



## Uitslag 4de Sultanalooop, AV Zaanland, Zaandam, 18 maart 2012

| Plaats               | Startnr | Naam                | Woonplaats       | jaar | M/V | Vereniging   | tijd  | km/u |
|----------------------|---------|---------------------|------------------|------|-----|--------------|-------|------|
| <b>1,2 KM TOTAAL</b> |         |                     |                  |      |     |              |       |      |
| 1                    | 749     | Tijmen van 't Land  | Wormerveer       | 1999 | M   | Lycurgus     | 4:24  | 16,4 |
| 2                    | 757     | Rick Thomasse       | Castricum        | 2002 | M   | AV Castricum | 4:25  | 16,3 |
| 3                    | 934     | Levi van Diest      | Assendelft       | 2001 | M   | Lycurgus     | 4:36  | 15,7 |
| 4                    | 758     | Marcus Thomasse     | Castricum        | 2002 | M   | AV Castricum | 4:56  | 14,6 |
| 5                    | 994     | Mark Kalbfleisch    | Zaandam          | 2002 | M   | Zaanland     | 4:57  | 14,5 |
| 6                    | 993     | Onno Kalbfleisch    | Zaandam          | 2000 | M   | Zaanland     | 5:01  | 14,4 |
| 7                    | 760     | Lieve Butter        | Wormer           | 2000 | V   | Lycurgus     | 5:02  | 14,3 |
| 8                    | 999     | Daan Vonhees        | Zaandijk         | 2000 | M   |              | 5:07  | 14,1 |
| 9                    | 936     | Femke Drijfhout     | Krommenie        | 2002 | V   | Lycurgus     | 5:18  | 13,6 |
| 10                   | 159     | Meike Hartog        | Zaandam          | 2001 | V   | Zaanland     | 5:29  | 13,1 |
| 11                   | 150     | Mart Grafe          | Koog aan de Zaan | 2000 | M   | Zaanland     | 5:30  | 13,1 |
| 12                   | 1000    | Mirte van 't Land   | Wormerveer       | 2001 | V   | Lycurgus     | 5:33  | 13,0 |
| 13                   | 988     | Vera Landstra       | Zaandam          | 2001 | V   | Zaanland     | 5:45  | 12,5 |
| 14                   | 995     | Sarah Koper         | Zaandam          | 2003 | V   | Zaanland     | 6:10  | 11,7 |
| 15                   | 998     | Joshua Bos          | Koog aan de Zaan | 2004 | M   | Zaanland     | 6:19  | 11,4 |
| 16                   | 996     | Jesse Leeuwerink    | Zaandam          | 2002 | M   | Zaanland     | 6:27  | 11,2 |
| 17                   | 750     | Jesse Brinkman      | Zaandam          | 2003 | M   |              | 6:28  | 11,1 |
| 18                   | 753     | Fleur van Leeuwen   | Zaandam          | 2003 | V   | Zaanland     | 6:32  | 11,0 |
| 19                   | 989     | Nikki Zutt          | Zaandam          | 2001 | V   |              | 6:37  | 10,9 |
| 20                   | 997     | Thimo Willemsen     | Zaandam          | 2002 | M   | Zaanland     | 6:38  | 10,9 |
| 21                   | 990     | Jessamy Roubos      | Zaandam          | 2003 | V   | Zaanland     | 6:40  | 10,8 |
| 22                   | 987     | Chimene Schuurman   | Zaandam          | 2002 | V   | Zaanland     | 6:44  | 10,7 |
| 23                   | 933     | Suze Butter         | Wormer           | 2002 | V   | Lycurgus     | 6:45  | 10,7 |
| 24                   | 759     | Esmée van der Wal   | Wormer           | 2002 | V   | Lycurgus     | 6:46  | 10,6 |
| 25                   | 992     | Sanne Braat         | Koog aan de Zaan | 2001 | V   | Zaanland     | 6:53  | 10,5 |
| 26                   | 991     | Bowey Roubos        | Zaandam          | 2005 | M   |              | 6:54  | 10,4 |
| 27                   | 752     | Emma van Leeuwen    | Zaandam          | 2005 | V   | Zaanland     | 7:20  | 9,8  |
| 28                   | 756     | Anouk van Enkhuizen | Zaandam          | 1999 | V   | Zaanland     | 7:21  | 9,8  |
| 29                   | 751     | Mees Brinkman       | Zaandam          | 2005 | M   |              | 7:25  | 9,7  |
| 30                   | 937     | Jordy Drijfhout     | Krommenie        | 2002 | M   | Lycurgus     | 7:33  | 9,5  |
| 31                   | 181     | Floor Bakker        | Zaandam          | 2006 | V   |              | 7:43  | 9,3  |
| 32                   | 180     | Pien Bakker         | Zaandam          | 2005 | V   | Zaanland     | 7:44  | 9,3  |
| 33                   | 935     | Danique Nooij       | Westzaan         | 2009 | V   |              | 8:57  | 8,0  |
| 34                   | 755     | Lisa van Enkhuizen  | Zaandam          | 2001 | V   | Zaanland     | 8:58  | 8,0  |
| 35                   | 754     | Feline Nooij        | Westzaan         | 2006 | V   |              | 12:33 | 5,7  |
| <b>5 KM TOTAAL</b>   |         |                     |                  |      |     |              |       |      |
| 1                    | 396     | Emiel Doorgeest     | Zaandijk         | 1993 | M   | Zaanland     | 17:33 | 17,1 |
| 2                    | 369     | Marco Eskes         | Oostzaan         | 1962 | M   | Waterland    | 17:55 | 16,7 |
| 3                    | 397     | Marijn Buijtendorp  | Zaandam          | 1993 | M   | Zaanland     | 18:22 | 16,3 |
| 4                    | 361     | Bjorn Heijnen       | Koog aan de Zaan | 1991 | M   | Zaanland     | 18:29 | 16,2 |
| 5                    | 390     | Jeske van der Pal   | Westzaan         | 1997 | V   | Zaanland     | 19:16 | 15,6 |
| 6                    | 362     | Rob van Heerden     | Amsterdam        | 1960 | M   |              | 19:48 | 15,2 |
| 7                    | 392     | Mick Onrust         | Zaandam          | 1998 | M   | Zaanland     | 19:59 | 15,0 |
| 8                    | 357     | Tim Huiberts        | Zaandam          | 1998 | M   | Zaanland     | 20:03 | 15,0 |

|                     |     |                        |                  |      |   |              |       |      |
|---------------------|-----|------------------------|------------------|------|---|--------------|-------|------|
| 9                   | 373 | Marjet Groen           | Uitgeest         | 1997 | V | AV Castricum | 20:17 | 14,8 |
| 10                  | 393 | Henk Onrust            | Zaandam          | 1967 | M | Zaanland     | 20:22 | 14,7 |
| 11                  | 365 | Marije Doddema         | Zaandam          | 1995 | V | Zaanland     | 21:28 | 14,0 |
| 12                  | 383 | Henk van Diest         | Assendelft       | 1967 | M |              | 21:44 | 13,8 |
| 13                  | 360 | Ruud Righolt           | Zaandam          | 1953 | M | Zaanland     | 22:23 | 13,4 |
| 14                  | 367 | Arjan Dijkstra         | Westzaan         | 1977 | M | Lycurgus     | 22:28 | 13,4 |
| 15                  | 366 | Marco Dijkstra         | Westzaan         | 1980 | M |              | 22:42 | 13,2 |
| 16                  | 372 | Jolanda Stas           | Oostzaan         | 1964 | V | Zaanland     | 23:17 | 12,9 |
| 17                  | 395 | Nick Goldebeld         | Wormer           | 2000 | M | Zaanland     | 23:24 | 12,8 |
| 18                  | 394 | Dirk Goldebeld         | Wormer           | 1956 | M | Zaanland     | 23:24 | 12,8 |
| 19                  | 368 | Talitha Bos            | Koog aan de Zaan | 1999 | V | Zaanland     | 24:51 | 12,1 |
| 20                  | 359 | Cor Bobeldijk          | Beverwijk        | 1951 | M | DEM          | 25:33 | 11,7 |
| 21                  | 388 | Robin Bakker           | Zaandam          | 1997 | M | Zaanland     | 27:10 | 11,0 |
| 22                  | 382 | D Spaargaren           | Aalsmeer         | 1953 | M | AVA '64      | 27:16 | 11,0 |
| 23                  | 387 | Marthijn Bakker        | Zaandam          | 1991 | M | Zaanland     | 27:42 | 10,8 |
| 24                  | 370 | Jeanet ter Horst       | Zaandijk         | 1968 | V |              | 28:05 | 10,7 |
| 25                  | 391 | Kees Walter            | Zaandam          | 1960 | M | Zaanland     | 28:18 | 10,6 |
| 26                  | 350 | Wilma Passant          | Zaandam          | 1964 | V |              | 28:30 | 10,5 |
| 27                  | 380 | Sepp Nick              | Aalsmeer         | 1942 | M |              | 29:14 | 10,3 |
| 28                  | 379 | Charon Lak             | Zaandam          | 2002 | V | Zaanland     | 29:31 | 10,2 |
| 29                  | 378 | Melvin Lak             | Zaandam          | 1972 | M |              | 29:32 | 10,2 |
| 30                  | 374 | Luza Roos Cordes       | Zaandam          | 2002 | V | Zaanland     | 29:34 | 10,1 |
| 31                  | 375 | Fred Cordes            | Zaandam          | 1968 | M |              | 29:35 | 10,1 |
| 32                  | 351 | Deborah Pluymaekers    | Koog aan de Zaan | 1971 | V | Le Champion  | 29:43 | 10,1 |
| 33                  | 348 | Leroy Degenhart        | Zaandijk         | 1997 | M |              | 30:17 | 9,9  |
| 34                  | 355 | Milou Rijksbaron       | Zaandam          | 2002 | V |              | 31:01 | 9,7  |
| 35                  | 354 | Sander Rijksbaron      | Zaandam          | 1965 | M | Zaanland     | 31:02 | 9,7  |
| 36                  | 353 | Jantine Volmer         | Zaandam          | 1971 | V | Zaanland     | 31:02 | 9,7  |
| 37                  | 398 | Cees Jan Fonteijn      | Oostknollendam   | 1957 | M |              | 31:23 | 9,6  |
| 38                  | 400 | C. de Jeeger           | Zaandam          | 1972 | V |              | 31:30 | 9,5  |
| 39                  | 399 | Sanne Kok              | Zaandijk         | 1974 | V |              | 31:33 | 9,5  |
| 40                  | 356 | Maaïke Pietersen-Brand | Zaandam          | 1959 | V |              | 31:34 | 9,5  |
| 41                  | 352 | Mark Hagenaars         | Zaandam          | 1970 | M |              | 31:51 | 9,4  |
| 42                  | 358 | Marjolein Peters       | Zaandam          | 1976 | V | Zaanland     | 31:52 | 9,4  |
| 43                  | 349 | Jane Stam-Gabriël      | Zaandam          | 1984 | V |              | 32:01 | 9,4  |
| 44                  | 389 | René van der Pal       | Wormer           | 1969 | M | Zaanland     | 32:02 | 9,4  |
| 45                  | 363 | Judith Visser          | Amsterdam        | 1980 | V |              | 32:28 | 9,2  |
| 46                  | 364 | P. Visser              | Amsterdam        | 1974 | M |              | 32:29 | 9,2  |
| 47                  | 377 | M. Rab                 | Westzaan         | 1971 | V |              | 32:38 | 9,2  |
| 48                  | 376 | S. Nooij               | Zaandam          | 1971 | V |              | 32:39 | 9,2  |
| 49                  | 371 | Maria Bank             | Zaandam          | 1953 | V | Zaanland     | 33:24 | 9,0  |
| 50                  | 384 | Gerlinde Luiken        | Zaandam          | 1968 | V |              | 35:20 | 8,5  |
| 51                  | 385 | Emma Luiken            | Zaandam          | 1999 | V |              | 35:21 | 8,5  |
| 52                  | 386 | Inge Eendebak          | Koog aan de Zaan | 1962 | V | Zaanland     | 38:36 | 7,8  |
| 53                  | 381 | G vd Steeg             | Aalsmeer         | 1936 | M | AV Aalsmeer  | 38:36 | 7,8  |
| <b>10 KM TOTAAL</b> |     |                        |                  |      |   |              |       |      |
| 1                   | 772 | Alex Bouwmeester       | Zaandam          | 1988 | M | Zaanland     | 35:08 | 17,1 |
| 2                   | 733 | Louis Dam              | Assendelft       | 1962 | M | Zaanland     | 35:17 | 17,0 |
| 3                   | 738 | Ron Kuyer              | Assendelft       | 1964 | M | Lycurgus     | 35:23 | 17,0 |
| 4                   | 886 | Pieter Jelle Jongejans | Zaandijk         | 1974 | M | Zaanland     | 36:48 | 16,3 |
| 5                   | 795 | Edgar Griffioen        | Amsterdam        | 1969 | M | Lycurgus     | 38:23 | 15,6 |

