

## Uitslag kort (3,2 km) Mannen

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Netto	Bruto	Prestatie
1	121	Jaco Geluk	den Haag	M-1	20:42,05			21:03,37	21:24,08	21:25
2	40	Timo Geluk	Den Haag	M-1	20:42,22			21:03,65	21:24,29	21:25
3	94	Dimitrie Morrison	Den Haag	M-1	22:45,51			23:09,87	23:39,89	23:40
4	59	Ahad Raiz	Roelofarendsveen	M-1	22:48,00			23:22,18	23:54,68	23:55
5	124	Vincent Gephardt	Spart	M-1	26:25,06			26:56,69	27:19,75	27:20
6	7	René Schrage	Fysio & Zo	M-1	24:31,42					DNF
7	8	Patrick Schrage	Fysio & Zo	M-1	26:21,28					DNF
8	223	Mike Richmond	leidschendam	M-1						DNS
9	310	Glenn Kunst	Haag	M-1						DNS
10	409	Hans Klaren	vlaardingen	M-1						DNS

## Uitslag kort (3,2 km) Vrouwen

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Netto	Bruto	Prestatie
1	18	Elsbeth Cuesluk	Run2Day	V-1	15:08,95			15:27,81	15:29,48	15:30
2	455	Saskia Schuring	Renergie	V-1	19:35,25			19:57,72	20:37,76	20:38
3	640	Nicolien Dijkhuijs	Den Haag	V-1	20:23,49			20:46,55	20:55,24	20:56
4	639	Kay-Cee van der Parre	Den Haag	V-1	20:52,30			21:13,94	21:26,24	21:27
5	73	Karen van den Bos	Den Haag	V-1	21:37,31			21:58,26	22:30,52	22:31
6	285	Milja van Hooft	Utrecht	V-1	21:56,23			22:13,75	22:50,60	22:51
7	415	Ellen Hazenbroek	HRR	V-1	22:16,36			22:37,85	22:59,96	23:00
8	289	Marieke Kettenis	Den Haag	V-1	23:03,57			23:26,31	23:51,08	23:52
9	390	Anouk de Graaff	Leidschendam	V-1	23:10,07			23:32,26	24:14,27	24:15
10	401	Talitha De Graaff	Leidschendam	V-1	23:10,13			23:32,63	24:14,37	24:15
11	239	Laura van Kan	Haagatletiek	V-1	23:15,97			23:33,03	24:16,61	24:17
12	600	Nancy Van Geest	Bootcamp	V-1	23:55,04			24:09,07	24:32,14	24:33

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13	655	Yvonne van der Burg	RTC	V-1	23:36,00			23:59,00	24:44,64	24:45
14	283	Yvonne Oomens	geen	V-1	26:38,33			27:10,00	27:20,03	27:21
15	241	Dorine Draaisma	Health Club Open Air	V-1	27:16,68			27:43,29	28:28,05	28:29
16	143	Anne van Dalen	geen	V-1	27:32,16			28:01,85	28:45,03	28:46
17	440	Anita Fokke	Rrz	V-1	28:21,10			28:47,44	29:27,63	29:28
18	423	Alexandra Kuiper	Wassenaar	V-1	29:19,63			29:47,13	30:10,88	30:11
19	488	Caroline van Herpen	Voorburg	V-1	29:11,89			29:39,98	30:15,92	30:16
20	293	Petra Meurink	geen	V-1	30:22,27			30:48,35	30:58,28	30:59
21	492	Elsbeth Versteegen	Voorburg	V-1	30:20,08			30:49,27	31:25,69	31:26
22	294	Laurèl Hendriks	PAC	V-1	21:59,08	21:48,22		44:09,04	44:42,20	2 ronden
23	618	Eline Nering Bogel	s-Gravenhage	V-1	38:09,63	18:53,53		57:21,92	57:48,94	2 ronden
24	228	Nancy van der Ham	nvt	V-1	21:28,35	21:54,31	24:08,71	1:07:51,04	1:08:32,54	3 ronden
25	42	Laura Verbeek	Rotterdam	V-1						DNS
26	57	Fanny van der Valk	Rijswijk	V-1						DNS
27	266	Rachella Smith	Den Haag	V-1						DNS
28	267	Vera Kalkman	Den Haag	V-1						DNS
29	290	Joyce Egberts	Gouda	V-1						DNS
30	354	Alexandra van der Bol	Den Haag	V-1						DNS
31	394	Daniela Zeh	Vlaardingen	V-1						DNS
32	626	Ellen Kloesmeijer	roadrunner zoetermeer	V-1						DNS

### Uitslagmidden (6,3 km) Mannen

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Netto	Bruto	Prestatie
1	1	Tony Mauritz	Lexgroep (Haag)	M-2	12:42,22	13:12,40		26:09,64	26:10,08	26:11
2	444	Leroy Nijhoff	Delft	M-2	15:59,05	16:32,08		32:45,59	32:55,75	32:56
3	48	John Stuster	Delfgauw	M-2	16:49,39	16:50,75		33:57,64	34:05,45	34:06
4	382	Ron Oudshoorn	RTC	M-2	17:24,65	16:11,34		33:52,42	34:08,92	34:09
5	435	Willem Wallaart	Voorburg	M-2	18:07,01	16:58,69		35:23,34	35:59,67	36:00

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6	15	Menno Boelsma	Boreal laser	M-2	17:12,92	18:24,57		35:56,62	36:04,51	36:05
7	608	Ron De Haas	Av Rijnsoever	M-2	18:23,69	18:43,52		37:26,91	37:33,25	37:34
8	159	Killian Weltens	av Sparta	M-2	18:15,72	18:47,39		37:23,50	37:34,75	37:35
9	325	Edwin Adams	RRZ	M-2	18:30,87	18:34,23		37:24,30	37:38,50	37:39
10	371	Chris Gmelig Meijling	Rijswijk	M-2	18:25,16	18:51,39		37:33,31	37:40,94	37:41
11	329	Wouter Sanders	RRZ	M-2	18:59,27	18:27,92		37:45,23	38:00,46	38:01
12	350	Ton van der Wal	haag atletiek	M-2	19:17,90	18:52,70		38:31,00	38:50,21	38:51
13	366	Igor Versnik	Dn Haag	M-2	19:14,02	18:43,11		38:17,87	38:53,33	38:54
14	624	Rachid Schrik	NNPV Runners	M-2	19:13,49	19:15,29		38:48,30	39:06,84	39:07
15	67	Jeroen Westra	nvt	M-2	19:59,16	19:11,32		39:29,83	40:03,72	40:04
16	284	Theo Rijnsburger	Leiderdorp	M-2	19:57,44	19:31,21		39:48,38	40:08,60	40:09
17	281	Gerrit Verbeek	Kwintshuil	M-2	19:56,51	19:32,82		39:48,86	40:08,69	40:09
18	637	Jurie Snijders	Rotterdam	M-2	19:12,46	20:42,05		40:16,80	40:27,63	40:28
19	286	Dirk-Jan Hoppenbrouwer	De Bilt	M-2	20:15,95	19:35,16		40:06,01	40:43,06	40:44
20	201	Paul Duifhuizen	Den Haag	M-2	19:49,54	20:39,75		40:49,89	41:00,40	41:01
21	212	Dick Brand	De Liemers	M-2	20:37,65	20:48,73		41:47,98	41:58,05	41:59
22	45	Kevin van Berkum	Den Haag	M-2	21:16,03	21:09,31		42:39,82	43:07,89	43:08
23	305	Marvin Molenaar	healthclubopenair	M-2	20:55,84	21:15,11		42:30,69	43:14,32	43:15
24	252	Raymond Kettenis	Den Haag	M-2	21:40,40	21:15,50		43:14,55	43:38,40	43:39
25	370	Carel Knoester	Haag Atletiek	M-2	21:54,37	21:04,97		43:21,50	44:04,11	44:05
26	389	Jan Groenestein	Haag atletiek	M-2	22:45,07	22:36,12		45:42,48	46:25,01	46:25
27	242	Peter Van Vliet	Den haag	M-2	22:30,56	23:02,14		45:54,26	46:27,61	46:28
28	478	Tony Huijsmans	Zoetermeer	M-2	23:02,80	22:45,73		46:13,43	46:55,89	46:56
29	263	Arnoud Nolst Trenite	Heemstede	M-2	24:31,60	24:16,59		49:08,88	49:32,71	49:33
30	615	Paul Van der Linde	Katwijk	M-2	18:49,49			20:02,24	20:10,45	1 ronde
31	192	Richard Wirschell	Den Haag	M-2	18:08,70	17:27,50	17:36,49	53:28,35	53:57,24	3 ronden
32	327	Sherman Kunst	Haag	M-2	19:07,91	18:04,71	17:53,99	55:25,99	55:55,20	3 ronden
33	221	Amros Karbor	Den Haag	M-2	18:26,43	19:38,55	19:31,70	57:56,21	57:57,11	3 ronden

