

Rank	Bib	Name	Lap 1	Gross time	Net. time	category	Cat	City
1	2	Filmon Tesfu	00:15:00	00:30:27	00:30:27	M16	1	Den Helder
2	1	Ronald Schroer	14:44:05	00:30:41	00:30:41	M16	2	Alkmaar
3	4	Luca Assorgia	00:15:38	00:32:03	00:32:03	M16	3	Den Helder
4	7	Tom Hoogetboom	00:16:15	00:33:18	00:33:18	M16	4	Warmenhuizen
5	151	Tim Tesselaar	00:17:01	00:34:16	00:34:16	M16	5	Den Helder
6	159	Mick Velden van der	00:17:01	00:34:35	00:34:35	M16	6	Dirkshorn
7	21	Ralph Apeldoorn	00:17:18	00:34:52	00:34:51	M40	1	Heemskerk
8	132	Joeri Slagter	00:17:11	00:35:23	00:35:23	M16	7	Winkel
9	76	Joffre Hooijschuur	00:17:11	00:35:59	00:35:59	M16	8	Anna Paulowna
10	10	Pip Tesselaar	00:18:13	00:36:34	00:36:33	M50	1	Heerhugowaard
11	355	Wouter Hoogland	00:17:52	00:36:40	00:36:39	M16	9	Utrecht
12	184	Dennis Zwagerman	00:17:52	00:36:49	00:36:49	M16	10	Alkmaar
13	8	Abdalahamid Mohammadi	00:18:13	00:37:10	00:37:10	M50	2	Amsterdam
14	26	Sjaak Bakker	00:18:13	00:37:18	00:37:17	M40	2	Wervershoof
15	350	Martijn Verhoeven	00:19:11	00:37:39	00:37:36	M16	11	Zuid-Scharwoude
16	5	Joris Boer de	00:18:13	00:37:49	00:37:49	M16	12	Winkel
17	46	Tom Bruggencate ten	00:18:59	00:38:21	00:38:20	M40	3	Broek op Langedijk
18	6	Daan Glorie	00:18:59	00:38:36	00:38:35	M16	13	Heemskerk
19	167	Glen Vriend	00:19:05	00:38:57	00:38:55	M16	14	Waarland
20	347	Rein Sloof	00:19:33	00:39:01	00:38:58	M16	15	Leiden
21	134	Nick Slijkerman	00:19:20	00:39:09	00:39:09	M16	16	Schagen
22	24	Hugo Bakker	00:19:31	00:39:30	00:39:28	M16	17	Obdam
23	127	Dennis Schipper	00:19:37	00:39:33	00:39:32	M16	18	Amsterdam Zuidoost
24	84	Walter Klanker	00:19:27	00:39:38	00:39:37	M50	3	Sint Pancras
25	327	Alex Weezenbeek van	00:19:43	00:39:48	00:39:46	M40	4	Heerhugowaard
26	25	Thijs Bakker	00:19:35	00:40:09	00:40:06	M16	19	Waarland
27	150	Peter Tas	00:19:37	00:40:13	00:40:12	M50	4	't Zand Nh
28	51	Nina Diepen van	00:20:03	00:40:15	00:40:14	D16	1	Heerhugowaard
29	138	Richard Smit	00:19:53	00:40:17	00:40:16	M50	5	Waarland
30	9	Ron Diepen van	00:20:01	00:40:24	00:40:23	M50	6	Heerhugowaard
31	133	Jeroen Slagter	00:19:51	00:40:28	00:40:27	M50	7	Winkel
32	69	John Gombault	00:19:58	00:40:39	00:40:39	M50	8	Alkmaar
33	179	Yvo Witte	00:20:32	00:41:01	00:40:56	M40	5	Den Burg
34	172	David Welle van der	00:20:34	00:41:05	00:41:03	M50	9	Warmenhuizen
35	353	Dave Groot de	00:20:15	00:41:23	00:41:20	M16	20	Winkel
36	114	Hans Pater	00:20:01	00:41:24	00:41:24	M60	1	Waarland
37	75	Paul Homan	00:20:38	00:42:06	00:42:05	M16	21	Heerhugowaard
38	116	David Pennekamp	00:21:08	00:42:40	00:42:37	M16	22	De Goorn
39	56	PJ Droog	00:21:19	00:42:54	00:42:49	M16	23	Nieuwe Niedorp
40	177	Joost Wijnker	00:20:45	00:42:57	00:42:52	M16	24	Zuid-Scharwoude
