

| Uitslag Corus Runnersworld Zaanland Cross, 17-01-2010 |         |                     |                  |          |     |                        |  |               |       |       |
|---|---------|---------------------|------------------|----------|-----|------------------------|---|---------------|-------|-------|
| Plaats  | Startnr | Naam                | Woonplaats       | Geb.jaar | M/V | Vereniging             | Categorie   | Onderdeel     | Tijd  | Km/u  |
| 1   | 11      | Lisanne Schoonebeek | Castricum        | 2000     | V   |                        | A pup   | 2 km pupillen | 9:21  | 12,83 |
| 2   | 4       | Emma Kok            | Amsterdam        | 1999     | V   | Phanos                 | A pup   | 2 km pupillen | 9:46  | 12,29 |
| 3   | 14      | Isa Schouw          | Haarlem          | 1999     | V   | KAV Holland            | A pup   | 2 km pupillen | 9:54  | 12,12 |
| 4   | 2       | Nora Winter         | Assendelft       | 1999     | V   | Lycurgus               | A pup   | 2 km pupillen | 10:04 | 11,92 |
| 5   | 3       | Mariska Poel        | Heemskerk        | 1999     | V   | DEM                    | A pup   | 2 km pupillen | 10:23 | 11,56 |
| 6   | 7       | Talitha Bos         | Koog aan de Zaan | 1999     | V   | Zaanland               | A pup   | 2 km pupillen | 10:30 | 11,43 |
| 7   | 9       | Yanika Einholz      | Haarlem          | 2000     | V   | KAV Holland            | A pup   | 2 km pupillen | 10:31 | 11,41 |
| 8   | 10      | Bo Westrik          | Zaandam          | 1999     | V   | Zaanland               | A pup   | 2 km pupillen | 10:40 | 11,25 |
| 9   | 1       | Isabelle Klap       | Westzaan         | 2000     | V   | Lycurgus               | A pup   | 2 km pupillen | 10:42 | 11,21 |
| 10  | 8       | Eveline de Jong     | Hoofddorp        | 2000     | V   | De Spartaan            | A pup   | 2 km pupillen | 11:59 | 10,01 |
| 1   | 31      | Sjoerd Wezelenburg  | Zaandijk         | 1999     | M   | Lycurgus               | A pup   | 2 km pupillen | 8:43  | 13,77 |
| 2   | 33      | Ludo van Kruistuin  | Castricum        | 1999     | M   | AV Castricum           | A pup   | 2 km pupillen | 8:45  | 13,71 |
| 3   | 39      | Ruben Hazeleger     | Heemstede        | 1999     | M   | Loopgroep Aart Stigter | A pup   | 2 km pupillen | 9:50  | 12,20 |
| 4   | 32      | Casper van den Top  | Krommenie        | 2000     | M   | Lycurgus               | A pup   | 2 km pupillen | 9:51  | 12,18 |
| 5   | 37      | Maik Retz           | Zaandijk         | 1999     | M   | Zaanland               | A pup   | 2 km pupillen | 10:07 | 11,86 |
| 6   | 43      | Boris Hoogervorst   | Haarlem          | 2000     | M   | KAV Holland            | A pup   | 2 km pupillen | 10:17 | 11,67 |
| 7   | 28      | Bryan Tuinstra      | Heemskerk        | 1999     | M   | DEM                    | A pup   | 2 km pupillen | 10:22 | 11,58 |
| 8   | 41      | Stein Overtoom      | Amstelveen       | 1999     | M   | Startbaan              | A pup   | 2 km pupillen | 10:29 | 11,45 |
| 9   | 40      | Tijn Pronk          | Haarlem          | 2000     | M   | KAV Holland            | A pup   | 2 km pupillen | 10:41 | 11,23 |
| 10  | 27      | Simon Richards      | Zaandam          | 1999     | M   | Zaanland               | A pup   | 2 km pupillen | 11:19 | 10,60 |
| 11  | 38      | Philip van de Beek  | Amsterdam        | 2000     | M   | Phanos                 | A pup   | 2 km pupillen | 12:04 | 9,94  |
| 1   | 5       | Femke Janssen       | Heemskerk        | 2001     | V   | DEM                    | B pup   | 2 km pupillen | 12:36 | 9,52  |
| 2   | 12      | Deni Oh             | Amstelveen       | 2001     | V   | Startbaan              | B pup   | 2 km pupillen | 13:19 | 9,01  |
| 1   | 34      | Duncan Steenbakker  | Krommenie        | 2001     | M   | Lycurgus               | B pup   | 2 km pupillen | 10:02 | 11,96 |
| 2   | 36      | Gregory T. Hoen     | Rijnsenhout      | 2001     | M   | AVA '70                | B pup   | 2 km pupillen | 11:45 | 10,21 |
| 3   | 42      | Neal Ott            | Amstelveen       | 2001     | M   | Startbaan              | B pup   | 2 km pupillen | 12:05 | 9,93  |
| 4   | 30      | Lars Janssen        | Heemskerk        | 2001     | M   | DEM                    | B pup   | 2 km pupillen | 13:03 | 9,20  |
