



DIOS Lenteloop
Zaterdag 18 mei 2024
Voorlopige uitslag 10 km



| Nr. | Startnr | Naam | Vereniging/Woonplts | Cat | 1ste ronde | 2e ronde | Netto | Bruto |
|-----|---------|------------------------|---------------------|-------|------------|----------|-------|-------|
| 1 | 532 | Nixon Fernandes | Poortugaal | 10HS | 16:02 | 16:49 | 32:51 | 32:51 |
| 2 | 798 | Robin Kuiper | Delft | 10HS | 16:57 | 17:21 | 34:18 | 34:19 |
| 3 | 930 | Tjerk Veenman | Rotterdam | 10HS | 17:09 | 17:34 | | 34:43 |
| 4 | 897 | Patrick Kwist | Rotterdam | 10H50 | 17:16 | 17:27 | 34:43 | 34:44 |
| 5 | 918 | Erwin Sparreboom | Hoek van Holland | 10H50 | 17:46 | 18:03 | 35:49 | 35:50 |
| 6 | 864 | Stefan Bloemendaal | s-Gravenhage | 10HS | 18:24 | 18:44 | 37:08 | 37:09 |
| 7 | 938 | Niels van der Wekken | Delft | 10HS | 18:26 | 18:47 | 37:13 | 37:15 |
| 8 | 1020 | Puck Pentenga | Delft | 10DS | 18:26 | 18:48 | 37:14 | 37:16 |
| 9 | 1037 | Rose Enthoven | s-Gravenhage | 10DS | 18:25 | 18:51 | 37:17 | 37:18 |
| 10 | 476 | Henk Bom | Naaldwijk | 10HS | 18:38 | 19:37 | 38:15 | 38:17 |
| 11 | 914 | Marc Rotsaert | Schiedam | 10HS | 18:55 | 19:23 | 38:19 | 38:20 |
| 12 | 920 | Marvin van Spronsen | Naaldwijk | 10HS | 18:55 | 19:42 | 38:37 | 38:40 |
| 13 | 860 | Harm van Berkel | Maasland | 10HS | 19:13 | 19:50 | 39:03 | 39:05 |
| 14 | 882 | Wessel Hanemaaijer | De Lier | 10HS | 19:26 | 19:55 | 39:21 | 39:23 |
| 15 | 838 | Vincent Tas | Pijnacker | 10HS | 18:41 | 20:47 | 39:28 | 39:29 |
| 16 | 916 | Leon Sleurink | Wateringen | 10HS | 18:57 | 20:45 | 39:42 | 39:43 |
| 17 | 831 | Kaey van Rij | Rhoon | 10HS | 19:30 | 20:17 | 39:47 | 39:49 |
| 18 | 844 | Alexander Voogt | Delft | 10HS | 19:42 | 20:06 | 39:48 | 39:51 |
| 19 | 852 | Bastiaan Zwinkels | Poeldijk | 10HS | 20:02 | 19:45 | 39:47 | 39:52 |
| 20 | 944 | Ben Zwartveld | Monster | 10H50 | 19:46 | 20:05 | 39:51 | 39:54 |
| 21 | 789 | Ties de Jong | Delft | 10HS | 19:29 | 20:44 | 40:13 | 40:14 |
| 22 | 826 | Dylan van Raaij | Naaldwijk | 10HS | 19:38 | 20:35 | 40:13 | 40:15 |
| 23 | 842 | Huub Vijverberg | De Lier | 10HS | 19:12 | 21:08 | 40:20 | 40:21 |
| 24 | 766 | Tom Duijndam | Schipluiden | 10HS | 20:04 | 20:21 | 40:25 | 40:28 |
| 25 | 807 | Richard Lelieveld | Bleiswijk | 10H50 | 20:09 | 20:21 | 40:30 | 40:32 |
| 26 | 907 | Ed Plugge | Maassluis | 10H50 | 19:43 | 20:55 | 40:38 | 40:41 |
| 27 | 759 | Peter Daniels | Bergschenhoek | 10HS | 20:12 | 20:30 | 40:42 | 40:45 |
| 28 | 767 | Mattijs van Dulkenraad | s-Gravenhage | 10H50 | 19:55 | 20:52 | 40:48 | 40:50 |
| 29 | 841 | Erik Veenman | Rijswijk Zh | 10HS | 20:12 | 20:22 | 40:35 | 40:51 |
| 30 | 1203 | Ron v.d. Berg | Maassluis | 10H50 | 20:09 | 20:44 | 40:53 | 40:58 |



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|-----|---------|-----------------------|---------------------|-------|------------|----------|-------|-------|
| 31 | 911 | Joost Rodenrijs | Schipluiden | 10HS | 20:11 | 20:46 | 40:57 | 41:00 |
| 32 | 793 | Stef Kleijweg | Den Hoorn Zh | 10HS | 19:56 | 20:58 | 40:54 | 41:00 |
| 33 | 813 | Matthijs Mostert | Den Hoorn Zh | 10HS | 19:54 | 21:11 | 41:05 | 41:08 |
| 34 | 922 | Matthijs Stijger | Wateringen | 10HS | 20:03 | 21:04 | 41:07 | 41:11 |
| 35 | 225 | Paul Jansen | De Lier | 10HS | 20:27 | 20:41 | 41:08 | 41:12 |
