuidwal | 29:48 | 29:43 |
| 91 | Joost van Iersel | 64 | Zuidwal | 29:48 | 29:36 |
| 92 | Wouter Meijer | 56 | Huizen | 29:49 | 29:40 |
| 93 | Niels van Amstel | 91 | Huizen | 29:53 | 29:34 |
| 94 | Sander van der Kamp | 61 | Zuidwal | 29:53 | 29:40 |
| 95 | Peter Horst | 68 | Zuidwal | 29:54 | 29:47 |
| 96 | Chris Horst | 70 | Eemnes | 29:54 | 29:49 |
| 97 | Martin Wijn | 58 | Huizen | 29:56 | 29:51 |
| 98 | Edwin Haak | 68 | Zuidwal | 30:09 | 29:58 |
| 99 | Piet Franken | 52 | Huizen | 30:12 | 29:54 |
| 100 | Jeroen Heutink | 85 | Huizen | 30:42 | 30:26 |
| 101 | Jeroen Verhoeven | 76 | Hilversum | 30:42 | 30:38 |
| 102 | Jacco Ursinus | 64 | Veenendaal | 31:06 | 30:36 |
| 103 | Arie de Graaf | 54 | Zuidwal | 31:27 | 31:17 |
| 104 | Toon van Fulpen | 53 | Soest | 31:48 | 31:37 |
| 105 | Erik Koehoorn | 68 | Hilversum | 31:55 | 31:41 |
| 106 | Albert Hans Akkerman | 68 | Huizen | 32:01 | 31:48 |
| 107 | Wim Baak | 59 | Zuidwal | 32:03 | 31:59 |
| 108 | Jasper Verwaal | 92 | Huizen | 32:05 | 32:01 |
| 109 | Emile Terheggen | 41 | TTW | 32:37 | 32:28 |
| 110 | Niels de Lange | 72 | Huizen | 33:13 | 33:05 |
| 111 | Roberto Lucarelli | 78 | Huizen | 35:11 | 34:56 |
| 112 | Jhon Tjong A Sjoe | 63 | Huizen | 35:18 | 35:00 |
| 113 | Boed Manuputty | 51 | Huizen | 36:16 | 35:57 |
| 114 | Hans Smeele | 51 | Zuidwal | 39:10 | 38:55 |
| 115 | Rendolf van Hoof | 60 | GAC Hilversum | 42:22 | 42:07 |

VROUW, 5.000 M

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|------------------------|----|-----------------------|-------|-------|
| 1 | Tineke Heuveling | 82 | Huizen | 21:48 | 21:48 |
| 2 | Femke Wittekamp-Huisma | 84 | Amersfoort | 24:19 | 24:17 |

| | | | | | |
|----|------------------------|----|----------------------|-------|-------|
| 3 | Francine Jessen | 74 | Amersfoort | 24:37 | 24:33 |
| 4 | Ellen van Gaal | 64 | Huizen | 25:22 | 25:16 |
| 5 | Jessica Nieweg | 97 | Huizen | 25:30 | 25:22 |
| 6 | Lia Reijnders | 74 | Hilversum | 25:30 | 25:22 |
| 7 | Thea Kaspers | 66 | Zuidwal | 25:41 | 25:39 |
| 8 | Gerline van't Klooster | 82 | Utrecht | 25:56 | 25:42 |
| 9 | Hetty Mecklenfeld | 66 | Huizen | 26:04 | 25:54 |
| 10 | Marloek de Greeff | 72 | Blaricum | 26:31 | 26:29 |
| 11 | Kiki Clevett | 70 | Huizen | 26:33 | 26:29 |
| 12 | Kim Dekker | 86 | Huizen | 26:33 | 26:21 |
| 13 | Marleen van Schaik | 77 | Zuidwal | 26:40 | 26:29 |
| 14 | Kim Lanting | 83 | Hardloopvereniging D | 26:43 | 26:36 |
| 15 | Marina Davelaar | 65 | Eemnes | 26:57 | 26:48 |
| 16 | Janneke Vierkant | 50 | Zuidwal | 26:59 | 26:55 |
| 17 | Wies Pieplenbosch | 60 | Zuidwal | 27:38 | 27:22 |
| 18 | Sybrigje Westerhof | 69 | AV Zeewolde | 28:02 | 27:54 |
| 19 | Tessa Harderwijk | 90 | Huizen | 28:21 | 28:02 |
| 20 | Annemiek Grisnigt | 71 | Huizen | 28:25 | 28:09 |
| 21 | Kitty Bruin | 65 | Zuidwal | 28:34 | 28:21 |
| 22 | Maartje van der Werff | 97 | Zuidwal | 28:41 | 28:28 |
| 23 | Leontine van 't Hazeve | 82 | Blaricum | 28:54 | 28:48 |
| 24 | Eline de Wit | 80 | Huizen | 29:03 | 28:47 |
| 25 | Fieke van Leest | 86 | Baarn | 29:08 | 28:58 |
| 26 | Anita van Orsouw | 84 | Zuidwal | 29:08 | 28:58 |
| 27 | Annette Steenman | 64 | Soest | 29:33 | 29:29 |
| 28 | Richtsje Abma | 66 | Huizen | 29:36 | 29:30 |
| 29 | Frea Hulsebos | 71 | GAC Hilversum | 29:39 | 29:26 |
| 30 | Rita van Rijssel | 61 | BAV | 29:40 | 29:39 |
| 31 | Karin Basseluer | 70 | Almere | 29:45 | 29:44 |
| 32 | Iris de Bruijn | 71 | Hardloopvereniging D | 29:48 | 29:41 |
| 33 | Juanita Cid | 81 | Huizen | 29:53 | 29:33 |
| 34 | Beber Berghuis | 76 | Bussum | 29:54 | 29:43 |
| 35 | Bianca Vreeling | 78 | Almere | 29:54 | 29:50 |
| 36 | Marion Houtman | 80 | Hardloopvereniging D | 30:02 | 29:57 |
| 37 | Carolien L. Huijzer | 71 | Hardloopvereniging D | 30:03 | 29:57 |
| 38 | Miriam van der Griend | 67 | Eemnes | 30:03 | 29:59 |
| 39 | Margot den Hartog | 86 | Huizen | 30:04 | 29:50 |
| 40 | Carina van Loon | 77 | Lelystad | 30:06 | 29:47 |
| 41 | Saskia Blokhuis | 79 | Huizen | 30:09 | 30:03 |
| 42 | Brenda Kamps | 71 | Huizen | 30:12 | 30:09 |
| 43 | Linda Franken | 84 | Boxtel | 30:12 | 29:55 |
| 44 | Trudy Langstraat | 73 | Ridderkerk | 30:13 | 30:05 |
| 45 | Merel Brouwer | 98 | Huizen | 30:15 | 30:01 |
| 46 | Natasja Bushoff | 69 | Pijnenburg | 30:15 | 30:02 |
| 47 | Annette Kelderman | 64 | Lelystad | 30:27 | 30:17 |
| 48 | Frédérique Siegenbeek | 76 | Hardloopvereniging D | 30:40 | 30:34 |
| 49 | Cindy Verhoeven | 79 | Hilversum | 30:42 | 30:37 |
| 50 | Mieke te Borg | 59 | Huizen | 30:47 | 30:39 |

