Plaats	Startnr.	Naam	Woonplaats	Geb.	M/V	Categorie	Plaats categorie	Nettotijd	Brutotijd	Gem. snelheid (km/u)	Aanloop (0,485 km)	Ronde 1 (11,033 km)	Ronde 2 (10,064 km)	Ronde 3 (10,064 km)	Ronde 4 (10,064 km)	Afloop (0,485 km)	Split 1 (6,001 km)	Split 2 (5,032 km)	Split 3 (5,032 km)	Split 4 (5,032 km)	Split 5 (5,032 km)	Split 6 (5,032 km)	Split 7 (5,032 km)	Split 8 (5,032 km)
1	1	Danny koppelman	Hoge Hexel	1997	M	Msen	1e	2:15:21	2:15:21	18,70	0:01:28	0:36:57	0:32:29	0:31:38	0:31:19	0:01:30	0:19:58	0:16:59	0:16:13	0:16:16	0:15:48	0:15:50	0:15:31	0:15:48
2	315	Maarten Mast	't Harde	1981	M	M45	1e	2:39:40	2:39:40	15,86	0:01:46	0:41:43	0:37:19	0:39:23	0:37:40	0:01:49	0:23:06	0:18:37	0:18:34	0:18:45	0:20:24	0:18:59	0:18:43	0:18:57
3	13	Jeroen Hijzelendoorn	Zeist	1985	M	M35	1e	2:46:07	2:46:07	15,24	0:01:45	0:43:35	0:39:36	0:39:42	0:39:43	0:01:46	0:23:36	0:19:59	0:19:46	0:19:50	0:19:50	0:19:52	0:20:02	0:19:41
4	15	Gerben van de Koot	Putten	1991	M	M35	2e	2:47:34	2:47:34	15,11	0:01:45	0:43:36	0:39:56	0:40:01	0:40:27	0:01:49	0:23:42	0:19:54	0:20:06	0:19:50	0:20:05	0:19:56	0:20:15	0:20:12
5	70	Rick Heldoorn		2000	M	Msen	2e	2:53:20	2:53:20	14,61	0:01:33	0:40:48	0:37:50	0:40:59	0:49:27	0:02:43	0:22:05	0:18:43	0:18:50	0:19:00	0:19:31	0:21:28	0:22:53	0:26:34
6	23	Willem anker	Waddinxveen	1986	M	M35	3e	2:54:45	2:54:45	14,49	0:01:55	0:46:52	0:43:03	0:41:58	0:39:15	0:01:42	0:25:30	0:21:22	0:21:45	0:21:18	0:21:33	0:20:25	0:19:39	0:19:36
7	30	Styn Mulderink	Amsterdam	2000	M	Msen	3e	2:56:59	2:57:40	14,30	0:01:58	0:44:18	0:42:42	0:43:43	0:42:28	0:01:50	0:23:41	0:20:37	0:20:58	0:21:44	0:21:38	0:22:05	0:20:18	0:22:10
8	3	Eric Platte	Doornspijk	1973	M	M45	2e	2:57:59	2:57:59	14,22	0:01:42	0:43:39	0:41:43	0:43:54	0:45:00	0:02:01	0:23:36	0:20:03	0:20:31	0:21:12	0:21:39	0:22:15	0:22:44	0:22:16
9	28	Patrick Schaap	Kortenhoef	1991	M	M35	4e	2:59:18	2:59:18	14,12	0:01:44	0:41:46	0:39:46	0:43:25	0:50:24	0:02:13	0:23:08	0:18:38	0:19:25	0:20:21	0:21:12	0:22:13	0:24:40	0:25:44
10	8	Hilko Lok	Amersfoort	1988	M	M35	5e	2:59:24	2:59:24	14,11	0:01:44	0:47:06	0:43:04	0:42:32	0:43:08	0:01:50	0:25:42	0:21:24	0:21:44	0:21:20	0:21:29	0:21:03	0:21:15	0:21:53
11	17	Fokke Snoek	Urk	1998	M	Msen	4e	3:01:27	3:01:27	13,95	0:01:58	0:46:51	0:43:03	0:44:14	0:43:32	0:01:49	0:25:27	0:21:24	0:21:44	0:21:19	0:22:05	0:22:09	0:21:26	0:22:06
12	39	Jacob Spans	Nunspeet	1982	M	M35	6e	3:04:13	3:04:14	13,74	0:02:04	0:48:05	0:44:06	0:43:38	0:44:21	0:01:58	0:26:05	0:22:00	0:22:16	0:21:50	0:21:46	0:21:52	0:22:03	0:22:18
13	20	Peter Oudijn	Alblasserdam	1974	M	M45	3e	3:04:38	3:04:38	13,71	0:01:57	0:46:51	0:43:04	0:42:34	0:48:02	0:02:10	0:25:28	0:21:23	0:21:45	0:21:19	0:21:31	0:21:03	0:22:24	0:25:38
14	34	Raymond Koen	Den Helder	1981	M	M45	4e	3:06:17	3:06:18	13,59	0:02:16	0:50:34	0:45:13	0:43:22	0:42:47	0:02:05	0:27:30	0:23:04	0:22:54	0:22:19	0:21:45	0:21:37	0:20:46	0:22:01
15	38	Geert Post	Urk	1985	M	M35	7e	3:08:11	3:08:12	13,45	0:02:02	0:47:48	0:43:22	0:43:57	0:48:55	0:02:07	0:25:54	0:21:54	0:21:36	0:21:46	0:21:46	0:22:11	0:23:44	0:25:11
16	32	Hendrik Westra	Urk	1979	M	M45	5e	3:08:21	3:08:21	13,44	0:02:05	0:49:16	0:44:36	0:45:40	0:44:51	0:01:53	0:26:44	0:22:32	0:22:24	0:22:12	0:23:07	0:22:33	0:22:42	0:22:09
17	82	Arthur Both	Ede	2003	M	Msen	5e	3:09:50	3:09:54	13,34	0:02:09	0:49:07	0:44:37	0:45:40	0:46:23	0:01:53	0:26:49	0:22:18	0:22:24	0:22:13	0:23:07	0:22:33	0:22:41	0:23:42
18	40	Mark de Vries	Nunspeet	1983	M	M35	8e	3:10:02	3:10:04	13,32	0:02:09	0:50:14	0:45:05	0:45:04	0:45:30	0:02:00	0:27:17	0:22:57	0:22:45	0:22:20	0:22:36	0:22:28	0:22:36	0:22:54
19	22	Jelle Hanswijk	Ede	1987	M	M35	9e	3:10:06	3:10:06	13,32	0:01:59	0:46:56	0:43:07	0:45:26	0:50:22	0:02:16	0:25:34	0:21:22	0:21:42	0:21:25	0:22:17	0:23:09	0:24:46	0:25:36
20	55	Karst van der Steege	't Harde	1989	M	M35	10e	3:10:43	3:10:45	13,27	0:02:09	0:50:14	0:45:05	0:45:05	0:46:00	0:02:10	0:27:17	0:22:57	0:22:46	0:22:19	0:22:36	0:22:29	0:22:36	0:23:24
21	81	Bart van de Vendel	Veenendaal	2003	M	Msen	6e	3:10:57	3:11:02	13,26	0:02:09	0:49:08	0:44:36	0:45:40	0:47:04	0:02:20	0:26:36	0:22:32	0:22:23	0:22:13	0:23:07	0:22:33	0:22:44	0:24:20
22	67	Sander de Bruijne	Ede	1995	M	Msen	7e	3:11:24	3:11:26	13,22	0:01:49	0:46:44	0:42:04	0:45:12										
23	54	Anjo Simonse	Emmeloord	1972	M	M45	6e	3:12:07	3:12:09	13,18	0:02:10	0:49:17	0:45:34	0:45:49	0:47:11	0:02:06	0:26:54	0:22:23	0:22:55	0:22:39	0:23:03	0:22:46	0:23:17	0:23:54
24	24	Alwin Penninkhof	Doornspijk	1989	M	M35	11e	3:13:04	3:13:05	13,11	0:01:58	0:46:47	0:43:04	0:45:12	0:52:54	0:03:08	0:25:25	0:21:22	0:21:46	0:21:18	0:22:06	0:23:06	0:24:21	0:28:33
25	33	Asaf de Jong	Urk	2002	M	Msen	8e	3:14:04	3:14:06	13,05	0:02:07	0:48:02	0:44:09	0:45:14	0:52:16	0:02:17	0:26:08	0:21:54	0:22:16	0:21:53	0:22:21	0:22:53	0:23:41	0:28:35
26	21	Daniel Holtslag	Gorinchem	1999	M	Msen	9e	3:14:28	3:14:28	13,02	0:01:55	0:46:54	0:43:04	0:45:27	0:54:41	0:02:27	0:25:31	0:21:23	0:21:45	0:21:19	0:21:42	0:23:45	0:26:04	0:28:37