| 36 | 915 | Jelle Sijtema | Delft | 10HS | 20:47 | 20:42 | 41:28 | 41:33 |
| 37 | 908 | Martijn Remmerswaal | Delft | 10HS | 20:18 | 21:11 | 41:29 | 41:33 |
| 38 | 9999 | Richard Lagerweij | Den Haag | 10H50 | 20:15 | 21:20 | 41:36 | 41:37 |
| 39 | 964 | Abe Reurings | Den Hoorn | 10HS | 21:18 | 20:18 | 41:36 | 41:38 |
| 40 | 761 | Rik Dekker | De Lier | 10HS | 20:39 | 20:56 | 41:35 | 41:43 |
| 41 | 1057 | Loes de Boer | Delft | 10D50 | 20:37 | 21:05 | 41:42 | 41:44 |
| 42 | 765 | Jeroen van Druten | Den Hoorn Zh | 10HS | 21:00 | 21:03 | | 42:04 |
| 43 | 1034 | Emma Dekker | Naaldwijk | 10DS | 20:36 | 21:41 | 42:17 | 42:20 |
| 44 | 490 | Jan Hofmeester | Delft | 10H50 | 20:43 | 21:56 | | 42:40 |
| 45 | 768 | Ben van der Eijk | Delft | 10HS | 21:04 | 21:42 | 42:46 | 42:53 |
| 46 | 963 | Raymond Olsthoorn | Monster | 10H50 | 21:26 | 21:35 | 43:00 | 43:08 |
| 47 | 917 | Ralph Smits | Rijswijk Zh | 10HS | 21:33 | 21:33 | 43:06 | 43:08 |
| 48 | 994 | Jeroen Ruigrok | De Lier | 10HS | 21:00 | 22:05 | 43:05 | 43:09 |
| 49 | 910 | Frank de Rijcke | De Lier | 10HS | 21:11 | 21:54 | 43:05 | 43:13 |
| 50 | 1204 | Ruud Kaarsenmaker | Delfgauw | 10H50 | 21:21 | 22:00 | 43:21 | 43:23 |
| 51 | 836 | Anthon Sijsling | Schipluiden | 10HS | 20:32 | 22:32 | 43:03 | 43:25 |
| 52 | 850 | Dirk Zuyderwijk | Honselersdijk | 10HS | 21:18 | 22:03 | 43:21 | 43:26 |
| 53 | 843 | Rob Vijverberg | s-Gravenzande | 10HS | 22:11 | 21:13 | 43:24 | 43:32 |
| 54 | 809 | Martin van der Maarel | Den Hoorn Zh | 10HS | 21:36 | 21:50 | 43:26 | 43:37 |
| 55 | 959 | Sondre Wik | Den Hoorn | 10HS | 21:46 | 21:43 | 43:29 | 43:39 |
| 56 | 889 | Dave de Jong | Poeldijk | 10HS | 21:44 | 22:01 | 43:46 | 43:50 |
| 57 | 815 | Amriet Oemraw | Bergschenhoek | 10H50 | 21:25 | 22:21 | 43:46 | 43:51 |
| 58 | 788 | Jos Huisman | Delfgauw | 10HS | 21:37 | 22:02 | 43:39 | 43:57 |
| 59 | 824 | Finn Persoon | Delft | 10HS | 21:37 | 22:13 | 43:50 | 44:00 |
| 60 | 1045 | Linda Koper | Poeldijk | 10DS | 21:52 | 22:03 | 43:55 | 44:05 |



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| Nr. | Startnr | Naam | Vereniging/Woonplts | Cat | 1ste ronde | 2e ronde | Netto | Bruto |
|-----|---------|------------------------|---------------------|-------|------------|----------|-------|-------|
| 61 | 971 | Justin van Reijssen | Delft | 10HS | 21:04 | 22:52 | 43:56 | 44:12 |
| 62 | 612 | Joost van Ruijven | Naaldwijk | 10HS | 21:17 | 22:53 | 44:10 | 44:14 |
| 63 | 986 | Cas Weverling | Den Hoorn | 10HS | 22:05 | 22:03 | 44:07 | 44:24 |
| 64 | 931 | Jaimy van Veldhooven | De Lier | 10HS | 22:34 | 21:44 | 44:18 | 44:32 |
| 65 | 763 | Eddy Doorschodt | s-Gravenhage | 10H50 | 21:53 | 22:40 | 44:33 | 44:38 |
| 66 | 935 | Marcel Vermeer | De Lier | 10HS | 21:48 | 22:47 | 44:35 | 44:43 |
| 67 | 1019 | Carla Ophorst | Poeldijk | 10D50 | 22:00 | 22:43 | 44:43 | 44:48 |
| 68 | 909 | Koen Rensen | Rijswijk Zh | 10HS | | | | 44:53 |
| 69 | 923 | Harry Suyker | s-Gravenhage | 10H50 | 22:30 | 22:20 | 44:49 | 44:57 |
| 70 | 858 | Maarten Bentvelsen | Delft | 10HS | 21:40 | 23:11 | 44:51 | 45:02 |
| 71 | 888 | Sem Jerphanion | Delft | 10HS | 22:12 | 22:40 | 44:52 | 45:02 |
| 72 | 764 | Ronald Driessen | De Lier | 10H50 | 21:38 | 23:08 | 44:46 | 45:03 |