| | | | | | |
|----|------------------------|----|---------------------|-------|-------|
| 51 | Els Meijers | 65 | Nederhorst den Berg | 30:54 | 30:42 |
| 52 | Kitty Frakking | 71 | Huizen | 31:06 | 30:54 |
| 53 | Chantal Rijkeboer | 68 | Naarden | 31:07 | 30:53 |
| 54 | Angelique Kok-Evers | 79 | Amersfoort | 31:20 | 31:06 |
| 55 | Mariska Bernardt | 72 | Zuidwal | 31:27 | 31:22 |
| 56 | Inge Calis | 68 | Zuidwal | 31:29 | 31:18 |
| 57 | Mira Makkinje | 74 | Zuidwal | 31:30 | 31:19 |
| 58 | Bibi van der Veer | 64 | GAC Hilversum | 31:31 | 31:24 |
| 59 | Judith Breedveld | 65 | GAC Hilversum | 31:41 | 31:33 |
| 60 | Caroline van Essen | 70 | Huizen | 31:52 | 31:49 |
| 61 | Jacqueline Teeuwissen | 84 | Huizen | 32:10 | 31:56 |
| 62 | Annemieke Meester | 79 | Huizen | 32:10 | 31:56 |
| 63 | Mireille Dop | 74 | Amersfoort | 32:11 | 32:04 |
| 64 | Patty Keet | 83 | Huizen | 32:11 | 31:59 |
| 65 | Shoba van der Vijver | 83 | Huizen | 32:13 | 32:01 |
| 66 | Stiene Visser | 93 | Huizen | 32:16 | 32:06 |
| 67 | Lenneke van Assat | 66 | Lelystad | 32:20 | 32:10 |
| 68 | Petra Dijkstra | 65 | Zuidwal | 32:21 | 32:04 |
| 69 | Anja Ahrens | 67 | Zuidwal | 32:26 | 32:09 |
| 70 | Marjolein Kanters | 77 | Huizen | 32:40 | 32:19 |
| 71 | Kate den Otter-Noon | 58 | Zuidwal | 32:41 | 32:24 |
| 72 | Babara van Isselt | 78 | Eemnes | 32:42 | 32:35 |
| 73 | Bianca Posthumus | 70 | Zuidwal | 32:44 | 32:26 |
| 74 | Sandra Baas | 75 | Huizen | 32:51 | 32:33 |
| 75 | Irma Grotenhuis | 77 | Huizen | 32:51 | 32:33 |
| 76 | Astrid Schenk | 53 | Almere | 33:02 | 32:58 |
| 77 | Hanneke Scholten | 76 | Amsterdam | 33:04 | 32:53 |
| 78 | Patricia Visser | 67 | Zuidwal | 33:12 | 32:55 |
| 79 | Asher van Doorn | 75 | Almere | 33:19 | 33:09 |
| 80 | Denise van 't Hoenderd | 77 | Amersfoort | 33:21 | 33:11 |
| 81 | Wil van Domburg | 70 | Huizen | 33:27 | 33:18 |
| 82 | Kim van der Linden | 80 | Almere | 33:27 | 33:23 |
| 83 | Lenie Arts | 50 | avVN | 33:30 | 33:22 |
| 84 | Tine Muller | 75 | Amstelveen | 33:42 | 33:32 |
| 85 | Anouk Donker | 78 | Hilversum | 33:47 | 33:37 |
| 86 | Marion Koster | 61 | Zuidwal | 33:49 | 33:31 |
| 87 | Irma Reiss | 56 | Bussum | 33:57 | 33:40 |
| 88 | Jessica Groot | 79 | Hilversum | 33:58 | 33:49 |
| 89 | Sanny Hagedoorn | 74 | Huizen | 34:13 | 33:56 |
| 90 | Sabina Kuijer | 73 | Huizen | 34:13 | 33:56 |
| 91 | Gerry Kreijne-den Dekk | 55 | Altis | 34:24 | 34:14 |
| 92 | Patty Willemsen | 58 | Huizen | 34:27 | 34:16 |
| 93 | Miranda van Santen | 75 | Huizen | 34:31 | 34:19 |
| 94 | Remke Fokkens | 65 | Ede Gld | 34:36 | 34:18 |
| 95 | Esther Groot | 72 | Bilthoven | 34:38 | 34:31 |
| 96 | Loes Vonk | 71 | Huizen | 34:39 | 34:31 |
| 97 | Wendy den Breejen | 79 | Almere | 34:55 | 34:36 |
| 98 | Berthy Blom | 82 | Blaricum | 35:09 | 34:53 |

| | | | | | |
|-----|------------------------|----|----------------------|-------|-------|
| 99 | Hanneke Blom | 53 | Zevenbergen | 35:09 | 34:52 |
| 100 | Maaïke Verhage | 75 | Huizen | 35:10 | 34:56 |
| 101 | Ellen Alings | 66 | Zuidwal | 35:32 | 35:22 |
| 102 | Merel Post | 90 | Huizen | 35:40 | 35:29 |
| 103 | Carolien Maarschalkerw | 74 | Zuidwal | 36:04 | 35:48 |
| 104 | Esmay Manuputty | 88 | Huizen | 36:16 | 35:57 |
| 105 | Babette Leeh | 74 | Huizen | 36:16 | 36:03 |
| 106 | Sandy van den Hurk | 73 | Hardloopvereniging D | 36:19 | 36:12 |
| 107 | Riemke Reijners | 46 | Zuidwal | 36:42 | 36:35 |
| 108 | Bea lambo | 56 | Zuidwal | 36:49 | 36:33 |
| 109 | Irene Glaser | 63 | Huizen | 36:52 | 36:35 |
| 110 | Henriette Westland | 69 | Huizen | 37:05 | 36:49 |
| 111 | Anja van Slooten | 61 | Huizen | 37:05 | 36:50 |
| 112 | Petra Hoogkamp | 71 | Mijdrecht | 37:11 | 37:05 |
| 113 | Janneke Vos | 58 | Zuidwal | 37:45 | 37:36 |
| 114 | Daniëlle Voorn | 73 | Huizen | 39:09 | 38:54 |
| 115 | Ingrid de Zeeuw | 64 | Zuidwal | 39:10 | 38:55 |
| 116 | Nel Drost | 51 | Dutch Runners Basic | 39:59 | 39:48 |
| 117 | Anita van Dongen | 63 | Almere | 40:02 | 39:57 |
| 118 | Brigitta van der Spoel | 62 | Blaricum | 44:18 | 44:02 |
| 119 | Miryam Wilting | 66 | Zuidwal | 44:50 | 44:33 |
| 120 | Corine van der Sloot | 65 | Zuidwal | 44:50 | 44:34 |

MSEN, 10.000 M

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|---------------------|----|-----------------------|-------|-------|
| 1 | Pim Gouw | 85 | Zuidwal | 33:05 | 33:04 |
| 2 | Maarten van Ommen | 81 | Phoenix | 35:11 | 35:10 |
| 3 | Gayri Hawery | 90 | Spirit Lelystad | 35:24 | 35:21 |
| 4 | Martijn Boot | 77 | Almere '81 | 35:24 | 35:22 |
| 5 | Merlijn Dekker | 94 | Almere '81 | 35:41 | 35:41 |
| 6 | Michel Brons | 83 | Almere '81 | 36:22 | 36:21 |
| 7 | Jaap Vink | 76 | Phoenix | 36:40 | 36:38 |
| 8 | Gerben van der Jagt | 78 | Ede Gld | 37:42 | 37:40 |
| 9 | Erik Kallenberg | 85 | Hilversum | 38:09 | 38:02 |
| 10 | Mark Koolhaas | 86 | Zuidwal | 38:11 | 38:09 |
| 11 | Marc Leijtens | 85 | Phoenix | 38:12 | 38:04 |
| 12 | Reinier Nagel | 82 | Loopgroep PK | 38:16 | 38:14 |
| 13 | Johan Horst | 84 | Huizen | 38:39 | 38:38 |
| 14 | Gijs Vereenoghe | 84 | Zedelgem (BEL) | 40:00 | 39:55 |
| 15 | Harm Vissers | 78 | Huizen | 40:06 | 39:50 |
| 16 | Jaap Sonnenberg | 82 | BAV | 40:09 | 40:06 |
| 17 | Remco van den Breul | 80 | Bussum | 40:40 | 40:38 |
| 18 | Jeroen Gresnigt | 84 | Phoenix | 40:46 | 40:38 |
| 19 | Rick Gouw | 93 | Huizen | 40:48 | 40:27 |
| 20 | Ronald van de Belt | 77 | Almere '81 | 42:19 | 42:17 |
| 21 | Arjan van de Pol | 85 | Loopgroep PK | 43:06 | 43:00 |
| 22 | Gijsbert Nagel | 85 | Nederhorst den Berg | 43:13 | 43:10 |
| 23 | Rene Elbers | 88 | Huizen | 44:05 | 43:46 |
| 24 | Rik Assen | 80 | Huizen | 44:13 | 44:01 |