| 1   | 13      | Fleur van Leeuwen   | Zaandam          | 2003     | V   | Zaanland               | C pup   | 2 km pupillen | 14:50 | 8,09  |
| 2   | 6       | Mirte Janssen       | Heemskerk        | 2003     | V   | DEM                    | C pup   | 2 km pupillen | 15:01 | 7,99  |

| Plaats | Startnr | Naam                 | Woonplaats   | Geb.jaar | M/V | Vereniging     | Categorie | Onderdeel                    | Tijd  | Km/u  |
|--------|---------|----------------------|--------------|----------|-----|----------------|-----------|------------------------------|-------|-------|
| 1      | 26      | Bram Klap            | Westzaan     | 2002     | M   | Lycurgus       | C pup     | 2 km pupillen                | 10:37 | 11,30 |
| 2      | 35      | Graeme 't Haen       | Rijsenhout   | 2003     | M   | AV Aalsmeer    | C pup     | 2 km pupillen                | 11:47 | 10,18 |
| 3      | 29      | Rowan Tuinstra       | Heemskerk    | 2002     | M   | DEM            | C pup     | 2 km pupillen                | 12:32 | 9,57  |
|        |         |                      |              |          |     |                |           |                              |       |       |
| 1      | 78      | Femke van der Pal    | Westzaan     | 1995     | V   | Zaanland       | C jun     | 4 km C/D junior              | 17:37 | 13,62 |
| 2      | 77      | Ilona Poel           | Heemskerk    | 1996     | V   | DEM            | C jun     | 4 km C/D junior              | 20:16 | 11,84 |
| 1      | 102     | Chris van Hensbergen | IJmuiden     | 1995     | M   | Suomi          | C jun     | 4 km C/D junior              | 16:59 | 14,13 |
| 2      | 114     | Stan Niesten         | Beverwijk    | 1996     | M   | DEM            | C jun     | 4 km C/D junior              | 17:39 | 13,60 |
| 3      | 104     | Mitchel Ruinard      | Amsterdam    | 1995     | M   | Atos           | C jun     | 4 km C/D junior              | 17:40 | 13,58 |
| 4      | 110     | Daniël Donse         | Nieuw-Vennep | 1995     | M   | Haarlemmermeer | C jun     | 4 km C/D junior              | 18:14 | 13,16 |
| 5      | 106     | Sten Stoltenborg     | Hoofddorp    | 1996     | M   | Haarlemmermeer | C jun     | 4 km C/D junior              | 18:22 | 13,07 |
| 6      | 101     | Edwin van der Spek   | Haarlem      | 1995     | M   | KAV Holland    | C jun     | 4 km C/D junior              | 19:06 | 12,57 |
| 7      | 152     | Lars Remijn          | Heemskerk    | 1995     | M   | DEM            | C jun     | 4 km C/D junior              | 19:26 | 12,35 |
| 1      | 79      | Jeske van der Pal    | Westzaan     | 1997     | V   | Zaanland       | D jun     | 4 km C/D junior              | 18:33 | 12,94 |
| 2      | 76      | Renée van Rookhuizen | Beverwijk    | 1998     | V   | DEM            | D jun     | 4 km C/D junior              | 21:21 | 11,24 |
| 3      | 80      | Nikki Onrust         | Zaandam      | 1997     | V   | Zaanland       | D jun     | 4 km C/D junior              | 25:30 | 9,41  |
| 1      | 112     | Ryan Clarke          | Castricum    | 1997     | M   | AV Castricum   | D jun     | 4 km C/D junior              | 18:08 | 13,24 |
| 2      | 103     | Haroun Benyahya      | IJmuiden     | 1998     | M   | Suomi          | D jun     | 4 km C/D junior              | 18:17 | 13,13 |
| 3      | 153     | Tijs Rothweiler      | Haarlem      | 1998     | M   | KAV Holland    | D jun     | 4 km C/D junior              | 19:05 | 12,58 |
| 4      | 107     | Sven Schoonebeek     | Castricum    | 1997     | M   | AV Castricum   | D jun     | 4 km C/D junior              | 20:05 | 11,95 |
| 5      | 111     | Mick Onrust          | Zaandam      | 1998     | M   | Zaanland       | D jun     | 4 km C/D junior              | 20:10 | 11,90 |
| 6      | 108     | Io Pel               | Zaandam      | 1998     | M   | Zaanland       | D jun     | 4 km C/D junior              | 21:01 | 11,42 |
| 7      | 113     | Job v/d Akker        | Haarlem      | 1997     | M   | KAV Holland    | D jun     | 4 km C/D junior              | 22:02 | 10,89 |
| 8      | 105     | Sietse van der Pal   | Westzaan     | 1998     | M   | Zaanland       | D jun     | 4 km C/D junior              | 23:57 | 10,02 |
