

Pl	tno	Name	B	Club	Time
3 km technisch eenvoudig (17)			2,8 km 0 m 9 C		
1	69	Evelyn Velema		GreenRace GreenRace	39:15
2	48	Lucy Tan	10	Argus Argus	42:20
3	61	Corneel Bergs		GreenRace GreenRace	46:51
4	62	Eveline Bergs		GreenRace GreenRace	47:02
5	63	Marielle Bergs		GreenRace GreenRace	47:03
5	59	Bert Bergs		GreenRace GreenRace	47:03
5	60	Charlotte Bergs		GreenRace GreenRace	47:03
8	66	Lente Ingram		GreenRace GreenRace	47:52
9	138	Marieke Posthower		olv MINOR MINOR	50:16
10	67	Bruce Ooyevaar		GreenRace GreenRace	50:18
11	68	Thomas Poort		GreenRace GreenRace	50:20
12	141	Maria Aubin		Individuals/No c Individua	58:35
13	43	Isis Demarteau		Argus Argus	1:00:30
14	65	Carolien van Ginkel		GreenRace GreenRace	1:28:37
15	64	Miranda Engels		GreenRace GreenRace	1:28:40
	13	Henk Bakker	63	Argus Argus	mp
	133	Urho Puhakka		Individuals/No c Individua	mp
5 km orienteering run eenvoudig (27)			5,1 km 0 m 14 C		
1	89	Luuk Maassen		GreenRace GreenRace	51:46
2	90	Anna Lotte Peperkamp		GreenRace GreenRace	55:54
3	99	Carla Vinke		GreenRace GreenRace	58:25
4	95	Mandy Sepers		GreenRace GreenRace	58:29
5	15	Andrea Van Lieshout		GreenRace GreenRace	1:03:24
6	79	Jan-Joost Eveleens		GreenRace GreenRace	1:06:44
7	76	Martijn Bloemberg		GreenRace GreenRace	1:06:45
8	91	Michelle Ruhe		GreenRace GreenRace	1:06:49
9	134	Merijn Kuit		GreenRace GreenRace	1:09:51
10	98	Kevin Vvrheijen		GreenRace GreenRace	1:09:55
11	80	Jurjen Geleijn		GreenRace GreenRace	1:16:05
12	94	Corne Selser		GreenRace GreenRace	1:16:14
13	96	Roosmarijn Stokman		GreenRace GreenRace	1:16:16
14	77	Wim Boonstra		GreenRace GreenRace	1:18:41
15	92	Hans Schalkwijk		GreenRace GreenRace	1:20:18
16	87	Robert Kohl		GreenRace GreenRace	1:20:21
17	100	Eric Westerhuis		GreenRace GreenRace	1:31:15
18	97	Dorien Vach		GreenRace GreenRace	1:31:18
19	101	Lara Westerhuis		GreenRace GreenRace	1:31:22
20	81	Maartje de Graaf		GreenRace GreenRace	1:43:05
21	102	Stanley Wijnen		GreenRace GreenRace	1:59:17
22	93	Christiaan Schut		GreenRace GreenRace	1:59:22
23	83	Elisa Heemskerck		GreenRace GreenRace	1:59:28
	84	Karen Hofland		GreenRace GreenRace	mp
	82	Remco Haxe		GreenRace GreenRace	mp
	85	Theo Huisman		GreenRace GreenRace	mp
	36	Marcel de Brakeleer		Individuals/No c Individua	dnf
4,5 km technisch moeilijk (23)			4,7 km 0 m 12 C		
1	137	Roelof Posthouwer		olv MINOR MINOR	32:56
2	41	Steven Jochems	64	KOVZ KOVZ	35:35
3	50	Herman Mooij	84	Argus Argus	39:16
4	5	Sadie Zwikker		Argus Argus	41:17