| 73 | 849 | Kevin Wood | s-Gravenzande | 10HS | 22:19 | 22:39 | 44:58 | 45:05 |
| 74 | 650 | Joey Roessen | Delft | 10DS | 22:42 | 22:25 | | 45:08 |
| 75 | 774 | Sander Greveling | Rijswijk Zh | 10HS | 21:55 | 23:00 | 44:56 | 45:08 |
| 76 | 937 | Loek van Vliet | Rijswijk Zh | 10HS | 21:53 | 22:59 | 44:51 | 45:09 |
| 77 | 795 | Rens van der Knaap | Honselersdijk | 10HS | 22:19 | 22:29 | 44:48 | 45:11 |
| 78 | 775 | Mark Griffioen | Delft | 10HS | 22:37 | 22:21 | 44:58 | 45:15 |
| 79 | 835 | Hans van Schendel | Delft | 10H50 | 22:13 | 22:56 | 45:09 | 45:17 |
| 80 | 861 | Fred van Berkum | Delft | 10H50 | 22:11 | 23:04 | 45:15 | 45:25 |
| 81 | 796 | Willem van der Kooij | Pijnacker | 10H50 | 22:40 | 22:43 | 45:23 | 45:30 |
| 82 | 960 | Ronny Wik | Den Hoorn | 10H50 | 22:50 | 22:32 | 45:22 | 45:31 |
| 83 | 854 | Roel van Adrichem | Den Hoorn Zh | 10HS | 21:26 | 24:10 | 45:37 | 45:41 |
| 84 | 932 | Maurice van Veldhooven | De Lier | 10HS | 21:34 | 23:55 | 45:29 | 45:45 |
| 85 | 800 | Fin ter Laak | Den Hoorn Zh | 10HS | 22:38 | 22:51 | 45:29 | 45:50 |
| 86 | 1015 | Ilona van der Kaaij | s-Gravenzande | 10DS | 22:16 | 23:26 | 45:41 | 45:52 |
| 87 | 288 | Remco van den Bos | s-Gravenzande | 10HS | 22:30 | 23:24 | 45:55 | 46:03 |
| 88 | 862 | Geert Biemans | Delft | 10HS | 22:25 | 23:13 | 45:39 | 46:05 |
| 89 | 954 | Thomas Bles | Delft | 10HS | 22:49 | 23:01 | 45:50 | 46:07 |
| 90 | 946 | Jannis Maljers | Den Hoorn | 10HS | 23:02 | 22:52 | 45:54 | 46:09 |



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|-----|---------|----------------------|---------------------|-------|------------|----------|-------|-------|
| 91 | 845 | Marlon Voorn | s-Gravenhage | 10H50 | 22:36 | 23:37 | 46:13 | 46:16 |
| 92 | 769 | Laurens Elderman | Den Hoorn Zh | 10HS | 22:28 | 23:47 | 46:15 | 46:19 |
| 93 | 817 | Marcel van Oosten | Schipluiden | 10H50 | 22:19 | 23:58 | 46:17 | 46:23 |
| 94 | 945 | Matthijs | Den Hoorn | 10HS | 22:50 | 23:19 | 46:08 | 46:27 |
| 95 | 823 | Nick van Paassen | Den Hoorn Zh | 10HS | | | | 46:28 |
| 96 | 906 | Geoffrey van Paassen | Den Hoorn Zh | 10HS | 22:30 | 23:50 | 46:20 | 46:29 |
| 97 | 780 | Rob van der Helm | Den Hoorn Zh | 10HS | 23:00 | 23:30 | 46:30 | 46:36 |
| 98 | 792 | Devin Kleijweg | De Lier | 10HS | 22:38 | 23:56 | 46:35 | 46:41 |
| 99 | 913 | Bruno Rosch | Delfgauw | 10HS | 23:22 | 23:05 | 46:27 | 46:44 |
| 100 | 939 | Adrie Wenteler | Den Hoorn Zh | 10H50 | 22:59 | 23:35 | 46:35 | 46:44 |
| 101 | 904 | Marijn Ortt | Delft | 10HS | 23:22 | 23:05 | 46:28 | 46:44 |
| 102 | 506 | Edwin Vellekoop | Den Hoorn | 10HS | 22:34 | 24:09 | 46:43 | 46:49 |
| 103 | 867 | Guido Breedveld | Den Hoorn Zh | 10H50 | 23:11 | 23:30 | 46:41 | 46:52 |
| 104 | 1002 | Céline Algra | Den Hoorn Zh | 10DS | 22:35 | 24:14 | 46:49 | 46:53 |
| 105 | 99 | Milan van Geest | Den Hoorn Zh | 10HS | 23:41 | 22:55 | 46:36 | 46:54 |
| 106 | 833 | Peter Sabel | Schiedam | 10H50 | 22:38 | 24:08 | 46:46 | 46:56 |
| 107 | 955 | Leon van Paassen | Den Hoorn | 10HS | | | | 46:56 |
| 108 | 781 | Peter Hendriks | Maassluis | 10H50 | 23:34 | 23:23 | 46:57 | 47:08 |
| 109 | 808 | Jeroen Maaijen | Maasland | 10HS | 22:29 | 24:28 | 46:57 | 47:10 |
| 110 | 803 | Daan Lanser | Rotterdam | 10HS | | | | 47:10 |
