

Ranking	Bib	Name	Lap 1	Lap 2	Lap 3	Gross time	Net. time	Race	category	Category rank
1	46	Emiel Berghout	00:04:33	00:09:12	00:13:55	00:18:21	00:18:21	6 km	Mannen Senioren	1
2	183	Niels Balljet	00:04:32	00:09:10	00:13:52	00:18:31	00:18:31	6 km	Mannen	1
3	47	Nick van der Poel	00:04:31	00:09:10	00:14:09	00:19:03	00:19:03	6 km	Mannen Senioren	2
4	130	Ricardo Sint Nicolaas	00:04:42	00:09:30	00:14:24	00:19:17	00:19:17	6 km	Mannen	2
5	2	Arthur Camps	00:04:36	00:09:30	00:14:32	00:19:31	00:19:31	6 km	Mannen	3
6	45	Khalid mokhtari	00:04:32	00:09:30	00:15:03	00:19:53	00:19:53	6 km	Mannen Senioren	3
7	43	thomas pereira	00:04:50	00:09:52	00:14:58	00:19:54	00:19:54	6 km	Mannen Senioren	4
8	49	nixon fernandes	00:04:50	00:09:52	00:15:04	00:20:08	00:20:08	6 km	Mannen Senioren	5
9	42	edwin van der Merbel	00:04:59	00:10:07	00:15:17	00:20:14	00:20:14	6 km	Mannen Senioren	6
10	136	Joost van Esch	00:05:06	00:10:13	00:15:23	00:20:15	00:20:15	6 km	Mannen	4
11	167	Marcel Boere	00:05:06	00:10:13	00:15:22	00:20:28	00:20:28	6 km	Mannen	5
12	44	Mark de Munter	00:05:05	00:10:13	00:15:23	00:20:33	00:20:33	6 km	Mannen Senioren	7
13	76	Matthew Harvey	00:05:05	00:10:13	00:15:26	00:20:42	00:20:42	6 km	Mannen 40	1
14	135	Robbie van der Hoek	00:05:05	00:10:13	00:15:27	00:20:50	00:20:50	6 km	Mannen	6
15	12	Niels Volmer	00:05:16	00:10:35	00:15:56	00:21:12	00:21:10	6 km	Mannen	7
16	104	Louis de Koning	00:05:14	00:10:35	00:16:07	00:21:38	00:21:37	6 km	Mannen 50	1
17	139	Kevin Versprille	00:05:18	00:10:45	00:16:23	00:21:47	00:21:47	6 km	Mannen	8
18	67	Rob Snijders	00:05:14	00:10:42	00:16:24	00:21:54	00:21:52	6 km	Mannen 35	1
19	103	Winston van Gemd	00:05:20	00:10:45	00:16:20	00:21:56	00:21:56	6 km	Mannen 50	2
20	62	Kevin Cressent	00:05:23	00:10:52	00:16:26	00:21:59	00:21:58	6 km	Mannen 35	2
21	152	Mart Koedaal	00:05:06	00:10:41	00:16:31	00:22:10	00:22:09	6 km	Mannen	9
22	92	Ali Shugul	00:05:26	00:11:00	00:16:44	00:22:25	00:22:25	6 km	Mannen 45	1
23	68	Martijn Boelens	00:05:25	00:11:04	00:16:51	00:22:37	00:22:35	6 km	Mannen 35	3
24	169	Pauline van Donkelaar	00:05:39	00:11:23	00:17:08	00:22:44	00:22:43	6 km	Vrouwen	1
25	81	Bart Cloeckaert	00:05:24	00:11:07	00:16:59	00:22:53	00:22:52	6 km	Mannen 40	2
26	157	Remco Prins	00:05:38	00:11:23	00:17:12	00:22:57	00:22:56	6 km	Mannen	10
27	128	Ivan Olthuis	00:05:43	00:11:28	00:17:16	00:23:00	00:23:00	6 km	Mannen	11
28	88	Pieterjan Griep	00:05:39	00:11:23	00:17:11	00:23:01	00:22:59	6 km	Mannen 45	2
29	26	Cornee van der Waal	00:05:40	00:11:26	00:17:19	00:23:06	00:23:05	6 km	Mannen	12
30	65	Jan-Joost Oudshoorn	00:05:40	00:11:24	00:17:17	00:23:13	00:23:08	6 km	Mannen 35	4