Pl	tno	Name	B	Club	Time
4,5 km technisch moeilijk (23)			4,7 km 0 m 12 C		(cont.)
5	1	Tonny Neplenbroek	58	Argus Argus	41:58
6	24	Martell Demarteau		Argus Argus	44:56
7	47	Martine Hoeksma	69	OLifant OLifant	46:40
8	140	Johan Verbakel		KOVZ KOVZ	47:04
9	10	Guus Van Boven	55	OLifant OLifant	49:37
10	32	Kristine Mourits	73	Argus Argus	51:18
11	132	Mikko Puhakken		Individuals/No c Individua	55:01
12	39	Gabor Szalkai		Individuals/No c Individua	55:22
13	135	Ivo Muusse		Individuals/No c Individua	56:17
14	70	Peter Reitsema		GreenRace GreenRace	59:07
15	11	Johan Van Elten		Argus Argus	1:00:24
16	29	Yvette Tan		Argus Argus	1:00:30
17	45	Dunja Van De Riet		OLifant OLifant	1:02:23
18	78	Koen Derks		GreenRace GreenRace	1:02:49
19	42	Anita Foppen		olv MINOR MINOR	1:19:27
20	31	Nelly Kurt		KOVZ KOVZ	1:23:09
21	21	Roland Siezen		Argus Argus	1:31:43
22	53	Plien Van Eif		Argus Argus	2:02:10
23	33	Annette Peeters		Individuals/No c Individua	2:02:11
5,5 km technisch middel (18)			5,9 km 0 m 18 C		
1	75	Michael Vocke		GreenRace GreenRace	1:05:48
2	20	Bart Blankers		Individuals/No c Individua	1:12:47
3	8	Marijke Klaassen		HOC'93 HOC'93	1:12:49
4	56	Monika Nemeth	86	olv MINOR MINOR	1:15:27
5	37	Saskia Kroon		OLifant OLifant	1:17:07
6	40	Sasha Zhernakova		olv MINOR MINOR	1:19:04
7	7	Ellen Boomer		olv MINOR Omega	1:19:20
8	71	Marjon Baas		GreenRace GreenRace	1:22:29
9	72	AM van Beijsterveld		GreenRace GreenRace	1:25:40
10	86	Vere Ingram		GreenRace GreenRace	1:33:36
11	74	Xander Soudant		GreenRace GreenRace	1:44:14
	73	Saar Langelaan		GreenRace GreenRace	mp
	130	Levin Brouwer		GreenRace GreenRace	mp
	129	Parel Brouwer		GreenRace GreenRace	mp
	127	Ellen Greup		GreenRace GreenRace	mp
	106	Noa Doelman		GreenRace GreenRace	mp
	131	Matthijs Brouwer		GreenRace GreenRace	mp
	128	Natascha Brouwer		GreenRace GreenRace	mp
8 km technisch moeilijk (24)			8,3 km 0 m 21 C		
1	12	Ralph Kurt	72	KOVZ KOVZ	1:01:51
2	38	Ronald Willekes	67	olv MINOR MINOR	1:02:14
3	54	Ronald Hendriks	71	olv MINOR MINOR	1:03:42
4	26	Gerrit Van De Riet	56	OLifant OLifant	1:03:52
5	51	Klaas Jan Hofstra		HOC'93 HOC'93	1:07:15
6	23	Koen Wagemakers		olv MINOR MINOR	1:08:58
7	9	Manon Mensink	75	Argus Argus	1:11:21
8	49	Herman Elfrink	59	olv MINOR MINOR	1:12:00
9	57	Iulian Pantiru		UNEFS Bucharest UNEF	1:12:32
10	4	Tom Vocke		Individuals/No c Individua	1:18:09
11	46	Alwin De Lijster		olv MINOR MINOR	1:18:20
12	19	Alex Buurlage		Argus Argus	1:20:37

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8 km technisch moeilijk (24)			8,3 km 0 m 21 C		<i>(cont.)</i>
13	6	Eletta Daemen		OLifant OLifant	1:24:28
14	28	Pim Van Der Wijk	66	OLifant OLifant	1:25:27
15	58	Ton Vlasveld	64	olv MINOR MINOR	1:27:14
16	52	Timo Van Der Marel		Individuals/No c Individua	1:27:26
17	30	Bart Van Der Meulen		HOC'93 HOCâ€™™ 93	1:30:49
18	136	Annemieke Bloem		OLifant OLifant	1:34:36
19	139	Allard Bakker		olv MINOR MINOR	1:35:27
20	18	Marc Wagenaar		OLifant OLifant	1:36:19
21	113	Annemiek Koers		GreenRace GreenRace	1:42:12
22	14	Jeroen Hogema		olv MINOR MINOR	2:07:19
	44	Takeshi Iwakura		OLP Hyogo OLP	mp
	27	Cor Wilders		olv MINOR MINOR	dnf

7 km orienteering run, eenvoudig (24)			6,7 km 0 m 15 C		
1	122	Maarten de Vries		GreenRace GreenRace	46:00
2	121	Arjen de Vetten		GreenRace GreenRace	48:36
3	124	Reitze Wellen		GreenRace GreenRace	1:08:48
4	112	Andre Knop		GreenRace GreenRace	1:12:43
5	123	Holger Wagenaar		GreenRace GreenRace	1:16:03
6	119	Margot Thuy		GreenRace GreenRace	1:16:46
7	103	Rosanne Bakker		GreenRace GreenRace	1:17:38
7	105	Anoek van Dasselaar		GreenRace GreenRace	1:17:38
9	117	Yorick Sijssling		GreenRace GreenRace	1:20:08
10	115	Maartje van Middelaar		GreenRace GreenRace	1:20:11
11	55	Bart Brinkman		Individuals/No c Individua	1:22:53
12	111	Inge Huisman		GreenRace GreenRace	1:23:17
13	16	Robyn Koster		Individuals/No c Individua	1:24:45
14	35	Marco Kooiman		Individuals/No c Individua	1:24:48
15	125	Laura Willemsen		GreenRace GreenRace	1:30:03
15	116	Boris Peltenburg		GreenRace GreenRace	1:30:03
17	118	Sascha Spelier		GreenRace GreenRace	1:34:41
18	120	Eline Verhoeven		GreenRace GreenRace	1:34:45
19	114	Sandra de Kruif		GreenRace GreenRace	2:17:05
20	108	Hans van der Giessen		GreenRace GreenRace	2:17:06
20	126	Esther Zwitzelaar-Nijman		GreenRace GreenRace	2:17:06
22	109	Jutta van der Giessen		GreenRace GreenRace	2:17:09
23	104	Ingrid Bioter		GreenRace GreenRace	2:17:11
	110	Monique de Graaf		GreenRace GreenRace	mp