| 111 | 900 | Domenico Matera | Delft | 10HS | 23:44 | 23:12 | 46:56 | 47:11 |
| 112 | 968 | Daan Verhoeven | Den Hoorn | 10HS | | | | 47:12 |
| 113 | 874 | Bas Duvé | Den Hoorn Zh | 10HS | 21:42 | 25:19 | 47:01 | 47:14 |
| 114 | 899 | Bastiaan van Loenen | De Lier | 10HS | | | | 47:22 |
| 115 | 1201 | Arie v.d. Berg | Naaldwijk | 10HS | 24:13 | 23:02 | 47:15 | 47:23 |
| 116 | 1035 | Lisa Dekker | Nieuw-Vennep | 10DS | 22:54 | 24:34 | 47:27 | 47:31 |
| 117 | 814 | Alex Nieuwenhuijzen | Heenvliet | 10H50 | 23:13 | 24:09 | 47:22 | 47:32 |
| 118 | 952 | S. Kooij | Den Hoorn | 10HS | 22:59 | 24:15 | 47:14 | 47:33 |
| 119 | 782 | Ralph Hendriks | s-Gravenhage | 10HS | 23:18 | 24:05 | 47:23 | 47:35 |
| 120 | 348 | Jos van der Wick | Naaldwijk | 10HS | 22:44 | 24:45 | 47:29 | 47:36 |



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|-----|---------|-----------------------|---------------------|-------|------------|----------|-------|-------|
| 121 | 875 | Bart Jan van Eijk | Delft | 10HS | 22:39 | 24:52 | 47:31 | 47:40 |
| 122 | 825 | Kees Prins | Sliedrecht | 10HS | 23:41 | 23:55 | 47:36 | 47:41 |
| 123 | 1013 | Augüsta van Hoogdalem | Vlaardingen | 10DS | 23:28 | 24:12 | 47:40 | 47:41 |
| 124 | 757 | Sandor Czegledi | Den Hoorn Zh | 10HS | 23:21 | 24:08 | 47:30 | 47:42 |
| 125 | 966 | Lolke Doevendans | Delft | 10HS | 23:20 | 24:10 | 47:29 | 47:49 |
| 126 | 951 | Dirk van Mil | Den Hoorn | 10HS | 23:41 | 23:45 | 47:26 | 47:50 |
| 127 | 783 | Cor Hoebeke | Delft | 10H50 | 23:28 | 24:15 | 47:43 | 47:51 |
| 128 | 853 | Geert-jan Aafjes | Delft | 10H50 | 23:42 | 24:04 | 47:46 | 47:58 |
| 129 | 1029 | Annebeth Wijtenburg | s-Gravenhage | 10DS | 23:38 | 24:06 | 47:44 | 48:00 |
| 130 | 760 | Tobias Defesche | Rotterdam | 10HS | | | | 48:09 |
| 131 | 756 | Koen Crijs | Wateringen | 10HS | 22:31 | 25:36 | 48:07 | 48:16 |
| 132 | 659 | Arthur Hofland | Naaldwijk | 10H50 | 23:34 | 24:47 | 48:21 | 48:32 |
| 133 | 901 | Wim van der Meer | s-Gravenzande | 10H50 | 23:50 | 24:29 | 48:19 | 48:34 |
| 134 | 806 | Leo van Leeuwen | Den Hoorn Zh | 10H50 | 24:09 | 24:16 | 48:26 | 48:34 |
| 135 | 770 | Mano van der Ende | Den Hoorn Zh | 10HS | 22:39 | 25:48 | 48:26 | 48:47 |
| 136 | 876 | Maarten van der Eijk | Den Hoorn Zh | 10HS | 24:15 | 24:25 | 48:40 | 48:47 |
| 137 | 872 | Pascal van Dijk | De Lier | 10H50 | 23:29 | 25:03 | 48:32 | 48:54 |
| 138 | 497 | Bjarne Harteveld | Den Hoorn | 10HS | 22:33 | 26:08 | 48:41 | 48:59 |
| 139 | 903 | Armand Olsthoorn | Poeldijk | 10HS | 24:31 | 24:05 | 48:36 | 49:03 |
| 140 | 753 | Nasser Berrich | Delft | 10HS | 24:11 | 24:23 | 48:35 | 49:04 |
| 141 | 827 | Jeroen Rampaart | Den Hoorn Zh | 10HS | 23:36 | 25:14 | 48:51 | 49:05 |
| 142 | 762 | Philip van Dongen | Maasland | 10H50 | 24:21 | 24:34 | 48:54 | 49:08 |
| 143 | 799 | Stefan Kuntz | Den Hoorn Zh | 10HS | 24:23 | 24:39 | 49:02 | 49:14 |
| 144 | 820 | Gijs Oppenoorth | Delft | 10HS | 23:15 | 25:46 | 49:01 | 49:17 |
| 145 | 230 | Janna van Zevenbergen | Maassluis | 10DS | 24:08 | 25:04 | 49:12 | 49:19 |
| 146 | 846 | Koos Voskuil | Naaldwijk | 10H50 | 24:17 | 24:54 | 49:11 | 49:24 |
| 147 | 865 | Arjan Boekestijn | Naaldwijk | 10H50 | 24:13 | 25:01 | 49:13 | 49:26 |
| 148 | 967 | Thijs Vlaanderen | Den Hoorn | 10HS | 24:30 | 24:56 | 49:26 | 49:39 |
