Plaats	Startnr.	Naam	Woonplaats	Geb.	M/V	Categorie	Plaats categorie	Nettotijd	Brutotijd	Gem. snelheid (km/u)	Aanloop (0,485 km)	Ronde 1 (10,064 km)	Ronde 2 (10,064 km)	Afloop (0,485 km)	-	Meetpunt 1 (5,032 km)	Meetpunt 2 (5,032 km)	Meetpunt 3 (5,032 km)	Meetpunt 4 (5,032 km)
1	402	Wim Willems	Moordrecht	1989	M	M35	1e	1:18:43	1:18:43	16,08	0:01:38	0:36:38	0:38:37	0:01:50		0:18:04	0:18:34	0:18:42	0:19:55
2	729	Cees Snoek	Urk	1988	M	M35	2e	1:20:16	1:20:17	15,77	0:01:49	0:39:20	0:37:22	0:01:45		0:19:44	0:19:36	0:18:37	0:18:45
3	406	Jacob Snoek	Urk	1981	M	M45	1e	1:22:47	1:22:47	15,29	0:01:50	0:39:40	0:39:30	0:01:47		0:19:54	0:19:46	0:19:19	0:20:11
4	407	Joline van Arnhem	Bussum	1981	V	V45	1e	1:25:50	1:25:50	14,75	0:01:50	0:40:36	0:41:31	0:01:53		0:19:55	0:20:41	0:20:33	0:20:58
5	451	Geert-Jan van der Wal	Urk	1985	M	M35	3e	1:27:07	1:27:07	14,53	0:01:49	0:39:42	0:43:20	0:02:16		0:19:45	0:19:57	0:20:23	0:22:57
6	178	Jolissa Vlieger	Wezep	2006	V	Vsen	1e	1:27:14	1:27:15	14,51	0:01:51	0:40:55	0:42:37	0:01:51		0:20:04	0:20:51	0:21:02	0:21:35
7	409	Nikki Gray	Reading	1984	V	V35	1e	1:27:37	1:27:38	14,45	0:01:51	0:40:55	0:42:50	0:02:01		0:20:09	0:20:46	0:21:02	0:21:48
8	487	Dani Boere	Emmeloord	2002	M	Msen	1e	1:27:40	1:27:41	14,44	0:01:56	0:41:25	0:42:27	0:01:51		0:20:46	0:20:39	0:20:53	0:21:34
9	26	Klaas Kisteman	Creil	1985	M	M35	4e	1:28:08	1:28:09	14,36	0:01:55	0:42:17	0:42:10	0:01:46		0:21:11	0:21:06	0:20:59	0:21:11
10	439	Koning David	Tolbert	1984	M	M35	5e	1:28:40	1:28:40	14,28	0:01:51	0:41:33	0:43:14	0:02:02		0:20:42	0:20:51	0:21:17	0:21:57
11	413	Yvonne Meijer	Witharen	1979	V	V45	2e	1:29:57	1:29:57	14,07	0:01:54	0:42:21	0:43:38	0:02:03		0:21:16	0:21:05	0:21:20	0:22:18
12	421	Caressa van den Bogert	Emst	1993	V	Vsen	2e	1:30:02	1:30:03	14,06	0:01:51	0:41:35	0:44:39	0:01:57		0:20:15	0:21:20	0:22:23	0:22:16
13	430	Jankorf Kramer	Urk	1991	M	M35	6e	1:30:02	1:30:03	14,06	0:01:56	0:43:13	0:43:07	0:01:46		0:21:41	0:21:32	0:21:34	0:21:33
14	518	Enrico Loof	Zwolle	2001	M	Msen	2e	1:30:24	1:30:26	14,00	0:02:00	0:44:19	0:42:17	0:01:48		0:22:04	0:22:15	0:21:25	0:20:52
15	676	Wim Polman	Emmeloord	1988	M	M35	7e	1:30:45	1:30:47	13,95	0:01:58	0:43:11	0:43:38	0:01:58		0:21:38	0:21:33	0:21:33	0:22:05
16	426	Timon Rorije	Emmeloord	1990	M	M35	8e	1:31:08	1:31:09	13,89	0:01:59	0:43:11	0:43:50	0:02:08		0:21:38	0:21:33	0:21:40	0:22:10
17	401	Dinie Ras	Urk	1991	V	V35	2e	1:31:20	1:31:20	13,86	0:01:55	0:42:49	0:44:46	0:01:50		0:21:19	0:21:30	0:21:58	0:22:48
18	410	Gerrit Bakker	Urk	2000	M	Msen	3e	1:31:22	1:31:22	13,85	0:01:53	0:42:51	0:44:45	0:01:52		0:21:20	0:21:31	0:21:57	0:22:48
19	699	Stefan Gebbink	Emmeloord	1986	M	M35	9e	1:31:37	1:31:37	13,82	0:01:54	0:42:52	0:45:00	0:01:51		0:21:11	0:21:41	0:22:07	0:22:53
20	431	Jantina Loosman	Urk	1985	V	V35	3e	1:31:42	1:31:42	13,80	0:01:57	0:43:15	0:44:35	0:01:54		0:21:40	0:21:35	0:21:56	0:22:39
21	427	Arjen Spaan	Emmeloord	1987	M	M35	10e	1:31:45	1:31:47	13,80	0:01:59	0:43:09	0:44:22	0:02:15		0:21:38	0:21:31	0:21:42	0:22:40
22	423	Jurian molenaar	Emmeloord	1990	M	M35	11e	1:32:37	1:32:39	13,67	0:01:59	0:43:13	0:45:21	0:02:05		0:21:38	0:21:35	0:21:56	0:23:25
23	607	Mark Smit	Tuk	1997	M	Msen	4e	1:33:01	1:33:03	13,61	0:02:02	0:44:41	0:44:21	0:01:56		0:22:16	0:22:25	0:22:15	0:22:06
24	440	Pim Endhoven	Amsterdam	1999	V	Vsen	3e	1:33:10	1:33:11	13,59	0:01:52	0:44:39	0:44:40	0:01:59		0:21:13	0:23:26	0:22:29	0:22:11
25	420	Robert van Loenen	Emmeloord	1977	M	M45	2e	1:34:11	1:34:12	13,44	0:01:54	0:44:24	0:45:51	0:02:01		0:22:09	0:22:15	0:22:56	0:22:55
26	425	Priscilla Freke	Ens	1985	V	V35	4e	1:34:11	1:34:13	13,44	0:02:02	0:44:17	0:45:51	0:02:01		0:22:01	0:22:16	0:22:56	0:22:55
27	445	Edwin Boone	Kampen	1990	M	M35	12e	1:34:15	1:34:18	13,43	0:02:00	0:45:17	0:45:07	0:01:51		0:22:43	0:22:34	0:22:47	0:22:20
28	443	Pepijn van der Straaten	Budel	2004	M	Msen	5e	1:34:24	1:34:27	13,41	0:02:03	0:44:16	0:45:57	0:02:08		0:21:56	0:22:20	0:22:19	0:23:38
29	411	David Ordas	Dronten	1991	M	M35	13e	1:34:48	1:34:50	13,35	0:01:57	0:44:22	0:46:35	0:01:54		0:22:06	0:22:16	0:22:41	0:23:54
30	424	ALFONS Batterink	Hollandscheveld	1978	M	M45	3e	1:35:06	1:35:08	13,31	0:01:55	0:43:16	0:47:32	0:02:24		0:21:20	0:21:56	0:22:58	0:24:34
31	449	Auke Kapitein	Urk	1986	M	M35	14e	1:35:33	1:35:36	13,25	0:02:06	0:44:40	0:46:41	0:02:05		0:22:16	0:22:24	0:22:43	0:23:58
32	432	Pieter Leegwater	Urk	2003	M	Msen	6e	1:35:40	1:35:44	13,23	0:02:09	0:45:54	0:45:37	0:02:01		0:23:06	0:22:48	0:22:26	0:23:11
33	417	Bert van Slooten	Urk	1973	M	M45	4e	1:36:00	1:36:01	13,19	0:01:57	0:43:26	0:48:27	0:02:09		0:21:39	0:21:47	0:23:24	0:25:03
34	444	Geert Jan Spanninga	Kampen	1981	M	M45	5e	1:36:45	1:36:47	13,08	0:01:57	0:43:15	0:48:57	0:02:36		0:21:39	0:21:36	0:22:30	0:26:27
35	468	Jacob Baak	Urk	1982	M	M35	15e	1:36:57	1:37:00	13,06	0:02:09	0:46:18	0:46:33	0:01:56		0:23:14	0:23:04	0:23:16	0:23:17