|    |     |                       |                  |      |   |                |       |      |
|----|-----|-----------------------|------------------|------|---|----------------|-------|------|
| 6  | 870 | Femke van der Pal     | Westzaan         | 1995 | V | Zaanland       | 39:52 | 15,1 |
| 7  | 855 | Peter van Doesburg    | Zaandam          | 1965 | M | Zaanland       | 39:58 | 15,0 |
| 8  | 785 | Paul Hijne            | Krommenie        | 1991 | M |                | 40:51 | 14,7 |
| 9  | 768 | Ed Meijn              | Neck             | 1960 | M |                | 40:58 | 14,6 |
| 10 | 790 | Danny Ike             | Krommenie        | 1978 | M |                | 40:59 | 14,6 |
| 11 | 874 | Cora Sistermans       | Zaandam          | 1965 | V | Zaanland       | 41:23 | 14,5 |
| 12 | 683 | Mike Alders           | Zaandam          | 1967 | M | Zaanland       | 41:40 | 14,4 |
| 13 | 769 | Louis Wolven          | Egmond-Binnen    | 1964 | M | Trias          | 42:21 | 14,2 |
| 14 | 763 | Martin Nieuwerf       | Den Helder       | 1956 | M | Noordkop       | 43:31 | 13,8 |
| 15 | 773 | Aart Vos              | Zaandam          | 1949 | M |                | 44:12 | 13,6 |
| 16 | 747 | Niels Anders          | Dordrecht        | 1983 | M | Hercules       | 44:22 | 13,5 |
| 17 | 783 | Jacques de Weger      | Krommenie        | 1956 | M | Zaanland       | 44:48 | 13,4 |
| 18 | 892 | Robin Schonenberg     | Zaandam          | 1973 | M | Dutch Runners  | 44:54 | 13,4 |
| 19 | 746 | Rob van der Pal       | Zaandam          | 1964 | M | Zaanland       | 45:20 | 13,2 |
| 20 | 771 | Ruben van Dalflen     | Groningen        | 1992 | M |                | 45:23 | 13,2 |
| 21 | 800 | Martin van der Klufft | Zaandam          | 1963 | M |                | 46:13 | 13,0 |
| 22 | 898 | Dennis Glas           | koog aan de zaan | 1968 | M | Zaanland       | 46:27 | 12,9 |
| 23 | 879 | Erwin Meester         | Zaandam          | 1977 | M | Zaanland       | 46:28 | 12,9 |
| 24 | 742 | Willem Walst          | Zaandam          | 1961 | M | Zaanland       | 46:36 | 12,9 |
| 25 | 765 | Lens                  | Purmerend        | 1958 | M | Lycurgus       | 46:42 | 12,8 |
| 26 | 897 | Floris Overwater      | Zaandam          | 1972 | M | Zaanland       | 46:44 | 12,8 |
| 27 | 890 | Hennie van Langelaar  | Zaandam          | 1958 | M | Zaanland       | 46:57 | 12,8 |
| 28 | 894 | Ed Oosterhoorn        | Zaandam          | 1969 | M | Zaanland       | 47:07 | 12,7 |
| 29 | 895 | Patrick Volkers       | Westzaan         | 1972 | M |                | 47:08 | 12,7 |
| 30 | 797 | Ingmar Beelaar        | Julianadorp      | 1970 | M |                | 47:45 | 12,6 |
| 31 | 866 | Mischa Zwagers        | Zaandam          | 1975 | M | Zaanland       | 47:55 | 12,5 |
| 32 | 779 | Nico Overeem          | Volendam         | 1973 | M |                | 48:25 | 12,4 |
| 33 | 794 | Ron Gans              | Wijdewormer      | 1960 | M |                | 48:44 | 12,3 |
| 34 | 767 | Klaas Flens           | Oostzaan         | 1953 | M | Zaanland       | 49:24 | 12,1 |
| 35 | 877 | Ruud de Goede         | Zaandam          | 1956 | M | Zaanland       | 49:25 | 12,1 |
| 36 | 869 | Sietse van der Pal    | Westzaan         | 1998 | M | Zaanland       | 49:27 | 12,1 |
| 37 | 739 | Frank Kriek           | Zaandam          | 1957 | M | Zaanland       | 49:39 | 12,1 |
| 38 | 864 | Hans de Roo           | Koog aan de Zaan | 1956 | M | Zaanland       | 50:05 | 12,0 |
| 39 | 861 | Tiny Tol-Maas         | Zaandam          | 1948 | V | Zaanland       | 50:06 | 12,0 |
| 40 | 791 | Thijs van der Kolk    | Oostzaan         | 1962 | M | Zaanland       | 50:07 | 12,0 |
| 41 | 682 | Dirk Beeks            | Wormer           | 1949 | M |                | 50:12 | 12,0 |
| 42 | 717 | Corry Fris-Meijer     | Wormer           | 1963 | V |                | 50:54 | 11,8 |
| 43 | 761 | Tom Heijnen           | Zaandam          | 1960 | M | Zaanland       | 50:55 | 11,8 |
| 44 | 899 | Kees Janssen          | Wormer           | 1949 | M |                | 50:59 | 11,8 |
| 45 | 780 | Jan Kemper            | Volendam         | 1973 | M | AV Edam        | 51:07 | 11,7 |
| 46 | 719 | Jan Nijssen           | Velserbroek      | 1956 | M | Suomi          | 51:08 | 11,7 |
| 47 | 762 | Dick Wezel            | Purmerend        | 1954 | M | Zaanland       | 51:47 | 11,6 |
| 48 | 764 | Han Jongeneel         |                  | 1956 | M | Lycurgus       | 52:10 | 11,5 |
| 49 | 766 | Arjen de Jong         | Zaandam          | 1978 | M | Zaanland       | 52:18 | 11,5 |
| 50 | 734 | Ton Kesteloo          | Zaandam          | 1951 | M | GAC Hilversum  | 52:26 | 11,4 |
| 51 | 789 | Dirk van Lier         | Purmerend        | 1961 | M | NEA Volharding | 52:29 | 11,4 |
| 52 | 896 | Ron van der Vorm      | Zaandam          | 1973 | M | Zaanland       | 52:48 | 11,4 |
| 53 | 882 | Maurice Heilijgers    | Wormer           | 1996 | M | Zaanland       | 52:49 | 11,4 |
| 54 | 878 | Niels Kerkhoven       | Zaandam          | 1959 | M | Zaanland       | 52:53 | 11,3 |
| 55 | 786 | Judith Goedhart       | Purmerend        | 1974 | V | NEA Volharding | 53:01 | 11,3 |
| 56 | 748 | Lieke Mulder          | Dordrecht        | 1986 | V | Hercules       | 53:03 | 11,3 |
| 57 | 784 | Onno Gabel            | Koog aan de Zaan | 1973 | M | Zaanland       | 53:08 | 11,3 |

