

Uitslag 3e Sultanaloo p, AV Zaanland, Zaandam, 20-03-2011

| Plaats | Startnr | Naam | Woonplaats | geb.jaar | M/V | Vereniging | Tijd | km/uur |
|---------------------------------|---------|-----------------------|------------------|----------|-----|------------|------|--------|
| Jeugdloop 1,2 km meisjes | | | | | | | | |
| 1 | 113 | Lieve Butter | Wormer | 2000 | V | Lycurgus | 4:48 | 15,0 |
| 2 | 101 | Meike Hartog | Zaandam | 2001 | V | Zaanland | 5:04 | 14,2 |
| 3 | 93 | Mehtap Kurt | Koog aan de Zaan | 2000 | V | Zaanland | 5:25 | 13,3 |
| 4 | 92 | Femke Drijfhout | Krommenie | 2002 | V | Lycurgus | 5:28 | 13,2 |
| 5 | 2 | Yara Melchers | Zaandijk | 2000 | V | | 5:45 | 12,5 |
| 6 | 3 | Fleur Iuttikhuisen | Zaandam | 2003 | V | Zaanland | 5:54 | 12,2 |
| 7 | 82 | Fleur van Leeuwen | Zaandam | 2003 | V | Zaanland | 6:01 | 12,0 |
| 8 | 85 | Isa Oosterhoorn | Zaandam | 2003 | V | Zaanland | 6:04 | 11,9 |
| 9 | 115 | Anne Grandiek | Zaandam | 2002 | V | | 6:06 | 11,8 |
| 10 | 37 | Chimene Schuurman | Zaandam | 2002 | V | Zaanland | 6:08 | 11,7 |
| 11 | 98 | Sarah Koper | Zaandam | 2003 | V | Zaanland | 6:13 | 11,6 |
| 12 | 99 | Sanne Braat | Koog aan de Zaan | 2001 | V | Zaanland | 6:33 | 11,0 |
| 13 | 97 | Daphne Ris | Zaandam | 2003 | V | Zaanland | 6:39 | 10,8 |
| 14 | 112 | Suze Buttee | Wormer | 2002 | V | | 6:49 | 10,6 |
| 15 | 83 | Milou Rijksbaron | Zaandam | 2002 | V | | 7:24 | 9,7 |
| 16 | 103 | Danielle Dam | Assendelft | 2002 | V | Zaanland | 7:29 | 9,6 |
| 17 | 90 | Marlot Offenber g | Zaandam | 2000 | V | Zaanland | 7:35 | 9,5 |
| 18 | 91 | Danielle van de Akker | Zaandam | 2003 | V | Zaanland | 7:36 | 9,5 |
| 19 | 110 | Pien Bakker | Zaandam | 2005 | V | | 8:52 | 8,1 |
| 20 | 111 | Floor Bakker | Zaandam | 2006 | V | | 8:55 | 8,1 |
| 21 | 109 | Ans Bakker | Zaandam | 1966 | V | Zaanland | 8:58 | 8,0 |

| Plaats | Startnr | Naam | Woonplaats | geb.jaar | M/V | Vereniging | Tijd | km/uur |
|---------------------------------|---------|------------------|------------------|----------|-----|------------|------|--------|
| Jeugdloop 1,2 km jongens | | | | | | | | |
| 1 | 114 | Simon Richards | Zaandam | 1999 | M | Zaanland | 4:46 | 15,1 |
| 2 | 116 | Ward Melchers | Zaandijk | 2000 | M | Zaanland | 5:02 | 14,3 |
| 3 | 7 | Wesley Bakker | Zaandam | 2001 | M | | 5:24 | 13,3 |
| 4 | 94 | Betül Kurt | Koog aan de Zaan | 2002 | M | Zaanland | 5:44 | 12,6 |
| 5 | 100 | Mart Grafe | Koog aan de Zaan | 2000 | M | Zaanland | 5:47 | 12,4 |
| 6 | 96 | Jesse Leeuwerink | Zaandam | 2002 | M | Zaanland | 6:32 | 11,0 |
| 7 | 6 | Joshua Bos | Koog aan de Zaan | 2004 | M | Zaanland | 7:10 | 10,0 |
| 8 | 89 | Roan Waagmeester | Zaandam | 2004 | M | | 7:34 | 9,5 |