|        |         |                      |              |          |     |                |           |                              |       |       |
| 1      | 184     | Steve Bakker         | IJmuiden     | 1992     | M   | Suomi          | A jun     | 4 km A/B junior+Neo Senioren | 14:57 | 16,05 |
| 2      | 179     | Maxim Moinat         | Hoofddorp    | 1991     | M   | AV Haarlem     | A jun     | 4 km A/B junior+Neo Senioren | 15:04 | 15,93 |
| 3      | 173     | Ayoub Benchaabane    | Amsterdam    | 1992     | M   | Atos           | A jun     | 4 km A/B junior+Neo Senioren | 15:29 | 15,50 |
| 4      | 181     | Jelle Neeft          | Krommenie    | 1992     | M   | Lycurgus       | A jun     | 4 km A/B junior+Neo Senioren | 15:32 | 15,45 |
| 5      | 178     | Mathijs Wiggers      | Hoofddorp    | 1992     | M   | Haarlemmermeer | A jun     | 4 km A/B junior+Neo Senioren | 15:45 | 15,24 |
| 6      | 151     | Ronald Poel          | Heemskerk    | 1991     | M   | DEM            | A jun     | 4 km A/B junior+Neo Senioren | 16:15 | 14,77 |
| 1      | 171     | Richard Douma        | Zaandam      | 1993     | M   | Zaanland       | B jun     | 4 km A/B junior+Neo Senioren | 14:48 | 16,22 |
| 2      | 182     | Jelle Sijm           | Haarlem      | 1994     | M   | KAV Holland    | B jun     | 4 km A/B junior+Neo Senioren | 14:50 | 16,18 |

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|--------|---------|------------------------|------------------|----------|-----|------------------------|--------------|------------------------------|-------|-------|
| 3      | 176     | Jim Rothweiler         | Haarlem          | 1993     | M   | KAV Holland            | B jun        | 4 km A/B junior+Neo Senioren | 14:59 | 16,02 |
| 4      | 175     | Lucas Nieuweboer       | Heemstede        | 1994     | M   | KAV Holland            | B jun        | 4 km A/B junior+Neo Senioren | 15:19 | 15,67 |
| 5      | 172     | Houd Benyahya          | IJmuiden         | 1994     | M   | Suomi                  | B jun        | 4 km A/B junior+Neo Senioren | 16:39 | 14,41 |
| 6      | 180     | Luuk Oudendijk         | Santpoort-Noord  | 1993     | M   | Suomi                  | B jun        | 4 km A/B junior+Neo Senioren | 16:40 | 14,40 |
| 7      | 185     | Sam Welp               | Beverwijk        | 1993     | M   | DEM                    | B jun        | 4 km A/B junior+Neo Senioren | 18:26 | 13,02 |
| 1      | 154     | Rianne Breedijk        | Koog aan de Zaan | 1990     | V   | Zaanland               | Neo s        | 4 km A/B junior+Neo Senioren | 18:36 | 12,90 |
| 1      | 174     | Camiel Kruiswijk       | Baarn            | 1990     | M   | BAV                    | Neo s        | 4 km A/B junior+Neo Senioren | 14:43 | 16,31 |
| 2      | 183     | Sebastiaan Klooster    | Amsterdam        | 1990     | M   | Phanos                 | Neo s        | 4 km A/B junior+Neo Senioren | 16:03 | 14,95 |
| 3      | 177     | Dennis Koomen          | Oostknollendam   | 1988     | M   | Zaanland               | Neo s        | 4 km A/B junior+Neo Senioren | 16:14 | 14,78 |
|        |         |                        |                  |          |     |                        |              |                              |       |       |
| 1      | 552     | Anniko Montowski       | Amsterdam        | 1987     | V   | Phanos                 | Dames        | 6 km Dames+trimloop          | 27:30 | 13,09 |
| 2      | 202     | Nynke Visser           | Amsterdam        | 1978     | V   | Phanos                 | Dames        | 6 km Dames+trimlooploop      | 27:35 | 13,05 |
| 3      | 203     | Valerie Fictorie       | Amsterdam        | 1984     | V   | Phanos                 | Dames        | 6 km Dames+trimloop          | 27:57 | 12,88 |
| 4      | 207     | Martien Schaub         | Amsterdam        | 1975     | V   | Phanos                 | Dames        | 6 km Dames+trimloop          | 29:15 | 12,31 |
| 5      | 204     | Jelijin van Barneveld  | Amsterdam        | 1983     | V   | Zaanland               | Dames        | 6 km Dames+trimloop          | 30:37 | 11,76 |
| 6      | 201     | Esther Hakvoort        | Zaandam          | 1977     | V   | Zaanland               | Dames        | 6 km Dames+trimloop          | 30:40 | 11,74 |