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34	342	Hein van Doorn	haag atletiek	M-2	19:19,08	19:11,62				DNF
35	51	Karim Darwish	Den Haag	M-2						DNS
36	55	Stefan Witmont	Haag Tletiek	M-2						DNS
37	75	Jochem Dieks	Den Hoorn	M-2						DNS
38	189	Arthur van der Kroft	Den Haag	M-2						DNS
39	198	Pieter Hogeweg	Den Haag	M-2						DNS
40	217	Leendert de Die	Maastricht	M-2						DNS
41	253	Ralph Verploegen	den haag	M-2						DNS
42	259	Eugene Paanakker	Den Haag	M-2						DNS
43	299	Thijs van Bommel	Amsterdam	M-2						DNS
44	321	Bart Mooy	RRZ	M-2						DNS
45	322	John Hagers	RRZ	M-2						DNS
46	346	Arnold Vonk	AV Sparta	M-2						DNS
47	427	Jan Passchier	Haag Atletiek	M-2						DNS
48	463	Ed Campignon	Haag Atletiek	M-2						DNS
49	469	Jochem Goosen	Voorburg	M-2						DNS
50	495	Kees Cornelissen	Loopgr. Oegstgeest	M-2						DNS
51	623	Sander van Drongelen	Roelofarendsveen	M-2						DNS

### Uitslagmidden (6,3 km) Vrouwen

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Netto	Bruto	Prestatie
1	654	Marije Engels	RTC	V-2	17:04,00	16:49,98		34:09,66	34:19,83	34:20
2	343	Linda van der Valk	health spa	V-2	18:23,20	17:34,43		36:17,26	36:40,15	36:41
3	609	Jenny Ooms	AV Rijnsoever	V-2	18:25,65	18:09,50		36:51,91	36:59,80	37:00
4	645	Marieke Alberts	RTC	V-2	18:45,12	18:53,53		37:55,78	38:05,79	38:06
5	83	Mijke van Steekelenburg	PAC, Rotterdam	V-2	18:45,56	18:35,37		37:38,03	38:08,36	38:09
6	605	Jeannette Portillo	AV Rijnsoever	V-2	19:11,40	20:02,77		39:32,36	39:39,57	39:40
7	161	Marlies Draisma	PAC	V-2	19:47,61	19:50,25		40:01,24	40:30,62	40:31

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8	332	Madeleine van der Linden	Oud-Beijerland	V-2	18:47,02	21:28,47		40:32,52	40:44,21	40:45
9	80	Ilse van Etten	Den Haag	V-2	20:41,78	20:45,11		41:48,13	41:54,80	41:55
10	648	Pim Kalf	RTC	V-2	20:33,22	21:07,23		42:02,66	42:14,19	42:15
11	429	Ingrid van der Does	Delft	V-2	21:09,75	20:10,74		41:39,43	42:16,48	42:17
12	433	Ilja Ladrak	djc Bertus	V-2	21:14,91	20:13,59		41:45,17	42:23,10	42:24
13	167	Karin Draisma	PAC	V-2	20:42,42	20:56,09		41:57,94	42:27,36	42:28
14	324	Carin Zonneveld	Haag Atletiek	V-2	21:17,23	20:32,81		42:09,95	42:29,44	42:30
15	206	Patricia Peeters	Den Haag	V-2	20:50,27	21:21,23		42:32,34	42:45,37	42:46
16	365	Marthy de Vries	Bertus Delft	V-2	21:22,09	20:31,91		42:14,51	42:52,97	42:53
17	193	Annette van Velden	Den Haag	V-2	21:16,02	21:10,29		42:44,51	43:12,64	43:13
18	303	Tessa Molenaar	Healthclubopenair	V-2	20:54,78	21:15,19		42:30,39	43:14,55	43:15
19	441	Jackeline Everaers	Bertus Delft	V-2	21:29,16	21:03,01		42:50,67	43:28,50	43:29
20	498	Vanessa Emmel	Healthclub OpenAir	V-2	21:38,65	20:58,81		42:58,68	43:43,27	43:44
21	313	Mandy Peters	Run Around The Clock	V-2	21:11,60	21:49,43		43:23,18	43:51,82	43:52
22	497	Marieke Cartens	Den Haag	V-2	21:50,96	21:07,57		43:16,66	43:58,61	43:59
23	295	Suzan Verzijden	Den Haag	V-2	22:10,66	21:37,67		44:10,61	44:30,84	44:31
24	70	Lieke Kempen	Den Haag	V-2	21:48,74	22:42,74		44:56,22	45:28,50	45:29
25	368	Marja Verhoef	RRZ	V-2	22:20,99	22:49,72		45:32,16	45:47,32	45:48
26	333	Cynthia Blok	Den Haag	V-2	22:46,54	22:21,00		45:24,20	45:52,23	45:53
27	436	Marieke Smit	Voorburg	V-2	22:43,05	22:31,33		45:35,80	46:12,69	46:13
28	273	Susanne de Vries - Van Dijkum	Den Haag	V-2	23:15,82	22:05,21		45:43,85	46:19,72	46:20
29	460	Sandra Steijn	Haag atletiek	V-2	22:44,52	22:35,96		45:41,84	46:25,05	46:26
30	461	Maryke Verheul	Haag	V-2	22:43,91	22:36,61		45:41,77	46:25,58	46:26
31	117	Karen de Mos	Leidschendam	V-2	22:33,12	23:30,09		46:27,09	46:42,51	46:43
32	256	Natasja van den Bos	Leidschendam	V-2	22:13,61	23:20,75		46:03,40	46:44,47	46:45
33	336	Mirriam Evenhuis	geen	V-2	23:30,85	22:21,14		46:11,39	46:57,23	46:58
34	277	Jacobien Frederix-Gianotten	Den Haag	V-2	23:15,94	22:40,80		46:22,13	46:57,66	46:58
35	450	Rachel Aertssen	Voorschoten	V-2	22:19,44	23:56,07		46:39,85	47:03,06	47:04

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36	359	Helma van Wijnen- Roos	Rijswijk	V-2	23:00,38	23:05,04		46:28,23	47:07,53	47:08
37	320	Anuschka Huschka	Den haag	V-2	23:36,76	23:00,20		46:59,71	47:27,96	47:28
38	254	Nancy Trebels	Delft	V-2	22:39,27	23:58,64		46:58,80	47:39,07	47:40
39	279	Leontine Schut	Rotterdam	V-2	23:08,88	24:05,99		47:39,57	47:43,84	47:44
40	43	Sanne Vehof	Den Haag	V-2	23:03,94	24:07,88		47:36,82	47:57,13	47:58
41	337	Annet Prins	Haag Atletiek	V-2	23:30,46	23:24,66		47:16,71	48:02,84	48:03
42	451	Marlous van Oordt	Den Haag	V-2	23:04,19	24:01,15		47:31,27	48:13,33	48:14
43	236	Barbertje Dordregter	den haag	V-2	23:14,17	24:25,59		48:01,95	48:19,69	48:20
44	140	Ellen Blok	Den Haag	V-2	23:40,72	24:02,63		48:04,26	48:33,16	48:34
45	442	Veronique Ramakers van Praag	RRZ	V-2	24:08,66	23:29,06		47:57,84	48:37,57	48:38
46	443	Frieda van Dorp-Verdonk	RRZ	V-2	24:08,91	23:54,53		48:26,08	49:05,74	49:06
47	318	Marjolein vd Donck	Zier	V-2	24:05,26	25:14,50		49:40,30	50:08,60	50:09
48	439	Marion Post	RRZ	V-2	25:38,16	25:39,56		51:43,50	52:23,84	52:24
49	467	Suzanne Oostindie	Health Club Open Air	V-2	26:15,02	25:44,23		52:24,58	53:09,73	53:10
50	211	Janny Brand	De Liemers	V-2	27:24,22	28:01,36		55:46,98	55:56,50	55:57
51	635	Sophia Noomen	Voorburg	V-2	29:04,84	32:10,66		01:37,61	01:46,88	01:47
52	12	Ingrid Kuijpers	Run2Day	V-2	18:40,83			19:01,39	19:12,46	1 ronde
53	136	Karin van Gemeren	Boskoop	V-2	21:06,82			21:28,31	21:35,08	1 ronde
54	421	Priscilla Deijs	Road Runners Zoetermeer	V-2	21:44,02			22:04,34	22:19,52	1 ronde
55	47	Ilse Franckaert	Amsterdam	V-2	22:00,85			22:22,21	22:53,09	1 ronde
56	402	Lilian Brouwer	Zoetermeer	V-2	23:54,38			24:08,28	24:31,69	1 ronde
57	190	Nicole Heupers	Den haag	V-2	29:19,17			29:47,40	30:18,91	1 ronde
58	384	Joke Smit	Berkel en Rodenrijs	V-2	32:40,02				31:27,27	1 ronde
59	177	Sandra de Kok	Poeldijk	V-2	17:06,21	17:13,31	17:07,67	51:46,99	52:11,51	3 ronden
60	100	Hetti van Hamersveld	Den Haag	V-2	20:44,87	20:19,03	19:48,48	1:01:09,23	1:01:30,56	3 ronden
61	127	Linda van Leeuwen	Old Skool	V-2						DNS
62	163	Miranda Blansjaar	Den Haag	V-2						DNS
63	176	Anita Durand	den haag	V-2						DNS