| Plaats | Startnr | Naam | Woonplaats | geb.jaar | M/V | Vereniging | Tijd | km/uur |
|----------------------------------|---------|---------------------------|--------------------|----------|-----|------------|-------|--------|
| Recreatieloo p 5 km dames | | | | | | | | |
| 1 | 148 | Jeske van der Pal | Westzaan | 1997 | V | Zaanland | 19:57 | 15,0 |
| 2 | 129 | Rianne Breedijk | Koog aan de Zaan | 1990 | V | Zaanland | 23:20 | 12,9 |
| 3 | 166 | Talitha Bos | Koog aan de Zaan | 1999 | V | Zaanland | 23:45 | 12,6 |
| 4 | 163 | Anne Yska | Zaandam | 2000 | V | Zaanland | 23:49 | 12,6 |
| 5 | 152 | Tiny Tol-Maas | Zaandam | 1948 | V | Zaanland | 26:06 | 11,5 |
| 6 | 167 | Annemarie Puurs | Amsterdam Zuidoost | 1985 | V | | 28:50 | 10,4 |
| 7 | 157 | Wilma Passant | Zaandam | 1964 | V | | 28:52 | 10,4 |
| 8 | 158 | Astrid Faanhof-van Calcar | Zaandam | 1966 | V | | 28:54 | 10,4 |
| 9 | 118 | Els de Soet-Minneboo | Amsterdam | 1955 | V | | 29:41 | 10,1 |
| 10 | 197 | Gwendolijn Zelvelder | Koog aan de Zaan | 1987 | V | | 30:11 | 9,9 |
| 11 | 190 | Sanne Oosterhoorn | Zaandam | 2000 | V | Zaanland | 30:42 | 9,8 |
| 12 | 149 | Marloes van der Gulik | Zaandijk | 1980 | V | Zaanland | 30:46 | 9,8 |

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|----|-----|------------------------|------------------|------|---|----------|-------|-----|
| 13 | 159 | José Servaas | Zaandam | 1968 | V | Zaanland | 30:54 | 9,7 |
| 14 | 154 | Sylvia Kalbfleisch | Zaandam | 1971 | V | Zaanland | 31:05 | 9,7 |
| 15 | 155 | Jolanda Verkade | Zaandam | 1971 | V | Zaanland | 31:08 | 9,6 |
| 16 | 199 | Jane Stam-Gabriël | Zaandam | 1984 | V | | 31:11 | 9,6 |
| 17 | 144 | Jeanet ter Horst | Westzaan | 1968 | V | | 31:47 | 9,4 |
| 18 | 150 | Annelies van der Gulik | Zaandijk | 1976 | V | | 31:54 | 9,4 |
| 19 | 161 | Nina Waagmeester | Zaandam | 2001 | V | Zaanland | 32:33 | 9,2 |
| 20 | 198 | Petra Kalter | Zaandam | 1963 | V | Zaanland | 33:09 | 9,0 |
| 21 | 153 | Petra Vethaak | Zaandam | 1963 | V | Zaanland | 33:10 | 9,0 |
| 22 | 196 | Marjolein Bulthuis | Zaandam | 1986 | V | | 33:36 | 8,9 |
| 23 | 194 | Sylvia Kerssens | Zaandam | 1979 | V | | 34:19 | 8,7 |
| 24 | 140 | Elly Kokkelkoren | Koog aan de Zaan | 1968 | V | | 34:28 | 8,7 |
| 25 | 139 | Geneviève Saba | Zaandam | 1970 | V | Zaanland | 34:29 | 8,7 |
| 26 | 156 | Hester ten Napels | Zaandam | 1972 | V | Zaanland | 35:19 | 8,5 |
| 27 | 134 | Francis Muller-Zwart | Zaandam | 1981 | V | | 35:56 | 8,3 |
| 28 | 165 | Truus Lukaart | Zaandam | 1953 | V | Zaanland | 36:09 | 8,3 |
| 29 | 195 | Ingeborg Eendebak | Koog aan de Zaan | 1962 | V | Zaanland | 39:10 | 7,7 |

| Plaats | Startnr | Naam | Woonplaats | geb.jaar | M/V | Vereniging | Tijd | km/uur |
|--------|---------|------|------------|----------|-----|------------|------|--------|
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Recreatieloop 5 km heren