36	457	Richard Bos	Spanga	1981	M	M45	6e	1:36:57	1:37:01	13,06	0:02:09	0:46:18	0:46:34	0:01:56		0:23:14	0:23:04	0:23:16	0:23:18
37	429	Jeroen Vels	Emmeloord	1970	M	M55	1e	1:37:27	1:37:27	12,99	0:02:01	0:46:25	0:47:04	0:01:56		0:23:15	0:23:10	0:23:26	0:23:38
38	446	Mark de Jong	Emmeloord	1978	M	M45	7e	1:37:27	1:37:27	12,99	0:02:02	0:46:24	0:47:05	0:01:56		0:23:15	0:23:09	0:23:27	0:23:38
39	442	Harrie Bruinenberg	Leusden	1987	M	M35	16e	1:38:23	1:38:32	12,87	0:02:17	0:47:33	0:46:34	0:01:59		0:23:49	0:23:44	0:23:27	0:23:07
40	639	Cas van Strien	Espel	2002	M	Msen	7e	1:38:28	1:38:35	12,86	0:02:14	0:47:39	0:46:33	0:02:02		0:23:56	0:23:43	0:23:27	0:23:06
41	455	Bas Vlaming	Utrecht	1981	M	M45	8e	1:38:45	1:38:48	12,82	0:02:07	0:46:12	0:48:14	0:02:12		0:22:31	0:23:41	0:23:37	0:24:37
42	436	Sebastian Schulz	Urk	1982	M	M35	17e	1:39:08	1:39:12	12,77	0:02:11	0:46:12	0:48:14	0:02:31		0:23:12	0:23:00	0:23:16	0:24:58
43	453	Ruben Bos	Zwolle	1994	M	Msen	8e	1:40:01	1:40:05	12,66	0:02:10	0:47:32	0:48:18	0:02:01		0:23:36	0:23:56	0:23:59	0:24:19
44	473	Gerben Elferdink	Winterswijk	1987	M	M35	18e	1:41:16	1:42:22	12,50	0:02:15	0:49:21	0:47:38	0:02:01		0:24:32	0:24:49	0:23:55	0:23:43
45	630	Levi Hakvoort	Kampen	2009	M	Msen	9e	1:41:18	1:41:22	12,50	0:02:12	0:47:27	0:49:28	0:02:11		0:23:47	0:23:40	0:24:01	0:25:27
46	476	Peter van Strien	Espel	1969	M	M55	2e	1:41:52	1:42:00	12,43	0:02:17	0:48:11	0:49:17	0:02:07		0:23:57	0:24:14	0:24:15	0:25:02
47	459	Annelies Duijst	Bunschoten-Spakenburg	1975	V	V45	3e	1:42:50	1:42:59	12,31	0:02:17	0:48:11	0:50:11	0:02:11		0:23:49	0:24:22	0:24:56	0:25:15
48	450	Johannes Schenk	Urk	1994	M	Msen	10e	1:42:58	1:43:02	12,29	0:02:10	0:46:22	0:52:05	0:02:22		0:23:14	0:23:08	0:24:32	0:27:33
49	489	Jesse de Boer	Urk	1997	M	Msen	11e	1:43:03	1:43:11	12,28	0:02:20	0:50:07	0:48:32	0:02:04		0:25:06	0:25:01	0:24:05	0:24:27
50	529	Mark Peters	Emmeloord	1971	M	M55	3e	1:43:03	1:44:03	12,28	0:02:18	0:49:36	0:48:56	0:02:12		0:24:49	0:24:47	0:24:26	0:24:30
51	485	Danny van den Deijssel	Voorhout	1981	M	M45	9e	1:43:10	1:44:11	12,27	0:02:19	0:49:50	0:49:00	0:02:01		0:24:58	0:24:52	0:24:54	0:24:06
52	462	Jan jacob snoek	Urk	1993	M	Msen	12e	1:43:13	1:43:18	12,26	0:02:15	0:48:17	0:50:12	0:02:29		0:24:21	0:23:56	0:24:05	0:26:07
53	670	Jamie Jongman	Urk	1996	V	Vsen	4e	1:43:14	1:43:21	12,26	0:02:16	0:49:41	0:49:14	0:02:03		0:24:58	0:24:43	0:24:33	0:24:41
54	500	Marcel Meijer	Swifterbant	1971	M	M55	4e	1:43:20	1:43:28	12,25	0:02:19	0:49:15	0:49:38	0:02:08		0:24:54	0:24:21	0:24:27	0:25:11
55	615	Steven Riep	Emmeloord	1985	M	M35	19e	1:43:20	1:44:26	12,25	0:02:38	0:51:27	0:47:16	0:01:59		0:25:53	0:25:34	0:23:40	0:23:36
56	496	Arnoud Zunnebeld	Amsterdam	1993	M	Msen	13e	1:43:38	1:44:57	12,21	0:02:24	0:48:22	0:50:51	0:02:01		0:23:48	0:24:34	0:24:35	0:26:16
57	490	Jan Jongman	Urk	1987	M	M35	20e	1:43:43	1:43:50	12,21	0:02:16	0:49:41	0:49:54	0:01:52		0:24:58	0:24:43	0:24:34	0:25:20
58	695	Maurice Mulder	Tollebeek	1969	M	M55	5e	1:43:53	1:43:53	12,19	0:02:02	0:47:12	0:52:38	0:02:01		0:23:17	0:23:55	0:25:05	0:27:33
59	478	Hein Luinstra	Groningen	1987	M	M35	21e	1:43:57	1:44:05	12,18	0:02:17	0:49:41	0:49:40	0:02:20		0:24:57	0:24:44	0:24:34	0:25:06

60	533	Dirk van Krieken	Geldermalsen	1982	M	M35	22e	1:43:58	1:44:07	12,18	0:02:22	0:50:05	0:49:16	0:02:15	0:25:04	0:25:01	0:24:32	0:24:44
61	511	Maarten Catney	Alkmaar	1982	M	M35	23e	1:44:00	1:45:09	12,17	0:02:31	0:49:15	0:50:00	0:02:14	0:24:44	0:24:31	0:24:50	0:25:10
62	470	Bertus nentjes	Urk	2000	M	Msen	14e	1:44:25	1:44:29	12,12	0:02:15	0:50:16	0:49:48	0:02:06	0:25:11	0:25:05	0:25:11	0:24:37
63	553	Lukas Schenk	Urk	2000	M	Msen	15e	1:44:25	1:44:29	12,12	0:02:13	0:50:18	0:49:48	0:02:06	0:25:13	0:25:05	0:25:08	0:24:40
64	479	Margrèt Dekker	Sint Jansklooster	1967	V	V55	1e	1:44:33	1:44:44	12,11	0:02:19	0:50:03	0:49:51	0:02:19	0:24:59	0:25:04	0:24:52	0:24:59
65	474	Jetze Kempenaar	Emmeloord	1968	M	M55	6e	1:44:34	1:44:41	12,11	0:02:20	0:50:06	0:49:53	0:02:15	0:25:07	0:24:59	0:24:46	0:25:07
66	549	Alexander Hoeve	Bunschoten-Spakenburg	2002	M	Msen	16e	1:44:39	1:45:51	12,10	0:02:44	0:49:56	0:49:43	0:02:16	0:24:53	0:25:03	0:24:53	0:24:50
67	548	Janneke van Goor	Bunschoten-Spakenburg	2000	V	Vsen	5e	1:44:39	1:45:51	12,10	0:02:45	0:49:56	0:49:43	0:02:15	0:24:52	0:25:04	0:24:53	0:24:50
68	438	Jan-Willem Koster	Urk	1993	M	Msen	17e	1:44:41	1:44:44	12,09	0:02:09	0:46:22	0:53:42	0:02:28	0:23:15	0:23:07	0:25:05	0:28:37
69	510	Frans William Zeeman	Urk	1984	M	M35	24e	1:44:50	1:44:57	12,08	0:02:18	0:50:10	0:50:18	0:02:05	0:25:06	0:25:04	0:25:12	0:25:06
70	454	Jan Willem woord	Urk	1973	M	M45	10e	1:44:56	1:45:02	12,06	0:02:14	0:49:44	0:50:48	0:02:10	0:25:01	0:24:43	0:24:53	0:25:55
71	600	Louwe Kapitein	Urk	1983	M	M35	25e	1:45:21	1:45:27	12,02	0:02:15	0:50:12	0:50:38	0:02:16	0:25:09	0:25:03	0:25:12	0:25:26