31	168	Annemiek Houben	00:05:42	00:11:27	00:17:19	00:23:14	00:23:12	6 km	Vrouwen	2
32	163	Maria Noordam	00:05:42	00:11:27	00:17:20	00:23:14	00:23:13	6 km	Vrouwen	3
33	69	Lennart Wijnand	00:05:42	00:11:23	00:17:17	00:23:25	00:23:23	6 km	Mannen 35	5

34	91	Mark Messing	00:05:28	00:11:26	00:17:28	00:23:29	00:23:28	6 km	Mannen 45	3
35	105	Arnold Vonk	00:05:51	00:11:48	00:17:54	00:23:59	00:23:56	6 km	Mannen 50	3
36	174	Casper Heerschop	00:05:15	00:11:08	00:17:36	00:24:01	00:23:57	6 km	Mannen	13
37	79	Edwin de Looff	00:05:58	00:11:58	00:18:13	00:24:35	00:24:27	6 km	Mannen 40	3
38	6	Jurriaan Vink	00:05:52	00:11:58	00:18:22	00:24:40	00:24:40	6 km	Mannen	14
39	120	Amriet. Oemraw	00:05:59	00:12:14	00:18:34	00:24:41	00:24:40	6 km	Mannen 55	1
40	106	Lamber Korsten	00:05:57	00:12:14	00:18:34	00:24:52	00:24:51	6 km	Mannen 50	4
41	162	Koen Schotanus	00:06:24	00:12:34	00:18:44	00:24:55	00:24:47	6 km	Mannen	15
42	161	Jisha Visser	00:06:18	00:12:34	00:18:46	00:24:59	00:24:51	6 km	Mannen	16
43	15	Rafael Krijgsman	00:05:55	00:12:18	00:18:44	00:25:04	00:25:04	6 km	Mannen	17
44	176	Niels Frowijn	00:05:43	00:11:48	00:18:05	00:25:17	00:25:15	6 km	Mannen	18
45	99	Dannis de Redelijkheid	00:06:01	00:12:20	00:18:46	00:25:17	00:25:13	6 km	Mannen 50	5
46	3	Beert van den Hoorn	00:06:29	00:13:02	00:19:14	00:25:20	00:25:16	6 km	Mannen	19
47	8	Roman Davodov	00:06:09	00:12:32	00:19:09	00:25:21	00:25:18	6 km	Mannen	20
48	102	Boris Zalm	00:06:01	00:12:28	00:19:06	00:25:24	00:25:24	6 km	Mannen 50	6
49	87	Ronald Tukker	00:06:03	00:12:24	00:18:50	00:25:26	00:25:23	6 km	Mannen 45	4
50	101	Rene Kruis	00:06:23	00:12:47	00:19:18	00:25:38	00:25:35	6 km	Mannen 50	7
51	28	Dario van Grinsven	00:05:50	00:12:20	00:19:22	00:25:56	00:25:56	6 km	Mannen	21
52	182	Ferry de Valk	00:06:28	00:12:59	00:19:23	00:26:08	00:26:08	6 km	Mannen	22
53	172	Suzanne Boekstijn	00:06:06	00:12:34	00:19:19	00:26:12	00:26:07	6 km	Vrouwen	4
54	177	Juste Barneveld Binkhuijsen	00:05:51	00:12:20	00:19:22	00:26:28	00:26:28	6 km	Mannen	23
55	141	Arjen Mulder	00:06:54	00:13:43	00:20:34	00:27:16	00:27:12	6 km	Mannen	24
56	5	Ted Selderbeek	00:06:26	00:13:28	00:20:32	00:27:34	00:27:30	6 km	Mannen	25
57	138	Evert Leemreis	00:06:49	00:13:52	00:20:48	00:27:37	00:27:31	6 km	Mannen	26
58	10	Ouassim Laarari	00:06:42	00:13:41	00:20:42	00:27:41	00:27:31	6 km	Mannen	27
59	78	Alex Bras	00:07:16	00:14:18	00:21:05	00:27:44	00:27:38	6 km	Mannen 40	4
60	9	Marc Van Nassau	00:07:00	00:14:08	00:21:13	00:28:12	00:28:03	6 km	Mannen	28
61	24	Gabe Boer	00:07:05	00:14:15	00:21:25	00:28:21	00:28:16	6 km	Mannen	29
62	119	Werner Martens	00:06:52	00:13:55	00:21:05	00:28:22	00:28:19	6 km	Mannen 55	2
63	151	Joey Lok	00:06:16	00:13:30	00:20:51	00:28:26	00:28:23	6 km	Mannen	30