27	51	Paul Keizer	Kollumersweach	1983	M	M35	12e	3:14:32	3:14:41	13,01	0:02:16	0:48:58	0:45:40	0:45:47	0:49:35	0:02:16	0:26:39	0:22:19	0:23:01	0:22:39	0:23:03	0:22:44	0:24:08	0:25:27
28	59	Gert-Jan Doorneweerd	Wezep	1988	M	M35	13e	3:14:38	3:14:39	13,01	0:02:14	0:50:15	0:45:55	0:45:34	0:48:35	0:02:05	0:27:16	0:22:59	0:23:07	0:22:48	0:22:42	0:22:52	0:23:19	0:25:16
29	90	Derko Budding	Leusden	1995	M	Msen	10e	3:14:41	3:14:41	13,00	0:01:55	0:49:27	0:45:42	0:45:47	0:49:34	0:02:16	0:26:55	0:22:32	0:23:02	0:22:40	0:23:02	0:22:45	0:24:07	0:25:27
30	45	Leendert van Leeuwen	Veenendaal	1989	M	M35	14e	3:15:08	3:15:13	12,97	0:02:08	0:47:59	0:44:07	0:44:43	0:53:37	0:02:35	0:26:00	0:21:59	0:22:16	0:21:51	0:21:45	0:22:58	0:25:45	0:27:52
31	49	Sander Bruinsma	Bolsward	1998	M	Msen	11e	3:15:28	3:15:28	12,95	0:01:58	0:46:50	0:43:07	0:47:31	0:53:58	0:02:04	0:25:27	0:21:23	0:21:45	0:21:22	0:23:03	0:24:28	0:26:20	0:27:38
32	230	Bento Maljaars	Kraggenburg	2003	M	Msen	12e	3:16:52	3:17:13	12,86	0:02:50	0:57:08	0:48:06	0:43:45	0:43:02	0:02:02	0:31:52	0:25:16	0:23:58	0:24:08	0:22:06	0:21:39	0:21:27	0:21:35
33	97	Theo Geluk	Tholen	1981	M	M45	7e	3:19:08	3:19:21	12,71	0:02:43	0:51:25	0:47:13	0:47:43	0:47:56	0:02:08	0:28:03	0:23:22	0:23:29	0:23:44	0:23:49	0:23:54	0:23:49	0:24:07
34	50	Tim Meijer	Almere	1982	M	M35	15e	3:21:57	3:22:03	12,54	0:02:17	0:51:22	0:45:24	0:48:18	0:52:09	0:02:28	0:28:09	0:23:13	0:23:14	0:22:10	0:23:01	0:25:17	0:24:12	0:27:57
35	87	Klaas Jelle Post	Urk	1998	M	Msen	13e	3:22:15	3:22:17	12,52	0:02:14	0:52:53	0:48:37	0:48:22	0:48:02	0:02:06	0:28:40	0:24:13	0:24:29	0:24:08	0:24:22	0:24:00	0:24:12	0:23:50
36	35	Tijmen de Groot	Hilversum	1985	M	M35	16e	3:22:57	3:23:17	12,47	0:02:52	0:53:55	0:45:58	0:47:36	0:50:08	0:02:28	0:30:14	0:23:41	0:23:23	0:22:35	0:23:39	0:23:57	0:24:00	0:26:08
37	42	Anton Snellen	Ede	1982	M	M35	17e	3:24:51	3:24:51	12,36	0:02:13	0:51:35	0:48:24	0:49:17	0:51:04	0:02:18	0:28:02	0:23:33	0:24:15	0:24:09	0:24:31	0:24:46	0:25:12	0:25:52
38	60	Cor Hartholt	't Harde	1984	M	M35	18e	3:26:04	3:26:07	12,29	0:02:09	0:50:20	0:47:51	0:50:57	0:52:43	0:02:04	0:27:17	0:23:03	0:23:45	0:24:06	0:24:47	0:26:10	0:26:53	0:25:50
39	61	Hessel Loosman	Urk	1984	M	M35	19e	3:26:38	3:26:43	12,25	0:02:13	0:52:02	0:47:42	0:48:01	0:54:28	0:02:12	0:28:11	0:23:51	0:23:58	0:23:44	0:23:58	0:24:03	0:25:53	0:28:35
40	74	Gerdie van der Veen	Haren Gn	1996	V	Vsen	1e	3:27:17	3:27:19	12,21	0:02:16	0:54:47	0:49:21	0:48:45	0:49:49	0:02:19	0:29:52	0:24:55	0:24:56	0:24:25	0:24:21	0:24:24	0:24:22	0:25:27
41	62	Mark Smaal	Waddinxveen	1994	M	Msen	14e	3:27:24	3:27:24	12,21	0:02:09	0:51:24	0:46:30	0:47:44	0:56:58	0:02:39	0:28:06	0:23:18	0:23:30	0:23:00	0:23:10	0:24:34	0:26:53	0:30:05
42	78	Samantha Westerhuis	Wagenborgen	1986	V	V35	1e	3:28:09	3:28:15	12,16	0:02:19	0:52:58	0:49:07	0:49:10	0:52:16	0:02:18	0:28:48	0:24:10	0:24:36	0:24:31	0:24:32	0:24:38	0:25:29	0:26:47
43	58	Ben Scholten	Hippolytushoef	1996	M	Msen	15e	3:28:34	3:28:40	12,14	0:02:19	0:54:14	0:49:06	0:48:12	0:52:13	0:02:31	0:29:34	0:24:40	0:24:49	0:24:17	0:24:12	0:24:00	0:25:13	0:27:00
44	113	Bernadine Van 't Ende	IJsselmuiden	1985	V	V35	2e	3:29:39	3:29:40	12,08	0:02:13	0:53:11	0:49:38	0:49:43	0:52:30	0:02:24	0:28:36	0:24:35	0:25:04	0:24:34	0:24:53	0:24:50	0:25:50	0:26:40
45	71	Ruben Runherd	't Loo Oldebroek	1989	M	M35	20e	3:30:14	3:30:14	12,04	0:02:04	0:49:24	0:46:30	0:51:54	0:57:59	0:02:23	0:27:01	0:22:23	0:22:56	0:23:34	0:24:55	0:26:59	0:28:38	0:29:21
46	76	Bente te Vaarwerk	Neede	2001	V	Vsen	2e	3:30:25	3:30:33	12,03	0:02:18	0:51:56	0:47:58	0:51:33	0:54:17	0:02:23	0:28:13	0:23:43	0:23:34	0:24:24	0:25:36	0:25:57	0:27:01	0:27:16
47	27	Gerben Kloosterman	Genemuiden	2002	M	Msen	16e	3:32:23	3:32:26	11,92	0:02:12	0:52:14	0:49:11	0:50:30	0:56:26	0:01:50	0:27:57	0:24:17	0:24:23	0:24:48	0:25:05	0:25:25	0:28:22	0:28:04
48	136	Eddy Spigt	Hoorn	1980	M	M45	8e	3:33:43	3:33:49	11,85	0:02:25	0:55:52	0:50:49	0:51:51	0:50:37	0:02:10	0:30:28	0:25:24	0:25:38	0:25:11	0:25:59	0:25:52	0:25:26	0:25:11
49	46	Cornelis Kaptein	Urk	1999	M	Msen	17e	3:34:30	3:34:31	11,80	0:02:07	0:48:01	0:45:15	0:56:09	1:00:28	0:02:29	0:26:07	0:21:54	0:22:17	0:22:58	0:26:30	0:29:39	0:29:15	0:31:13
50	52	Erik van der Helm	Bergschenhoek	1970	M	M55	1e	3:34:38	3:34:43	11,80	0:02:17	0:56:05	0:51:33	0:51:28	0:50:58	0:02:17	0:30:12	0:25:53	0:25:49	0:25:44	0:25:27	0:26:01	0:25:19	0:25:39
51	106	Durk W. van Tuinen	Hindeloopen	1987	M	M35	21e	3:34:56	3:35:02	11,78	0:02:18	0:52:57	0:48:01	0:50:18	0:58:12	0:03:10	0:28:41	0:24:16	0:23:59	0:24:02	0:24:30	0:25:48	0:27:06	0:31:06
52	135	Britt de Maar	Zutphen	1999	V	Vsen	3e	3:35:06	3:35:06	11,77	0:02:10	0:51:29	0:47:22	0:48:26	1:02:43	0:02:56	0:27:55	0:23:34	0:23:53	0:23:29	0:23:59	0:24:27	0:25:24	0:37:19
53	122	Ronald van der Valk	Amersfoort	1978	M	M45	9e	3:35:42	3:35:56	11,74	0:02:25	0:54:59	0:49:50	0:49:51	0:56:04	0:02:34	0:29:52	0:25:07	0:24:49	0:25:01	0:24:49	0:25:02	0:26:33	0:29:31
