

Pl	Stno	Name	YB	Club	Time
4,5km Hard (43)			4,4 km 15 C		
1	253	Marco Mensink		Argus Argus	33:42
2	313	Lars Nordström		Individuals/No c Individuals	33:59
3	113	Alje Bosch, van den		GreenRace GreenRace	40:03
4	245	Jona Geers		Argus Argus	41:20
5	317	Espen Fyhn Nilsen		OLifant OLifant	44:18
6	291	Bjorn Visser		olv MINOR MINOR	48:15
7	200	Yorick Koumans		Individuals/No c Individuals	48:29
8	286	Johan Van Elten	61	Argus Argus	50:25
9	161	Erik Deiman		GreenRace GreenRace	50:39
10	264	Dunja Riet, van de	67	OLifant OLifant	50:40
11	249	Masja van de Ven	66	KOVZ KOVZ	50:53
12	20	Kennard Hofland		GreenRace GreenRace	51:05
13	258	Inge Huisman		olv MINOR MINOR	54:03
14	233	Agne Danilaite	01	Rudamina OSK Rudamina	57:47
15	260	Arne Heikoop	58	HOC'93 HOC'93	59:36
16	98	Frans Hettinga		GreenRace GreenRace	1:00:54
17	274	Lina Jasulaityte	67	OLifant OLifant	1:01:04
18	236	Aron Reitsema		Argus Argus	1:02:05
19	271	Eric Van Weers		OLifant OLifant	1:02:39
20	201	Heleen Filius		Individuals/No c Individuals	1:06:22
21	202	Ellen De Jong		Individuals/No c Individuals	1:06:24
22	257	Birgitta Verbeek	64	olv MINOR MINOR	1:06:50
23	255	Diana Mittag	78	KOVZ KOVZ	1:07:02
24	237	Esther Reitsema		Argus Argus	1:07:26
25	229	Robert Bakker		Individuals/No c Individuals	1:10:49
26	270	Maarten De Vries		Argus Argus	1:12:30
27	316	Marijke Klaassen		HOC'93 HOC'93	1:14:34
28	305	Boven, van Guus		OLifant OLifant	1:16:48
29	287	Robert Van Der Hulst	59	olv MINOR MINOR	1:16:57
30	243	Katinka Mulder	59	Argus Argus	1:23:24
31	242	Kees Geers	44	Argus Argus	1:23:26
32	267	Jolieke Piet		olv MINOR MINOR	1:30:19
33	261	Dicky Mooij	50	Argus Argus	1:33:01
34	135	Mirjam Nelisse		GreenRace GreenRace	2:16:29
35	306	Plien Eif, van		Argus Argus	2:17:00
36	74	Mascha Vliet, van		GreenRace GreenRace	2:28:44
37	75	Vera Boer, de		GreenRace GreenRace	2:28:46
38	218	Denisa Negoita		Individuals/No c Individuals	3:04:20
	214	Thom Twigt		Individuals/No c Individuals	mp
	277	Esra Kulan		Argus Argus	mp
	199	Roland Reisser		Individuals/No c Individuals	mp
	198	Linda Besuyen		Individuals/No c Individuals	mp
	248	Steven Jochems		KOVZ KOVZ	dnf

3km Easy (18) **3,0 km 11 C**

1	263	Wies Piët		olv MINOR MINOR	34:15
2	205	Bas D		Individuals/No c Individuals	36:25
3	99	Kirsten Bliekendaal		GreenRace GreenRace	37:19
4	208	Fedde Hoogenboezem		Individuals/No c Individuals	42:52
5	266	Mijkje Hoogenboezem		olv MINOR MINOR	43:01