| 149 | 804 | Bart van Leeuwen | De Lier | 10H50 | 23:27 | 26:09 | 49:35 | 49:47 |
| 150 | 1206 | Wilco van der Meulen | s Gravenzande | 10HS | 24:53 | 24:32 | 49:25 | 49:48 |



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|-----|---------|-----------------------------|---------------------|-------|------------|----------|-------|-------|
| 151 | 1058 | Corina Voorn | Den Hoorn Zh | 10D50 | 23:54 | 25:44 | 49:39 | 49:53 |
| 152 | 794 | Eric Klok | Maassluis | 10H50 | 24:13 | 25:32 | 49:44 | 49:53 |
| 153 | 210 | Ron Stolk | Naaldwijk | 10H50 | 24:55 | 24:35 | 49:30 | 49:56 |
| 154 | 869 | Jasper Cornelissen | Rijswijk Zh | 10HS | 24:26 | 25:11 | 49:37 | 49:58 |
| 155 | 832 | Ferry van Rodijnen | Den Hoorn Zh | 10HS | 24:24 | 25:22 | 49:46 | 49:59 |
| 156 | 822 | Frank van Paassen | Wateringen | 10HS | 24:04 | 25:33 | 49:37 | 50:05 |
| 157 | 488 | Ronald van Marrewijk | Delft | 10HS | 24:03 | 25:58 | 50:00 | 50:18 |
| 158 | 962 | Johan de Gelder | Den Hoorn | 10H50 | 24:04 | 26:10 | 50:14 | 50:20 |
| 159 | 812 | Barry van der Meer | De Lier | 10HS | | | | 50:21 |
| 160 | 1033 | Jacqueline van Broeckhuysen | Delft | 10D50 | 24:35 | 25:26 | 50:02 | 50:22 |
| 161 | 961 | Wesley van Leeuwen | Den Hoorn | 10HS | 24:03 | 26:01 | 50:04 | 50:25 |
| 162 | 970 | Gert-Jan Danenberg | Delft | 10H50 | | | | 50:29 |
| 163 | 1024 | Zané de Roo | De Lier | 10DS | 24:13 | 26:12 | 50:25 | 50:33 |
| 164 | 1200 | Kasper v.d. Berg | Naaldwijk | 10HS | 24:13 | 26:13 | 50:27 | 50:34 |
| 165 | 383 | Bert Zwinkels | Poeldijk | 10H50 | 24:45 | 25:55 | 50:39 | 50:51 |
| 166 | 891 | Marino Kester | Honselersdijk | 10H50 | 24:57 | 25:37 | 50:34 | 50:53 |
| 167 | 857 | Arjan Bakker | Den Hoorn Zh | 10HS | | | | 50:56 |
| 168 | 884 | Jack Helleman | s-Gravenhage | 10HS | 24:56 | 25:34 | 50:30 | 50:57 |
| 169 | 921 | Walter van der Stap | Rijswijk Zh | 10HS | 24:59 | 25:58 | | 50:58 |
| 170 | 1016 | Babette Koppert | Delft | 10DS | 24:42 | 26:04 | 50:47 | 51:03 |
| 171 | 881 | Pierre Groenewegen | s-Gravenzande | 10H50 | 24:22 | 26:30 | 50:52 | 51:16 |
| 172 | 927 | Ramon van der Valk | s-Gravenzande | 10HS | 24:09 | 26:54 | 51:03 | 51:18 |
| 173 | 912 | Paul Roling | Delft | 10HS | 25:27 | 25:46 | 51:13 | 51:28 |
| 174 | 1056 | Brenda Vermeer | Delft | 10DS | 24:44 | 26:41 | 51:25 | 51:33 |
| 175 | 933 | Martin Vellekoop | s-Gravenzande | 10H50 | 25:20 | 25:55 | 51:15 | 51:41 |
| 176 | 870 | Michael Daane | Delft | 10HS | 25:03 | 26:19 | 51:22 | 51:45 |
| 177 | 837 | Jeroen Spaans | s-Gravenzande | 10HS | 24:34 | 27:07 | 51:41 | 51:53 |
| 178 | 965 | Koen Harbers | Delft | 10HS | 25:26 | 26:23 | 51:48 | 51:58 |
| 179 | 1039 | Marcella Hazenbroek | Honselersdijk | 10DS | 24:43 | 27:06 | 51:48 | 52:01 |
| 180 | 902 | Leen Noordam | s-Gravenzande | 10HS | 24:29 | 27:31 | 51:59 | 52:08 |



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|-----|---------|----------------------|---------------------|-------|------------|----------|-------|-------|
| 181 | 801 | Mitch ter Laak | Den Hoorn Zh | 10HS | 25:38 | 26:06 | 51:45 | 52:10 |
| 182 | 987 | Jeffrey Coers | Delft | 10HS | 25:15 | 26:36 | 51:51 | 52:11 |
| 183 | 1208 | Mariska v.d. Heijden | Den Hoorn | 10DS | 25:25 | 26:28 | 51:52 | 52:14 |
