

Naam	Categorie	Tijd	lap1	lap2	lap3	lap4	lap5	lap6	lap7	lap8	lap9	lap10	lap11	lap12	lap13	lap14	lap15	lap16	lap17	lap18	lap19	lap20	lap21	lap22	lap23	lap24	lap25	
GronAtl	42kmT	2:36:43	0:32.8	1:16.7	1:19.1	1:16.4	1:16.4	1:12.4																				
	loper 10km 1	10km1	0:39:03	1:27.0	1:30.1	1:31.0	1:31.5	1:32.4	1:31.2	1:31.7	1:34.1	1:33.1	1:32.0	1:32.8	1:33.9	1:30.6	1:33.5	1:35.0	1:34.7	1:35.3	1:35.7	1:36.7	1:37.9	1:39.3	1:38.8	1:36.6	1:36.7	1:31.0
	loper 10km 2	10km2	0:37:00	1:24.7	1:28.4	1:29.8	1:28.5	1:27.6	1:26.3	1:28.9	1:29.5	1:29.4	1:30.2	1:30.8	1:30.5	1:30.0	1:28.7	1:28.6	1:29.5	1:29.7	1:31.3	1:29.8	1:26.7	1:29.7	1:31.1	1:29.0	1:27.0	1:24.9
	loper 10km 3	10km3	0:38:18	1:33.7	1:33.2	1:33.4	1:34.1	1:33.3	1:31.7	1:31.8	1:31.2	1:31.4	1:32.2	1:31.5	1:31.2	1:30.8	1:31.7	1:32.9	1:33.8	1:31.3	1:32.1	1:31.4	1:30.8	1:30.9	1:32.2	1:31.5	1:31.5	1:28.4
	loper 10km 4	10km4	0:35:29	1:21.1	1:24.8	1:23.2	1:23.7	1:23.8	1:23.7	1:23.5	1:24.2	1:23.8	1:24.2	1:26.1	1:25.5	1:26.1	1:25.9	1:26.5	1:27.1	1:26.1	1:26.9	1:26.5	1:26.9	1:26.5	1:27.7	1:26.7	1:25.5	1:22.6
Dennis Westra	42kml	2:44:28	0:38.5	1:24.3	1:24.9	1:29.8	1:29.3	1:28.0																				
	loper 10km 1	10km1	0:36:04	1:28.1	1:29.5	1:27.1	1:25.3	1:27.2	1:24.4	1:25.2	1:26.9	1:25.2	1:25.1	1:27.9	1:27.1	1:27.4	1:28.5	1:25.0	1:24.9	1:24.4	1:27.3	1:28.1	1:25.9	1:24.7	1:24.6	1:27.8	1:26.6	1:29.5
	loper 10km 2	10km2	0:37:42	1:28.2	1:31.5	1:28.8	1:30.3	1:29.5	1:30.1	1:28.1	1:30.0	1:33.9	1:31.0	1:32.7	1:32.3	1:30.3	1:32.5	1:31.0	1:29.7	1:29.7	1:29.5	1:30.3	1:26.3	1:30.0	1:29.9	1:31.2	1:32.3	1:33.1
	loper 10km 3	10km3	0:39:57	1:36.4	1:35.0	1:34.8	1:33.2	1:34.6	1:34.6	1:34.3	1:36.5	1:35.1	1:34.7	1:35.3	1:35.2	1:36.2	1:36.6	1:37.9	1:36.2	1:35.2	1:35.5	1:36.2	1:35.8	1:35.7	1:36.6	1:37.4	1:43.0	1:35.4
	loper 10km 4	10km4	0:42:50	1:33.8	1:34.2	1:35.6	1:35.0	1:36.4	1:38.1	1:42.1	1:46.4	1:40.1	1:38.6	1:41.3	1:39.7	1:38.2	1:41.1	1:45.0	1:47.1	1:48.9	1:52.2	1:50.8	1:52.8	1:53.0	1:49.9	1:43.2	1:43.9	1:42.7
t1 GALA2	42kmT	2:48:00	0:36.1	1:22.6	1:28.2	1:23.5	1:31.0	1:22.0																				
	loper 10km 1	10km1	0:39:56	1:34.4	1:36.0	1:34.0	1:33.3	1:36.1	1:34.6	1:34.7	1:35.5	1:35.8	1:34.7	1:35.6	1:37.3	1:38.0	1:39.3	1:35.6	1:37.5	1:37.4	1:37.2	1:35.6	1:38.7	1:37.7	1:34.7	1:37.4	1:37.4	1:28.4
	loper 10km 2	10km2	0:39:09	1:29.6	1:34.2	1:30.9	1:30.2	1:29.3	1:29.8	1:31.8	1:32.2	1:32.7	1:33.3	1:33.6	1:34.5	1:35.1	1:36.2	1:35.5	1:35.1	1:35.8	1:34.2	1:34.6	1:36.1	1:37.2	1:37.6	1:36.9	1:37.2	1:35.7
	loper 10km 3	10km3	0:39:48	1:34.5	1:32.2	1:37.6	1:37.9	1:38.0	1:34.7	1:33.7	1:35.5	1:35.7	1:35.8	1:35.7	1:36.0	1:36.9	1:34.4	1:35.6	1:36.2	1:34.8	1:35.3	1:35.3	1:36.1	1:36.6	1:36.5	1:34.8	1:33.6	1:35.0
	loper 10km 4	10km4	0:41:23	1:23.0	1:33.0	1:38.4	1:42.0	1:39.9	1:40.2	1:40.0	1:39.7	1:41.9	1:42.2	1:40.6	1:40.0	1:40.6	1:41.3	1:40.9	1:40.7	1:40.6	1:40.5	1:41.6	1:41.3	1:39.7	1:39.9	1:39.6	1:39.3	1:35.9
AAC 61	42kmT	2:50:44	0:43.5	1:34.2	1:36.1	1:37.0	1:38.2	1:26.9																				
	loper 10km 1	10km1	0:41:32	1:39.6	1:36.0	1:35.6	1:36.4	1:47.4	1:25.0	1:39.5	1:40.2	1:40.7	1:37.7	1:38.6	1:39.8	1:40.9	1:41.6	1:41.4	1:41.4	1:43.0	1:40.7	1:42.3	1:42.3	1:43.8	1:43.0	1:41.1	1:41.3	1:32.4
	loper 10km 2	10km2	0:41:44	1:32.0	1:31.7	1:31.1	1:35.7	1:37.5	1:35.9	1:34.3	1:34.3	1:34.3	1:34.5	1:34.7	1:34.2	1:37.0	1:37.3	1:36.0	1:38.8	1:39.4	1:41.4	1:43.4	1:53.7	1:48.9	1:50.9	1:57.3	1:55.5	1:54.5
	loper 10km 3	10km3	0:40:21	1:28.8	1:34.2	1:34.8	1:35.1	1:35.0	1:34.8	1:35.8	1:35.5	1:34.5	1:33.9	1:32.0	1:36.6	1:36.3	1:35.6	1:39.1	1:39.1	1:39.0	1:38.0	1:39.6	1:40.2	1:41.5	1:43.6	1:43.5	1:41.7	1:33.2
	loper 10km 4	10km4	0:38:31	1:31.0	1:31.2	1:30.2	1:29.2	1:31.0	1:28.6	1:31.6	1:33.2	1:32.4	1:33.5	1:33.2	1:32.8	1:33.8	1:32.9	1:33.4	1:29.6	1:35.2	1:33.7	1:35.7	1:30.3	1:33.5	1:37.9	1:36.1	1:33.4	1:27.3
Geen Tikkie	42kmT	2:58:54	0:41.5	1:28.5	1:31.6	1:32.6	1:32.5	1:26.7																				
	loper 10km 1	10km1	0:44:44	1:38.2	1:40.8	1:41.5	1:45.3	1:46.6	1:46.5	1:48.8	1:47.1	1:47.9	1:47.8	1:48.1	1:47.5	1:47.9	1:49.6	1:49.1	1:48.7	1:50.0	1:50.9	1:50.8	1:48.9	1:51.6	1:49.0	1:51.0	1:49.0	1:41.6
	loper 10km 2	10km2	0:43:59	1:39.7	1:43.2	1:42.0	1:42.1	1:42.3	1:44.2	1:44.1	1:43.3	1:45.8	1:46.2	1:48.5	1:47.6	1:45.9	1:48.0	1:48.5	1:47.8	1:47.1	1:53.6	1:47.7	1:46.0	1:46.7	1:47.1	1:48.3	1:45.5	1:37.4