Pl	Stno	Name	YB	Club	Time
3km Easy (18)			3,0 km 11 C		(cont.)
6	269	Evelyn Velema		Argus Argus	48:56
7	37	Helena Gragt, van der		GreenRace GreenRace	51:54
8	109	Thirza Hettinga		GreenRace GreenRace	54:45
9	110	Astrid Velde, van der		GreenRace GreenRace	56:28
10	96	Lies Hettinga		GreenRace GreenRace	1:08:06
11	256	Matilda Wenselaar	19	KOVZ KOVZ	1:32:31
12	174	Peter Koelman		GreenRace GreenRace	2:01:50
13	175	Matthijs Koelman		GreenRace GreenRace	2:03:01
	8	Patrick Dissel, van		GreenRace GreenRace	mp
	7	Elja Reijntjes		GreenRace GreenRace	mp
	34	Cataleya Ramazan		GreenRace GreenRace	mp
	35	Marellva Ramazan		GreenRace GreenRace	mp
	33	Susan Blokker		GreenRace GreenRace	mp
5km Easy (50)			5,0 km 16 C		
1	22	Marjolein Barneveld, van		GreenRace GreenRace	52:41
2	21	Debby Kappetijn		GreenRace GreenRace	52:43
3	181	Milou Dam, van		GreenRace GreenRace	1:06:21
4	180	Elize Berg		GreenRace GreenRace	1:06:23
5	185	Yolt Rodenhuis		GreenRace GreenRace	1:06:26
6	184	Marije Bakker		GreenRace GreenRace	1:06:28
7	41	Adam Healy		GreenRace GreenRace	1:09:10
8	163	Hanneke Zuidema		GreenRace GreenRace	1:11:57
9	43	Charl Viljoen		GreenRace GreenRace	1:13:15
10	159	Seda Dagdelen		GreenRace GreenRace	1:24:44
11	158	Daan Orsel		GreenRace GreenRace	1:24:46
12	81	Mariska Rondaij		GreenRace GreenRace	1:26:56
13	84	Dorothe Palm		GreenRace GreenRace	1:27:03
13	83	Hennie Lollinga		GreenRace GreenRace	1:27:03
15	177	Sebastiaan Valk, van der		GreenRace GreenRace	1:27:05
16	82	Janneke Filius		GreenRace GreenRace	1:31:30
17	76	Ragna Schapendonk		GreenRace GreenRace	1:31:32
18	13	Maud Heberle		GreenRace GreenRace	1:32:20
19	127	Alex Steijn, van		GreenRace GreenRace	1:32:32
20	12	Kim Heberle-Loohuis		GreenRace GreenRace	1:32:36
21	128	Jessica Steijn, van		GreenRace GreenRace	1:32:57
22	2	Gerard Herkes		GreenRace GreenRace	1:35:18
22	11	Frank Seubring		GreenRace GreenRace	1:35:18
24	94	Julian Danse		GreenRace GreenRace	1:41:16
24	92	Benjamin Voort, van der		GreenRace GreenRace	1:41:16
26	93	Olivier Danse		GreenRace GreenRace	1:41:22
27	91	Remco Voort, van der		GreenRace GreenRace	1:41:28
28	31	Wendy Hamel		GreenRace GreenRace	1:45:22
28	78	Bo-Jane Maanen, van		GreenRace GreenRace	1:45:22
30	30	Emma Bakker		GreenRace GreenRace	1:45:32
31	118	Sven Timmer		GreenRace GreenRace	1:47:05
32	119	Evi Timmer		GreenRace GreenRace	1:47:06
33	314	Marijn Swanborn		GreenRace GreenRace	1:56:51
34	315	Anna Swamborn		GreenRace GreenRace	1:56:55
35	179	Nienke Valk, van der		GreenRace GreenRace	2:01:55

Pl	Stno	Name	YB	Club	Time
5km Easy (50)			5,0 km 16 C		(cont.)
36	178	Dennis Valk, van der		GreenRace GreenRace	2:01:57
37	140	Rik Burgering		GreenRace GreenRace	2:20:35
38	138	Guus Burgering		GreenRace GreenRace	2:20:41
39	137	Kato Burgering		GreenRace GreenRace	2:20:52
40	139	Dita Huegen		GreenRace GreenRace	2:20:54
41	182	Kevin Pot		GreenRace GreenRace	2:27:55
42	183	Suzannah Wierenga		GreenRace GreenRace	2:27:58
43	136	Bertje Hokojuoku		GreenRace GreenRace	2:59:01
	173	Eline Spoormaker		GreenRace GreenRace	mp
	166	Epke Koning, de		GreenRace GreenRace	mp
	165	Eibert Koning, de		GreenRace GreenRace	mp
	62	Riëtte Wal, van der		GreenRace GreenRace	mp
	142	Conrad Bouwman		GreenRace GreenRace	mp
	50	Paul Buren, van		GreenRace GreenRace	dnf
	51	Eva Buren, van		GreenRace GreenRace	dnf