64	307	Bernadette Molier	Voorburg	V-2						DNS
65	331	Elly van der Kooij	rrz	V-2						DNS
66	380	Sandra Kleijn	Haag Atletiek	V-2						DNS
67	383	Helma Mostert	haag atletiek	V-2						DNS
68	387	Anneke Kleijn	haag atletiek	V-2						DNS
69	391	Lindy Duk	Wateringen	V-2						DNS
70	392	Chantal Duk	Wateringen	V-2						DNS
71	406	Henriette Berning	Haag Atletiek	V-2						DNS
72	425	Eline van der Toorn	Roadrunners Zoetermeer	V-2						DNS
73	438	Elleke Visser	Roadrunners Zoetermeer	V-2						DNS
74	452	Astrid van der Drift	Bertus	V-2						DNS
75	453	Delicia Ensing	Delft	V-2						DNS
76	475	Anita van der Voort	Zoetermeer	V-2						DNS
77	481	Fenneke Goosen	Voorburg	V-2						DNS

## Uitslag lang (9,4 km) Mannen

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Netto	Bruto	Prestatie
1	620	Pieter Bakx	RA	M-3	12:44,66	12:50,27	12:38,53	38:24,59	38:24,90	38:25
2	466	Remco Mocking	Haag Atletiek	M-3	12:30,80	12:53,91	12:50,06	38:28,75	38:29,56	38:30
3	650	Maarten Witteman	RTC	M-3	12:46,48	13:24,48	13:19,98	39:44,79	39:45,37	39:46
4	89	Maikel van Gemert	Haag Atletiek	M-3	13:08,75	13:19,20	13:32,54	40:16,58	40:17,70	40:18
5	656	Arjen Eggink	RTC	M-3	13:21,44	13:41,43	14:11,66	41:30,38	41:32,70	41:33
6	632	Gearoid O'Shea	Den Haag	M-3	13:22,81	14:20,78	14:16,70	42:16,12	42:18,35	42:19
7	4	Jan van der Meer	Olympus'70	M-3	13:57,95	14:08,56	14:07,93	42:30,13	42:30,61	42:31
8	411	Harry Oosterveen	AVSparta	M-3	14:37,60	14:12,48	14:20,69	43:22,07	43:25,19	43:26
9	19	Mattijs van Dulkenraad	KIVA	M-3	14:39,42	14:11,16	14:23,87	43:29,64	43:32,79	43:33
10	473	Casper Schipper	Den Haag	M-3	14:27,54	14:36,40	14:32,52	43:52,90	43:56,45	43:57
11	11	Tom Woltinge	Run2Day	M-3	14:31,89	14:33,82	14:37,05	43:55,06	43:57,63	43:58

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12	90	Dennis Dekker	Voorschoten	M-3	14:05,68	14:50,00	14:47,78	43:56,64	43:58,40	43:59
13	634	Simon Eijsenga	Den Haag	M-3	14:31,23	15:06,52	14:59,08	44:52,51	44:54,76	44:55
14	78	Willem van der Hut	Den Haag	M-3	14:41,67	14:59,11	15:01,50	44:57,67	45:01,08	45:02
15	397	Alexandre Tissier	RTC Den Haag	M-3	14:49,92	15:08,66	14:50,88	45:04,79	45:06,65	45:07
16	494	Rick Driessen	av Feniks	M-3	14:08,08	16:04,69	14:40,39	45:08,12	45:09,19	45:10
17	653	Jean Charles Roger		M-3	14:22,97	15:19,00	15:14,99	45:15,62	45:16,64	45:17
18	54	Albert Ruijg	PAC	M-3	14:53,83	15:14,77	15:05,39	45:26,41	45:27,87	45:28
19	184	Menno Komduur	Den Haag	M-3	15:05,45	14:59,81	15:07,65	45:28,46	45:32,66	45:33
20	65	Ewout Schiferli	HRR	M-3	14:55,07	15:14,72	15:26,45	45:50,05	45:50,89	45:51
21	154	Michel van de Luitgaarden	AV Sparta Voorburg	M-3	15:18,01	15:12,88	15:05,79	45:52,91	45:57,55	45:58
22	120	Patrick Keizer	Leiden	M-3	15:08,08	15:22,78	15:35,31	46:22,84	46:27,60	46:28
23	95	Maarten van Dooren	Rijswijk	M-3	15:29,00	15:33,83	15:13,24	46:33,34	46:35,92	46:36
24	171	Herman Pieter Duiven	Oud Beijerland	M-3	15:24,65	15:12,77	15:43,33	46:36,16	46:38,79	46:39
25	69	Dominik Van Lankeren	Den Haag	M-3	14:59,29	15:43,60	15:38,04	46:37,48	46:39,98	46:40
26	172	Djörn Eversteijn	Den Haag	M-3	15:01,02	15:36,77	15:46,04	46:39,04	46:42,99	46:43
27	74	Frank van Baarle	Den Haag	M-3	15:09,58	15:39,64	15:41,75	46:47,20	46:49,83	46:50
28	345	Pascal Smit	the Hague Road Runners	M-3	15:10,97	15:38,81	15:41,68	46:53,71	46:57,70	46:58
29	274	Maarten Schoemaker	Den Haag	M-3	14:58,86	15:51,48	15:58,96	47:03,85	47:08,97	47:09
30	170	Nick Vogels	AV Sparta	M-3	15:10,77	15:56,02	15:56,41	47:15,54	47:18,93	47:19
31	199	Arnoud Nierop	Loopgroep Oegstgeest	M-3	15:07,71	15:47,84	16:07,22	47:16,99	47:21,19	47:22
32	91	Rinse van Etten	Den Haag	M-3	15:10,97	15:59,94	15:57,09	47:24,13	47:25,83	47:26
33	142	Richard van der Klis	ARV Ilion	M-3	15:34,46	15:56,40	15:43,09	47:31,17	47:32,13	47:33
34	428	Andre De Rond	Rtc	M-3	15:37,59	15:53,73	15:46,52	47:34,89	47:36,97	47:37
35	20	Wouter Krasser	KIVA	M-3	16:37,69	15:37,62	15:20,71	47:50,45	48:01,35	48:02
36	361	Francesco Albanese	Den Haag	M-3	16:13,97	15:14,20	15:50,56	47:45,44	48:09,28	48:10
37	214	Elbert Langerak	Oud-Beijerland	M-3	15:19,27	16:07,46	16:25,73	48:08,06	48:10,35	48:11
38	269	Jaco Koevoet	Haag Atletiek	M-3	15:53,74	15:59,71	16:13,90	48:19,88	48:22,61	48:23
39	160	Jurgen Kalkman	Den haag	M-3	15:57,42	15:49,83	16:35,77	48:41,96	48:48,69	48:49



