

nr.	Naam	start nr.	geb.datum	cat.	geplande eindtijd	Vereniging
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**600 meter serie 1 19:00 uur**

1	Maartje Brakenhoff	437	14-9-2008	MPC	03:00,0	Zaanland
2	Ouiam Ouaskioud	593	16-10-2007	MPB	03:00,0	Zaanland
3	Teun Hoek	55	17-12-2002	JJC	05:00,0	Zaanland
4	Amber Deijkers	476	7-8-2007	MPB	05:00,1	Zaanland
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7						
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**600 meter serie 2 19:05 uur**

1	Alex Bouwmeester	491	23-10-1988	MS	01:36,0	Zaanland
2	Mark Hoffer	587	17-6-1989	MS	01:54,0	Zaanland
3	Leon Thissen	57	27-1-1948	M65	02:00,0	Zaanland
4	Malou de Gauw	446	16-1-2009	Mpmini	02:25,0	Zaanland
5	Mark Gruijs	459	22-7-1991	MS	02:30,0	Zaanland
6	Jolanda Stas	579	23-01-1964	V50	02:30,0	Zaanland
7	Collin Brakenhoff	436	4-11-2005	JPA	02:30,0	-
8						

**800 meter serie 1 19:10 uur**

1	Laura Hyslop	445	1-6-1958	V55	03:30,0	Zaanland
2	Sonja van der Poel	435	15-10-1978	V35	03:30,0	Zaanland
3	Corry Fris-Meijer	451	25-3-1963	V50	03:35,0	Zaanland
4	Joyce de Roo	452	20-12-1975	V40	03:35,0	Zaanland
5	Karin Punte-Broekhuizen	580	16-5-1963	V50	03:35,0	Zaanland
6	Margreet Al	585	27-05-1971	V40	03:35,0	-
7	Els van Wijk	556	18-8-1991	VS	03:40,0	Zaanland
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**800 meter serie 2 19:15 uur**

1	Jelmer de Gauw	455	8-6-2006	JPA	02:59,0	Zaanland
2	Ron Cadenau	594	23-07-1958	M55	03:00,0	Zaanland
3	Roy Deijkers	596	1-3-2005	JPA	03:00,0	Zaanland
4	Paul Kramer	463	29-9-1965	M50	03:12,0	Zaanland
5	Floor Bakker	447	24-4-2006	MPB	03:15,0	Zaanland
6	Pien Bakker	448	24-1-2005	MPA	03:15,0	Zaanland
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nr.	Naam	start nr.	geb.datum	cat.	geplande eindtijd	Vereniging
<b>800 meter serie 3 19:20 uur</b>						
1	Anabel Otten	477		MJC	02:55,0	-
2	Brit Veldhuis	479		MJC	02:55,0	-
3	Charlotte Brandjes	481		MJC	02:55,0	-
4	Danique Beemsterboer	483		MJC	02:55,0	-
5	Diana Rozemeijer	554		MJC	02:55,0	-
6	Femke Pet	557		MJC	02:55,0	-
7	Indy Salij	563		MJC	02:55,0	-
8	Janna Velzeboer	573		MJC	02:55,0	-
9						

**800 meter serie 4 19:25 uur**

1	Jara ter Laare	574		MJC	02:55,0	-
2	Kim Schelvis	581		MJC	02:55,0	-
3	Laura Diamant	582		MJC	02:55,0	-
4	Lise Lemsom	583	07-06-2002	MJC	02:55,0	AV Castricum
5	Lynn Zweeris	584		MJC	02:55,0	-
6	Marit Doekes	586		MJC	02:55,0	-
7	Noelle Bakker	591		MJC	02:55,0	-
8	Noelle Jonker	592		MJC	02:55,0	-
9	Sterre Kieft	599		MJC	02:55,0	-

