

**3e VIJFHOEKPARKLOOP 2006**
**UITSLAGENLIJST**
**3e Vijfhoekparkloop 18-11-2006**

| Plts                | Naam               | GJ | Vereniging/Woonplts | Tijd  |
|---------------------|--------------------|----|---------------------|-------|
| <b>M-9, 1,5 KM</b>  |                    |    |                     |       |
| 1                   | Sietske van de Pal | 98 | Westzaan            | 7:13  |
| 2                   | Mick Onrust        | 98 | Zaandam             | 7:41  |
| <b>V-9, 1,5 KM</b>  |                    |    |                     |       |
| 3                   | Jeske van der Pal  | 97 | Westzaan            | 6:47  |
| <b>V-12, 1,5 KM</b> |                    |    |                     |       |
| 1                   | Femke van de Pal   | 95 | Westzaan            | 6:04  |
| 2                   | Lisa Bolhoeve      | 95 | Zaandam             | 6:20  |
| <b>M-15, 5 KM</b>   |                    |    |                     |       |
| 1                   | Mark Slor          | 91 | Purmerend           | 22:48 |
| <b>M-SEN, 5 KM</b>  |                    |    |                     |       |
| 1                   | Machiel Moes       | 84 | Zaanland            | 22:20 |
| <b>M-35, 5 KM</b>   |                    |    |                     |       |
| 1                   | Thijs van de Kolk  | 62 | Zaanland            | 23:57 |
| 2                   | Simon Duijn        | 67 | Velsen-Noord        | 24:39 |
| 3                   | René van der Pal   | 69 | Wormer              | 30:30 |
| <b>M-45, 5 KM</b>   |                    |    |                     |       |
| 1                   | Frank van Ammers   | 52 | Zaanland            | 21:42 |
| 2                   | Harry Derlagen     | 59 | Zaanland            | 23:02 |
| 3                   | Meijer             | 57 | Zaandam             | 24:13 |
| 4                   | Ruud de Goede      | 56 | Zaanland            | 24:40 |
| <b>M-55, 5 KM</b>   |                    |    |                     |       |
| 1                   | Nico Tol           | 44 | Zaanland            | 27:28 |
| 2                   | Joop Keetman       | 44 | Lycurgus            | 28:56 |
| <b>M-65, 5 KM</b>   |                    |    |                     |       |
| 1                   | Hans Schipper      | 36 | Koog aan de Zaan    | 26:00 |
| 2                   | Fred Goveia        | 38 | Wormer              | 33:03 |
| 3                   | Jan Pankras        | 40 | Lycurgus            | 33:19 |
| <b>V-SEN, 5 KM</b>  |                    |    |                     |       |
| 1                   | Manouk van Ammers  | 78 | Zaandam             | 25:33 |
| <b>V-35, 5 KM</b>   |                    |    |                     |       |
| 1                   | Jolanda Stas       | 64 | Zaanland            | 23:03 |
| <b>V-45, 5 KM</b>   |                    |    |                     |       |
| 1                   | Gina Breedijk      | 58 | Zaanland            | 28:20 |
| 2                   | Marjoleine de Heer | 55 | Zaanland            | 31:46 |
| <b>V-55, 5 KM</b>   |                    |    |                     |       |
| 1                   | Saakje de Haas     | 48 | Zaanland            | 28:47 |

M-SEN, 10 KM

|   |                        |                      |       |
|---|------------------------|----------------------|-------|
| 1 | Pieter Jelle Jongejans | 75 Zaanland          | 37:27 |
| 2 | Robin Schonenberg      | 73 Zaandam           | 38:07 |
| 3 | Benjamin vd Logt       | 78 Zaanland          | 39:53 |
| 4 | Joris Moes             | 89 Zaanland          | 41:37 |
| 5 | Matthijs de Bruin      | 79 Tampere - Finland | 44:00 |

