

Plaats	Naam	Vereniging	startnr.	geb.datum	cat.	geplande eindtijd	eindtijd
--------	------	------------	----------	-----------	------	-------------------	----------

1000 meter

1	Mick Onrust	Zaanland	588	12-08-1998	JJA	03:00,5	02:54,5
2	Ronald Wiering	Zaanland	441	25-05-1964	M50	02:55,0	02:55,8
3	Alex Bouwmeester	Zaanland	491	23-10-1988	MS	03:00,0	02:59,4
4	Tim Huiberts	Zaanland	470	13-11-1998	JJA	03:05,0	03:04,3
5	Tim Lamein	Zaanland	484	12-02-2000	JJB	03:40,0	03:18,8
6	Arjan van Diepen	Zaanland	488	14/09/73	M40	03:29,0	03:24,4
7	Emma-Joy van Dorp	Zaanland	443	02/02/91	VS	03:36,0	03:27,2
8	Jelmer de Gauw	Zaanland	455	08/06/06	JPA	03:36,0	03:28,6
9	Rob van der Pal	Zaanland	999	26-12-1964	M50	03:30,0	03:29,7
10	Roy Deijkers	Zaanland	596	01/03/05	JPA	04:00,0	03:47,1
11	Els van Wijk	Zaanland	489	18/05/91	VS	03:50,0	03:50,7
12	Jan Fris	Zaanland	460	07/01/56	M60	03:59,0	03:51,6
13	Ron Cadenau	Zaanland	594	23-07-1958	M55	03:59,0	03:52,5
14	Dennis Groenewold	Zaanland	461	14/05/89	MS	04:20,0	03:57,6
15	Mark Gruijs	Zaanland	459	22/07/91	MS	04:00,0	03:58,1
16	Paul Kramer	Zaanland	463	29/09/65	M50	04:00,0	04:02,4
17	Joyce de Roo	Zaanland	452	20/12/75	V40	04:00,0	04:02,7
18	Kees Walter	Zaanland	457	02/05/60	M55	04:30,0	04:06,3
19	Thijs Oppewal	Zaanland	477	24-11-2007	JPB	03:45,0	04:06,6
20	Pien Bakker	Zaanland	448	24/01/05	MPA	04:05,0	04:07,7
21	Malou de Gauw	Zaanland	446	16/01/09	MPM	04:15,0	04:08,4
22	Floor Bakker	Zaanland	447	24/04/06	MPA	04:05,0	04:16,5
23	Rikus Bijvoet	Zaanland	1000	23/06/47	M65	05:25,0	04:18,9
24	Marthijn Bakker	Zaanland	449	28/11/91	MS	05:00,0	04:24,8
25	Amber Deijkers	Zaanland	476	07/08/07	MPB	04:15,0	04:29,2
26	Thijmen Oudega	-	465	01/12/08	JPC	?	04:33,1
27	Piet Glas	Zaanland	497	30-06-1935	M70	?	09:23,1

1609 meter

1	Alex Bouwmeester	Zaanland	491	23-10-1988	MS	05:06,0	05:06,5
2	Femke van der Pal	Zaanland	827	17-08-1995	VS	05:41,0	05:37,7
3	Jeske van der Pal	Zaanland	471	05-02-1997	MJA	05:41,0	05:38,2
4	Mark Hoffer	Zaanland	480	17/06/89	MS	05:40,0	05:44,5
5	Edwin ter Velde	Zaanland	555	21-10-1966	M45	05:45,0	05:54,2
6	Mike Alders	Zaanland	876	09/09/67	M45	05:59,0	05:56,5
7	Steven de Goede	Zaanland	54	18-03-1992	MS	06:05,0	06:06,2
8	Dorcas Rutto	Zaanland	450	14/08/74	V40	07:00,0	07:10,2
9	Hennie van Langelaar	Zaanland	560	28-10-1958	M55	06:59,0	07:11,8
10	Ruud de Goede	Zaanland	597	01-02-1956	M60	06:59,0	07:12,2

3000 meter

1	Axel Vink	Zaanland	562	29-06-1994	MS	10:15,0	09:59,0
2	Bas Thijssen	Zaanland	575	04-09-1978	M35	11:30,0	10:38,2
3	Jan Versteeg	Zaanland	486	14-09-1961	M50	10:55,0	11:04,2
4	Arjen Holterman	Zaanland	557	29-4-1964	M50	13:00,0	11:36,4
5	Lats Tuboly	Zaanland	539	14/06/60	M55	12:00,0	11:51,0
6	Rob van der Pal	Zaanland	999	26-12-1964	M50	12:00,0	12:02,4

7	Piet van der Pal	Zaanland	93	25-01-1956	M60	12:43,0	12:36,2
8	Henk Onrust	Zaanland	485	19-03-1967	M45	?	12:40,9
9	Yara de Lang	Zaanland	853	03/07/03	MJD	13:00,0	13:07,2
10	Julio Mengod de Man	Zaanland	490	10/07/68	M45	15:00,0	13:50,0
11	Jacqueline Louwe-Zijlstra	Zaanland	571	15/06/68	V45	14:40,5	14:04,0
12	Laura Hyslop	Zaanland	85	01/06/58	V55	15:00,0	14:17,2

5000 meter

1	Jeroen Kramer	Zaanland	492	11-02-1980	M35	17:00,0	16:42,4
2	Rowdy Speldenbrink	Zaanland	473	19-02-1987	MS	17:30,0	17:00,1
3	Ruben Romkes	Zaanland	126	13/04/69	M45	17:35,0	17:36,4
4	Jos Jacobsen	Zaanland	494	29/05/77	M35	18:45,0	18:12,7
5	Michiel Richards	Zaanland	498	12/08/71	M40	20:00,0	19:56,2
6	Katia Ganda	Zaanland	538	24/09/79	V35	22:30,0	21:14,7
7	Sander Veenhoven	Zaanland	970	13/09/76	M35	23:00,0	21:15,3
8	Arjan van Diepen	Zaanland	488	14/09/73	M40	25:00,0	23:19,9
9	Nico Vergouw	Zaanland	364	07/05/46	M70	24:20,0	24:00,7