72	428	Jacob hoekstra	Urk	1986	M	M35	26e	1:45:24	1:45:29	12,01	0:02:12	0:50:16	0:50:19	0:02:37	0:25:13	0:25:03	0:25:11	0:25:08
73	563	Bertwin Fidder	Nunspeet	1979	M	M45	11e	1:45:25	1:45:37	12,01	0:02:19	0:50:05	0:50:43	0:02:18	0:25:00	0:25:05	0:25:11	0:25:32
74	508	Pieter Maas	Espel	1958	M	M65	1e	1:45:32	1:45:39	12,00	0:02:21	0:50:08	0:50:43	0:02:21	0:25:07	0:25:01	0:25:01	0:25:42
75	463	Casper Ferwerda	Leeuwarden	1983	M	M35	27e	1:46:29	1:46:39	11,89	0:02:16	0:49:11	0:52:46	0:02:15	0:24:35	0:24:36	0:25:32	0:27:14
76	414	Corné Doggen	Ens	1982	M	M35	28e	1:46:40	1:46:48	11,87	0:02:17	0:48:50	0:53:17	0:02:16	0:23:58	0:24:52	0:25:25	0:27:52
77	706	Mariska Dekkers	Espel	1974	V	V45	4e	1:46:46	1:46:51	11,86	0:02:13	0:49:51	0:52:21	0:02:20	0:25:02	0:24:49	0:25:37	0:26:44
78	458	Johan Kramer	Urk	1982	M	M35	29e	1:47:05	1:47:11	11,82	0:02:12	0:49:47	0:52:43	0:02:24	0:25:04	0:24:43	0:24:48	0:27:55
79	499	Erwin van Hout	Zeist	1975	M	M45	12e	1:47:17	1:47:27	11,80	0:02:18	0:50:58	0:51:47	0:02:14	0:25:22	0:25:36	0:25:46	0:26:01
80	535	Adriaan Brandhof	Meppel	1983	M	M35	30e	1:47:18	1:47:20	11,80	0:02:08	0:47:26	0:55:10	0:02:34	0:23:08	0:24:18	0:26:56	0:28:14
81	539	Johan de Vries	Emmeloord	1979	M	M45	13e	1:47:27	1:47:40	11,78	0:02:16	0:49:37	0:52:53	0:02:41	0:24:53	0:24:44	0:24:56	0:27:57
82	466	Wouter Rustenburg	Urk	1984	M	M35	31e	1:47:46	1:47:50	11,75	0:02:13	0:49:19	0:53:34	0:02:39	0:24:44	0:24:35	0:25:33	0:28:01
83	627	Kees Korf	Urk	1999	M	Msen	18e	1:48:06	1:48:11	11,71	0:02:21	0:50:25	0:52:49	0:02:31	0:25:21	0:25:04	0:25:29	0:27:20
84	488	Peter de Vries	Emmeloord	1988	M	M35	32e	1:48:28	1:49:39	11,67	0:02:21	0:50:34	0:53:07	0:02:27	0:25:19	0:25:15	0:25:46	0:27:21
85	471	Anne Jan Eskes	Urk	1968	M	M55	7e	1:48:37	1:49:43	11,65	0:02:30	0:51:53	0:52:01	0:02:13	0:26:03	0:25:50	0:25:55	0:26:06
86	524	Marten Ras	Emmeloord	1995	M	Msen	19e	1:48:44	1:48:52	11,64	0:02:21	0:50:08	0:53:46	0:02:29	0:25:07	0:25:01	0:25:40	0:28:06
87	626	Anouk De Vos	Emmeloord	2003	V	Vsen	6e	1:48:52	1:49:59	11,63	0:02:54	0:53:45	0:50:05	0:02:08	0:27:50	0:25:55	0:24:45	0:25:20
88	700	Floris de Wilde	Emmeloord	1987	M	M35	33e	1:49:01	1:50:17	11,61	0:02:47	0:48:35	0:55:09	0:02:30	0:24:11	0:24:24	0:26:54	0:28:15
89	525	Jurian van eerde	Urk	1998	M	Msen	20e	1:49:35	1:49:35	11,55	0:03:33	0:51:17	0:52:40	0:02:05	0:25:31	0:25:46	0:26:01	0:26:39
90	581	Kaine Hellberg	Emmeloord	2000	M	Msen	21e	1:50:04	1:51:18	11,50	0:02:39	0:53:08	0:52:11	0:02:05	0:26:09	0:26:59	0:26:28	0:25:43
91	497	Hugo van Hout	Zeist	2006	M	Msen	22e	1:50:09	1:50:20	11,49	0:02:24	0:53:00	0:52:52	0:01:53	0:26:13	0:26:47	0:26:37	0:26:15
92	589	Mark Kamp	Den Haag	1974	M	M45	14e	1:50:22	1:51:37	11,47	0:02:49	0:52:50	0:52:27	0:02:15	0:26:37	0:26:13	0:26:11	0:26:16
93	570	Johan ten Napel	Urk	1981	M	M45	15e	1:50:56	1:52:10	11,41	0:02:49	0:52:17	0:53:22	0:02:27	0:26:37	0:25:40	0:26:13	0:27:09
94	480	Maarten Hameetman	Emmeloord	1978	M	M45	16e	1:51:06	1:52:14	11,39	0:02:21	0:51:31	0:54:35	0:02:40	0:25:39	0:25:52	0:26:25	0:28:10
95	674	Frank van Ekeris	Haarlem	1966	M	M55	8e	1:51:07	1:52:11	11,39	0:02:36	0:51:31	0:54:33	0:02:26	0:25:56	0:25:35	0:26:51	0:27:42
96	530	Annegina de Vries	Urk	1982	V	V35	5e	1:51:09	1:52:22	11,39	0:02:47	0:52:20	0:53:45	0:02:16	0:26:04	0:26:16	0:26:56	0:26:49
97	568	Paulus de Vries	Urk	1984	M	M35	34e	1:51:12	1:52:23	11,38	0:02:46	0:53:34	0:52:35	0:02:17	0:27:02	0:26:32	0:25:41	0:26:54
98	557	Liesbeth Heinen	Bunschoten-Spakenburg	1972	V	V45	5e	1:51:15	1:52:15	11,38	0:02:14	0:52:23	0:54:04	0:02:34	0:26:16	0:26:07	0:26:17	0:27:47
99	509	Willem van de Weerdt	Nijkerk	1976	M	M45	17e	1:51:36	1:52:58	11,34	0:02:43	0:50:00	0:55:45	0:03:09	0:24:58	0:25:02	0:25:49	0:29:56
100	493	Marc Bakhuis	Vriezenveen	1974	M	M45	18e	1:52:33	1:53:34	11,25	0:02:20	0:53:25	0:54:33	0:02:15	0:26:39	0:26:46	0:27:16	0:27:17
101	412	Reinier Romkes	Urk	1983	M	M35	35e	1:52:39	1:53:51	11,24	0:02:45	0:55:13	0:52:22	0:02:19	0:27:54	0:27:19	0:26:31	0:25:51
102	540	Jeltine Kramer	Urk	1995	V	Vsen	7e	1:52:54	1:53:00	11,21	0:02:16	0:50:38	0:57:36	0:02:23	0:25:07	0:25:31	0:28:11	0:29:25
103	537	Mirjam Korf	Urk	1996	V	Vsen	8e	1:52:54	1:53:01	11,21	0:02:16	0:50:13	0:58:02	0:02:23	0:25:08	0:25:05	0:27:21	0:30:41
104	522	Siemen Lindeboom	Urk	1984	M	M35	36e	1:53:08	1:54:16	11,19	0:02:29	0:54:15	0:54:18	0:02:06	0:27:04	0:27:11	0:27:11	0:27:07
105	465	Gert Meijer		1983	M	M35	37e	1:53:17	1:54:30	11,17	0:02:56	0:54:53	0:53:22	0:02:06	0:27:21	0:27:32	0:26:18	0:27:04
106	538	Roeland Scheper	Bant	1977	M	M45	19e	1:53:20	1:54:24	11,17	0:02:41	0:54:05	0:54:08	0:02:26	0:27:18	0:26:47	0:26:53	0:27:15
107	467	Stefan Schuurman	Dronten	1981	M	M45	20e	1:53:52	1:55:01	11,12	0:02:44	0:54:05	0:54:30	0:02:33	0:27:47	0:26:18	0:26:44	0:27:46
108	506	Johan Oost	Urk	1982	M	M35	38e	1:53:55	1:55:04	11,11	0:02:29	0:54:15	0:54:47	0:02:24	0:27:03	0:27:12	0:27:10	0:27:37