41	131	Ton Sjerps	00:21:11	00:43:10	00:43:10	M60	2	Nibbixwoud
42	42	Annemieke Bot	00:21:37	00:43:13	00:43:12	D40	1	Zwaag
43	73	Marcel Harlingen van	00:21:19	00:43:30	00:43:24	M16	25	Wieringerwaard
44	128	Christiaan schipper	00:21:09	00:43:38	00:43:32	M16	26	Winkel
45	38	Mirjam Boer de	00:21:38	00:43:40	00:43:38	D50	1	Grootebroek
46	44	Jaap Broers	00:21:39	00:43:51	00:43:50	M60	3	Burgerbrug
47	48	Márcio Catarino	00:21:07	00:43:53	00:43:44	M40	6	Winkel
48	170	Harm Weidenaar	00:21:57	00:43:56	00:43:53	M40	7	Alkmaar

49	137 Fred Smit	00:21:30	00:44:09	00:44:08	M50	10	Waarland
50	98 Renee Ligteringen	00:21:53	00:44:26	00:44:22	D50	2	Loenen Gld
51	139 Jan Smit	00:22:05	00:44:29	00:44:28	M60	4	Opperdoes
52	178 Robert Winters	00:21:36	00:44:30	00:44:25	M16	27	Schagen
53	330 Sjoerd lighthart	00:21:22	00:44:32	00:44:25	M40	8	Tuitjenhorn
54	157 Lonneke Tol	00:21:40	00:44:37	00:44:35	D40	2	Hoorn Nh
55	163 Tim Visser	00:21:49	00:44:43	00:44:32	M16	28	Waarland
56	102 Erik Manshanden	00:22:05	00:44:50	00:44:47	M50	11	Heerhugowaard
57	109 Thea Noordeloos	00:21:45	00:44:54	00:44:51	D16	2	Bovenkarspel
58	91 Jan Kreuk	00:22:06	00:44:54	00:44:52	M60	5	Lutjebroek
59	108 Hans Nijman	00:22:10	00:45:01	00:45:01	M50	12	Schagen
60	50 Lida Deen	00:22:06	00:45:06	00:45:05	D50	3	Winkel
61	83 Cora Kiekens-Klaver	00:21:38	00:45:08	00:45:06	D16	3	Oudkarspel
62	351 Cuny kroon van der	00:22:08	00:45:19	00:45:15	D50	4	Nieuwe Niedorp
63	28 René Bakker	00:22:05	00:45:22	00:45:18	M60	6	't Zand Nh
64	335 Pim Bruin	00:22:44	00:45:28	00:45:22	M16	29	't Zand Nh
65	15 Wil Does	00:23:18	00:45:30	00:45:21	M50	13	Alkmaar
66	105 Joyce Mol	00:22:39	00:45:43	00:45:37	D16	4	't Veld
67	142 Tom Souverein	00:21:43	00:45:45	00:45:43	M50	14	Wijdenes
68	37 Victor Boer de	00:21:48	00:45:58	00:45:51	M16	30	Winkel
69	104 Ron Moel de	00:23:01	00:46:16	00:46:14	M40	9	Alkmaar
70	119 Allard Pliester	00:23:17	00:46:36	00:46:31	M50	15	Sint Maarten
71	174 Bert Westhoff	00:22:35	00:46:39	00:46:36	M50	16	Lelystad
72	130 Giorgio Sironi	00:22:28	00:46:46	00:46:41	M50	17	Hoorn Nh
73	23 Coen Bakker	00:23:19	00:47:08	00:46:59	M16	31	Sint Pancras
74	113 Aiko Pastoor	00:23:31	00:47:13	00:47:10	M50	18	Schagen
75	55 Bas Dorpmans	00:23:26	00:47:25	00:47:20	M40	10	Schagen
76	152 Theo Tesselaar	00:23:27	00:47:36	00:47:33	M60	7	Tuitjenhorn
77	49 Frank Damme van	00:23:37	00:47:40	00:47:31	M40	11	Winkel
78	182 Frank Zijlstra	00:23:50	00:47:49	00:47:43	M16	32	Winkel
79	338 Cas Bommer	00:23:49	00:47:49	00:47:44	M16	33	Waarland
80	97 Dirk Leijen	00:23:39	00:48:12	00:48:08	M50	19	Waarland
81	124 Peter Rus	00:23:44	00:48:17	00:48:06	M16	34	Schagen
