

Uitslag 4e Vijfhoekparkloop 2013

zaterdag 30-11-2013, AV Zaanland Zaandam

| Plaats | Startnr | Naam | Woonplaats | GJ | Vereniging | tijd | km/uur | pace |
|-----------------------|---------|------------------|------------------|------|------------|-------|--------|-------|
| 1,5 KM JONGENS | | | | | | | | |
| 1 | 119 | Robin Bakker | Zaandam | 1997 | Zaanland | 6:18 | 14,3 | 4:12 |
| 2 | 117 | Seb Griffioen | Amsterdam | 2005 | | 6:57 | 12,9 | 4:38 |
| 3 | 125 | Zansi Kooper | Amsterdam | 2004 | Zaanland | 6:57 | 12,9 | 4:38 |
| 4 | 123 | Jomme Richards | Zaandam | 2002 | | 7:59 | 11,3 | 5:19 |
| 5 | 124 | Maarten Richards | Zaandam | 2006 | | 9:31 | 9,5 | 6:20 |
| 6 | 122 | Max Stukart | Koog aan de Zaan | 2009 | | 15:20 | 5,9 | 10:13 |

| Plaats | Startnr | Naam | Woonplaats | GJ | Vereniging | tijd | km/uur | pace |
|-----------------------|---------|-------------------|------------|------|------------|------|--------|------|
| 1,5 KM MEISJES | | | | | | | | |
| 1 | 115 | Jeske van der Pal | Westzaan | 1997 | Zaanland | 5:41 | 15,8 | 3:47 |
| 2 | 121 | Femke Drijfhout | Krommenie | 2002 | Lycurgus | 6:26 | 14,0 | 4:17 |
| 3 | 120 | Sarah Koper | Zaandam | 2003 | Zaanland | 7:03 | 12,8 | 4:42 |
| 4 | 199 | Floor Bakker | Zaandam | 2006 | Zaanland | 7:05 | 12,7 | 4:43 |
| 5 | 180 | Fleur van Leeuwen | Zaandam | 2003 | Zaanland | 7:42 | 11,7 | 5:08 |
| 6 | 116 | Gwenn Romkes | Zaandam | 2004 | Zaanland | 8:16 | 10,9 | 5:30 |
| 7 | 118 | Sterre Griffioen | Amsterdam | 2004 | | 8:34 | 10,5 | 5:42 |
| 8 | 179 | Emma van Leeuwen | Zaandam | 2005 | Zaanland | 8:38 | 10,4 | 5:45 |
| 9 | 182 | Pien Bakker | Zaandam | 2005 | Zaanland | 8:38 | 10,4 | 5:45 |