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40	447	Patrik Stigborg	Den Haag	M-3	16:13,53	16:11,96	16:17,78	48:57,90	49:08,57	49:09
41	339	Hans v.d. Sande	nootdorpse ijsclub	M-3	15:41,72	16:34,04	16:35,20	49:07,39	49:10,11	49:11
42	88	Jean-paul Kulk	Leidschendam	M-3	15:45,98	16:43,02	16:36,50	49:22,03	49:27,14	49:28
43	644	William te Dorsthorst	RTC	M-3	15:58,86	16:27,34	16:34,64	49:17,59	49:32,13	49:33
44	638	Guido Stam	Den Haag	M-3	16:12,92	16:39,03	16:16,93	49:23,97	49:34,60	49:35
45	647	Reinoud van de Kastele	RTC	M-3	16:13,86	16:22,83	16:42,82	49:37,60	49:40,13	49:41
46	6	Teun Roodvoets	No Sweat	M-3	16:13,58	16:29,98	16:46,82	49:47,51	49:54,51	49:55
47	166	Peter Simonis	Den Haag	M-3	16:15,44	16:45,93	16:38,55	49:56,09	49:59,41	50:00
48	485	Marc van het Bolscher	RRZ	M-3	16:19,80	16:33,71	16:41,75	49:54,97	50:06,91	50:07
49	139	Ronald Hoogenboom	olympus'70	M-3	16:37,86	16:40,38	16:31,19	50:07,27	50:10,57	50:11
50	287	Arie van Leeuwen	Den Haag	M-3	16:11,37	16:36,71	16:54,29	49:59,18	50:10,69	50:11
51	296	Ruud Fabrie	Haag Atletiek	M-3	15:59,42	16:50,40	17:10,78	50:17,10	50:18,68	50:19
52	62	michiël hellegers	RTC	M-3	16:32,86	16:41,60	16:45,19	50:16,45	50:21,14	50:22
53	404	Caspar De Kok	Den haag	M-3	16:34,40	16:53,67	16:28,26	50:10,03	50:25,04	50:26
54	496	Marvin de Jong	zoetermeer	M-3	15:52,61	16:46,63	17:22,41	50:19,67	50:25,55	50:26
55	604	Peter Dubbelaar	AV Rijnsoever	M-3	16:33,46	16:54,51	16:42,55	50:28,07	50:32,99	50:33
56	304	Rolf Vermolen	Ilion	M-3	16:55,37	16:41,66	16:40,55	50:32,67	50:34,13	50:35
57	278	Martin Worsdorfer	Den Haag	M-3	16:59,52	16:41,95	16:20,95	50:16,66	50:35,19	50:36
58	479	Peter van Egmond	Voorschoten	M-3	16:21,83	17:10,56	16:50,48	50:37,91	50:40,97	50:41
59	103	Ton Leppers	Amersfoort	M-3	16:47,59	16:52,33	16:45,53	50:42,72	50:47,01	50:47
60	46	Christijan van der Leeden	Pac	M-3	17:23,87	16:34,95	16:23,53	50:34,14	50:50,87	50:51
61	181	Theun Thien	Den Haag	M-3	17:42,49	16:09,63	16:16,05	50:22,58	50:53,26	50:54
62	245	Evert Winter	Den Haag	M-3	16:03,28	17:12,65	17:22,19	50:57,81	50:59,15	51:00
63	431	Niels Hendriksen	Hoek van Holland	M-3	16:45,04	16:57,68	16:56,12	50:57,64	51:03,27	51:04
64	147	Bob de Vos	Den Haag	M-3	16:25,88	17:01,57	17:21,65	51:07,01	51:09,26	51:10
65	631	Rob van Dijk	Den Haag	M-3	16:24,03	16:57,66	17:29,05	51:09,88	51:14,41	51:15
66	137	Erwin Blaauw	den haag	M-3	16:37,37	17:22,00	16:57,73	51:16,08	51:19,06	51:20
67	493	Jean Claude Pastour	Zoetermeer	M-3	17:12,70	16:57,39	16:44,05	51:12,92	51:28,99	51:29

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68	490	Jeroen Meijer	Den Haag	M-3	17:02,38	17:15,31	16:49,33	51:24,77	51:31,26	51:32
69	44	Thomas Rath	Kerkrade	M-3	16:18,85	17:24,44	17:36,76	51:36,98	51:41,51	51:42
70	642	Michel Liefrink	Den Haag	M-3	16:53,96	17:13,56	17:06,84	51:33,09	51:41,85	51:42
71	97	Michel van der Gaag	Den Haag	M-3	16:59,91	17:20,03	16:58,38	51:33,47	51:41,96	51:42
72	195	Tom Smit	Den Haag	M-3	17:12,64	17:23,85	16:47,58	51:38,21	51:42,10	51:43
73	616	Erik Nijland	HVHW	M-3	17:03,52	17:24,21	16:46,44	51:32,67	51:46,15	51:47
74	105	André Oost	Loopwijs	M-3	16:48,61	17:31,51	17:05,39	51:41,87	51:47,18	51:48
75	288	Erik Boes	Den Haag	M-3	16:14,07	17:21,76	17:47,47	51:38,25	51:49,11	51:50
76	614	Mike Van Wichen	RRZ	M-3	17:25,22	16:56,46	17:00,30	51:39,15	51:52,36	51:53
77	629	Marcel Kloesmeijer	Road Runners Zoetermeer	M-3	16:58,83	17:13,18	17:10,24	51:39,63	51:52,42	51:53
78	210	Hugo de Jager	Den Haag	M-3	16:29,34	17:22,34	17:35,10	51:48,91	51:54,89	51:55
79	76	Simon Versloot	Den Haag	M-3	16:39,01	17:22,41	17:37,38	51:57,76	51:58,41	51:59
80	145	Jan Hoogenboom	Zoetermeer	M-3	16:58,37	17:11,34	17:36,23	52:03,00	52:06,59	52:07
81	64	Mark Westerholt	Den haag	M-3	16:56,42	17:28,84	17:36,36	52:17,88	52:19,83	52:20
82	422	Maikel van Kasteren	Haag atletiek	M-3	18:08,52	17:15,33	16:34,62	52:15,43	52:28,67	52:29
83	437	Dennis Radder	dobbelopers	M-3	17:20,83	17:31,14	17:14,95	52:25,28	52:30,83	52:31
84	77	Victor de Wit	Den Haag	M-3	16:58,16	17:11,61	17:49,27	52:16,85	52:32,71	52:33
85	229	Bram de Jeu	Den Haag	M-3	16:38,31	17:13,74	18:15,32	52:25,48	52:33,01	52:33
86	243	Sander van Belle	BARENDRECHT	M-3	18:29,00	17:21,45	16:27,28	52:34,26	52:43,59	52:44
87	216	Coen Stegeman	Den haag	M-3	16:46,42	17:43,60	17:57,28	52:43,32	52:51,31	52:52
88	22	Edgar van Bueren	Run2Day	M-3	17:08,79	17:47,26	17:36,59	52:48,02	52:52,05	52:53
89	162	Dennis Boersma	Den Haag	M-3	16:20,88	17:46,87	18:18,75	52:46,46	52:53,12	52:54
90	21	Bart Nauta	Run2Day	M-3	16:56,29	17:53,17	17:44,07	52:52,51	52:56,03	52:57
91	13	Willem Teerlink	Rijswijkse Vuurwerkhal	M-3	17:04,63	17:22,57	18:03,43	52:50,13	52:59,88	53:00
92	129	Marco Zonneveld	RTC	M-3	17:13,65	17:42,12	17:44,49	52:59,03	53:04,45	53:05
93	601	Jordi de Vreede	HVHW	M-3	17:28,98	17:55,41	17:14,76	52:54,22	53:08,07	53:09
94	246	Leonard van Dijk	Geen	M-3	18:05,05	17:14,18	16:57,80	52:35,67	53:09,67	53:10
95	41	Daley Sandel	Den haag	M-3	16:56,31	17:48,28	18:08,40	53:08,30	53:10,17	53:11

