

Definitieve uitslag 21 km

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Netto	Bruto
1	2	Roy Hoornweg	Passaat	Msen	01:07:29	01:07:30
2	1	Dominic Bersee	Olympus '70	Msen	01:09:35	01:09:36
3	275	Henk van Leeuwen	Pallas '93	Msen		01:10:57
4	263	Stefan Buck	Rotterdam Atletiek	Msen	01:11:24	01:11:25
5	114	Bram van Leeuwen	Rotterdam	Msen	01:11:24	01:11:26
6	13	Reinout Polders	Olympus '70	Msen	01:11:35	01:11:36
7	155	Arjan Akkermans	PAC	Msen	01:11:49	01:11:51
8	96	Jurre Keizers	De Koplopers	Msen	01:12:16	01:12:18
9	63	Koen Kuipers	De Koplopers	Msen	01:12:52	01:12:54
10	336	Cedric van de Putte	Overmere (B)	Msen	01:13:10	01:13:11
11	235	Pol Nabben	Triathlon	M40	01:14:26	01:14:28
12	162	Erwin Knecht	Atletiek Maastricht	Msen	01:14:33	01:14:35
13	190	Koen de Nijs	Rotterdam Atletiek	Msen	01:14:38	01:14:39
14	167	Joris van der Voort	PAC	Msen	01:14:41	01:14:44
15	132	Peter van Elsacker	PAC	Msen	01:16:00	01:16:02
16	245	Dan Clemo	Haag Atletiek	M40		01:16:40
17	127	Rene Kuijs	PAC	M40	01:17:18	01:17:21
18	3	Gerard de Lange	Waterweg	M50		01:17:23
19	99	Marcel Boere	PAC	M40	01:17:28	01:17:31
20	291	Olivier Verhaar	Rotterdam Atletiek	Msen		01:17:31
21	214	Harmen den Boer	De Kieviten	M40	01:17:30	01:17:32
22	60	Paul Hendriks	Energie	M40	01:17:31	01:17:35
23	112	Rick Pronk	PAC	Msen	01:17:32	01:17:36
24	195	Arco Poot	Olympus '70	Msen	01:17:34	01:17:38
25	149	Rick calame	Rotterdam Atletiek	Msen	01:17:37	01:17:38
26	401	Pauline van Donkelaar	Rotterdam	Vsen	01:17:38	01:17:40
27	280	Jesse van Hofwegen	PAC	Msen	01:17:39	01:17:41
28	174	Sander Van der Heiden	De Koplopers	Msen	01:17:52	01:17:54
29	14	Sebastiaan Stuurman	Olympus '70	Msen	01:17:55	01:17:57
30	211	Aard Jochems	PAC	M40	01:18:01	01:18:06
31	68	Jelle van Buuren	PAC	Msen	01:18:23	01:18:25
32	355	Harm van Berkel	Olympus '70	M40		01:18:52
33	4	Jeffrey Duyvestein	Waterweg	Msen	01:18:53	01:18:55
34	66	Barrie Harreveld	De Koplopers	Msen	01:19:15	01:19:18
35	53	Freek Hendriks	s-Gravenzande	M40	01:19:20	01:19:23
36	92	Danny Verheezen	PAC	Msen	01:19:23	01:19:26
37	117	Koen Gribnau	PAC	Msen	01:19:24	01:19:27
38	25	Michel van Wijngaarden	PAC	M50	01:19:38	01:19:41
39	287	Ferdi de Boer	Den Hoorn Zh	M40		01:20:57
40	81	Jim Tijdgat	Rotterdam Atletiek	Msen	01:21:11	01:21:13
41	15	Dik Groenewegen	PAC	Msen	01:21:35	01:21:38
42	262	Martijn Stougje	Olympus '70	M40	01:21:40	01:21:43
43	105	Tim Ruigrok	PAC	Msen	01:21:42	01:21:45
44	84	Matthew Harvey	PAC	M40	01:21:48	01:21:51
45	433	Laurey van den Berge	Flakkee	Vsen	01:21:51	01:21:54
46	147	Wikash Chedi	Rotterdam Atletiek	Msen	01:21:54	01:21:58
47	22	Cornee van der Waal	PAC	Msen	01:21:56	01:21:59