| Plaats | Startnr | Naam | Woonplaats | GJ | Vereniging | ategoriplaats/cat | tijd | km/uur | pace |
|-------------------|---------|---------------------|------------------|------|---------------|-------------------|-------|--------|------|
| 5 KM HEREN | | | | | | | | | |
| 1 | 542 | Imo Muller | Amsterdam | 1980 | AAC | M-SEN 1 | 16:37 | 18,1 | 3:19 |
| 2 | 649 | Eddy van Leeuwen | Zaandam | 1971 | AZVD Triatlon | M-35 1 | 17:38 | 17,0 | 3:31 |
| 3 | 562 | Bjorn Heijnen | Koog aan de Zaan | 1991 | Zaanland | M-SEN 2 | 18:58 | 15,8 | 3:47 |
| 4 | 563 | Ed Broek | Zaandam | 1967 | Zaanland | M-45 1 | 19:17 | 15,6 | 3:51 |
| 5 | 695 | Menno Brendeke | Westzaan | 1992 | Zaanland | M-SEN 3 | 19:39 | 15,3 | 3:55 |
| 6 | 854 | Mick Onrust | Zaandam | 1998 | Zaanland | M-JUN 1 | 19:45 | 15,2 | 3:57 |
| 7 | 699 | Simon Richards | Zaandam | 1999 | Zaanland | M-JUN 2 | 20:13 | 14,8 | 4:02 |
| 8 | 545 | Sietse van der Pal | Westzaan | 1998 | Zaanland | M-JUN 3 | 20:58 | 14,3 | 4:11 |
| 9 | 855 | Henk Onrust | Zaandam | 1967 | Zaanland | M-45 2 | 20:59 | 14,3 | 4:11 |
| 10 | 539 | Jan van Zalinge | Middelie | 1955 | avVN | M-55 1 | 21:03 | 14,3 | 4:12 |
| 11 | 548 | Jacques de Weger | Krommenie | 1956 | | M-55 2 | 21:12 | 14,2 | 4:14 |
| 12 | 557 | Rick Rosenkrantz | Oostzaan | 1993 | Zaanland | M-SEN 4 | 21:19 | 14,1 | 4:15 |
| 13 | 540 | Ruud Righolt | Zaandam | 1953 | Zaanland | M-55 3 | 22:09 | 13,5 | 4:25 |
| 14 | 867 | Thijs van der Kolk | Oostzaan | 1962 | Zaanland | M-45 3 | 22:48 | 13,2 | 4:33 |
| 15 | 556 | Leo Vloon | Oostzaan | 1959 | Waterland | M-45 4 | 23:15 | 12,9 | 4:39 |
| 16 | 566 | Mischa Zwagers | Zaandam | 1975 | Zaanland | M-35 2 | 23:34 | 12,7 | 4:42 |
| 17 | 694 | Peter van Breukelen | Zaandam | 1964 | Zaanland | M-45 5 | 23:50 | 12,6 | 4:46 |
| 18 | 561 | Jeroen Heijnen | Koog aan de Zaan | 1961 | Zaanland | M-45 6 | 23:58 | 12,5 | 4:47 |
| 19 | 693 | Kees Walter | Zaandam | 1960 | Zaanland | M-45 7 | 24:15 | 12,4 | 4:51 |
| 20 | 698 | Frank van Ammers | Koog aan de Zaan | 1952 | | M-55 4 | 24:26 | 12,3 | 4:53 |
| 21 | 871 | Daan Schuitemaker | Zaandam | 1998 | | M-JUN 4 | 24:48 | 12,1 | 4:57 |
| 22 | 648 | Peter Lamme | Wormer | 1957 | | M-55 5 | 25:13 | 11,9 | 5:02 |
| 23 | 692 | Jan Fris | Wormer | 1956 | Zaanland | M-55 6 | 25:20 | 11,9 | 5:02 |
| 24 | 569 | Rikus Bijvoet | Purmerend | 1947 | Zaanland | M-65 1 | 25:23 | 11,9 | 5:03 |
| 25 | 651 | Harry Derlagen | Zaandam | 1959 | | M-45 8 | 26:23 | 11,4 | 5:16 |
| 26 | 555 | Arjan van Amsterdam | Amsterdam | 1974 | | M-35 3 | 26:38 | 11,3 | 5:19 |
| 27 | 859 | Marthijn Bakker | Zaandam | 1991 | Zaanland | M-SEN 5 | 26:52 | 11,2 | 5:22 |
| 28 | 697 | Ruben Kranenburg | Zaandam | 1980 | | M-SEN 6 | 27:41 | 10,8 | 5:32 |
| 29 | 538 | Martin Wezel | Koog aan de Zaan | 1952 | Le Champion | M-55 7 | 29:33 | 10,2 | 5:54 |
| 30 | 653 | Piet Duivis | Zaandam | 1958 | | M-55 8 | 30:54 | 9,7 | 6:10 |
| 31 | 731 | Joop Keetman | Zaandam | 1944 | Lycurgus | M-65 2 | 32:47 | 9,2 | 6:33 |
| 32 | 650 | Rob Munscher | Amsterdam | 1942 | Le Champion | M-65 3 | 34:46 | 8,6 | 6:57 |
| 33 | 537 | Pieter Buijsman | Zwaag | 1946 | Le Champion | M-65 4 | 34:47 | 8,6 | 6:57 |
| 34 | 543 | Jan Pankras | Heiloo | 1940 | | M-65 5 | 35:59 | 8,3 | 7:11 |
| 35 | 861 | Nico Tol | Zaandam | 1944 | Zaanland | M-65 6 | 38:49 | 7,7 | 7:45 |

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|----|-----|--------------|------------------|------|-----------------|------|---|-------|-----|------|
| 36 | 567 | Rob Steijger | Zaandam | 1959 | avVN | M-45 | 9 | 39:09 | 7,7 | 7:49 |
| 37 | 547 | Hans Appel | Hoorn Nh | 1938 | Loopgroep Hoorn | M-65 | 7 | 40:06 | 7,5 | 8:01 |
| 38 | 683 | Piet Glas | Koog aan de Zaan | 1935 | Zaanland | M-65 | 8 | 45:33 | 6,6 | 9:06 |