5,5km Mid (41)			5,5 km 20 C		
1	216	Maarten Poirot		Individuals/No c Individuals	45:44
2	145	Tom Wagemans		GreenRace GreenRace	46:25
3	254	Hanne Mourits		Argus Argus	49:47
4	211	Gijs Bartholomeus		Individuals/No c Individuals	1:00:53
5	212	Perry Mispel		Individuals/No c Individuals	1:03:53
5	149	Tobias Jansen		GreenRace GreenRace	1:03:53
7	300	Annemieke Bloem		OLifant OLifant	1:08:46
8	284	Machteld Van Der Hoeven		olv MINOR MINOR	1:11:29
9	283	Hans Kuijken	48	olv MINOR MINOR	1:12:31
10	54	Minouk Steijn, van		GreenRace GreenRace	1:14:57
11	53	Lennart Vulpen, van		GreenRace GreenRace	1:14:58
12	246	Lode Geers		Argus Argus	1:15:12
13	89	Harry Hilberdink		GreenRace GreenRace	1:17:52
14	27	Rodney Nanninga		GreenRace GreenRace	1:21:18
15	28	Franchesca Rondaij		GreenRace GreenRace	1:21:22
16	167	Arno Boekema		GreenRace GreenRace	1:21:33
17	220	Larissa Van Der Houwen		Individuals/No c Individuals	1:22:35
18	192	Marjolein Ris		Individuals/No c Individuals	1:25:03
19	219	Femke Snijders		Individuals/No c Individuals	1:30:56
20	87	Dagmar Ingelse-Cliteur		GreenRace GreenRace	1:36:06
20	86	Thomas Ingelse		GreenRace GreenRace	1:36:06
22	221	Marijke Van Neck		Individuals/No c Individuals	1:36:41
23	172	Shanna Heerschap		GreenRace GreenRace	1:38:01
24	171	Otis Heuverling		GreenRace GreenRace	1:38:06
25	224	Tiemen Ingram		Individuals/No c Individuals	1:38:14
26	56	Harry Jansen		GreenRace GreenRace	1:40:46
27	196	Koen Verbruggen		Individuals/No c Individuals	1:40:56
28	60	Nicoline Sanders		GreenRace GreenRace	1:41:32
29	85	Remon Wilms		GreenRace GreenRace	1:48:46
30	79	Leo Blommerd		GreenRace GreenRace	1:55:23
31	132	Tjitske Dalderup		GreenRace GreenRace	1:56:36
32	133	Wim Jong, de		GreenRace GreenRace	1:56:37
33	134	Davy Wanders		GreenRace GreenRace	1:56:38

Pl	Stno	Name	YB	Club	Time
5,5km Mid (41)			5,5 km 20 C		(cont.)
34	88	Jeroen Cliteur		GreenRace GreenRace	2:01:17
35	217	Nicole Stolp		Individuals/No c Individuals	2:18:05
36	225	Ankie en Jolanda van Haperen		Individuals/No c Individuals	2:31:21
37	228	Elisabeth Comberg		Individuals/No c Individuals	2:39:22
	223	Niels Delvers		Individuals/No c Individuals	mp
	80	Van Deursen		GreenRace GreenRace	mp
	57	Lisette Schiltmans		GreenRace GreenRace	dnf
	120	Eric Schiltmans		GreenRace GreenRace	dnf