| | | | | | | | | |
|----|-----|--------------------|------------------|------|---|----------|-------|------|
| 1 | 171 | Richard Douma | Zaandam | 1993 | M | Zaanland | 15:54 | 18,9 |
| 2 | 135 | Bjorn Heijnen | Koog aan de Zaan | 1991 | M | Zaanland | 19:24 | 15,5 |
| 3 | 131 | Arno van Staden | Krommenie | 1974 | M | Lycurgus | 19:59 | 15,0 |
| 4 | 130 | Ben Bakker | Krommenie | 1967 | M | Lycurgus | 20:29 | 14,6 |
| 5 | 192 | Bakker | Zaandijk | 1973 | M | | 20:34 | 14,6 |
| 6 | 121 | Sjoerd Wezelenburg | Zaandijk | 1999 | M | Lycurgus | 20:38 | 14,5 |
| 7 | 142 | Henk Onrust | Zaandam | 1967 | M | Zaanland | 20:52 | 14,4 |
| 8 | 143 | Mick Onrust | Zaandam | 1998 | M | Zaanland | 21:19 | 14,1 |
| 9 | 120 | Ruud Righolt | Zaandam | 1953 | M | Zaanland | 22:49 | 13,1 |
| 10 | 146 | Sietse van der Pal | Westzaan | 1998 | M | Zaanland | 23:28 | 12,8 |
| 11 | 151 | Joran Hoorn | Zaandam | 1996 | M | | 24:36 | 12,2 |
| 12 | 117 | Cor Bobeldijk | Beverwijk | 1951 | M | DEM | 24:48 | 12,1 |
| 13 | 162 | Wessel Krook | Krommenie | 1998 | M | | 25:55 | 11,6 |
| 14 | 147 | Robin Bakker | Zaandam | 1997 | M | Zaanland | 26:36 | 11,3 |
| 15 | 168 | D. Roelvink | Amsterdam | 1984 | M | | 26:55 | 11,1 |
| 16 | 164 | Nick Goldebeld | Wormer | 2000 | M | Zaanland | 27:05 | 11,1 |
| 17 | 160 | Sander Rijksbaron | Zaandam | 1965 | M | | 28:40 | 10,5 |
| 18 | 172 | Hans Schipper | Koog aan de Zaan | 1936 | M | | 28:55 | 10,4 |
| 19 | 191 | Remko Oosterhoorn | Zaandam | 1970 | M | Zaanland | 30:45 | 9,8 |
| 20 | 136 | René Brachthuizen | Zaandam | 1956 | M | | 30:48 | 9,7 |
| 21 | 123 | R.J. Pruijn | Zaandam | 1968 | M | | 30:51 | 9,7 |
| 22 | 137 | Simon Krook | Krommenie | 1964 | M | | 31:02 | 9,7 |
| 23 | 193 | Leroy Degenhart | Zaandijk | 1997 | M | | 31:07 | 9,6 |
| 24 | 119 | F.A. de Soet | Amsterdam | 1952 | M | | 31:18 | 9,6 |
| 25 | 169 | Cees Jan Fonteijn | Oostknollendam | 1957 | M | | 31:42 | 9,5 |
| 26 | 183 | J. v.d. Zee | Zaandam | 1950 | M | | 32:25 | 9,3 |
| 27 | 145 | Marthijn Bakker | Zaandam | 1991 | M | Zaanland | 32:32 | 9,2 |
| 28 | 170 | B. van Maanen | Zaandam | 1989 | M | | 32:38 | 9,2 |
| 29 | 122 | René van der Pal | Wormer | 1969 | M | Zaanland | 34:40 | 8,7 |
| 30 | 133 | Björn Zwart | Zaandam | 1980 | M | | 35:35 | 8,4 |
| 31 | 132 | Siem Visser | Zaandam | 1945 | M | | 35:55 | 8,4 |
| 32 | 138 | Piet Glas | Koog aan de Zaan | 1935 | M | Zaanland | 48:58 | 6,1 |

| Plaats | Startnr | Naam | Woonplaats | geb.jaar | M/V | Vereniging | Tijd | km/uur |
|--------|---------|------|------------|----------|-----|------------|------|--------|
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Recreatieloop 10,2 km dames