64	175	Jennifer van Es	00:06:56	00:14:03	00:21:20	00:28:53	00:28:46	6 km	Vrouwen	5
65	118	Peter Spruit	00:07:06	00:14:18	00:21:34	00:28:56	00:28:51	6 km	Mannen 55	3
66	20	Andre van Wijk	00:07:06	00:14:18	00:21:35	00:28:56	00:28:50	6 km	Mannen	31
67	170	Wouter de Ruiter	00:06:51	00:13:50	00:21:09	00:29:00	00:28:47	6 km	Mannen	32

68	179	Denise Overbeek	00:07:28	00:14:53	00:22:06	00:29:11	00:29:02	6 km	Vrouwen	6
69	18	Robin Lausberg	00:07:22	00:14:46	00:22:04	00:29:12	00:29:12	6 km	Mannen	33
70	184	Mark van Dorp	00:07:25	00:14:42	00:22:01	00:29:15	00:29:04	6 km	Mannen	34
71	144	Jeroen Wernekinck	00:06:46	00:14:03	00:21:34	00:29:23	00:29:16	6 km	Mannen	35
72	29	Tijn Swets	00:06:45	00:14:24	00:22:01	00:29:25	00:29:24	6 km	Mannen	36
73	85	Rilana Welbergen	00:07:15	00:14:38	00:22:04	00:29:36	00:29:33	6 km	Vrouwen 40	1
74	89	Derk loorbach	00:07:06	00:14:20	00:21:58	00:29:43	00:29:37	6 km	Mannen 45	5
75	66	Luc Jansen	00:07:03	00:14:34	00:22:04	00:29:44	00:29:38	6 km	Mannen 35	6
76	48	Adilson da Silva	00:07:19	00:14:50	00:22:24	00:29:48	00:29:45	6 km	Mannen Senioren	8
77	74	Katya Scerbakova	00:07:26	00:15:04	00:22:36	00:30:00	00:29:56	6 km	Vrouwen 35	1
78	165	Irene van Beelen	00:07:27	00:14:57	00:22:33	00:30:00	00:29:51	6 km	Vrouwen	7
79	11	Arnau Domenech	00:07:03	00:14:45	00:22:40	00:30:11	00:30:03	6 km	Mannen	37
80	1	Lex Stofkooper	00:07:27	00:14:30	00:21:57	00:30:19	00:30:05	6 km	Mannen	38
81	64	Dirk Korbijn	00:07:36	00:15:15	00:22:49	00:30:21	00:30:14	6 km	Mannen 35	7
82	113	Marleen van Housset	00:06:52	00:14:36	00:22:33	00:30:24	00:30:22	6 km	Vrouwen 50	1
83	35	Lotje Ligthart	00:06:50	00:14:13	00:23:11	00:31:03	00:31:00	6 km	Vrouwen	8
84	90	marco de Jong	00:07:38	00:15:23	00:23:14	00:31:05	00:30:56	6 km	Mannen 45	6
85	147	Vincent van Heijningen	00:07:51	00:15:51	00:23:43	00:31:08	00:31:01	6 km	Mannen	39
86	143	Teun Noordhoek	00:07:29	00:15:12	00:23:10	00:31:17	00:31:12	6 km	Mannen	40
87	181	Wiljam van Werkhoven	00:07:28	00:15:12	00:23:13	00:31:25	00:31:17	6 km	Mannen	41
88	164	Lena Bieleman	00:07:58	00:15:51	00:23:34	00:31:27	00:31:19	6 km	Vrouwen	9
89	124	Roland Aken	00:07:47	00:15:24	00:23:22	00:31:47	00:31:38	6 km	Mannen 55	4
90	185	Stijn Bertram	00:06:12	00:14:25	00:23:10	00:31:52	00:31:50	6 km	Mannen	42
91	122	Piet van der Meijden	00:07:50	00:15:49	00:23:51	00:32:03	00:31:56	6 km	Mannen 55	5
92	166	Paul de Vriend	00:07:52	00:15:54	00:23:57	00:32:04	00:31:59	6 km	Mannen	43
93	140	Kees Post	00:08:10	00:16:07	00:24:03	00:32:11	00:31:59	6 km	Mannen	44
94	77	Raymond van der Ent	00:07:17	00:15:16	00:23:39	00:32:19	00:32:10	6 km	Mannen 40	5