	loper 10km 3	10km3	0:41:05	1:32.6	1:28.1	1:37.7	1:40.2	1:41.5	1:40.1	1:34.5	1:35.3	1:40.2	1:40.4	1:38.9	1:39.7	1:44.2	1:43.8	1:42.3	1:36.7	1:38.2	1:40.9	1:41.4	1:41.2	1:37.2	1:38.8	1:39.8	1:35.5	1:35.5
	loper 10km 4	10km4	0:40:53	1:40.5	1:39.2	1:38.2	1:37.3	1:37.5	1:38.1	1:40.0	1:37.1	1:38.9	1:38.0	1:38.7	1:38.5	1:38.9	1:38.2	1:39.3	1:40.0	1:38.0	1:38.6	1:38.0	1:37.8	1:38.3	1:37.9	1:38.0	1:38.0	1:30.2
Jeroen-Pieter van der Vliet	42kml	3:05:36	0:41.7	1:35.1	1:36.5	1:37.6	1:38.1	1:39.1																				
	loper 10km 1	10km1	0:41:20	1:40.6	1:39.4	1:40.4	1:37.6	1:39.5	1:38.3	1:39.7	1:38.3	1:39.0	1:39.9	1:38.5	1:39.5	1:39.6	1:39.8	1:39.5	1:38.8	1:39.3	1:39.2	1:39.5	1:39.8	1:38.4	1:39.5	1:39.0	1:38.5	1:38.9
	loper 10km 2	10km2	0:41:31	1:38.7	1:39.5	1:39.7	1:39.1	1:39.4	1:39.4	1:39.1	1:42.0	1:40.6	1:38.5	1:39.0	1:39.7	1:41.2	1:39.9	1:40.3	1:39.9	1:40.2	1:39.8	1:39.9	1:39.8	1:38.4	1:38.1	1:39.3	1:38.6	
	loper 10km 3	10km3	0:42:56	1:40.5	1:39.2	1:38.1	1:38.8	1:39.5	1:39.0	1:39.9	1:41.6	1:40.0	1:41.8	1:40.4	1:40.1	1:40.4	1:40.0	1:42.3	1:41.3	1:45.2	1:41.6	2:02.6	1:42.4	1:44.2	1:42.9	2:04.5	1:44.8	1:45.6
	loper 10km 4	10km4	0:51:00	1:44.9	1:47.5	2:19.0	1:46.0	1:44.6	2:51.4	4:01.0	1:43.0	1:43.3	1:44.4	1:44.9	1:50.2	2:46.9	1:48.5	1:49.9	1:50.0	1:49.9	1:51.0	2:29.7	2:14.1	1:55.1	1:53.9	1:52.9	1:52.3	1:45.9
t2 GALA2	42kmT	3:08:22	0:36.3	1:23.3	1:27.2	1:28.5	1:25.9	1:19.1																				
	loper 10km 1	10km1	0:44:50	1:40.2	1:46.3	1:48.1	1:46.3	1:47.3	1:45.4	1:46.0	1:47.3	1:45.4	1:46.1	1:44.5	1:50.2	1:48.7	1:47.9	1:48.1	1:47.4	1:51.3	1:50.6	1:50.3	1:50.6	1:43.1	1:54.3	1:50.9	1:42.9	1:49.8
	loper 10km 2	10km2	0:46:02	1:53.7	1:59.7	1:59.1	1:49.9	1:55.3	1:52.7	1:53.0	1:52.0	1:48.1	1:48.6	1:49.0	1:50.9	1:49.4	1:50.1	1:49.6	1:49.9	1:49.5	1:49.0	1:47.9	1:48.0	1:48.4	1:47.5	1:46.7	1:47.3	1:46.3
	loper 10km 3	10km3	0:47:15	1:54.7	1:54.2	1:55.6	1:54.3	1:56.1	1:54.7	1:55.3	1:56.0	1:53.8	1:56.1	1:55.8	1:54.2	1:50.9	1:52.1	1:53.6	1:52.0	1:51.3	1:53.5	1:54.2	1:52.1	1:50.9	1:49.4	1:49.8	1:52.8	1:51.2
	loper 10km 4	10km4	0:42:36	1:41.7	1:45.8	1:44.6	1:43.1	1:43.5	1:42.6	1:43.7	1:42.4	1:43.4	1:39.3	1:42.7	1:41.0	1:41.6	1:41.5	1:43.3	1:44.0	1:44.9	1:40.5	1:41.4	1:41.2	1:40.8	1:40.7	1:39.8	1:40.6	
Turboslakken	42kmT	3:11:30	0:46.8	1:41.8	1:42.7	1:43.6	1:44.1	1:44.4																				
	loper 10km 1	10km1	0:45:10	1:41.0	1:40.1	1:42.4	1:40.9	1:44.3	1:44.2	1:44.8	1:46.0	1:46.6	1:47.2	1:47.1	1:47.4	1:49.7	1:50.9	1:50.7	1:52.5	1:53.4	1:53.6	1:55.6	1:54.9	1:56.4	1:55.0	1:52.9	1:51.5	1:40.6
	loper 10km 2	10km2	0:46:33	1:43.6	1:43.4	1:43.8	1:46.1	1:47.8	1:49.2	1:50.3	1:51.5	1:52.1	1:52.1	1:53.0	1:53.2	1:54.5	1:54.4	1:54.0	1:54.0	1:55.8	1:55.3	1:53.8	1:54.9	1:52.2				

Naam	Categorie	Tijd	lap1	lap2	lap3	lap4	lap5	lap6	lap7	lap8	lap9	lap10	lap11	lap12	lap13	lap14	lap15	lap16	lap17	lap18	lap19	lap20	lap21	lap22	lap23	lap24	lap25	
t2 Petersp	42kmT	3:21:35	0:51.4	2:03.0	2:15.4	2:21.8	2:26.1	2:15.3																				
loper 10km 1	10km1	0:42:30	1:42.2	1:41.7	1:40.9	1:42.8	1:42.9	1:44.0	1:43.1	1:42.9	1:42.8	1:43.6	1:43.1	1:43.2	1:42.4	1:43.6	1:43.4	1:40.9	1:42.5	1:41.6	1:41.3	1:43.0	1:41.6	1:42.3	1:42.0	1:41.7	1:41.7	1:31.0
loper 10km 2	10km2	0:45:31	1:44.9	1:48.2	1:46.0	1:46.5	1:49.5	1:48.5	1:49.9	1:49.7	1:49.8	1:49.3	1:50.3	1:50.4	1:48.6	1:50.2	1:52.3	1:50.4	1:50.8	1:50.4	1:52.4	1:52.6	1:51.8	1:51.3	1:49.2	1:46.5	1:42.2	
loper 10km 3	10km3	0:48:37	1:51.0	1:53.9	1:55.8	1:57.0	1:58.9	2:00.3	1:56.6	1:56.0	1:58.2	1:56.2	1:56.2	1:57.3	1:57.5	1:57.8	1:56.4	1:56.8	1:56.8	1:58.5	1:58.4	1:58.6	1:58.7	1:57.3	1:58.0	1:55.7	1:49.0	
loper 10km 4	10km4	0:52:44	2:04.2	2:06.0	2:08.9	2:07.8	2:09.2	2:08.5	2:09.3	2:09.1	2:06.2	2:07.9	2:10.0	2:07.4	2:09.1	2:07.3	2:04.6	2:07.5	2:04.8	2:06.3	2:08.9	2:07.9	2:06.2	2:06.2	2:06.3	2:03.2	1:51.1	
Herre van Brug	42kml	3:23:12	0:55.8	1:53.4	1:56.7	1:55.2	1:59.0	1:51.5																				
loper 10km 1	10km1	0:47:02	1:52.5	1:51.7	1:54.5	1:52.2	1:51.4	1:53.6	1:50.5	1:51.7	1:52.7	1:53.4	1:52.1	1:51.4	1:51.4	1:52.0	1:52.8	1:51.9	1:51.2	1:52.6	1:50.7	1:52.5	1:55.2	1:55.8	1:54.3	1:56.9	1:57.1	