109	638	Marcel Dekker	Zegveld	1969	M	M55	9e	1:54:07	1:55:19	11,09	0:02:49	0:54:52	0:54:04	0:02:22	0:27:46	0:27:06	0:27:19	0:26:45
110	696	Jan Gerssen	Urk	1986	M	M35	39e	1:54:15	1:55:22	11,08	0:02:38	0:56:31	0:52:54	0:02:12	0:28:34	0:27:57	0:26:57	0:25:57
111	599	Lub van den Berg	Urk	1978	M	M45	21e	1:54:24	1:55:41	11,07	0:02:49	0:53:53	0:55:22	0:02:21	0:27:14	0:26:39	0:27:37	0:27:45
112	405	Rubin Schenkel	Ede	1991	M	M35	40e	1:54:30	1:55:40	11,06	0:02:48	0:56:31	0:52:58	0:02:13	0:28:23	0:28:08	0:27:10	0:25:48
113	419	Raymond Niezink	Lelystad	1979	M	M45	22e	1:54:33	1:56:52	11,05	0:02:44	0:54:06	0:55:25	0:02:17	0:26:03	0:28:03	0:27:58	0:27:27
114	526	Sharon van diermen	Bunschoten-Spakenburg	1993	V	Vsen	9e	1:54:47	1:55:48	11,03	0:02:22	0:52:50	0:57:02	0:02:34	0:25:42	0:27:08	0:27:49	0:29:13
115	554	Janneke mosselaar	Surhuisterveen	1989	V	V35	6e	1:54:48	1:56:00	11,03	0:02:47	0:54:58	0:54:45	0:02:18	0:27:40	0:27:18	0:26:59	0:27:46
116	523	Izaäk de boer	Urk	1994	M	Msen	23e	1:54:53	1:55:56	11,02	0:02:20	0:52:21	0:57:38	0:02:34	0:26:13	0:26:08	0:27:53	0:29:45
117	641	Gert de Jong	Emmeloord	1965	M	M55	10e	1:54:53	1:56:02	11,02	0:02:46	0:55:47	0:54:12	0:02:08	0:27:54	0:27:53	0:27:53	0:26:19
118	598	Bas Snelder	Emmeloord	1978	M	M45	23e	1:54:54	1:56:03	11,02	0:02:46	0:54:56	0:54:58	0:02:14	0:27:44	0:27:12	0:27:23	0:27:35
119	623	Allard Tip	Bant	1976	M	M45	24e	1:54:59	1:56:03	11,01	0:02:40	0:54:07	0:55:32	0:02:40	0:27:19	0:26:48	0:26:53	0:28:39
120	519	Jarno Loof	Emmeloord	1999	M	Msen	24e	1:55:03	1:56:07	11,00	0:02:43	0:55:13	0:54:45	0:02:22	0:28:02	0:27:11	0:27:31	0:27:14
121	665	Jesse Kramer	Urk	2005	M	Msen	25e	1:55:39	1:56:50	10,95	0:02:44	0:56:35	0:54:15	0:02:05	0:28:27	0:28:08	0:28:18	0:25:57
122	604	Anne klaas post	Urk	1998	M	Msen	26e	1:55:57	1:57:02	10,92	0:02:38	0:55:41	0:55:20	0:02:18	0:27:34	0:28:07	0:27:07	0:28:13

123	435	Piet van den Berg	Urk	2000	M	Msen	27e	1:56:03	1:58:18	10,91	0:02:48	0:56:06	0:54:59	0:02:10	0:28:18	0:27:48	0:26:58	0:28:01
124	546	Hylkje Folkertsma	Eindhoven	1967	V	V55	2e	1:56:09	1:57:18	10,90	0:02:40	0:54:38	0:56:18	0:02:34	0:27:21	0:27:17	0:27:59	0:28:19
125	433	Thierry van Goor	Utrecht	1995	M	Msen	28e	1:56:09	1:58:19	10,90	0:02:27	0:52:33	0:58:25	0:02:44	0:25:33	0:27:00	0:28:33	0:29:52
126	556	Henk Beers	Amsterdam	1969	M	M55	11e	1:56:14	1:58:31	10,89	0:02:47	0:55:29	0:55:39	0:02:19	0:27:23	0:28:06	0:27:45	0:27:54
127	541	Emma Zwerus	Rotterdam	1996	V	Vsen	10e	1:56:21	1:58:31	10,88	0:02:51	0:56:16	0:54:57	0:02:17	0:28:20	0:27:56	0:27:39	0:27:18
128	494	Raymond Hoffmans	Amersfoort	1977	M	M45	25e	1:56:22	1:57:23	10,88	0:02:24	0:56:27	0:55:05	0:02:26	0:29:02	0:27:25	0:27:17	0:27:48
129	521	Jan-Wouter Baarssen	Urk	2006	M	Msen	29e	1:56:23	1:57:26	10,88	0:02:47	0:56:48	0:54:24	0:02:24	0:28:31	0:28:17	0:27:41	0:26:43
130	564	Erik van Faassen	Emmeloord	1990	M	M35	41e	1:56:30	1:57:36	10,87	0:02:48	0:55:21	0:55:51	0:02:30	0:27:47	0:27:34	0:27:55	0:27:56
131	520	Klaas Kramer	Urk	1984	M	M35	42e	1:56:41	1:57:57	10,85	0:02:44	0:55:48	0:55:38	0:02:32	0:28:04	0:27:44	0:27:45	0:27:53
132	562	Jan Bakker	Urk	1988	M	M35	43e	1:56:42	1:57:58	10,85	0:02:50	0:53:51	0:57:11	0:02:50	0:27:13	0:26:38	0:27:38	0:29:33
133	408	Willem van Urk	URK	1992	M	Msen	30e	1:56:49	1:58:04	10,84	0:02:44	0:55:50	0:55:37	0:02:37	0:28:02	0:27:48	0:27:43	0:27:54
134	606	Hendrik Bakker	Creil	1999	M	Msen	31e	1:56:52	1:57:57	10,83	0:02:45	0:55:57	0:55:38	0:02:32	0:28:13	0:27:44	0:27:45	0:27:53
135	609	Maarten de Boer	Urk	1985	M	M35	44e	1:56:52	1:58:04	10,83	0:02:49	0:55:48	0:55:36	0:02:38	0:28:03	0:27:45	0:27:41	0:27:55
136	730	Peter Aubroeck	Roosendaal	1984	M	M35	45e	1:56:56	1:59:06	10,83	0:03:06	0:53:45	0:57:23	0:02:42	0:26:09	0:27:36	0:28:01	0:29:22
137	492	Martijn Eskes	Rotterdam	1970	M	M55	12e	1:57:05	1:58:11	10,81	0:02:32	0:52:06	0:59:48	0:02:39	0:26:01	0:26:05	0:27:56	0:31:52
138	547	Gerjan van den Heuvel	Landsmeer	1995	M	Msen	32e	1:57:15	1:58:15	10,80	0:02:17	0:53:03	0:59:12	0:02:43	0:26:18	0:26:45	0:28:24	0:30:48
139	585	Miranda Monderen	Houten	1974	V	V45	6e	1:57:26	1:58:38	10,78	0:02:49	0:55:05	0:56:53	0:02:39	0:27:35	0:27:30	0:27:48	0:29:05
140	583	Wieger Vreeke	Emmeloord	1962	M	M55	13e	1:57:27	1:57:38	10,78	0:02:25	0:54:01	0:58:06	0:02:55	0:26:45	0:27:16	0:28:11	0:29:55
141	566	Simon Hakvoort	Kampen	1984	M	M35	46e	1:57:31	1:58:33	10,77	0:02:38	0:53:52	0:58:06	0:02:55	0:27:01	0:26:51	0:27:12	0:30:54
142	483	Jan Pasterkamp	Urk	1999	M	Msen	33e	1:57:48	1:58:54	10,75	0:02:29	0:51:54	1:00:37	0:02:48	0:25:58	0:25:56	0:29:08	0:31:29
143	698	Corien de Boer	Urk	1990	V	V35	7e	1:57:48	1:58:56	10,75	0:02:44	0:56:52	0:55:43	0:02:29	0:28:35	0:28:17	0:28:06	0:27:37
144	611	Jan Boes	Sint Jansklooster	1990	M	M35	47e	1:57:48	1:58:58	10,75	0:02:40	0:56:46	0:56:09	0:02:13	0:28:31	0:28:15	0:28:18	0:27:51