| 7      | 208     | Jolice van den Berg    | Hoofddorp        | 1987     | V   | Haarlemmermeer         | Dames        | 6 km Dames+trimloop          | 30:44 | 11,71 |
| 8      | 209     | Sophie Veenstra        | Hoofddorp        | 1987     | V   | Haarlemmermeer         | Dames        | 6 km Dames+trimloop          | 32:54 | 10,94 |
| 9      | 211     | Linda Wilderman        | Haarlem          | 1981     | V   |                        | Dames        | 6 km Dames+trimloop          | 41:32 | 8,67  |
| 1      | 210     | Mirjam Koersen         | Hilversum        | 1974     | V   | GAC Hilversum          | Dames master | 6 km Dames+trimloop          | 25:56 | 13,88 |
| 2      | 233     | Jolanda ten Brinke     | Amstelhoek       | 1970     | V   | AKU                    | Dames master | 6 km Dames+trimloop          | 26:21 | 13,66 |
| 3      | 226     | Ingrid Coster-Osterloh | Amsterdam        | 1957     | V   | AV '23                 | Dames master | 6 km Dames+trimloop          | 26:46 | 13,45 |
| 4      | 237     | Esther van Heerde      | Haarlem          | 1974     | V   | Loopgroep Aart Stigter | Dames master | 6 km Dames+trimloop          | 27:07 | 13,28 |
| 5      | 225     | Marianne van de Linde  | Heemstede        | 1962     | V   | AAC                    | Dames master | 6 km Dames+trimloop          | 27:18 | 13,19 |
| 6      | 228     | Eveline Botter         | Sassenheim       | 1959     | V   | De Spartaan            | Dames master | 6 km Dames+trimloop          | 27:23 | 13,15 |
| 7      | 222     | Petra Boorsma          | Amsterdam        | 1970     | V   | Phanos                 | Dames master | 6 km Dames+trimloop          | 28:06 | 12,81 |
| 8      | 221     | Cora Siermans          | Zaandam          | 1965     | V   | Zaanland               | Dames master | 6 km Dames+trimloop          | 28:13 | 12,76 |
| 9      | 205     | Susanne Boer           | Haarlem          | 1969     | V   | AV Aalsmeer            | Dames master | 6 km Dames+trimloop          | 28:31 | 12,62 |
| 10     | 234     | Ria Stam               | Limmen           | 1954     | V   | AV Castricum           | Dames master | 6 km Dames+trimloop          | 29:26 | 12,23 |
| 11     | 238     | Auke van Heuzen        | Haarlem          | 1960     | V   | KAV Holland            | Dames master | 6 km Dames+trimloop          | 30:15 | 11,90 |
| 12     | 231     | Michelle Collingham    | Haarlem          | 1973     | V   | Wraeke Runners         | Dames master | 6 km Dames+trimloop          | 30:45 | 11,71 |
| 13     | 224     | Mirjam Colijn          | Aalsmeerderbrug  | 1968     | V   | AVA '70                | Dames master | 6 km Dames+trimloop          | 31:07 | 11,57 |
| 14     | 227     | Elsa Brouwer           | Hoofddorp        | 1963     | V   | AV Haarlem             | Dames master | 6 km Dames+trimloop          | 31:15 | 11,52 |
| 15     | 232     | Annemieke van Dijk     | Zaandam          | 1971     | V   | Zaanland               | Dames master | 6 km Dames+trimloop          | 31:30 | 11,43 |

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|--------|---------|---------------------|------------------|----------|-----|---------------------|----------------|---------------------|-------|-------|
| 16     | 239     | Martine Bodemann    | Amsterdam        | 1954     | V   | KAV Holland         | Dames master   | 6 km Dames+trimloop | 31:43 | 11,35 |
| 17     | 235     | Carla van der Klei  | Amsterdam        | 1963     | V   | AV '23              | Dames master   | 6 km Dames+trimloop | 32:57 | 10,93 |
| 18     | 241     | Jolanda Stas        | Oostzaan         | 1964     | V   | Zaanland            | Dames master   | 6 km Dames+trimloop | 33:30 | 10,75 |
| 19     | 240     | Ineke Klapper       | Beverwijk        | 1974     | V   | DEM                 | Dames master   | 6 km Dames+trimloop | 34:51 | 10,33 |
| 20     | 223     | Tiny Tol-Maas       | Zaandam          | 1948     | V   | Zaanland            | Dames master   | 6 km Dames+trimloop | 35:21 | 10,18 |
| 21     | 230     | Mieke Welp-Rijs     | Beverwijk        | 1958     | V   | DEM                 | Dames master   | 6 km Dames+trimloop | 35:25 | 10,16 |