5 KM DAMES

| | | | | | | | | | | |
|----|-----|-----------------------|------------------|------|----------|-------|---|-------|------|------|
| 1 | 541 | Patricia Scheurs | Utrecht | 1976 | Hellas | V-35 | 1 | 19:48 | 15,2 | 3:57 |
| 2 | 549 | Denise Mangnus | Koog aan de Zaan | 1997 | | V-SEN | 1 | 24:56 | 12,0 | 4:59 |
| 3 | 565 | Eline Seignette | Limmen | 1963 | | V-45 | 1 | 25:28 | 11,8 | 5:05 |
| 4 | 546 | Jacqueline Louwe | Koog aan de Zaan | 1968 | Zaanland | V-45 | 2 | 25:29 | 11,8 | 5:05 |
| 5 | 862 | Tiny Tol-Maas | Zaandam | 1948 | Zaanland | V-65 | 1 | 25:30 | 11,8 | 5:06 |
| 6 | 570 | Corry Fris-Meijer | Wormer | 1963 | Zaanland | V-45 | 3 | 26:14 | 11,4 | 5:14 |
| 7 | 726 | Joyce de Roo | Zaandam | 1975 | Zaanland | V-35 | 2 | 26:15 | 11,4 | 5:15 |
| 8 | 858 | Christa Meijer | Zaandam | 1959 | | V-45 | 4 | 28:00 | 10,7 | 5:36 |
| 9 | 558 | Nikki Onrust | Zaandam | 1997 | Zaanland | V-SEN | 2 | 28:05 | 10,7 | 5:37 |
| 10 | 552 | Melanie Mangnus | Koog aan de Zaan | 1992 | | V-SEN | 3 | 29:14 | 10,3 | 5:50 |
| 11 | 559 | Sabrina Kroonenburg | Koog aan de Zaan | 1988 | | V-SEN | 4 | 29:22 | 10,2 | 5:52 |
| 12 | 696 | Samantha Balk | Krommenie | 1980 | | V-SEN | 5 | 29:36 | 10,1 | 5:55 |
| 13 | 863 | Ans Bakker | Zaandam | 1966 | Zaanland | V-45 | 5 | 30:00 | 10,0 | 6:00 |
| 14 | 554 | Kitty Jansen | Amsterdam | 1971 | | V-35 | 3 | 30:59 | 9,7 | 6:11 |
| 15 | 544 | Annelyn van Amsterdam | Amsterdam | 1980 | | V-SEN | 6 | 31:42 | 9,5 | 6:20 |
| 16 | 560 | Nadia Suidema | Zaandam | 1988 | | V-SEN | 7 | 36:33 | 8,2 | 7:18 |
| 17 | 652 | Frida Blazer | Zaandam | 1977 | | V-35 | 4 | 39:53 | 7,5 | 7:58 |

| Plaats | Startnr | Naam | Woonplaats | GJ | Vereniging | Categoriplaats/cat | tijd | km/uur | pace |
|--------|---------|------|------------|----|------------|--------------------|------|--------|------|
|--------|---------|------|------------|----|------------|--------------------|------|--------|------|