loper 10km 2	10km2	0:47:39	1:55.8	1:56.7	1:54.2	1:54.6	1:55.8	1:55.9	1:54.8	1:53.3	1:53.8	1:54.0	1:55.2	1:54.2	1:53.0	1:53.4	1:52.9	1:53.6	1:54.8	1:53.2	1:53.7	1:55.1	1:54.0	1:54.0	1:53.8	1:54.3	1:54.6	
loper 10km 3	10km3	0:48:15	1:55.9	1:53.2	1:53.2	1:54.0	1:53.6	1:53.5	1:54.1	1:56.5	1:54.5	1:54.8	1:56.0	1:56.1	1:54.5	1:55.5	1:56.0	1:56.0	1:55.8	1:56.5	1:58.8	1:56.6	1:58.5	1:59.0	1:58.9	1:57.2	1:55.9	
loper 10km 4	10km4	0:49:45	1:55.9	1:59.0	1:58.0	1:57.9	1:55.0	1:55.0	1:56.1	1:56.1	1:56.6	1:55.2	1:57.0	1:59.6	2:01.2	1:59.4	2:02.0	1:59.9	2:21.1	2:01.5	2:00.9	2:03.2	2:01.4	2:00.5	1:58.9	1:59.4	1:53.7	
D8	42kmT	3:23:24	0:54.7	1:54.1	1:56.6	1:56.5	1:58.0	1:54.5																				
loper 10km 1	10km1	0:47:50	1:53.7	1:56.2	1:54.3	1:54.6	1:55.6	1:53.1	1:53.1	1:54.6	1:55.3	1:56.3	1:54.3	1:55.2	1:56.2	1:55.3	1:56.6	1:54.7	1:54.9	1:54.2	1:55.4	1:57.5	1:53.8	1:53.2	1:53.2	1:55.7	1:50.1	
loper 10km 2	10km2	0:46:24	1:53.9	1:51.1	1:49.3	1:50.3	1:50.0	1:51.4	1:51.0	1:50.4	1:50.5	1:49.9	1:51.1	1:51.5	1:51.1	1:53.1	1:50.3	1:52.4	1:52.5	1:51.6	1:51.6	1:51.0	1:52.4	1:51.8	1:55.4	1:51.2	1:48.9	
loper 10km 3	10km3	0:52:29	1:56.7	2:03.6	2:03.0	2:03.6	2:04.9	2:03.4	2:03.8	2:04.9	2:05.9	2:07.1	2:06.4	2:07.0	2:07.9	2:07.9	2:08.1	2:08.5	2:07.6	2:08.1	2:08.6	2:08.0	2:07.4	2:08.4	2:09.0	2:09.1	2:00.3	
loper 10km 4	10km4	0:46:07	1:47.1	1:49.9	1:49.8	1:48.6	1:51.2	1:50.3	1:52.9	1:51.8	1:53.5	1:51.6	1:51.1	1:50.9	1:52.2	1:51.6	1:50.7	1:55.5	1:53.0	1:53.3	1:53.6	1:51.5	1:51.0	1:50.1	1:47.8	1:49.1	1:39.1	
Koen Janssen	42kml	3:26:18	0:52.9	1:49.5	1:50.1	1:52.0	1:51.2	1:55.2																				
loper 10km 1	10km1	0:47:29	1:56.7	1:51.9	1:52.4	1:54.8	1:54.6	1:55.0	1:53.1	1:52.3	1:54.2	1:55.0	1:56.6	1:51.2	1:51.7	1:53.3	1:52.1	1:53.0	1:54.0	1:53.7	1:54.4	1:55.6	1:54.8	1:54.1	1:55.3	1:55.7	1:53.1	
loper 10km 2	10km2	0:47:35	1:56.0	1:55.9	1:55.4	1:53.6	1:53.4	1:54.0	1:53.1	1:53.7	1:54.4	1:53.7	1:54.2	1:54.1	1:53.7	1:54.3	1:52.8	1:53.7	1:53.2	1:54.8	1:54.6	1:55.9	1:55.0	1:53.8	1:54.1	1:52.9	1:54.6	
loper 10km 3	10km3	0:48:40	1:55.4	1:55.0	1:53.1	1:53.1	1:55.6	1:55.1	1:56.3	1:54.7	1:54.7	1:55.1	1:56.0	1:56.6	1:55.8	1:57.5	1:56.5	1:56.7	1:57.4	1:58.9	2:03.0	1:57.1	1:57.9	1:59.6	1:59.2	1:59.9	1:59.3	
loper 10km 4	10km4	0:52:24	2:00.0	2:01.8	2:00.7	2:01.5	2:01.0	2:01.0	2:01.6	2:01.9	2:03.3	2:05.5	2:07.8	2:08.6	2:10.1	2:05.5	2:05.8	2:07.0	2:09.0	2:08.0	2:07.1	2:11.1	2:10.9	2:08.9	2:15.7	2:06.4	2:02.2	
Erika Broekema	42kmV	3:32:31	0:50.2	1:55.3	1:54.4	1:54.4	1:54.4	1:55.0																				
loper 10km 1	10km1	0:48:33	1:55.8	1:58.7	1:58.7	1:56.8	1:56.5	1:54.5	1:57.2	1:56.1	1:56.0	1:55.4	1:57.3	1:56.8	1:56.6	1:55.4	1:58.0	1:56.3	1:55.5	1:54.9	1:55.8	1:56.5	1:58.0	1:56.7	1:56.2	1:57.3	1:55.8	
loper 10km 2	10km2	0:49:05	1:59.0	1:56.2	1:58.1	1:56.3	1:54.6	1:56.1	1:57.7	1:56.1	1:56.5	1:57.6	1:56.9	1:57.2	1:57.8	1:58.1	1:57.4	1:57.1	1:57.5	1:59.1	1:58.6	1:58.4	1:58.8	2:01.7	1:59.8	2:00.2	1:58.2	
loper 10km 3	10km3	0:51:13	1:59.7	1:58.5	2:00.8	2:01.1	1:59.0	1:57.9	2:01.1	2:02.5	2:03.7	2:02.6	2:04.3	2:03.6	2:04.0	2:04.1	2:05.1	2:02.9	2:03.8	2:06.0	2:05.3	2:03.1	2:01.9	2:03.0	2:05.1	2:05.1	2:08.9	
loper 10km 4	10km4	0:53:16	2:07.1	2:06.9	1:57.9	1:57.1	2:04.5	2:02.9	2:04.7	2:09.6	2:11.1	2:11.4	2:10.0	2:10.0	2:08.7	2:10.5	2:12.1	2:12.1	2:09.1	2:12.4	2:07.6	2:02.8	2:15.7	2:08.8	2:10.2	2:11.0	2:02.2	
t3 Petersp	42kmT	3:32:41	0:40.6	1:23.3	1:46.6	1:29.0	1:46.4																					
loper 10km 1	10km1	0:50:06	1:56.4	1:57.0	1:55.3	1:53.7	1:54.1	1:58.3	1:57.9	2:00.5	1:57.1	2:00.0	1:59.1	2:01.7	2:00.1	2:00.4	2:01.7	2:01.1	2:02.0	2:02.2	2:02.0	2:04.3	2:06.1	2:07.5	2:03.9	2:02.8	2:01.2	
loper 10km 2	10km2	0:44:49	2:41.7	2:13.4	1:34.4	1:39.9	1:41.0	1:40.6	1:41.1	1:41.9	1:43.5	1:43.7	1:44.1	1:45.4	1:44.9	1:46.5	1:45.0	1:46.1	1:46.5	1:48.4	1:47.0	1:46.6	1:46.9	1:46.4	1:47.7	1:45.2	1:41.6	
loper 10km 3	10km3	0:56:52	2:20.9	2:19.4	2:19.5	2:16.8	2:15.8	2:15.5	2:17.7	2:16.0	2:16.5	2:15.8	2:15.4	2:17.6	2:15.3	2:18.6	2:17.5	2:17.1	2:17.1	2:16.8	2:17.4	2:17.1	2:16.9	2:14.2	2:14.5	2:13.3	2:09.4	
loper 10km 4	10km4	0:52:03	2:07.2	2:05.1	2:04.5	2:06.5	2:04.4	2:04.8	2:05.6	2:07.5	2:03.3	2:05.8	2:04.8	2:05.2	2:04.6	2:06.6	2:03.9	2:05.6	2:04.5	2:05.0	2:04.8	2:06.9	2:02.8	2:05.3	2:06.5	2:02.2	1:59.8	