54	104	Martijn Schreuder	Barneveld	1989	M	M35	22e	3:36:16	3:36:19	11,71	0:02:10	0:50:42	0:47:27	0:49:45	1:03:37	0:02:35	0:27:18	0:23:24	0:23:24	0:24:03	0:23:26	0:26:19	0:30:55	0:32:42
55	95	Feiko Westendorp	IJsselstein	1989	M	M35	23e	3:36:19	3:36:35	11,70	0:02:43	0:53:41	0:49:44	0:50:49	0:56:46	0:02:36	0:29:17	0:24:24	0:25:00	0:24:44	0:24:59	0:25:50	0:26:39	0:30:07
56	120	Erik Keurhorst	Barneveld	1986	M	M35	24e	3:36:34	3:36:38	11,69	0:02:10	0:50:15	0:47:53	0:55:36	0:58:19	0:02:20	0:27:13	0:23:02	0:23:25	0:24:28	0:26:50	0:28:46	0:30:20	0:27:59
57	88	Jaco Jacobs	Krimpen aan den IJssel	1982	M	M35	25e	3:37:05	3:37:09	11,66	0:02:21	0:52:57	0:48:27	0:50:26	1:00:01	0:02:53	0:28:41	0:24:16	0:24:08	0:24:19	0:24:57	0:25:29	0:29:34	0:30:27
58	127	Henri Limburg	Urk	1985	M	M35	26e	3:37:09	3:37:13	11,66	0:02:19	0:55:55	0:51:42	0:51:56	0:52:58	0:02:18	0:30:11	0:25:44	0:25:48	0:25:54	0:25:49	0:26:07	0:26:25	0:26:33
59	107	Jeroen Aker	Oudorp	1972	M	M45	10e	3:38:38	3:38:43	11,58	0:02:22	0:55:08	0:49:58	0:51:53	0:56:40	0:02:36	0:30:01	0:25:07	0:25:12	0:24:46	0:25:15	0:26:38	0:27:40	0:29:00
60	75	Marcel den Besten	Hattem	1974	M	M45	11e	3:38:48	3:39:02	11,57	0:02:18	0:54:05	0:49:50	0:53:03	0:57:12	0:02:19	0:29:23	0:24:42	0:24:53	0:24:57	0:26:13	0:26:50	0:28:40	0:28:32
61	111	Eric Verstraete	Emmeloord	1978	M	M45	12e	3:41:16	3:41:20	11,44	0:02:23	0:53:10	0:50:51	0:53:01	0:59:27	0:02:24	0:28:47	0:24:23	0:25:19	0:25:32	0:26:10	0:26:51	0:28:47	0:30:40
62	64	Thomas Visser	Capelle aan den IJssel	2009	M	Msen	18e	3:42:48	3:42:52	11,36	0:02:20	0:53:00	0:49:17	0:49:31	1:05:39	0:03:02	0:28:59	0:24:01	0:25:05	0:24:12	0:24:24	0:25:07	0:28:40	0:36:59
63	66	Klaas de Beurs	Den Helder	1979	M	M45	13e	3:45:01	3:45:01	11,25	0:02:14	0:51:29	0:47:17	0:49:50	1:11:11	0:03:00	0:27:53	0:23:36	0:23:50	0:23:27	0:24:01	0:25:49	0:30:30	0:40:41
64	37	Bert Duinkerken	Haarlem	1982	M	M35	27e	3:45:02	3:45:02	11,25	0:02:00	0:50:37	0:47:00	0:51:03	1:11:40	0:02:42	0:27:24	0:23:13	0:23:11	0:23:49	0:24:16	0:26:47	0:31:47	0:39:53
65	48	Victor Huiskes	Bemmel	1980	M	M45	14e	3:45:13	3:45:15	11,24	0:02:09	0:50:25	0:47:48	0:53:36	1:08:22	0:02:54	0:27:15	0:23:10	0:23:20	0:24:28	0:26:08	0:27:28	0:32:51	0:35:31
66	133	Geert van Maren	Terneuzen	1996	M	Msen	19e	3:45:35	3:45:45	11,22	0:02:23	0:55:05	0:49:58	0:51:40	1:03:30	0:03:00	0:29:58	0:25:07	0:25:11	0:24:47	0:25:14	0:26:26	0:30:58	0:32:32
67	73	Erjan Booi	Genemuiden	1985	M	M35	28e	3:45:49	3:46:01	11,21	0:02:38	1:00:52	0:55:37	0:55:16	0:49:06	0:02:19	0:33:01	0:27:51	0:27:59	0:27:38	0:27:49	0:27:27	0:24:09	0:24:57
68	199	Jacob Talen	Staphorst	1976	M	M45	15e	3:46:01	3:46:07	11,20	0:02:22	0:54:49	0:51:19	0:53:53	1:00:34	0:03:04	0:29:20	0:25:29	0:25:39	0:25:40	0:26:21	0:27:32	0:28:47	0:31:47

Plaats	Startnr.	Naam	Woonplaats	Geb.	M/V	Categorie	Plaats categorie	Nettotijd	Brutotijd	Gem. snelheid (km/u)	Aanloop (0,485 km)	Ronde 1 (11,033 km)	Ronde 2 (10,064 km)	Ronde 3 (10,064 km)	Ronde 4 (10,064 km)	Afloop (0,485 km)	Split 1 (6,001 km)	Split 2 (5,032 km)	Split 3 (5,032 km)	Split 4 (5,032 km)	Split 5 (5,032 km)	Split 6 (5,032 km)	Split 7 (5,032 km)	Split 8 (5,032 km)
69	109	Jolijn Zijlstra	Emmeloord	2004	V	Vsen	4e	3:46:34	3:46:48	11,17	0:02:46	1:01:36	0:54:35	0:53:26	0:52:25	0:01:46	0:33:35	0:28:01	0:27:29	0:27:06	0:26:25	0:27:01	0:27:35	0:24:50
70	200	Klaas-Hessel van Urk	Emmeloord	1997	M	Msen	20e	3:46:36	3:46:46	11,17	0:02:39	1:01:13	0:54:40	0:52:08	0:53:30	0:02:26	0:33:32	0:27:41	0:27:58	0:26:42	0:26:23	0:25:45	0:26:08	0:27:22
71	130	Wim van Eldik	Urk	1992	M	Msen	21e	3:47:09	3:47:31	11,15	0:02:31	0:56:22	0:51:21	0:55:03	0:59:10	0:02:42	0:30:50	0:25:32	0:25:36	0:25:45	0:27:14	0:27:49	0:29:11	0:29:59
72	150	Roland van Braak	Terneuzen	1982	M	M35	29e	3:47:28	3:47:37	11,13	0:02:23	0:56:34	0:52:59	0:54:51	0:58:03	0:02:38	0:30:26	0:26:08	0:26:37	0:26:22	0:27:07	0:27:44	0:28:24	0:29:39
73	31	Joost Loeffen	Hernen	2005	M	Msen	22e	3:47:30	3:47:42	11,13	0:02:39	0:53:47	0:50:35	0:55:29	1:02:10	0:02:49	0:29:07	0:24:40	0:24:55	0:25:40	0:27:27	0:28:02	0:31:22	0:30:48
74	116	Robert Kloosterman	IJsselmuiden	1993	M	Msen	23e	3:48:33	3:48:48	11,08	0:02:32	0:58:23	0:53:13	0:55:14	0:56:56	0:02:15	0:31:29	0:26:54	0:26:30	0:26:43	0:27:47	0:27:27	0:28:11	0:28:45
75	121	Lobke Habachi	Borger	1985	V	V35	3e	3:48:44	3:48:44	11,07	0:02:27	0:56:50	0:52:15	0:54:18	1:00:20	0:02:34	0:30:49	0:26:01	0:26:07	0:26:08	0:26:48	0:27:30	0:30:42	0:29:38
76	112	Bas Brokking	Emmeloord	2002	M	Msen	24e	3:49:14	3:49:28	11,04	0:02:46	1:01:38	0:54:32	0:53:27	0:54:44	0:02:07	0:33:35	0:28:03	0:27:27	0:27:05	0:26:26	0:27:01	0:27:47	0:26:57
77	149	Pepijn de Cock	Utrecht	2005	M	Msen	25e	3:49:35	3:49:51	11,03	0:02:34	0:57:05	0:51:09	0:51:43	1:03:56	0:03:08	0:30:57	0:26:08	0:25:30	0:25:39	0:25:25	0:26:18	0:30:40	0:33:16
78	57	Leendert van der Lugt	Alblasserdam	1988	M	M35	30e	3:50:11	3:50:20	11,00	0:02:37	0:59:50	0:55:01	0:58:38	0:52:06	0:01:59	0:32:35	0:27:15	0:27:30	0:27:31	0:28:27	0:30:11	0:28:33	0:23:33