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96	112	Johnny van Beers	dtc heerhugowaard	M-3	17:07,99	17:49,23	17:53,35	53:06,92	53:14,29	53:15
97	224	Erik Mastebroek	ttl	M-3	17:14,77	17:30,87	17:52,83	52:58,31	53:15,50	53:16
98	280	Leon Willems	geen	M-3	17:26,32	17:32,93	17:57,12	53:14,85	53:20,98	53:21
99	197	Gertjan Vierling	HRR	M-3	17:47,25	17:36,64	17:26,64	53:10,07	53:26,03	53:27
100	102	Willem Schofaerts	Den haag	M-3	18:01,31	17:41,05	17:13,66	53:12,27	53:28,50	53:29
101	155	Peter Spruit	avgouda	M-3	18:00,49	17:34,92	17:28,88	53:23,00	53:35,03	53:36
102	297	Aad Terwiel	Schiedam	M-3	17:48,31	17:37,08	17:42,03	53:28,05	53:42,79	53:43
103	621	Duco Lippmann	Den Haag	M-3	17:18,14	17:45,94	18:10,36	53:34,45	53:43,86	53:44
104	349	Jose Xavier	AVSparta	M-3	16:56,66	17:58,94	18:42,01	53:57,55	54:00,64	54:01
105	250	Lambert-Willem Manden	Amsterdam	M-3	17:25,16	17:26,27	18:39,27	53:50,41	54:05,99	54:06
106	238	Peter Dietrich	Haagatletiek	M-3	17:18,30	18:07,91	18:21,10	54:07,04	54:10,68	54:11
107	471	Mark Groenewoud	Den Haag	M-3	17:36,54	17:55,13	18:12,74	54:03,32	54:12,50	54:13
108	312	Wesley Blom	Den Haag	M-3	18:49,91	18:07,77	16:53,91	54:08,03	54:15,50	54:16
109	60	Erik van der Plas	Delft	M-3	18:55,21	17:09,03	17:20,37	53:39,26	54:15,57	54:16
110	319	Jurjen van Boheemen	Leidschendam	M-3	18:44,32	17:42,89	17:16,39	53:59,07	54:25,04	54:26
111	110	Michiel Hartkamp	Den Haag	M-3	18:06,35	17:53,11	17:56,07	54:12,17	54:26,67	54:27
112	328	Ricky Martens	RRZ	M-3	18:01,40	18:04,57	17:51,92	54:14,56	54:27,94	54:28
113	311	Robin Kolner	s-Gravenhage	M-3	19:04,80	17:50,41	17:10,79	54:18,48	54:51,31	54:52
114	9	Richard Moret	Health Get Things Done	M-3	17:48,00	17:59,90	18:26,35	54:32,38	54:52,19	54:53
115	464	Edwin Groen	Den Haag	M-3	18:33,88	17:57,66	17:47,33	54:35,90	55:00,37	55:01
116	226	Peter Heijsteeg	Den Haag	M-3	17:59,78	18:16,53	18:02,88	54:35,80	55:00,92	55:01
117	641	Andre Dijkhuijs	Den Haag	M-3	18:21,44	18:12,22	18:02,52	54:52,04	55:01,16	55:02
118	271	Siebre Ruijg	s-Gravenhage	M-3	17:41,53	18:26,70	18:40,40	55:03,06	55:08,24	55:09
119	111	Derk Hazekamp	Lexgroep	M-3	18:04,95	18:03,74	18:28,96	54:52,97	55:10,59	55:11
120	196	Michael Appel	Den Haag	M-3	18:21,11	18:11,24	18:06,72	54:58,64	55:15,99	55:16
121	168	Michel Heeringa	Voorschoten	M-3	18:19,48	17:53,26	18:11,05	54:43,52	55:16,38	55:17
122	258	Rob Schrama	Den Hoorn	M-3	17:34,87	18:42,96	18:47,88	55:23,14	55:30,77	55:31
123	334	Hanno Davis	Den Haag	M-3	18:29,99	18:21,19	18:02,06	55:09,38	55:35,27	55:36

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124	480	Marijn Bunnik	Den Haag	M-3	18:30,98	18:15,40	18:19,52	55:18,77	55:47,40	55:48
125	264	Freddy Thoms	HealthClub OpenAir	M-3	18:02,82	18:36,21	18:44,77	55:40,29	55:47,96	55:48
126	385	Hans Uytenthout	HAAG Atletiek	M-3	18:39,50	18:41,13	18:09,07	55:44,72	55:48,13	55:49
127	208	Ron de Ruiter	Haag Atletiek	M-3	17:55,20	18:39,26	18:51,33	55:44,79	55:55,96	55:56
128	367	Gerrit van den Hengel	HRR	M-3	17:49,17	18:31,24	19:05,49	55:46,83	55:58,77	55:59
129	185	Bart Hamelink	delft	M-3	19:19,56	18:15,99	17:59,47	55:49,88	56:07,07	56:08
130	265	Jacob Jan van Belle	BARENDRECHT	M-3	18:28,18	18:23,15	18:50,61	56:00,50	56:11,41	56:12
131	602	Bas Weller	Leiden	M-3	17:35,20	18:35,19	19:34,94	56:02,13	56:23,11	56:24
132	326	Wim Middelveld	Ridderkerk	M-3	17:50,07	18:21,47	19:41,58	56:12,01	56:24,48	56:25
133	14	Marc Hondebrink	Rijswijkse Vuurwerkhal	M-3	17:36,71	18:50,07	19:29,96	56:15,36	56:25,79	56:26
134	646	Marcel Eversteijn	RTC	M-3	17:23,34	19:07,15	19:38,95	56:28,21	56:30,11	56:31
135	419	Dave Jansen	Lelystad	M-3	19:11,58	18:34,60	18:17,04	56:19,06	56:33,55	56:34
136	454	Dennis Brink	Hpsv	M-3	19:00,59	18:19,17	18:29,95	56:04,13	56:37,54	56:38
137	396	Sander Rooijackers	Den Haag	M-3	17:19,09	18:52,78	20:02,56	56:31,00	56:39,69	56:40
138	405	Martijn Baak	Den Haag	M-3	18:45,01	18:43,82	18:41,13	56:29,64	56:46,64	56:47
139	323	Richard Bosch	Zoetermeer	M-3	18:18,46	18:55,42	19:04,62	56:36,74	56:48,99	56:49
140	317	Remy Stolk	Den Haag	M-3	19:00,22	18:34,14	18:37,66	56:26,77	56:58,04	56:59
141	173	Raymond Riet	Den Haag	M-3	19:12,32	18:34,30	18:39,42	56:45,02	56:58,38	56:59
142	82	Bart van der Ploeg	Den Haag	M-3	18:16,73	18:52,02	19:02,74	56:28,09	56:59,45	57:00
143	316	Roy Boersma	Haag Atletiek	M-3	18:13,31	19:02,64	19:22,77	56:56,82	57:02,86	57:03
144	104	Pieter van Dooren	Leiden Ateletiek	M-3	18:58,24	18:52,83	18:52,37	56:58,65	57:17,35	57:18
145	338	Richard Beekman	Voorhout	M-3	19:07,37	18:38,60	18:48,80	56:55,84	57:20,92	57:21
146	130	Sander van der Hoeff	MarathonPlus	M-3	18:35,97	18:49,32	19:31,33	57:17,76	57:22,27	57:23
147	158	Detlev Konig	AV GOUDA	M-3	19:19,20	19:06,10	18:26,79	57:10,30	57:22,61	57:23
148	412	Leo Tolboom	Marathon plus	M-3	19:14,16	19:02,59	18:42,94	57:20,33	57:25,67	57:26
149	298	Aad Huurman	PAC	M-3	18:53,99	18:55,90	19:03,37	57:12,23	57:30,92	57:31
150	107	Eduard Evenblj	voorborg	M-3	18:31,31	19:12,46	19:14,45	57:17,79	57:31,94	57:32
151	372	Mark van der Stokker	Haag Atletiek	M-3	19:04,11	19:11,36	18:46,31	57:18,85	57:33,15	57:34