95	178	Kees van der Hooven	00:07:48	00:15:49	00:24:03	00:32:28	00:32:20	6 km	Mannen	45
96	39	Mijke Rood	00:07:45	00:15:52	00:24:15	00:32:40	00:32:35	6 km	Vrouwen	10
97	117	Marjorie de Heer	00:08:01	00:16:09	00:24:22	00:32:43	00:32:36	6 km	Vrouwen 50	2
98	137	Dion Filippo	00:08:27	00:16:47	00:24:50	00:32:46	00:32:33	6 km	Mannen	46
99	84	Judith de Jong	00:08:21	00:16:35	00:24:46	00:32:53	00:32:45	6 km	Vrouwen 40	2
100	38	Iris Schiebergen	00:08:17	00:16:38	00:24:58	00:33:04	00:33:00	6 km	Vrouwen	11
101	13	Noam Vanderveen	00:07:47	00:15:47	00:24:27	00:33:19	00:33:13	6 km	Mannen	47

102	131	Elianne Wieles	00:08:24	00:16:50	00:25:21	00:33:22	00:33:17	6 km	Vrouwen	12
103	180	Robbe Radema	00:08:38	00:17:53	00:25:47	00:33:27	00:33:12	6 km	Mannen	48
104	154	Stephan Burger	00:08:25	00:16:48	00:25:07	00:33:31	00:33:27	6 km	Mannen	49
105	153	Mila Kerpel	00:08:26	00:16:48	00:25:07	00:33:31	00:33:27	6 km	Vrouwen	13
106	155	Saar Burger	00:08:26	00:16:48	00:25:07	00:33:31	00:33:27	6 km	Vrouwen	14
107	123	Ron Budding	00:08:24	00:16:46	00:25:10	00:33:41	00:33:35	6 km	Mannen 55	6
108	112	Sandra Klein	00:07:56	00:16:22	00:25:02	00:33:50	00:33:42	6 km	Vrouwen 45	1
109	41	Natalie Janse	00:07:47	00:16:08	00:25:01	00:34:05	00:34:01	6 km	Vrouwen	15
110	50	Jeffrey Onstwedder	00:06:45	00:14:18	00:21:56	00:34:11	00:34:09	6 km	Mannen Senioren	9
111	142	Susan Jansen	00:07:57	00:16:32	00:25:16	00:34:11	00:34:09	6 km	Vrouwen	16
112	72	John Kuijt	00:08:12	00:16:31	00:25:09	00:34:26	00:34:11	6 km	Mannen 35	8
113	110	Heleen van der Linden	00:08:27	00:16:54	00:25:36	00:34:29	00:34:23	6 km	Vrouwen 45	2
114	145	Baherak Sabrasa	00:08:06	00:16:41	00:25:38	00:34:40	00:34:35	6 km	Vrouwen	17
115	156	Bert Paque	00:08:20	00:17:03	00:25:55	00:34:50	00:34:46	6 km	Mannen	50
116	133	Susan Houterman	00:08:12	00:16:46	00:25:48	00:34:59	00:34:50	6 km	Vrouwen	18
117	34	Rivka Vanderveen	00:08:26	00:17:09	00:26:21	00:35:06	00:34:59	6 km	Vrouwen	19
118	114	Carola van Veen-Boelsen	00:08:32	00:17:18	00:26:16	00:35:14	00:35:06	6 km	Vrouwen 50	3
119	150	Rozanne Stroek	00:08:29	00:17:16	00:26:17	00:35:25	00:35:15	6 km	Vrouwen	20
120	149	Piet Stroek	00:08:29	00:17:16	00:26:16	00:35:25	00:35:15	6 km	Mannen	51
121	16	Dick Doe	00:09:07	00:18:08	00:26:49	00:35:31	00:35:27	6 km	Mannen	52
122	187	George van der Puil	00:08:36	00:17:52	00:26:14	00:35:51	00:35:35	6 km	Mannen	53
123	132	Wilma Wemelsfelder	00:09:06	00:18:06	00:27:14	00:36:34	00:36:21	6 km	Vrouwen	21
124	126	Ada Visser	00:09:05	00:18:05	00:27:13	00:36:34	00:36:21	6 km	Vrouwen 55	1
125	159	Linda Kempers	00:08:29	00:17:27	00:27:01	00:37:02	00:36:59	6 km	Vrouwen	22
126	186	Mees de Bruijn	00:08:38	00:18:02	00:27:56	00:37:10	00:36:55	6 km	Mannen	54