10 KM HEREN

| | | | | | | | | | | |
|----|-----|-------------------|------------------|------|-----------------|-------|---|---------|------|------|
| 1 | 266 | Robin Schonenberg | Zaandam | 1973 | | M-35 | 1 | 39:35 | 15,2 | 3:57 |
| 2 | 256 | Jonnie Rijkenberg | Purmerend | 1972 | | M-35 | 2 | 40:12 | 14,9 | 4:01 |
| 3 | 252 | Erwin Hooft | Zaandam | 1972 | | M-35 | 3 | 40:27 | 14,8 | 4:02 |
| 4 | 246 | Dirk Goldebeld | Wormer | 1956 | Zaanland | M-55 | 1 | 41:01 | 14,6 | 4:06 |
| 5 | 242 | Rainer Bode | Medemblik | 1952 | | M-55 | 2 | 42:17 | 14,2 | 4:13 |
| 6 | 264 | Michiel Richards | Zaandam | 1971 | | M-35 | 4 | 42:53 | 14,0 | 4:17 |
| 7 | 268 | Ed Carper | Zaandam | 1961 | Zaanland | M-45 | 1 | 43:46 | 13,7 | 4:22 |
| 8 | 261 | Rob Sluijter | Uitgeest | 1945 | avVN | M-65 | 1 | 44:29 | 13,5 | 4:26 |
| 9 | 470 | Nico Vergouw | Zaandam | 1946 | Zaanland | M-65 | 2 | 45:06 | 13,3 | 4:30 |
| 10 | 240 | Eric Klepper | Heerhugowaard | 1982 | | M-SEN | 1 | 46:10 | 13,0 | 4:37 |
| 11 | 243 | Niels Nijstad | Heerhugowaard | 1990 | | M-SEN | 2 | 46:53 | 12,8 | 4:41 |
| 12 | 253 | Eddy Vink | Zaandam | 1967 | | M-45 | 2 | 46:57 | 12,8 | 4:41 |
| 13 | 249 | Gerard Dirks | Koog aan de Zaan | 1956 | avVN | M-55 | 3 | 48:30 | 12,4 | 4:51 |
| 14 | 257 | Ton Beier | Zaandijk | 1971 | | M-35 | 5 | 48:59 | 12,2 | 4:53 |
| 15 | 472 | Nanno Rombeek | Oostzaan | 1963 | Le Champion | M-45 | 3 | 49:03 | 12,2 | 4:54 |
| 16 | 250 | Cor Vonk | Uitgeest | 1955 | | M-55 | 4 | 49:33 | 12,1 | 4:57 |
| 17 | 259 | Paul Pluyter | Amsterdam | 1965 | Feniks | M-45 | 4 | 50:10 | 12,0 | 5:01 |
| 18 | 238 | Dick Wezel | Purmerend | 1954 | Zaanland | M-55 | 5 | 50:56 | 11,8 | 5:05 |
| 19 | 267 | Mark Scheijde | Zaandam | 1980 | Zaanland | M-SEN | 3 | 51:31 | 11,6 | 5:09 |
| 20 | 248 | Simon Karlas | Zaandam | 1963 | | M-45 | 5 | 52:14 | 11,5 | 5:13 |
| 21 | 239 | Guillaume Hoskens | Amstelveen | 1959 | | M-45 | 6 | 52:42 | 11,4 | 5:16 |
| 22 | 476 | Gerard Stoeltjes | Assendelft | 1938 | | M-65 | 3 | 53:24 | 11,2 | 5:20 |
| 23 | 251 | Stephan Dijkman | Uitgeest | 1985 | | M-SEN | 4 | 53:53 | 11,1 | 5:23 |
| 24 | 260 | Wilfred Kooijman | Wormerveer | 1964 | | M-45 | 7 | 54:13 | 11,1 | 5:25 |
| 25 | 474 | Lex de Boer | Avenhorn | 1947 | Loopgroep Hoorn | M-65 | 4 | 54:20 | 11,0 | 5:26 |
| 26 | 258 | John Beier | Assendelft | 1971 | | M-35 | 6 | 54:42 | 11,0 | 5:28 |
| 27 | 244 | Eric Pomp | Heerhugowaard | 1990 | | M-SEN | 5 | 55:39 | 10,8 | 5:33 |
| 28 | 262 | Rob Oostveen | Zaandam | 1958 | | M-55 | 6 | 55:42 | 10,8 | 5:34 |
| 29 | 471 | Peter Lansbergen | Assendelft | 1953 | Le Champion | M-55 | 7 | 56:19 | 10,7 | 5:37 |
| 30 | 265 | Jurrien Krol | Assendelft | 1962 | Lycurgus | M-45 | 8 | 59:01 | 10,2 | 5:54 |
| 31 | 468 | Gerard Kunnen | Heemskerk | 1938 | | M-65 | 5 | 59:38 | 10,1 | 5:57 |
| 32 | 245 | Henk Lansbergen | Honselersdijk | 1946 | avVN | M-65 | 6 | 1:01:49 | 9,7 | 6:10 |
| 33 | 475 | Rob Groot | Zaandam | 1949 | Le Champion | M-55 | 8 | 1:02:42 | 9,6 | 6:16 |
| 34 | 469 | Gijs Honing | Blokker | 1945 | avVN | M-65 | 7 | 1:07:37 | 8,9 | 6:45 |
| 35 | 477 | Fred Goveia | Wormer | 1938 | Le Champion | M-65 | 8 | 1:12:23 | 8,3 | 7:14 |