79	80	Kees Teunis	IJsselmuiden	1977	M	M45	16e	3:50:41	3:50:55	10,97	0:02:15	0:51:44	0:50:55	0:57:24	1:05:29	0:02:54	0:27:53	0:23:51	0:24:30	0:26:25	0:27:52	0:29:32	0:32:07	0:33:22
80	156	Andries van der Kolk	Hasselt	1981	M	M45	17e	3:50:50	3:51:11	10,97	0:02:43	1:00:57	0:53:54	0:53:21	0:57:17	0:02:38	0:33:12	0:27:45	0:27:19	0:26:35	0:26:41	0:26:40	0:27:40	0:29:37
81	267	Albert Westhoff	IJsselmuiden	1985	M	M35	31e	3:50:55	3:51:06	10,96	0:02:38	1:00:53	0:55:37	0:55:17	0:53:59	0:02:30	0:33:02	0:27:51	0:27:59	0:27:38	0:27:50	0:27:27	0:27:01	0:26:58
82	227	Erna Last - Kijk in de Vegte	Genemuiden	1986	V	V35	4e	3:50:55	3:51:07	10,96	0:02:39	1:00:54	0:55:37	0:55:16	0:54:00	0:02:30	0:33:02	0:27:52	0:27:58	0:27:39	0:27:49	0:27:27	0:27:01	0:26:59
83	105	Willem Kramer	Arnhem	1983	M	M35	32e	3:51:09	3:51:31	10,95	0:02:51	0:54:31	0:49:54	0:53:50	1:07:10	0:02:53	0:29:22	0:25:09	0:25:05	0:24:49	0:25:17	0:28:33	0:32:35	0:34:35
84	183	Johan de Pol	Zwartebroek	1989	M	M35	33e	3:51:24	3:51:36	10,94	0:02:41	0:58:12	0:52:34	0:54:08	1:01:08	0:02:42	0:31:26	0:26:46	0:26:23	0:26:11	0:27:19	0:26:49	0:29:05	0:32:03
85	128	Ard van Beek	IJsselmuiden	1985	M	M35	34e	3:51:34	3:51:49	10,93	0:02:32	0:58:23	0:52:27	0:53:12	1:02:20	0:02:41	0:31:30	0:26:53	0:26:30	0:25:57	0:26:28	0:26:44	0:29:56	0:32:24
86	182	Thierry van der Bracht	Tollebeek	1982	M	M35	35e	3:52:19	3:52:36	10,90	0:02:41	1:01:00	0:55:50	0:55:28	0:54:56	0:02:25	0:33:10	0:27:50	0:28:07	0:27:43	0:27:59	0:27:29	0:27:28	0:27:28
87	284	Tjelle de Bree	Utrecht	2005	M	Msen	26e	3:52:24	3:52:39	10,89	0:02:32	0:57:07	0:51:08	0:51:44	1:06:47	0:03:06	0:31:00	0:26:07	0:25:31	0:25:37	0:25:27	0:26:17	0:31:56	0:34:51
88	153	Wouter Stolwijk	Emmeloord	1994	M	Msen	27e	3:52:32	3:52:44	10,89	0:02:37	0:56:26	0:51:20	0:54:23	1:04:32	0:03:14	0:30:54	0:25:32	0:25:41	0:25:39	0:26:36	0:27:47	0:30:34	0:33:58
89	147	Cris de Jonge	Swifterbant	2000	M	Msen	28e	3:53:06	3:53:23	10,86	0:02:35	0:58:49	0:54:01	0:55:54	0:59:20	0:02:27	0:32:01	0:26:48	0:27:00	0:27:01	0:27:37	0:28:17	0:28:59	0:30:21
90	77	Arnold Verhagen	Deventer	1978	M	M45	18e	3:53:23	3:53:35	10,85	0:02:35	0:57:29	0:52:43	0:53:48	1:03:42	0:03:05	0:31:03	0:26:26	0:26:17	0:26:26	0:26:27	0:27:21	0:30:59	0:32:43
91	210	Olivia Louwe Kooijmans	Amersfoort	2007	V	Vsen	5e	3:55:06	3:55:18	10,77	0:02:43	0:58:12	0:53:14	0:58:07	1:00:17	0:02:33	0:31:22	0:26:50	0:26:32	0:26:42	0:28:09	0:29:58	0:29:41	0:30:36
92	207	Jeroen van Renswoude	Soesterberg	1993	M	Msen	29e	3:55:14	3:55:32	10,76	0:02:42	1:01:28	0:54:41	0:55:37	0:58:09	0:02:37	0:33:35	0:27:53	0:27:38	0:27:03	0:27:25	0:28:12	0:29:00	0:29:09
93	123	Bram Cuppen	Haarlem	1984	M	M35	36e	3:56:22	3:56:48	10,71	0:02:47	1:00:53	0:56:01	0:56:23	0:57:49	0:02:29	0:33:09	0:27:44	0:28:08	0:27:53	0:28:30	0:27:53	0:28:56	0:28:53
94	119	William de Hek	's-Gravendeel	1996	M	Msen	30e	3:56:30	3:56:48	10,70	0:02:28	0:57:59	0:53:03	0:53:29	1:06:59	0:02:32	0:31:31	0:26:28	0:26:42	0:26:21	0:26:49	0:26:40	0:30:21	0:36:38
95	11	Leonard Voogt	Steenwijk	1982	M	M35	37e	3:56:36	3:56:43	10,70	0:02:31	1:01:06	0:55:38	0:57:00	0:57:50	0:02:31	0:33:15	0:27:51	0:27:59	0:27:39	0:28:06	0:28:54	0:27:57	0:29:53
96	166	Hugo Hessing	Vriezenveen	1997	M	Msen	31e	3:56:53	3:57:06	10,69	0:02:41	1:00:37	0:53:49	0:55:07	1:01:55	0:02:44	0:33:03	0:27:34	0:27:17	0:26:32	0:26:57	0:28:10	0:31:02	0:30:53
97	43	Jonathan Zeeman	Urk	2002	M	Msen	32e	3:56:53	3:57:12	10,69	0:02:41	1:00:58	0:56:08	0:56:24	0:57:52	0:02:50	0:33:03	0:27:55	0:28:06	0:28:02	0:28:28	0:27:56	0:28:32	0:29:20
98	146	Bas Haasnoot	Katwijk	1975	M	M45	19e	3:57:55	3:58:57	10,64	0:02:32	1:00:29	0:56:34	0:57:35	0:57:58	0:02:47	0:32:57	0:27:32	0:28:30	0:28:04	0:28:34	0:29:01	0:29:30	0:28:28
99	139	Finn Koldemeule	Oud Ootmarsum	2002	M	Msen	33e	3:58:25	3:58:32	10,62	0:02:31	0:58:06	0:53:05	0:55:52	1:05:49	0:03:02	0:31:34	0:26:32	0:26:43	0:26:22	0:26:50	0:29:02	0:31:28	0:34:21
100	228	Lennart Hofland	Genemuiden	1999	M	Msen	34e	3:58:48	3:58:58	10,60	0:02:48	1:01:21	0:55:02	0:55:16	1:01:42	0:02:39	0:33:39	0:27:42	0:27:41	0:27:21	0:27:49	0:27:27	0:28:54	0:32:48
101	233	Floris de Jonge	Waddinxveen	1987	M	M35	38e	3:59:02	3:59:09	10,59	0:02:28	1:01:10	0:55:37	0:57:10	0:59:59	0:02:38	0:33:18	0:27:52	0:27:57	0:27:40	0:28:06	0:29:04	0:29:47	0:30:12
102	101	Gordon de Ruijg	Zwaag	1978	M	M45	20e	3:59:20	3:59:21	10,58	0:02:34	0:57:08	0:51:52	0:54:47	1:09:56	0:03:03	0:30:51	0:26:17	0:25:33	0:26:19	0:25:40	0:29:07	0:32:44	0:37:12
103	108	Pieter van de Minkelis	Nieuw-Lekkerland	1980	M	M45	21e	3:59:45	3:59:51	10,56	0:02:22	0:54:49	0:51:10	0:53:46	1:15:07	0:02:30	0:29:44	0:25:05	0:25:38	0:25:32	0:26:04	0:27:42	0:36:50	0:38:17
104	142	Marcel Wassink	Duiven	1966	M	M55	2e	4:00:21	4:00:21	10,53	0:02:29	1:00:07	0:54:57	0:57:19	1:02:55	0:02:34	0:32:41	0:27:26	0:27:30	0:27:27	0:28:31	0:28:48	0:30:42	0:32:13