t1 Petersp	42kmT	3:33:54	0:54.4	1:56.0	1:59.3	2:01.8	2:04.9	1:59.6																				
loper 10km 1	10km1	0:56:20	2:04.0	2:09.8	2:10.8	2:11.9	2:11.5	2:09.6	2:10.4	2:13.1	2:10.8	2:13.9	2:13.0	2:14.6	2:17.5	2:15.5	2:17.8	2:19.2	2:18.8	2:20.5	2:21.0	2:22.2	2:21.1	2:19.6	2:22.1	2:17.9	2:13.8	
loper 10km 2	10km2	0:47:22	1:52.4	1:53.2	1:53.5	1:52.3	1:53.0	1:53.1	1:51.5	1:52.6	1:54.8	1:52.0	1:56.0	1:56.2	1:52.7	1:55.4	1:54.1	1:54.8	1:54.5	1:56.6	1:56.0	1:55.8	1:55.3	1:54.9	1:51.8	1:53.1	1:46.9	
loper 10km 3	10km3	0:49:18	1:45.8	1:55.4	1:53.9	2:00.2	1:59.5	1:57.2	1:58.9	1:58.1	2:02.0	1:58.0	1:58.1	2:01.6	2:01.1	2:00.3	1:57.2	1:57.9	2:00.2	2:02.7	2:01.1	1:59.1	2:00.9	2:01.3	2:02.8	2:02.0	1:42.7	
loper 10km 4	10km4	0:49:58	1:56.3	2:01.1	2:00.5	2:05.2	2:05.1	2:02.3	2:00.7	1:57.7	1:59.1	2:00.4	1:58.1	1:58.6	1:59.0	1:57.3	1:57.8	1:55.8	1:55.9	1:57.8	1:56.5	1:59.2	2:01.4	2:03.3	2:05.4	2:04.3	1:58.6	
Philip von Wussow	42kml	3:35:44	0:47.9	1:46.1	1:53.1	1:54.8	1:53.8	1:57.0																				
loper 10km 1	10km1	0:47:47	1:57.9	1:57.1	1:57.6	1:57.6	1:54.2	1:53.9	1:51.7	1:52.7	1:54.0	1:53.8	1:55.7	1:55.5	1:53.1	1:55.2	1:54.2	1:52.9	1:55.9	1:51.7	1:52.3	1:54.2	1:53.9	1:53.9	1:54.9	1:57.0	1:56.2	
loper 10km 2	10km2	0:49:43	1:56.2	1:57.1	1:57.4	1:57.6	1:55.7	2:00.4	1:58.5	1:57.1	1:57.5	1:58.5	1:59.0	2:30.2	1:58.6	1:59.1	1:59.0	1:56.9	1:56.5	1:58.1	1:58.6	2:00.3	1:57.0	1:56.7	1:59.0	2:00.1	1:58.2	
loper 10km 3	10km3	0:51:52	1:59.8	1:59.8	2:00.0																							

Naam	Categorie	Tijd	lap1	lap2	lap3	lap4	lap5	lap6	lap7	lap8	lap9	lap10	lap11	lap12	lap13	lap14	lap15	lap16	lap17	lap18	lap19	lap20	lap21	lap22	lap23	lap24	lap25
KROHOSA	42kmT	3:46:31	1:08.4	2:22.1	2:22.1	2:27.0	2:29.9	2:23.7																			
loper 10km 1	10km1	0:57:44	2:10.1	2:15.4	2:18.8	2:16.1	2:19.2	2:17.9	2:17.8	2:19.1	2:18.6	2:16.2	2:18.9	2:20.5	2:17.9	2:19.4	2:22.1	2:19.2	2:20.0	2:20.2	2:22.7	2:21.9	2:21.5	2:21.7	2:23.1	2:19.3	2:06.8
loper 10km 2	10km2	0:51:32	2:10.9	2:10.6	2:08.5	2:07.0	2:03.6	2:01.6	2:01.5	2:01.1	2:01.2	2:00.8	2:04.2	2:01.9	2:02.9	2:04.0	2:03.4	2:04.1	2:02.9	2:01.1	2:02.8	2:03.2	2:02.9	2:03.9	2:02.2	2:04.1	2:01.7
loper 10km 3	10km3	0:53:48	1:55.2	2:00.0	2:03.8	2:02.9	2:06.1	2:06.6	2:08.0	2:09.3	2:12.2	2:08.9	2:09.8	2:09.9	2:11.3	2:12.0	2:08.8	2:11.0	2:11.8	2:13.6	2:11.4	2:09.1	2:12.4	2:12.0	2:13.1	2:13.3	2:15.7
loper 10km 4	10km4	0:50:13	2:06.9	1:45.2	1:58.5	1:56.5	1:56.8	2:00.0	1:57.0	1:57.0	1:58.9	1:57.2	2:00.6	1:57.0	2:02.2	2:00.1	2:01.5	2:02.4	2:01.5	2:05.5	2:07.1	2:05.8	2:04.7	1:55.3	2:05.6	2:05.9	2:03.8
Meine Hoitsma	42kml	3:51:46	1:01.9	2:01.7	1:59.6	1:57.8	1:59.7	1:57.8																			
loper 10km 1	10km1	0:54:14	2:00.6	2:02.5	2:03.2	2:03.5	2:06.1	2:08.0	2:08.2	2:09.8	2:07.9	2:07.2	2:09.2	2:10.0	2:11.2	2:13.0	2:11.8	2:13.8	2:14.4	2:15.0	2:14.0	2:14.8	2:15.0	2:15.0	2:13.8	2:12.4	2:13.5
loper 10km 2	10km2	0:56:36	2:13.4	2:13.9	2:16.0	2:14.8	2:16.3	2:16.0	2:14.5	2:12.7	2:16.9	2:15.9	2:17.8	2:16.0	2:17.6	2:16.7	2:18.9	2:15.9	2:16.2	2:14.5	2:15.5	2:16.8	2:18.0	2:16.2	2:16.1	2:14.4	2:14.9
loper 10km 3	10km3	0:53:46	2:14.7	2:14.8	2:13.9	2:14.9	2:14.2	2:12.4	2:10.3	2:12.1	2:09.9	2:08.1	2:06.1	2:07.2	2:08.9	2:06.9	2:01.9	2:02.3	1:58.6	2:04.5	2:05.0	2:05.0	2:05.8	2:08.7	2:11.1	2:15.0	2:14.0
loper 10km 4	10km4	0:56:11	2:13.6	2:15.3	2:12.6	2:12.7	2:08.6	2:12.2	2:15.0	2:16.8	2:17.5	2:16.5	2:18.6	2:18.1	2:17.1	2:15.6	2:18.4	2:16.1	2:12.0	2:12.2	2:13.4	2:11.9	2:10.2	2:15.9	2:19.8	2:18.8	2:12.6
Aleida Groothoff	42kmV	3:52:17	0:58.5	1:57.0	1:57.0	1:59.8	1:58.9	2:00.3																			
loper 10km 1	10km1	0:51:11	2:00.9	2:01.3	2:02.2	2:00.9	2:01.5	2:01.3	2:00.3	1:59.8	2:03.1	2:03.3	2:02.3	2:02.4	2:08.7	2:02.4	2:03.8	2:01.9	2:02.0	1:59.6	2:02.9	2:02.6	2:04.1	2:03.7	2:11.0	2:04.2	2:04.8
loper 10km 2	10km2	0:52:54	2:05.2	2:04.9	2:05.7	2:05.0	2:05.1	2:05.3	2:06.8	2:05.2	2:06.0	2:05.8	2:04.3	2:06.8	2:05.7	2:07.1	2:13.2	2:05.3	2:06.9	2:06.4	2:05.3	2:07.3	2:08.0	2:20.7	2:07.4	2:08.1	2:06.3
loper 10km 3	10km3	0:55:55	2:07.1	2:08.2	2:08.9	2:17.0	2:11.1	2:10.4	2:11.0	2:10.0	2:11.0	2:09.8	2:12.6	2:23.6	2:11.5	2:11.4	2:13.0	2:14.0	2:14.3	2:14.4	2:37.2	2:14.6	2:14.5	2:17.3	2:16.0	2:19.0	2:17.7