145	507	Pieter Geert van de Berg	Urk	2004	M	Msen	34e	1:57:52	1:59:05	10,74	0:02:43	0:56:35	0:55:59	0:02:35	0:28:26	0:28:09	0:28:17	0:27:42
146	612	Nicole Bijlsma	Heteren	1982	V	V35	8e	1:57:58	1:59:11	10,73	0:02:50	0:55:12	0:57:15	0:02:41	0:27:40	0:27:32	0:27:55	0:29:20
147	678	Noa van Strien	Espel	2003	V	Vsen	11e	1:58:07	1:59:17	10,72	0:02:52	0:55:55	0:56:43	0:02:37	0:28:20	0:27:35	0:27:50	0:28:53
148	594	Sandy Tulen	Marknesse	2003	V	Vsen	12e	1:58:10	1:59:29	10,71	0:02:46	0:55:37	0:57:08	0:02:39	0:27:47	0:27:50	0:28:02	0:29:06
149	610	Wilma molenaar de roo	Emmeloord	1993	V	Vsen	13e	1:58:14	1:59:20	10,71	0:02:46	0:56:30	0:56:38	0:02:19	0:28:24	0:28:06	0:28:20	0:28:18
150	220	Joost Goede	Purmerland	1959	M	M65	2e	1:58:15	1:59:32	10,71	0:02:45	0:55:51	0:57:04	0:02:35	0:28:01	0:27:50	0:27:51	0:29:13
151	191	Maria de Graaf Melaard	Bunschoten-Spakenburg	1984	V	V35	9e	1:58:18	1:59:21	10,70	0:02:39	0:56:07	0:57:11	0:02:21	0:27:30	0:28:37	0:28:20	0:28:51
152	722	Maarten Klooster	Grafhorst	2001	M	Msen	35e	1:58:44	2:00:51	10,66	0:02:53	0:56:51	0:56:28	0:02:32	0:28:57	0:27:54	0:28:25	0:28:03
153	452	Frank Hopman	Bunschoten-Spakenburg	1980	M	M45	26e	1:58:45	1:59:54	10,66	0:02:42	0:56:00	0:57:30	0:02:34	0:27:57	0:28:03	0:28:49	0:28:41
154	545	Leon van Gasteren	Bolsward	1981	M	M45	27e	1:58:48	1:59:57	10,66	0:02:45	0:56:41	0:56:56	0:02:26	0:28:30	0:28:11	0:28:30	0:28:26
155	567	Jo Visscher	Urk	1962	M	M55	14e	1:58:54	1:59:58	10,65	0:02:47	0:56:43	0:56:57	0:02:27	0:28:32	0:28:11	0:28:30	0:28:27
156	498	Geertje Kok	Zeist	1975	V	V45	7e	1:59:03	1:59:13	10,63	0:02:25	0:53:05	1:00:52	0:02:41	0:26:13	0:26:52	0:28:37	0:32:15
157	718	Anne Koelewijn	Bunschoten-Spakenburg	1983	V	V35	10e	1:59:10	2:01:12	10,62	0:02:33	0:55:55	0:58:07	0:02:34	0:27:46	0:28:09	0:28:53	0:29:14
158	661	Rosanne Koelewijn	Bunschoten-Spakenburg	1975	V	V45	8e	1:59:10	2:01:12	10,62	0:02:33	0:55:56	0:58:07	0:02:34	0:27:43	0:28:13	0:28:56	0:29:11
159	592	Klaas Wakker	Urk	1997	M	Msen	36e	1:59:19	2:00:37	10,61	0:02:51	0:57:42	0:56:28	0:02:19	0:28:55	0:28:47	0:28:25	0:28:03
160	587	Roelof Kroon	Tollebeek	1975	M	M45	28e	1:59:21	2:00:37	10,61	0:02:52	0:56:50	0:57:16	0:02:23	0:28:37	0:28:13	0:28:44	0:28:32
161	573	Vivian Janssen	Nederweert	1993	V	Vsen	14e	1:59:28	2:00:42	10,60	0:02:51	0:57:05	0:57:04	0:02:28	0:28:05	0:29:00	0:28:41	0:28:23
162	605	Marius Pieter Leonardus Terlouw	Urk	1986	M	M35	48e	1:59:42	2:00:48	10,58	0:02:41	0:52:22	1:02:23	0:02:17	0:25:58	0:26:24	0:30:24	0:31:59
163	503	Arjan Blaauw	Scheemda	1968	M	M55	15e	1:59:54	2:01:08	10,56	0:02:47	0:55:24	0:59:20	0:02:24	0:28:04	0:27:20	0:30:16	0:29:04
164	643	André Bakker	Tollebeek	1967	M	M55	16e	1:59:55	2:01:13	10,56	0:02:41	0:56:47	0:58:01	0:02:26	0:28:30	0:28:17	0:29:05	0:28:56
165	577	Marije Mossel	Groningen	1990	V	V35	11e	2:00:17	2:02:17	10,52	0:02:32	0:56:53	0:58:18	0:02:34	0:28:29	0:28:24	0:29:08	0:29:10
166	601	Harma Visser	Urk	1993	V	Vsen	15e	2:00:18	2:01:32	10,52	0:02:49	0:55:04	0:59:49	0:02:36	0:27:40	0:27:24	0:28:00	0:31:49
167	645	Maaike de Kroon	Ens	2003	V	Vsen	16e	2:00:18	2:01:34	10,52	0:02:51	0:56:36	0:58:10	0:02:41	0:28:17	0:28:19	0:28:54	0:29:16
168	580	Richard de Roos	Emmeloord	1992	M	Msen	37e	2:00:25	2:01:39	10,51	0:02:40	0:53:41	1:01:24	0:02:40	0:25:48	0:27:53	0:30:42	0:30:42
169	656	Anne Aanraad	Heeze	1999	V	Vsen	17e	2:00:30	2:01:52	10,51	0:02:47	0:56:49	0:58:26	0:02:29	0:28:18	0:28:31	0:28:57	0:29:29
170	527	Wilbert Heinen	Bunschoten-Spakenburg	1986	M	M35	49e	2:00:31	2:01:32	10,50	0:02:36	0:56:14	0:59:06	0:02:35	0:27:50	0:28:24	0:29:14	0:29:52
171	572	Bertine Ruiten	Urk	1991	V	V35	12e	2:00:47	2:02:52	10,48	0:02:40	0:57:49	0:57:51	0:02:27	0:28:50	0:28:59	0:28:57	0:28:54
172	716	Maaike Koelewijn	Bunschoten-Spakenburg	1988	V	V35	13e	2:01:02	2:02:05	10,46	0:02:39	0:57:29	0:58:33	0:02:21	0:28:44	0:28:45	0:28:48	0:29:45
173	576	Otto Korstenbroek	Aerdenhout	1964	M	M55	17e	2:01:03	2:02:23	10,46	0:02:52	0:58:10	0:57:27	0:02:34	0:29:03	0:29:07	0:28:57	0:28:30
174	632	Fabian Herder	Emmeloord	1979	M	M45	29e	2:01:28	2:02:47	10,42	0:02:49	0:56:38	0:59:14	0:02:48	0:28:16	0:28:22	0:29:04	0:30:10
175	593	Jos Spinder	IJsselmuiden	1988	M	M35	50e	2:01:30	2:02:32	10,42	0:02:46	0:56:05	0:59:46	0:02:53	0:28:18	0:27:47	0:27:40	0:32:06
176	710	Kathryn Briggs	Lexington	1992	V	Vsen	18e	2:01:31	2:03:42	10,42	0:02:58	0:58:44	0:57:30	0:02:19	0:29:48	0:28:56	0:28:49	0:28:41
177	551	Jaap Smith	Baflo	1968	M	M55	18e	2:01:32	2:03:35	10,42	0:02:44	0:58:07	0:58:11	0:02:30	0:29:32	0:28:35	0:29:15	0:28:56
178	650	Peter Hopman	Bunschoten-Spakenburg	1974	M	M45	30e	2:02:20	2:03:29	10,35	0:02:43	0:56:08	1:00:40	0:02:49	0:28:11	0:27:57	0:29:17	0:31:23
179	460	Ilse Van Wilderode	Sint-Katelijne-Waver	1971	V	V55	3e	2:02:38	2:04:43	10,32	0:02:52	1:00:20	0:56:59	0:02:27	0:30:10	0:30:10	0:29:02	0:27:57
180	516	Lieven Demeulenaere	Sint-Katelijne-Waver	1969	M	M55	19e	2:02:38	2:04:44	10,32	0:02:52	1:00:18	0:57:02	0:02:26	0:30:09	0:30:09	0:29:02	0:28:00