| | | | | | | | | |
|----|-----|--------------------------|------------------|------|---|-------------|---------|------|
| 1 | 601 | Femke van der Pal | Westzaan | 1995 | V | Zaanland | 41:05 | 14,9 |
| 2 | 670 | Cora Sistermans | Zaandam | 1965 | V | Zaanland | 44:29 | 13,8 |
| 3 | 679 | Annemieke van Dijk | Zaandam | 1971 | V | Zaanland | 49:00 | 12,5 |
| 4 | 602 | Mirjam van der Pal-Mudde | Westzaan | 1962 | V | Zaanland | 51:37 | 11,9 |
| 5 | 429 | Inge van de Ven | Breukelen Ut | 1972 | V | | 53:23 | 11,5 |
| 6 | 453 | Sanne Kooter | Zaandam | 1973 | V | Zaanland | 53:49 | 11,4 |
| 7 | 442 | Nienke Hengelmolen | Zaandam | 1993 | V | Zaanland | 54:06 | 11,3 |
| 8 | 445 | Paula Bonnes | Winkel | 1968 | V | | 54:16 | 11,3 |
| 9 | 437 | Regina Homan | Purmerend | 1956 | V | | 54:48 | 11,2 |
| 10 | 368 | Anja Schoone | Krommenie | 1959 | V | Lycurgus | 55:58 | 10,9 |
| 11 | 427 | Carry Kop | Zaandam | 1965 | V | | 56:19 | 10,9 |
| 12 | 466 | Sisca Duinmayer | Zaandijk | 1965 | V | | 56:24 | 10,9 |
| 13 | 613 | Corry Fris-Meijer | Wormer | 1963 | V | | 57:46 | 10,6 |
| 14 | 385 | Sandy Spaander | Zaandam | 1974 | V | Le Champion | 57:56 | 10,6 |
| 15 | 366 | Lian Kosse | Zaandam | 1962 | V | | 58:16 | 10,5 |
| 16 | 390 | Joyce de Roo | Zaandam | 1975 | V | Zaanland | 58:41 | 10,4 |
| 17 | 438 | Martine Veenendaal | Westzaan | 1970 | V | Zaanland | 58:54 | 10,4 |
| 18 | 607 | Vera Dudink | Zaandam | 1952 | V | Zaanland | 59:12 | 10,3 |
| 19 | 392 | Monique de Haan | Zaandam | 1982 | V | Zaanland | 59:31 | 10,3 |
| 20 | 236 | Sylvia Bakker | Westzaan | 1967 | V | Zaanland | 59:35 | 10,3 |
| 21 | 674 | Margreet Al | Zaandam | 1971 | V | Zaanland | 59:38 | 10,3 |
| 22 | 608 | Simone Hartog | Zaandam | 1970 | V | Zaanland | 59:56 | 10,2 |
| 23 | 606 | Jolanda van den Akker | Zaandam | 1959 | V | Zaanland | 1:00:32 | 10,1 |
| 24 | 757 | Victorina Zwanziger-Loef | Koog aan de Zaan | 1952 | V | Zaanland | 1:00:52 | 10,0 |
| 25 | 609 | Anouk Smit | Assendelft | 1971 | V | | 1:01:00 | 10,0 |
| 26 | 444 | Linda Visser | Zaandam | 1969 | V | Zaanland | 1:01:23 | 10,0 |
| 27 | 370 | Wil Gabriël | Koog aan de Zaan | 1953 | V | | 1:01:24 | 10,0 |
| 28 | 371 | Marry van der Aar | Koog aan de Zaan | 1955 | V | | 1:01:26 | 10,0 |
| 29 | 615 | Mia de Roo | Koog aan de Zaan | 1957 | V | Zaanland | 1:01:46 | 9,9 |
| 30 | 460 | Bas Sommeijer | Zaandam | 1972 | V | Zaanland | 1:02:10 | 9,8 |
| 31 | 462 | Gerlinde Luiken | Zaandam | 1968 | V | | 1:02:24 | 9,8 |
| 32 | 387 | Ellis Geusebroek | Zaandam | 1964 | V | Zaanland | 1:02:34 | 9,8 |
| 33 | 384 | Mariëtte Zon | Zaandam | 1964 | V | Zaanland | 1:04:14 | 9,5 |
| 34 | 376 | Jacqueline van de Velde | Zaandam | 1964 | V | | 1:04:21 | 9,5 |
| 35 | 605 | Jolanda Klitsie | Zaandam | 1960 | V | Zaanland | 1:04:23 | 9,5 |
| 36 | 379 | Glenda Smit | Assendelft | 1969 | V | | 1:04:31 | 9,5 |
| 37 | 341 | Anneke van Zaane | Koog aan de Zaan | 1964 | V | Lycurgus | 1:04:56 | 9,4 |
| 38 | 673 | Margje Al | Zaandam | 1974 | V | Zaanland | 1:05:18 | 9,4 |
| 39 | 653 | Tini Paardekooper | Zaandam | 1961 | V | Zaanland | 1:05:50 | 9,3 |
| 40 | 377 | Marjan Koeman | Zaandam | 1963 | V | Zaanland | 1:06:27 | 9,2 |
| 41 | 375 | Annemarie de Groot-Laan | Zaandam | 1952 | V | Zaanland | 1:06:41 | 9,2 |
| 42 | 386 | Liesbeth Akkerman | Zaandam | 1956 | V | Lycurgus | 1:07:10 | 9,1 |
| 43 | 616 | Wendy Posch | Zaandam | 1975 | V | Zaanland | 1:07:15 | 9,1 |
| 44 | 369 | Sandra Ulle | Zaandam | 1975 | V | | 1:07:16 | 9,1 |
| 45 | 246 | Esmeralda Boon | Westzaan | 1974 | V | Lycurgus | 1:08:03 | 9,0 |
| 46 | 388 | Jolanda Visser | Zaandam | 1980 | V | Zaanland | 1:09:34 | 8,8 |
| 47 | 671 | Astrid Fokkinga | Zaandam | 1965 | V | Zaanland | 1:11:45 | 8,5 |
| 48 | 672 | Clara Linnekamp-Free | Zaandam | 1949 | V | Zaanland | 1:13:58 | 8,3 |

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|--------|---------|------|------------|----------|-----|------------|------|--------|
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Recreatieloop 10,2 km heren

| | | | | | | | | |
|---|-----|------------------------|----------|------|---|----------|-------|------|
| 1 | 457 | Pieter Jelle Jongejans | Zaandijk | 1974 | M | Zaanland | 38:10 | 16,0 |
| 2 | 378 | Frank Ossen | Alkmaar | 1963 | M | Trias | 38:56 | 15,7 |
| 3 | 344 | Alex Bouwmeester | Zaandam | 1988 | M | Zaanland | 39:13 | 15,6 |