|     |     |                           |                   |      |   |               |       |      |
|-----|-----|---------------------------|-------------------|------|---|---------------|-------|------|
| 58  | 793 | Peter Lansbergen          | Assendelft        | 1953 | M | Le Champion   | 53:09 | 11,3 |
| 59  | 782 | Jan Dam                   | Zaandam           | 1965 | M |               | 53:13 | 11,3 |
| 60  | 777 | Tom Mol                   | Egmond aan Zee    | 1954 | M |               | 53:15 | 11,3 |
| 61  | 858 | Erica Jaape               | Zaandam           | 1968 | V | Zaanland      | 53:22 | 11,2 |
| 62  | 741 | Martin de Rooter          | Zaandam           | 1959 | M | Zaanland      | 53:24 | 11,2 |
| 63  | 776 | Sander Goudriaan          | Wormer            | 1970 | M | Zaanland      | 53:26 | 11,2 |
| 64  | 723 | Sandy Spaander            | Zaandam           | 1974 | V | Le Champion   | 53:34 | 11,2 |
| 65  | 744 | Jennifer Kleinendorst     | Zaandam           | 1967 | V |               | 53:38 | 11,2 |
| 66  | 745 | Paul Kleinendorst         | Zaandam           | 1963 | M |               | 53:39 | 11,2 |
| 67  | 885 | Wjera Wickenhagen         | Zaandam           | 1979 | V | Zaanland      | 53:46 | 11,2 |
| 68  | 715 | Gerard Stoeltjes          | Assendelft        | 1938 | M |               | 53:53 | 11,1 |
| 69  | 727 | Rob Buur                  | Zaandam           | 1957 | M |               | 54:00 | 11,1 |
| 70  | 684 | Jeroen Vrolijk            | Zaandam           | 1973 | M | Zaanland      | 54:04 | 11,1 |
| 71  | 893 | Ronald Oosterhoorn        | Zaandam           | 1965 | M | AZVD          | 54:09 | 11,1 |
| 72  | 721 | Astrid Faanhof-van Calcar | Zaandam           | 1966 | V |               | 54:21 | 11,0 |
| 73  | 889 | Robert Jan Pruijn         | Zaandam           | 1968 | M | Zaanland      | 54:25 | 11,0 |
| 74  | 854 | Robert Kruijshaar         | Zaandam           | 1958 | M | Zaanland      | 54:26 | 11,0 |
| 75  | 853 | Ruben ter Hofstede        | Hoorn Nh          | 1982 | M |               | 54:28 | 11,0 |
| 76  | 730 | Jeffrey de Boer           | Zaandam           | 1995 | M |               | 54:28 | 11,0 |
| 77  | 729 | Peter de Boer             | Zaandam           | 1961 | M |               | 54:29 | 11,0 |
| 78  | 731 | Justin de Boer            | Zaandam           | 1989 | M |               | 54:29 | 11,0 |
| 79  | 716 | Hans Nijenmanting         | Zaandam           | 1949 | M | Dutch Runners | 54:31 | 11,0 |
| 80  | 749 | Rob Rempt                 | Zaandam           | 1945 | M |               | 54:41 | 11,0 |
| 81  | 880 | Rikus Bijvoet             | Purmerend         | 1947 | M | Zaanland      | 54:42 | 11,0 |
| 82  | 737 | Ron Pietersen             | Zaandam           | 1958 | M |               | 55:57 | 10,7 |
| 83  | 751 | Joke Kelder               | Zaandam           | 1950 | V | Zaanland      | 55:59 | 10,7 |
| 84  | 756 | Wesley Hoekstra           | Wormer            | 1977 | M |               | 56:08 | 10,7 |
| 85  | 754 | Lian Kosse                | Zaandam           | 1962 | V |               | 56:12 | 10,7 |
| 86  | 718 | Bert Degenhart            | Zaandijk          | 1968 | M |               | 56:14 | 10,7 |
| 87  | 726 | Ferry de Ruijter          | Assendelft        | 1983 | M |               | 56:24 | 10,6 |
| 88  | 977 | Ruud Scheeper             | Zaandam           | 1967 | M |               | 56:25 | 10,6 |
| 89  | 856 | Marian van Gestel         | Zaandam           | 1955 | V | Zaanland      | 56:42 | 10,6 |
| 90  | 775 | Jan de Waal               | Zeelt             | 1958 | M |               | 56:53 | 10,5 |
| 91  | 774 | Rowena Vittak             | Oostzaan          | 1973 | M |               | 56:54 | 10,5 |
| 92  | 720 | Wil Gabriël               | Koog aan de Zaan  | 1953 | V |               | 57:04 | 10,5 |
| 93  | 852 | Gwendolijn Zelvelder      | Koog aan de Zaan  | 1987 | V |               | 57:16 | 10,5 |
| 94  | 686 | Olaf Glorie               | Egmond aan de Hoe | 1969 | M | Trias         | 57:23 | 10,5 |
| 95  | 770 | L. Caris                  | Landsmeer         | 1971 | M |               | 57:33 | 10,4 |
| 96  | 881 | Hans Heilijgers           | Wormer            | 1960 | M | Zaanland      | 57:38 | 10,4 |
| 97  | 888 | Fie Rashiti               | Wormerveer        | 1985 | V |               | 57:45 | 10,4 |
| 98  | 778 | Martine Overveen          | Volendam          | 1982 | V |               | 57:59 | 10,3 |
| 99  | 759 | Maarten van Wijk          | Wormer            | 1960 | M |               | 58:09 | 10,3 |
| 100 | 755 | Gabe de Kraaij            | Zaandam           | 1970 | M | Le Champion   | 58:13 | 10,3 |
| 101 | 725 | Michel de Ruijter         | Assendelft        | 1960 | M |               | 58:22 | 10,3 |
| 102 | 857 | Vera Dudink               | Zaandam           | 1952 | V | Zaanland      | 58:27 | 10,3 |
| 103 | 120 | El Hassani                | Zaandam           | 1972 | V |               | 58:28 | 10,3 |
| 104 | 788 | Jamie Drost               | Purmerend         | 1993 | M |               | 58:37 | 10,2 |
| 105 | 787 | Rene Drost                | Purmerend         | 1963 | M |               | 58:38 | 10,2 |
| 106 | 873 | Jos Waij                  | Zaandam           | 1955 | M | Zaanland      | 58:41 | 10,2 |
| 107 | 868 | Lianne Koper              | Beverwijk         | 1989 | V | Zaanland      | 58:42 | 10,2 |
| 108 | 865 | Joyce de Roo              | Zaandam           | 1957 | V | Zaanland      | 58:48 | 10,2 |
| 109 | 685 | R. Rinckes                | Purmerend         | 1950 | M |               | 58:50 | 10,2 |

|     |     |                           |                  |      |   |                |         |      |
|-----|-----|---------------------------|------------------|------|---|----------------|---------|------|
| 110 | 887 | Annemiek Reijinga         | Koog aan de Zaan | 1972 | V | Zaanland       | 59:04   | 10,2 |
| 111 | 883 | Michel Oosterling         | Zaandam          | 1969 | M | Zaanland       | 59:04   | 10,2 |
| 112 | 743 | Eke Fonteijn              | Zaandam          | 1960 | V | Zaanland       | 59:05   | 10,2 |
| 113 | 863 | Mia de Roo                | Koog aan de Zaan | 1957 | V | Zaanland       | 59:16   | 10,1 |
| 114 | 891 | C. Lub                    | Enkhuizen        | 1956 | M |                | 1:00:10 | 10,0 |
| 115 | 884 | Ans Bakker                | Zaandam          | 1966 | V | Zaanland       | 1:00:17 | 10,0 |
| 116 | 757 | Wilma Eier                | Westzaan         | 1966 | V | Zaanland       | 1:00:17 | 10,0 |
| 117 | 758 | Sisca Duinmayer           | Zaandijk         | 1965 | V |                | 1:00:27 | 9,9  |
| 118 | 976 | Bianca Wolthuis           | Zaandam          | 1971 | V |                | 1:00:40 | 9,9  |
| 119 | 724 | Jolanda Klitsie           | Zaandam          | 1960 | V | Zaanland       | 1:00:40 | 9,9  |
| 120 | 781 | Martin Wezel              | Koog aan de Zaan | 1952 | M | Zaanland       | 1:01:10 | 9,8  |
| 121 | 859 | Tini Paardekooper         | Zaandam          | 1961 | V | Zaanland       | 1:02:13 | 9,6  |
| 122 | 740 | Ellis Geusebroek          | Zaandam          | 1964 | V | Zaanland       | 1:02:26 | 9,6  |
| 123 | 750 | Sandra Selie              | Zaandam          | 1998 | V | Zaanland       | 1:02:43 | 9,6  |
| 124 | 860 | Rini Raat                 | Zaandam          | 1958 | M | Zaanland       | 1:02:50 | 9,5  |
| 125 | 792 | Herman Bosschert          | Neck             | 1936 | M | NEA Volharding | 1:03:07 | 9,5  |
| 126 | 728 | Annemarie de Groot-Laan   | Zaandam          | 1952 | V | Zaanland       | 1:03:18 | 9,5  |
| 127 | 799 | Liesbeth Sidoris          | Zaandam          | 1968 | V | Lycurgus       | 1:03:40 | 9,4  |
| 128 | 798 | Mariëtte Zon              | Zaandam          | 1964 | V | Zaanland       | 1:03:41 | 9,4  |
| 129 | 681 | Willem Blom               | Zaandam          | 1950 | M |                | 1:03:45 | 9,4  |
| 130 | 876 | Clara Linnekamp-Free      | Zaandam          | 1949 | V | Zaanland       | 1:05:06 | 9,2  |
| 131 | 875 | Hans Rep                  | Zaandam          | 1950 | M |                | 1:06:16 | 9,1  |
| 132 | 736 | Anja Dimmers              | Zaandam          | 1957 | V | Zaanland       | 1:06:38 | 9,0  |
| 133 | 735 | Ingeborg Bark             | Zaandam          | 1965 | V | Zaanland       | 1:06:43 | 9,0  |
| 134 | 801 | Peter Hersevoort          | Zaandam          | 1968 | M | Zaanland       | 1:06:54 | 9,0  |
| 135 | 871 | Eva Waij                  | Zaandam          | 1991 | V | Zaanland       | 1:07:09 | 8,9  |
| 136 | 872 | Jeffrey Truijens          | Zaandam          | 1990 | M |                | 1:07:11 | 8,9  |
| 137 | 760 | Liesbeth Akkerman         | Zaandam          | 1956 | V | Lycurgus       | 1:07:11 | 8,9  |
| 138 | 867 | Jacqueline Louwe-Zijlstra | Koog aan de Zaan | 1968 | V | Zaanland       | 1:07:34 | 8,9  |
| 139 | 752 | Sandra Koopman            | Zaandam          | 1968 | V |                | 1:09:09 | 8,7  |
| 140 | 753 | Ferry Koopman             | Zaandam          | 1969 | M |                | 1:09:10 | 8,7  |
| 141 | 796 | Marion Wormhoudt          | Wormer           | 1966 | V | Zaanland       | 1:10:13 | 8,5  |
| 142 | 732 | Marjolein de Heer         | Zaandam          | 1955 | V | Zaanland       | 1:10:42 | 8,5  |
| 143 | 862 | Piet Glas                 | Koog aan de Zaan | 1935 | M | Zaanland       | 1:34:59 | 6,3  |