loper 10km 4	10km4	1:01:26	2:18.0	2:20.8	2:51.2	2:19.6	2:20.5	2:21.2	2:21.4	2:20.0	2:22.4	2:22.2	2:21.7	2:22.4	2:21.8	2:24.7	2:27.1	2:47.3	2:29.4	2:26.7	2:31.5	2:32.5	2:31.1	2:31.7	2:33.2	2:35.0	2:32.5
Running Mates	42kmT	3:53:11	1:03.2	2:04.5	2:05.9	2:06.8	2:06.1	1:56.3																			
loper 10km 1	10km1	0:54:54	2:09.6	2:10.1	2:07.5	2:10.2	2:12.4	2:13.0	2:11.1	2:11.0	2:13.7	2:14.3	2:12.2	2:13.0	2:12.8	2:12.7	2:12.5	2:13.5	2:15.9	2:14.9	2:12.7	2:11.4	2:13.4	2:14.2	2:11.5	2:11.2	1:59.2
loper 10km 2	10km2	0:57:56	2:10.0	2:16.2	2:18.9	2:19.3	2:19.0	2:18.3	2:17.9	2:18.6	2:17.3	2:18.6	2:19.5	2:18.6	2:19.3	2:19.7	2:20.9	2:19.7	2:20.0	2:21.0	2:23.3	2:21.8	2:20.7	2:21.8	2:22.3	2:19.0	2:14.6
loper 10km 3	10km3	0:54:27	2:01.8	2:02.9	2:06.2	2:06.8	2:08.1	2:07.5	2:10.9	2:12.2	2:09.2	2:10.2	2:09.8	2:09.8	2:10.5	2:11.1	2:12.6	2:11.2	2:13.4	2:14.8	2:10.8	2:13.3	2:13.4	2:14.7	2:14.9	2:15.3	2:15.2
loper 10km 4	10km4	0:54:32	2:10.5	2:12.4	2:10.4	2:10.7	2:12.3	2:10.2	2:13.8	2:08.6	2:10.0	2:09.9	2:10.3	2:11.2	2:15.0	2:12.1	2:12.0	2:11.7	2:09.5	2:09.6	2:11.8	2:10.8	2:11.5	2:12.3	2:12.5	2:11.8	2:00.8
Maurice Henssen	42kml	3:54:59	1:10.4	2:07.3	2:07.1	2:03.8	2:06.2	2:07.9																			
loper 10km 1	10km1	0:53:05	2:08.8	2:05.5	2:07.5	2:05.8	2:08.0	2:06.2	2:07.8	2:07.9	2:06.6	2:07.0	2:06.8	2:09.1	2:09.8	2:06.8	2:06.3	2:06.2	2:07.7	2:07.3	2:06.7	2:08.4	2:07.4	2:08.6	2:07.5	2:08.2	
loper 10km 2	10km2	0:55:08	2:07.9	2:07.1	2:07.3	2:06.6	2:08.4	2:08.0	2:06.8	2:07.9	2:07.8	2:07.2	4:18.4	2:06.4	2:05.8	2:05.9	2:04.4	2:06.1	2:07.2	2:08.2	2:07.8	2:05.9	2:07.4	2:08.3	2:07.7	2:06.9	2:07.0
loper 10km 3	10km3	0:56:50	2:08.9	2:07.6	2:07.9	2:07.9	2:07.8	2:07.8	2:10.9	2:07.8	2:08.9	2:07.9	3:39.3	2:09.2	2:08.3	2:07.7	2:08.4	2:08.1	2:08.6	2:09.6	2:09.1	3:47.5	2:09.5	2:08.8	2:10.3	2:09.8	2:11.7
loper 10km 4	10km4	0:58:13	2:10.4	2:10.6	2:11.9	2:11.9	2:13.2	4:02.3	2:11.8	2:09.4	2:11.0	2:09.8	2:17.8	2:11.9	2:12.5	2:13.3	2:14.4	2:11.8	2:46.2	2:13.9	2:14.2	2:16.1	2:18.6	2:35.6	2:18.8	2:15.3	2:10.8
Bennie de Vries	42kml	3:57:35	1:05.9	2:11.9	2:10.2	2:08.9	2:08.9	2:04.2																			
loper 10km 1	10km1	0:56:04	2:11.2	2:10.1	2:12.3	2:13.7	2:15.9	2:12.8	2:14.6	2:14.2	2:14.7	2:13.0	2:15.1	2:15.9	2:16.3	2:17.1	2:15.5	2:12.8	2:15.7	2:16.0	2:14.7	2:12.9	2:16.0	2:16.2	2:15.4	2:15.1	2:16.4
loper 10km 2	10km2	0:56:35	2:17.3	2:15.9	2:15.0	2:15.1	2:16.2	2:15.5	2:16.1	2:15.0	2:14.9	2:14.5	2:16.6	2:15.9	2:15.3	2:17.3	2:17.9	2:17.4	2:17.2	2:13.4	2:15.5	2:18.1	2:15.4	2:15.5	2:12.4	2:15.9	2:16.2
loper 10km 3	10km3	0:57:11	2:16.7	2:15.1	2:17.8	2:17.0	2:16.2	2:18.9	2:18.0	2:18.5	2:17.0	2:18.7	2:17.6	2:18.1	2:18.0	2:19.2	2:15.9	2:15.8	2:16.0	2:15.1	2:17.3	2:15.6	2:15.9	2:17.0	2:22.9	2:15.0	2:17.4
loper 10km 4	10km4	0:55:56	2:16.0	2:15.1	2:14.3	2:15.1	2:15.6	2:15.5	2:16.0	2:15.1	2:15.3	2:13.9	2:15.8	2:14.1	2:13.3	2:15.9	2:14.0	2:21.5	2:13.8	2:15.1	2:14.9	2:15.9	2:13.0	2:11.6	2:11.6	2:06.6	2:07.0
Jan Albert van Laar	42kml	3:58:57	0:53.5	1:48.9	1:50.0	1:52.2	1:50.6	1:53.5																			
loper 10km 1	10km1	0:47:24	1:54.9	1:53.5	1:53.3	1:53.4	1:54.5	1:55.4	1:52.0	1:52.5	1:50.6	1:54.3	1:52.7	1:52.2	1:53.3	1:52.4	1:55.4	1:53.8	1:53.4	1:52.7	1:53.4	1:52.7	1:54.3	1:56.0	1:54.8	1:56.3	1:56.9
loper 10km 2	10km2	0:50:57	1:55.6	1:56.7	2:06.4	2:04.8	1:56.8	1:56.5	1:57.7	1:56.8	1:58.2	2:03.2	1:58.4	2:03.5	1:59.6	2:01.3	2:00.9	1:59.1	2:00.2	1:59.0	2:00.7	2:05.7	2:27.4	2:02.0	2:00.6	2:13.8	2:12.2
loper 10km 3	10km3	1:02:13	2:29.8	2:24.1	2:18.3	2:15.5	2:23.2	3:22.9	2:13.6	2:13.3	2:15.6	2:30.9	2:16.3	2:42.6	2:17.7	2:18.2	2:18.1	2:21.2	2:22.5	2:44.5	2:42.1	2:38.6	2:13.1	2:19.2	2:21.7	3:49.0	2:21.3
loper 10km 4	10km4	1:08:13	2:20.1	2:34.5	4:22.8	2:23.4	2:22.4	2:21.0	2:30.7	2:39.1	3:20.5	2:27.8	2:33.6	2:29.0	2:32.5	3:21.7	2:26.2	2:29.9	2:31.4	3:08.4	3:33.0	2:26.1	2:40.8	2:29.3	3:03.8	2:37.5	2:27.9
Michael Eversden	42kml	4:08:07	1:00.4	1:59.5	2:01.1	2:02.6	2:05.3	2:04.7																			
loper 10km 1	10km1	0:53:09	2:05.9	2:06.2	2:06.0	2:05.0	2:05.4	2:07.5	2:09.7	2:05.4	2:06.2	2:11.1	2:06.9	2:04.8	2:08.2	2:10.4	2:09.2	2:06.4	2:03.9	2:08.4	2:09.4	2:12.4	2:12.7	2:06.5	2:06.0	2:06.7	2:08.9
loper 10km 2	10km2	0:54:54	2:11.5	2:10.5	2:09.1	2:06.5	2:10.4	2:14.4	2:14.6	2:13.4	2:08.8	2:10.2	2:09.0	2:11.1	2:13.9	2:06.8	2:16.2	2:10.9	2:14.4	2:15.3	2:14.7	2:12.5	2:14.0	2:07.2	2:13.1	2:10.6	2:15.2