| 22     | 236     | Anneke Nass         | Amsterdam        | 1963     | V   | AV '23              | Dames master   | 6 km Dames+trimloop | 37:16 | 9,66  |
| 23     | 206     | Monique Wezel       | Purmerend        | 1967     | V   | Zaanland            | Dames master   | 6 km Dames+trimloop | 38:05 | 9,45  |
| 24     | 229     | Ans Duin-Schweitzer | Beverwijk        | 1958     | V   | DEM                 | Dames master   | 6 km Dames+trimloop | 43:17 | 8,32  |
| 1      | 556     | Judith Boer         | Haarlem          | 1967     | V   |                     | Dames Recreant | 6 km Dames+trimloop | 32:59 | 10,91 |
| 2      | 555     | Ingrid Tuinstra     | Heemskerk        | 1965     | V   | DEM                 | Dames Recreant | 6 km Dames+trimloop | 36:12 | 9,94  |
| 3      | 554     | Christa Meijer      | Zaandam          | 1959     | V   |                     | Dames Recreant | 6 km Dames+trimloop | 37:36 | 9,57  |
| 4      | 553     | Willeke Bakker      | Haarlem          | 1976     | V   |                     | Dames Recreant | 6 km Dames+trimloop | 41:39 | 8,64  |
| 1      | 576     | Henk Onrust         | Zaandam          | 1967     | M   | Zaanland            | Heren Recreant | 6 km Dames+trimloop | 29:54 | 12,04 |
|        |         |                     |                  |          |     |                     |                |                     |       |       |
| 1      | 276     | Sullivan Smith      | Beverwijk        | 1976     | M   | Phanos              | Heren          | 8 km Heren+trimloop | 28:10 | 17,04 |
| 2      | 274     | Jelte Brontsema     | Amsterdam        | 1979     | M   | Phanos              | Heren          | 8 km Heren+trimloop | 28:16 | 16,98 |
| 3      | 275     | Stefan Leeftang     | Baarn            | 1981     | M   | BAV                 | Heren          | 8 km Heren+trimloop | 29:42 | 16,16 |
| 4      | 272     | Marcel Pool         | Hoofddorp        | 1985     | M   | Haarlemmermeer      | Heren          | 8 km Heren+trimloop | 30:59 | 15,49 |
| 5      | 281     | Erwin Metselaar     | Amstelveen       | 1970     | M   | AV Aalsmeer         | Heren          | 8 km Heren+trimloop | 31:17 | 15,34 |
| 6      | 282     | Niek van Veen       | Amsterdam        | 1981     | M   | Phanos              | Heren          | 8 km Heren+trimloop | 31:21 | 15,31 |
| 7      | 280     | Fabian Ernst        | Hoofddorp        | 1971     | M   | Haarlemmermeer      | Heren          | 8 km Heren+trimloop | 32:20 | 14,85 |
| 8      | 283     | Marco Nijenmanting  | Amsterdam        | 1983     | M   | Phanos              | Heren          | 8 km Heren+trimloop | 32:22 | 14,83 |
| 9      | 279     | Ramon Holtus        | Amsterdam        | 1978     | M   | Phanos              | Heren          | 8 km Heren+trimloop | 32:32 | 14,75 |
| 10     | 286     | Michel Frenay       | Haarlem          | 1971     | M   | KAV Holland         | Heren          | 8 km Heren+trimloop | 33:29 | 14,34 |
| 11     | 285     | Chris van Dok       | Alkmaar          | 1976     | M   | Loopgroep PK        | Heren          | 8 km Heren+trimloop | 33:38 | 14,27 |
| 12     | 287     | Jasper Engel        | Amsterdam        | 1974     | M   | Phanos              | Heren          | 8 km Heren+trimloop | 35:05 | 13,68 |
| 13     | 289     | Ferry Wegbrands     | Amsterdam        | 1972     | M   | Loopgroep Rietheide | Heren          | 8 km Heren+trimloop | 35:45 | 13,43 |
| 14     | 277     | Duco Huitema        | Krommenie        | 1975     | M   | Lycurgus            | Heren          | 8 km Heren+trimloop | 35:53 | 13,38 |
| 15     | 288     | Toer van den Berg   | Diemen           | 1986     | M   | AV '23              | Heren          | 8 km Heren+trimloop | 40:46 | 11,77 |
| 1      | 313     | Herman Leeman       | Amsterdam        | 1969     | M   | AAC                 | Heren 40+      | 8 km Heren+trimloop | 30:06 | 15,95 |
| 2      | 319     | John van Dijk       | Amstelhoek       | 1969     | M   | AKU                 | Heren 40+      | 8 km Heren+trimloop | 30:46 | 15,60 |
| 3      | 314     | Olchert Spoelder    | Zaandam          | 1966     | M   | Loopgroep PK        | Heren 40+      | 8 km Heren+trimloop | 32:39 | 14,70 |
| 4      | 310     | Ruben Romkes        | Koog aan de Zaan | 1969     | M   | Zaanland            | Heren 40+      | 8 km Heren+trimloop | 34:15 | 14,01 |