### 16,1 KM TOTAAL

|    |     |                     |                  |      |   |          |         |      |
|----|-----|---------------------|------------------|------|---|----------|---------|------|
| 1  | 164 | Willem van 't Veer  | Assendelft       | 1970 | M | Lycurgus | 57:09   | 16,9 |
| 2  | 167 | Eddy van Leeuwen    | Zaandam          | 1971 | M | AZVD     | 59:41   | 16,2 |
| 3  | 121 | Arnoud Ritsma       | Zaandijk         | 1967 | M | Lycurgus | 1:02:05 | 15,6 |
| 4  | 198 | Marcoen Beeks       | Zaandam          | 1958 | M | Zaanland | 1:03:19 | 15,3 |
| 5  | 141 | Gerrit van den Berg | Zaandam          | 1951 | M | Lycurgus | 1:05:52 | 14,7 |
| 6  | 132 | Petras Werkhoven    | Assendelft       | 1973 | M |          | 1:06:31 | 14,5 |
| 7  | 122 | Jan van Berge       | Zaandam          | 1956 | M | Zaanland | 1:06:49 | 14,5 |
| 8  | 188 | José Doorson        | Zaandam          | 1966 | V | Zaanland | 1:08:28 | 14,1 |
| 9  | 157 | Feike Visser        | Utrecht          | 1976 | M |          | 1:08:57 | 14,0 |
| 10 | 158 | Pieter Grandiek     | Wormer           | 1961 | M | Zaanland | 1:09:07 | 14,0 |
| 11 | 142 | Flip Valk           | Zaandam          | 1955 | M | Zaanland | 1:09:15 | 13,9 |
| 12 | 166 | Marcel Vredenburg   | Koog aan de Zaan | 1971 | M | Zaanland | 1:09:18 | 13,9 |
| 13 | 183 | Eric Fris           | Zaandam          | 1962 | M | Zaanland | 1:09:32 | 13,9 |
| 14 | 152 | Marcel Taanman      | Zaandam          | 1976 | M | Zaanland | 1:09:55 | 13,8 |
| 15 | 119 | Erwin Hooft         | Zaandam          | 1972 | M |          | 1:10:01 | 13,8 |
| 16 | 159 | Jan de Boer         | Koog aan de Zaan | 1949 | M | Zaanland | 1:10:14 | 13,8 |

|    |     |                          |                  |      |   |                    |         |      |
|----|-----|--------------------------|------------------|------|---|--------------------|---------|------|
| 17 | 133 | Harry Timmerman          | Zaandam          | 1966 | M | Zaanland           | 1:10:37 | 13,7 |
| 18 | 116 | Dennis Melk              | Zaandam          | 1995 | M | Zaanland           | 1:12:50 | 13,3 |
| 19 | 153 | Simon van den Eng        | Assendelft       | 1959 | M |                    | 1:12:54 | 13,3 |
| 20 | 117 | Guus Melk                | Zaandam          | 1964 | M | Zaanland           | 1:13:19 | 13,2 |
| 21 | 190 | Henk Motshagen           | Zaandijk         | 1949 | M | Zaanland           | 1:14:52 | 12,9 |
| 22 | 175 | Onno Oudewortel          | Wijdewormer      | 1965 | M | NEA Volharding     | 1:15:02 | 12,9 |
| 23 | 160 | Jeroen Heijnen           | Koog aan de Zaan | 1961 | M | Zaanland           | 1:15:19 | 12,8 |
| 24 | 135 | Ron Schoemaker           | Koog aan de Zaan | 1959 | M |                    | 1:15:30 | 12,8 |
| 25 | 149 | Nico Vergouw             | Zaandam          | 1946 | M | Zaanland           | 1:16:18 | 12,7 |
| 26 | 150 | Peter van der Eng        | Assendelft       | 1956 | M | Zaanland           | 1:16:20 | 12,7 |
| 27 | 139 | Piet van der Pal         | Zaandam          | 1956 | M | Zaanland           | 1:17:10 | 12,5 |
| 28 | 174 | Jan-Willem Oosterveld    | Wormer           | 1965 | M |                    | 1:17:37 | 12,4 |
| 29 | 114 | Jan Fris                 | Wormer           | 1956 | M | Zaanland           | 1:18:19 | 12,3 |
| 30 | 118 | Eddy Vink                | Zaandam          | 1967 | M |                    | 1:18:51 | 12,3 |
| 31 | 197 | Ad Rombouts              | Zaandam          | 1955 | M | Zaanland           | 1:19:05 | 12,2 |
| 32 | 163 | Pooran Farhoudi-Nazari   | Zaandam          | 1962 | V | Zaanland           | 1:19:14 | 12,2 |
| 33 | 156 | Harry Plompen            | Krommenie        | 1944 | M |                    | 1:19:20 | 12,2 |
| 34 | 115 | Sonja van Zeelt          | Wormerveer       | 1964 | V |                    | 1:19:59 | 12,1 |
| 35 | 138 | Eddy Tromp               | Zaandijk         | 1976 | M |                    | 1:20:20 | 12,0 |
| 36 | 128 | Edwin Egas               | Zaandam          | 1962 | M |                    | 1:20:49 | 12,0 |
| 37 | 189 | Idris Brouwer            | Zaandam          | 1971 | M |                    | 1:21:02 | 11,9 |
| 38 | 155 | Carmody Hulskamp         | Assendelft       | 1977 | M | Zaanland           | 1:21:22 | 11,9 |
| 39 | 192 | Laura Hyslop             | Zaandam          | 1958 | V | Zaanland           | 1:21:54 | 11,8 |
| 40 | 193 | Jaap Klomp               | Wormerveer       | 1940 | M | Zaanland           | 1:21:55 | 11,8 |
| 41 | 170 | John Heimensem           | Koog aan de Zaan | 1958 | M | AZVD               | 1:23:08 | 11,6 |
| 42 | 140 | Harry van der Werf       | Heemskerk        | 1961 | M | Kennemer loopgroep | 1:23:24 | 11,6 |
| 43 | 154 | Jaap Vloon               | Westzaan         | 1950 | M | Zaanland           | 1:23:51 | 11,5 |
| 44 | 131 | Gert Huiberts            | Zaandam          | 1967 | M | Zaanland           | 1:24:21 | 11,5 |
| 45 | 172 | Frank van Vliet          | Zaandam          | 1970 | M | Le Champion        | 1:25:08 | 11,3 |
| 46 | 168 | Peter Out                | Beverwijk        | 1970 | M |                    | 1:25:20 | 11,3 |
| 47 | 191 | Mirjam van der Pal-Mudde | Westzaan         | 1962 | V | Zaanland           | 1:25:27 | 11,3 |
| 48 | 148 | Ard Heijboer             | Hoofddorp        | 1971 | M |                    | 1:26:17 | 11,2 |
| 49 | 145 | Annette van Santen       | Wormer           | 1963 | V | Lycurgus           | 1:26:25 | 11,2 |
| 50 | 123 | Kees de Gooijer sr       | Zaandam          | 1957 | M |                    | 1:26:26 | 11,2 |
| 51 | 124 | Kees de Gooijer jr       | Zaandijk         | 1984 | M |                    | 1:27:27 | 11,0 |
| 52 | 162 | Job Hooft                | Koog aan de Zaan | 1945 | M | Zaanland           | 1:27:27 | 11,0 |
| 53 | 185 | René Prins               | Zaandam          | 1961 | M | Zaanland           | 1:28:01 | 11,0 |
| 54 | 599 | Arnoud van Zanen         | Zaandam          | 1971 | M |                    | 1:28:17 | 10,9 |
| 55 | 147 | Michel van Diepen        | Purmerend        | 1976 | M | Zaanland           | 1:28:25 | 10,9 |
| 56 | 127 | Victorina Zwanziger-Loef | Koog aan de Zaan | 1952 | V | Zaanland           | 1:28:54 | 10,9 |
| 57 | 126 | Gerard van Veen          | Zaandam          | 1949 | M | Zaanland           | 1:28:56 | 10,9 |
| 58 | 195 | Peter van Breukelen      | Zaandam          | 1964 | M | Zaanland           | 1:29:57 | 10,7 |
| 59 | 146 | Ronald Mom               | De Goorn         | 1979 | M |                    | 1:30:44 | 10,6 |
| 60 | 129 | Lesly Smit               | Zaandam          | 1979 | M | Zaanland           | 1:31:47 | 10,5 |
| 61 | 130 | Simone Prins             | Zaandam          | 1973 | V |                    | 1:31:48 | 10,5 |
| 62 | 136 | Tineke Eising-Bakker     | Zaandam          | 1945 | V | Zaanland           | 1:31:59 | 10,5 |
| 63 | 598 | Bayram Cetin             | Zaandam          | 1969 | M |                    | 1:32:19 | 10,5 |
| 64 | 169 | Ina Bruns                | Oostzaan         | 1956 | V | Zaanland           | 1:32:22 | 10,5 |
| 65 | 134 | Ingrid Schoemaker        | Koog aan de Zaan | 1961 | V | Zaanland           | 1:32:22 | 10,5 |
| 66 | 143 | Hans Gruijs              | Zaandam          | 1961 | M | Zaanland           | 1:32:35 | 10,4 |
| 67 | 113 | Walter Hollenkamp        | Purmerend        | 1948 | M | avVN               | 1:32:56 | 10,4 |
| 68 | 144 | Rayer Mooy               | Stompetoren      | 1965 | M | Lycurgus           | 1:33:05 | 10,4 |

|    |     |                     |                  |      |   |             |         |      |
|----|-----|---------------------|------------------|------|---|-------------|---------|------|
| 69 | 171 | Nol Bos             | Zaandam          | 1950 | M |             | 1:33:08 | 10,4 |
| 70 | 137 | Karin van Soest     | Zaandijk         | 1971 | V |             | 1:33:08 | 10,4 |
| 71 | 196 | Wendy de Groen      | Krommenie        | 1976 | V | Zaanland    | 1:38:12 | 9,8  |
| 72 | 151 | Hans Finnema        | Zaandam          | 1964 | M | Zaanland    | 1:38:12 | 9,8  |
| 73 | 187 | Remco de Vries      | Zaandijk         | 1976 | M | Zaanland    | 1:38:13 | 9,8  |
| 74 | 186 | Jan Karbet          | Zaandam          | 1965 | M | Zaanland    | 1:38:13 | 9,8  |
| 75 | 161 | Steven Poolman      | Almere           | 1952 | M |             | 1:38:35 | 9,8  |
| 76 | 165 | Sabrina Kroonenburg | Koog aan de Zaan | 1988 | V | Zaanland    | 1:41:35 | 9,5  |
| 77 | 173 | Rob Groot           | Zaandam          | 1949 | M | Le Champion | 1:44:17 | 9,3  |
| 78 | 194 | Joop Keetman        | Zaandam          | 1944 | M | Lycurgus    | 1:46:59 | 9,0  |