105	103	Martijn Smale	Velserbroek	1984	M	M35	39e	4:01:46	4:02:02	10,47	0:02:34	0:56:15	0:52:20	0:56:47	1:10:50	0:03:00	0:30:29	0:25:46	0:25:50	0:26:30	0:26:58	0:29:49	0:33:58	0:36:52
106	72	Stef KleinJan	Leusden	1989	M	M35	40e	4:01:59	4:01:59	10,46	0:02:17	0:55:48	0:53:31	0:58:38	1:09:13	0:02:32	0:30:14	0:25:34	0:26:31	0:27:00	0:28:45	0:29:53	0:33:25	0:35:48
107	167	William Martens	Tilburg	1971	M	M55	3e	4:04:55	4:05:16	10,34	0:02:32	0:58:13	0:54:02	0:54:46	1:12:49	0:02:33	0:31:26	0:26:47	0:26:52	0:27:10	0:27:24	0:27:22	0:27:39	0:45:10
108	143	Lisette Adams	Diessen	1976	V	V45	1e	4:04:56	4:05:16	10,34	0:02:33	0:58:13	0:54:03	0:54:44	1:12:50	0:02:33	0:31:26	0:26:47	0:26:52	0:27:11	0:27:23	0:27:21	0:27:40	0:45:10
109	209	Jochem Sakko	Amersfoort	2003	M	Msen	35e	4:05:27	4:05:39	10,31	0:02:44	0:58:13	0:53:13	0:58:07	1:10:38	0:02:33	0:31:22	0:26:51	0:26:31	0:26:42	0:28:09	0:29:58	0:34:04	0:36:34
110	118	Gijs slot	Wolvega	2000	M	Msen	36e	4:06:12	4:06:32	10,28	0:02:52	1:00:47	1:00:09	0:57:38	1:02:05	0:02:41	0:32:45	0:28:02	0:29:07	0:31:02	0:29:00	0:28:38	0:31:39	0:30:26
111	141	Erik Olijslager	De Hoeve	2002	M	Msen	37e	4:06:12	4:06:32	10,28	0:02:51	1:00:48	1:00:08	0:57:39	1:02:05	0:02:41	0:32:45	0:28:03	0:29:07	0:31:01	0:29:01	0:28:38	0:31:39	0:30:26
112	235	Jolanda van der Beek	Strijen	1976	V	V45	2e	4:07:13	4:07:22	10,24	0:02:48	1:03:17	0:57:58	0:58:15	1:02:20	0:02:35	0:34:18	0:28:59	0:29:12	0:28:46	0:29:06	0:29:09	0:30:26	0:31:54
113	254	Johannes van Slooten	Urk	1985	M	M35	41e	4:09:12	4:09:34	10,16	0:02:47	1:05:59	0:59:45	0:57:43	0:59:58	0:03:00	0:35:51	0:30:08	0:30:06	0:29:39	0:28:51	0:28:52	0:29:20	0:30:38
114	129	Rick Steller	Kampen	1996	M	Msen	38e	4:09:33	4:09:47	10,15	0:02:31	0:58:23	0:53:15	0:58:19	1:14:12	0:02:52	0:31:30	0:26:53	0:26:31	0:26:44	0:28:04	0:30:15	0:37:10	0:37:02
115	29	Henk Gorissen	Gouda	1989	M	M35	42e	4:10:35	4:11:02	10,10	0:02:46	1:04:17	0:57:10	0:58:43	1:04:31	0:03:08	0:34:03	0:30:14	0:28:41	0:28:29	0:29:01	0:29:42	0:30:44	0:33:47
116	231	Frank gorissen	Gouda	1991	M	M35	43e	4:10:36	4:11:02	10,10	0:02:44	1:04:22	0:57:07	0:58:43	1:04:31	0:03:09	0:34:06	0:30:16	0:28:39	0:28:28	0:29:00	0:29:43	0:30:43	0:33:48
117	271	Suzanne Gorissen	Rotterdam	1992	V	Vsen	6e	4:10:36	4:11:03	10,10	0:02:46	1:04:19	0:57:07	0:58:47	1:04:28	0:03:09	0:34:03	0:30:16	0:28:39	0:28:28	0:29:02	0:29:45	0:30:40	0:33:48
118	137	Martin. Doldersum	Heino	1983	M	M35	44e	4:10:53	4:11:01	10,09	0:02:36	0:58:23	0:54:04	1:00:10	1:12:22	0:03:18	0:31:35	0:26:48	0:27:11	0:26:53	0:27:22	0:32:48	0:36:28	0:35:54
119	181	Haddo Vervest	Lelystad	1970	M	M55	4e	4:11:25	4:11:28	10,07	0:02:29	1:01:28	0:57:00	0:58:44	1:09:16	0:02:27	0:33:22	0:28:06	0:28:45	0:28:15	0:28:53	0:29:51	0:34:12	0:35:04
120	179	Kristof Sack	De Klinge	1988	M	M35	45e	4:11:42	4:11:59	10,06	0:02:33	0:59:47	0:54:14	0:58:27	1:14:15	0:02:26	0:32:33	0:27:14	0:26:48	0:27:26	0:28:23	0:30:04	0:39:30	0:34:45
121	96	Jacob Dirk de Boer	Urk	1988	M	M35	46e	4:11:46	4:12:11	10,06	0:02:49	1:04:22	0:59:21	1:00:47	1:01:56	0:02:31	0:35:02	0:29:20	0:29:43	0:29:38	0:30:46	0:30:01	0:30:06	0:31:50
122	260	Antine Sytsma	Heerde	1973	V	V45	3e	4:12:15	4:12:29	10,04	0:02:49	1:05:43	1:00:25	1:00:17	1:00:25	0:02:35	0:35:43	0:30:00	0:30:09	0:30:16	0:30:13	0:30:04	0:30:22	0:30:03
123	221	Mirjam Versteeg	Barneveld	2003	V	Vsen	7e	4:12:25	4:12:35	10,03	0:02:40	1:02:28	0:58:41	1:00:41	1:05:12	0:02:42	0:33:34	0:28:54	0:29:14	0:29:27	0:29:30	0:31:11	0:32:13	0:32:59
124	290	Wessel Kranghand	Hoogeveen	1966	M	M55	5e	4:12:57	4:13:34	10,01	0:02:53	1:06:54	1:00:43	0:59:50	0:59:59	0:02:39	0:36:30	0:30:24	0:30:44	0:29:59	0:30:03	0:29:47	0:29:56	0:30:03
125	84	Andrzej Koziarski	Creil	1983	M	M35	47e	4:13:11	4:13:21	10,00	0:02:45	0:57:28	0:53:45	1:01:46	1:14:31	0:02:56	0:30:47	0:26:41	0:26:23	0:27:22	0:28:43	0:33:03	0:37:44	0:36:47
126	298	Imke Kaashoek	IJsselmuiden	2003	V	Vsen	8e	4:13:38	4:14:07	9,98	0:02:58	1:09:10	1:02:00	0:59:27	0:57:24	0:02:39	0:37:40	0:31:30	0:31:16	0:30:44	0:30:03	0:29:24	0:27:58	0:29:26
127	201	Herman Mulder	IJsselmuiden	1988	M	M35	48e	4:14:27	4:14:43	9,95	0:02:43	1:02:46	0:57:27	0:58:38	1:10:03	0:02:50	0:33:51	0:28:55	0:28:49	0:28:38	0:29:01	0:29:37	0:32:40	0:37:23
128	245	Leonard Naaktgeboren	Tollebeek	1972	M	M45	22e	4:14:32	4:14:50	9,95	0:02:45	1:05:59	1:00:10	1:00:17	1:02:30	0:02:51	0:35:55	0:30:04	0:30:12	0:29:58	0:30:13	0:30:04	0:31:09	0:31:21
129	217	Maric Naaktgeboren	Groningen	2000	M	Msen	39e	4:14:33	4:14:50	9,95	0:02:45	1:05:59	1:00:10	1:00:19	1:02:28	0:02:51	0:35:55	0:30:04	0:30:12	0:29:58	0:30:14	0:30:05	0:31:07	0:31:21
130	145	Mark Veldboom	Amersfoort	1987	M	M35	49e	4:14:36	4:14:39	9,94	0:02:23	1:01:05	0:55:27	0:59:48	1:12:59	0:02:55	0:33:43	0:27:22	0:27:21	0:28:06	0:30:05	0:29:43	0:35:08	0:37:51
131	202	Peter Klapwijk	Arnhem	1959	M	M65	1e	4:14:46	4:15:06	9,94	0:02:46	1:00:57	0:56:53	1:02:14	1:09:10	0:02:46	0:33:16	0:27:41	0:28:12	0:28:41	0:30:13	0:32:01	0:36:43	0:32:27