48	185	Freek Goedhart	Flakkee	Msen	01:22:14	01:22:16
49	40	Edwin van Kersbergen	Maasland	Msen	01:22:22	01:22:26
50	151	Thijs van der Wel	PAC	Msen	01:22:25	01:22:30

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Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Netto	Bruto
51	333	Bob Lawende	Rotterdam Atletiek	Msen	01:22:33	01:22:37
52	329	Thomas Litjens	s-Gravenzande	Msen	01:22:46	01:22:49
53	130	Matthijs van der Beek	PAC	Msen	01:22:59	01:23:02
54	361	Jos Ghijsels	Haag Atletiek	M40	01:23:36	01:23:39
55	164	Pepik Cruisen	Rotterdam Atletiek	Msen	01:23:51	01:23:53
56	142	Richard van Zantvliet	Zwijndrecht	M50		01:23:56
57	197	Rick van Helden	Schiedam	Msen	01:23:54	01:23:57
58	360	Alan Roedoe	Maasland	Msen		01:24:00
59	165	Olaf Lange	Rotterdam	Msen		01:24:09
60	374	Edwin Zuidgeest	Triathlon	Msen	01:24:11	01:24:16
61	37	Edwin Borst	PAC	Msen	01:24:10	01:24:16
62	192	Bry-an Vloemans	Rotterdam	M50	01:24:49	01:24:52
63	24	Georg Maureder	PAC	Msen	01:25:00	01:25:06
64	23	Tomas Giele	PAC	Msen	01:25:01	01:25:08
65	29	Pieter de Jong	PAC	M40	01:25:14	01:25:18
66	199	Adriaan Tanis	Flakkee	Msen		01:25:19
67	69	Anco Oomsen	Fortius	Msen	01:25:13	01:25:25
68	201	Erik Dees	Maassluis	M40	01:25:26	01:25:31
69	315	Michael Kerkhof	Hoogvliet Rotterdam	Msen		01:25:44
70	57	Marvin van Spronsen	Naaldwijk	Msen	01:26:06	01:26:11
71	359	Marc Mansens	Rozenburg Zh	Msen		01:26:19
72	47	Bastiaan Zwinkels	Poeldijk	M40	01:26:15	01:26:21
73	28	Frank Drenth	PAC	Msen	01:26:14	01:26:22
74	30	Jeroen Demmers	PAC	M40	01:26:22	01:26:31
75	154	Joost van Ladesteijn	Waterweg	M40		01:26:40
76	213	Rob De Bruijn	Rotterdam	Msen	01:26:39	01:26:43
77	365	Rian Bersee	Delft	Msen	01:28:01	01:28:08
78	265	Carlo van den Berg	Maasland	Msen	01:28:14	01:28:19
79	268	Charlie Thole	Amsterdam	Msen	01:28:27	01:28:31
80	109	Bart van Ginkel	PAC	Msen	01:28:29	01:28:36
81	153	Attila Lengyel	PAC	Msen	01:28:45	01:28:50
82	419	Maria Noordam	PAC	Vsen	01:28:45	01:28:52
83	118	Rob Alblas	Fortuna	M50	01:28:54	01:28:59
84	345	Hugo van den Berg	De Dijkrunners	M40	01:28:54	01:28:59
85	272	Fred Louter	Olympus '70	M50	01:28:54	01:29:00
86	123	Leon van der Wilde	Vlaardingen	M50	01:28:58	01:29:01
87	67	Daan Kaijser	PAC	Msen	01:28:57	01:29:03
88	253	Marcel Roos	Rotterdam	M50	01:28:59	01:29:04
89	5	Matthijs Morra	Waterweg	M40	01:29:02	01:29:07
90	6	Ed Plugge	Waterweg	M50	01:29:02	01:29:07
91	308	Ruud Bom	Naaldwijk	M40	01:29:02	01:29:07
92	415	Annemiek Houben	PAC	Vsen	01:29:00	01:29:07
93	283	Erwin Keus	De Koplopers	M40	01:29:12	01:29:16
94	406	Rosa Coolen	PAC	Vsen	01:29:10	01:29:17
95	150	Daan de Bakker	Naaldwijk	Msen	01:29:11	01:29:19
96	294	Erik Kesselring	Maassluis	Msen	01:29:09	01:29:21