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| Plaats                | Startnr | Naam                | Woonplaats       | jaar | Vereniging   | tijd  | km/u |
|-----------------------|---------|---------------------|------------------|------|--------------|-------|------|
| <b>1,2 KM MEISJES</b> |         |                     |                  |      |              |       |      |
| 1                     | 760     | Lieve Butter        | Wormer           | 2000 | Lycurgus     | 5:02  | 14,3 |
| 2                     | 936     | Femke Drijfhout     | Krommenie        | 2002 | Lycurgus     | 5:18  | 13,6 |
| 3                     | 159     | Meike Hartog        | Zaandam          | 2001 | Zaanland     | 5:29  | 13,1 |
| 4                     | 1000    | Mirte van 't Land   | Wormerveer       | 2001 | Lycurgus     | 5:33  | 13,0 |
| 5                     | 988     | Vera Landstra       | Zaandam          | 2001 | Zaanland     | 5:45  | 12,5 |
| 6                     | 995     | Sarah Koper         | Zaandam          | 2003 | Zaanland     | 6:10  | 11,7 |
| 7                     | 753     | Fleur van Leeuwen   | Zaandam          | 2003 | Zaanland     | 6:32  | 11,0 |
| 8                     | 989     | Nikki Zutt          | Zaandam          | 2001 |              | 6:37  | 10,9 |
| 9                     | 990     | Jessamy Roubos      | Zaandam          | 2003 | Zaanland     | 6:40  | 10,8 |
| 10                    | 987     | Chimene Schuurman   | Zaandam          | 2002 | Zaanland     | 6:44  | 10,7 |
| 11                    | 933     | Suze Butter         | Wormer           | 2002 | Lycurgus     | 6:45  | 10,7 |
| 12                    | 759     | Esmée van der Wal   | Wormer           | 2002 | Lycurgus     | 6:46  | 10,6 |
| 13                    | 992     | Sanne Braat         | Koog aan de Zaan | 2001 | Zaanland     | 6:53  | 10,5 |
| 14                    | 752     | Emma van Leeuwen    | Zaandam          | 2005 | Zaanland     | 7:20  | 9,8  |
| 15                    | 756     | Anouk van Enkhuizen | Zaandam          | 1999 | Zaanland     | 7:21  | 9,8  |
| 16                    | 181     | Floor Bakker        | Zaandam          | 2006 |              | 7:43  | 9,3  |
| 17                    | 180     | Pien Bakker         | Zaandam          | 2005 | Zaanland     | 7:44  | 9,3  |
| 18                    | 935     | Danique Nooij       | Westzaan         | 2009 |              | 8:57  | 8,0  |
| 19                    | 755     | Lisa van Enkhuizen  | Zaandam          | 2001 | Zaanland     | 8:58  | 8,0  |
| 20                    | 754     | Feline Nooij        | Westzaan         | 2006 |              | 12:33 | 5,7  |
| <b>1,2 KM JONGENS</b> |         |                     |                  |      |              |       |      |
| 1                     | 749     | Tijmen van 't Land  | Wormerveer       | 1999 | Lycurgus     | 4:24  | 16,4 |
| 2                     | 757     | Rick Thomasse       | Castricum        | 2002 | AV Castricum | 4:25  | 16,3 |
| 3                     | 934     | Levi van Diest      | Assendelft       | 2001 | Lycurgus     | 4:36  | 15,7 |
| 4                     | 758     | Marcus Thomasse     | Castricum        | 2002 | AV Castricum | 4:56  | 14,6 |
| 5                     | 994     | Mark Kalbfleisch    | Zaandam          | 2002 | Zaanland     | 4:57  | 14,5 |
| 6                     | 993     | Onno Kalbfleisch    | Zaandam          | 2000 | Zaanland     | 5:01  | 14,4 |
| 7                     | 999     | Daan Vonhees        | Zaandijk         | 2000 |              | 5:07  | 14,1 |
| 8                     | 150     | Mart Grafe          | Koog aan de Zaan | 2000 | Zaanland     | 5:30  | 13,1 |
| 9                     | 998     | Joshua Bos          | Koog aan de Zaan | 2004 | Zaanland     | 6:19  | 11,4 |
| 10                    | 996     | Jesse Leeuwerink    | Zaandam          | 2002 | Zaanland     | 6:27  | 11,2 |
| 11                    | 750     | Jesse Brinkman      | Zaandam          | 2003 |              | 6:28  | 11,1 |
| 12                    | 997     | Thimo Willemsen     | Zaandam          | 2002 | Zaanland     | 6:38  | 10,9 |
| 13                    | 991     | Bowey Roubos        | Zaandam          | 2005 |              | 6:54  | 10,4 |
| 14                    | 751     | Mees Brinkman       | Zaandam          | 2005 |              | 7:25  | 9,7  |
| 15                    | 937     | Jordy Drijfhout     | Krommenie        | 2002 | Lycurgus     | 7:33  | 9,5  |





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| Plaats            | Startnr | Naam                   | Woonplaats       | jaar | Vereniging   | tijd  | km/u |
|-------------------|---------|------------------------|------------------|------|--------------|-------|------|
| <b>5 KM DAMES</b> |         |                        |                  |      |              |       |      |
| 1                 | 390     | Jeske van der Pal      | Westzaan         | 1997 | Zaanland     | 19:16 | 15,6 |
| 2                 | 373     | Marjet Groen           | Uitgeest         | 1997 | AV Castricum | 20:17 | 14,8 |
| 3                 | 365     | Marije Doddema         | Zaandam          | 1995 | Zaanland     | 21:28 | 14,0 |
| 4                 | 372     | Jolanda Stas           | Oostzaan         | 1964 | Zaanland     | 23:17 | 12,9 |
| 5                 | 368     | Talitha Bos            | Koog aan de Zaan | 1999 | Zaanland     | 24:51 | 12,1 |
| 6                 | 370     | Jeanet ter Horst       | Zaandijk         | 1968 |              | 28:05 | 10,7 |
| 7                 | 350     | Wilma Passant          | Zaandam          | 1964 |              | 28:30 | 10,5 |
| 8                 | 379     | Charon Lak             | Zaandam          | 2002 | Zaanland     | 29:31 | 10,2 |
| 9                 | 374     | Luza Roos Cordes       | Zaandam          | 2002 | Zaanland     | 29:34 | 10,1 |
| 10                | 351     | Deborah Pluymaekers    | Koog aan de Zaan | 1971 | Le Champion  | 29:43 | 10,1 |
| 11                | 355     | Milou Rijksbaron       | Zaandam          | 2002 |              | 31:01 | 9,7  |
| 12                | 353     | Jantine Volmer         | Zaandam          | 1971 | Zaanland     | 31:02 | 9,7  |
| 13                | 400     | C. de Jeeger           | Zaandam          | 1972 |              | 31:30 | 9,5  |
| 14                | 399     | Sanne Kok              | Zaandijk         | 1974 |              | 31:33 | 9,5  |
| 15                | 356     | Maaïke Pietersen-Brand | Zaandam          | 1959 |              | 31:34 | 9,5  |
| 16                | 358     | Marjolein Peters       | Zaandam          | 1976 | Zaanland     | 31:52 | 9,4  |
| 17                | 349     | Jane Stam-Gabriël      | Zaandam          | 1984 |              | 32:01 | 9,4  |
| 18                | 363     | Judith Visser          | Amsterdam        | 1980 |              | 32:28 | 9,2  |
| 19                | 377     | M. Rab                 | Westzaan         | 1971 |              | 32:38 | 9,2  |
| 20                | 376     | S. Nooij               | Zaandam          | 1971 |              | 32:39 | 9,2  |
| 21                | 371     | Maria Bank             | Zaandam          | 1953 | Zaanland     | 33:24 | 9,0  |
| 22                | 384     | Gerlinde Luiken        | Zaandam          | 1968 |              | 35:20 | 8,5  |
| 23                | 385     | Emma Luiken            | Zaandam          | 1999 |              | 35:21 | 8,5  |
| 24                | 386     | Inge Eendebak          | Koog aan de Zaan | 1962 | Zaanland     | 38:36 | 7,8  |
| <b>5 KM HEREN</b> |         |                        |                  |      |              |       |      |
| 1                 | 396     | Emiel Doorgeest        | Zaandijk         | 1993 | Zaanland     | 17:33 | 17,1 |
| 2                 | 369     | Marco Eskes            | Oostzaan         | 1962 | Waterland    | 17:55 | 16,7 |
| 3                 | 397     | Marijn Buijtdorp       | Zaandam          | 1993 | Zaanland     | 18:22 | 16,3 |
| 4                 | 361     | Bjorn Heijnen          | Koog aan de Zaan | 1991 | Zaanland     | 18:29 | 16,2 |
| 5                 | 362     | Rob van Heerden        | Amsterdam        | 1960 |              | 19:48 | 15,2 |
| 6                 | 392     | Mick Onrust            | Zaandam          | 1998 | Zaanland     | 19:59 | 15,0 |
| 7                 | 357     | Tim Huiberts           | Zaandam          | 1998 | Zaanland     | 20:03 | 15,0 |
| 8                 | 393     | Henk Onrust            | Zaandam          | 1967 | Zaanland     | 20:22 | 14,7 |
| 9                 | 383     | Henk van Diest         | Assendelft       | 1967 |              | 21:44 | 13,8 |
| 10                | 360     | Ruud Righolt           | Zaandam          | 1953 | Zaanland     | 22:23 | 13,4 |
| 11                | 367     | Arjan Dijkstra         | Westzaan         | 1977 | Lycurgus     | 22:28 | 13,4 |
| 12                | 366     | Marco Dijkstra         | Westzaan         | 1980 |              | 22:42 | 13,2 |
| 13                | 395     | Nick Goldebeld         | Wormer           | 2000 | Zaanland     | 23:24 | 12,8 |
| 14                | 394     | Dirk Goldebeld         | Wormer           | 1956 | Zaanland     | 23:24 | 12,8 |
| 15                | 359     | Cor Bobeldijk          | Beverwijk        | 1951 | DEM          | 25:33 | 11,7 |
| 16                | 388     | Robin Bakker           | Zaandam          | 1997 | Zaanland     | 27:10 | 11,0 |
| 17                | 382     | D Spaargaren           | Aalsmeer         | 1953 | AVA '64      | 27:16 | 11,0 |
| 18                | 387     | Marthijn Bakker        | Zaandam          | 1991 | Zaanland     | 27:42 | 10,8 |
| 19                | 391     | Kees Walter            | Zaandam          | 1960 | Zaanland     | 28:18 | 10,6 |

