

| Plts | Naam | GJ | Vereniging/woonplts | Tijd |
|--------------|--------------------|----|---------------------|-------|
| M-9, 1,8 KM | | | | |
| 1 | Niek Tel | 98 | Krommenie | 7:45 |
| 2 | Mick Onrust | 98 | Zaandam | 8:32 |
| 3 | Janne Wiering | 99 | Westzaan | 8:34 |
| 4 | Jip Bonnes | 99 | winke1 | 9:21 |
| 5 | Sietske van de Pal | 98 | Westzaan | 9:25 |
| V-9, 1,8 KM | | | | |
| 1 | Denise Sas | 97 | Almere | 10:16 |
| 2 | Jeske Romkes | 02 | Koog aan de Zaan | 13:55 |
| M-12, 1,8 KM | | | | |
| 1 | Joris Bonnes | 96 | winke1 | 9:08 |
| V-12, 1,8 KM | | | | |
| 1 | Marije Doddema | 95 | Zaandam | 7:10 |
| 2 | Femke van de Pal | 95 | Westzaan | 7:14 |
| 3 | Jeske van de Pal | 97 | Westzaan | 7:47 |
| M-15, 1,8 KM | | | | |
| 1 | Nino Kraaijer | 94 | Zaandijk | 6:32 |
| M-15, 4,5KM | | | | |
| 1 | Steven de Goede | 92 | Zaanland | 21:55 |
| M-SEN, 4,5KM | | | | |
| 1 | Machiël Moes | 84 | Zaanland | 20:33 |
| 2 | Bas Oosterkamp | 83 | Zaanland | 25:38 |
| 3 | Peter Hersevoet | 80 | Zaanland | 28:22 |
| 4 | wendy Prins | 83 | Zaanland | 28:24 |
| M-35, 4,5KM | | | | |
| 1 | Ronald Wiering | 64 | Zaanland | 15:41 |
| 2 | Arien Schipper | 64 | Zaanland | 17:13 |
| 3 | René van de Pal | 69 | Wormer | 27:06 |
| M-45, 4,5KM | | | | |
| 1 | Ed Carper | 61 | Zaanland | 17:32 |
| 2 | Harry Derlagen | 59 | Zaanland | 19:46 |
| 3 | Ruud Righolt | 53 | Zaanland | 19:49 |
| 4 | Ruud de Goede | 56 | Zaanland | 21:38 |
| 5 | Pieter Vermeulen | 61 | Koog aan de Zaan | 22:25 |
| 6 | John Kraaijer | 59 | Lycurgus | 23:51 |
| 7 | Theo Denmers | 61 | Zaanland | 25:16 |
| M-55, 4,5KM | | | | |
| 1 | Cor Bobeldijk | 51 | Beverwijk | 22:15 |
| M-65, 4,5KM | | | | |
| 1 | Henk Huizink | 38 | | 35:43 |
| V-15, 4,5KM | | | | |
| 1 | Machteld de Vries | 93 | Heiloo | 20:48 |
| V-SEN, 4,5KM | | | | |
| 1 | Liza de Vries | 88 | Nijmegen | 20:53 |
| 2 | Anouk Fienieg | 81 | Zaanland | 23:45 |
| 3 | Miranda Eerenberg | 85 | Zaanland | 25:16 |

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| 4 | Marije Buhrs | 78 Zaanland | 25:46 |
| 5 | Marieke van de Berg | 80 Zaandam | 28:07 |
| 6 | Renate Kelder | 75 Zaandam | 29:40 |
| V-35, 4,5KM | | | |
| 1 | Jolanda Stas | 64 Zaanland | 20:49 |
| 2 | wilma Passant | 64 Zaandam | 24:25 |
| 3 | Isolde Bras | 68 Zaandam | 27:08 |
| 4 | Paula Bonnes | 68 Winkel | 28:31 |
| V-45, 4,5KM | | | |
| 1 | Susan Kaat | 61 Zaandam | 22:03 |
| 2 | Mia de Roo | 57 Zaanland | 25:00 |
| 3 | wil Gabriël | 53 Koog aan de Zaan | 25:03 |
| 4 | Maggie Bersma | 55 Lycurgus | 26:48 |
| 5 | Els Reinders | 61 Amsterdam | 27:47 |
| 6 | Aïda Prins | 59 Zaandam | 29:32 |
| 7 | Lia Wesseling | 52 Zaanland | 31:32 |
| V-55, 4,5KM | | | |
| 1 | Netty Klomp | 49 Zaanland | 25:57 |
| 2 | Zita Staal | 46 Zaanland | 34:12 |
| M-SEN, 10 KM | | | |
| 1 | Robin Schonenberg | 73 Zaandam | 38:35 |
| 2 | Roel van der wal | 85 Halfweg Nh | 44:40 |
| 3 | Ivo Sohl | 80 Loopgroep PK | 46:52 |
| 4 | Martin Kettelarij | 80 Phanos | 46:55 |
| 5 | Peter Lansbergen | 80 Assendelft | 47:18 |
| 6 | David Eijlander | 77 Koog aan de Zaan | 47:27 |
| 7 | wesley Hoogenboom | 85 Zwanenburg | 49:02 |
| 8 | Olivier van Nieuwenhuis | 80 Amsterdam | 50:43 |
| 9 | Martell Demarteau | 74 Amsterdam | 51:41 |
| 10 | Patrick van Amstel | 80 Zaanland | 52:19 |
| M-35, 10 KM | | | |
| 1 | Eddy van Leeuwen | 71 Zaandam | 37:50 |
| 2 | Sjaak Betjes | 68 Lycurgus | 38:24 |
| 3 | Peter Boon | 66 Zaanland | 39:51 |
| 4 | Arnold Hopman | 67 Hylas | 40:17 |
| 5 | Mark van Tol | 66 Huizen | 42:02 |
| 6 | Arjen Holterman | 64 Zaanland | 42:31 |
| 7 | Ait Salem | 66 Zaandam | 43:09 |
| 8 | Julio Mengod | 68 Zaanland | 43:26 |
| 9 | Marcel van 't Hoff | 66 Volendam | 44:00 |
| 10 | Dennis Glas | 68 Zaanland | 45:00 |
| 11 | Bert van Gastelen | 64 Uithoorn | 45:39 |
| 12 | Henk-Jaap Batelaan | 69 Zaanland | 46:31 |
| 13 | Arno van Staden | 70 Krommenie | 48:40 |
| 14 | Koen van der woude | 71 Zaanland | 49:27 |
| 15 | Han van der Bunt | 68 Assendelft | 50:32 |
| 16 | André van Os | 71 Zaanland | 51:58 |
| 17 | Marcel van Hassel | 63 Koog aan de Zaan | 52:36 |
| 18 | Frank van Vliet | 70 Zaandam | 53:13 |
| 19 | Pieter Bonnes | 63 TAS '82 | 55:08 |
| 20 | Gert Nieborg | 68 Zaanland | 59:52 |
| M-45, 10 KM | | | |
| 1 | René Bouwmeester | 61 Zaanland | 39:31 |
| 2 | Fred Schuitemaker | 60 Zaanland | 41:42 |
| 3 | Jan Zwarthoed | 53 AV Edam | 42:20 |
| 4 | Cock Reijnders | 56 AV Castricum | 42:40 |
| 5 | Gerard Smak | 59 NEA Volharding | 45:02 |
| 6 | Jos Mancini | 56 Amsterdam Zuidoost | 48:24 |
| 7 | Harry Doddema | 53 Zaandam | 48:31 |