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|----|-----|----------------------|------------------|------|---|----------------|-------|------|
| 4 | 245 | Ed Meijn | Wijdewormer | 1960 | M | | 40:57 | 14,9 |
| 5 | 447 | Fred Schuitemaker | Zaandam | 1960 | M | Zaanland | 40:59 | 14,9 |
| 6 | 396 | Bas Thijssen | Zaandam | 1978 | M | Zaanland | 41:16 | 14,8 |
| 7 | 200 | Rob van Heerden | Amsterdam | 1960 | M | | 41:55 | 14,6 |
| 8 | 680 | Pieter Grandiek | Wormer | 1961 | M | Zaanland | 41:58 | 14,6 |
| 9 | 440 | Lats Tuboly | Zaandam | 1960 | M | Zaanland | 42:19 | 14,5 |
| 10 | 436 | Dirk Goldebeld | Wormer | 1956 | M | Zaanland | 42:53 | 14,3 |
| 11 | 399 | Rob Sluijter | Uitgeest | 1945 | M | Veteranen Ned. | 43:23 | 14,1 |
| 12 | 251 | Flip Valk | Zaandam | 1955 | M | Zaanland | 43:35 | 14,0 |
| 13 | 432 | Jacques de Weger | Zaandam | 1956 | M | Zaanland | 44:03 | 13,9 |
| 14 | 239 | Aart Vos | Zaandam | 1949 | M | | 44:54 | 13,6 |
| 15 | 675 | Rob van der Pal | Zaandam | 1964 | M | Zaanland | 45:22 | 13,5 |
| 16 | 426 | Julio Mengod | Zaandam | 1968 | M | Zaanland | 45:23 | 13,5 |
| 17 | 458 | Laurence Hervulle | Grootebroek | 1965 | M | SAV | 45:34 | 13,4 |
| 18 | 249 | Cees Groot | Edam | 1964 | M | AV Edam | 45:42 | 13,4 |
| 19 | 448 | Menno de vries | Zaandam | 1963 | M | | 46:04 | 13,3 |
| 20 | 244 | Ron Gans | Wijdewormer | 1960 | M | | 46:14 | 13,2 |
| 21 | 456 | Ton Mosch | Edam | 1963 | M | AV Edam | 46:35 | 13,1 |
| 22 | 446 | Pieter Bonnes | Winkel | 1963 | M | | 46:57 | 13,0 |
| 23 | 395 | Victor Fassaert | Krommenie | 1970 | M | | 46:59 | 13,0 |
| 24 | 612 | Cornelis Visser | Westzaan | 1959 | M | Zaanland | 47:07 | 13,0 |
| 25 | 449 | Lennart Dreier | Assendelft | 1978 | M | | 47:43 | 12,8 |
| 26 | 433 | Hennie van Langelaar | Zaandam | 1958 | M | Zaanland | 47:56 | 12,8 |
| 27 | 678 | Nic Grandiek | Zaandam | 1963 | M | Zaanland | 48:19 | 12,7 |
| 28 | 461 | Jeroen Luiken | Zaandam | 1965 | M | | 48:49 | 12,5 |
| 29 | 397 | Luit Boonstra | Zaandam | 1955 | M | Lycurgus | 48:54 | 12,5 |
| 30 | 600 | Frank Kriek | Zaandam | 1957 | M | Zaanland | 49:27 | 12,4 |
| 31 | 434 | Erwin Zelvelder | Krommenie | 1970 | M | | 49:59 | 12,2 |
| 32 | 452 | Kees Janssen | Wormer | 1949 | M | | 50:12 | 12,2 |
| 33 | 463 | Ronald Wiersma | Zaandam | 1962 | M | Zaanland | 50:28 | 12,1 |
| 34 | 428 | Kees de Gooyer | Zaandam | 1957 | M | | 50:45 | 12,1 |
| 35 | 238 | Klaas Flens | Oostzaan | 1953 | M | Zaanland | 50:53 | 12,0 |
| 36 | 439 | Gerard Boucherie | Zaandijk | 1965 | M | | 52:00 | 11,8 |
| 37 | 677 | Sander Goudriaan | Wormer | 1970 | M | Zaanland | 52:03 | 11,8 |
| 38 | 247 | Martin de Ruiter | Zaandam | 1959 | M | Zaanland | 52:11 | 11,7 |
| 39 | 242 | Wouter Allan | Noordbeemster | 1970 | M | | 52:12 | 11,7 |
| 40 | 454 | Dick Beets | Wormer | 1949 | M | | 52:36 | 11,6 |
| 41 | 391 | Mischa Zwagers | Zaandam | 1975 | M | | 52:37 | 11,6 |
| 42 | 450 | Ron van der Vorm | Zaandam | 1973 | M | Zaanland | 53:03 | 11,5 |
| 43 | 611 | Hans Gruijs | Zaandam | 1961 | M | Zaanland | 53:26 | 11,5 |
| 44 | 443 | Kees Egberts | Castricum | 1951 | M | | 53:42 | 11,4 |
| 45 | 380 | Marcel Timmer | Assendelft | 1965 | M | | 53:44 | 11,4 |
| 46 | 435 | Vincent Guldenaar | Zaandam | 1979 | M | Zaanland | 54:07 | 11,3 |
| 47 | 248 | Jan Dam | Zaandam | 1965 | M | | 54:15 | 11,3 |
| 48 | 614 | Hans de Roo | Koog aan de Zaan | 1956 | M | Zaanland | 54:19 | 11,3 |
| 49 | 465 | Pieter Visser | Zaandam | 1974 | M | | 54:22 | 11,3 |
| 50 | 398 | Rob Rempt | Zaandam | 1945 | M | | 54:39 | 11,2 |
| 51 | 455 | Eelco Aartsen | Zaandam | 1966 | M | Zaanland | 54:40 | 11,2 |
| 52 | 610 | Mark Gruijs | Zaandam | 1991 | M | Zaanland | 55:13 | 11,1 |
| 53 | 240 | Paul Vethaak | Zaandam | 1959 | M | Zaanland | 55:52 | 11,0 |
| 54 | 451 | Wim Dekkers | Purmerend | 1950 | M | NEA Volharding | 56:20 | 10,9 |
| 55 | 467 | Maarten van Wijk | Wormer | 1960 | M | | 56:22 | 10,9 |
| 56 | 237 | Dirk van Lier | Purmerend | 1961 | M | NEA Volharding | 56:29 | 10,8 |
| 57 | 430 | Wim Roozendaal | Amstelveen | 1955 | M | | 56:35 | 10,8 |
| 58 | 374 | M. Heilijgers | Wormer | 1996 | M | | 57:26 | 10,7 |
| 59 | 254 | Nico van de Velde | Zaandam | 1948 | M | | 57:54 | 10,6 |