132	239	Willem-Jan Pronk	Kampen	1986	M	M35	50e	4:15:43	4:16:00	9,90	0:02:48	1:05:59	1:00:10	1:00:17	1:03:26	0:03:04	0:35:54	0:30:05	0:30:11	0:29:59	0:30:13	0:30:04	0:30:43	0:32:43
133	294	Corjanne Polman	Werkhoven	1988	V	V35	5e	4:16:11	4:16:12	9,88	0:02:31	1:02:24	0:59:05	1:03:17	1:06:07	0:02:47	0:33:22	0:29:02	0:29:38	0:29:27	0:31:22	0:31:55	0:33:11	0:32:56
134	282	Erwin van der Graaff	's-Gravendeel	1982	M	M35	51e	4:16:16	4:16:40	9,88	0:02:40	1:00:54	0:57:00	1:02:10	1:10:33	0:02:59	0:33:01	0:27:53	0:28:16	0:28:44	0:30:03	0:32:07	0:34:55	0:35:38
135	152	Henry Borkent	Broekland	1976	M	M45	23e	4:17:07	4:17:18	9,85	0:02:41	1:01:04	0:56:10	1:01:24	1:12:48	0:03:00	0:33:09	0:27:55	0:28:09	0:28:01	0:28:32	0:32:52	0:37:48	0:35:00
136	216	Teun van Wijngaarden	Anna Paulowna	1987	M	M35	52e	4:18:09	4:18:26	9,81	0:02:50	1:06:36	1:02:49	1:00:58	1:02:08	0:02:48	0:36:14	0:30:22	0:31:23	0:31:26	0:30:35	0:30:23	0:30:51	0:31:17

Plaats	Startnr.	Naam	Woonplaats	Geb.	M/V	Categorie	Plaats categorie	Nettotijd	Brutotijd	Gem. snelheid (km/u)	Aanloop (0,485 km)	Ronde 1 (11,033 km)	Ronde 2 (10,064 km)	Ronde 3 (10,064 km)	Ronde 4 (10,064 km)	Afloop (0,485 km)	Split 1 (6,001 km)	Split 2 (5,032 km)	Split 3 (5,032 km)	Split 4 (5,032 km)	Split 5 (5,032 km)	Split 6 (5,032 km)	Split 7 (5,032 km)	Split 8 (5,032 km)
137	155	Bart Molenaar	Waddinxveen	1986	M	M35	53e	4:18:45	4:19:11	9,78	0:02:46	1:02:32	0:57:26	1:01:42	1:11:40	0:02:39	0:34:08	0:28:24	0:28:49	0:28:37	0:29:03	0:32:39	0:36:27	0:35:13
138	159	Bert van de Pol	Zwartebroek	1986	M	M35	54e	4:19:14	4:19:25	9,77	0:02:41	0:58:11	0:52:33	1:01:17	1:21:14	0:03:17	0:31:25	0:26:46	0:26:22	0:26:11	0:27:58	0:33:19	0:39:13	0:42:01
139	293	Konstantinos Pachtitis	Leeuwarden	1999	M	Msen	40e	4:19:26	4:19:50	9,76	0:02:53	1:04:20	0:58:24	1:02:51	1:08:15	0:02:43	0:35:16	0:29:04	0:29:42	0:28:42	0:30:43	0:32:08	0:33:37	0:34:38
140	169	Wilco Van de Glind	Scherpenzeel	1980	M	M45	24e	4:19:56	4:20:27	9,74	0:02:57	1:05:35	1:00:10	0:59:47	1:08:14	0:03:12	0:35:30	0:30:05	0:30:10	0:30:00	0:29:39	0:30:08	0:33:12	0:35:02
141	180	Jan Holtslag	Garderen	1968	M	M55	6e	4:20:15	4:20:24	9,73	0:02:37	0:59:49	0:55:01	0:58:41	1:21:23	0:02:44	0:32:35	0:27:14	0:27:31	0:27:30	0:28:28	0:30:13	0:39:36	0:41:47
142	301	Chris Dol	Alteveer Gn	1963	M	M55	7e	4:21:18	4:21:30	9,69	0:02:51	1:06:49	1:02:30	1:05:18	1:01:20	0:02:30	0:35:57	0:30:52	0:31:14	0:31:16	0:33:55	0:31:23	0:30:16	0:31:04
143	218	David Leahy	Amsterdam	1998	M	Msen	41e	4:21:45	4:22:16	9,67	0:02:46	1:04:47	0:59:18	1:03:44	1:08:18	0:02:52	0:35:16	0:29:31	0:29:19	0:29:59	0:31:12	0:32:32	0:33:27	0:34:51
144	278	Debora Sonneveld	Zoetermeer	2003	V	Vsen	9e	4:22:32	4:22:58	9,64	0:02:47	1:04:22	0:59:21	1:03:48	1:09:28	0:02:46	0:34:42	0:29:40	0:29:43	0:29:38	0:30:47	0:33:01	0:34:33	0:34:55
145	256	Philip Grimmon	Zoetermeer	2000	M	Msen	42e	4:22:32	4:22:58	9,64	0:02:47	1:04:22	0:59:21	1:03:48	1:09:28	0:02:46	0:34:41	0:29:41	0:29:43	0:29:38	0:30:46	0:33:02	0:34:33	0:34:55
146	273	Piet van Meijeren	Ede	1982	M	M35	55e	4:22:39	4:23:02	9,64	0:02:48	1:04:25	0:59:41	1:03:58	1:08:57	0:02:50	0:34:44	0:29:41	0:29:47	0:29:54	0:31:31	0:32:27	0:34:02	0:34:55
147	237	Pieter Brands	Urk	1980	M	M45	25e	4:22:51	4:23:13	9,63	0:03:00	1:09:14	1:02:52	1:02:11	1:02:36	0:02:58	0:37:37	0:31:37	0:32:01	0:30:51	0:30:52	0:31:19	0:31:33	0:31:03
148	253	Marietje Bolle	Emmeloord	1952	V	V65	1e	4:23:34	4:23:44	9,61	0:02:35	1:01:55	1:00:36	1:04:51	1:10:21	0:03:16	0:33:06	0:28:49	0:29:48	0:30:48	0:31:47	0:33:04	0:34:44	0:35:37
149	126	Kyra Damen	Dronten	2000	V	Vsen	10e	4:23:58	4:24:16	9,59	0:02:50	1:06:48	1:00:42	1:04:19	1:06:43	0:02:35	0:37:05	0:29:43	0:30:46	0:29:56	0:31:11	0:33:08	0:33:55	0:32:48
150	243	Matthijs Van Losser	Rijssen	1994	M	Msen	43e	4:24:43	4:25:02	9,56	0:02:51	1:05:52	1:00:09	1:06:42	1:06:28	0:02:40	0:35:47	0:30:05	0:30:11	0:29:58	0:31:33	0:35:09	0:34:20	0:32:08
151	272	Ferry van der Ent	Hoofddorp	1959	M	M65	2e	4:25:08	4:25:49	9,55	0:02:57	1:09:15	1:04:26	1:01:53	1:03:56	0:02:42	0:37:49	0:31:26	0:32:25	0:32:01	0:30:44	0:31:09	0:31:42	0:32:14
152	276	Rianne Van Beuzekom	IJsselmuiden	1979	V	V45	4e	4:26:43	4:27:02	9,49	0:02:49	1:06:10	1:00:20	1:04:09	1:10:10	0:03:05	0:35:53	0:30:17	0:30:20	0:30:00	0:31:25	0:32:44	0:34:30	0:35:40
153	176	Marja Kramer	Urk	1981	V	V45	5e	4:27:15	4:27:37	9,47	0:02:47	1:02:12	1:00:06	1:08:31	1:10:55	0:02:45	0:33:29	0:28:43	0:29:36	0:30:30	0:34:04	0:34:27	0:36:18	0:34:37
154	190	Sjoerd Schudde	Zaandam	1980	M	M45	26e	4:27:34	4:27:54	9,46	0:02:45	1:01:30	0:57:11	1:03:40	1:19:15	0:03:13	0:33:19	0:28:11	0:28:22	0:28:49	0:30:10	0:33:30	0:40:24	0:38:51
155	270	Arthur Oole	Emmen	1978	M	M45	27e	4:27:52	4:28:02	9,45	0:02:47	1:03:10	0:59:00	1:04:33	1:15:18	0:03:03	0:34:15	0:28:55	0:29:18	0:29:42	0:30:40	0:33:53	0:35:37	0:39:41
156	242	Anne Jan van der Meulen	Wâlterswâld	2000	M	Msen	44e	4:28:04	4:28:34	9,44	0:02:58	1:07:54	1:01:33	1:00:34	1:12:29	0:02:36	0:37:04	0:30:50	0:31:08	0:30:25	0:30:22	0:30:12	0:34:47	0:37:42