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| 8 | Albert Post | 57 Zaanland | 48:56 |
| 9 | Jeroen Heijnen | 61 Koog aan de Zaan | 49:04 |
| 10 | Klaas Flens | 53 Oostzaan | 49:10 |
| 11 | Jos van Gastelen | 62 Purmerend | 50:55 |
| 12 | Dick Wezel | 54 Zaanland | 51:44 |
| 13 | Francisco Minguez | 56 Zaanland | 52:22 |
| 14 | Hans de Roo | 56 Zaanland | 52:33 |
| 15 | Eddy Alma | 54 Lycurgus | 55:20 |
| 16 | Henk vd Oord | 58 Zaandam | 59:20 |
| 17 | Martin Wezel | 52 Koog aan de Zaan | 1:00:24 |

M-55, 10 KM

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|---|----------------------|-------------------|---------|
| 1 | Nico Vergouw | 46 Zaanland | 42:06 |
| 2 | Arnold van Velthoven | 49 Haarlem | 46:43 |
| 3 | wietze de Boer | 49 Assendelft | 49:03 |
| 4 | Evert Kluypert | 49 Zaanland | 51:15 |
| 5 | Klaas Lakeman | 48 Heemskerk | 51:23 |
| 6 | Ben Groot | 46 Zaandam | 54:03 |
| 7 | Peter van Veen | 48 Heerhugowaard | 54:59 |
| 8 | Jan van Veen | 46 Nieuwe Niedorp | 55:39 |
| 9 | Larry Sadler | 45 Andijk | 1:07:55 |

M-65, 10 KM

| | | | |
|---|-----------------|------------------------|---------|
| 1 | Jaap Klomp | 40 Zaanland | 46:39 |
| 2 | Jan Stolp | 38 Veteranen Nederland | 49:38 |
| 3 | Anton Schuurman | 36 Amsterdam | 50:51 |
| 4 | Jan Souverein | 39 Lycurgus | 53:12 |
| 5 | Ruud Koning | 39 Zaanland | 56:38 |
| 6 | Piet Glas | 35 Zaanland | 59:27 |
| 7 | John Verberne | 35 Heerhugowaard | 1:04:02 |

V-SEN, 10 KM

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| 1 | Hester van de Kuiken | 74 Amsterdam | 44:51 |
| 2 | Irene ten Dam | 76 Amsterdam | 59:24 |

V-35, 10 KM

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|---|------------------------|---------------------|-------|
| 1 | M van Valderen | 67 Phanos | 52:16 |
| 2 | Sonja van Zeelt | 64 Hollandia | 53:00 |
| 3 | Jacqueline Louwe-Zijls | 68 Koog aan de Zaan | 57:11 |
| 4 | Martine Schreuders-van | 67 Lycurgus | 59:25 |

V-45, 10 KM

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|---|-------------------|--------------------|---------|
| 1 | Truus Piets | 60 AV Monnickendam | 42:20 |
| 2 | Joke Bijvoet | 52 Zaanland | 46:40 |
| 3 | Nel Blok Muijs | 57 Zaanland | 51:46 |
| 4 | Laura Hyslop | 58 Zaanland | 52:30 |
| 5 | Marjolein de Heer | 55 Zaanland | 1:04:20 |
| 6 | Liesbeth Akkerman | 56 Lycurgus | 1:07:47 |

De ZAANKANTER - RUNNERSWORLD - ASICS - SULTANA