M-35, 10 KM

|   |                  |                        |       |
|---|------------------|------------------------|-------|
| 1 | Ronald Gordijn   | 64 De Koplopers        | 38:30 |
| 2 | Eddy van Leeuwen | 71 Zaandam             | 38:36 |
| 3 | Julio Mengod     | 68 Zaanland            | 41:23 |
| 4 | Henny Berend     | 65 Spurt '88           | 41:30 |
| 5 | Arjen Holterman  | 64 Veteranen Nederland | 43:16 |
| 6 | Arnold Kop       | 69 Avenhorn            | 44:44 |
| 7 | Ron Breeman      | 62 Zaanland            | 45:04 |
| 8 | Nanno Rombeek    | 63 Oostzaan            | 50:27 |

M-45, 10 KM

|    |                   |                        |       |
|----|-------------------|------------------------|-------|
| 1  | Rene Bouwmeester  | 61 Zaanland            | 37:29 |
| 2  | Fred Schuitemaker | 60 Zaanland            | 39:15 |
| 3  | Peter van de Eng  | 56 Zaanland            | 42:18 |
| 4  | Ed Carper         | 61 Zaanland            | 45:01 |
| 5  | Douwe Thesing     | 53 Zaandam             | 46:03 |
| 6  | Peter Lansbergen  | 53 Assendelft          | 46:25 |
| 7  | Dick Wezel        | 54 Purmerend           | 47:09 |
| 8  | Behrouz Farhoudi  | 60 Zaanland            | 47:40 |
| 9  | Arno Stap         | 61 Leiden Atletiek     | 50:16 |
| 10 | Rob Steyger       | 59 Veteranen Nederland | 53:12 |

M-55, 10 KM

|   |                      |                        |         |
|---|----------------------|------------------------|---------|
| 1 | Jan Slor             | 46 Purmerend           | 46:12   |
| 2 | A S de Boer          | 47 Veteranen Nederland | 47:16   |
| 3 | Arnold van Velthoven | 49 Haarlem             | 47:30   |
| 4 | Peter Akerboom       | 49 LVA Plantaris       | 47:44   |
| 5 | Ruud Zwanziger       | 49 Zaanland            | 48:09   |
| 6 | Klaas Lakeman        | 48 Heemskerk           | 50:29   |
| 7 | Rob Groot            | 49 Zaandam             | 56:25   |
| 8 | Piet Out             | 48 Beverwijk           | 1:03:46 |

M-65, 10 KM

|   |                  |                        |       |
|---|------------------|------------------------|-------|
| 1 | Jaap Klomp       | 40 Zaanland            | 46:31 |
| 2 | Jan Kracht       | 35 Veteranen Nederland | 46:46 |
| 3 | Jan Stolp        | 38 Veteranen Nederland | 47:23 |
| 4 | Jan Otsen        | 40 Hoorn Nh            | 47:38 |
| 5 | Gerard Kunnen    | 40 Heemskerk           | 50:52 |
| 6 | Henk Wiggemansen | 40 Veteranen Nederland | 51:03 |
| 7 | Anton Schuurman  | 36 Amsterdam           | 51:42 |
| 8 | Jaap Stigter     | 41 Amsterdam           | 59:18 |

V-35, 10 KM

|   |                  |                        |         |
|---|------------------|------------------------|---------|
| 1 | Pooran Farhoudi  | 62 Zaanland            | 49:00   |
| 2 | Sonja van Zeelt  | 64 Veteranen Nederland | 55:00   |
| 3 | Jacqueline Louwe | 68 Zaanland            | 1:03:26 |

|             |                     |             |       |
|-------------|---------------------|-------------|-------|
| V-45, 10 KM |                     |             |       |
| 1           | Marianna Steehouwer | 52 Zaandam  | 50:28 |
| 2           | Nel Blok Muijs      | 57 Zaanland | 51:08 |
| V-55, 10 KM |                     |             |       |
| 1           | Tiny Tol            | 48 Zaanland | 50:26 |