| 184 | 890 | Dennis Jonkers | Den Hoorn Zh | 10HS | | | | 52:14 |
| 185 | 1060 | Janneke Gouweleeuw | Den Hoorn | 10DS | 26:11 | 25:49 | 52:00 | 52:15 |
| 186 | 883 | Erwin Hegen | Den Hoorn Zh | 10H50 | 25:59 | 25:57 | 51:56 | 52:21 |
| 187 | 936 | Jan-Willem Verwoerd | Delft | 10H50 | 25:33 | 26:18 | 51:52 | 52:23 |
| 188 | 1025 | Dominique Soldaat | Rijswijk Zh | 10DS | 25:25 | 26:34 | 51:59 | 52:26 |
| 189 | 1012 | Nikki van Herk | De Lier | 10DS | 26:11 | 25:58 | 52:10 | 52:27 |
| 190 | 871 | Willem van Dam | Den Hoorn Zh | 10HS | 25:36 | 26:29 | 52:04 | 52:30 |
| 191 | 856 | Robin van den Assem | Rijswijk Zh | 10HS | 25:03 | 27:19 | 52:22 | 52:41 |
| 192 | 773 | Cors van Greuningen | Rotterdam | 10HS | 25:06 | 27:08 | 52:14 | 52:42 |
| 193 | 990 | Edwin Lasschuit | Den Hoorn | 10H50 | 26:04 | 26:19 | 52:23 | 52:43 |
| 194 | 957 | Gerard van der Meer | Delft | 10H50 | 26:05 | 26:20 | 52:25 | 52:44 |
| 195 | 790 | Marijn Kat | Delft | 10HS | 25:29 | 26:55 | 52:24 | 52:45 |
| 196 | 787 | Dustin Huisman | Den Hoorn Zh | 10HS | 24:52 | 27:53 | 52:44 | 52:49 |
| 197 | 574 | Job hersbach | Den Hoorn | 10HS | 24:13 | 28:19 | 52:33 | 52:50 |
| 198 | 1049 | Indy Pieterse | Delft | 10DS | 25:29 | 27:01 | 52:30 | 52:50 |
| 199 | 751 | Barthjeu Ammerlaan | Nootdorp | 10HS | 24:52 | 27:55 | 52:47 | 52:51 |
| 200 | 956 | Hans Arkesteijn | Delft | 10H50 | 26:05 | 26:28 | 52:33 | 52:52 |
| 201 | 786 | Marc Hondebrink | Den Hoorn Zh | 10HS | 26:05 | 26:23 | 52:28 | 52:53 |
| 202 | 992 | Peter vander Akker | De Lier | 10H50 | 25:53 | 26:37 | 52:31 | 52:55 |
| 203 | 988 | Arjan Willems | Amstelveen | 10HS | 25:26 | 27:08 | 52:34 | 53:03 |
| 204 | 983 | Kees v.d. Ende | Den Hoorn | 10H50 | 24:56 | 27:56 | 52:52 | 53:06 |
| 205 | 873 | Cristian Duijs | Delft | 10HS | 26:07 | 26:56 | 53:02 | 53:12 |
| 206 | 886 | Cas van 't Hoog | Den Hoorn Zh | 10HS | 25:22 | 27:34 | 52:57 | 53:19 |
| 207 | 1018 | Kristina Monster | Barendrecht | 10DS | 25:10 | 28:11 | 53:22 | 53:25 |
| 208 | 925 | Dick Ufkes | s-Gravenhage | 10H50 | 25:33 | 27:42 | 53:15 | 53:25 |
| 209 | 1031 | Milou Biemans | Den Hoorn Zh | 10DS | 25:49 | 27:23 | 53:12 | 53:39 |
| 210 | 1047 | Laura Müller | Leiden | 10DS | 26:13 | 27:01 | 53:15 | 53:41 |



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| Nr. | Startnr | Naam | Vereniging/Woonplts | Cat | 1ste ronde | 2e ronde | Netto | Bruto |
|-----|---------|-------------------------|---------------------|-------|------------|----------|-------|-------|
| 211 | 754 | Geert Bierlaagh | Monster | 10H50 | 24:56 | 28:43 | 53:39 | 53:46 |
| 212 | 777 | Arthur Hagen | Den Hoorn Zh | 10H50 | 25:44 | 27:56 | 53:40 | 54:06 |
| 213 | 1011 | Daphne van Heijningen | Naaldwijk | 10DS | 26:47 | 26:56 | 53:43 | 54:09 |
| 214 | 1052 | Jose Stolze | De Lier | 10D50 | 26:00 | 28:09 | 54:09 | 54:13 |
| 215 | 1003 | Navya Arkesteijn | Kwintsheul | 10DS | 26:15 | 27:32 | 53:48 | 54:14 |
| 216 | 1021 | Irene Pronk | Delft | 10DS | 26:30 | 27:41 | 54:11 | 54:26 |
| 217 | 1051 | Martine Roona | De Lier | 10DS | 26:48 | 27:19 | 54:07 | 54:28 |
| 218 | 828 | Matthijs van der Ree | Maassluis | 10HS | 26:56 | 27:33 | | 54:29 |
| 219 | 940 | Willem Willemsen | s-Gravenzande | 10H50 | 26:18 | 27:54 | 54:12 | 54:32 |