97	31	Arjan Wierda	s-Gravenhage	M40	01:29:40	01:29:43
98	273	Richard Lagerweij	Olympus '70	M50	01:29:45	01:29:50
99	221	Maarten van den Berg	De Kieviten	M40	01:29:50	01:29:55
100	34	Frank Wietsma	Leiden	Msen	01:29:45	01:29:56

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Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Netto	Bruto
101	343	Chris Kolmus	Maassluis	M40	01:30:37	01:30:48
102	220	Jack van Schie	De Kieviten	M50	01:30:45	01:30:49
103	216	Mitchel Kap	Maasland	Msen	01:30:43	01:30:49
104	300	Michael de Smit	PAC	M40	01:30:40	01:30:53
105	244	Peter Wijngaards	Olympus '70	M50		01:31:12
106	316	Hans den Dekker	Fortuna	M50	01:31:20	01:31:25
107	125	Jurriaan Snickers	PAC	Msen	01:31:18	01:31:31
108	32	Jannes Zevenbergen	Egmond-Binnen	M40	01:31:31	01:31:34
109	322	Michiel Ditzel	s-Gravenzande	M40	01:31:30	01:31:35
110	338	Koen van Denderen	Monster	Msen		01:31:43
111	124	Dylan van Raaij	Naaldwijk	Msen	01:31:53	01:31:58
112	326	Wessel Hanemaaijer	De Lier	Msen	01:32:10	01:32:17
113	86	Jordi de Vreede	Haag Atletiek	M40	01:32:10	01:32:19
114	26	Dick Kabel	PAC	M60	01:32:22	01:32:31
115	87	Vincent Kuijer	Haag Atletiek	M40	01:32:25	01:32:34
116	292	Jeroen van Vliet	Maasland	Msen	01:32:26	01:32:38
117	346	Daniël Booms	Schipluiden	Msen	01:32:38	01:32:45
118	144	Johan van Buuren	Fortuna	M60	01:32:42	01:32:46
119	289	Evert Wassink	Maassluis	Msen	01:32:51	01:32:58
120	341	Ralph Hofstede	Olympus '70	Msen	01:32:52	01:32:58
121	250	Etienne Majoie	Olympus '70	M40		01:32:58
122	340	Marcel van der Ende	De Lier	Msen	01:33:01	01:33:11
123	83	Erik Veenman	Rijswijk Zh	M40	01:33:05	01:33:16
124	202	Joost van Ruijven	Olympus '70	M40	01:33:07	01:33:17
125	342	Bas van der Kraan	Olympus '70	M40	01:33:07	01:33:17
126	407	Marjan van Straten	Vlaardingen	V40		01:33:19
127	370	Tim Greve	Olympus '70	Msen	01:33:16	01:33:20
128	230	Martin solleveld	Olympus '70	M50	01:33:11	01:33:22
129	309	Arjen Stroo	Rotterdam	M40	01:33:17	01:33:23
130	317	Martin Edelman	Fortuna	M50	01:33:22	01:33:28
131	104	Kees Anten	avVN	M60	01:33:45	01:33:50
132	305	Bart-Jan Schoone	Maassluis	Msen	01:33:47	01:33:57
133	306	Hugo Schoenmaker	De Dijkrunners	M40	01:33:55	01:34:06
134	49	Bas van der Kooij	Maassluis	M40		01:34:13
135	313	Tom Post	Naaldwijk	Msen		01:34:19
136	453	Tamara van Wiltenburg	Rotterdam	V40	01:34:16	01:34:25
137	445	Linda Koper	Olympus '70	V40	01:34:24	01:34:29
138	364	Patrick van der Knaap	Olympus '70	M40	01:34:43	01:34:49
139	323	Jeroen Ruigrok	Olympus '70	M40		01:35:06
140	196	Pascal van Dijk	Olympus '70	M50	01:35:07	01:35:12
141	327	Ralph van de Grijp	Hellevoetsluis	M40	01:35:45	01:35:50