8km Hard (66)			7,9 km 25 C		
1	232	Marcell Szabo		Szegedi TÁjfutás SZTK	50:01
2	252	Michel Dongen van	76	OLifant OLifant	54:52
3	240	Sonny Wessels		Argus Argus	54:58
4	275	Patrick Kuijken	75	olv MINOR MINOR	59:52
5	273	Viktor Iovenko		HOC'93 HOC'93	1:01:48
6	299	Marijn Edelenbosch		HOC'93 HOC'93	1:02:06
7	238	Peter Reitsema		Argus Argus	1:03:55
8	297	Martell Demarteau		Argus Argus	1:05:23
9	268	Marc Wagenaar		OLifant OLifant	1:05:33
10	168	Sergey Ananyev		GreenRace GreenRace	1:06:21
11	29	Bas Ploeg, van der		GreenRace GreenRace	1:08:02
12	298	Sadie Zwikker		Argus Argus	1:09:25
13	296	Henk Snijders	60	Argus Argus	1:10:02
14	304	Emiel Rutgers	91	HOC'93 HOC'93	1:11:17
15	259	Rik Tensen	96	olv MINOR MINOR	1:12:36
16	262	Herman Mooij		Argus Argus	1:13:29
17	289	Pim Van Der Wijk	66	OLifant OLifant	1:15:06
18	265	Gerrit Riet, van de	56	OLifant OLifant	1:15:13
19	230	Elisabeth Schutjes		hamok hamok	1:17:24
20	95	Roel Jorna		GreenRace GreenRace	1:19:12
21	294	Marc Van Veen		Argus Argus	1:19:13
22	207	Pieter Bakx		Individuals/No c Individuals	1:21:23
23	61	Frank Sanders		GreenRace GreenRace	1:22:12
24	25	Mario Wolff		GreenRace GreenRace	1:22:47
25	90	Thomas Albers		GreenRace GreenRace	1:23:13
26	241	Penko Penev	69	olv MINOR MINOR	1:23:23
27	153	Myrthe Veldman		GreenRace GreenRace	1:23:41
28	190	Harm-jan Klifman		Individuals/No c Individuals	1:25:01
29	209	Harm Bartholomeus		Individuals/No c Individuals	1:25:48
30	244	Renske Giesen		Argus Argus	1:26:55
31	302	Zhichao Yao		OLifant OLifant	1:26:59
32	197	Wouter Fokkema		Individuals/No c Individuals	1:30:04
33	203	Teun Kolner		Individuals/No c Individuals	1:33:01
34	288	Martine Hoeksma		OLifant OLifant	1:34:50
35	39	Erik Birkhoff		GreenRace GreenRace	1:35:45
36	231	Kerstin Buchacker		C.O.Liège C.O.Liège	1:38:07
37	295	Cor Wilders		olv MINOR MINOR	1:38:53
38	234	Martin Wingelaar	80	olv MINOR MINOR	1:39:43
39	308	Arie Willem van den Berg		olv MINOR MINOR	1:42:02
40	303	Daniel Smith		Aberdeen Univers AUOC	1:44:03

Pl	Stno	Name	YB	Club	Time
8km Hard (66)			7,9 km 25 C		(cont.)
41	32	Sjoerd Arkenbout		GreenRace GreenRace	1:44:34
42	69	Klaas Hagen, van		GreenRace GreenRace	1:49:19
43	3	Petra Hogervorst		GreenRace GreenRace	1:50:37
44	191	Michel Visser		Individuals/No c Individuals	1:51:38
45	105	Neil Hoorens-van-Heyningen		GreenRace GreenRace	1:52:00
46	106	Diedeke Last		GreenRace GreenRace	1:52:04
47	176	Pascal Bruin		GreenRace GreenRace	1:55:50
48	307	Ton Vlasveld		olv MINOR MINOR	2:03:10
49	6	Tarja Vesanto		GreenRace GreenRace	2:05:14
50	4	Ries Jongh, de		GreenRace GreenRace	2:12:59
51	170	Pascal Gijsen		GreenRace GreenRace	2:14:25
52	38	Lisette Graauw, de		GreenRace GreenRace	2:15:00
53	124	Angela Evenhuis		GreenRace GreenRace	2:15:28
54	204	Wesley Banis		Individuals/No c Individuals	2:18:03
55	210	Marvin Zurek		Individuals/No c Individuals	2:34:23
	247	Arsen Nosenko		olv MINOR MINOR	mp
	1	Jasper Ingram		GreenRace GreenRace	mp
	36	Elwin Gragt, van der		GreenRace GreenRace	mp
	186	Ayra Goede		GreenRace GreenRace	mp
	206	Guido De Jong		Individuals/No c Individuals	mp
	250	Rink Post	56	HOC'93 HOC'93	mp
	73	Jaap Burg, van den		GreenRace GreenRace	mp
	19	Maaike Rouw		GreenRace GreenRace	dnf
	114	Maarten Wijnen		GreenRace GreenRace	dnf
	281	Jessica Pots	80	Argus Argus	dnf
	282	Eva Boven van	90	OLifant OLifant	dnf