82	356 Sem Karsten	00:23:23	00:48:27	00:48:24	M16	35	Groningen
83	67 Sanne Glas	00:23:37	00:48:28	00:48:25	D16	5	Winkel
84	103 Jochem Marcus	00:24:14	00:48:37	00:48:33	M40	12	Midwoud
85	153 Ans Thole	00:23:51	00:48:51	00:48:46	D50	5	Bovenkarspel
86	53 Ruud Doodeman	00:23:45	00:48:53	00:48:45	M50	20	Warmenhuizen
87	169 Dick Vries de	00:24:07	00:48:54	00:48:52	M60	8	Schagen
88	31 Martijn Berkhout	00:23:34	00:48:56	00:48:47	M40	13	Barsingerhorn
89	70 Lisanne Groen	00:23:43	00:49:03	00:48:59	D16	6	Evere Brussel
90	58 Frank Duivenvoorden	00:23:55	00:49:36	00:49:30	M50	21	Zijdevind
91	125 Ronald Salm van der	00:24:14	00:49:50	00:49:42	M16	36	Voorburg
92	357 Yvonne Stok van der	00:24:32	00:50:04	00:50:00	D40	3	Petten
93	141 Willem Smudde	00:24:29	00:50:09	00:50:04	M40	14	Schagen
94	88 Nika Koorn	00:23:53	00:50:27	00:50:21	D16	7	Nieuwe Niedorp
95	181 Wilma Wouw van	00:24:25	00:50:32	00:50:29	D50	6	Bergen Nh
96	80 Coen Jong	00:24:34	00:50:33	00:50:27	M50	22	Schagen
97	168 Ad Vriend	00:23:57	00:50:44	00:50:39	M60	9	Waarland

98	173	Nico Wessel	00:25:22	00:50:45	00:50:38	M60	10	Heerhugowaard
99	146	Stijn Steur	00:25:22	00:50:49	00:50:41	M16	37	Oude Niedorp
100	328	Jet Strooper	00:25:07	00:50:51	00:50:45	D16	8	Tuitjenhorn
101	117	Kees Pijl van der	00:25:20	00:50:53	00:50:44	M60	11	Alkmaar
102	95	Nick langelaar	00:23:36	00:50:55	00:50:49	M16	38	Winkel
103	99	Clint Ligthart	00:24:08	00:50:58	00:50:51	M16	39	Leerdam
104	20	Thijs Aalbrechtse	00:25:21	00:50:59	00:50:50	M16	40	Nieuwe Niedorp
105	107	Rob Neuvel	00:25:23	00:51:20	00:51:13	M50	23	Amsterdam
106	176	Adrie Wijk van der	00:24:48	00:51:27	00:51:23	M60	12	Heerhugowaard
107	106	Marc Munster	00:25:46	00:51:29	00:51:21	M50	24	Nieuwe Niedorp
108	47	Jan Bussink	00:24:45	00:51:33	00:51:27	M50	25	Schagen
109	100	Jan Lont	00:25:02	00:51:58	00:51:54	M40	15	Medemblik
110	30	Theo Beemsterboer	00:25:24	00:52:03	00:51:58	M50	26	Waarland
111	52	Iona Dignum	00:25:58	00:52:37	00:52:31	D16	9	Warmenhuizen
112	89	Oscar Kramer	00:26:10	00:52:39	00:52:35	M40	16	De Goorn
113	39	Frank Boon	00:25:04	00:52:54	00:52:52	M60	13	Venhuizen
114	78	Gertjan Jong	00:28:54	00:52:58	00:52:49	M40	17	Lutjebroek
115	90	Elles Kramer	00:26:10	00:53:03	00:52:59	D40	4	De Goorn
116	45	Joke Bruggen van	00:26:18	00:53:11	00:53:11	D50	7	Wieringerwaard
117	92	Pascal Kroone	00:24:51	00:53:20	00:53:15	M50	27	Schagen
118	354	Jan Doorland	00:26:16	00:53:42	00:53:30	M60	14	Edam
119	32	Ton Berkhout	00:26:16	00:54:03	00:54:00	M60	15	Schagen
120	136	Bob Smit	00:24:25	00:54:54	00:54:48	M16	41	Nieuwe Niedorp
121	156	Klaas Tillema	00:26:45	00:54:59	00:54:54	M60	16	Warmenhuizen
122	154	Miel Tiebie	00:26:35	00:55:00	00:54:51	M40	18	Nieuwe Niedorp