|    |     |                   |                |      |             |       |      |
|----|-----|-------------------|----------------|------|-------------|-------|------|
| 20 | 380 | Sepp Nick         | Aalsmeer       | 1942 |             | 29:14 | 10,3 |
| 21 | 378 | Melvin Lak        | Zaandam        | 1972 |             | 29:32 | 10,2 |
| 22 | 375 | Fred Cordes       | Zaandam        | 1968 |             | 29:35 | 10,1 |
| 23 | 348 | Leroy Degenhart   | Zaandijk       | 1997 |             | 30:17 | 9,9  |
| 24 | 354 | Sander Rijksbaron | Zaandam        | 1965 | Zaanland    | 31:02 | 9,7  |
| 25 | 398 | Cees Jan Fonteijn | Oostknollendam | 1957 |             | 31:23 | 9,6  |
| 26 | 352 | Mark Hagens       | Zaandam        | 1970 |             | 31:51 | 9,4  |
| 27 | 389 | René van der Pal  | Wormer         | 1969 | Zaanland    | 32:02 | 9,4  |
| 28 | 364 | P. Visser         | Amsterdam      | 1974 |             | 32:29 | 9,2  |
| 29 | 381 | G vd Steeg        | Aalsmeer       | 1936 | AV Aalsmeer | 38:36 | 7,8  |



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| Plaats             | Startnr | Naam                      | Woonplaats       | jaar | Vereniging     | tijd    | km/u |
|--------------------|---------|---------------------------|------------------|------|----------------|---------|------|
| <b>10 KM DAMES</b> |         |                           |                  |      |                |         |      |
| 1                  | 870     | Femke van der Pal         | Westzaan         | 1995 | Zaanland       | 39:52   | 15,1 |
| 2                  | 874     | Cora Sitermans            | Zaandam          | 1965 | Zaanland       | 41:23   | 14,5 |
| 3                  | 861     | Tiny Tol-Maas             | Zaandam          | 1948 | Zaanland       | 50:06   | 12,0 |
| 4                  | 717     | Corry Fris-Meijer         | Wormer           | 1963 |                | 50:54   | 11,8 |
| 5                  | 786     | Judith Goedhart           | Purmerend        | 1974 | NEA Volharding | 53:01   | 11,3 |
| 6                  | 748     | Lieke Mulder              | Dordrecht        | 1986 | Hercules       | 53:03   | 11,3 |
| 7                  | 858     | Erica Jaape               | Zaandam          | 1968 | Zaanland       | 53:22   | 11,2 |
| 8                  | 723     | Sandy Spaander            | Zaandam          | 1974 | Le Champion    | 53:34   | 11,2 |
| 9                  | 744     | Jennifer Kleinendorst     | Zaandam          | 1967 |                | 53:38   | 11,2 |
| 10                 | 885     | Wjera Wickenhagen         | Zaandam          | 1979 | Zaanland       | 53:46   | 11,2 |
| 11                 | 721     | Astrid Faanhof-van Calcar | Zaandam          | 1966 |                | 54:21   | 11,0 |
| 12                 | 751     | Joke Kelder               | Zaandam          | 1950 | Zaanland       | 55:59   | 10,7 |
| 13                 | 754     | Lian Kosse                | Zaandam          | 1962 |                | 56:12   | 10,7 |
| 14                 | 856     | Marian van Gestel         | Zaandam          | 1955 | Zaanland       | 56:42   | 10,6 |
| 15                 | 720     | Wil Gabriël               | Koog aan de Zaan | 1953 |                | 57:04   | 10,5 |
| 16                 | 852     | Gwendolijn Zelvelder      | Koog aan de Zaan | 1987 |                | 57:16   | 10,5 |
| 17                 | 888     | Fie Rashiti               | Wormerveer       | 1985 |                | 57:45   | 10,4 |
| 18                 | 778     | Martine Overveen          | Volendam         | 1982 |                | 57:59   | 10,3 |
| 19                 | 857     | Vera Dudink               | Zaandam          | 1952 | Zaanland       | 58:27   | 10,3 |
| 20                 | 120     | El Hassani                | Zaandam          | 1972 |                | 58:28   | 10,3 |
| 21                 | 868     | Lianne Koper              | Beverwijk        | 1989 | Zaanland       | 58:42   | 10,2 |
| 22                 | 865     | Joyce de Roo              | Zaandam          | 1957 | Zaanland       | 58:48   | 10,2 |
| 23                 | 887     | Annemiek Reijinga         | Koog aan de Zaan | 1972 | Zaanland       | 59:04   | 10,2 |
| 24                 | 743     | Eke Fontein               | Zaandam          | 1960 | Zaanland       | 59:05   | 10,2 |
| 25                 | 863     | Mia de Roo                | Koog aan de Zaan | 1957 | Zaanland       | 59:16   | 10,1 |
| 26                 | 884     | Ans Bakker                | Zaandam          | 1966 | Zaanland       | 1:00:17 | 10,0 |
| 27                 | 757     | Wilma Eier                | Westzaan         | 1966 | Zaanland       | 1:00:17 | 10,0 |
| 28                 | 758     | Sisca Duinmayer           | Zaandijk         | 1965 |                | 1:00:27 | 9,9  |
| 29                 | 976     | Bianca Wolthuis           | Zaandam          | 1971 |                | 1:00:40 | 9,9  |
| 30                 | 724     | Jolanda Klitsie           | Zaandam          | 1960 | Zaanland       | 1:00:40 | 9,9  |
| 31                 | 859     | Tini Paardekooper         | Zaandam          | 1961 | Zaanland       | 1:02:13 | 9,6  |
| 32                 | 740     | Ellis Geusebroek          | Zaandam          | 1964 | Zaanland       | 1:02:26 | 9,6  |
| 33                 | 750     | Sandra selie              | Zaandam          | 1998 | Zaanland       | 1:02:43 | 9,6  |
| 34                 | 728     | Annemarie de Groot-Laan   | Zaandam          | 1952 | Zaanland       | 1:03:18 | 9,5  |
| 35                 | 799     | Liesbeth Sidoris          | Zaandam          | 1968 | Lycurgus       | 1:03:40 | 9,4  |
| 36                 | 798     | Mariëtte Zon              | Zaandam          | 1964 | Zaanland       | 1:03:41 | 9,4  |
| 37                 | 876     | Clara Linnekamp-Free      | Zaandam          | 1949 | Zaanland       | 1:05:06 | 9,2  |
| 38                 | 736     | Anja Dimmers              | Zaandam          | 1957 | Zaanland       | 1:06:38 | 9,0  |
| 39                 | 735     | Ingeborg Bark             | Zaandam          | 1965 | Zaanland       | 1:06:43 | 9,0  |
| 40                 | 871     | Eva Waij                  | Zaandam          | 1991 | Zaanland       | 1:07:09 | 8,9  |
| 41                 | 760     | Liesbeth Akkerman         | Zaandam          | 1956 | Lycurgus       | 1:07:11 | 8,9  |
| 42                 | 867     | Jacqueline Louwe-Zijlstra | Koog aan de Zaan | 1968 | Zaanland       | 1:07:34 | 8,9  |
| 43                 | 752     | Sandra Koopman            | Zaandam          | 1968 |                | 1:09:09 | 8,7  |
| 44                 | 796     | Marion Wormhoudt          | Wormer           | 1966 | Zaanland       | 1:10:13 | 8,5  |
| 45                 | 732     | Marjolein de Heer         | Zaandam          | 1955 | Zaanland       | 1:10:42 | 8,5  |