181	515	Jack Graumans	Biddinghuizen	1963	M	M55	20e	2:02:38	2:04:45	10,32	0:02:52	1:00:17	0:57:01	0:02:29	0:30:09	0:30:08	0:29:04	0:27:57
182	555	Janke Vaatstra	Warffum	1985	V	V35	14e	2:02:39	2:03:50	10,32	0:02:48	0:55:53	1:01:07	0:02:51	0:27:59	0:27:54	0:29:47	0:31:20
183	536	Johan Feenstra	Sneek	1968	M	M55	21e	2:02:44	2:04:05	10,31	0:02:45	0:55:09	1:01:54	0:02:56	0:27:38	0:27:31	0:27:54	0:34:00
184	619	Roelof van de Berg	Urk	1982	M	M35	51e	2:02:52	2:04:56	10,30	0:02:32	0:56:20	1:01:10	0:02:50	0:27:54	0:28:26	0:29:01	0:32:09
185	565	Rene Korteweg	Dronten	1986	M	M35	52e	2:02:53	2:04:03	10,30	0:02:49	0:57:07	0:59:57	0:03:00	0:28:31	0:28:36	0:28:55	0:31:02

186	711	Nicole van der Gugten	Emmeloord	1993	V	Vsen	19e	2:03:00	2:05:02	10,29	0:02:41	0:58:34	0:59:21	0:02:24	0:29:26	0:29:08	0:29:18	0:30:03
187	486	Andries Bakker	Urk	1987	M	M35	53e	2:03:19	2:05:20	10,27	0:02:34	0:57:15	1:00:50	0:02:41	0:28:40	0:28:35	0:29:23	0:31:27
188	528	Mariska de Graaf	Eindhoven	1980	V	V45	9e	2:03:36	2:04:38	10,24	0:02:25	0:56:26	1:01:59	0:02:46	0:27:01	0:29:25	0:30:33	0:31:26
189	644	Annelieke Spanninga	Emmeloord	2004	V	Vsen	20e	2:03:36	2:04:52	10,24	0:02:50	0:56:37	1:01:32	0:02:37	0:28:18	0:28:19	0:29:14	0:32:18
190	560	Joris Westerbeek	Zutphen	1975	M	M45	31e	2:03:53	2:04:59	10,22	0:02:46	0:57:10	1:01:07	0:02:51	0:28:36	0:28:34	0:29:56	0:31:11
191	559	Egon Zweers	Duiven	1974	M	M45	32e	2:03:53	2:04:59	10,22	0:02:47	0:57:09	1:01:09	0:02:49	0:28:35	0:28:34	0:29:57	0:31:12
192	517	Betsie Meindertsma-Medendorp	De Veenhoop	1990	V	V35	15e	2:04:09	2:05:22	10,20	0:02:51	0:55:55	1:02:25	0:02:58	0:27:42	0:28:13	0:29:57	0:32:28
193	495	Kornelius medendorp	Nagele	1989	M	M35	54e	2:04:09	2:05:22	10,20	0:02:51	0:55:52	1:02:27	0:02:59	0:27:42	0:28:10	0:29:59	0:32:28
194	574	Chris de Pater	Amersfoort	1982	M	M35	55e	2:04:10	2:05:13	10,20	0:02:37	0:55:52	1:02:20	0:03:22	0:27:46	0:28:06	0:28:51	0:33:29
195	461	Andre de Boer	Urk	1997	M	Msen	38e	2:04:16	2:05:19	10,19	0:02:46	0:57:27	1:01:31	0:02:32	0:28:31	0:28:56	0:32:18	0:29:13
196	588	Anita van Nijen	Emmeloord	1974	V	V45	10e	2:04:19	2:05:26	10,18	0:02:38	0:57:08	1:01:43	0:02:49	0:28:34	0:28:34	0:30:32	0:31:11
197	636	Celine Clarisse	Zaltbommel	1990	V	V35	16e	2:04:22	2:05:32	10,18	0:02:52	0:58:18	1:00:34	0:02:37	0:29:12	0:29:06	0:29:45	0:30:49
198	504	Luuk Hoekstra	Urk	1992	M	Msen	39e	2:04:30	2:05:41	10,17	0:02:47	0:56:43	1:02:07	0:02:53	0:28:27	0:28:16	0:29:33	0:32:34
199	701	Renate Mazee	Ens	1992	V	Vsen	21e	2:04:33	2:06:44	10,16	0:02:54	1:00:41	0:58:39	0:02:19	0:30:23	0:30:18	0:30:46	0:27:53
200	642	Wouter Hamann	Haarlem	1982	M	M35	56e	2:04:41	2:06:01	10,15	0:02:52	0:58:10	1:00:37	0:03:02	0:29:04	0:29:06	0:28:57	0:31:40
201	481	Jan Wim de Graaf	Bunschoten-Spakenburg	1970	M	M55	22e	2:05:02	2:06:02	10,12	0:02:42	0:57:02	1:02:47	0:02:31	0:28:44	0:28:18	0:31:42	0:31:05
202	725	Aline Vlijm	Nunspeet	2006	V	Vsen	22e	2:05:17	2:06:34	10,10	0:02:52	0:59:51	1:00:03	0:02:31	0:30:29	0:29:22	0:29:44	0:30:19
203	634	Leon van Slooten	Urk	1994	M	Msen	40e	2:05:27	2:07:30	10,09	0:02:34	0:59:05	1:01:00	0:02:48	0:29:14	0:29:51	0:29:52	0:31:08
204	677	Christel Boons	Emmeloord	1984	V	V35	17e	2:06:00	2:08:03	10,05	0:02:44	0:58:53	1:01:34	0:02:49	0:29:07	0:29:46	0:30:05	0:31:29
205	657	Frank van der Voort	't Harde	1973	M	M45	33e	2:06:03	2:08:16	10,04	0:02:44	1:00:01	1:00:31	0:02:47	0:29:01	0:31:00	0:30:09	0:30:22
206	685	Gydo Boxum	Sint Jansklooster	1990	M	M35	57e	2:06:12	2:08:13	10,03	0:02:51	1:00:26	1:00:10	0:02:45	0:30:27	0:29:59	0:29:50	0:30:20
207	680	Jan Lebbink	Tollebeek	1949	M	M75	1e	2:06:12	2:08:27	10,03	0:03:01	0:59:47	1:00:43	0:02:40	0:30:01	0:29:46	0:29:47	0:30:56
208	686	Tara van der Linde	Sint Jansklooster	2007	V	Vsen	23e	2:06:13	2:08:14	10,03	0:02:51	1:00:26	1:00:10	0:02:46	0:30:27	0:29:59	0:29:50	0:30:20
209	569	Jack Tabak	Tollebeek	1963	M	M55	23e	2:06:13	2:08:27	10,03	0:03:02	0:59:47	1:00:44	0:02:40	0:30:01	0:29:46	0:29:48	0:30:56
210	640	Wilfred Van Den Belt	IJsselmuiden	1984	M	M35	58e	2:06:34	2:07:36	10,00	0:02:46	0:58:40	1:02:14	0:02:54	0:28:53	0:29:47	0:31:16	0:30:58
211	707	Annabel Slot	Hattem	2007	V	Vsen	24e	2:06:56	2:09:04	9,97	0:02:58	1:00:40	1:00:39	0:02:39	0:30:23	0:30:17	0:29:45	0:30:54
212	482	Peter-Anne Blokhuis	Bunschoten-Spakenburg	1978	M	M45	34e	2:06:57	2:07:57	9,97	0:02:13	0:51:45	1:09:40	0:03:19	0:25:24	0:26:21	0:27:27	0:42:13
213	647	Teun post	Urk	1986	M	M35	59e	2:07:21	2:09:30	9,94	0:02:55	1:00:00	1:01:21	0:03:05	0:30:08	0:29:52	0:30:30	0:30:51
214	635	Dianne Hoorn	Nijkerk	1976	V	V45	11e	2:08:01	2:09:20	9,89	0:02:50	0:56:16	1:05:51	0:03:03	0:28:00	0:28:16	0:32:15	0:33:36
215	558	Arno Hoorn	Nijkerk	1973	M	M45	35e	2:08:01	2:09:20	9,89	0:02:50	0:56:15	1:05:52	0:03:03	0:28:00	0:28:15	0:32:16	0:33:36