142	457	Aimee Stuit	Rotterdam	Vsen	01:35:44	01:35:52
143	98	Sven Lubbers	s-Gravenhage	M40	01:35:48	01:35:56
144	113	Jurrian Koks	Naaldwijk	M40	01:35:49	01:35:56
145	54	Kay Vinjé	Hoek van Holland	Msen	01:35:51	01:36:02
146	243	Boris Zalm	Rossum Gld	M50	01:35:58	01:36:04
147	129	Ernest van der Kwast	PAC	M40	01:36:06	01:36:19
148	204	Rob Post	Delfgauw	Msen		01:36:30
149	358	Remco Boeters	Olympus '70	Msen	01:36:24	01:36:31
150	448	Francisca De Jong	Nieuwerkerk ad IJssel	V40	01:36:28	01:36:36

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Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Netto	Bruto
151	363	Joost Van Luijk	Poeldijk	Msen	01:36:36	01:36:44
152	219	Bram van Leeuwen	Maassluis	Msen	01:36:34	01:36:45
153	232	Johan Knoll	De Lier	M40	01:36:50	01:37:01
154	217	Willem van der Kooij	De Kieviten	M60	01:37:14	01:37:18
155	269	Jeffrey van der Windt	Vlaardingen	Msen	01:37:12	01:37:20
156	242	Ruud de Vette	Loopvereniging TOF	M60	01:37:27	01:37:34
157	100	Joeri van Immerseeel	Vlaardingen	M40	01:37:44	01:37:53
158	256	Niek Rietveld	Fortuna	M50	01:38:09	01:38:26
159	181	Wouter Spoor	Fortuna	Msen	01:38:09	01:38:26
160	367	Jelle van der Kooij	Rotterdam	Msen	01:38:23	01:38:32
161	231	Jeffrey Scheffers	Fortuna	Msen	01:38:23	01:38:40
162	334	Harry Suyker	De Koplopers	M60	01:38:36	01:38:40
163	237	George Edelman	Naaldwijk	M50	01:39:18	01:39:22
164	187	Piet Borsboom	Maassluis	M50		01:39:37
165	458	Emma Dekker	Naaldwijk	Vsen	01:39:38	01:39:45
166	218	Adrie Wenteler	Den Hoorn Zh	M60	01:39:49	01:39:53
167	452	Ilona van der Kaaij	Olympus '70	V40	01:40:09	01:40:15
168	271	Ivar van de Riet	Rotterdam	Msen	01:40:41	01:40:54
169	422	Stefanie Groenendijk	PAC	Vsen	01:40:44	01:40:58
170	247	Stijn Zonneveld	Vlaardingen	Msen	01:40:50	01:41:06
171	102	Pim Carstens	Maassluis	Msen	01:41:00	01:41:20
172	206	Marc van Beek	Nijmegen	Msen	01:41:02	01:41:21
173	434	Anissa Kome	Waterweg	Vsen	01:41:29	01:41:35
174	241	Lionel van Aanholt	Waterweg	M50	01:41:21	01:41:37
175	356	Jasper Vedder	Pijnacker	M40	01:41:38	01:41:48
176	357	Fred van Berkum	Delft	M50	01:41:37	01:41:49
177	274	Guido Breedveld	Den Hoorn Zh	M60	01:41:48	01:42:00
178	353	Floor Hogendoorn	Maasdijk	Msen	01:41:57	01:42:07
179	446	Jantine marmarinos	Vlaardingen	V40		01:42:16
180	93	Willem Relou	Delft	M60	01:42:07	01:42:17
181	351	Quirijn Oudshoorn	Waterweg	M50	01:42:26	01:42:34
182	175	Mario Stark	Vlaardingen	Msen	01:42:18	01:42:42
183	137	Daan de Koning	Naaldwijk	Msen	01:42:53	01:43:01
184	354	Leo Mulder	s-Gravenzande	M50	01:42:55	01:43:07
185	223	Rob Paardekooper	Olympus '70	M60	01:43:02	01:43:10
186	246	Leon Lankester	Triathlon	M50	01:43:07	01:43:14