## 10 KM HEREN

|    |     |                        |                  |      |                |       |      |
|----|-----|------------------------|------------------|------|----------------|-------|------|
| 1  | 772 | Alex Bouwmeester       | Zaandam          | 1988 | Zaanland       | 35:08 | 17,1 |
| 2  | 733 | Louis Dam              | Assendelft       | 1962 | Zaanland       | 35:17 | 17,0 |
| 3  | 738 | Ron Kuyer              | Assendelft       | 1964 | Lycurgus       | 35:23 | 17,0 |
| 4  | 886 | Pieter Jelle Jongejans | Zaandijk         | 1974 | Zaanland       | 36:48 | 16,3 |
| 4  | 795 | Edgar Griffioen        | Amsterdam        | 1969 | Lycurgus       | 38:23 | 15,6 |
| 5  | 855 | Peter van Doesburg     | Zaandam          | 1965 | Zaanland       | 39:58 | 15,0 |
| 6  | 785 | Paul Hijne             | Krommenie        | 1991 |                | 40:51 | 14,7 |
| 7  | 768 | Ed Meijn               | Neck             | 1960 |                | 40:58 | 14,6 |
| 8  | 790 | Danny Ike              | Krommenie        | 1978 |                | 40:59 | 14,6 |
| 9  | 683 | Mike Alders            | Zaandam          | 1967 | Zaanland       | 41:40 | 14,4 |
| 10 | 769 | Louis Wolven           | Egmond-Binnen    | 1964 | Trias          | 42:21 | 14,2 |
| 11 | 763 | Martin Nieuwerf        | Den Helder       | 1956 | Noordkop       | 43:31 | 13,8 |
| 12 | 773 | Aart Vos               | Zaandam          | 1949 |                | 44:12 | 13,6 |
| 13 | 747 | Niels Anders           | Dordrecht        | 1983 | Hercules       | 44:22 | 13,5 |
| 14 | 783 | Jacques de Weger       | Krommenie        | 1956 | Zaanland       | 44:48 | 13,4 |
| 15 | 892 | Robin Schonenberg      | Zaandam          | 1973 | Dutch Runners  | 44:54 | 13,4 |
| 16 | 746 | Rob van der Pal        | Zaandam          | 1964 | Zaanland       | 45:20 | 13,2 |
| 17 | 771 | Ruben van Dalfsen      | Groningen        | 1992 |                | 45:23 | 13,2 |
| 18 | 800 | Martin van der Kluit   | Zaandam          | 1963 |                | 46:13 | 13,0 |
| 19 | 898 | Dennis Glas            | koog aan de zaan | 1968 | Zaanland       | 46:27 | 12,9 |
| 20 | 879 | Erwin Meester          | Zaandam          | 1977 | Zaanland       | 46:28 | 12,9 |
| 21 | 742 | Willem Walst           | Zaandam          | 1961 | Zaanland       | 46:36 | 12,9 |
| 22 | 765 | Lens                   | Purmerend        | 1958 | Lycurgus       | 46:42 | 12,8 |
| 23 | 897 | Floris Overwater       | Zaandam          | 1972 | Zaanland       | 46:44 | 12,8 |
| 24 | 890 | Hennie van Langelaar   | Zaandam          | 1958 | Zaanland       | 46:57 | 12,8 |
| 25 | 894 | Ed Oosterhoorn         | Zaandam          | 1969 | Zaanland       | 47:07 | 12,7 |
| 26 | 895 | Patrick Volkens        | Westzaan         | 1972 |                | 47:08 | 12,7 |
| 27 | 797 | Ingmar Bebelaar        | Julianadorp      | 1970 |                | 47:45 | 12,6 |
| 28 | 866 | Mischa Zwagers         | Zaandam          | 1975 | Zaanland       | 47:55 | 12,5 |
| 29 | 779 | Nico Overeem           | Volendam         | 1973 |                | 48:25 | 12,4 |
| 30 | 794 | Ron Gans               | Wijdewormer      | 1960 |                | 48:44 | 12,3 |
| 31 | 767 | Klaas Flens            | Oostzaan         | 1953 | Zaanland       | 49:24 | 12,1 |
| 32 | 877 | Ruud de Goede          | Zaandam          | 1956 | Zaanland       | 49:25 | 12,1 |
| 33 | 869 | Sietse van der Pal     | Westzaan         | 1998 | Zaanland       | 49:27 | 12,1 |
| 34 | 739 | Frank Kriek            | Zaandam          | 1957 | Zaanland       | 49:39 | 12,1 |
| 35 | 864 | Hans de Roo            | Koog aan de Zaan | 1956 | Zaanland       | 50:05 | 12,0 |
| 36 | 791 | Thijs van der Kolk     | Oostzaan         | 1962 | Zaanland       | 50:07 | 12,0 |
| 37 | 682 | Dirk Beeks             | Wormer           | 1949 |                | 50:12 | 12,0 |
| 38 | 761 | Tom Heijnen            | Zaandam          | 1960 | Zaanland       | 50:55 | 11,8 |
| 39 | 899 | Kees Janssen           | Wormer           | 1949 |                | 50:59 | 11,8 |
| 40 | 780 | Jan Kemper             | Volendam         | 1973 | AV Edam        | 51:07 | 11,7 |
| 41 | 719 | Jan Nijssen            | Velserbroek      | 1956 | Suomi          | 51:08 | 11,7 |
| 42 | 762 | Dick Wezel             | Purmerend        | 1954 | Zaanland       | 51:47 | 11,6 |
| 43 | 764 | Han Jongeneel          |                  | 1956 | Lycurgus       | 52:10 | 11,5 |
| 44 | 766 | Arjen de Jong          | Zaandam          | 1978 | Zaanland       | 52:18 | 11,5 |
| 45 | 734 | Ton Kesteloo           | Zaandam          | 1951 | GAC Hilversum  | 52:26 | 11,4 |
| 46 | 789 | Dirk van Lier          | Purmerend        | 1961 | NEA Volharding | 52:29 | 11,4 |
| 47 | 896 | Ron van der Vorm       | Zaandam          | 1973 | Zaanland       | 52:48 | 11,4 |
| 48 | 882 | Maurice Heilijgers     | Wormer           | 1996 | Zaanland       | 52:49 | 11,4 |
| 49 | 878 | Niels Kerkhoven        | Zaandam          | 1959 | Zaanland       | 52:53 | 11,3 |

|    |     |                    |                   |      |                |         |      |
|----|-----|--------------------|-------------------|------|----------------|---------|------|
| 50 | 784 | Onno Gabel         | Koog aan de Zaan  | 1973 | Zaanland       | 53:08   | 11,3 |
| 51 | 793 | Peter Lansbergen   | Assendelft        | 1953 | Le Champion    | 53:09   | 11,3 |
| 52 | 782 | Jan Dam            | Zaandam           | 1965 |                | 53:13   | 11,3 |
| 53 | 777 | Tom Mol            | Egmond aan Zee    | 1954 |                | 53:15   | 11,3 |
| 54 | 741 | Martin de Ruiter   | Zaandam           | 1959 | Zaanland       | 53:24   | 11,2 |
| 55 | 776 | Sander Goudriaan   | Wormer            | 1970 | Zaanland       | 53:26   | 11,2 |
| 56 | 745 | Paul Kleinendorst  | Zaandam           | 1963 |                | 53:39   | 11,2 |
| 57 | 715 | Gerard Stoeltjes   | Assendelft        | 1938 |                | 53:53   | 11,1 |
| 58 | 727 | Rob Buur           | Zaandam           | 1957 |                | 54:00   | 11,1 |
| 59 | 684 | Jeroen Vrolijk     | Zaandam           | 1973 | Zaanland       | 54:04   | 11,1 |
| 60 | 893 | Ronald Oosterhoorn | Zaandam           | 1965 | AZVD           | 54:09   | 11,1 |
| 61 | 889 | Robert Jan Pruijn  | Zaandam           | 1968 | Zaanland       | 54:25   | 11,0 |
| 62 | 854 | Robert Kruijshaar  | Zaandam           | 1958 | Zaanland       | 54:26   | 11,0 |
| 63 | 853 | Ruben ter Hofstede | Hoorn Nh          | 1982 |                | 54:28   | 11,0 |
| 64 | 730 | Jeffrey de Boer    | Zaandam           | 1995 |                | 54:28   | 11,0 |
| 65 | 729 | Peter de Boer      | Zaandam           | 1961 |                | 54:29   | 11,0 |
| 66 | 731 | Justin de Boer     | Zaandam           | 1989 |                | 54:29   | 11,0 |
| 67 | 716 | Hans Nijenmanting  | Zaandam           | 1949 | Dutch Runners  | 54:31   | 11,0 |
| 68 | 749 | Rob Rempt          | Zaandam           | 1945 |                | 54:41   | 11,0 |
| 69 | 880 | Rikus Bijvoet      | Purmerend         | 1947 | Zaanland       | 54:42   | 11,0 |
| 70 | 737 | Ron Pietersen      | Zaandam           | 1958 |                | 55:57   | 10,7 |
| 71 | 756 | Wesley Hoekstra    | Wormer            | 1977 |                | 56:08   | 10,7 |
| 72 | 718 | Bert Degenhart     | Zaandijk          | 1968 |                | 56:14   | 10,7 |
| 73 | 726 | Ferry de Ruijter   | Assendelft        | 1983 |                | 56:24   | 10,6 |
| 74 | 977 | Ruud Scheeper      | Zaandam           | 1967 |                | 56:25   | 10,6 |
| 75 | 775 | Jan de Waal        | Zeelt             | 1958 |                | 56:53   | 10,5 |
| 76 | 774 | Rowena Vittak      | Oostzaan          | 1973 |                | 56:54   | 10,5 |
| 77 | 686 | Olaf Glorie        | Egmond aan de Hoe | 1969 | Trias          | 57:23   | 10,5 |
| 78 | 770 | L. Caris           | Landsmeer         | 1971 |                | 57:33   | 10,4 |
| 79 | 881 | Hans Heilijgers    | Wormer            | 1960 | Zaanland       | 57:38   | 10,4 |
| 80 | 759 | Maarten van Wijk   | Wormer            | 1960 |                | 58:09   | 10,3 |
| 81 | 755 | Gabe de Kraaij     | Zaandam           | 1970 | Le Champion    | 58:13   | 10,3 |
| 82 | 725 | Michel de Ruijter  | Assendelft        | 1960 |                | 58:22   | 10,3 |
| 83 | 788 | Jamie Drost        | Purmerend         | 1993 |                | 58:37   | 10,2 |
| 84 | 787 | Rene Drost         | Purmerend         | 1963 |                | 58:38   | 10,2 |
| 85 | 873 | Jos Waij           | Zaandam           | 1955 | Zaanland       | 58:41   | 10,2 |
| 86 | 685 | R. Rinckes         | Purmerend         | 1950 |                | 58:50   | 10,2 |
| 87 | 883 | Michel Oosterling  | Zaandam           | 1969 | Zaanland       | 59:04   | 10,2 |
| 88 | 891 | C. Lub             | Enkhuizen         | 1956 |                | 1:00:10 | 10,0 |
| 89 | 781 | Martin Wezel       | Koog aan de Zaan  | 1952 | Zaanland       | 1:01:10 | 9,8  |
| 90 | 860 | Rini Raat          | Zaandam           | 1958 | Zaanland       | 1:02:50 | 9,5  |
| 91 | 792 | Herman Bosschert   | Neck              | 1936 | NEA Volharding | 1:03:07 | 9,5  |
| 92 | 681 | Willem Blom        | Zaandam           | 1950 |                | 1:03:45 | 9,4  |
| 93 | 875 | Hans Rep           | Zaandam           | 1950 |                | 1:06:16 | 9,1  |
| 94 | 801 | Peter Hersevoort   | Zaandam           | 1968 | Zaanland       | 1:06:54 | 9,0  |
| 95 | 872 | Jeffrey Truijens   | Zaandam           | 1990 |                | 1:07:11 | 8,9  |
| 96 | 753 | Ferry Koopman      | Zaandam           | 1969 |                | 1:09:10 | 8,7  |
| 97 | 862 | Piet Glas          | Koog aan de Zaan  | 1935 | Zaanland       | 1:34:59 | 6,3  |