loper 10km 3	10km3	1:00:34	2:15.5	2:16.5	2:23.3	2:25.3	2:17.3	2:22.8	2:16.8																		

Naam	Categorie	Tijd	lap1	lap2	lap3	lap4	lap5	lap6	lap7	lap8	lap9	lap10	lap11	lap12	lap13	lap14	lap15	lap16	lap17	lap18	lap19	lap20	lap21	lap22	lap23	lap24	lap25
Cees Dijkstra	42kml	4:15:34	1:07.8	2:21.9	2:19.4	2:18.9	2:19.4	2:21.6																			
loper 10km 1	10km1	0:59:37	2:21.8	2:22.9	2:21.7	2:20.4	2:20.7	2:22.7	2:23.6	2:22.8	2:23.2	2:29.1	2:20.5	2:22.8	2:22.9	2:22.9	2:24.7	2:23.3	2:23.8	2:25.0	2:23.3	2:21.8	2:21.0	2:21.0	2:24.4	2:28.7	2:22.3
loper 10km 2	10km2	1:01:47	2:24.5	2:24.7	2:25.3	2:21.7	2:22.3	2:22.7	2:24.0	2:21.3	3:54.2	2:21.7	2:22.0	2:23.1	2:22.9	2:23.2	2:22.7	2:20.4	2:20.9	2:23.1	2:23.4	2:23.5	3:15.6	2:23.0	2:19.6	2:19.9	2:21.7
loper 10km 3	10km3	0:59:54	2:21.2	2:21.1	2:22.1	2:21.8	2:19.5	2:20.3	2:20.6	2:28.9	2:15.8	2:19.6	2:19.7	2:21.3	2:16.6	2:23.3	2:25.3	2:22.5	2:26.1	2:26.7	2:23.8	2:24.4	2:51.9	2:27.2	2:25.4	2:23.7	2:25.6
loper 10km 4	10km4	1:01:26	2:23.6	2:23.9	2:23.6	2:24.9	2:25.5	2:25.9	2:26.5	2:29.1	2:24.2	2:29.4	2:26.6	2:24.4	2:28.8	2:29.8	2:30.0	2:31.5	2:29.4	2:29.4	2:27.3	2:31.0	2:31.1	2:27.6	2:27.9	2:31.1	2:23.8
Mark Duinkerken	42kml	4:17:59	2:25.4	2:14.9	2:08.5	2:08.4	2:07.9	2:11.7																			
loper 10km 1	10km1	0:55:13	2:10.9	2:11.4	2:12.8	2:12.3	2:09.9	2:12.1	2:10.0	2:13.0	2:10.9	2:15.2	2:14.6	2:26.6	2:11.2	2:11.8	2:11.6	2:12.0	2:11.3	2:13.6	2:11.1	2:12.9	2:17.8	2:10.1	2:11.1	2:09.7	2:09.2
loper 10km 2	10km2	0:55:41	2:15.0	2:12.0	2:10.4	2:09.2	2:10.6	3:11.9	2:09.7	2:11.0	2:10.2	2:10.9	2:10.9	2:11.4	2:06.9	2:08.8	2:09.0	2:11.1	2:11.0	2:10.5	2:12.3	2:09.4	2:11.6	2:11.6	2:10.9	2:10.7	2:24.1
loper 10km 3	10km3	0:56:03	2:31.2	2:06.9	2:10.7	2:10.4	2:09.6	2:09.9	2:12.5	2:12.3	2:09.5	2:12.0	2:12.5	2:12.2	2:14.4	2:15.7	2:12.8	2:13.9	2:13.6	2:15.3	2:13.8	2:09.6	2:12.8	2:12.6	2:09.7	2:12.7	2:31.4
loper 10km 4	10km4	0:57:17	2:31.8	2:11.4	2:11.6	2:14.3	2:12.8	2:12.6	2:15.2	2:16.2	2:17.2	2:15.9	2:13.9	2:17.5	2:16.4	2:17.7	2:20.9	2:19.1	2:16.5	2:17.8	2:19.4	2:22.2	2:20.1	2:23.3	2:22.8	2:22.7	2:07.3
Geert Brouwer	42kml	4:29:55	1:04.7	2:01.2	2:00.5	2:01.0	2:03.3	2:04.2																			
loper 10km 1	10km1	0:53:59	2:05.8	2:05.3	2:05.4	2:06.1	2:05.6	2:06.0	2:03.9	2:04.9	2:06.1	2:05.6	2:03.8	2:07.5	2:05.6	2:11.9	2:13.3	2:12.9	2:15.2	2:13.6	2:14.3	2:16.2	2:14.9	2:14.0	2:13.7	2:13.1	2:14.2
loper 10km 2	10km2	0:56:35	2:11.8	2:14.9	2:14.9	2:15.3	2:17.0	2:14.7	2:15.6	2:12.3	2:16.2	2:16.6	2:17.1	2:16.8	2:17.5	2:17.1	2:18.4	2:15.4	2:15.6	2:16.6	2:15.4	2:16.6	2:18.0	2:16.5	2:15.1	2:15.2	2:14.7
loper 10km 3	10km3	1:11:34	2:15.2	3:01.6	9:16.5	2:13.8	2:16.3	2:16.2	2:25.2	2:18.2	2:18.5	2:17.2	2:19.2	3:38.8	2:21.6	2:32.4	2:45.4	2:40.6	2:26.9	3:10.5	2:36.1	2:40.3	2:39.1	3:21.5	2:32.6	2:41.6	2:28.4
loper 10km 4	10km4	1:16:33	4:17.9	2:27.8	2:33.2	3:15.0	2:51.0	2:45.1	2:49.9	3:02.7	2:55.7	2:53.4	3:07.1	2:46.9	2:46.1	2:50.9	2:46.8	4:03.2	2:35.2	3:04.3	2:55.2	3:06.8	3:12.3	3:25.8	2:56.4	3:28.3	3:35.8
Egbert van Dijk	42kml	4:31:11	1:17.7	2:29.4	2:27.0	2:25.2	2:27.2	2:27.4																			
loper 10km 1	10km1	1:04:37	2:31.1	2:26.6	2:28.7	2:30.2	2:30.9	2:33.3	2:33.4	2:33.3	2:32.5	2:34.4	2:35.3	3:44.5	2:35.5	2:33.9	2:31.7	2:32.9	2:33.5	2:32.7	2:32.8	2:33.1	2:32.8	2:31.7	2:30.3	2:30.7	2:31.8
loper 10km 2	10km2	1:04:14	3:12.4	2:30.9	2:27.5	2:29.0	2:29.9	2:29.0	2:27.0	2:28.4	2:32.3	2:30.1	2:30.2	2:31.7	2:33.9	2:32.6	2:28.2	3:37.4	2:32.5	2:30.0	2:27.5	2:30.7	2:27.3	2:29.1	2:28.1	2:28.6	2:29.6
loper 10km 3	10km3	1:04:40	2:28.8	2:28.2	2:28.6	2:27.7	2:24.9	3:49.3	2:25.2	2:25.5	2:22.9	2:25.7	2:25.5	2:23.2	2:22.6	2:25.2	2:22.9	2:27.5	2:23.4	2:22.2	2:22.4	2:27.0	4:49.2	2:30.9	2:28.6	2:27.3	2:33.1
loper 10km 4	10km4	1:04:03	2:32.4	2:35.7	2:32.0	2:31.9	2:34.7	2:30.8	2:30.6	2:31.4	2:31.7	2:31.2	4:41.8	2:29.6	2:26.5	2:26.8	2:25.3	2:25.7	2:25.4	2:24.2	2:24.2	2:22.9	2:23.0	2:28.5	2:27.3	2:23.9	2:25.3
Henk Meijer	42kml	4:32:56	1:16.4	2:22.2	2:23.8	2:23.5	2:19.7	2:16.7																			
loper 10km 1	10km1	0:57:53	2:15.4	2:17.8	2:19.9	2:18.1	2:20.2	2:19.4	2:19.1	2:16.4	2:17.8	2:19.2	2:19.3	2:18.6	2:19.3	2:18.9	2:19.7	2:21.3	2:17.9	2:20.4	2:20.5	2:21.2	2:19.3	2:18.8	2:18.3	2:17.4	2:18.9