**800 meter serie 5 19:30 uur**

1	Bram Vijzelaar	478		JJC	02:30,0	-
2	Dani Jonker	482		JJC	02:30,0	-
3	Gijs de Koning	558		JJC	02:30,0	-
4	Hugo Roelofsen	561		JJC	02:30,0	-
5	Hugo Vliese	562		JJC	02:30,0	-
6	Jack Castricum	569		JJC	02:30,0	-
7	Jenne Konijn	575		JJC	02:30,0	-
8	Jeske van der Pal	471	5-2-1997	MJA	02:35,0	Zaanland
9	Emma-Joy van Dorp	443	2-2-1991	VS	02:37,0	Zaanland

**800 meter serie 6 19:35 uur**

1	Mick Onrust	588	12-08-1998	JJA	02:15,0	Zaanland
2	Tim Huiberts	470	13-11-1998	JJA	02:15,0	Zaanland
3	Sietse van der Pal	472	31-10-1998	JJA	02:27,4	Zaanland
4	Io Pel	564	06-07-1997	JJA	02:27,5	-
5	Jim Hacquebard	576		JJC	02:30,0	-
6	Job Hortes	577		JJC	02:30,0	-
7	Joey van Esveld	578		JJC	02:30,0	-
8	Niek Putter	589		JJC	02:30,0	-
9	Rowan Tuinstra	595	07-02-2002	JJC	02:30,0	DEM
10	Xander Schoemaker	56		JJC	02:30,0	-

nr.	Naam	start nr.	geb.datum	cat.	geplande eindtijd	Vereniging
<b>1500 meter 19:40 uur</b>						
1	Thomas Merlijn	75		-	04:40,0	-
2	Alex Bouwmeester	491	23-10-1988	MS	04:45,0	Zaanland
3	Jos Jacobsen	76	29-05-1977	M35	04:58,0	Zaanland
4	Ronald Wiering	441	25-5-1964	M50	04:57,0	Zaanland
5	Ruben Romkes	495	13-4-1969	M45	04:58,0	Zaanland
6	Casper de Vries	480	29-12-1978	M35	05:30,0	Zaanland
7	Mike Alders	462	9-9-1967	M45	05:40,0	Zaanland
8	Jan Dekker	572	14-05-1958	M55	06:05,7	Zaanland
9	Piet van der Pal	475	25-1-1956	M60	06:58,0	Zaanland
10	Ruud de Goede	597	01-02-1956	M60	06:58,0	Zaanland
11	Steven de Goede	54	18-03-1992	MS	06:58,0	Zaanland
12	Hennie van Langelaar	560	28-10-1958	M55	06:59,0	Zaanland
13	Dorcas Rutto	450	14-8-1974	V40	07:00,0	Zaanland
14	Jacqueline Louwe-Zijlstra	571	15-06-1968	V45	07:00,0	Zaanland
15	Marthijn Bakker	449	28-11-1991	MS	07:00,0	Zaanland
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**5000 meter 19:50 uur**

1	Joost van Galen	493	26-5-1967	M45	17:00,0	Zaanland
2	Ruben Romkes	495	13-4-1969	M45	17:45,0	Zaanland
3	Niels Anders	590	24-9-1983	MS	18:00,0	Zaanland
4	Jos Jacobsen	76	29-05-1977	M35	18:00,0	Zaanland
5	Edwin van der Velde	555		M50	20:00,0	-
6	Michiel Richards	498	12-8-1971	MS	20:00,0	Zaanland
7	Ronald Wiering	441	25-5-1964	M50	22:00,0	Zaanland
8	Sandra Ulle de Jong	496	14-3-1974	V35	22:00,0	Zaanland
9	Julio Mengod de Man	490	10-7-1968	M45	23:00,0	Zaanland
10	Sonja van Zeelt	598	07-06-1964	V50	24:00,0	Le Champion
11	Henk Motshagen	559	06-07-1949	M65	24:30,0	Zaanland
12	Jette van der Heijde	468	29-01-1962	V50	25:00,0	Zaanland
13	Jaco Brakenhoff	570	26-08-1970	M45	28:00,0	Zaanland
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