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|----|-----|-----------------------|------------------|------|---|----------------|---------|------|
| 60 | 746 | Jurrien Krol | Assendelft | 1962 | M | Lycurgus | 57:57 | 10,6 |
| 61 | 342 | Robert Kruijshaar | Zaandam | 1958 | M | Zaanland | 58:38 | 10,4 |
| 62 | 365 | Hans Gruizinga | Mijdrecht | 1947 | M | | 58:51 | 10,4 |
| 63 | 394 | Bert Degenhart | Zaandijk | 1968 | M | | 59:03 | 10,4 |
| 64 | 373 | E. Heilijgers | Wormer | 1992 | M | | 59:59 | 10,2 |
| 65 | 382 | J. de Boer | Zaandam | 1995 | M | | 1:00:00 | 10,2 |
| 66 | 381 | Peter de Boer | Zaandam | 1961 | M | | 1:00:30 | 10,1 |
| 67 | 383 | J. de Boer | Zaandam | 1989 | M | | 1:00:31 | 10,1 |
| 68 | 393 | Johan de Koning | Zaandam | 1981 | M | Zaanland | 1:00:35 | 10,1 |
| 69 | 431 | Aise de Vries | Zaandam | 1961 | M | Zaanland | 1:00:42 | 10,1 |
| 70 | 367 | Rob Munscher | Amsterdam | 1942 | M | Le Champion | 1:00:55 | 10,0 |
| 71 | 372 | J. Heilijgers | Wormer | 1960 | M | | 1:01:05 | 10,0 |
| 72 | 241 | Martin Wezel | Koog aan de Zaan | 1952 | M | Le Champion | 1:01:58 | 9,9 |
| 73 | 603 | Mente Suzenaar | Zaandam | 1951 | M | Zaanland | 1:02:38 | 9,8 |
| 74 | 235 | Herman Bosschert | Wijdewormer | 1936 | M | NEA Volharding | 1:02:41 | 9,8 |
| 75 | 441 | Klaas Jorritsma | Diemen | 1947 | M | | 1:03:26 | 9,6 |
| 76 | 234 | Rudie van Doorn | Amsterdam | 1955 | M | Zaanland | 1:03:31 | 9,6 |
| 77 | 343 | Gerard Stoeltjes | Assendelft | 1938 | M | | 1:05:15 | 9,4 |
| 79 | 464 | Hans Rep | Zaandam | 1950 | M | | 1:08:59 | 8,9 |
| 80 | 389 | Jeffrey van der Werff | Zaandam | 1977 | M | | 1:09:30 | 8,8 |
| 81 | 364 | Han Nool | Krommenie | 1950 | M | | 1:09:56 | 8,8 |
| 82 | 210 | Jan Pankras | Heiloo | 1940 | M | Lycurgus | 1:13:58 | 8,3 |