157	249	Jeremy Martina	Emmeloord	1995	M	Msen	45e	4:28:18	4:28:28	9,44	0:02:38	1:01:14	0:56:34	0:57:36	1:26:52	0:03:23	0:33:32	0:27:42	0:28:30	0:28:04	0:28:34	0:29:02	0:43:25	0:43:27
158	89	Maarten Boersma	Kampen	2000	M	Msen	46e	4:28:24	4:28:40	9,43	0:02:54	1:08:14	1:01:34	1:00:32	1:12:18	0:02:52	0:37:13	0:31:01	0:31:06	0:30:28	0:30:21	0:30:11	0:32:20	0:39:58
159	263	Katinka Spruijt	Tollebeek	2000	V	Vsen	11e	4:29:03	4:29:27	9,41	0:02:51	1:10:05	1:04:00	1:04:34	1:04:56	0:02:37	0:38:12	0:31:53	0:32:17	0:31:43	0:31:37	0:32:57	0:33:18	0:31:38
160	292	Maarten van Loenen	Biddinghuizen	1984	M	M35	56e	4:29:35	4:29:54	9,39	0:02:54	1:10:05	1:04:08	1:04:26	1:05:06	0:02:55	0:38:12	0:31:53	0:31:58	0:32:10	0:31:06	0:33:20	0:33:19	0:31:47
161	264	Suzanne de Graaf	Bunschoten-Spakenburg	2003	V	Vsen	12e	4:30:40	4:30:58	9,35	0:02:54	1:09:25	1:04:04	1:05:13	1:06:19	0:02:45	0:37:35	0:31:50	0:32:19	0:31:45	0:31:52	0:33:21	0:33:18	0:33:01
162	277	Ad Bernaerts	Baarle-Nassau	1959	M	M65	3e	4:32:04	4:32:22	9,31	0:02:50	1:05:56	1:02:58	1:07:41	1:09:26	0:03:13	0:35:43	0:30:13	0:31:08	0:31:50	0:33:06	0:34:35	0:35:10	0:34:16
163	252	Arjan Kolk	Steenwijk	1991	M	M35	57e	4:32:09	4:32:26	9,30	0:02:43	0:59:38	0:56:36	1:11:09	1:19:03	0:03:00	0:32:22	0:27:16	0:27:29	0:29:07	0:32:21	0:38:48	0:40:15	0:38:48
164	170	Rik Van de Glind	Scherpenzeel	2007	M	Msen	47e	4:32:38	4:33:00	9,29	0:02:54	1:10:43	1:02:19	1:09:24	1:04:23	0:02:55	0:38:42	0:32:01	0:31:19	0:31:00	0:33:51	0:35:33	0:32:28	0:31:55
165	244	Luuk Diphoorn	Amersfoort	1980	M	M45	28e	4:32:58	4:33:26	9,27	0:02:47	1:01:56	0:58:02	1:06:17	1:20:13	0:03:43	0:33:59	0:27:57	0:28:48	0:29:14	0:31:14	0:35:03	0:37:40	0:42:33
166	124	Ed Oosterbaan	Haarlem	1975	M	M45	29e	4:33:39	4:34:04	9,25	0:02:53	1:07:28	1:02:50	1:04:54	1:12:37	0:02:57	0:37:07	0:30:21	0:32:24	0:30:26	0:31:05	0:33:49	0:36:54	0:35:43
167	280	Arjen de haan	Ens	1998	M	Msen	48e	4:35:13	4:35:20	9,20	0:02:49	1:07:48	1:01:33	1:02:38	1:17:01	0:03:24	0:37:21	0:30:27	0:30:23	0:31:10	0:31:14	0:31:24	0:36:05	0:40:56
168	265	Nelly boons-bloo	Tollebeek	1960	V	V65	2e	4:35:33	4:35:46	9,19	0:02:54	1:10:14	1:04:06	1:05:29	1:09:42	0:03:08	0:38:19	0:31:55	0:32:03	0:32:03	0:32:22	0:33:07	0:34:50	0:34:52
169	177	Dinand Busscher	Rijssen	1976	M	M45	30e	4:36:09	4:36:21	9,17	0:02:41	1:01:08	0:56:27	1:00:59	1:31:25	0:03:30	0:33:09	0:27:59	0:28:08	0:28:19	0:28:52	0:32:07	0:43:02	0:48:23
170	222	Winnie Flamink	Maarn	1986	V	V35	6e	4:36:23	4:36:37	9,16	0:02:51	1:06:39	1:03:44	1:07:51	1:12:18	0:03:00	0:35:55	0:30:44	0:31:22	0:32:22	0:32:49	0:35:02	0:36:13	0:36:05
171	223	Lotte Boonstra	Doorn	1986	V	V35	7e	4:36:23	4:36:37	9,16	0:02:51	1:06:39	1:03:44	1:07:50	1:12:19	0:03:00	0:35:55	0:30:44	0:31:22	0:32:22	0:32:49	0:35:01	0:36:14	0:36:05
172	140	Luke Beemsterboer	Tuitjenhorn	1997	M	Msen	49e	4:36:32	4:36:49	9,16	0:02:46	0:56:21	0:53:48	1:00:46	1:39:07	0:03:44	0:30:57	0:25:24	0:26:35	0:27:13	0:29:21	0:31:25	0:44:41	0:54:26
173	251	Iris Trapman	's-Gravendeel	1993	V	Vsen	13e	4:37:02	4:37:27	9,14	0:02:40	1:01:47	1:02:04	1:14:40	1:12:44	0:03:07	0:33:35	0:28:12	0:29:16	0:32:48	0:36:05	0:38:35	0:34:06	0:38:38
174	257	Daan Timmer	Kesteren	2002	M	Msen	50e	4:37:50	4:38:19	9,11	0:02:57	1:09:13	1:02:52	1:05:21	1:14:46	0:02:42	0:37:41	0:31:32	0:31:42	0:31:10	0:31:59	0:33:22	0:39:35	0:35:11
175	204	Remy Eekhof	Zwolle	1991	M	M35	58e	4:40:37	4:41:06	9,02	0:02:56	1:09:09	1:00:20	1:01:34	1:22:05	0:04:32	0:37:33	0:31:36	0:30:05	0:30:15	0:30:22	0:31:12	0:39:45	0:42:20
176	255	Nicolien Meijer	Hellevoetsluis	1982	V	V35	8e	4:42:46	4:42:52	8,95	0:02:53	1:09:50	1:06:14	1:09:24	1:11:10	0:03:15	0:38:28	0:31:22	0:32:41	0:33:33	0:35:05	0:34:19	0:35:40	0:35:30
177	314	Joost Simons	Nieuw-Lekkerland	1968	M	M55	8e	4:43:24	4:43:42	8,93	0:02:59	1:09:33	1:04:43	1:06:11	1:16:27	0:03:30	0:37:51	0:31:42	0:32:27	0:32:16	0:32:39	0:33:32	0:37:48	0:38:39
178	171	Tijs Van de Glind	Scherpenzeel	2009	M	Msen	51e	4:43:53	4:44:15	8,92	0:02:53	1:10:43	1:02:20	1:09:24	1:15:11	0:03:21	0:38:42	0:32:01	0:31:19	0:31:01	0:33:50	0:35:34	0:36:13	0:38:58
179	215	Piet van Meetelen	Noordwolde	2002	M	Msen	52e	4:44:04	4:44:24	8,91	0:02:52	1:00:48	1:00:09	1:17:47	1:19:06	0:03:22	0:32:45	0:28:03	0:29:06	0:31:03	0:35:52	0:41:55	0:38:47	0:40:19
180	286	Yde Engelsma	Heeg	2000	M	Msen	53e	4:45:33	4:45:59	8,87	0:02:58	1:09:19	1:04:50	1:10:59	1:14:31	0:02:57	0:37:29	0:31:50	0:32:13	0:32:37	0:37:09	0:33:50	0:36:50	0:37:41
181	195	Thom Kamphuis	Rijssen	1993	M	Msen	54e	4:47:14	4:47:33	8,81	0:02:52	1:05:52	1:00:10	1:13:06	1:22:35	0:02:39	0:35:47	0:30:05	0:30:11	0:29:59	0:32:39	0:40:27	0:45:00	0:37:35
182	258	Julia van Herk	Rhenen	2006	V	Vsen	14e	4:49:14	4:49:37	8,75	0:02:53	1:07:21	1:00:36	1:07:07	1:28:52	0:02:25	0:36:16	0:31:05	0:30:33	0:30:03	0:32:01	0:35:06	0:49:48	0:39:04
183	279	Jos Fokkinga	Schagerbrug	1955	M	M65	4e	4:49:58	4:50:03	8,73	0:02:54	1:12:06	1:05:48	1:08:00	1:17:46	0:03:24	0:39:14	0:32:52	0:33:05	0:32:43	0:33:33	0:34:27	0:37:44	0:40:02
