



<b>Elite vrouwen</b>											
1	Vera Tieleman	27	Nijmegen	15:20,83	42	02:19	15:49,93	30	02:13	31:10,76	04:32
2	Emma Boogaard	23	Zwaagdijk-Oost	15:08,10	35	02:07	16:12,47	39	02:35	31:20,57	04:42
3	Hester de Graaf	34	Rijswijk	15:31,88	46	02:31	16:09,23	38	02:32	31:41,11	05:02
4	Tessa Sandberg	34	Amsterdam	15:29,53	45	02:28	16:31,36	48	02:54	32:00,89	05:22
5	Marike Veldhuis	27	Amsterdam	15:33,58	48	02:32	16:34,45	51	02:57	32:08,03	05:29
6	Miranda Bik	33	Voorburg	16:26,98	59	03:26	16:40,71	53	03:03	33:07,69	06:29
<b>Junioren</b>											
1	Nathan van Eekelen	18	Amsterdam	13:49,89	10	00:49	13:58,18	4	00:21	27:48,07	01:09
2	Joeri Schaper	17	Bergen	13:58,83	14	00:57	14:30,67	12	00:53	28:29,50	01:51
3	Arne Reenders	17	Den Helder	13:52,39	11	00:51	15:01,12	20	01:24	28:53,51	02:15
4	Daan Jurriaans	18	Andijk	14:45,88	27	01:45	14:18,57	8	00:41	29:04,45	02:26
5	Tobias Kool	18	Purmerend	14:02,38	17	01:01	15:07,49	23	01:30	29:09,87	02:31
6	Lukas Vries	17	Tuitjenhorn	14:17,23	21	01:16	15:21,46	26	01:44	29:38,69	03:00
7	Donny Hoogschagen	18	St. Pancras	14:50,23	29	01:49	15:58,22	34	02:21	30:48,45	04:10
8	Liam Witte	17	Texel	14:51,28	30	01:50	16:02,58	35	02:25	30:53,86	04:15
	Storm Timmerman	17	Bleiswijk								
<b>Junior vrouwen</b>											
1	Masja Keesman	18	Velserbroek	15:39,28	51	02:38	16:46,28	54	03:09	32:25,56	05:47
2	Tessa Kleijn	18	Wognum	15:55,18	54	02:54	16:33,16	50	02:56	32:28,34	05:50
3	Judith van Duin	18	Hoogwoud	15:49,29	53	02:48	16:54,67	56	03:17	32:43,96	06:05
4	Roxanne Takken	17	Alphen A/d Rijn	15:55,28	55	02:54	16:51,58	55	03:14	32:46,86	06:08
5	Lenneke Pettinga	17	Akersloot	15:57,58	56	02:56	16:57,11	57	03:20	32:54,69	06:16
6	Bloeme Kalis	17	Vlaardingen	17:04,58	67	04:03	16:36,93	52	03:00	33:41,51	07:03
7	Melissa Mooijman	18	Wervershoof	16:55,17	65	03:54	17:46,98	61	04:10	34:42,15	08:03
8	Evi Freij	17	Hellevoetsluis	17:03,40	66	04:02	18:24,96	67	04:48	35:28,36	08:50
9	Laura Jooren	18	Hellevoetsluis	17:50,21	71	04:49	18:37,58	68	05:00	36:27,79	09:49
10	Mimi van Hall	17	Amsterdam	18:01,28	72	05:00	19:24,29	72	05:47	37:25,57	10:47
<b>Master 40+</b>											