187	350	Daniël Hordijk	Hellevoetsluis	M40	01:43:14	01:43:23
188	423	Saskia groenen	Rotterdam	V50	01:43:19	01:43:27
189	302	Hugo van Eijk	Waterweg	M40	01:43:21	01:43:28
190	234	Kristian Jongejan	Vlaardingen	Msen	01:43:39	01:43:48
191	288	Bastiaan van Loenen	De Dijkrunners	M40	01:43:42	01:43:50
192	348	Gerbrand Quak	Naaldwijk	M40	01:43:42	01:43:50
193	163	Thom Twigt	Vlaardingen	Msen	01:43:37	01:43:51
194	8	Joris van Sebille	Waterweg	Msen	01:43:50	01:43:56
195	21	Ruud Hoogsteder	PAC	M50	01:43:50	01:43:59
196	193	Martijn van Diepen	Rotterdam	Msen	01:43:57	01:44:07
197	330	Jos Mastenbroek	Hellevoetsluis	M50		01:44:07
198	239	Arco Cooman	Capelle aan den IJssel	M50	01:44:02	01:44:08
199	417	Liselore Mosterd	Maasland	V40	01:44:04	01:44:12
200	7	Neal van der Laan	Waterweg	Msen	01:44:09	01:44:14

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201	168	Stan Heijstek	Hoek van Holland	Msen	01:44:04	01:44:30
202	461	Leonie van de Graaf	Schiedam	Vsen	01:45:08	01:45:23
203	91	Tom Leinweber	Maassluis	Msen	01:46:14	01:46:32
204	337	Lennard Quak	Maassluis	Msen	01:46:29	01:46:41
205	249	Rene Kester	Olympus '70	Msen	01:46:30	01:46:42
206	159	Egbert Roodbol	PAC	M60	01:46:33	01:46:45
207	173	Tomas laar	Schiedam	Msen	01:46:42	01:46:58
208	431	Samantha van Kester	s-Gravenhage	Vsen	01:46:29	01:46:58
209	430	Cindy van Kester	Honselersdijk	Vsen	01:46:30	01:46:58
210	460	Alette van der Kraan	Kwintsheul	Vsen	01:46:37	01:46:59
211	148	Remko Kleijn	Maasdijk	M40	01:46:59	01:47:11
212	416	Simone Avery	Schiedam	V40	01:47:07	01:47:16
213	450	Joke Immerzeel	Olympus '70	V50	01:47:24	01:47:34
214	207	Kees Vreugdenhil	Olympus '70	M60	01:47:23	01:47:34
215	463	Miranda Kaslander	Olympus '70	V50	01:47:24	01:47:34
216	61	Ed Spruit	CR-Running	M50	01:47:34	01:47:50
217	240	Kaj Robers	s-Gravenhage	Msen	01:47:38	01:47:50
218	51	Tim van Aalst	Rotterdam	Msen	01:47:53	01:48:15
219	264	Wouter Mens	Vlaardingen	Msen	01:48:10	01:48:22
220	101	Niels Berrevoets	Maassluis	Msen		01:49:10
221	286	Sjaak van den Berg	Maasland	Msen		01:49:10
222	160	Martijn Kronemeijer	Maassluis	M40	01:49:00	01:49:11
223	79	Boyan van Hoeven	Rotterdam	Msen	01:48:59	01:49:17
224	282	Jasper van der Zwan	Waterweg	Msen	01:49:04	01:49:18
225	172	Stefan van den Berg	Hoek van Holland	Msen	01:49:02	01:49:19
226	203	Raymond van den Berg	s-Gravenzande	Msen	01:49:05	01:49:21
227	290	Dennis Zuiderwijk	Wateringen	M50		01:49:27
228	447	Noor van Noordt	Monster	Vsen	01:49:21	01:49:30
229	82	Finn van der Linden	Rotterdam	Msen	01:49:08	01:49:30
230	178	Rob van Noordt	Monster	M50	01:49:21	01:49:30
231	226	Timo Nuijten	Maassluis	M40	01:49:23	01:49:34