123	155	Martine Tijsen	00:27:25	00:55:26	00:55:14	D16	10	Winkel
124	175	Sander Wijbregt	00:27:26	00:55:27	00:55:15	M16	42	Nieuwe Niedorp
125	65	Hans Geest van der	00:27:28	00:55:47	00:55:37	M60	17	Oudkarspel
126	66	Walter Gelderen van	00:28:07	00:55:53	00:55:46	M60	18	Warmenhuizen
127	40	Wendy Borst	00:28:25	00:56:23	00:56:07	D16	11	Schagen
128	110	Herman Oostenveld	00:27:25	00:56:32	00:56:18	M60	19	Zuid-Scharwoude
129	135	Peter Slingerland	00:27:41	00:56:32	00:56:19	M60	20	Wormerveer
130	36	Jessica Boekhoudt	00:27:24	00:56:36	00:56:28	D16	12	Voorburg
131	148	Wim Tamis	00:27:14	00:56:55	00:56:52	M50	28	Alkmaar
132	149	Fleur Tamis	00:27:08	00:56:55	00:56:53	D16	13	Alkmaar
133	86	Patrick Kool	00:28:31	00:57:25	00:57:13	M40	19	Nieuwe Niedorp
134	79	Harry Jong de	00:26:05	00:57:33	00:57:25	M50	29	Nieuwe Niedorp
135	17	Ed Spaansen	00:28:28	00:57:36	00:57:22	M50	30	Nieuwe Niedorp
136	352	Sjaak Boon	00:27:44	00:57:48	00:57:45	M60	21	Venhuizen
137	126	Brenda Schie van	00:28:18	00:58:04	00:57:55	D16	14	Kolhorn
138	340	Cees Rood	00:28:37	00:58:12	00:58:05	M60	22	Zwaagdijk-West
139	87	Marjo Kooning de	00:28:32	00:58:28	00:58:17	D50	8	Midwoud
140	147	Arjan Stoop van der	00:27:38	00:58:54	00:58:42	M50	31	Nieuwe Niedorp
141	19	Anna Bakker	00:27:34	00:59:08	00:58:59	D16	15	Schagen
142	60	Margaret Eijking	00:28:45	00:59:19	00:59:08	D50	9	Petten
143	164	Anouk Visser	00:29:38	00:59:28	00:59:18	D16	16	Winkel
144	85	Tamara Koning	00:29:39	00:59:28	00:59:18	D16	17	Wognum
145	158	Johanna Veen van	00:28:31	00:59:41	00:59:36	D40	5	Apeldoorn
146	34	Arie Blokker	00:29:03	00:59:43	00:59:31	M60	23	Wieringerwerf

147	68	Olof Glorie	00:28:55	00:59:58	00:59:58	M50	32	Egmond aan den Hoef
148	54	Monique Doodeman	00:29:34	01:00:15	01:00:05	D50	10	Waarland
149	111	Nicky Oostenveld-Weijers	00:29:45	01:00:19	01:00:07	D16	18	Nieuwe Niedorp
150	121	Martien Rijn van	00:29:19	01:00:37	01:00:26	M60	24	Petten
151	59	Mirjam Eijk van der	00:29:34	01:00:49	01:00:45	D40	6	Midwoud
152	35	Theo Boekel	00:30:28	01:02:05	01:01:55	M60	25	't Veld
153	93	Peter Kroone	00:29:32	01:02:22	01:02:12	M60	26	Schagen
154	22	Silvia Apeldoorn	00:30:32	01:02:27	01:02:15	D40	7	Heemskerk
155	57	Gerard Duinmayer	00:29:36	01:03:00	01:02:51	M40	20	Schagen
156	82	Ingrid Jonge de	00:30:28	01:03:01	01:02:48	D40	8	Nieuwe Niedorp
157	43	Andrea Breebaart	00:30:29	01:03:11	01:03:00	D40	9	't Veld
158	129	Betsy Schoorl	00:31:00	01:04:18	01:04:07	D50	11	Burgerbrug
159	161	Mirjam Vertelman	00:30:29	01:04:23	01:04:15	D16	19	Winkel
160	185	Annemarie Zweerman	00:31:30	01:05:02	01:04:52	D50	12	Waarland
161	74	Gerda Holla	00:31:40	01:05:19	01:05:06	D40	10	Oostwoud