1	Ruud Bakker	42	Wormer	14:01,82	16	01:00	14:28,61	11	00:51	28:30,43	01:52
2	Bram de Waard	45	Petten	14:24,23	23	01:23	14:54,97	19	01:18	29:19,20	02:41
3	Melvin Bos	41	Alkmaar	14:34,53	26	01:33	15:06,04	22	01:29	29:40,57	03:02
4	Marcel de Boer	44	Zwaag	14:27,83	24	01:26	15:17,17	24	01:40	29:45,00	03:06
5	Daniel Kleijn	49	Wognum	15:23,89	43	02:23	15:53,42	31	02:16	31:17,31	04:39
<b>Master 50+</b>											
1	Marcel Beukers	55	Petten	14:46,24	28	01:45	15:30,33	27	01:53	30:16,57	03:38
2	Dennis Timmerman	53	Venhuizen	15:15,23	37	02:14	15:43,11	29	02:06	30:58,34	04:20
	Brian Burggraaf	51	Velsen Noord								
	Volkert Meinsma	59	Oudkarspel								
<b>Master 60+</b>											
1	Jos van Dorp	68	Schagen	15:38,44	50	02:37	16:28,11	47	02:51	32:06,55	05:28
<b>Nieuwelingen</b>											
1	Youri Zijlstra	16	Berkel en Rodenrijs	14:55,98	31	01:55	15:39,91	28	02:03	30:35,89	03:57
2	Samuel Gunnink	16	Amsterdam	15:01,23	33	02:00	15:54,75	32	02:17	30:55,98	04:17
3	Dean Tol	16	Volendam	15:01,88	34	02:01	16:13,50	41	02:36	31:15,38	04:37
4	Jesse Klein	15	Nieuw Vennep	15:26,48	44	02:25	15:58,06	33	02:21	31:24,54	04:46
5	Bodhi Klein	15	Amsterdam	15:16,88	38	02:16	16:08,17	37	02:31	31:25,05	04:46
6	Elmer Brommersma	16	Avenhorn	15:10,23	36	02:09	16:19,42	45	02:42	31:29,65	04:51
7	Fabio Valerio	16	Amsterdam	15:19,78	40	02:18	16:14,88	43	02:38	31:34,66	04:56
8	Mika Houtenbos	15	Andijk	15:18,38	39	02:17	16:32,19	49	02:55	31:50,57	05:12
9	Tyler Eyk	16	Amsterdam	15:32,18	47	02:31	16:27,47	46	02:50	31:59,65	05:21
10	Hugo Voogd	16	Heemstede	16:11,26	57	03:10	17:21,41	59	03:44	33:32,67	06:54
11	Senne Koenen	16	Denhelder	16:33,19	60	03:32	17:55,94	62	04:19	34:29,13	07:50
12	Moos van Hall	15	Amsterdam	16:40,12	62	03:39	18:06,67	64	04:29	34:46,79	08:08
<b>Nwl meisjes</b>											
1	Jente Koops	16	Langeraar	16:40,18	63	03:39	17:36,74	60	03:59	34:16,92	07:38
2	Emilie Fransen	16	Zevenhoven	16:38,44	61	03:37	18:03,06	63	04:26	34:41,50	08:03
3	Nanet Huising	16	Wateringen	16:52,23	64	03:51	18:13,83	65	04:36	35:06,06	08:27

4	Lieke Huizink	16	Purmerend	17:18,21	68	04:17	18:23,61	66	04:46	35:41,82	09:03
5	Akira Koolbergen	16	Krommenie	17:50,16	70	04:49	18:42,27	69	05:05	36:32,43	09:54
6	Ava Alleblas	16	Den Hoorn	17:46,12	69	04:45	19:12,74	70	05:35	36:58,86	10:20
7	Eline Huitema	15	Amsterdam	18:52,26	73	05:51	20:07,86	73	06:31	39:00,12	12:21
8	Jytte Timmermans	15	Aalsmeer	20:08,15	75	07:07	21:21,10	74	07:44	41:29,25	14:51
9	Irene Lamens	15	Hendrik Ido Ambacht	20:21,13	76	07:20	21:50,07	75	08:13	42:11,20	15:33
10	Joy den Braver	16	Den Hoorn	19:37,18	74	06:36	24:48,56	76	11:11	44:25,74	17:47
	Mirthe Mons	15	Waverveen								