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|--------|---------|------|------------|----------|-----|------------|------|--------|
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Recreatieloop 16,1 km dames

| | | | | | | | | |
|----|-----|----------------------------|------------------|------|---|----------|---------|------|
| 1 | 739 | José Doorson | Zaandam | 1966 | V | Zaanland | 1:07:59 | 14,2 |
| 2 | 730 | Graziella Kalf-Sala Peup | Zaandam | 1968 | V | Zaanland | 1:22:29 | 11,7 |
| 3 | 731 | Joke Bijvoet | Koog aan de Zaan | 1952 | V | Zaanland | 1:22:30 | 11,7 |
| 4 | 765 | Mignon Verhoef | Haarlem | 1960 | V | | 1:27:30 | 11,0 |
| 5 | 736 | Joyce Ros | Zaandam | 1965 | V | Zaanland | 1:31:32 | 10,5 |
| 6 | 734 | Vrony Rosielle | Zaandam | 1958 | V | Zaanland | 1:31:33 | 10,5 |
| 7 | 760 | Marian van Gestel | Zaandam | 1955 | V | Zaanland | 1:34:58 | 10,2 |
| 8 | 713 | Jacqueline Louwe-Zijlstra | Koog aan de Zaan | 1968 | V | Zaanland | 1:40:53 | 9,6 |
| 9 | 761 | Marjolein Lensink-Neijzing | Zaandam | 1968 | V | Zaanland | 1:42:47 | 9,4 |
| 10 | 752 | Marjolein de Heer | Zaandam | 1955 | V | Zaanland | 1:46:50 | 9,1 |

| Plaats | Startnr | Naam | Woonplaats | geb.jaar | M/V | Vereniging | Tijd | km/uur |
|--------|---------|------|------------|----------|-----|------------|------|--------|
|--------|---------|------|------------|----------|-----|------------|------|--------|

Recreatieloop 16,1 km heren

| | | | | | | | | |
|----|-----|--------------------|------------------|------|---|----------------|---------|------|
| 1 | 758 | Jiri Kemper | Amsterdam | 1977 | M | AV '23 | 57:52 | 16,7 |
| 2 | 803 | Ron Kuyer | Assendelft | 1964 | M | Lycurgus | 58:55 | 16,4 |
| 3 | 767 | Ruben Romkes | Koog aan de Zaan | 1969 | M | Zaanland | 1:00:45 | 15,9 |
| 4 | 759 | Eddy van Leeuwen | Zaandam | 1971 | M | | 1:01:03 | 15,8 |
| 5 | 769 | Marcoen Beeks | Zaandam | 1958 | M | Zaanland | 1:04:58 | 14,9 |
| 6 | 764 | René Bouwmeester | Zaandam | 1961 | M | Zaanland | 1:05:03 | 14,8 |
| 7 | 735 | Peter van Doesburg | Zaandam | 1965 | M | Zaanland | 1:05:38 | 14,7 |
| 8 | 802 | Patrick de Boer | Zaandam | 1978 | M | Zaanland | 1:07:25 | 14,3 |
| 9 | 743 | Jan de Boer | Koog aan de Zaan | 1949 | M | Zaanland | 1:07:48 | 14,2 |
| 10 | 810 | Rob Emmerig | Assendelft | 1955 | M | Lycurgus | 1:07:58 | 14,2 |
| 11 | 795 | Ben van der Heul | Purmerend | 1967 | M | NEA Volharding | 1:08:05 | 14,2 |
| 12 | 805 | Hans van Vinkeveen | Amsterdam | 1956 | M | | 1:09:05 | 14,0 |
| 13 | 806 | Cock Reijnders | Castricum | 1956 | M | AV Castricum | 1:09:20 | 13,9 |
| 14 | 796 | Michiel Richards | Zaandam | 1971 | M | | 1:10:06 | 13,8 |
| 15 | 727 | Eric Fris | Zaandam | 1962 | M | Zaanland | 1:10:27 | 13,7 |
| 16 | 816 | Sander Dreier | Zaandijk | 1974 | M | | 1:10:42 | 13,7 |