| | | | | | |
|----|------------------------|----|---------------------|-------|-------|
| 25 | Mark Boots | 81 | Huizen | 44:19 | 44:08 |
| 26 | Gert-Jan de Graaf | 81 | Almere | 44:30 | 44:06 |
| 27 | Peter van Tol | 82 | Utrecht | 44:45 | 44:36 |
| 28 | Sander Reedijk | 92 | Hilversum | 44:51 | 44:26 |
| 29 | Ray van der Zwan | 77 | Nederhorst den Berg | 44:51 | 44:41 |
| 30 | Ricardo Roestenburg | 87 | Achternveld | 45:06 | 45:00 |
| 31 | Micha Bank | 86 | Amsterdam | 45:20 | 44:55 |
| 32 | Peter Hollander | 89 | Baarn | 46:03 | 45:50 |
| 33 | Vincent Hollander | | Baarn | 46:03 | 45:50 |
| 34 | Bastiaan Wittekamp | 84 | Amersfoort | 46:34 | 46:24 |
| 35 | Clark Viergever | 86 | Amsterdam | 46:37 | 46:29 |
| 36 | Jort van de Kamp | 81 | Huizen | 46:44 | 46:21 |
| 37 | Jasper Koopman | 77 | Hilversum | 47:14 | 46:53 |
| 38 | Sven Bus | 95 | Laren Nh | 47:32 | 47:31 |
| 39 | Marc Verges Grau | 83 | Huizen | 47:51 | 47:31 |
| 40 | Rubin Vos | 79 | Huizen | 48:00 | 47:13 |
| 41 | Jonathan Verheul | 79 | Dutch Runners Gold | 48:21 | 47:30 |
| 42 | Arnaud Houweling | 82 | Almere | 48:26 | 48:08 |
| 43 | Jan van de Pas | 82 | Huizen | 48:27 | 46:37 |
| 44 | Arnoud Dokter | 79 | avVN | 48:34 | 47:55 |
| 45 | Bjorn Udink | 85 | Bussum | 49:11 | 48:52 |
| 46 | Remco Kruiswijk | 86 | Muiden | 49:52 | 49:39 |
| 47 | Matthijs Volker | 77 | Huizen | 50:19 | 50:01 |
| 48 | Timo Savenije | 86 | Bussum | 50:25 | 50:17 |
| 49 | Erik-Jan Bausch | 84 | Hilversum | 50:25 | 49:54 |
| 50 | Wim Weijgertze | 77 | Huizen | 50:33 | 50:15 |
| 51 | Thomas Korteweg | 92 | Huizen | 50:33 | 50:22 |
| 52 | Lennart de Bruin | 91 | Huizen | 50:35 | 50:15 |
| 53 | Paul Jares | 80 | Huizen | 50:48 | 50:12 |
| 54 | Pedro Ferras | 80 | Hilversum | 51:16 | 50:52 |
| 55 | Alexander Möllenkramer | 85 | Utrecht | 51:19 | 50:44 |
| 56 | Martijn Borgers | 85 | Huizen | 51:47 | 51:24 |
| 57 | Mark Tijssen | 80 | Almere | 51:54 | 51:30 |
| 58 | Michel Hummeling | 78 | Bussum | 52:11 | 51:32 |
| 59 | Robert Peters | 80 | Huizen | 52:11 | 51:53 |
| 60 | Wesly Smit | 83 | Huizen | 52:19 | 51:51 |
| 61 | Werner Schimmel | 86 | Amersfoort | 52:27 | 51:43 |
| 62 | Jurre van der Plas | 88 | Huizen | 52:32 | 52:14 |
| 63 | Mark Vlaanderen | 92 | Huizen | 52:46 | 52:25 |
| 64 | Jouri Knecht | 82 | Amsterdam | 52:47 | 52:12 |
| 65 | Danny Zondag | 87 | Huizen | 52:47 | 52:10 |
| 66 | Laurent Jan van den Ha | 81 | Huizen | 53:01 | 52:45 |
| 67 | Edouard van den Heuvel | 94 | Blaricum | 53:20 | 52:33 |
| 68 | Theo Verboom | 85 | Huizen | 53:26 | 52:44 |
| 69 | Koen Naaijken | 79 | Huizen | 53:30 | 51:33 |
| 70 | Xander van den Berg | 78 | Almere | 53:31 | 53:12 |
| 71 | Jorrit Franssen | 80 | Huizen | 53:39 | 53:11 |
| 72 | Sven Tervoort | 82 | Huizen | 53:47 | 53:09 |

| | | | | | |
|----|-----------------------|----|-----------|---------|---------|
| 73 | Machiel Pieterse | 84 | Huizen | 53:53 | 52:03 |
| 74 | John van der Klei | 85 | Almere | 54:04 | 53:20 |
| 75 | Maarten Pluim | 82 | Hilversum | 54:10 | 53:38 |
| 76 | Maarten Sluijters | 81 | Bussum | 54:11 | 53:40 |
| 77 | Frank Korteweg | 88 | Huizen | 54:18 | 54:08 |
| 78 | Daniël Deinum | 79 | Hilversum | 55:17 | 54:46 |
| 79 | Niek Buijnsters | 87 | Huizen | 55:28 | 52:48 |
| 80 | Melvin van de Pluim | 86 | Huizen | 55:28 | 52:48 |
| 81 | John Bult | 80 | Huizen | 56:02 | 55:21 |
| 82 | Vincent Gardien | 83 | Huizen | 56:28 | 55:44 |
| 83 | Bram van Sunder | 85 | Hilversum | 56:49 | 56:29 |
| 84 | Stephan van den Akker | 92 | Weesp | 57:19 | 56:34 |
| 85 | Geert Batenburg | 99 | Soest | 59:19 | 58:50 |
| 86 | Richard van h't Hof | 85 | Almere | 1:10:33 | 1:09:48 |

M35, 10.000 M

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|-----------------------|----|-----------------------|-------|-------|
| 1 | Remco Grasman | 72 | Running2000 | 33:26 | 33:26 |
| 2 | Bernard te Boekhorst | 72 | Phoenix | 34:13 | 34:12 |
| 3 | Petrus Lenes | 67 | Almere | 36:52 | 36:51 |
| 4 | Simon van de Enden | 74 | Phoenix | 36:54 | 36:50 |
| 5 | Tsega Dames | 73 | Almere '81 | 37:03 | 37:03 |
| 6 | Randy Hendriks | 70 | Running2000 | 37:43 | 37:42 |
| 7 | Robert Mijwaart | 68 | Zuidwal | 38:34 | 38:32 |
| 8 | Casper Bruins | 72 | GAC Hilversum | 38:48 | 38:45 |
| 9 | Andries Bosman | 70 | TTW | 39:54 | 39:51 |
| 10 | Thomas Naasz | 75 | Almere | 39:58 | 39:56 |
| 11 | Rene van der Meer | 72 | Haarlemmermeer | 39:58 | 39:56 |
| 12 | Joeri Overzwam | 75 | Naarden | 40:13 | 40:09 |
| 13 | Edwin van der Heijden | 67 | GAC Hilversum | 40:51 | 40:46 |
| 14 | Andre van der Vuurst | 67 | BAV | 41:16 | 41:12 |
| 15 | Robert Bus | 68 | Laren Nh | 41:28 | 41:27 |
| 16 | Ton Sweep | 72 | GAC Hilversum | 41:42 | 41:39 |
| 17 | Jelmer de Jong | 67 | AV Zeewolde | 42:07 | 42:03 |
| 18 | Cor Boerman | 67 | Almere | 42:09 | 42:04 |
| 19 | René Godlieb | 66 | Loopgroep Aart Stigt | 42:11 | 42:02 |
| 20 | Eric van Cleef | 69 | Huizen | 42:27 | 42:23 |
| 21 | Jurn van Westerlaak | 74 | Amersfoort | 42:33 | 42:27 |
| 22 | Thijs Knaap | 72 | Bussum | 42:36 | 42:31 |
| 23 | Hans Bosman | 71 | Almere '81 | 42:55 | 42:35 |
| 24 | Ronald van der Krogt | 68 | Baarn | 43:48 | 43:34 |
| 25 | Hugo Hoogeveen | 69 | Huizen | 44:26 | 44:24 |
| 26 | Michel Zuidgest | 70 | Naarden | 44:31 | 44:27 |
| 27 | Govert van Eeten | 75 | Phoenix | 44:44 | 44:39 |
| 28 | Harmen Scholten | 68 | Naarden | 45:00 | 44:56 |
| 29 | Marc Aubel | 70 | Weesp | 45:03 | 44:58 |
| 30 | Stefan Hoogervorst | 75 | Zuidwal | 45:03 | 44:32 |
| 31 | Martijn van de Beek | 75 | Huizen | 45:08 | 44:37 |
| 32 | Eddy van de Weerd | 67 | Baarn | 45:10 | 45:04 |