184	184	Lennart Prins	Emmeloord	1999	M	Msen	55e	4:51:34	4:51:48	8,68	0:02:42	1:01:02	0:56:57	1:15:40	1:32:24	0:02:48	0:33:02	0:28:00	0:28:05	0:28:52	0:36:10	0:39:30	0:53:04	0:39:20
185	307	Juriaan Romkes	Urk	1978	M	M45	31e	4:52:50	4:53:03	8,65	0:02:51	1:07:43	1:01:33	1:10:00	1:27:08	0:03:36	0:37:13	0:30:30	0:30:49	0:30:44	0:31:39	0:38:21	0:41:31	0:45:37
186	310	Daphne Krol	Doornspijk	2005	V	Vsen	15e	4:55:28	4:55:51	8,57	0:03:01	1:12:38	1:07:41	1:11:05	1:17:52	0:03:11	0:39:28	0:33:10	0:33:46	0:33:55	0:34:31	0:36:34	0:38:35	0:39:17
187	309	Boris Bijl	Boskoop	1991	M	M35	59e	4:55:28	4:55:56	8,57	0:03:04	1:12:41	1:07:06	1:08:55	1:20:24	0:03:19	0:40:24	0:32:17	0:33:12	0:33:54	0:33:14	0:35:41	0:40:42	0:39:42
188	226	Sifra Fokkema	Doornspijk	2008	V	Vsen	16e	4:57:39	4:58:15	8,51	0:03:05	1:11:40	1:06:14	1:10:16	1:23:37	0:02:48	0:39:13	0:32:27	0:32:59	0:33:15	0:34:47	0:35:29	0:42:30	0:41:07
189	219	Rowald Jansen	Hulshorst	2004	M	Msen	56e	4:58:57	4:59:26	8,47	0:03:06	1:12:08	1:07:08	1:12:50	1:20:19	0:03:26	0:39:15	0:32:53	0:33:05	0:34:03	0:35:17	0:37:33	0:41:21	0:38:58
190	303	Matthijs Knol	Nunspeet	2004	M	Msen	57e	4:58:57	4:59:26	8,47	0:03:05	1:12:08	1:07:09	1:12:49	1:20:19	0:03:26	0:39:15	0:32:53	0:33:06	0:34:03	0:35:17	0:37:32	0:41:22	0:38:57
191	144	Bart Meuleman	Dronten	1997	M	Msen	58e	5:04:25	5:04:57	8,32	0:02:55	1:12:53	1:08:38	1:16:19	1:20:42	0:02:58	0:39:22	0:33:31	0:33:45	0:34:53	0:36:38	0:39:41	0:41:47	0:38:55
192	269	Winnie Roelofs	Zeewolde	1970	M	M55	9e	5:08:19	5:08:25	8,21	0:02:56	1:11:39	1:09:01	1:16:01	1:24:51	0:03:50	0:38:28	0:33:11	0:34:34	0:34:27	0:36:54	0:39:07	0:41:55	0:42:56
193	248	Tristan Fleerkate	Laren	1992	M	Msen	59e	5:11:20	5:11:46	8,13	0:02:54	1:11:47	1:07:40	1:15:38	1:29:50	0:03:30	0:38:12	0:33:35	0:33:11	0:34:29	0:35:03	0:40:35	0:47:01	0:42:49
DNF	5	Kaj ten Asbroek	Haaksbergen	1980	M	M45					0:02:37	1:02:03	0:58:40	1:00:05										
DNF	6	Jeroen ten Asbroek	Hengelo	1978	M	M45					0:02:36	1:02:03	0:58:40	0:59:26										
DNF	7	Harjo Boersma	Kampen	1998	M	Msen					0:01:41	0:43:44	0:45:17											
DNF	10	Bart Maljaars	Urk	1998	M	Msen					0:01:58	0:46:50	0:43:04	1:13:02										
DNF	25	Sam van der Ploeg	Delft	2000	M	Msen					0:01:45	0:46:15	0:42:36											
DNF	36	Ard Baan	Rijssen	1980	M	M45					0:02:10	0:50:17	0:46:52	0:50:31										
DNF	69	Gersom van der Elst	Gouda	1995	M	Msen					0:02:21	0:56:36	0:51:30	0:57:56										
DNF	86	Jan Post	Urk	2000	M	Msen					0:02:35	1:01:03	0:56:44											
DNF	94	Ger Siemerink	Rijssen	1967	M	M55					0:02:24	0:54:31												
DNF	98	Sunny Schippers	Amsterdam	1981	M	M45					0:02:44	1:00:01	0:57:32											

Plaats	Startnr.	Naam	Woonplaats	Geb.	M/V	Categorie	Plaats categorie	Nettotijd	Brutotijd	Gem. snelheid (km/u)	Aanloop (0,485 km)	Ronde 1 (11,033 km)	Ronde 2 (10,064 km)	Ronde 3 (10,064 km)	Ronde 4 (10,064 km)	Afloop (0,485 km)	-	Split 1 (6,001 km)	Split 2 (5,032 km)	Split 3 (5,032 km)	Split 4 (5,032 km)	Split 5 (5,032 km)	Split 6 (5,032 km)	Split 7 (5,032 km)	Split 8 (5,032 km)
DNF	125	Willem Krijgsman	Lexmond	1979	M	M45					0:01:47	0:45:31	0:46:51												
DNF	148	Daan den Boer	Utrecht	2005	M	Msen					0:02:34	0:56:10	0:51:02												
DNF	154	Fokke-Pieter Sierat	Urk	2001	M	Msen					0:02:53	1:15:03	1:26:02	1:43:03											
DNF	160	Ronald Meijer	Alphen aan den Rijn	1969	M	M55					0:02:55	1:06:14	1:01:26					0:35:54	0:30:20	0:31:09	0:30:17	0:30:31			
DNF	172	Esther Vink	Aerdenhout	1964	V	V55					0:02:55	1:06:01	1:01:02												
DNF	173	Henk van der Voort	Elburg	1972	M	M45					0:02:45	1:01:03	0:57:33	1:18:02											
DNF	197	Wim Versteeg	Barneveld	1970	M	M55					0:02:40	1:01:01	0:56:07												
DNF	198	Frank Bleker	Leusden	1996	M	Msen					0:02:55	1:02:05	0:57:04												
DNF	208	Jan Bijl	Nieuwegein	1980	M	M45					0:02:39	0:59:37	0:55:00	0:54:48											
DNF	225	Luuk Kuiper	Hengelo	2002	M	Msen					0:03:09	1:13:04	1:10:05	1:25:04											
DNF	238	Meindert de Boer	Urk	1986	M	M35					0:02:49	1:02:05	0:56:12	1:07:02	0:41:05										
DNF	240	Perry van kan	Blaricum	1966	M	M55					0:02:34	1:05:04	1:03:03												
DNF	241	Geurt Timmer	Kesteren	1971	M	M55					0:02:57	1:11:04	1:05:04	1:40:02											
DNF	281	Thomas Zwolsman	Amsterdam	2001	M	Msen					0:03:01	1:16:04	1:10:04	1:54:04											
DNF	283	Matthijs Diesveld	Heeswijk-Dinther	2007	M	Msen					0:03:07	1:17:00	1:11:01	1:11:05											
DNF	287	Theresa Schnackenberg	Amersfoort	1998	V	Vsen					0:02:57	1:09:01	1:04:05	1:24:00											
DNF	295	Oscar Dessauvagie	's-Gravenhage	1999	M	Msen					0:03:03	1:16:46	1:10:14	1:17:34				0:43:04	0:33:42	0:35:04	0:35:10	0:36:19	0:41:15		
DNF	296	Rick Zwolsman	Amsterdam	2001	M	Msen					0:03:01	1:16:04	1:10:01	1:13:01	0:42:16	0:06:11									
DNF	304	Ralph Maas	ZWANENBURG	2002	M	Msen					0:03:03	1:16:04	1:10:01	1:55:01											
DNF	311	Emilis Šurkus	Heesch	2007	M	Msen					0:03:07	1:17:04	1:11:18					0:41:29	0:35:35	0:35:11	0:36:07	0:35:42			