232	227	Ole Nuijten	Maassluis	Msen	01:49:23	01:49:35
233	238	Michiel Schoonrok	Maassluis	Msen	01:49:18	01:49:40
234	131	Roelof Woering	Rozenburg Zh	M50	01:49:49	01:50:08
235	456	Anneke Starrenburg	Olympus '70	V50	01:49:57	01:50:11
236	321	Derek van der Veecken	Maassluis	Msen	01:49:57	01:50:16
237	270	Stephan Poot	Vlaardingen	Msen		01:50:28
238	314	Freddy Jansen	s-Gravenhage	M50	01:50:32	01:50:47
239	284	Jaap Meijers	Nederlandse Triathlon Bond	M50	01:51:00	01:51:11
240	344	Henny van de Wetering	Olympus '70	M50	01:50:57	01:51:12
241	312	Martijn van der Hoeven	Maassluis	M40	01:51:09	01:51:19
242	328	Marcel van der Stelt	Maassluis	M40	01:51:10	01:51:19
243	296	Levar Fränkel	Almere	Msen	01:51:08	01:51:25
244	74	Nick van der Ende	Vlaardingen	Msen	01:51:27	01:51:36
245	198	Kevin Wood	s-Gravenzande	M40	01:51:35	01:51:50
246	97	Joep Cats	Vlaardingen	Msen	01:51:39	01:51:53
247	311	Philip van Dongen	Maasland	M60	01:51:44	01:51:53
248	293	Richard Stuivenberg	Schiedam	Msen	01:51:33	01:51:54
249	372	Edwin Stuivenberg	Vlaardingen	M40	01:51:33	01:51:54
250	455	Jose van der Haak	s-Gravenzande	Vsen	01:51:43	01:52:08

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251	259	Daan Hendriks	s-Gravenzande	Msen	01:51:43	01:52:09
252	251	Koen Pape	Maassluis	Msen	01:52:26	01:52:38
253	64	Tim Kamp	Vlaardingen	Msen	01:52:25	01:52:38
254	441	Donna kunz	Delft	Vsen	01:52:58	01:53:13
255	171	Matthijs Veenstra	Rotterdam	M40		01:53:18
256	299	Jos van Dorp	De Lier	M60	01:53:13	01:53:25
257	27	Edwin Cornelisse	PAC	M50	01:53:12	01:53:27
258	366	Peter de Graaf	Maasland	M40	01:53:49	01:53:59
259	285	Gijs Abbas	Maassluis	Msen	01:53:55	01:54:12
260	318	Martin van Rest	Monster	Msen	01:53:57	01:54:12
261	215	Yennick berrevoets	Maassluis	Msen	01:53:56	01:54:12
262	122	Wim Hoogerwerf	Maassluis	M50	01:54:23	01:54:36
263	177	Ivo Godthelp	Maassluis	M40	01:54:21	01:54:37
264	303	Arno van Unnik	Fortuna	M50	01:54:31	01:54:40
265	295	Martin Pronk	Vlaardingen	M60	01:54:32	01:54:40
266	236	Ronald Van Rij	Vlaardingen	M40	01:54:26	01:54:41
267	437	Alissa Vermeulen	Fortuna	Vsen	01:54:27	01:54:52
268	225	Kevin Groeneveld	Maassluis	Msen	01:54:33	01:54:53
269	442	Marianne van der Zwan	Olympus '70	V50	01:54:43	01:54:57
270	335	Frank Magnin	Maassluis	M50	01:54:46	01:55:00
271	222	Arjan Dijke	Bergen op Zoom	Msen	01:54:57	01:55:10
272	224	Tom Peeters	Breda	Msen	01:54:58	01:55:10
273	110	Cor de Grauw	Maassluis	M60	01:55:01	01:55:14
274	278	Nico Hoen	Olympus '70	M50	01:55:06	01:55:21
275	43	Luuk Bouwman	Rotterdam	Msen	01:55:08	01:55:36
276	183	Rogier Hart	Maassluis	M40	01:55:22	01:55:36
277	41	Bob van Vlijmen	Maassluis	Msen	01:55:11	01:55:39