| | | | | | |
|----|-----------------------|----|---------------------|-------|-------|
| 33 | Martin Stolk | 72 | Pijnenburg | 45:11 | 45:03 |
| 34 | Martin Koppejan | 71 | Huizen | 45:26 | 45:06 |
| 35 | Richard van Klooster | 66 | Triathlon | 45:36 | 45:28 |
| 36 | Lucas Hulsebos | 69 | GAC Hilversum | 45:43 | 45:37 |
| 37 | Paul Vuijst | 66 | Zuidwal | 46:12 | 46:10 |
| 38 | Peter de Leeuw | 68 | Huizen | 46:14 | 46:09 |
| 39 | Richard Strobbe | 73 | Almere | 46:16 | 45:49 |
| 40 | Willem Latupeirissa | 69 | Delta Lloyd Running | 46:16 | 45:51 |
| 41 | Jeffrey Severijn | 73 | Trecho | 46:18 | 46:00 |
| 42 | Remco Coolen | 71 | Hilversum | 46:19 | 46:13 |
| 43 | Wouter Vrolijk | 70 | Huizen | 46:42 | 46:14 |
| 44 | Sander van Tuijl | 72 | Almere '81 | 46:59 | 46:44 |
| 45 | Erik van de Hoef | 68 | Amersfoort | 47:00 | 46:44 |
| 46 | Marco Appeldoorn | 72 | Zuidwal | 47:24 | 46:57 |
| 47 | Gert-jan Kersten | 70 | Almere | 47:40 | 47:22 |
| 48 | Bas Cornelissen | 75 | Amersfoort | 48:03 | 47:54 |
| 49 | Ruben Hengeveld | 73 | Altis | 48:06 | 47:52 |
| 50 | Willem Vlaanderen | 67 | Huizen | 48:12 | 47:39 |
| 51 | Michiel Veldkamp | 72 | Altis | 48:15 | 47:47 |
| 52 | Erik Baartscheer | 66 | Bovenkarspel | 48:44 | 48:32 |
| 53 | Jens Langendorff | 72 | Laren Nh | 48:59 | 48:17 |
| 54 | Robert van Lemmeren | 68 | Almere | 49:04 | 48:50 |
| 55 | Robby Overvliet | 70 | Dutch Runners Gold | 49:11 | 48:54 |
| 56 | Stephan van Dongen | 69 | Bussum | 49:11 | 49:01 |
| 57 | Erwin van Wengen | 69 | Huizen | 49:11 | 48:54 |
| 58 | Gilbert Vogt | 68 | Huizen | 49:16 | 48:39 |
| 59 | Johan Timmermans | 67 | Huizen | 49:22 | 49:00 |
| 60 | Stefan Veugen | 73 | Zuidwal | 49:35 | 49:01 |
| 61 | Erwin Vreman | 68 | Renkum | 49:40 | 49:19 |
| 62 | Clemens Hom | 67 | Kortenhoeft | 50:04 | 49:44 |
| 63 | Erik van Elderen | 69 | Tempo | 50:08 | 49:55 |
| 64 | Marco Faase | 69 | Huizen | 50:18 | 49:41 |
| 65 | Andre Nagel | 71 | Weesp | 50:36 | 49:56 |
| 66 | Mike van Dijk | 68 | Huizen | 50:41 | 50:30 |
| 67 | Michael van der Weide | 70 | Naarden | 50:52 | 50:30 |
| 68 | Leonard van Teeffelen | 74 | Huizen | 51:05 | 50:45 |
| 69 | Philip van Loenen | 72 | Almere | 51:15 | 50:49 |
| 70 | Mark van der Stok | 67 | Huizen | 51:20 | 50:46 |
| 71 | Edwin Duys | 67 | Zuidwal | 51:25 | 50:56 |
| 72 | Gerben Kiel | 74 | Almere | 51:27 | 51:01 |
| 73 | Maarten Frenk | 67 | Huizen | 51:27 | 51:18 |
| 74 | Roy Oostwal | 75 | Hilversum | 51:43 | 51:35 |
| 75 | Ricardo MOYA | 68 | Hilversum | 51:56 | 51:16 |
| 76 | Marc van de Loo | 70 | Eemnes | 52:00 | 51:42 |
| 77 | Theo Kuipers | 67 | Bussum | 52:03 | 51:36 |
| 78 | Marco Twisker | 70 | Huizen | 52:05 | 51:58 |
| 79 | Roel Smits | | Bussum | 52:15 | 51:50 |
| 80 | Jango Panjer | 68 | AAA | 52:41 | 51:55 |

| | | | | | |
|-----|----------------------|----|-------------|---------|---------|
| 81 | Adjan van Sleuwen | 68 | Tempo | 52:43 | 52:18 |
| 82 | Son Truong | 71 | Zandvoort | 53:01 | 52:23 |
| 83 | René Rotman | 70 | Huizen | 53:39 | 53:06 |
| 84 | Pieter Loenen | 71 | Huizen | 53:50 | 53:05 |
| 85 | Robert van Malderen | 67 | Nigtevecht | 54:05 | 53:33 |
| 86 | Nico van Dijk | 75 | Huizen | 54:13 | 53:49 |
| 87 | Roland Bornhijm | 68 | Almere | 54:23 | 54:08 |
| 88 | Steef van Amersfoort | 74 | Huizen | 54:26 | 53:52 |
| 89 | Maarten van der Neut | 75 | Zuidwal | 54:27 | 53:59 |
| 90 | Rob Toonen | 70 | Huizen | 54:51 | 54:11 |
| 91 | Edwin Westgeest | 72 | Kortenhoeft | 55:30 | 55:11 |
| 92 | Joeri Lebbink | 70 | Huizen | 56:15 | 55:55 |
| 93 | Edwin Peters | 70 | Huizen | 56:17 | 55:29 |
| 94 | Hans Roest | 68 | Huizen | 56:17 | 55:54 |
| 95 | Mark Bout | 69 | Huizen | 56:18 | 56:10 |
| 96 | Michel Kindt | 68 | Laren Nh | 56:19 | 55:35 |
| 97 | Wim Gerrits | 68 | Weesp | 56:52 | 56:31 |
| 98 | Peter van der Velden | 70 | Huizen | 57:39 | 57:34 |
| 99 | Geffrey Fleuren | 71 | Almere | 57:50 | 57:01 |
| 100 | Jeroen Wijsman | 72 | Amersfoort | 57:59 | 57:21 |
| 101 | Sjakko van Raaijen | 71 | Almere | 58:03 | 57:45 |
| 102 | Ron Bosman | 67 | Almere | 58:14 | 57:25 |
| 103 | Johan Lanphen | 69 | Huizen | 58:23 | 57:51 |
| 104 | Sander Kos | 70 | Huizen | 58:50 | 58:45 |
| 105 | Albert de Gooijer | 73 | Huizen | 58:51 | 58:46 |
| 106 | Martin Loohuizen | 70 | Zeewolde | 1:00:46 | 1:00:32 |
| 107 | Jeroen Dahmen | 80 | Huizen | 1:01:22 | 1:00:41 |
| 108 | Kenneth Smit | 71 | Huizen | 1:03:02 | 1:02:26 |
| 109 | Micha Hartog | 71 | Baarn | 1:03:05 | 1:02:53 |
| 110 | Gerhard Ockhuisen | 67 | Huizen | 1:03:44 | 1:03:00 |
| 111 | Klaas de Boer | 70 | Tempo | 1:06:54 | 1:06:27 |
| 112 | Remco Kortekaas | 70 | Almere | 1:10:11 | 1:09:37 |