216	667	Marianne Kuijper	Urk	1963	V	V55	4e	2:08:17	2:10:21	9,87	0:02:41	0:59:29	1:02:58	0:03:09	0:29:51	0:29:38	0:30:52	0:32:06
217	534	Arie De Vries	Tollebeek	1995	M	Msen	41e	2:08:29	2:09:42	9,85	0:02:43	0:58:17	1:04:41	0:02:47	0:28:51	0:29:26	0:31:41	0:33:00
218	597	Cynthia de Brabander	Emmeloord	1985	V	V35	18e	2:09:06	2:11:16	9,81	0:02:58	0:58:36	1:04:47	0:02:45	0:28:56	0:29:40	0:30:21	0:34:26
219	622	Sylvia Talen	Meppel	1962	V	V55	5e	2:09:11	2:11:16	9,80	0:02:48	1:00:39	1:03:02	0:02:42	0:29:59	0:30:40	0:30:54	0:32:08
220	679	Hans van Dijk	Hemelum	1963	M	M55	24e	2:09:45	2:11:49	9,76	0:02:40	1:00:35	1:03:44	0:02:46	0:30:06	0:30:29	0:31:19	0:32:25
221	682	Ronald Loof	Emmeloord	1968	M	M55	25e	2:09:55	2:12:05	9,74	0:02:57	1:00:38	1:03:12	0:03:08	0:30:10	0:30:28	0:30:51	0:32:21
222	561	Tessa van Faassen	Emmeloord	1994	V	Vsen	25e	2:10:25	2:11:31	9,71	0:02:49	0:57:02	1:07:37	0:02:57	0:28:31	0:28:31	0:32:45	0:34:52
223	491	Matthijs Sijtsma	Emmeloord	2003	M	Msen	42e	2:10:29	2:12:38	9,70	0:02:59	0:59:56	1:04:47	0:02:46	0:30:12	0:29:44	0:32:18	0:32:29
224	688	Anja Romkes	Urk	1971	V	V55	6e	2:10:37	2:12:41	9,69	0:02:41	0:59:14	1:05:57	0:02:44	0:29:48	0:29:26	0:31:14	0:34:43
225	187	Margré Van Halteren	Bunschoten-Spakenburg	1976	V	V45	12e	2:10:47	2:11:50	9,68	0:02:39	0:56:38	1:08:45	0:02:44	0:27:30	0:29:08	0:33:24	0:35:21
226	690	Antoinet van Asselt	Nunspeet	1983	V	V35	19e	2:10:57	2:13:04	9,67	0:02:58	1:01:33	1:03:46	0:02:39	0:30:22	0:31:11	0:31:47	0:31:59
227	543	Helene koelewijn	Bunschoten-Spakenburg	1980	V	V45	13e	2:11:00	2:12:04	9,66	0:02:20	0:54:47	1:10:56	0:02:58	0:25:58	0:28:49	0:35:35	0:35:21
228	691	Ine Fidder	Nunspeet	1980	V	V45	14e	2:11:06	2:13:14	9,66	0:02:58	1:01:33	1:03:48	0:02:47	0:30:22	0:31:11	0:31:47	0:32:01
229	662	Maartje Claessens	Hilversum	1970	V	V55	7e	2:11:11	2:13:19	9,65	0:02:53	1:02:08	1:03:19	0:02:51	0:30:56	0:31:12	0:31:23	0:31:56
230	734	Miriam Waterman	Espel	2000	V	Vsen	26e	2:11:12	2:13:16	9,65	0:02:57	1:00:08	1:05:40	0:02:27	0:30:12	0:29:56	0:31:37	0:34:03
231	437	Eva Nederlof	Urk	2006	V	Vsen	27e	2:11:38	2:13:49	9,62	0:02:51	1:00:18	1:05:29	0:03:00	0:30:12	0:30:06	0:31:26	0:34:03
232	637	Wendy knippels	Drunen	1987	V	V35	20e	2:11:42	2:12:53	9,61	0:02:52	0:58:21	1:07:19	0:03:10	0:29:12	0:29:09	0:32:29	0:34:50
233	660	Jarno Rensink	Apeldoorn	2002	M	Msen	43e	2:12:40	2:14:55	9,54	0:02:55	1:02:17	1:05:04	0:02:25	0:30:49	0:31:28	0:31:47	0:33:17
234	602	Riekelt Brouwer	Urk	1964	M	M55	26e	2:12:42	2:14:48	9,54	0:02:49	1:02:13	1:04:56	0:02:44	0:30:51	0:31:22	0:31:42	0:33:14
235	668	Pieter Kuijper	Urk	1960	M	M65	3e	2:12:44	2:14:48	9,54	0:02:38	0:59:31	1:07:29	0:03:06	0:29:38	0:29:53	0:32:11	0:35:18
236	591	Bibian van dal	Amsterdam	2010	V	Vsen	28e	2:13:08	2:15:08	9,51	0:02:31	1:01:32	1:06:20	0:02:45	0:29:58	0:31:34	0:33:26	0:32:54
237	590	Robert van Dal	Amsterdam	1973	M	M45	36e	2:13:09	2:15:08	9,51	0:02:33	1:01:32	1:06:18	0:02:45	0:29:56	0:31:36	0:33:24	0:32:54
238	646	Johan Gast	Emmeloord	1979	M	M45	37e	2:13:18	2:15:26	9,50	0:02:59	1:02:18	1:05:02	0:02:59	0:30:45	0:31:33	0:31:51	0:33:11
239	617	JP Bredenhoff	Urk	1991	M	M35	60e	2:13:19	2:15:20	9,50	0:02:30	1:00:27	1:07:23	0:03:00	0:29:24	0:31:03	0:32:21	0:35:02
240	649	Hans Hamersma	Tollebeek	1969	M	M55	27e	2:13:19	2:15:33	9,50	0:02:55	1:02:17	1:05:08	0:02:59	0:30:49	0:31:28	0:31:47	0:33:21
241	596	Johan Hoorn	Urk	1962	M	M55	28e	2:13:33	2:15:38	9,48	0:02:54	1:02:40	1:04:59	0:02:59	0:31:06	0:31:34	0:31:58	0:33:01
242	693	Tim ten klooster	Zwolle	1962	M	M55	29e	2:14:10	2:15:17	9,44	0:02:50	1:04:12	1:04:32	0:02:37	0:31:35	0:32:37	0:32:25	0:32:07
243	715	Kim van der Iest	Tijnje	1997	V	Vsen	29e	2:14:12	2:16:19	9,43	0:02:53	1:04:20	1:04:18	0:02:42	0:32:32	0:31:48	0:32:10	0:32:08
244	571	Jonathan van de schootbrugge	Nunspeet	2008	M	Msen	44e	2:14:30	2:15:47	9,41	0:02:53	1:03:16	1:05:56	0:02:25	0:31:25	0:31:51	0:31:42	0:34:14
245	514	Ingeborg van 't Hul	Nunspeet	2008	V	Vsen	30e	2:14:35	2:15:52	9,41	0:02:51	1:00:08	1:09:06	0:02:30	0:30:30	0:29:38	0:33:34	0:35:32
246	658	Isabelle Booy	Wieringerwaard	2008	V	Vsen	31e	2:14:41	2:16:48	9,40	0:02:58	1:01:01	1:07:48	0:02:54	0:30:33	0:30:28	0:33:42	0:34:06
247	629	Paula Timmerman	Lemelerveld	1998	V	Vsen	32e	2:14:43	2:15:52	9,40	0:02:37	0:58:15	1:10:39	0:03:12	0:28:30	0:29:45	0:34:21	0:36:18
248	684	Philippus Baalman	Enschede	1975	M	M45	38e	2:15:21	2:17:35	9,35	0:02:57	1:01:59	1:07:17	0:03:07	0:30:43	0:31:16	0:32:03	0:35:14

249	723	Laura Koen	Bant	1994	V	Vsen	33e	2:15:46	2:17:05	9,32	0:02:53	1:04:16	1:05:34	0:03:04	0:31:24	0:32:52	0:32:24	0:33:10
250	579	Ricardo Prins	Emmeloord	1999	M	Msen	45e	2:16:30	2:18:47	9,27	0:03:10	1:04:28	1:05:53	0:02:59	0:31:59	0:32:29	0:32:56	0:32:57
251	703	Martine Visser	Urk	1983	V	V35	21e	2:16:50	2:18:57	9,25	0:02:58	1:00:58	1:10:10	0:02:44	0:30:33	0:30:25	0:33:49	0:36:21
252	702	Elsbeth ten Hove	Elburg	1995	V	Vsen	34e	2:17:16	2:19:28	9,22	0:03:06	1:05:58	1:05:24	0:02:48	0:33:08	0:32:50	0:32:45	0:32:39