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152	169	Anthony Coli	zoetermeer	M-3	19:41,95	18:48,25	18:15,26	57:05,24	57:38,29	57:39
153	330	Ben Brinkel	RRZ	M-3	18:52,32	19:06,60	19:13,51	57:28,69	57:42,36	57:43
154	230	Guy Seelmann	DEN HAAG	M-3	18:25,65	19:31,80	19:05,19	57:21,21	57:47,68	57:48
155	101	Emiel Jonkers	Den Haag	M-3	22:52,15	17:28,20	16:58,70	57:36,28	57:52,82	57:53
156	376	Rick De Graaff	Fit and run	M-3	19:36,29	18:41,19	18:39,54	57:16,75	57:57,09	57:58
157	491	Jeroen van de Ruit	RRZ	M-3	18:02,32	19:12,67	20:13,69	57:49,21	58:03,34	58:04
158	92	Xander Storms	Den Haag	M-3	19:24,93	19:12,38	18:49,35	57:44,85	58:04,73	58:05
159	53	Erik van Doorn	Den Haag	M-3	19:21,47	19:01,12	19:07,56	57:49,55	58:06,50	58:07
160	141	Henk Budel	Den Haag	M-3	18:34,83	19:14,18	19:41,39	57:49,06	58:07,37	58:08
161	165	Remy Durand	Den Haag	M-3	19:27,54	19:02,64	18:52,33	57:41,23	58:13,33	58:14
162	204	Mario Reibestein	The Hague Road Runners	M-3	18:52,53	19:26,89	19:31,51	58:09,26	58:18,93	58:19
163	106	Simon Jansen	hrr	M-3	19:29,77	19:11,26	19:04,66	58:04,27	58:20,01	58:20
164	369	Ismo Vaittinen	Den Haag	M-3	19:01,51	19:16,44	19:31,04	58:02,77	58:20,24	58:21
165	649	Harald ten Katen	RTC	M-3	19:10,35	19:17,70	19:43,29	58:34,40	58:38,97	58:39
166	146	Richard Paardekooper	Olympus '70	M-3	18:41,47	19:26,03	19:55,31	58:22,75	58:40,82	58:41
167	363	Elwin Vissers	Hague Road Runners	M-3	20:03,15	19:09,40	18:48,73	58:18,76	58:49,80	58:50
168	377	Sjoerd De Vries	Geen	M-3	19:18,47	19:17,93	19:36,53	58:33,72	58:51,63	58:52
169	150	Frans Evenblij	Loopgroep Oegstgeest	M-3	20:51,95	18:43,16	18:36,41	58:31,56	58:54,00	58:54
170	398	Marcel Van der Mijl	Nootdorp	M-3	20:03,34	19:22,42	18:51,99	58:35,76	58:57,92	58:58
171	86	Wouter Pelsman	PAC	M-3	19:03,78	19:40,40	19:59,14	58:59,09	59:19,60	59:20
172	627	Bas van Binnendijk		M-3	20:11,36	19:27,15	19:03,81	58:58,60	59:28,99	59:29
173	617	Fred van den Ende	Wateringen	M-3	19:59,81	19:30,11	19:25,93	59:14,81	59:35,77	59:36
174	125	Marcel Schuddemat	den haag	M-3	19:00,24	20:05,03	20:30,75	59:54,90	59:58,91	59:59
175	152	Geert Snijders	Den Haag	M-3	19:19,26	19:53,71	20:24,68	59:56,50	1:00:02,60	1:00:03
176	260	Fabio Bruna	Den Haag	M-3	19:01,36	20:04,55	20:34,40	59:57,32	1:00:02,90	1:00:03
177	188	Olaf Ruygrok	Den haag	M-3	18:36,78	20:25,48	20:49,59	1:00:11,96	1:00:16,91	1:00:17
178	611	Henk Herkelman	Zoetermeer	M-3	19:53,75	20:09,51	19:40,02	1:00:02,62	1:00:19,26	1:00:20
179	607	Remco Van der Wal	-	M-3	20:01,00	20:05,62	20:07,29	1:00:34,20	1:00:50,64	1:00:51

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180	301	Stephan Leemhuis	Nieuwegein	M-3	19:19,02	19:50,32	21:09,64	1:00:42,54	1:01:19,95	1:01:20
181	448	Peter Pronk	Haagatletiek	M-3	20:03,33	20:52,38	20:45,58	1:01:55,72	1:02:09,63	1:02:10
182	360	Mark-Jan Videler	Den haag	M-3	21:03,55	20:14,63	20:05,33	1:01:44,13	1:02:22,89	1:02:23
183	249	Seth van Vugt	Den Haag	M-3	20:00,24	20:54,58	21:04,73	1:02:18,55	1:02:30,20	1:02:31
184	386	Paul Geenen	TTB	M-3	19:55,60	20:36,37	21:27,30	1:02:23,05	1:02:35,68	1:02:36
185	378	Bo Videler	Den Haag	M-3	21:02,18	20:16,16	20:40,05	1:02:24,97	1:03:04,27	1:03:05
186	445	Peter Overbeek	Finsterwolde	M-3	20:16,71	21:20,59	20:48,97	1:02:44,35	1:03:23,89	1:03:24
187	426	Alexander Dekkinga	Den Haag	M-3	21:25,82	20:41,57	20:59,01	1:03:25,55	1:03:50,88	1:03:51
188	16	Paul Bergenhenegouwen	Boreal laser	M-3	20:50,05	21:20,11	21:36,45	1:04:10,31	1:04:20,22	1:04:21
189	482	Arjan van Gemert	Den Haag	M-3	20:10,55	21:41,47	22:14,63	1:04:27,98	1:04:36,94	1:04:37
190	353	Sjoerd de Ruitter	Monster	M-3	20:25,52	22:41,19	20:40,23	1:04:04,32	1:04:37,79	1:04:38
191	291	Martin Peeringa	Rijswijk	M-3	21:10,30	21:41,15	22:30,97	1:05:41,57	1:05:57,20	1:05:58
192	144	Joop Schelfhorst	Monster	M-3	21:27,14	21:38,43	21:59,58	1:05:24,77	1:06:02,09	1:06:03
193	151	Domien Zahradnik	Den Haag	M-3	23:39,95	24:02,96	17:41,95	1:05:41,97	1:06:11,29	1:06:12
194	393	Harmen Bartelink	Den haag	M-3	20:59,89	21:36,73	23:12,99	1:06:07,85	1:06:46,37	1:06:47
195	213	Bert Slagter	Zoetermeer	M-3	21:16,95	22:54,94	23:07,52	1:07:40,78	1:07:52,28	1:07:53
196	399	Robert Spaans	Den Haag	M-3	21:21,60	22:54,06	23:07,06	1:07:39,21	1:08:02,11	1:08:03
197	128	Marcel Hoogland	Den Haag	M-3	21:12,22	22:53,81	23:28,40	1:07:53,37	1:08:04,48	1:08:05
198	123	Erwin Deen	Den Haag	M-3	22:36,03	22:26,40	22:20,21	1:07:46,37	1:08:05,62	1:08:06
199	449	Thomas Schenderling	Koudekerk aan den rijn	M-3	22:53,90	22:54,76	21:46,71	1:07:54,54	1:08:22,51	1:08:23
200	499	Maarten Menheere	Rotterdam	M-3	21:37,05	23:02,58	23:30,60	1:08:37,35	1:09:02,90	1:09:03
201	179	Hans Buitendijk	Rotterdam	M-3	19:54,08			20:15,11	20:41,04	1 ronde
202	135	Ben Girwar	Den Haag	M-3	23:18,76			23:46,67	24:08,08	1 ronde
203	622	Hein Alkemade-Jobse	Nootdorp	M-3	20:02,83	19:23,00		39:46,21	40:08,82	2 ronden
204	114	Mark Twilt	Den Haag	M-3	20:31,54	19:50,97		40:41,00	41:06,20	2 ronden
205	61	Ernesto Hompe	den haag	M-3	21:10,40	21:21,70		42:54,93	43:31,86	2 ronden
206	403	Robin Micka	Den Haag	M-3	21:32,66	22:37,18		44:34,70	44:57,49	2 ronden
207	358	Jeffrie Dispa	Rijswijk	M-3	23:11,05	24:54,29		48:31,24	49:11,23	2 ronden