| 220 | 847 | Rinus de Vreede | Den Hoorn Zh | 10H50 | 27:09 | 27:19 | 54:28 | 54:33 |
| 221 | 778 | Tony Halma | Delft | 10HS | 26:32 | 27:36 | 54:09 | 54:38 |
| 222 | 880 | Stan Greveling | Berkel en Rodenrijs | 10HS | 24:41 | 30:06 | 54:47 | 54:53 |
| 223 | 948 | Rob Molenaar | Den Hoorn | 10HS | 26:23 | 28:02 | 54:25 | 54:54 |
| 224 | 1055 | Ria Verboon | Delft | 10D50 | 27:12 | 27:26 | 54:39 | 55:00 |
| 225 | 943 | Roy Wubben | Naaldwijk | 10HS | 27:02 | 27:48 | 54:50 | 55:08 |
| 226 | 1001 | Laura Alberga-Berendsen | Rotterdam | 10DS | 25:44 | 29:37 | 55:21 | 55:27 |
| 227 | 830 | Roel Rietvink | Delft | 10HS | 26:31 | 28:32 | 55:03 | 55:33 |
| 228 | 776 | Arjen Gringhuis | Vlaardingingen | 10H50 | 27:52 | 27:13 | 55:06 | 55:34 |
| 229 | 1036 | Aysun Demir | s-Gravenhage | 10DS | 27:11 | 28:22 | 55:34 | 55:37 |
| 230 | 991 | Oscar Zonneveld | Den Hoorn | 10H50 | 26:48 | 28:36 | 55:24 | 55:43 |
| 231 | 64 | Henry van der Vegt | De Lier | 10D50 | 27:25 | 28:00 | 55:25 | 55:49 |
| 232 | 993 | Roel Helleman | Naaldwijk | 10HS | 26:51 | 28:34 | 55:25 | 55:53 |
| 233 | 929 | Niels van Veen | Delft | 10HS | 26:43 | 29:00 | 55:44 | 56:08 |
| 234 | 805 | Dennis van Leeuwen | De Lier | 10HS | 29:13 | 26:43 | 55:57 | 56:11 |
| 235 | 606 | Roos Schenkeveld | Den Hoorn Zh | 10D50 | 26:43 | 29:20 | 56:03 | 56:19 |
| 236 | 1030 | Belinda van Alphen | Alphen aan den Rijn | 10DS | 27:15 | 28:44 | 55:59 | 56:20 |
| 237 | 926 | Marc Uiterdijk | Rijswijk Zh | 10H50 | 27:51 | 28:03 | 55:54 | 56:25 |
| 238 | 949 | Eduardo Nascimento | Den Hoorn | 10HS | 25:30 | 30:54 | 56:24 | 56:34 |
| 239 | 458 | Leo G. Boekesteijn | De Lier | 10H50 | 26:57 | 29:26 | 56:23 | 56:39 |
| 240 | 958 | Hans Doornbos | Den Hoorn | 10HS | 27:04 | 29:42 | | 56:47 |



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Voorlopige uitslag 10 km



| Nr. | Startnr | Naam | Vereniging/Woonplts | Cat | 1ste ronde | 2e ronde | Netto | Bruto |
|-----|---------|-----------------------------|---------------------|-------|------------|----------|-------|-------|
| 241 | 1014 | Claudia Looren de Jong | Delft | 10DS | 27:51 | 28:32 | 56:23 | 56:54 |
| 242 | 811 | Raymond Makkus | Den Hoorn Zh | 10HS | 27:50 | 28:51 | 56:41 | 56:56 |
| 243 | 829 | Wim Remmerswaal | Den Hoorn Zh | 10H50 | 26:58 | 29:42 | 56:41 | 56:58 |
| 244 | 1059 | Henriëke Wildeman | Delft | 10DS | 27:17 | 29:19 | 56:36 | 57:01 |
| 245 | 797 | Fabian Kreling | Spijkenisse | 10HS | 27:02 | 29:47 | 56:49 | 57:10 |
| 246 | 905 | Erik-paul Overdijk | Den Hoorn Zh | 10H50 | 27:15 | 29:53 | 57:08 | 57:19 |
| 247 | 898 | Chris Langstraat | Den Hoorn Zh | 10HS | 27:47 | 29:19 | 57:06 | 57:28 |
| 248 | 941 | Jack van Winden | Schipluiden | 10HS | 28:40 | 28:22 | 57:02 | 57:29 |
| 249 | 855 | Siem van Adrichem | Schipluiden | 10HS | 28:40 | 28:22 | 57:02 | 57:29 |
| 250 | 1043 | Jeanette Koene | Schipluiden | 10D50 | 27:39 | 29:28 | 57:08 | 57:29 |
| 251 | 953 | Dimitri Hartman | Den Hoorn | 10H50 | 28:05 | 29:01 | 57:06 | 57:30 |
| 252 | 834 | Bert van der Schans | Den Hoorn Zh | 10H50 | 28:33 | 28:30 | 57:03 | 57:33 |
| 253 | 868 | André Buitenhek | s-Gravenhage | 10H50 | 28:49 | 28:14 | 57:03 | 57:34 |
| 254 | 878 | Gerard van den Ende | s-Gravenzande | 10H50 | 27:32 | 29:41 | 57:12 | 57:36 |