M45, 10.000 M

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|---------------------|----|-----------------------|-------|-------|
| 1 | Jos Broekhuis | 59 | Loopgroep Aart Stigt | 37:10 | 37:08 |
| 2 | Ruud van de Laan | 57 | Almere '81 | 38:10 | 38:09 |
| 3 | Willem de Ruijter | 60 | Altis | 38:22 | 38:20 |
| 4 | René Korporaal | 65 | AV Zeewolde | 39:37 | 39:33 |
| 5 | Berry Ruitenbeek | 58 | BAV | 40:54 | 40:51 |
| 6 | Ron Stobbe | 62 | Almere | 40:57 | 40:41 |
| 7 | Rob Cornelisz | 61 | TTW | 41:00 | 40:55 |
| 8 | Roald van Wijk | 66 | Zuidwal | 41:15 | 41:12 |
| 9 | Remmelt van Tilburg | 65 | Zuidwal | 41:44 | 41:42 |
| 10 | Jan Loggen | 64 | Ankeveen | 42:07 | 41:59 |
| 11 | Eef Hoff | 58 | Zuidwal | 42:10 | 42:06 |
| 12 | Willem Kaspers | 60 | Zuidwal | 42:32 | 42:26 |
| 13 | Taco Louwsma | 63 | Almere | 42:32 | 42:08 |
| 14 | Paul Kommeren | 61 | Phoenix | 42:34 | 42:29 |

| | | | | | |
|----|------------------------|----|----------------------|-------|-------|
| 15 | Joost Burcksen | 64 | Almere '81 | 42:47 | 42:44 |
| 16 | Bernard Wouters | 57 | Triathlon | 42:52 | 42:46 |
| 17 | Andre Groen | 63 | BAV | 43:00 | 42:57 |
| 18 | Leo Jansen Ketelaars | 57 | Hellas | 43:55 | 43:27 |
| 19 | Robert Schortinghuis | 63 | Zuidwal | 44:17 | 44:12 |
| 20 | Jan Harshagen | 60 | Dutch Runners Gold | 44:18 | 44:11 |
| 21 | Jos Bunschoten | 58 | De Veenlopers | 44:33 | 44:31 |
| 22 | Hennie Brink | 58 | Zuidwal | 44:37 | 44:09 |
| 23 | Rob Paeper | 66 | Zuidwal | 44:39 | 44:37 |
| 24 | Jos Frowrin | 64 | Amersfoort | 44:40 | 44:25 |
| 25 | Arie Kleiberg | 64 | Naarden | 44:43 | 44:10 |
| 26 | Robert Post | | Flevo Delta | 44:55 | 44:48 |
| 27 | Reinier van der Wal | 64 | Huizen | 44:58 | 44:56 |
| 28 | Erik Ernest | 60 | Triathlon | 45:00 | 44:46 |
| 29 | Joop Majoor | 59 | Zuidwal | 45:46 | 45:41 |
| 30 | Mark van den Nieuwenho | 65 | Zuidwal | 45:53 | 45:45 |
| 31 | Lambert Rigter | 59 | Huizen | 45:56 | 45:46 |
| 32 | Edwin van de Klashorst | 66 | Houten | 46:15 | 46:10 |
| 33 | Bart van der Sloot | 64 | Zuidwal | 46:16 | 45:47 |
| 34 | John de Boer | 66 | Running AP | 46:17 | 46:00 |
| 35 | Ashok Jodha | 59 | avVN | 46:25 | 45:51 |
| 36 | Richard Ros | 63 | Hilversum | 47:02 | 46:53 |
| 37 | Dirk Kop | 59 | Amersfoort | 47:10 | 46:48 |
| 38 | Vincent van Duijnhoven | 66 | Oostzaan | 47:17 | 46:42 |
| 39 | Erwin de Groot | 66 | Nieuwegein | 47:47 | 47:30 |
| 40 | Arjan Kreuze | 60 | Huizen | 47:56 | 47:32 |
| 41 | Rob van der Woude | 61 | Bussum | 47:58 | 47:43 |
| 42 | Freek Brammer | 62 | GAC Hilversum | 48:00 | 47:25 |
| 43 | Hans van Ouwerkerk | 58 | Hardloopvereniging D | 48:10 | 48:05 |
| 44 | Guus Sanders | 59 | Huizen | 48:13 | 48:05 |
| 45 | Peter Jongejan | 62 | Amersfoort | 48:45 | 48:38 |
| 46 | Jan Lam | 60 | Laren Nh | 48:59 | 48:51 |
| 47 | Jacques Conijn | 58 | Loopgroep Aart Stigt | 49:00 | 48:51 |
| 48 | Frans Jansen | 60 | Huizen | 49:04 | 48:44 |
| 49 | Jos Proost | 57 | Almere | 49:10 | 48:52 |
| 50 | Co Hoofd | 59 | Eemnes | 49:13 | 48:38 |
| 51 | Frank Smeehuijzen | 63 | Huizen | 49:25 | 48:56 |
| 52 | Frank Rijlaarsdam | 59 | Huizen | 49:48 | 49:36 |
| 53 | Arnold van Dongen | 64 | Tempo | 50:09 | 49:56 |
| 54 | Bill Wijdeveld | 61 | Bussum | 50:11 | 49:47 |
| 55 | Robbert-Paul Wolvetang | 62 | Huizen | 50:15 | 50:00 |
| 56 | Djukan Bijstra | 64 | Huizen | 50:23 | 49:49 |
| 57 | Mark van Velse | 66 | Zuidwal | 51:03 | 50:30 |
| 58 | Hans van der Veen | 61 | Huizen | 51:04 | 50:39 |
| 59 | Paul Heijmering | 64 | Hilversum | 51:10 | 50:35 |
| 60 | Hans Hoek | 65 | Amersfoort | 51:18 | 51:12 |
| 61 | Ronald Ruitenbeek | 60 | Zuidwal | 51:32 | 51:13 |
| 62 | Boudewijn Asberg | 66 | Huizen | 51:34 | 51:18 |

| | | | | | |
|-----|----------------------|----|----------------------|---------|---------|
| 63 | Erik Dasselaar | 66 | Hardloopvereniging D | 51:36 | 51:30 |
| 64 | Joost de Bont | 64 | Zuidwal | 51:52 | 51:22 |
| 65 | Jos van Bruggen | 57 | Huizen | 51:52 | 51:29 |
| 66 | Frank Balder | 61 | Huizen | 51:55 | 51:37 |
| 67 | Harm Prins | 63 | Huizen | 52:07 | 51:30 |
| 68 | Piet Cijvat | 57 | Zuidwal | 52:32 | 51:55 |
| 69 | Hans Blaauwgeers | 57 | avVN | 52:48 | 52:36 |
| 70 | Han Raadsheer | 62 | Huizen | 52:48 | 52:36 |
| 71 | Matty Borst | 63 | Naarden | 53:03 | 52:34 |
| 72 | Jan van Eerd | 66 | Huizen | 53:05 | 52:37 |
| 73 | Miklos Palko | 63 | Muiden | 53:06 | 52:22 |
| 74 | Dennis van Dalen | 66 | Zuidwal | 53:19 | 52:47 |
| 75 | Richard van Zon | 61 | Huizen | 53:41 | 53:12 |
| 76 | Rob Berbers | 63 | Bussum | 53:54 | 53:17 |
| 77 | Remco Hoekstra | 65 | Amersfoort | 54:07 | 53:50 |
| 78 | Thomas McWey | 59 | Huizen | 54:16 | 53:36 |
| 79 | Hans Schotborgh | 60 | Baarn | 54:39 | 54:04 |
| 80 | Peter Houtepen | 57 | Huizen | 54:54 | 54:37 |
| 81 | Harm van Oorschot | 62 | Huizen | 55:24 | 54:58 |
| 82 | Cor Sewalt | 60 | Grave | 56:09 | 55:23 |
| 83 | Art van Baale | 62 | Almere | 56:40 | 56:06 |
| 84 | Nico Boomkens | 64 | Huizen | 56:43 | 56:04 |
| 85 | Ruud de Graaf | 63 | Huizen | 56:48 | 56:43 |
| 86 | Marty van den Heuvel | 62 | Huizen | 56:49 | 56:02 |
| 87 | Bert Grol | 59 | GAC Hilversum | 57:00 | 56:46 |
| 88 | Rene Endenburg | 63 | Huizen | 58:19 | 57:51 |
| 89 | Toon Verschoor | 66 | Huizen | 58:26 | 57:45 |
| 90 | Philip Wind | 61 | Hilversum | 58:38 | 58:08 |
| 91 | René van der Klis | 65 | Huizen | 59:08 | 58:57 |
| 92 | Rob Koortens | 58 | Almere | 59:19 | 59:05 |
| 93 | Erik Oosterhuis | 60 | Huizen | 1:00:18 | 1:00:03 |
| 94 | Wim Rigter | 58 | Zuidwal | 1:00:27 | 59:47 |
| 95 | Erwin Loo | 65 | Huizen | 1:00:30 | 59:51 |
| 96 | Jan Vogel | 59 | Almere | 1:00:45 | 1:00:10 |
| 97 | Ron Staal | 58 | GAC Hilversum | 1:01:08 | 1:00:46 |
| 98 | Alexander Nieuwendyk | 57 | Hilversum | 1:01:32 | 1:00:59 |
| 99 | Ronald Brouwer | 61 | Zuidwal | 1:02:04 | 1:01:33 |
| 100 | Floor van Dissel | 59 | Huizen | 1:02:05 | 1:01:22 |
| 101 | Ruud Veldhuisen | 58 | Bussum | 1:02:13 | 1:01:32 |
| 102 | Piet de Bruin | 62 | Zuidwal | 1:04:03 | 1:03:42 |
| 103 | Herman Ursinus | 62 | Veenendaal | 1:05:12 | 1:04:29 |
| 104 | Arent Postma | 61 | Huizen | 1:05:25 | 1:05:08 |
| 105 | Hans Rasmussen | 58 | Almere | 1:06:49 | 1:06:05 |
| 106 | Willem Tieland | 61 | Almere | 1:09:21 | 1:08:38 |
| 107 | Geurt-Paul Koning | 60 | Weesp | 1:12:51 | 1:12:06 |