127	188	Ojani Slager	00:08:37	00:17:53	00:27:56	00:37:11	00:36:55	6 km	Mannen	55
128	37	Stephanie Roggeveen	00:09:09	00:18:33	00:28:13	00:37:32	00:37:28	6 km	Vrouwen	23
129	17	Jasper de Ruiter	00:09:08	00:18:32	00:28:12	00:37:32	00:37:27	6 km	Mannen	56
130	107	Robert de Roon	00:08:14	00:17:25	00:27:22	00:37:44	00:37:37	6 km	Mannen 50	8
131	19	Joop Kingma	00:09:09	00:18:35	00:28:20	00:37:55	00:37:50	6 km	Mannen	57
132	173	Lobke Engelfriet	00:08:57	00:18:20	00:28:04	00:37:55	00:37:42	6 km	Vrouwen	24
133	40	tamara list	00:09:09	00:18:35	00:28:21	00:37:55	00:37:51	6 km	Vrouwen	25
134	80	edwin engelfriet	00:08:57	00:18:20	00:28:03	00:37:56	00:37:43	6 km	Mannen 40	6
135	31	Leonora louter	00:09:22	00:18:49	00:28:24	00:37:56	00:37:46	6 km	Vrouwen	26

136	30	Rosa Nieuwenhuize	00:09:22	00:18:49	00:28:24	00:37:56	00:37:46	6 km	Vrouwen	27
137	134	Sophie Dirkzwager	00:08:57	00:18:22	00:28:02	00:37:57	00:37:51	6 km	Vrouwen	28
138	86	Vincent Wernke	00:09:01	00:18:27	00:28:15	00:38:31	00:38:18	6 km	Mannen 45	7
139	116	Sandra Middel	00:09:51	00:19:43	00:29:52	00:39:56	00:39:44	6 km	Vrouwen 50	4
140	33	Lieke Büchner	00:09:06	00:19:27	00:30:31	00:41:44	00:41:34	6 km	Vrouwen	29
141	125	lenie de Visser	00:10:27	00:20:53	00:31:31	00:42:15	00:42:08	6 km	Vrouwen 55	2
142	27	Karel van Montfoort	00:10:25	00:20:51	00:31:41	00:42:25	00:42:19	6 km	Mannen	58
143	160	Susanne Kocatepe	00:10:02	00:20:29	00:31:25	00:42:32	00:42:20	6 km	Vrouwen	30
144	158	Saskia Stigters	00:10:01	00:20:28	00:31:24	00:42:32	00:42:20	6 km	Vrouwen	31
145	129	Rebecca onbekend	00:09:52	00:20:37	00:31:45	00:43:03	00:42:53	6 km	Vrouwen	32
146	111	Daphne Woudenbergh	00:11:01	00:22:41	00:34:22	00:46:07	00:45:53	6 km	Vrouwen 45	3
	171	Astrid de Ruiter	00:09:01	00:33:01	00:44:08	DNF	DNF	6 km	Vrouwen	
	148	Fred Naarlander	00:05:56	00:12:09	00:18:39	DNF	DNF	6 km	Mannen	
	4	Arno Baels	00:05:53	00:11:49	00:17:53	DNF	DNF	6 km	Mannen	
	127	Jesper Nijboer	00:05:17	00:10:36	00:15:58	DNF	DNF	6 km	Mannen	
	7	Martijn Baten				-	-	6 km	Mannen	
	14	Volkan Bugur				-	-	6 km	Mannen	
	21	Herwin Koomans				-	-	6 km	Mannen	
	22	Hans Molenaar				-	-	6 km	Mannen	
	23	Michael wensing				-	-	6 km	Mannen	
	25	Frans Verbiest				-	-	6 km	Mannen	
	32	Alyssa van Dansik				-	-	6 km	Vrouwen	
	36	Olga Siekierzynska				-	-	6 km	Vrouwen	
	63	Tiago Pereira				-	-	6 km	Mannen 35	
	70	robbie van der Hoek				-	-	6 km	Mannen 35	
	71	Wouter de Ruiter				-	-	6 km	Mannen 35	
	73	Jeannette van der Rhee				-	-	6 km	Vrouwen 35	
	75	Jeroen Mimpen				-	-	6 km	Mannen 40	
	100	Siegfried Dijkhuis				-	-	6 km	Mannen 50	
	115	Linda Kempers				-	-	6 km	Vrouwen 50	
	121	Johan van Straaten				-	-	6 km	Mannen 55	