253	675	Vera van Urk	Emmeloord	2003	V	Vsen	35e	2:17:20	2:19:34	9,22	0:03:05	1:02:06	1:09:02	0:03:07	0:30:45	0:31:21	0:34:10	0:34:52
254	689	Henk van Urk	Emmeloord	1976	M	M45	39e	2:17:20	2:19:34	9,22	0:03:05	1:02:06	1:09:03	0:03:07	0:30:46	0:31:20	0:34:11	0:34:52
255	603	Kim van Nijen	Groningen	2002	V	Vsen	36e	2:17:55	2:19:04	9,18	0:02:55	1:02:45	1:09:28	0:02:48	0:31:02	0:31:43	0:33:52	0:35:36
256	531	Mark Westra	Urk	1990	M	M35	61e	2:18:04	2:19:09	9,17	0:02:45	0:57:18	1:15:09	0:02:52	0:28:31	0:28:47	0:34:40	0:40:29
257	469	Willem de Vries	Urk	1988	M	M35	62e	2:18:05	2:19:10	9,17	0:02:39	0:57:23	1:15:09	0:02:54	0:28:36	0:28:47	0:34:40	0:40:29
258	713	Ria van Weezep	Lelystad	1947	V	V75	1e	2:18:09	2:20:20	9,16	0:02:59	1:05:38	1:06:27	0:03:04	0:32:30	0:33:08	0:32:56	0:33:31
259	653	Dirk Schudde	Emmeloord	1975	M	M45	40e	2:18:10	2:20:18	9,16	0:02:53	1:02:29	1:09:38	0:03:09	0:30:46	0:31:43	0:33:31	0:36:07
260	633	Frans Schraal	Urk	1995	M	Msen	46e	2:18:55	2:20:57	9,11	0:02:34	0:59:07	1:14:25	0:02:49	0:29:15	0:29:52	0:35:50	0:38:35
261	733	Marlou de Vries	Nunspeet	1994	V	Vsen	37e	2:19:00	2:21:10	9,11	0:02:58	1:02:20	1:10:42	0:03:00	0:30:37	0:31:43	0:33:41	0:37:01
262	544	Steven Korf	Urk	1986	M	M35	63e	2:19:26	2:20:35	9,08	0:02:30	0:54:25	1:18:37	0:03:54	0:27:02	0:27:23	0:32:47	0:45:50
263	659	Maaike Langelaan	Empe	1974	V	V45	15e	2:19:59	2:22:05	9,04	0:02:48	1:00:39	1:13:31	0:03:01	0:30:02	0:30:37	0:35:43	0:37:48
264	736	Johan de Boer	Urk	1993	M	Msen	47e	2:20:08	2:21:11	9,03	0:02:46	0:57:28	1:16:36	0:03:19	0:27:55	0:29:33	0:36:25	0:40:11
265	673	Willeke Mazereeuw	Lelystad	1982	V	V35	22e	2:21:37	2:23:47	8,94	0:02:58	1:04:28	1:11:09	0:03:02	0:30:58	0:33:30	0:34:49	0:36:20
266	68	Jan Noeverman	Rijssen	1971	M	M55	30e	2:23:20	2:25:23	8,83	0:02:59	1:06:48	1:10:24	0:03:08	0:32:46	0:34:02	0:34:25	0:35:59
267	726	Grietje post	Urk	1980	V	V45	16e	2:24:27	2:26:31	8,76	0:02:41	1:02:07	1:16:22	0:03:16	0:29:51	0:32:16	0:36:12	0:40:10
268	705	Frans de Boer	Urk	1999	M	Msen	48e	2:25:09	2:27:17	8,72	0:03:07	1:08:36	1:10:20	0:03:05	0:34:12	0:34:24	0:34:11	0:36:09
269	595	Willy de Graaf	Eemdijk	1977	V	V45	17e	2:25:34	2:26:34	8,70	0:02:36	1:07:12	1:12:29	0:03:17	0:32:22	0:34:50	0:35:23	0:37:06
270	727	Johan Post	Urk	1975	M	M45	41e	2:25:40	2:26:58	8,69	0:02:54	1:05:15	1:13:51	0:03:41	0:31:52	0:33:23	0:35:53	0:37:58
271	669	Ciska De Graaf	Bunschoten	1964	V	V55	8e	2:25:56	2:26:57	8,67	0:02:41	1:06:27	1:13:30	0:03:18	0:32:09	0:34:18	0:35:53	0:37:37
272	721	Julian Post	Emmeloord	1998	M	Msen	49e	2:26:00	2:28:03	8,67	0:02:35	1:02:58	1:17:13	0:03:14	0:30:59	0:31:59	0:37:46	0:39:27
273	621	Liesbeth Hillebrand	Meppel	1965	V	V55	9e	2:27:55	2:30:01	8,56	0:02:48	1:03:37	1:18:30	0:03:00	0:31:02	0:32:35	0:38:34	0:39:56
274	735	Sanne ten Napel	Urk	2000	V	Vsen	38e	2:28:24	2:30:25	8,53	0:02:56	1:04:36	1:17:18	0:03:34	0:31:32	0:33:04	0:36:31	0:40:47
275	739	Kees Post	Urk	1965	M	M55	31e	2:30:39	2:32:01	8,40	0:03:01	1:08:17	1:16:16	0:03:05	0:33:47	0:34:30	0:37:12	0:39:04
276	532	Marc Wiewel	Amsterdam	1962	M	M55	32e	2:30:39	2:32:56	8,40	0:03:16	1:11:06	1:13:12	0:03:05	0:34:48	0:36:18	0:36:31	0:36:41
277	712	Wendy janssen	Urk	2003	V	Vsen	39e	2:30:45	2:33:00	8,40	0:03:08	1:09:31	1:15:15	0:02:51	0:34:52	0:34:39	0:37:53	0:37:22
278	717	Jenny Hakvoort	Tollebeek	1982	V	V35	23e	2:30:58	2:33:06	8,39	0:03:05	1:06:46	1:18:10	0:02:58	0:32:46	0:34:00	0:37:26	0:40:44
279	714	Jolanda Wubs	Emmeloord	1990	V	V35	24e	2:31:38	2:33:42	8,35	0:02:48	1:05:22	1:20:31	0:02:56	0:30:51	0:34:31	0:40:42	0:39:49
280	720	Cobie Hartman	Urk	1988	V	V35	25e	2:31:38	2:33:42	8,35	0:02:48	1:05:24	1:20:30	0:02:56	0:30:52	0:34:32	0:40:41	0:39:49
281	737	Margriet van den Berg	Urk	2003	V	Vsen	40e	2:34:28	2:36:42	8,20	0:03:08	1:09:32	1:18:22	0:03:26	0:34:53	0:34:39	0:37:55	0:40:27
282	724	Annie Brouwer Brands	Urk	1962	V	V55	10e	2:35:55	2:38:08	8,12	0:03:07	1:09:32	1:19:31	0:03:45	0:33:31	0:36:01	0:39:14	0:40:17
283	719	Ron van Weezep	Lelystad	1946	M	M75	2e	2:38:19	2:40:32	8,00	0:03:23	1:13:58	1:17:26	0:03:32	0:37:12	0:36:46	0:38:27	0:38:59
284	683	Arjan Buijtelaar	Maassluis	1977	M	M45	42e	2:39:23	2:41:36	7,94	0:03:04	1:09:13	1:22:52	0:04:14	0:34:02	0:35:11	0:36:57	0:45:55
285	618	Piotr Sadzynski	Rotterdam	1997	M	Msen	50e	2:40:12	2:42:15	7,90	0:02:33	1:01:55	1:32:18	0:03:26	0:28:40	0:33:15	0:45:33	0:46:45
DNF	415	Meindert Ruiten	Urk	1987	M	M35			1:27:58		0:01:49	0:39:42			0:19:55	0:19:47		
DNF	614	Cornelis meun	Urk	1973	M	M45			1:36:48		0:02:46	0:59:59			0:27:59	0:32:00		
DNF	584	Marcel Kraaikamp	Barendrecht	1976	M	M45			2:12:05				1:01:17	0:02:35		0:29:51	0:30:16	0:31:01
DNF	671	Anne-Marije de With	Nunspeet	2007	V	Vsen			2:17:28		0:02:53				0:31:49			
DNF	743	George van Maaren	Dronten	1942	M	M75			2:46:59		0:04:38	1:44:14	0:51:18	0:04:37	0:51:53	0:52:21		