| Plaats | Startnr | Naam                 | Woonplaats      | Geb.jaar | M/V | Vereniging             | Categorie | Onderdeel           | Tijd  | Km/u  |
|--------|---------|----------------------|-----------------|----------|-----|------------------------|-----------|---------------------|-------|-------|
| 5      | 320     | Ronny A. Samuel      | Amsterdam       | 1965     | M   | AV '23                 | Heren 40+ | 8 km Heren+trimloop | 34:29 | 13,92 |
| 7      | 620     | Wanno Remijnse       | Castricum       | 1965     | M   | AV Castricum           | Heren 40+ | 8 km Heren+trimloop | 37:03 | 12,96 |
| 6      | 315     | Tom Endstra          | Santpoort-Zuid  | 1965     | M   | Dutch Runners Gold     | Heren 40+ | 8 km Heren+trimloop | 38:57 | 12,32 |
| 7      | 317     | Hans Beentjes        | Heemskerk       | 1965     | M   | Loopgroep Aart Stigter | Heren 40+ | 8 km Heren+trimloop | 38:59 | 12,31 |
| 8      | 318     | Ben Bakker           | Krommenie       | 1967     | M   | Lycurgus               | Heren 40+ | 8 km Heren+trimloop | 39:57 | 12,02 |
| 9      | 311     | Julio Mengod         | Zaandam         | 1968     | M   | Zaanland               | Heren 40+ | 8 km Heren+trimloop | 43:09 | 11,12 |
| 10     | 321     | Arno Beliën          | Santpoort-Noord | 1967     | M   | Dutch Runners Basic    | Heren 40+ | 8 km Heren+trimloop | 49:25 | 9,71  |
| 1      | 370     | Edwin van Dort       | Amsterdam       | 1963     | M   | Phanos                 | Heren 45+ | 8 km Heren+trimloop | 31:08 | 15,42 |
| 2      | 361     | Wannes den Toonder   | Amsterdam       | 1964     | M   | avVN                   | Heren 45+ | 8 km Heren+trimloop | 31:18 | 15,34 |
| 3      | 371     | René van Ravenzwaaij | Amsterdam       | 1963     | M   | Phanos                 | Heren 45+ | 8 km Heren+trimloop | 32:29 | 14,78 |
| 4      | 369     | Martin Hoogervorst   | Haarlem         | 1964     | M   | Loopgroep PK           | Heren 45+ | 8 km Heren+trimloop | 33:21 | 14,39 |
| 5      | 367     | Fred Hazeleger       | Heemstede       | 1962     | M   | Loopgroep PK           | Heren 45+ | 8 km Heren+trimloop | 33:45 | 14,22 |
| 6      | 365     | Louis Dam            | Assendelft      | 1962     | M   | Zaanland               | Heren 45+ | 8 km Heren+trimloop | 34:04 | 14,09 |
| 7      | 373     | Ronald Wiering       | Westzaan        | 1964     | M   | Zaanland               | Heren 45+ | 8 km Heren+trimloop | 34:17 | 14,00 |
| 8      | 374     | Cor van Baar         | Hoofddorp       | 1961     | M   | AV Haarlem             | Heren 45+ | 8 km Heren+trimloop | 34:18 | 13,99 |
| 9      | 312     | John 't Hoen         | Rijsenhout      | 1965     | M   | AVA '70                | Heren 45+ | 8 km Heren+trimloop | 35:22 | 13,57 |
| 10     | 376     | Henri Numan          | Heemskerk       | 1960     | M   | DEM                    | Heren 45+ | 8 km Heren+trimloop | 36:05 | 13,30 |
| 11     | 364     | Adri Groen           | Amsterdam       | 1960     | M   | Atos                   | Heren 45+ | 8 km Heren+trimloop | 36:21 | 13,20 |
| 12     | 378     | Gerard Grabijn       | Hoofddorp       | 1964     | M   | Haarlemmermeer         | Heren 45+ | 8 km Heren+trimloop | 36:56 | 13,00 |
| 13     | 363     | Peter Leeuwerink     | Zaandam         | 1964     | M   | Zaanland               | Heren 45+ | 8 km Heren+trimloop | 36:58 | 12,98 |
| 14     | 368     | René Bouwmeester     | Zaandam         | 1961     | M   | Zaanland               | Heren 45+ | 8 km Heren+trimloop | 37:07 | 12,93 |
| 15     | 366     | Dick Verhoef         | Aalsmeer        | 1962     | M   | AV Aalsmeer            | Heren 45+ | 8 km Heren+trimloop | 37:25 | 12,83 |
| 16     | 372     | Jan Voorberg         | Wormer          | 1961     | M   |                        | Heren 45+ | 8 km Heren+trimloop | 37:49 | 12,69 |
| 17     | 375     | Paul de Graaf        | Velserbroek     | 1961     | M   | Suomi                  | Heren 45+ | 8 km Heren+trimloop | 41:44 | 11,50 |
| 18     | 377     | Thijs vd Kolk        | Oostzaan        | 1962     | M   | Zaanland               | Heren 45+ | 8 km Heren+trimloop | 46:51 | 10,25 |
| 1      | 407     | Johan Smet           | Amsterdam       | 1959     | M   | Phanos                 | Heren 50+ | 8 km Heren+trimloop | 31:01 | 15,48 |