loper 10km 2	10km2	0:59:46	2:21.4	2:20.5	2:20.4	2:19.1	2:18.0	2:19.3	2:20.9	2:20.8	2:21.4	2:20.1	2:20.6	2:50.0	2:20.2	2:21.7	2:22.7	2:22.4	2:24.8	2:23.6	2:24.3	2:23.4	2:25.9	2:25.4	2:25.2	2:26.4	2:27.2
loper 10km 3	10km3	1:08:43	2:30.9	2:27.7	2:30.1	2:28.8	2:29.4	3:31.8	2:31.2	2:32.5	2:33.9	2:32.6	2:33.1	3:07.0	2:33.0	2:32.2	2:34.1	5:00.2	2:33.9	2:35.9	2:36.4	2:57.8	2:32.4	2:34.2	3:14.9	2:33.8	2:35.8
loper 10km 4	10km4	1:13:32	2:35.6	2:36.0	2:38.8	2:41.7	4:21.9	2:34.7	2:39.2	2:38.5	2:51.7	2:35.2	2:41.0	3:39.7	2:34.6	3:19.6	2:37.4	4:52.7	2:55.6	2:44.7	2:59.3	2:42.3	2:49.8	3:13.3	2:39.1	2:56.7	2:32.7
L Wymenga	42kml	4:47:40	1:13.5	2:24.6	2:24.6	2:24.1	2:26.4	2:25.8																			
loper 10km 1	10km1	1:01:25	2:25.0	2:24.3	2:25.8	2:28.2	2:28.1	2:26.4	2:27.2	2:27.5	2:26.7	2:27.2	2:28.3	2:27.0	2:30.1	2:28.6	2:30.6	2:28.9	2:25.3	2:28.5	2:26.9	2:25.7	2:29.3	2:25.3	2:28.9	2:26.4	2:29.2
loper 10km 2	10km2	1:03:57	2:29.3	2:30.9	2:31.0	2:32.1	2:29.2	2:28.8	2:29.7	2:32.2	2:26.8	2:30.9	2:30.7	2:28.7	2:29.8	2:27.1	2:32.1	2:32.6	2:32.6	2:31.5	2:42.2	2:39.2	2:41.2	2:41.7	2:39.3	2:42.5	2:45.1
loper 10km 3	10km3	1:12:18	2:38.9	2:42.0	2:41.3	2:43.4	2:46.6	2:46.6	2:47.8	2:47.0	2:50.6	2:46.6	2:54.1	2:54.6	2:54.8	2:53.5	2:56.8	3:18.1	2:53.2	2:52.2	2:57.0	2:53.2	2:59.8	3:02.4	3:06.7	3:03.6	3:07.7
loper 10km 4	10km4	1:16:40	3:59.2	2:58.8	3:07.4	3:13.1	3:06.1	3:13.0	3:17.4	3:17.3	3:15.4	3:10.2	3:04.9	2:54.7	2:54.8	2:55.3	2:55.2	2:49.3	2:58.7	3:00.1	2:48.0	2:49.7	2:55.5	2:58.2	3:03.8	3:00.8	2:53.2
Wieger Vreeke	42kml	3:08:39	0:54.6	1:57.4	1:59.1	1:57.9	1:56.8	1:59.1																			
loper 10km 1	10km1	0:49:45	1:59.2	1:59.9	1:57.7	1:57.9	2:00.4	1:59.7	2:00.1	1:59.6	1:58.7	1:58.9	1:58.7	1:59.7	1:59.9	2:00.0	2:00.3	1:58.9	1:59.8	1:59.9	1:59.5	1:58.8	1:59.8	1:58.4	2:00.9	1:59.9	1:58.1
loper 10km 2	10km2	0:50:35	2:00.1	2:01.9	2:00.7	1:59.2	2:00.2	1:59.9	2:00.1	2:00.1	2:01.9	2:00.1	1:59.8	2:00.1	2:01.0	2:01.1	2:01.8	2:00.1	2:00.5	2:01.6	2:02.1	2:03.8	2:02.3	2:04.0	2:03.7	2:04.0	2:05.1
loper 10km 3	10km3	1:00:24	2:07.0	2:12.4	2:38.9	2:09.9	2:12.4	2:11.2	2:10.4	2:11.8	2:15.4	2:17.5	2:18.1	2:20.1	2:21.3	2:36.7	2:26.0	2:24.4	2:26.9	2:29.1	2:33.9	2:35.8	2:35.7	2:39.5	2:45.5	2:43.9	2:40.4
Alex Jager	42kml	3:24:57	1:04.9	2:05.7	2:05.7	2:06.3	2:09.2	2:11.8																			
loper 10km 1	10km1	0:56:06	2:15.8	2:14.1	2:12.3	2:13.5	2:15.2	2:29.4	2:11.3	2:11.5	2:12.1	2:12.0	2:11.9	2:12.3	2:15.4	2:14.4	2:13.3	2:18.5	2:14.6	2:16.0	2:14.9	2:13.8	2:16.1	2:16.2	2:14.3	2:14.7	2:12.3
loper 10km 2	10km2	0:56:09	2:13.4	2:12.8	2:14.4	2:13.4	2:14.6	2:13.4	2:13.0	2:14.3	2:12.7	2:12.0	2:15.2	2:14.0	2:12.7	2:11.2	2:14.2	2:20.3	2:14.1	2:11.8	2:14.8	2:13.6	2:15.4	2:14.9	2:18.8	2:27.8	2:15.9
loper 10km 3	10km3	1:11:34	2:17.8	2:18.0	2:18.6	2:33.1	2:24.6	2:21.0	2:22.3	2:25.1	2:24.4	2:38.1	2:28.3	2:27.1	3:24.4	3:11.8	2:32.4	3:07.9	3:23.9	3:03.4	2:41.8	3:08.9	3:02.2	4:04.8	2:59.4	3:56.2	3:58.4
Jaap van Dekken	42kml	3:21:58	1:16.0	2:24.1	2:22.6	2:22.1	2:22.8	2:23.4																			

Naam	Categorie	Tijd	lap1	lap2	lap3	lap4	lap5	lap6	lap7	lap8	lap9	lap10	lap11	lap12	lap13	lap14	lap15	lap16	lap17	lap18	lap19	lap20	lap21	lap22	lap23	lap24	lap25
Marianne Hoekstra	42kmV	3:02:12	1:08.9	4:27.2	2:17.2	2:17.5	2:15.8	2:16.4																			
loper 10km 1	10km1	0:57:12	2:17.6	2:17.3	2:14.6	2:10.8	2:10.5	2:12.8	2:15.4	2:16.6	2:15.3	2:14.9	2:17.1	2:14.7	2:18.2	2:18.0	2:18.5	2:19.5	2:21.6	2:18.9	2:20.3	2:17.9	2:25.3	2:18.1	2:17.6	2:19.5	2:20.6
loper 10km 2	10km2	1:00:22	3:31.5	2:13.6	2:19.2	2:16.5	2:19.9	2:15.9	2:17.8	2:16.1	2:16.4	2:45.6	2:16.9	2:19.3	2:20.4	2:22.1	2:22.9	2:22.1	2:21.9	2:22.7	2:24.6	2:25.3	2:25.3	2:26.0	2:25.5	2:24.3	2:29.8
loper 10km 3	10km3	0:49:56	2:29.9	2:29.7	2:38.1	2:28.7	2:29.4	2:27.2	2:26.3	2:26.9	2:29.5	2:29.6	2:28.4	2:46.6	2:29.6	2:30.2	2:28.0	2:29.7	2:30.2	2:31.0	2:30.0	2:17.7	0:00.0	0:00.0	0:00.0	0:00.0	0:00.0
Peter Stokje	42kml	3:06:02	1:07.3	2:16.2	2:14.6	2:14.6	2:12.2	2:12.2																			
loper 10km 1	10km1	0:57:05	2:14.4	2:13.4	2:10.6	2:13.7	2:15.2	2:17.8	2:17.5	2:16.0	2:16.3	2:14.8	2:16.2	2:15.9	2:16.2	2:14.8	2:18.7	2:26.8	2:18.6	2:18.8	2:19.3	2:19.1	2:18.7	2:17.6	2:17.3	2:18.7	2:18.5