10 KM DAMES

| | | | | | | | | | | |
|---|-----|-----------------|---------------|------|----------|-------|---|-------|------|------|
| 1 | 241 | Laura Hak | Heerhugowaard | 1981 | Hera | V-SEN | 1 | 42:40 | 14,1 | 4:16 |
| 2 | 254 | Rianne Breedijk | Almere | 1990 | Zaanland | V-SEN | 2 | 47:01 | 12,8 | 4:42 |
| 3 | 473 | Laura Hyslop | Zaandam | 1958 | Zaanland | V-55 | 1 | 49:04 | 12,2 | 4:54 |
| 4 | 263 | Sonja van Zeelt | Wormerveer | 1964 | | V-45 | 1 | 51:55 | 11,6 | 5:11 |

| Plaats | Startnr | Naam | Woonplaats | GJ | M/V | Verenig | Categorie | tijd | km/uur | pace |
|--------|---------|------|------------|----|-----|---------|-----------|------|--------|------|
|--------|---------|------|------------|----|-----|---------|-----------|------|--------|------|

1,5 KM TOTAAL

| | | | | | | | | | | |
|----|-----|-------------------|------------------|------|---|---------|-------|-------|------|-------|
| 1 | 115 | Jeske van der Pal | Westzaan | 1997 | V | Zaanlar | V1,5k | 5:41 | 15,8 | 3:47 |
| 2 | 119 | Robin Bakker | Zaandam | 1997 | M | Zaanlar | M1,5k | 6:18 | 14,3 | 4:12 |
| 3 | 121 | Femke Drijfhout | Krommenie | 2002 | V | Lycurgu | V1,5k | 6:26 | 14,0 | 4:17 |
| 4 | 117 | Seb Griffioen | Amsterdam | 2005 | M | | M1,5k | 6:57 | 12,9 | 4:38 |
| 5 | 125 | Zansi Kooper | Amsterdam | 2004 | M | Zaanlar | M1,5k | 6:57 | 12,9 | 4:38 |
| 6 | 120 | Sarah Koper | Zaandam | 2003 | V | Zaanlar | V1,5k | 7:03 | 12,8 | 4:42 |
| 7 | 199 | Floor Bakker | Zaandam | 2006 | V | Zaanlar | V1,5k | 7:05 | 12,7 | 4:43 |
| 8 | 180 | Fleur van Leeuwen | Zaandam | 2003 | V | Zaanlar | V1,5k | 7:42 | 11,7 | 5:08 |
| 9 | 123 | Jomme Richards | Zaandam | 2002 | M | | M1,5k | 7:59 | 11,3 | 5:19 |
| 10 | 116 | Gwenn Romkes | Zaandam | 2004 | V | Zaanlar | V1,5k | 8:16 | 10,9 | 5:30 |
| 11 | 118 | Sterre Griffioen | Amsterdam | 2004 | V | | V1,5k | 8:34 | 10,5 | 5:42 |
| 12 | 179 | Emma van Leeuwen | Zaandam | 2005 | V | Zaanlar | V1,5k | 8:38 | 10,4 | 5:45 |
| 13 | 182 | Pien Bakker | Zaandam | 2005 | V | Zaanlar | V1,5k | 8:38 | 10,4 | 5:45 |
| 14 | 124 | Maarten Richards | Zaandam | 2006 | M | | M1,5k | 9:31 | 9,5 | 6:20 |
| 15 | 122 | Max Stukart | Koog aan de Zaan | 2009 | M | | M1,5k | 15:20 | 5,9 | 10:13 |