| 2      | 412     | Peter Burger         | Heiloo          | 1958     | M   | AV Castricum           | Heren 50+ | 8 km Heren+trimloop | 31:52 | 15,06 |
| 3      | 413     | Jaap Velsrboer       | Assendelft      | 1953     | M   | avVN                   | Heren 50+ | 8 km Heren+trimloop | 32:35 | 14,73 |
| 4      | 417     | Kees Denneman        | Limmen          | 1957     | M   | AV Castricum           | Heren 50+ | 8 km Heren+trimloop | 33:00 | 14,55 |
| 5      | 420     | Johan Neve           | Haarlem         | 1957     | M   | KAV Holland            | Heren 50+ | 8 km Heren+trimloop | 33:13 | 14,45 |
| 6      | 405     | Ger Kragten          | Amsterdam       | 1955     | M   | Atos                   | Heren 50+ | 8 km Heren+trimloop | 33:24 | 14,37 |
| 7      | 409     | Hans de Graaf        | Santpoort-Noord | 1955     | M   | Suomi                  | Heren 50+ | 8 km Heren+trimloop | 33:54 | 14,16 |
| 8      | 403     | Sander Rietveld      | Zaandam         | 1959     | M   | Atos                   | Heren 50+ | 8 km Heren+trimloop | 34:28 | 13,93 |
| 9      | 416     | Hans van Urk         | Oostzaan        | 1952     | M   | Lycurgus               | Heren 50+ | 8 km Heren+trimloop | 34:38 | 13,86 |
| 10     | 419     | Han van Leuven       | Haarlem         | 1959     | M   | KAV Holland            | Heren 50+ | 8 km Heren+trimloop | 36:25 | 13,18 |

| Plaats | Startnr | Naam                 | Woonplaats    | Geb.jaar | M/V | Vereniging          | Categorie      | Onderdeel           | Tijd  | Km/u  |
|--------|---------|----------------------|---------------|----------|-----|---------------------|----------------|---------------------|-------|-------|
| 11     | 415     | Cock Reijnders       | Castricum     | 1956     | M   | AV Castricum        | Heren 50+      | 8 km Heren+trimloop | 36:40 | 13,09 |
| 12     | 408     | Grietus Wiggers      | Hoofddorp     | 1956     | M   | Haarlemmermeer      | Heren 50+      | 8 km Heren+trimloop | 37:10 | 12,91 |
| 13     | 418     | Arie Koops           | Zaandam       | 1956     | M   | Lycurgus            | Heren 50+      | 8 km Heren+trimloop | 37:42 | 12,73 |
| 14     | 406     | John Coster          | Amsterdam     | 1959     | M   | AV '23              | Heren 50+      | 8 km Heren+trimloop | 38:06 | 12,60 |
| 15     | 410     | Siem Goede           | Amsterdam     | 1959     | M   | AV '23              | Heren 50+      | 8 km Heren+trimloop | 41:14 | 11,64 |
| 16     | 401     | Ron Cadenau          | Zaandam       | 1958     | M   | Zaanland            | Heren 50+      | 8 km Heren+trimloop | 41:53 | 11,46 |
| 17     | 402     | Johan Meijer         | Zaandam       | 1957     | M   | Zaanland            | Heren 50+      | 8 km Heren+trimloop | 43:35 | 11,01 |
| 18     | 411     | André Ramaakers      | Heemskerk     | 1954     | M   | DEM                 | Heren 50+      | 8 km Heren+trimloop | 47:47 | 10,05 |
| 19     | 414     | Henk Koper           | Heemskerk     | 1953     | M   | Zaanland            | Heren 50+      | 8 km Heren+trimloop | 52:30 | 9,14  |
| 1      | 482     | Jan C.J. van Hout    | Beverwijk     | 1949     | M   | DEM                 | Heren 60+      | 8 km Heren+trimloop | 39:15 | 12,23 |
| 2      | 476     | Peter Groen          | Amsterdam     | 1949     | M   | AV '23              | Heren 60+      | 8 km Heren+trimloop | 40:19 | 11,91 |
| 3      | 479     | Arnold van Velthoven | Haarlem       | 1949     | M   | Dutch Runners Basic | Heren 60+      | 8 km Heren+trimloop | 41:40 | 11,52 |
| 4      | 480     | Piet van Amsterdam   | Velserbroek   | 1949     | M   | Loopgroep PK        | Heren 60+      | 8 km Heren+trimloop | 42:33 | 11,28 |
| 5      | 481     | Martin Jansen        | Beverwijk     | 1946     | M   | DEM                 | Heren 60+      | 8 km Heren+trimloop | 47:31 | 10,10 |
| 6      | 477     | Joop Keetman         | Zaandam       | 1944     | M   | Lycurgus            | Heren 60+      | 8 km Heren+trimloop | 55:49 | 8,60  |
| 1      | 625     | Saskia Winkel-Onrust | Purmerend     | 1967     | V   | Heco GVB            | Dames Recreant | 8 km Heren+trimloop | 43:39 | 11,00 |