loper 10km 2	10km2	1:00:43	2:17.0	2:18.6	2:18.1	2:18.4	2:18.7	2:18.6	2:32.4	2:19.6	2:18.7	2:19.0	2:18.6	2:19.4	2:20.1	3:03.2	2:27.0	2:27.3	2:24.8	2:31.8	2:24.3	2:33.9	2:23.9	2:23.2	2:57.5	2:23.9	2:25.0
Jacob Visser	42kml	2:59:27	1:12.7	2:30.1	2:26.9	2:28.9	2:28.9	2:31.0																			
loper 10km 1	10km1	1:03:32	2:31.4	2:29.7	2:29.1	2:28.4	2:32.1	2:31.6	2:31.9	2:31.4	2:33.1	2:32.3	2:29.6	2:32.7	2:33.7	2:32.8	2:32.1	2:33.9	2:35.8	2:31.0	2:35.4	2:33.9	2:34.3	2:32.9	2:32.6	2:38.0	2:32.5
loper 10km 2	10km2	1:07:33	2:35.9	2:37.6	2:36.2	2:37.9	2:34.8	2:35.8	2:35.1	2:37.5	2:37.3	2:57.9	2:35.4	2:35.3	2:35.1	2:38.5	2:36.1	2:38.3	3:35.6	2:37.2	2:35.0	2:39.8	2:41.0	3:15.0	2:37.1	2:48.7	2:38.4
Jan van der Vaart	42kml	2:59:40	1:07.3	2:16.3	2:17.3	2:19.9	2:19.7	2:21.4																			
loper 10km 1	10km1	1:00:39	2:21.8	2:20.3	2:23.3	2:21.8	2:23.0	2:24.1	2:25.0	2:24.4	2:26.0	2:25.3	2:24.2	2:35.8	2:23.8	2:25.3	2:24.8	2:23.9	2:25.4	2:27.8	2:25.7	2:27.4	2:26.3	2:28.3	2:29.2	2:27.2	2:29.4
loper 10km 2	10km2	1:04:27	2:44.6	2:24.2	2:25.0	2:24.9	2:22.8	2:25.2	2:26.8	2:28.7	2:28.2	2:27.2	2:46.2	2:30.8	2:31.5	2:32.0	2:32.2	2:33.2	3:15.0	2:31.0	2:29.7	2:30.3	3:17.8	2:32.6	2:35.1	2:37.9	2:34.3
Ria Lasker	42kmV	2:38:53	0:00.0	2:07.6	2:05.1	2:07.4	2:07.4	2:06.5																			
loper 10km 1	10km1	0:54:58	2:07.0	2:09.3	2:06.6	2:07.1	2:09.7	2:07.4	2:08.2	2:09.6	2:10.9	2:08.1	2:08.2	2:10.7	2:12.2	2:11.7	2:13.0	2:13.9	2:17.4	2:17.7	2:15.2	2:16.0	2:15.8	2:16.3	2:15.6	2:15.7	2:15.0
loper 10km 2	10km2	1:00:27	2:12.1	2:15.5	2:15.5	2:16.2	2:18.7	2:17.4	2:17.6	2:18.1	2:17.6	2:26.7	2:17.7	2:17.1	2:20.6	2:21.4	2:22.0	2:21.2	2:31.5	2:22.2	2:24.7	2:51.3	2:23.6	2:35.6	2:36.3	3:02.7	2:43.6
Bert Bergsma	42kml	2:22:28	1:09.1	2:15.8	2:13.7	2:15.0	2:14.8	2:15.2																			
loper 10km 1	10km1	0:55:23	2:14.5	2:15.2	2:13.3	2:13.3	2:12.8	2:14.3	2:14.9	2:14.0	2:12.3	2:14.5	2:12.0	2:12.2	2:14.8	2:14.1	2:11.6	2:09.3	2:12.2	2:10.7	2:11.9	2:12.5	2:12.2	2:13.7	2:12.8	2:11.1	2:13.0
loper 10km 2	10km2	0:56:23	2:13.7	2:12.7	2:14.6	2:14.0	2:13.8	2:13.1	2:19.2	2:18.6	2:13.9	2:13.7	2:15.1	2:13.9	2:12.8	2:12.3	2:14.2	2:14.0	2:15.5	2:15.9	2:36.5	2:12.4	2:13.9	2:14.0	2:16.1	2:14.4	2:14.9
Menno Fritsma	42kml	2:01:22	0:59.9	1:49.2	1:48.4	1:47.9	1:45.3	1:47.9																			
loper 10km 1	10km1	0:46:32	1:50.4	1:50.2	1:48.4	1:48.2	1:50.0	1:49.4	1:49.8	1:50.4	1:50.5	1:49.7	1:50.0	1:50.4	1:52.6	1:53.3	1:52.2	1:53.9	1:52.5	1:55.2	1:52.6	1:54.0	1:55.6	1:54.3	1:54.0	1:52.7	1:51.8
loper 10km 2	10km2	0:51:08	1:51.9	1:50.4	1:55.0	1:53.0	1:52.9	1:52.5	1:50.4	1:57.0	1:56.1	1:53.2	1:57.7	2:01.0	2:00.1	2:00.0	2:03.9	2:03.8	2:00.0	1:59.2	1:59.8	2:00.4	2:04.9	2:04.6	3:51.2	2:03.9	2:05.3
Wouter Bouw	42kml	2:02:43	0:00.0	2:19.0	2:13.3	2:11.0	2:11.1	2:07.1																			
loper 10km 1	10km1	0:55:10	2:07.5	2:08.3	2:09.4	2:09.8	2:09.8	2:08.9	2:12.2	2:13.7	2:15.3	2:14.5	2:12.5	2:15.2	2:16.1	2:18.1	2:14.8	2:13.1	2:14.7	2:16.3	2:14.4	2:09.3	2:10.4	2:11.7	2:10.0	2:12.0	2:12.2
loper 10km 2	10km2	0:55:16	2:14.0	2:15.4	2:15.3	2:16.0	2:16.4	2:13.6	2:13.4	2:16.9	2:16.1	2:16.8	2:10.0	2:09.9	2:10.5	2:08.8	2:12.0	2:09.8	2:11.3	2:12.3	2:09.5	2:13.7	2:13.3	2:10.1	2:14.2	2:11.5	2:04.9
Robert Jan Eggens	42kml	1:47:13	1:14.9	2:23.8	2:16.8	2:15.7	2:15.6	2:08.3																			
loper 10km 1	10km1	0:57:35	2:12.6	2:06.6	2:08.2	2:14.7	2:08.3	2:13.5	2:09.9	2:13.2	2:17.7	2:17.0	2:23.1	2:16.0	2:11.1	2:19.6	2:18.3	2:20.4	2:21.3	3:25.7	2:20.6	2:17.2	2:17.3	2:15.7	2:15.8	2:17.2	2:14.8
loper 10km 2	10km2	0:37:02	2:17.5	2:22.6	2:25.1	2:24.6	2:20.4	2:24.8	2:12.8	2:17.1	2:14.2	2:15.5	2:16.5	2:14.3	2:21.5	2:14.8	2:19.4	2:21.3	0:00.0	0:00.0	0:00.0	0:00.0	0:00.0	0:00.0	0:00.0	0:00.0	0:00.0
Joni van Loon	42kml	1:33:54	0:53.9	1:54.4	1:57.2	1:55.8	1:59.4	1:55.9																			
loper 10km 1	10km1	0:53:07	1:58.9	2:02.5	1:58.1	2:01.6	2:02.5	2:02.2	2:03.2	2:00.4	2:00.6	2:05.3	2:01.5	2:00.8	2:01.9	2:03.6	2:03.8	2:05.2	2:04.8	2:34.2	2:08.1	2:08.8	2:10.2	2:10.0	2:10.9	2:08.5	2:58.6
Anton Slagers	42kml	1:12:57	0:00.0	1:52.7	1:56.9	1:56.1	1:57.0	1:54.1																			
loper 10km 1	10km1	0:47:19	1:52.1	1:52.8	1:52.7	1:52.3	1:53.7	1:54.3	1:53.2	1:54.3	1:54.0	1:54.2	1:54.8	1:54.9	1:54.2	1:52.0	1:53.2	1:53.8	1:55.0	1:52.6	1:52.2	1:55.3	1:52.9	1:53.1	1:54.5	1:54.5	1:51.6