5 KM TOTAAL

| | | | | | | | | | | |
|----|-----|---------------------|------------------|------|---|---------|-------|-------|------|------|
| 1 | 542 | Imo Muller | Amsterdam | 1980 | M | AAC | M-SEN | 16:37 | 18,1 | 3:19 |
| 2 | 649 | Eddy van Leeuwen | Zaandam | 1971 | M | AZVD T | M-35 | 17:38 | 17,0 | 3:31 |
| 3 | 562 | Bjorn Heijnen | Koog aan de Zaan | 1991 | M | Zaanlar | M-SEN | 18:58 | 15,8 | 3:47 |
| 4 | 563 | Ed Broek | Zaandam | 1967 | M | Zaanlar | M-45 | 19:17 | 15,6 | 3:51 |
| 5 | 695 | Menno Brendeke | Westzaan | 1992 | M | Zaanlar | M-SEN | 19:39 | 15,3 | 3:55 |
| 6 | 854 | Mick Onrust | Zaandam | 1998 | M | Zaanlar | M-JUN | 19:45 | 15,2 | 3:57 |
| 7 | 541 | Patricia Scheurs | Utrecht | 1976 | V | Hellas | V-35 | 19:48 | 15,2 | 3:57 |
| 8 | 699 | Simon Richards | Zaandam | 1999 | M | Zaanlar | M-JUN | 20:13 | 14,8 | 4:02 |
| 9 | 545 | Sietse van der Pal | Westzaan | 1998 | M | Zaanlar | M-JUN | 20:58 | 14,3 | 4:11 |
| 10 | 855 | Henk Onrust | Zaandam | 1967 | M | Zaanlar | M-45 | 20:59 | 14,3 | 4:11 |
| 11 | 539 | Jan van Zalinge | Middelie | 1955 | M | avVN | M-55 | 21:03 | 14,3 | 4:12 |
| 12 | 548 | Jacques de Weger | Krommenie | 1956 | M | | M-55 | 21:12 | 14,2 | 4:14 |
| 13 | 557 | Rick Rosenkrantz | Oostzaan | 1993 | M | Zaanlar | M-SEN | 21:19 | 14,1 | 4:15 |
| 14 | 540 | Ruud Righolt | Zaandam | 1953 | M | Zaanlar | M-55 | 22:09 | 13,5 | 4:25 |
| 15 | 867 | Thijs van der Kolk | Oostzaan | 1962 | M | Zaanlar | M-45 | 22:48 | 13,2 | 4:33 |
| 16 | 556 | Leo Vloon | Oostzaan | 1959 | M | Waterli | M-45 | 23:15 | 12,9 | 4:39 |
| 17 | 566 | Mischa Zwagers | Zaandam | 1975 | M | Zaanlar | M-35 | 23:34 | 12,7 | 4:42 |
| 18 | 694 | Peter van Breukelen | Zaandam | 1964 | M | Zaanlar | M-45 | 23:50 | 12,6 | 4:46 |
| 19 | 561 | Jeroen Heijnen | Koog aan de Zaan | 1961 | M | Zaanlar | M-45 | 23:58 | 12,5 | 4:47 |
| 20 | 693 | Kees Walter | Zaandam | 1960 | M | Zaanlar | M-45 | 24:15 | 12,4 | 4:51 |
| 21 | 698 | Frank van Ammers | Koog aan de Zaan | 1952 | M | | M-55 | 24:26 | 12,3 | 4:53 |
| 22 | 871 | Daan Schuitemaker | Zaandam | 1998 | M | | M-JUN | 24:48 | 12,1 | 4:57 |
| 23 | 549 | Denise Mangnus | Koog aan de Zaan | 1997 | V | | V-SEN | 24:56 | 12,0 | 4:59 |
| 24 | 648 | Peter Lamme | Wormer | 1957 | M | | M-55 | 25:13 | 11,9 | 5:02 |
| 25 | 692 | Jan Fris | Wormer | 1956 | M | Zaanlar | M-55 | 25:20 | 11,9 | 5:02 |
| 26 | 569 | Rikus Bijvoet | Purmerend | 1947 | M | Zaanlar | M-65 | 25:23 | 11,9 | 5:03 |
| 27 | 565 | Eline Seignette | Limmen | 1963 | V | | V-45 | 25:28 | 11,8 | 5:05 |
| 28 | 546 | Jacqueline Louwe | Koog aan de Zaan | 1968 | V | Zaanlar | V-45 | 25:29 | 11,8 | 5:05 |
| 29 | 862 | Tiny Tol-Maas | Zaandam | 1948 | V | Zaanlar | V-65 | 25:30 | 11,8 | 5:06 |
| 30 | 570 | Corry Fris-Meijer | Wormer | 1963 | V | Zaanlar | V-45 | 26:14 | 11,4 | 5:14 |
| 31 | 726 | Joyce de Roo | Zaandam | 1975 | V | Zaanlar | V-35 | 26:15 | 11,4 | 5:15 |
| 32 | 651 | Harry Derlagen | Zaandam | 1959 | M | | M-45 | 26:23 | 11,4 | 5:16 |
| 33 | 555 | Arjan van Amsterdam | Amsterdam | 1974 | M | | M-35 | 26:38 | 11,3 | 5:19 |
| 34 | 859 | Marthijn Bakker | Zaandam | 1991 | M | Zaanlar | M-SEN | 26:52 | 11,2 | 5:22 |
| 35 | 697 | Ruben Kranenburg | Zaandam | 1980 | M | | M-SEN | 27:41 | 10,8 | 5:32 |
| 36 | 858 | Christa Meijer | Zaandam | 1959 | V | | V-45 | 28:00 | 10,7 | 5:36 |