## Uitslag 4de Sultanalooop, AV Zaanland, Zaandam, 18 maart 2012

| Plaats               | Startnr | Naam                     | Woonplaats       | jaar | Vereniging     | tijd    | km/u |
|----------------------|---------|--------------------------|------------------|------|----------------|---------|------|
| <b>16,1 KM DAMES</b> |         |                          |                  |      |                |         |      |
| 1                    | 188     | José Doorson             | Zaandam          | 1966 | Zaanland       | 1:08:28 | 14,1 |
| 2                    | 163     | Pooran Farhoudi-Nazari   | Zaandam          | 1962 | Zaanland       | 1:19:14 | 12,2 |
| 3                    | 115     | Sonja van Zeelt          | Wormerveer       | 1964 |                | 1:19:59 | 12,1 |
| 4                    | 192     | Laura Hyslop             | Zaandam          | 1958 | Zaanland       | 1:21:54 | 11,8 |
| 5                    | 191     | Mirjam van der Pal-Mudde | Westzaan         | 1962 | Zaanland       | 1:25:27 | 11,3 |
| 6                    | 145     | Annette van Santen       | Wormer           | 1963 | Lycurgus       | 1:26:25 | 11,2 |
| 7                    | 127     | Victorina Zwanziger-Loef | Koog aan de Zaan | 1952 | Zaanland       | 1:28:54 | 10,9 |
| 8                    | 130     | Simone Prins             | Zaandam          | 1973 |                | 1:31:48 | 10,5 |
| 9                    | 136     | Tineke Eising-Bakker     | Zaandam          | 1945 | Zaanland       | 1:31:59 | 10,5 |
| 10                   | 169     | Ina Bruns                | Oostzaan         | 1956 | Zaanland       | 1:32:22 | 10,5 |
| 11                   | 134     | Ingrid Schoemaker        | Koog aan de Zaan | 1961 | Zaanland       | 1:32:22 | 10,5 |
| 12                   | 137     | Karin van Soest          | Zaandijk         | 1971 |                | 1:33:08 | 10,4 |
| 13                   | 196     | Wendy de Groen           | Krommenie        | 1976 | Zaanland       | 1:38:12 | 9,8  |
| 14                   | 165     | Sabrina Kroonenburg      | Koog aan de Zaan | 1988 | Zaanland       | 1:41:35 | 9,5  |
| <b>16,1 KM HEREN</b> |         |                          |                  |      |                |         |      |
| 1                    | 164     | Willem van 't Veer       | Assendelft       | 1970 | Lycurgus       | 57:09   | 16,9 |
| 2                    | 167     | Eddy van Leeuwen         | Zaandam          | 1971 | AZVD           | 59:41   | 16,2 |
| 3                    | 121     | Arnoud Ritsma            | Zaandijk         | 1967 | Lycurgus       | 1:02:05 | 15,6 |
| 4                    | 198     | Marcoen Beeks            | Zaandam          | 1958 | Zaanland       | 1:03:19 | 15,3 |
| 5                    | 141     | Gerrit van den Berg      | Zaandam          | 1951 | Lycurgus       | 1:05:52 | 14,7 |
| 6                    | 132     | Petras Werkhoven         | Assendelft       | 1973 |                | 1:06:31 | 14,5 |
| 7                    | 122     | Jan van Berge            | Zaandam          | 1956 | Zaanland       | 1:06:49 | 14,5 |
| 8                    | 157     | Feike Visser             | Utrecht          | 1976 |                | 1:08:57 | 14,0 |
| 9                    | 158     | Pieter Grandiek          | Wormer           | 1961 | Zaanland       | 1:09:07 | 14,0 |
| 10                   | 142     | Flip Valk                | Zaandam          | 1955 | Zaanland       | 1:09:15 | 13,9 |
| 11                   | 166     | Marcel Vredenburg        | Koog aan de Zaan | 1971 | Zaanland       | 1:09:18 | 13,9 |
| 12                   | 183     | Eric Fris                | Zaandam          | 1962 | Zaanland       | 1:09:32 | 13,9 |
| 13                   | 152     | Marcel Taanman           | Zaandam          | 1976 | Zaanland       | 1:09:55 | 13,8 |
| 14                   | 119     | Erwin Hooft              | Zaandam          | 1972 |                | 1:10:01 | 13,8 |
| 15                   | 159     | Jan de Boer              | Koog aan de Zaan | 1949 | Zaanland       | 1:10:14 | 13,8 |
| 16                   | 133     | Harry Timmerman          | Zaandam          | 1966 | Zaanland       | 1:10:37 | 13,7 |
| 17                   | 116     | Dennis Melk              | Zaandam          | 1995 | Zaanland       | 1:12:50 | 13,3 |
| 18                   | 153     | Simon van den Eng        | Assendelft       | 1959 |                | 1:12:54 | 13,3 |
| 19                   | 117     | Guus Melk                | Zaandam          | 1964 | Zaanland       | 1:13:19 | 13,2 |
| 20                   | 190     | Henk Motshagen           | Zaandijk         | 1949 | Zaanland       | 1:14:52 | 12,9 |
| 21                   | 175     | Onno Oudewortel          | Wijdewormer      | 1965 | NEA Volharding | 1:15:02 | 12,9 |
| 22                   | 160     | Jeroen Heijnen           | Koog aan de Zaan | 1961 | Zaanland       | 1:15:19 | 12,8 |
| 23                   | 135     | Ron Schoemaker           | Koog aan de Zaan | 1959 |                | 1:15:30 | 12,8 |
| 24                   | 149     | Nico Vergouw             | Zaandam          | 1946 | Zaanland       | 1:16:18 | 12,7 |
| 25                   | 150     | Peter van der Eng        | Assendelft       | 1956 | Zaanland       | 1:16:20 | 12,7 |
| 26                   | 139     | Piet van der Pal         | Zaandam          | 1956 | Zaanland       | 1:17:10 | 12,5 |
| 27                   | 174     | Jan-Willem Oosterveld    | Wormer           | 1965 |                | 1:17:37 | 12,4 |
| 28                   | 114     | Jan Fris                 | Wormer           | 1956 | Zaanland       | 1:18:19 | 12,3 |
| 29                   | 118     | Eddy Vink                | Zaandam          | 1967 |                | 1:18:51 | 12,3 |

|    |     |                     |                  |      |                    |         |      |
|----|-----|---------------------|------------------|------|--------------------|---------|------|
| 30 | 197 | Ad Rombouts         | Zaandam          | 1955 | Zaanland           | 1:19:05 | 12,2 |
| 31 | 156 | Harry Plompen       | Krommenie        | 1944 |                    | 1:19:20 | 12,2 |
| 32 | 138 | Eddy Tromp          | Zaandijk         | 1976 |                    | 1:20:20 | 12,0 |
| 33 | 128 | Edwin Egas          | Zaandam          | 1962 |                    | 1:20:49 | 12,0 |
| 34 | 189 | Idris Brouwer       | Zaandam          | 1971 |                    | 1:21:02 | 11,9 |
| 35 | 155 | Carmody Hulskamp    | Assendelft       | 1977 | Zaanland           | 1:21:22 | 11,9 |
| 36 | 193 | Jaap Klomp          | Wormerveer       | 1940 | Zaanland           | 1:21:55 | 11,8 |
| 37 | 170 | John Heimensem      | Koog aan de Zaan | 1958 | AZVD               | 1:23:08 | 11,6 |
| 38 | 140 | Harry van der Werf  | Heemskerk        | 1961 | Kennemer loopgroep | 1:23:24 | 11,6 |
| 39 | 154 | Jaap Vloon          | Westzaan         | 1950 | Zaanland           | 1:23:51 | 11,5 |
| 40 | 131 | Gert Huiberts       | Zaandam          | 1967 | Zaanland           | 1:24:21 | 11,5 |
| 41 | 172 | Frank van Vliet     | Zaandam          | 1970 | Le Champion        | 1:25:08 | 11,3 |
| 42 | 168 | Peter Out           | Beverwijk        | 1970 |                    | 1:25:20 | 11,3 |
| 43 | 148 | Ard Heijboer        | Hoofddorp        | 1971 |                    | 1:26:17 | 11,2 |
| 44 | 123 | Kees de Gooijer sr  | Zaandam          | 1957 |                    | 1:26:26 | 11,2 |
| 45 | 124 | Kees de Gooijer jr  | Zaandijk         | 1984 |                    | 1:27:27 | 11,0 |
| 46 | 162 | Job Hooft           | Koog aan de Zaan | 1945 | Zaanland           | 1:27:27 | 11,0 |
| 47 | 185 | René Prins          | Zaandam          | 1961 | Zaanland           | 1:28:01 | 11,0 |
| 48 | 599 | Arnoud van Zanen    | Zaandam          | 1971 |                    | 1:28:17 | 10,9 |
| 49 | 147 | Michel van Diepen   | Purmerend        | 1976 | Zaanland           | 1:28:25 | 10,9 |
| 50 | 126 | Gerard van Veen     | Zaandam          | 1949 | Zaanland           | 1:28:56 | 10,9 |
| 51 | 195 | Peter van Breukelen | Zaandam          | 1964 | Zaanland           | 1:29:57 | 10,7 |
| 52 | 146 | Ronald Mom          | De Goorn         | 1979 |                    | 1:30:44 | 10,6 |
| 53 | 129 | Lesly Smit          | Zaandam          | 1979 | Zaanland           | 1:31:47 | 10,5 |
| 54 | 598 | Bayram Cetin        | Zaandam          | 1969 |                    | 1:32:19 | 10,5 |
| 55 | 143 | Hans Gruijs         | Zaandam          | 1961 | Zaanland           | 1:32:35 | 10,4 |
| 56 | 113 | Walter Hollenkamp   | Purmerend        | 1948 | avVN               | 1:32:56 | 10,4 |
| 57 | 144 | Rayer Mooy          | Stompetoren      | 1965 | Lycurgus           | 1:33:05 | 10,4 |
| 58 | 171 | Nol Bos             | Zaandam          | 1950 |                    | 1:33:08 | 10,4 |
| 59 | 151 | Hans Finnema        | Zaandam          | 1964 | Zaanland           | 1:38:12 | 9,8  |
| 60 | 187 | Remco de Vries      | Zaandijk         | 1976 | Zaanland           | 1:38:13 | 9,8  |
| 61 | 186 | Jan Karbet          | Zaandam          | 1965 | Zaanland           | 1:38:13 | 9,8  |
| 62 | 161 | Steven Poolman      | Almere           | 1952 |                    | 1:38:35 | 9,8  |
| 63 | 173 | Rob Groot           | Zaandam          | 1949 | Le Champion        | 1:44:17 | 9,3  |
| 64 | 194 | Joop Keetman        | Zaandam          | 1944 | Lycurgus           | 1:46:59 | 9,0  |