M55, 10.000 M

| Pts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|-----|------------|----|-----------------------|-------|-------|
| 1 | Henk Pluim | 53 | avVN | 39:20 | 39:11 |

| | | | | | |
|----|-------------------|----|----------------------|-------|-------|
| 2 | Paul Vos | 52 | Triathlon | 40:05 | 40:04 |
| 3 | Osacr Smit | 53 | avVN | 40:08 | 40:06 |
| 4 | Frans Looijer | 53 | GAC Hilversum | 40:17 | 40:15 |
| 5 | Wout Bosch | 55 | avVN | 40:36 | 40:34 |
| 6 | Drikus Haalboom | 47 | avVN | 41:52 | 41:48 |
| 7 | Bert Oosterhuis | 53 | GAC Hilversum | 42:31 | 42:24 |
| 8 | Andre Peer | 53 | GAC Hilversum | 43:13 | 43:07 |
| 9 | Klaus van Hebel | 55 | Kortenhoef | 43:47 | 43:44 |
| 10 | Jan Stolker | 51 | avVN | 43:50 | 43:32 |
| 11 | Piet Wassenaar | 48 | Running2000 | 44:11 | 44:09 |
| 12 | Frans Breg | 56 | Zuidwal | 45:11 | 45:06 |
| 13 | Wim Andriessen | 48 | Zuidwal | 45:49 | 45:43 |
| 14 | Hans van Hees | 52 | Pijnenburg | 47:16 | 47:10 |
| 15 | Peter Lier | 50 | Zuidwal | 47:18 | 47:09 |
| 16 | Ton Vijgeboom | 48 | Zuidwal | 47:43 | 47:32 |
| 17 | Ron van Weezep | 46 | Spirit Lelystad | 47:46 | 47:37 |
| 18 | Peter Philipsen | 52 | GAC Hilversum | 48:02 | 47:56 |
| 19 | Ernst Marschall | 56 | Huizen | 48:09 | 47:58 |
| 20 | Bert van Aggelen | 56 | Huizen | 48:14 | 48:02 |
| 21 | Oene Stobbe | 55 | Huizen | 48:31 | 48:19 |
| 22 | Leo Tijssen | 52 | Hardloopvereniging D | 49:20 | 48:53 |
| 23 | Maurice Huisman | 55 | Hilversum | 49:43 | 49:17 |
| 24 | Siebe Turksma | 53 | GAC Hilversum | 49:47 | 49:35 |
| 25 | Jos van Rijt | 53 | avVN | 50:08 | 49:47 |
| 26 | David Crinnion | 49 | GAC Hilversum | 50:28 | 50:14 |
| 27 | Rob den Hollander | 55 | Zuidwal | 50:30 | 50:00 |
| 28 | Willem jan Kos | 55 | Huizen | 50:42 | 50:17 |
| 29 | Henk Wittekamp | 49 | Huizen | 50:50 | 50:38 |
| 30 | Karel Soumillion | 53 | Almere | 51:22 | 51:06 |
| 31 | Dolf Bartels | 50 | Spirit Lelystad | 51:29 | 51:20 |
| 32 | Gert van Waveren | 53 | Huizen | 51:39 | 50:58 |
| 33 | Peter van Noort | 56 | Zuidwal | 51:57 | 51:45 |
| 34 | Jos Reijnders | 56 | Zuidwal | 52:15 | 51:45 |
| 35 | Jacob Meijers | 56 | Nederhorst den Berg | 52:33 | 52:20 |
| 36 | Ron Timmerman | 53 | Huizen | 53:02 | 52:19 |
| 37 | J Mooten | 52 | Hilversum | 53:03 | 52:46 |
| 38 | Cor Vonk | 49 | Nigtevecht | 53:07 | 52:24 |
| 39 | Ben de Veth | 48 | Bussum | 53:12 | 52:33 |
| 40 | Aalt Smit | 54 | Leusden | 53:40 | 53:29 |
| 41 | Jan van Gangelen | 48 | Tempo | 53:47 | 53:27 |
| 42 | Jos van Ling | 48 | AAA | 53:56 | 53:27 |
| 43 | Johan van Santen | 53 | avVN | 54:01 | 53:46 |
| 44 | Henny Nieberg | 48 | Dutch Runners Gold | 54:22 | 54:12 |
| 45 | Chris van Boeijen | 55 | Baarn | 54:24 | 54:11 |
| 46 | Ruud Karmelk | 50 | Lelystad | 55:36 | 55:17 |
| 47 | Hans Gruizinga | 47 | Mijdrecht | 55:49 | 55:01 |
| 48 | Bergo Korteweg | 50 | Zuidwal | 57:03 | 56:53 |
| 49 | Harrie Stempfer | 50 | avVN | 57:51 | 57:37 |

| | | | | | |
|----|------------------------|----|-----------|---------|---------|
| 50 | Huib van Dis | 52 | Tempo | 58:26 | 58:12 |
| 51 | Simon Ton | 55 | Naarden | 58:34 | 57:48 |
| 52 | Otto Kap | 47 | Huizen | 59:05 | 58:41 |
| 53 | Dolf Wind | 48 | Hilversum | 59:42 | 59:12 |
| 54 | Henk Bouma | 49 | Bussum | 59:55 | 59:09 |
| 55 | Henny ten Brink | 52 | Naarden | 1:00:12 | 59:53 |
| 56 | Lambert Kos | 47 | Huizen | 1:01:16 | 1:00:54 |
| 57 | Peter Krommenhoek | 56 | Laren Nh | 1:02:50 | 1:02:08 |
| 58 | Michiel van Osnabrugge | 49 | Huizen | 1:04:41 | 1:04:15 |

M65+, 10.000 M

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|---------------------|----|-----------------------|---------|---------|
| 1 | Bert Streumer | 45 | Hellas | 40:52 | 40:50 |
| 2 | Dirk Visser | 46 | Hardloopclub Amsterd | 42:47 | 42:44 |
| 3 | Rob Sluijter | 45 | avVN | 44:36 | 44:33 |
| 4 | John van Gilst | 44 | avVN | 44:49 | 44:47 |
| 5 | Marcel van der Plas | 45 | Zuidwal | 45:18 | 45:14 |
| 6 | Ton Overeem | 45 | avVN | 45:21 | 45:18 |
| 7 | Marcèl Kemperman | 46 | Loopgroep PK | 46:37 | 46:21 |
| 8 | Jac van Rijn | 42 | avVN | 48:03 | 48:01 |
| 9 | Cees Methorst | 45 | avVN | 48:33 | 48:18 |
| 10 | Theo Vork | 38 | avVN | 52:29 | 52:21 |
| 11 | Peter Medenblik | 43 | avVN | 52:56 | 52:32 |
| 12 | Martin Rijken | 46 | Zuidwal | 54:09 | 53:54 |
| 13 | Koos Knotter | 37 | avVN | 54:34 | 54:32 |
| 14 | Cees Vork | 36 | avVN | 54:40 | 54:37 |
| 15 | Ruud Mol | 39 | avVN | 57:41 | 57:26 |
| 16 | Ton de Groot | 36 | GAC Hilversum | 57:56 | 57:26 |
| 17 | Ton van der Kroon | 45 | Hardloopclub Amsterd | 58:46 | 58:36 |
| 18 | Herman Oostwal | 39 | avVN | 58:54 | 58:44 |
| 19 | Leo Steeman | 36 | Almere | 1:01:20 | 1:00:48 |
| 20 | Piet Baartscheer | 35 | Zuidwal | 1:01:54 | 1:01:41 |