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|----|-----|-----------------------|------------------|------|---|---------|-------|-------|------|------|
| 37 | 558 | Nikki Onrust | Zaandam | 1997 | V | Zaanlar | V-SEN | 28:05 | 10,7 | 5:37 |
| 38 | 552 | Melanie Mangnus | Koog aan de Zaan | 1992 | V | | V-SEN | 29:14 | 10,3 | 5:50 |
| 39 | 559 | Sabrina Kroonenburg | Koog aan de Zaan | 1988 | V | | V-SEN | 29:22 | 10,2 | 5:52 |
| 40 | 538 | Martin Wezel | Koog aan de Zaan | 1952 | M | Le Char | M-55 | 29:33 | 10,2 | 5:54 |
| 41 | 696 | Samantha Balk | Krommenie | 1980 | V | | V-SEN | 29:36 | 10,1 | 5:55 |
| 42 | 863 | Ans Bakker | Zaandam | 1966 | V | Zaanlar | V-45 | 30:00 | 10,0 | 6:00 |
| 43 | 653 | Piet Duivis | Zaandam | 1958 | M | | M-55 | 30:54 | 9,7 | 6:10 |
| 44 | 554 | Kitty Jansen | Amsterdam | 1971 | V | | V-35 | 30:59 | 9,7 | 6:11 |
| 45 | 544 | Annelyn van Amsterdam | Amsterdam | 1980 | V | | V-SEN | 31:42 | 9,5 | 6:20 |
| 46 | 731 | Joop Keetman | Zaandam | 1944 | M | Lycurgu | M-65 | 32:47 | 9,2 | 6:33 |
| 47 | 650 | Rob Munscher | Amsterdam | 1942 | M | Le Char | M-65 | 34:46 | 8,6 | 6:57 |
| 48 | 537 | Pieter Buijsman | Zwaag | 1946 | M | Le Char | M-65 | 34:47 | 8,6 | 6:57 |
| 49 | 543 | Jan Pankras | Heiloo | 1940 | M | | M-65 | 35:59 | 8,3 | 7:11 |
| 50 | 560 | Nadia Suidema | Zaandam | 1988 | V | | V-SEN | 36:33 | 8,2 | 7:18 |
| 51 | 861 | Nico Tol | Zaandam | 1944 | M | Zaanlar | M-65 | 38:49 | 7,7 | 7:45 |
| 52 | 567 | Rob Steijger | Zaandam | 1959 | M | avVN | M-45 | 39:09 | 7,7 | 7:49 |
| 53 | 652 | Frida Blazer | Zaandam | 1977 | V | | V-35 | 39:53 | 7,5 | 7:58 |
| 54 | 547 | Hans Appel | Hoorn Nh | 1938 | M | Loopgr | M-65 | 40:06 | 7,5 | 8:01 |
| 55 | 683 | Piet Glas | Koog aan de Zaan | 1935 | M | Zaanlar | M-65 | 45:33 | 6,6 | 9:06 |