| 2      | 634     | Sonja van Zeelt      | Wormerveer    | 1964     | V   |                     | Dames Recreant | 8 km Heren+trimloop | 47:25 | 10,12 |
| 1      | 617     | Gerard Hollestelle   | Amsterdam     | 1985     | M   | Phanos              | Heren Recreant | 8 km Heren+trimloop | 32:11 | 14,91 |
| 2      | 630     | Minke Listz          | Aalsmeer      | 1977     | M   | AV Aalsmeer         | Heren Recreant | 8 km Heren+trimloop | 33:28 | 14,34 |
| 3      | 619     | Bart Hulst           | Castricum     | 1968     | M   | AV Castricum        | Heren Recreant | 8 km Heren+trimloop | 34:20 | 13,98 |
| 4      | 629     | Eddy van Leeuwen     | Zaandam       | 1971     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 34:34 | 13,89 |
| 5      | 614     | Joris Ruhe           | Haarlem       | 1971     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 35:55 | 13,36 |
| 6      | 618     | Pieter Grandiek      | Wormer        | 1961     | M   | Zaanland            | Heren Recreant | 8 km Heren+trimloop | 36:09 | 13,28 |
| 7      | 623     | Martin Stolk         | Soest         | 1972     | M   | Pijnenburg          | Heren Recreant | 8 km Heren+trimloop | 37:54 | 12,66 |
| 8      | 624     | Robbert Engel        | Amstelveen    | 1980     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 38:35 | 12,44 |
| 9      | 631     | Pierre Muurling      | Aalsmeer      | 1963     | M   | AV Aalsmeer         | Heren Recreant | 8 km Heren+trimloop | 38:43 | 12,40 |
| 10     | 615     | Frank v.d. Laan      | Haarlem       | 1964     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 39:02 | 12,30 |
| 11     | 613     | J.R. Eveleens        | Haarlem       | 1965     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 39:16 | 12,22 |
| 12     | 606     | Bas Commandeur       | Beverwijk     | 1980     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 40:09 | 11,96 |
| 13     | 626     | Frank de Groot       | Zaandam       | 1962     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 40:55 | 11,73 |
| 14     | 635     | Maurice Wokke        | Heerhugowaard | 1977     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 41:07 | 11,67 |
| 15     | 604     | Arjan Dijkstra       | Westzaan      | 1977     | M   | Lycurgus            | Heren Recreant | 8 km Heren+trimloop | 41:29 | 11,57 |
| 16     | 627     | Peter van den Berg   | Amsterdam     | 1982     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 41:46 | 11,49 |
| 17     | 607     | Max Commandeur       | Beverwijk     | 1977     | M   |                     | Heren Recreant | 8 km Heren+trimloop | 42:40 | 11,25 |

| Plaats | Startnr | Naam               | Woonplaats  | Geb.jaar | M/V | Vereniging  | Categorie      | Onderdeel           | Tijd  | Km/u  |
|--------|---------|--------------------|-------------|----------|-----|-------------|----------------|---------------------|-------|-------|
| 18     | 610     | Aad Schavemaker    | Assendelft  | 1960     | M   |             | Heren Recreant | 8 km Heren+trimloop | 42:48 | 11,21 |
| 19     | 609     | Wilbert van Leijen | Amsterdam   | 1962     | M   |             | Heren Recreant | 8 km Heren+trimloop | 43:24 | 11,06 |
| 20     | 621     | Peter Lansbergen   | Assendelft  | 1953     | M   | Le Champion | Heren Recreant | 8 km Heren+trimloop | 44:15 | 10,85 |
| 21     | 616     | Dick Wezel         | Purmerend   | 1954     | M   | Zaanland    | Heren Recreant | 8 km Heren+trimloop | 46:31 | 10,32 |
| 22     | 611     | Henk Wiggemansen   | Ter Aar     | 1950     | M   |             | Heren Recreant | 8 km Heren+trimloop | 47:15 | 10,16 |
| 23     | 622     | Kees Walter        | Zaandam     | 1960     | M   | Zaanland    | Heren Recreant | 8 km Heren+trimloop | 47:54 | 10,02 |
| 24     | 632     | Harry Derlagen     | Zaandam     | 1959     | M   |             | Heren Recreant | 8 km Heren+trimloop | 47:56 | 10,01 |
| 25     | 612     | Jan van der Laan   | Weesp       | 1947     | M   |             | Heren Recreant | 8 km Heren+trimloop | 49:57 | 9,61  |
| 26     | 602     | Joost Knol         | Velserbroek | 1965     | M   | Suomi       | Heren Recreant | 8 km Heren+trimloop | 51:10 | 9,38  |
| 27     | 628     | Marjolein de Heer  | Zaandam     | 1955     | M   | Zaanland    | Heren Recreant | 8 km Heren+trimloop | 57:38 | 8,33  |