VSEN, 10.000 M

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|----------------------|----|-----------------------|-------|-------|
| 1 | Maureen Koster | 92 | AV '47 | 37:37 | 37:36 |
| 2 | Hanneke Schipper | 78 | Tempo | 42:13 | 42:09 |
| 3 | Corine Nelen | 83 | Almere '81 | 44:10 | 44:07 |
| 4 | Ann Schoot Uitenkamp | 85 | Vitalis | 44:40 | 44:36 |
| 5 | Suzanne Helsloot | 77 | Amstelveen | 46:14 | 46:07 |
| 6 | Heleen van Berkel | 82 | Huizen | 47:43 | 47:30 |
| 7 | Sharon Berkhout | 82 | Ede Gld | 47:47 | 47:38 |
| 8 | Irene Blaauw | 93 | AAV '36 | 47:59 | 47:56 |
| 9 | Tessa Schuitemaker | 89 | Huizen | 51:13 | 50:51 |
| 10 | Barbara Kraakman | 79 | Hilversum | 51:16 | 50:52 |
| 11 | Danielle de Ridder | 90 | Altis | 53:19 | 53:14 |
| 12 | Helien Lohuis | 77 | Zuidwal | 55:06 | 54:37 |
| 13 | Tamara Zuijdevliet | 81 | Almere | 55:09 | 54:53 |
| 14 | Stephanie Anderson | 83 | Hilversum | 55:10 | 54:29 |

| | | | | | |
|----|------------------------|----|------------|---------|---------|
| 15 | Merel Jonker | 81 | Hilversum | 55:25 | 55:04 |
| 16 | Kim Tervoort | 85 | Huizen | 56:19 | 55:41 |
| 17 | Tatjana van Leeuwen | 87 | Bussum | 56:20 | 56:11 |
| 18 | Maaïke Ockers | 89 | Tempo | 56:21 | 55:50 |
| 19 | Karlijn de Kruif | 80 | Amsterdam | 57:06 | 56:39 |
| 20 | Dineke Hardebol | 83 | Huizen | 58:14 | 58:03 |
| 21 | Fiona Sinoo | 86 | Zuidwal | 58:49 | 58:40 |
| 22 | Noor IJff | 86 | Utrecht | 59:35 | 58:50 |
| 23 | Maryvonne van den Berg | 83 | Almere '81 | 1:00:00 | 59:37 |
| 24 | Sanne van Dieten | 85 | Huizen | 1:00:58 | 1:00:33 |
| 25 | Denise Tieland | 84 | Almere | 1:01:13 | 1:00:28 |
| 26 | Dorette Vonk | 83 | Utrecht | 1:01:18 | 1:00:34 |
| 27 | Merel Dekker | 90 | Amsterdam | 1:01:37 | 1:00:56 |
| 28 | Karin Blijleven | 83 | Almere | 1:03:00 | 1:02:35 |
| 29 | Susan van de Glind | 85 | Huizen | 1:04:11 | 1:03:46 |
| 30 | Olga Vos | 77 | Huizen | 1:04:34 | 1:03:46 |
| 31 | Wendy Eyer | 82 | Huizen | 1:04:50 | 1:04:03 |
| 32 | Kristel Klein Meulekam | 85 | Zwaag | 1:04:51 | 1:04:04 |
| 33 | Tania Solis-Camara | 77 | Houten | 1:05:51 | 1:05:15 |
| 34 | Nicole Spiering | 93 | Naarden | 1:08:59 | 1:08:18 |
| 35 | Rita Zandbergen | 82 | Huizen | 1:10:05 | 1:09:28 |
| 36 | Annemiek Kos | 83 | Huizen | 1:10:21 | 1:09:36 |
| 37 | Marieke Kos | 79 | Blaricum | 1:10:21 | 1:09:36 |
| 38 | Desiree van Moorst | 89 | Tempo | 1:13:35 | 1:13:03 |

V35, 10.000 M

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|------------------------|----|-----------------------|-------|-------|
| 1 | Marleen Vos | 74 | Running2000 | 40:19 | 40:18 |
| 2 | Rahel Bellinga | 69 | Pijnenburg | 41:16 | 41:12 |
| 3 | Dingena van Wayenburg | 68 | Zuidwal | 44:29 | 44:25 |
| 4 | Inge Borninkhof | 69 | Hilversum | 45:18 | 45:10 |
| 5 | Marijke Kievits | 72 | Huizen | 49:07 | 49:00 |
| 6 | Karen Jes | 72 | Zuidwal | 49:20 | 48:59 |
| 7 | Christel Lammers | 70 | BAV | 51:32 | 50:49 |
| 8 | Belinda Huiden-Lammers | 66 | BAV | 51:58 | 51:16 |
| 9 | Kirsten Snoek | 76 | Tempo | 52:33 | 52:07 |
| 10 | Judith Wiersema | 68 | Naarden | 53:23 | 52:51 |
| 11 | Roos Nauta | 76 | Huizen | 54:10 | 53:44 |
| 12 | Mylem Mastache | 72 | Almere | 54:24 | 53:47 |
| 13 | Jentina Wiegers | 68 | Hilversum | 54:28 | 53:54 |
| 14 | Minda Dijkstra | 73 | Amersfoort | 54:31 | 53:53 |
| 15 | Dorine Kuijpers | 70 | Huizen | 54:36 | 54:30 |
| 16 | Katja Duurland | 75 | Almere '81 | 54:45 | 54:31 |
| 17 | Gisèle Toonen | 73 | Huizen | 54:51 | 54:12 |
| 18 | Larisa Ton | 70 | Naarden | 56:34 | 55:48 |
| 19 | Carla de Oude | 68 | Amsterdam | 56:55 | 56:19 |
| 20 | Natasja Kardos | 68 | Weesp | 57:33 | 56:49 |
| 21 | Nicole Schimmel | 75 | Tempo | 57:47 | 57:33 |
| 22 | Erika Mulder-Romero | 72 | Huizen | 58:22 | 57:47 |

| | | | | | |
|----|-----------------------|----|---------------------|---------|---------|
| 23 | Evelyn Koster | 69 | Hilversum | 58:55 | 58:05 |
| 24 | Lisette van Beek | 75 | Zuidwal | 59:02 | 58:30 |
| 25 | Heidi Vermeulen | 74 | Baarn | 59:22 | 58:53 |
| 26 | Tamara Dorrestijn | 73 | Baarn | 59:22 | 58:53 |
| 27 | Heleen Heijnis | 68 | Weesp | 59:22 | 59:00 |
| 28 | Eveline Barten | 74 | Bussum | 59:34 | 59:18 |
| 29 | Evelien van Rooijen | 73 | Huizen | 59:44 | 59:21 |
| 30 | Stella Hartman | 73 | Huizen | 1:01:22 | 1:00:40 |
| 31 | Judith Gortworst | 68 | GAC Hilversum | 1:01:33 | 1:00:57 |
| 32 | Lorraine van Vloten | 76 | Almere | 1:02:18 | 1:02:02 |
| 33 | Marjolein Vermeulen | 69 | Baarn | 1:03:20 | 1:02:52 |
| 34 | Angelique Mulder | 69 | GAC Hilversum | 1:03:42 | 1:03:19 |
| 35 | Saskia Tak | 68 | Bussum | 1:03:56 | 1:03:20 |
| 36 | Maaïke van Engelen | 75 | Almere | 1:04:41 | 1:04:00 |
| 37 | Natascha van der Meij | 69 | Zuidwal | 1:05:17 | 1:04:54 |
| 38 | Jolanda Westrum | 68 | Dutch Runners Basic | 1:08:07 | 1:07:31 |