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208	484	Sander Vis	Den Haag	M-3	14:06,23	15:37,23				DNF
209	191	Bostjan Jereb	Den Haag	M-3	18:58,53	20:02,94				DNF
210	472	Bart Van der Kruk	Voorburg	M-3	17:21,39	17:08,02	17:29,81			DNF
211	113	Arie Heddema	Rtc	M-3	23:00,02	21:50,10	22:13,87			DNF
212	99	Wijnand Heijnen	RTC	M-3	15:37,02					DNF
213	272	Richard de Waard	Nootdorp	M-3	23:41,87	45:14,13				DNF
214	138	Onno Achterberg	Leidschendam	M-3						DNS
215	3	Leon Meijer	Dinove	M-3						DNS
216	5	Joost van Mierlo	No Sweat	M-3						DNS
217	23	Wouter Visser	Run2Day	M-3						DNS
218	58	Roeland van der Molen	HCC Groen Geel	M-3						DNS
219	63	Geert Roseboom	Den Haag	M-3						DNS
220	68	Pieter Van Gent	Den haag	M-3						DNS
221	79	Sjoerd Witmont	Haag Atletiek	M-3						DNS
222	81	Ronald Brouwer	Ophorstrunners	M-3						DNS
223	96	Eric Fivet	Gouda	M-3						DNS
224	98	Jeroen van Vliet	PAC Rotterdam	M-3						DNS
225	109	Menno Jonkers	Oegstgeest	M-3						DNS
226	126	Joachim Weigel	Rotterdam	M-3						DNS
227	131	Carlo Scalzo	Haag Atletiek	M-3						DNS
228	133	Ronald Zaat	Ilion	M-3						DNS
229	156	Hans Paardekooper	Olympus 70	M-3						DNS
230	157	Coen van Hal	den haag	M-3						DNS
231	174	Paul Coppens	Den Haag	M-3						DNS
232	175	Giampaolo Zilli	Voorburg	M-3						DNS
233	183	Stefan van Flint	Den haag	M-3						DNS
234	187	Frederik Meyer	Den Haag	M-3						DNS
235	200	Arno Haverhals	Den Haag	M-3						DNS

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236	203	Berry Verkijk	Haag Atletiek	M-3						DNS
237	218	Rolf van der Hut	Den Haag	M-3						DNS
238	220	Jos Ghijsels	haag atletiek	M-3						DNS
239	231	Ger Franken	Haagatletiek	M-3						DNS
240	234	Sammy de Fretes	Den haag	M-3						DNS
241	248	Martijn Vleugel	Rijswijk Zh	M-3						DNS
242	257	Ramon Hoft	Den haag	M-3						DNS
243	262	Michel Blom	s'- Gravenzande	M-3						DNS
244	268	Ricardo Sparreboom	Den Haag	M-3						DNS
245	282	Cees Goosen	AV'56	M-3						DNS
246	309	Diego Romero	Den Haag	M-3						DNS
247	315	Kevin Chan	Nootdorp	M-3						DNS
248	335	Bjorn Weertman	Voorschoten	M-3						DNS
249	341	Maurice Bruggeman	Den Haag	M-3						DNS
250	362	Olli Sundell	Den Haag	M-3						DNS
251	364	Marcel Jacobs	av'40	M-3						DNS
252	373	Luis a Faymann	rijswijk	M-3						DNS
253	375	Pim Quist	Haag Atletiek	M-3						DNS
254	388	Fred van der Gon Netscher	Haag Atletiek	M-3						DNS
255	408	Gerben Jan Gerbrandy	Den Haag	M-3						DNS
256	410	Ronald Lips	Haarlemmermeer	M-3						DNS
257	413	Aad Zonneveld	Nootdorpse ijs club	M-3						DNS
258	414	Cor van der Veen	Haag	M-3						DNS
259	432	Otto Zwetsloot	rotterdam	M-3						DNS
260	446	Thijs Lamberts	Den haag	M-3						DNS
261	457	Bjorn Frank	Nee	M-3						DNS
262	459	Paul Wijhenke	Den Haag	M-3						DNS
263	462	Erik Kolfoort	Monster	M-3						DNS



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264	474	Tom de Heij	Den Haag	M-3						DNS
265	477	Floris Gimberg	Voorschoten	M-3						DNS
266	483	Sebastiaan Boertien	Haag Atletiek	M-3						DNS
267	610	Addy van Gils	Zoetermeer	M-3						DNS
268	613	Alex Schroder	Den Haag	M-3						DNS
269	619	Nick Vreeswijk	-	M-3						DNS
270	630	Frank van der Krogt	vv. Velo	M-3						DNS
271	633	Rob van Dijk	Den Haag	M-3						DNS
272	636	Jan van der Meer	Poeldijk	M-3						DNS
273	643	Mark Schoonhoven	RTC	M-3						DNS
274	651	Leon Meijer	RTC	M-3						DNS

### Uitslag lang (9,4 km) Vrouwen

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Ronde1	Ronde2	Ronde3	Netto	Bruto	Prestatie
1	468	Irene Aldersma	Haag Atletiek	V-3	14:54,65	15:42,79	15:50,10	46:44,59	46:46,39	46:47
2	470	Liesbeth Voorthuysen	Haag Atletiek	V-3	14:55,93	15:42,79	16:21,70	47:18,62	47:19,51	47:20
3	652	Clasina Jansen	RTC	V-3	16:04,24	16:25,96	16:40,83	49:27,88	49:42,01	49:42
4	108	Marjolein Dam	RTC	V-3	16:56,61	16:32,14	16:40,67	50:26,23	50:37,85	50:38
5	232	Simone Lankhuijzen	av sparta	V-3	16:59,34	17:02,36	16:59,98	51:18,73	51:20,25	51:21
6	306	Wiesje Elfferich	Den haag	V-3	17:52,71	16:45,21	16:30,49	51:25,47	51:38,33	51:39
7	418	Paulien Eigenhuis	hdm	V-3	17:42,93	16:44,75	17:09,29	51:51,79	52:21,18	52:22
8	93	Lorraine Kelder	Den Haag	V-3	17:33,96	18:04,89	17:38,54	53:33,92	53:41,71	53:42
9	237	Liesbeth Begheijn	HRR	V-3	17:39,17	18:01,44	17:39,06	53:36,58	53:42,13	53:43
10	355	Darinka Oslak	Den Haag	V-3	18:29,52	17:37,66	17:12,78	53:36,31	54:10,93	54:11
11	465	Samantha Top	Voorburg	V-3	17:12,00	17:24,99	19:14,33	54:11,10	54:19,46	54:20
12	72	Kayung Cheung	PAC	V-3	18:39,29	17:54,17	17:56,49	54:48,49	55:18,92	55:19
13	381	Annelien van der Wijk	Den Haag	V-3	17:33,86	18:42,04	18:45,25	55:21,19	55:29,34	55:30
14	314	Winnie Lejeune	Den Haag	V-3	17:47,56	18:50,46	18:25,70	55:24,21	55:32,59	55:33