10 KM TOTAAL

| | | | | | | | | | | |
|----|-----|-------------------|------------------|------|---|---------|-------|---------|------|------|
| 1 | 266 | Robin Schonenberg | Zaandam | 1973 | M | | M-35 | 39:35 | 15,2 | 3:57 |
| 2 | 256 | Jonnie Rijkenberg | Purmerend | 1972 | M | | M-35 | 40:12 | 14,9 | 4:01 |
| 3 | 252 | Erwin Hooft | Zaandam | 1972 | M | | M-35 | 40:27 | 14,8 | 4:02 |
| 4 | 246 | Dirk Goldebeld | Wormer | 1956 | M | Zaanlar | M-55 | 41:01 | 14,6 | 4:06 |
| 5 | 242 | Rainer Bode | Medemblik | 1952 | M | | M-55 | 42:17 | 14,2 | 4:13 |
| 6 | 241 | Laura Hak | Heerhugowaard | 1981 | V | Hera | V-SEN | 42:40 | 14,1 | 4:16 |
| 7 | 264 | Michiel Richards | Zaandam | 1971 | M | | M-35 | 42:53 | 14,0 | 4:17 |
| 8 | 268 | Ed Carper | Zaandam | 1961 | M | Zaanlar | M-45 | 43:46 | 13,7 | 4:22 |
| 9 | 261 | Rob Sluijter | Uitgeest | 1945 | M | avVN | M-65 | 44:29 | 13,5 | 4:26 |
| 10 | 470 | Nico Vergouw | Zaandam | 1946 | M | Zaanlar | M-65 | 45:06 | 13,3 | 4:30 |
| 11 | 240 | Eric Klepper | Heerhugowaard | 1982 | M | | M-SEN | 46:10 | 13,0 | 4:37 |
| 12 | 243 | Niels Nijstad | Heerhugowaard | 1990 | M | | M-SEN | 46:53 | 12,8 | 4:41 |
| 13 | 253 | Eddy Vink | Zaandam | 1967 | M | | M-45 | 46:57 | 12,8 | 4:41 |
| 14 | 254 | Rianne Breedijk | Almere | 1990 | V | Zaanlar | V-SEN | 47:01 | 12,8 | 4:42 |
| 15 | 249 | Gerard Dirks | Koog aan de Zaan | 1956 | M | avVN | M-55 | 48:30 | 12,4 | 4:51 |
| 16 | 257 | Ton Beier | Zaandijk | 1971 | M | | M-35 | 48:59 | 12,2 | 4:53 |
| 17 | 472 | Nanno Rombeek | Oostzaan | 1963 | M | Le Char | M-45 | 49:03 | 12,2 | 4:54 |
| 18 | 473 | Laura Hyslop | Zaandam | 1958 | V | Zaanlar | V-55 | 49:04 | 12,2 | 4:54 |
| 19 | 250 | Cor Vonk | Uitgeest | 1955 | M | | M-55 | 49:33 | 12,1 | 4:57 |
| 20 | 259 | Paul Pluyter | Amsterdam | 1965 | M | Feniks | M-45 | 50:10 | 12,0 | 5:01 |
| 21 | 238 | Dick Wezel | Purmerend | 1954 | M | Zaanlar | M-55 | 50:56 | 11,8 | 5:05 |
| 22 | 267 | Mark Scheijde | Zaandam | 1980 | M | Zaanlar | M-SEN | 51:31 | 11,6 | 5:09 |
| 23 | 263 | Sonja van Zeelt | Wormerveer | 1964 | V | | V-45 | 51:55 | 11,6 | 5:11 |
| 24 | 248 | Simon Karlas | Zaandam | 1963 | M | | M-45 | 52:14 | 11,5 | 5:13 |
| 25 | 239 | Guillaume Hoskens | Amstelveen | 1959 | M | | M-45 | 52:42 | 11,4 | 5:16 |
| 26 | 476 | Gerard Stoeltjes | Assendelft | 1938 | M | | M-65 | 53:24 | 11,2 | 5:20 |
| 27 | 251 | Stephan Dijkman | Uitgeest | 1985 | M | | M-SEN | 53:53 | 11,1 | 5:23 |
| 28 | 260 | Wilfred Kooijman | Wormerveer | 1964 | M | | M-45 | 54:13 | 11,1 | 5:25 |
| 29 | 474 | Lex de Boer | Avenhorn | 1947 | M | Loopgr | M-65 | 54:20 | 11,0 | 5:26 |
| 30 | 258 | John Beier | Assendelft | 1971 | M | | M-35 | 54:42 | 11,0 | 5:28 |
| 31 | 244 | Eric Pomp | Heerhugowaard | 1990 | M | | M-SEN | 55:39 | 10,8 | 5:33 |
| 32 | 262 | Rob Oostveen | Zaandam | 1958 | M | | M-55 | 55:42 | 10,8 | 5:34 |
| 33 | 471 | Peter Lansbergen | Assendelft | 1953 | M | Le Char | M-55 | 56:19 | 10,7 | 5:37 |
| 34 | 265 | Jurrien Krol | Assendelft | 1962 | M | Lycurgu | M-45 | 59:01 | 10,2 | 5:54 |
| 35 | 468 | Gerard Kunnen | Heemskerk | 1938 | M | | M-65 | 59:38 | 10,1 | 5:57 |
| 36 | 245 | Henk Lansbergen | Honselersdijk | 1946 | M | avVN | M-65 | 1:01:49 | 9,7 | 6:10 |
| 37 | 475 | Rob Groot | Zaandam | 1949 | M | Le Char | M-55 | 1:02:42 | 9,6 | 6:16 |
| 38 | 469 | Gijs Honing | Blokker | 1945 | M | avVN | M-65 | 1:07:37 | 8,9 | 6:45 |
| 39 | 477 | Fred Goveia | Wormer | 1938 | M | Le Char | M-65 | 1:12:23 | 8,3 | 7:14 |