| | | | | | | | | |
|----|-----|-----------------------|--------------------|------|---|----------------|---------|------|
| 17 | 813 | Robin Schonenberg | Zaandam | 1973 | M | Dutch Runners | 1:10:59 | 13,6 |
| 18 | 768 | Peter van der Eng | Assendelft | 1956 | M | Zaanland | 1:11:10 | 13,6 |
| 19 | 790 | Aart van Dijk | Assendelft | 1956 | M | | 1:11:49 | 13,4 |
| 20 | 750 | Martijn Visser | Zaandam | 1982 | M | Zaanland | 1:12:05 | 13,4 |
| 21 | 794 | Simon van der Eng | Assendelft | 1959 | M | | 1:12:08 | 13,4 |
| 22 | 738 | Eddo Weitering | Zaandam | 1972 | M | Zaanland | 1:12:30 | 13,3 |
| 23 | 807 | René de Groot | Purmerend | 1969 | M | | 1:12:54 | 13,2 |
| 24 | 725 | Henk Motshagen | Zaandijk | 1949 | M | Zaanland | 1:13:12 | 13,2 |
| 25 | 809 | R. Roding | Zaandam | 1956 | M | | 1:13:37 | 13,1 |
| 26 | 740 | Fons Kuijk | Zaandam | 1955 | M | Zaanland | 1:13:52 | 13,1 |
| 27 | 818 | Jan-Willem Oosterveld | Wormer | 1965 | M | | 1:16:47 | 12,6 |
| 28 | 756 | Ruud Zwanziger | Koog aan de Zaan | 1949 | M | Zaanland | 1:16:58 | 12,5 |
| 29 | 770 | Erwin Cardol | Zaandijk | 1969 | M | | 1:17:11 | 12,5 |
| 30 | 724 | Richard Pietens | Zaandam | 1968 | M | | 1:17:22 | 12,5 |
| 31 | 748 | Leon Geerlings | Wormer | 1994 | M | | 1:17:33 | 12,4 |
| 32 | 793 | Peter Leeuwerink | Zaandam | 1964 | M | Zaanland | 1:17:44 | 12,4 |
| 33 | 804 | Piet van der Pal | Zaandam | 1956 | M | Zaanland | 1:18:38 | 12,3 |
| 34 | 745 | Wim Zaal | Krommenie | 1963 | M | | 1:18:47 | 12,3 |
| 35 | 723 | Eddy Vink | Zaandam | 1967 | M | | 1:18:56 | 12,2 |
| 36 | 729 | Jan Fris | Wormer | 1956 | M | Zaanland | 1:19:00 | 12,2 |
| 37 | 792 | John Heimersen | Koog aan de Zaan | 1958 | M | AZVD | 1:19:35 | 12,1 |
| 38 | 747 | Roy Chateau | Koog aan de Zaan | 1994 | M | | 1:20:45 | 12,0 |
| 39 | 737 | Marcel Gigengack | Zaandam | 1962 | M | Zaanland | 1:20:58 | 11,9 |
| 40 | 763 | Edwin Egas | Zaandam | 1962 | M | | 1:20:59 | 11,9 |
| 41 | 742 | Arjan van Diepen | Wijdewormer | 1973 | M | Zaanland | 1:21:14 | 11,9 |
| 42 | 728 | Benjamin Bosboom | Koog aan de Zaan | 1960 | M | Zaanland | 1:22:04 | 11,8 |
| 43 | 766 | Klaas Lakeman | Heemskerk | 1948 | M | Veteranen Ned. | 1:22:09 | 11,8 |
| 44 | 749 | Michel van Diepen | Purmerend | 1976 | M | Zaanland | 1:22:51 | 11,7 |
| 45 | 798 | Jos Mascini | Amsterdam Zuidoost | 1956 | M | Heco GVB | 1:24:18 | 11,5 |
| 46 | 753 | Ton Kesteloo | Zaandam | 1951 | M | | 1:24:35 | 11,4 |
| 47 | 733 | Gert Huiberts | Zaandam | 1967 | M | Zaanland | 1:24:37 | 11,4 |
| 48 | 762 | Frank van Vliet | Zaandam | 1970 | M | Le Champion | 1:24:38 | 11,4 |
| 49 | 811 | Peter Out | Beverwijk | 1970 | M | | 1:24:52 | 11,4 |
| 50 | 744 | Jan Karbet | Zaandam | 1965 | M | Zaanland | 1:25:59 | 11,2 |
| 51 | 812 | Peter Lansbergen | Assendelft | 1953 | M | Le Champion | 1:26:09 | 11,2 |
| 52 | 817 | Harry Derlagen | Zaandam | 1959 | M | | 1:26:27 | 11,2 |
| 53 | 755 | Stefano van Temmen | Zaandam | 1993 | M | | 1:28:40 | 10,9 |
| 54 | 754 | Rob Buur | Zaandam | 1957 | M | | 1:29:56 | 10,7 |
| 55 | 799 | Martin Peters | De Rijk | 1957 | M | Lycurgus | 1:31:03 | 10,6 |
| 56 | 791 | Walter Hollenkamp | Purmerend | 1948 | M | Veteranen Ned. | 1:31:10 | 10,6 |
| 57 | 808 | Kees Walter | Zaandam | 1960 | M | Zaanland | 1:33:08 | 10,4 |
| 58 | 741 | Rikus Bijvoet | Purmerend | 1947 | M | Zaanland | 1:33:09 | 10,4 |
| 59 | 801 | René Pronk | Medemblik | 1953 | M | | 1:34:19 | 10,2 |
| 60 | 797 | Nol Bos | Zaandam | 1950 | M | | 1:35:18 | 10,1 |
| 61 | 732 | Martin Corzilius | Zaandam | 1963 | M | Zaanland | 1:36:08 | 10,0 |
| 62 | 815 | Peter den Hollander | Assendelft | 1960 | M | | 1:37:06 | 9,9 |
| 63 | 814 | Rob Groot | Zaandam | 1949 | M | Le Champion | 1:40:47 | 9,6 |
| 64 | 751 | Joop Keetman | Zaandam | 1944 | M | Lycurgus | 1:46:35 | 9,1 |