| 255 | 1004 | Mirjam Bouterse | Kwintsheul | 10DS | 27:44 | 29:26 | 57:11 | 57:37 |
| 256 | 1008 | Evelien van Doornen | s-Gravenhage | 10DS | 27:48 | 29:31 | 57:19 | 57:44 |
| 257 | 1006 | Carolien Deelen | Rotterdam | 10DS | 28:33 | 29:14 | 57:46 | 57:52 |
| 258 | 1040 | Sanne van 't Hof | Rijswijk Zh | 10D50 | 27:58 | 29:35 | 57:34 | 57:53 |
| 259 | 894 | Ruud Koene | Schipluiden | 10H50 | 27:37 | 29:53 | 57:31 | 57:54 |
| 260 | 1044 | Natasha Koene | Schipluiden | 10DS | 27:39 | 29:53 | 57:32 | 57:54 |
| 261 | 1023 | Nicoline Rodenburg | Rotterdam | 10DS | 28:08 | 29:29 | 57:37 | 58:06 |
| 262 | 1038 | Rinske Krosenbrink-den Haan | Schiedam | 10DS | 28:43 | 29:48 | 58:31 | 58:37 |
| 263 | 791 | Jaap Kester | Schipluiden | 10H50 | 28:49 | 29:45 | 58:34 | 58:58 |
| 264 | 71 | Roel van Dorsten | Delft | 10H50 | 29:13 | 29:21 | 58:34 | 59:05 |
| 265 | 851 | Hans van Zwet | Naaldwijk | 10H50 | 27:27 | 31:25 | 58:52 | 59:18 |
| 266 | 919 | Stan van der Spek | Schipluiden | 10HS | 28:04 | 30:58 | 59:02 | 59:24 |
| 267 | 802 | Ron 't Lam | Schiedam | 10H50 | 28:24 | 30:29 | 58:53 | 59:25 |
| 268 | 950 | Rutger Plak | Den Hoorn | 10HS | 29:13 | 30:00 | 59:13 | 59:37 |
| 269 | 54 | Carl Marcus | Den Haag | 10H50 | 28:35 | 30:41 | 59:15 | 59:40 |
| 270 | 885 | Arjan Heuten | s-Gravenhage | 10H50 | 28:34 | 30:42 | 59:16 | 59:41 |



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Voorlopige uitslag 10 km



| Nr. | Startnr | Naam | Vereniging/Woonplts | Cat | 1ste ronde | 2e ronde | Netto | Bruto |
|-----|---------|-------------------------------|---------------------|-------|------------|----------|---------|---------|
| 271 | 895 | Patrick van Koppen | Maassluis | 10H50 | 28:33 | 30:53 | 59:25 | 59:44 |
| 272 | 893 | Ronald van 't Klooster | Delft | 10HS | 28:54 | 31:01 | 59:55 | 1:00:05 |
| 273 | 934 | Rick Klein Velthuis | Den Hoorn Zh | 10H50 | 29:21 | 30:16 | 59:37 | 1:00:07 |
| 274 | 758 | Martin Daniels | Bergschenhoek | 10H50 | 28:50 | 31:04 | 59:53 | 1:00:10 |
| 275 | | Chip 26132 | | ?? | 28:44 | 31:49 | 1:00:33 | 1:00:38 |
| 276 | 947 | Merijn Molenaar | Den Hoorn | 10HS | 29:44 | 30:34 | 1:00:18 | 1:00:47 |
| 277 | 784 | Edwin Hoeksema | s-Gravenhage | 10H50 | 30:33 | 30:06 | 1:00:39 | 1:01:11 |
| 278 | 810 | Henk Maas | s-Gravenhage | 10H50 | 28:57 | 32:13 | 1:01:10 | 1:01:26 |
| 279 | 1010 | Hilde den Haan | Rotterdam | 10DS | 30:05 | 31:19 | 1:01:23 | 1:01:30 |
| 280 | 460 | Dennis Schouten | Rotterdam | 10H50 | 29:35 | 31:28 | 1:01:03 | 1:01:33 |
| 281 | 1062 | Salma Sebbahi | Delft | 10DS | | | | 1:01:51 |
| 282 | 1032 | Wendy Bijl | Spijkenisse | 10DS | 29:53 | 32:06 | 1:02:00 | 1:02:27 |
| 283 | 1053 | Nikki Klein Velthuis | Den Hoorn Zh | 10D50 | 30:13 | 32:19 | 1:02:33 | 1:03:04 |
| 284 | 879 | Leslo van Engeland | Den Hoorn Zh | 10H50 | 29:52 | 32:39 | 1:02:31 | 1:03:04 |
| 285 | 1046 | Maud van Luijk | Poeldijk | 10DS | 29:49 | 32:56 | 1:02:45 | 1:03:13 |
| 286 | 973 | Ivo Koelma | Delft | 10HS | 29:43 | 33:06 | 1:02:49 | 1:03:18 |
| 287 | 863 | Erik Biermans | Delft | 10H50 | 30:32 | 33:10 | 1:03:42 | 1:04:15 |
| 288 | 1042 | Lotte van Kester | Honselersdijk | 10DS | 29:51 | 34:03 | 1:03:54 | 1:04:23 |
| 289 | 1005 | Jacqueline Buitendijk-Derwort | Delft | 10D50 | 31:21 | 33:01 | 1:04:23 | 1:04:37 |