278	145	Rick de Jonge	Maassluis	Msen	01:55:34	01:55:51
279	331	Rick van der Waal	Naaldwijk	Msen	01:55:43	01:56:05
280	297	Henne Bloem	Rotterdam	Msen	01:55:45	01:56:13
281	405	Janna van Zevenbergen	Maassluis	Vsen	01:55:59	01:56:16
282	119	Koos Valkenier	Fortuna	M40	01:56:08	01:56:20
283	258	Kees van Paassen	De Lier	M60	01:56:14	01:56:27
284	440	Quirine van der Meijs	Rotterdam	Vsen	01:56:26	01:56:40
285	141	Hans meijer	Hardlopen.nl	M60	01:56:20	01:56:41
286	418	Fleur Brouwer	Schiedam	Vsen	01:56:44	01:56:59
287	362	Bob van de Hulst	Schiedam	Msen	01:56:45	01:56:59
288	59	Chris Roeland	CR-Running	M50	01:57:11	01:57:28
289	267	Maarten Beek	Rotterdam	Msen	01:57:04	01:57:29
290	39	Desmond booster	Maassluis	M40	01:57:11	01:57:31
291	44	Liam Booster	Maassluis	M40	01:57:12	01:57:32
292	11	Van Veen	Fortuna	M50	01:57:12	01:57:33
293	52	Ewoud de Ronde	Rotterdam	Msen	01:57:13	01:57:36
294	157	John Stigter	Waterweg	M50	01:57:22	01:57:42
295	324	Ad de Groot	Olympus '70	M50	01:57:29	01:57:45
296	432	Nicole Akkermans	Energie	Vsen	01:57:35	01:57:48
297	115	Edward Kooijman	Ridderkerk	Msen	01:57:31	01:57:49
298	180	Hans van Klaveren	Energie	M50	01:57:32	01:57:50
299	332	Eric Alsemgeest	Maassluis	M40	01:57:32	01:57:52
300	347	Anne Reitsma	Delft	M60	01:57:38	01:57:57

Definitieve uitslag 21 km

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Netto	Bruto
301	369	Wojciech Szmyt	Brielle	M40	01:57:36	01:57:58
302	368	Marcin Domzalski	Oostvoorne	M40	01:57:36	01:57:58
303	85	Bas Burghoorn	Delft	M40	01:57:51	01:58:00
304	425	Angela Hutten-Lau	CR-Running	Vsen	01:57:49	01:58:06
305	75	Ton Roodenburg	Maasland	M40	01:57:39	01:58:07
306	46	Myckel Hoogendijk	Maassluis	M40	01:57:54	01:58:13
307	70	Timo zwaard	Maassluis	Msen	01:58:02	01:58:15
308	10	Peter Hendriks	Waterweg	M50	01:58:00	01:58:18
309	161	Albert Wijting	Spijkenisse	M60	01:58:03	01:58:18
310	35	Robin Nijman	Maassluis	M40	01:57:59	01:58:19
311	426	Henriette Buijs	Spijkenisse	Vsen	01:58:02	01:58:20
312	9	Bert Eeuwijk	Waterweg	M60	01:58:04	01:58:20
313	45	Lucien kroep	Hoek van Holland	Msen	01:58:23	01:58:48
314	352	Leen noordam	s-Gravenzande	Msen	01:58:46	01:59:08
315	80	Oth Blom	Rotterdam	M40	01:59:11	01:59:34
316	339	Eddie Van der meide	De Dijkrunners	M40	01:59:33	01:59:36
317	402	Marja van Willigen	Waterweg	V50	01:59:21	01:59:37
318	408	Barbara Regeling	Maassluis	V40	02:00:06	02:00:26
319	349	André Buitenhek	s-Gravenhage	M50	02:00:08	02:00:35
320	166	Barry de Roode	Vlaardingen	M50	02:00:15	02:00:39
321	436	Merel de Roode	Vlaardingen	Vsen	02:00:15	02:00:39
322	176	Robin Aalvanger	Rotterdam	Msen	02:00:18	02:00:40
323	277	Martijn van Sebille	s-Gravenhage	Msen	02:01:15	02:01:22