7km Easy (57)			7,0 km 22 C		
1	147	Jeroen Rheenen, van		GreenRace GreenRace	1:02:58
2	108	Dirk Versluis		GreenRace GreenRace	1:04:01
3	301	Don Muljadi		OLifant OLifant	1:05:46
4	40	Frits Faber		GreenRace GreenRace	1:09:15
5	144	Duco Bijleveld		GreenRace GreenRace	1:09:38
6	157	Luca Eijk, van		GreenRace GreenRace	1:12:56
7	156	Robbin Berg, van den		GreenRace GreenRace	1:12:58
8	66	Andries Hof		GreenRace GreenRace	1:15:09
9	71	Peter Winkel, te		GreenRace GreenRace	1:15:14
10	311	Renske Kraakman		Individuals/No c Individuals	1:16:23
11	121	Gijs Agema		GreenRace GreenRace	1:16:31
12	122	Robin Bronsteede		GreenRace GreenRace	1:17:56
13	312	Eric Kraakman		Individuals/No c Individuals	1:19:23
14	67	Menno Veldman		GreenRace GreenRace	1:28:53
15	68	Elisabeth Heide, van der		GreenRace GreenRace	1:28:56
16	70	Marton Doorn, van		GreenRace GreenRace	1:36:22
17	58	Alex Steenbekkers		GreenRace GreenRace	1:37:22
18	111	Kasper Hettinga		GreenRace GreenRace	1:37:52
19	169	Bram Chrispijn		GreenRace GreenRace	1:41:49
20	42	Anke Peters		GreenRace GreenRace	1:46:01
21	10	Cas Huurman		GreenRace GreenRace	1:48:54
22	9	Iris Wulp, van der		GreenRace GreenRace	1:48:55

Pl	Stno	Name	YB	Club	Time
7km Easy (57)			7,0 km 22 C		(cont.)
23	14	John Marsdijk, van		GreenRace GreenRace	1:55:01
24	15	Guler Avci		GreenRace GreenRace	1:55:03
25	5	Ellen Boer, de		GreenRace GreenRace	2:01:50
26	64	Margriet Boer, de		GreenRace GreenRace	2:01:51
27	47	Aalt Boonen		GreenRace GreenRace	2:06:21
28	143	Ruben Iren, van		GreenRace GreenRace	2:09:17
29	46	Michael Akkermans		GreenRace GreenRace	2:10:57
30	26	Frank Bot, de		GreenRace GreenRace	2:10:58
31	112	Abel Hettinga		GreenRace GreenRace	2:16:14
32	117	Jeroen Raalte, van		GreenRace GreenRace	2:16:17
33	154	Max Zanten, van		GreenRace GreenRace	2:24:12
34	146	Ivo Dazler		GreenRace GreenRace	2:30:06
34	148	Ronald Kuijf		GreenRace GreenRace	2:30:06
36	189	Samuel Rhijn, van		GreenRace GreenRace	2:41:59
37	188	Bertine Hakvoort		GreenRace GreenRace	2:42:02
38	17	Chantal Versteeg		GreenRace GreenRace	2:52:53
39	18	Arjan Visser		GreenRace GreenRace	2:52:57
40	251	Mattie De Boer	55	HOC'93 HOC'93	3:14:18
41	102	Marsha Koolman		GreenRace GreenRace	3:59:00
42	103	Jurgen Warnecke		GreenRace GreenRace	3:59:01
42	101	Ron Lips		GreenRace GreenRace	3:59:01
44	100	Marionne Lips-Ridderhof		GreenRace GreenRace	3:59:05
	151	Door Drie, van		GreenRace GreenRace	Well done
	72	Cindy Biesenbeek		GreenRace GreenRace	mp
	49	Martijn Voerman		GreenRace GreenRace	mp
	44	Andrea Kampen		GreenRace GreenRace	mp
	45	George Jeremic		GreenRace GreenRace	mp
	187	Melissa Johnson		GreenRace GreenRace	dnf
	164	Ellen Boomer		GreenRace GreenRace	dnf
	162	Claire Bartstra		GreenRace GreenRace	dnf
	123	Bastiaan Wijnen		GreenRace GreenRace	dnf
	63	Rene Lemmen		GreenRace GreenRace	dnf
	65	Barend Koolhaas		GreenRace GreenRace	dnf
	226	Sergelen Jacobs		Individuals/No c Individuals	dnf
	152	Femke Wilk, van der		GreenRace GreenRace	dnf

Lintenloop (8)

1,5 km

104	Hannah Hagen, van	GreenRace GreenRace	Well done
97	Stef Hettinga	GreenRace GreenRace	Well done
116	Evan Mudde	GreenRace GreenRace	Well done
115	Fedor Mudde	GreenRace GreenRace	Well done
130	Joris Ploeg, van der	GreenRace GreenRace	Well done
131	Thomas Ploeg, van der	GreenRace GreenRace	Well done
235	Jael Reitsema	Argus Argus	Well done
55	Abbe Vulpen, van	GreenRace GreenRace	Well done