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15	374	Janine Wagelaar	Haag atletiek	V-3	18:49,92	18:13,25	18:16,88	55:36,37	55:50,86	55:51
16	352	Vera Geerling	Den Haag	V-3	18:50,01	19:11,94	18:51,17	57:11,00	57:35,46	57:36
17	424	Maaïke Schroeder	Den Haag	V-3	19:00,56	19:22,28	18:37,45	57:14,11	57:43,98	57:44
18	487	Mariska Gleijm	haag	V-3	18:56,20	19:24,40	18:51,33	57:33,06	57:46,52	57:47
19	420	Desiree Vuijk Heijster	Den Haag	V-3	19:55,89	18:48,08	19:15,56	58:20,16	58:44,00	58:44
20	164	Lisette Lansbergen	Delft	V-3	19:02,85	19:31,76	19:41,03	58:28,65	58:59,10	59:00
21	84	Coosje van Asperdt	Den Haag	V-3	18:47,66	19:47,19	20:26,86	59:21,05	59:27,24	59:28
22	247	Lisette Eversteijn	HealthClub OpenAir	V-3	19:15,47	19:21,84	19:50,53	58:43,35	59:27,95	59:28
23	56	Michelle Enright	Den Haag	V-3	20:24,09	19:16,42	19:11,40	59:13,52	59:40,83	59:41
24	2	Martine Roos	Dinove	V-3	19:50,37	19:37,48	19:40,88	59:28,76	59:41,59	59:42
25	235	Dafne Gaunt	Den Haag	V-3	20:03,91	19:53,21	19:45,45	1:00:00,19	1:00:26,71	1:00:27
26	400	Naomi Roeleveld	Den Haag	V-3	20:03,81	19:33,68	20:12,87	1:00:05,40	1:00:30,33	1:00:31
27	209	Paulien Wijnvoord	HRR	V-3	19:44,67	19:59,15	20:32,41	1:00:36,44	1:00:54,50	1:00:55
28	186	Marleen van der Pas	Den Haag	V-3	20:04,30	20:11,38	20:33,40	1:01:09,84	1:01:36,34	1:01:37
29	52	Joke Broekmans	PAC Rotterdam	V-3	19:10,26	20:32,83	21:31,75	1:01:33,41	1:02:04,21	1:02:05
30	300	Maaïke Randsdorp	Nieuwegein	V-3	20:20,91	19:44,82	21:07,60	1:01:27,92	1:02:05,63	1:02:06
31	275	Annemarie van der Houwen	Leidschendam	V-3	20:51,66	20:22,69	19:58,46	1:01:28,85	1:02:10,41	1:02:11
32	292	Saskia de Groot	Loopgroep HCY	V-3	20:07,21	20:40,46	20:46,63	1:01:51,85	1:02:12,03	1:02:13
33	456	Esther Reijers	Den Haag	V-3	21:01,29	20:24,03	20:00,55	1:01:43,87	1:02:16,45	1:02:17
34	276	Esther Huygen	Leidschendam	V-3	21:06,83	20:08,49	20:05,27	1:01:39,64	1:02:20,62	1:02:21
35	115	Evelyn van der Stap	Den Haag	V-3	20:23,48	20:30,44	20:52,76	1:02:05,69	1:02:34,38	1:02:35
36	603	Evelien van den Bergh	-	V-3	20:30,96	20:33,34	21:08,46	1:02:33,49	1:03:03,55	1:03:04
37	612	Sandra Smits	RRZ	V-3	20:12,03	21:16,67	21:25,29	1:03:11,18	1:03:23,58	1:03:24
38	134	Sam Skippen	Den haag	V-3	20:24,21	21:37,27	21:01,91	1:03:19,69	1:03:26,96	1:03:27
39	207	Nicole Vermeij	DIJC Bertus Delft	V-3	20:57,86	20:58,27	20:57,98	1:03:10,65	1:03:47,85	1:03:48
40	434	Gusta Jessen	Delft	V-3	21:22,55	20:52,20	20:47,17	1:03:21,84	1:03:56,95	1:03:57
41	49	Sabine Mol	Voorburg	V-3	21:08,26	20:37,28	21:10,19	1:03:17,03	1:04:01,34	1:04:02
42	233	Annejet Philipse- Paalman	HRR	V-3	20:51,35	21:08,52	21:17,48	1:03:38,65	1:04:05,77	1:04:06

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43	194	Carien Pelster	Den Haag	V-3	21:13,29	20:54,22	21:20,54	1:03:50,85	1:04:20,72	1:04:21
44	71	Carol Gonzaga Gonzaga	Rotterdam	V-3	19:17,66	21:34,82	23:05,01	1:04:13,30	1:04:32,62	1:04:33
45	118	Danielle Berger	Health get Things Done	V-3	20:55,99	21:48,93	22:14,70	1:05:18,05	1:05:38,82	1:05:39
46	395	Shirley Scheffel	monster	V-3	22:03,16	21:54,61	21:51,49	1:06:07,81	1:06:46,68	1:06:47
47	379	Karin Dee	Haag	V-3	21:33,90	22:08,92	22:13,44	1:06:15,93	1:06:51,02	1:06:52
48	178	Daan van Voorst van Beest	Den Haag	V-3	22:04,45	22:43,39	21:25,99	1:06:28,47	1:06:59,28	1:07:00
49	119	Ingrid Achterberg-Kortekaas	AV Sparta	V-3	21:19,32	22:39,87	22:29,39	1:06:44,01	1:06:59,43	1:07:00
50	149	Birgit Gijzenij	Loopgroep Oegstgeest	V-3	23:06,43	23:18,72	20:11,45	1:06:58,52	1:07:20,45	1:07:21
51	87	Melanie Visser	-	V-3	21:42,45	22:53,68	22:48,89	1:07:48,55	1:08:08,64	1:08:09
52	153	Liesbeth vd Haak	Loopgroep oegstgeest	V-3	23:06,27	22:21,56	22:12,49	1:08:00,23	1:08:21,85	1:08:22
53	270	Judith Oostwoud	Leidschendam	V-3	22:00,98	22:26,74	23:03,61	1:07:50,71	1:08:32,31	1:08:33
54	122	Martina Kessler	team posseco	V-3	22:04,28	23:09,15	22:57,70	1:08:32,10	1:08:45,90	1:08:46
55	205	Anita Kreukniet	De Kieviten	V-3	22:42,11	22:44,86	22:30,34	1:08:19,41	1:08:49,26	1:08:50
56	348	Sylvia Visser	RTC	V-3	22:50,03	22:43,42	23:05,74	1:09:03,37	1:09:12,14	1:09:13
57	357	Simone Bakker	voorborg	V-3	23:16,65	23:30,78	21:49,54	1:08:58,81	1:09:32,57	1:09:33
58	222	Judith Aiss	Den haag	V-3	22:24,98	22:51,49	23:40,64	1:09:23,98	1:09:48,26	1:09:49
59	356	Barbet van der Hoeven	Rotterdam	V-3	23:16,79	23:30,48	22:34,55	1:09:43,05	1:10:17,03	1:10:18
60	628	Anne-Marie Nelck	Landlopers Pijnacker	V-3	23:06,96	24:22,69	23:38,44	1:11:29,93	1:11:40,52	1:11:41
61	240	Liesbeth Poortvliet	RCA	V-3	23:55,24	23:38,37	23:59,74	1:11:55,55	1:12:39,68	1:12:40
62	148	Marianne Verbeek	Rotterdam	V-3	24:17,66	24:22,59	24:25,60	1:13:28,15	1:14:12,95	1:14:13
63	66	Eefke Hazenbroek	HAAG Atletiek	V-3					24:54,61	1 ronde
64	225	Corina Vd Hak	Den haag	V-3	21:36,16			22:00,28	22:25,54	1 ronde
65	182	Marjolein Rutgers	Den Haag	V-3	18:53,82	19:49,73		39:05,24	39:12,77	2 ronden
66	347	Danielle in t Veld	TVHW	V-3	19:34,80	21:47,59		41:47,61	41:59,51	2 ronden
67	344	Danielle Saris	den haag	V-3	21:20,61	20:37,39		42:18,08	42:43,52	2 ronden
68	17	Sanne Broeksma	Run2Day	V-3	29:07,20	14:36,56		43:55,51	43:56,41	2 ronden
69	116	Marleen Verton	Den Haag	V-3	22:57,82	23:20,73		46:45,16	47:01,83	2 ronden
70	251	Sandra Gomes	rotterdam	V-3	23:14,92	23:27,86		47:06,81	47:25,35	2 ronden

## Puinduinrun 26 januari 2014

71	458	Margot Potman	Den Haag	V-3	22:24,68	24:43,50		47:34,01	48:06,86	2 ronden
72	244	Kim Groenewegen	Den Haag	V-3	21:27,90	22:35,69		06:42,04	07:13,08	2 ronden
73	255	Evelien Smit	Geen	V-3	47:25,17	23:23,05				DNF
74	606	Debbie Brongers	RTC Den Haag	V-3						DNF
75	10	Diana van der Velden	Health Get Things Done	V-3						DNS
76	50	Sabine Swarts	Den Haag	V-3						DNS
77	85	Maartje de Sonnaville	Den Haag	V-3						DNS
78	132	Anita Kleijweg	olympus	V-3						DNS
79	180	Jose Meijboom	Den Haag	V-3						DNS
80	215	Jenna Constantin	Den haag	V-3						DNS
81	219	Cynthia Ghijsels	Haag atletiek	V-3						DNS
82	227	Maaike Hulshof	voorburg	V-3						DNS
83	261	Nicole Janssen	Den Haag	V-3						DNS
84	302	Mieke Plaatzer	RTC	V-3						DNS
85	308	Heleen van Duist	The Hague Roadrunners	V-3						DNS
86	340	Debbie Bohemen	Den haag	V-3						DNS
87	351	Caroline Verduin	Den Haag	V-3						DNS
88	407	Sylvia Voorhout	Haag Atletiek	V-3						DNS
89	416	Deborah Tap	s-Gravenhage	V-3						DNS
90	417	Bernadette Wesdorp	Den Haag	V-3						DNS
91	430	Pauline Whyte	Den Haag	V-3						DNS
92	476	Sarah Bertrand	RRZ	V-3						DNS
93	486	Carola Zwager	Voorburg	V-3						DNS
94	489	Nicole Jannink	Den Haag	V-3						DNS
95	625	Mirjam de Zwart	Haag Atletiek	V-3						DNS