V45, 10.000 M

| Plts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|------|----------------------|----|-----------------------|---------|---------|
| 1 | Nina Bakker | 62 | Loopgroep PK | 39:57 | 39:56 |
| 2 | Karin Vloemans | 61 | Zuidwal | 42:35 | 42:30 |
| 3 | Rika Schilder | 66 | Zuidwal | 43:21 | 43:19 |
| 4 | Sieta van der Zee | 61 | Prins Hendrik | 45:29 | 45:21 |
| 5 | Gea Bos | 58 | Triathlon | 47:07 | 46:58 |
| 6 | Lenny Kievit | 60 | BAV | 48:24 | 48:11 |
| 7 | Mariëlle van Wegen | 56 | BAV | 48:48 | 48:35 |
| 8 | Marie-Anne Vos | 58 | Triathlon | 49:29 | 49:20 |
| 9 | G.slokker | 64 | Zuidwal | 52:57 | 52:39 |
| 10 | Ina Morsink | 65 | Joure | 53:32 | 52:54 |
| 11 | Silvia Trel | 65 | Huizen | 53:58 | 53:48 |
| 12 | Sibbelien van Laere | 64 | Zuidwal | 54:09 | 53:47 |
| 13 | Yvonne Frehé | 62 | Huizen | 54:26 | 54:05 |
| 14 | Yolande Rietman | | Zuidwal | 54:48 | 54:27 |
| 15 | Joyce Hovius | 62 | GAC Hilversum | 54:49 | 54:40 |
| 16 | Corrie Nieuwendijk | 66 | Hilversum | 55:23 | 54:49 |
| 17 | Annelieke de Rooij | 60 | Heerhugowaard | 56:05 | 55:23 |
| 18 | Monique Elemans | 61 | Zuidwal | 56:18 | 55:49 |
| 19 | Irene Reinders | 62 | Altis | 56:38 | 56:18 |
| 20 | Bianca Hilhorst | 59 | Zuidwal | 57:17 | 56:45 |
| 21 | Carolien Wesselman | 62 | Zuidwal | 57:32 | 57:01 |
| 22 | Erica Blaauw | 60 | AAV '36 | 57:51 | 57:39 |
| 23 | Marieke Reijenga | 66 | Tempo | 58:17 | 57:46 |
| 24 | Marianne Vrijzen | 62 | Almere | 58:39 | 58:23 |
| 25 | Carla Vreeman | 60 | Huizen | 59:10 | 58:58 |
| 26 | Bettie Vermeulen | 66 | Soest | 59:23 | 58:55 |
| 27 | Ageethh Lagendijk | 66 | Almere | 59:24 | 59:08 |
| 28 | Dita Weide Bakker | 59 | Zuidwal | 1:00:27 | 59:48 |
| 29 | Corine van der Sloot | 65 | Zuidwal | 1:00:27 | 59:48 |
| 30 | Nicole Slagmolen | 64 | Pijnenburg | 1:00:35 | 1:00:21 |

| | | | | | |
|----|------------------------|----|---------|---------|---------|
| 31 | Thea Boomkens | 64 | Huizen | 1:00:43 | 1:00:04 |
| 32 | Odika Henkes | 63 | Bussum | 1:02:10 | 1:01:44 |
| 33 | Elsa Loo | 65 | Huizen | 1:02:21 | 1:01:42 |
| 34 | Annita Spiering | 59 | Naarden | 1:02:28 | 1:01:47 |
| 35 | Bea Hekkelman | 64 | Tempo | 1:03:11 | 1:02:56 |
| 36 | Jeannette Penraat | 64 | Huizen | 1:03:46 | 1:03:31 |
| 37 | Ellen van Krieken | 64 | Huizen | 1:06:21 | 1:06:14 |
| 38 | Hanneke van der Weiden | 57 | Naarden | 1:06:25 | 1:05:43 |
| 39 | Jeane Jansen Ketelaars | 57 | Hellas | 1:07:49 | 1:07:36 |
| 40 | Annelies de Klerk | 61 | Almere | 1:09:25 | 1:08:45 |
| 41 | Heleen Mulder | 65 | Tempo | 1:09:33 | 1:09:03 |
| 42 | Carla Lumkema | 64 | Naarden | 1:10:14 | 1:09:39 |
| 43 | Germa Bakker | 60 | Tempo | 1:10:27 | 1:10:13 |
| 44 | Jenny Atsma | 64 | Tempo | 1:11:17 | 1:10:46 |

V55+, 10.000 M

| Pts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|-----|------------------------|----|-----------------------|---------|---------|
| 1 | Tjitske Kooistra | 49 | avVN | 49:12 | 49:01 |
| 2 | Marian Mijwaard | 53 | Huizen | 49:51 | 49:50 |
| 3 | Lyda van Doorn-Jonk | 45 | avVN | 54:47 | 54:39 |
| 4 | Heydi van Emst | 54 | Pijnenburg | 58:17 | 58:03 |
| 5 | Ingeborg Schoonackers | 53 | Almere | 58:21 | 58:08 |
| 6 | Joke Stroombergen | 53 | Zuidwal | 58:30 | 57:57 |
| 7 | Corrie Appeldoorn-Muld | 52 | Woerden | 58:38 | 58:16 |
| 8 | Ada Habes-Ket | 37 | avVN | 58:56 | 58:32 |
| 9 | Thea Postma | 54 | Zuidwal | 59:02 | 58:29 |
| 10 | Marijke van Staveren | 54 | Naarden | 59:42 | 59:05 |
| 11 | Toos Vreman | 47 | Huizen | 1:00:45 | 1:00:25 |
| 12 | Anne Kroonenberghs | 51 | Dutch Runners Gold | 1:01:51 | 1:01:31 |
| 13 | Annie van Rossum | 54 | avVN | 1:23:56 | 1:23:43 |

NW, NORDIC WALKING

| Pts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|-----|----------------|----|-----------------------|-------|-------|
| 1 | Marja Paeper | 64 | Zuidwal | 39:28 | 39:07 |
| 2 | Ruud Duin | 47 | Zuidwal | 39:28 | 39:06 |
| 3 | Cees Leeftang | 53 | Zuidwal | 39:30 | 39:10 |
| 4 | Ans van Isselt | 51 | Zuidwal | 42:13 | 41:53 |
| 5 | Lisette Mooij | 50 | Zuidwal | 42:13 | 41:52 |
| 6 | Ellen Fokken | 63 | Zuidwal | 42:19 | 41:58 |
| 7 | Loes Veelo | 58 | Zuidwal | 42:20 | 41:59 |
| 8 | Nelly Dekker | 53 | Almere | 55:01 | 54:39 |

SW, SPORTIEF WANDEL

| Pts | Naam | GJ | Woonplaats/Vereniging | Bruto | Netto |
|-----|------------------|----|-----------------------|-------|-------|
| 1 | Cees Vedder | 40 | Zuidwal | 34:20 | 34:01 |
| 2 | Joop van Zeeland | 46 | GAC Hilversum | 36:27 | 36:03 |
| 3 | Sandra Luthart | 73 | Huizen | 37:12 | 36:45 |
| 4 | Christina Koenis | 41 | Huizen | 39:30 | 39:10 |
| 5 | Anita Raadsheer | 66 | Huizen | 45:33 | 45:08 |
| 6 | Jacqueline Smit | 71 | Huizen | 45:33 | 45:08 |

| | | | | | |
|----|----------------------|----|---------|---------|---------|
| 7 | Nienke Dekkinga | 76 | Huizen | 45:33 | 45:09 |
| 8 | Truus Schilder | 40 | Zuidwal | 45:58 | 45:35 |
| 9 | Diny Simons | 31 | Zuidwal | 45:59 | 45:36 |
| 10 | Heleen Boeren | 66 | Huizen | 46:00 | 45:36 |
| 11 | Esseline Kromosemito | 90 | Huizen | 55:00 | 54:34 |
| 12 | Christien Vos | 83 | Huizen | 55:00 | 54:35 |
| 13 | Laura van Helden | 81 | Huizen | 1:01:04 | 1:00:37 |
| 14 | Jesca Dalmeijer | 74 | Huizen | 1:01:06 | 1:00:37 |
| 15 | Ina Meijer | 53 | Huizen | 1:01:06 | 1:00:37 |
| 16 | Alicia Ruijter | 03 | Huizen | 1:07:19 | 1:06:52 |
| 17 | Marlies Melenhorst | 78 | Huizen | 1:08:38 | 1:08:12 |
| 18 | Margareth Brewster | 69 | Huizen | 1:08:39 | 1:08:12 |

Uitslagverwerking: www.uitslagen.nl

www.wolfskamerloop.nl

www.uitslagen.nl

07-11-2011 12:22