324	443	Amber Heshof	Amsterdam	Vsen	02:01:10	02:01:23
325	444	Daniëlle van Schie	Maasdijk	Vsen	02:02:08	02:02:29
326	90	Wilko Breen	Ouddorp Zh	M50	02:02:17	02:02:35
327	421	Lisette Kapitein	Maassluis	V40	02:02:34	02:02:54
328	462	Lisa van Dam	De Dijkrunners	Vsen	02:03:10	02:03:31
329	170	Th. Cummins	PAC	M60	02:03:14	02:03:42
330	72	Wouter van Raalte	Vlaardingen	Msen	02:03:30	02:03:56
331	143	Dennis van den Broek	Maassluis	Msen	02:03:47	02:04:06
332	307	Michel Sap	Fortuna	M40	02:03:52	02:04:10
333	451	Annemieke Lalleman	Fortuna	V50	02:03:52	02:04:10
334	304	Niels Persoon	Naaldwijk	Msen	02:04:15	02:04:37
335	89	Jaap Santifort	Ouddorp Zh	M50	02:04:40	02:04:58
336	409	Melissa Doorschodt	Maassluis	Vsen	02:05:13	02:05:34
337	50	Folkert de Ronde	Schiedam	Msen	02:05:36	02:05:58
338	71	Jan van Leijen	Fortuna	M50	02:06:02	02:06:22
339	439	Paola Stark	Vlaardingen	Vsen	02:06:01	02:06:25
340	410	Alize Kaya	Maassluis	Vsen	02:06:31	02:06:59
341	424	Astrid Reijmer	Waterweg	Vsen	02:06:48	02:07:07
342	233	Mike Verboom	Vlaardingen	M40	02:06:48	02:07:07
343	126	Johan van der Lee	Fortuna	M50	02:07:04	02:07:25
344	310	Rob Blomjous	Olympus '70	M50	02:07:19	02:07:35
345	20	Roel Verboom	Hendrik-Ido-Ambacht	M40	02:07:13	02:07:37
346	116	Nick van Leeuwen	Maassluis	Msen	02:08:15	02:08:38
347	58	Ron de Haan	CR-Running	M50	02:10:02	02:10:26
348	152	Alois de Jong	Rotterdam	Msen	02:10:01	02:10:27
349	140	Ian Blom	De Lier	Msen	02:11:16	02:11:32
350	255	Ton Verheezen	Fortuna	M50	02:11:43	02:12:02



Ruitenburg halve 21 januari 2024



Definitieve uitslag 21 km

Nr.	Startnr	Naam	Vereniging/Woonplts	Cat	Netto	Bruto
351	454	Joyce Verheezen	Fortuna	Vsen	02:11:43	02:12:02
352	38	Ronald Tertoolen	Hardlooptrainers Nederland	M60	02:11:44	02:12:02
353	319	Jan Bouke Tiersma	Honselersdijk	M50	02:12:50	02:12:56
354	459	Celeste Tuinenburg	Schiedam	Vsen	02:12:42	02:13:00
355	301	Imo Jongepier	Nieuw- en Sint Joosland	M60	02:14:06	02:14:30
356	320	Martijn Bos	Berkel en Rodenrijs	M50		02:15:10
357	252	Oscar Holterman	Fortuna	M50	02:15:35	02:15:55
358	48	Arjan Buijtelaar	Maassluis	M40	02:16:34	02:17:00
359	33	Alessandro Sta	Vlaardingen	M50	02:16:38	02:17:05
360	281	Johan Bellekom	Kwintsheul	M50	02:17:44	02:18:00
361	325	Ger vergeer	Lisse	M60	02:17:45	02:18:02
362	107	Michel Kuijper	Maassluis	M50	02:28:25	02:28:51
363	420	Femke Koldenhof	Rotterdam	Vsen	02:32:01	02:32:09
364	184	Bart van Tienhoven	Vlaardingen	Msen	02:35:00	02:35:26
365	136	Elmer Keeris	De Lier	Msen	02:36:25	02:36:48
366	427	Deborah Keeris	De Lier	Vsen	02:36:42	02:37:05
367	108	Éamonn Kuijper	Maassluis	Msen	02:45:49	02:46:15
368	19	Bram Klaris	PAC	M60	02:54:26	02:54:50