

Bosmarathon 19/01/2020

Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
7 km													
209	Dennis Brandenburg	1980	29:03	29:03						7 km	14.4	4:09	29:04
220	Mpho Chaigneau	2005	31:37	31:37						7 km	13.2	4:31	31:39
227	Bo de Vries	2005	36:00	36:00						7 km	11.2	5:19	37:15
207	Bert Gierveld	1957	38:41	38:41						7 km	10.8	5:31	38:44
934	Simone Smulling	1976	39:18	39:18						7 km	10.5	5:40	39:44
216	Marleen Spaan	2000	39:46	39:46						7 km	10.3	5:46	40:27
201	Martijn de Groot	1985	40:23	40:23						7 km	10.2	5:50	40:53
395	Henriet Koenen	1985	40:35	40:35						7 km	10.2	5:51	41:03
396	Tenyo Partowidjojo	1975	40:44	40:44						7 km	10.1	5:54	41:24
913	Bo Kaisam	1999	40:51	40:51						7 km	10.1	5:55	41:26
397	Bjorn Redmeijer	1990	41:29	41:29						7 km	10.1	5:55	41:31
214			41:36	41:36						7 km	9.8	6:03	42:28
222	Corrine van der Veer	1981	41:59	41:59						7 km	9.6	6:11	43:20
229	Haije de Vries	1969	42:00	42:00						7 km	9.6	6:11	43:21
917	Max van Wingerden	1999	43:14	43:14						7 km	9.5	6:15	43:47
918	Jornt Visser	2001	43:15	43:15						7 km	9.5	6:15	43:47
240	Annemieke Stam	1969	43:07	43:07						7 km	9.5	6:16	43:55
204	Kees de Vries	1954	43:46	43:46						7 km	9.5	6:17	44:02
372	Onno Nieuwenhuis	1977	43:11	43:11						7 km	9.4	6:19	44:18
373	Yuri Prummel	1981	43:29	43:29						7 km	9.4	6:22	44:36
211	Gerdien Boven	1986	43:52	43:52						7 km	9.4	6:22	44:36
223	Janine Pullen	1977	45:20	45:20						7 km	9.0	6:38	46:32
208	Milou Lageman	1989	46:07	46:07						7 km	8.8	6:45	47:21
226	Naraysca Cecilia	1977	46:16	46:16						7 km	8.8	6:47	47:36
218	Maartje Salomons	1968	46:45	46:45						7 km	8.7	6:49	47:46
914	Sjoerdje Dam	1965	48:49	48:49						7 km	8.5	7:00	49:04
221	Anneke Bos-Root	1960	49:18	49:18						7 km	8.2	7:13	50:37
215	Laura Hofman	1999	50:59	50:59						7 km	8.1	7:24	51:52
203	Daniël de Vreeze	1982	50:55	50:55						7 km	8.0	7:24	51:53
202	Amanda Zandvoort	1988	58:57	58:57						7 km	6.9	8:36	1:00:14
213	Fiona Asood-Keizer	1971	1:02:08	1:02:08						7 km	6.6	9:00	1:03:03

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Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
210	Petra Brinksma	1972	1:02:11	1:02:11						7 km	6.6	9:01	1:03:08
205	Micah Doornbos	2008	1:09:52	1:09:52						7 km	5.9	10:08	1:10:59
200	Moniek Beute	1980	1:10:31	1:10:31						7 km	5.8	10:15	1:11:52
206	Joran Doornbos	2006	1:46:04	1:46:04						7 km	3.9	15:18	1:47:09

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Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
14 km													
354	Eric Bustra	1986	1:00:06	29:12	30:55					14 km	13.9	4:17	30:04
391	Bart Geersema	1993	1:00:38	30:16	30:23					14 km	13.8	4:19	30:20
365	Erik Kuijen	1973	1:02:23	30:46	31:38					14 km	13.4	4:27	31:12
247	Mark Zwerwer	1986	1:03:03	32:09	30:55					14 km	13.1	4:33	31:54
933	Rene van der Laan	1972	1:08:36	34:57	33:40					14 km	12.1	4:55	34:31
915	Steven van Veluw	1977	1:10:56	35:26	35:31					14 km	11.7	5:06	35:44
234	Leon Spoelstra	1969	1:12:01	36:15	35:46					14 km	11.6	5:09	36:07
256	Bart van der Gaag	1969	1:12:21	36:38	35:44					14 km	11.5	5:10	36:15
236	Erik Huisman	1972	1:11:48	37:06	34:42					14 km	11.5	5:10	36:17
252	Max Burger	1990	1:13:16	36:51	36:26					14 km	11.4	5:15	36:46
378	Klaas Notenbomer	1963	1:13:32	36:41	36:51					14 km	11.4	5:15	36:49
248	Bart Looijen	1994	1:13:21	37:16	36:05					14 km	11.3	5:16	36:57
237	Wim Offringa	1966	1:13:49	37:22	36:28					14 km	11.2	5:19	37:18
928	Rudy Telkamp	1965	1:15:07	36:49	38:19					14 km	11.1	5:23	37:43
927	Miranda Doedens	1990	1:15:12	37:42	37:30					14 km	11.0	5:25	37:59
922	Edwin Krist	1977	1:16:36	38:41	37:56					14 km	10.9	5:29	38:26
239	Dick Bastiaannet	1956	1:16:50	38:30	38:20					14 km	10.8	5:32	38:49
388	Eric Jan Jonker	1963	1:17:10	38:57	38:14					14 km	10.7	5:35	39:10
258	Bjorn Oude Avenhuis	1998	1:18:02	39:25	38:38					14 km	10.6	5:36	39:19
366	Gert Bosker	1960	1:18:35	38:58	39:38					14 km	10.6	5:38	39:30
250	Hestia Kramer	1978	1:18:31	38:56	39:36					14 km	10.6	5:38	39:30
260	Tim Essed	2003	1:18:44	41:41	37:04					14 km	10.6	5:38	39:31
399	Fokko Dam	1961	1:18:54	38:38	40:16					14 km	10.6	5:39	39:35
377	Stephan Konneele	1978	1:17:53	40:12	37:41					14 km	10.6	5:39	39:36
379	Jacob Paas	1967	1:18:42	41:38	37:04					14 km	10.5	5:42	39:57
259	Hanneke Verheul	1955	1:20:34	41:27	39:07					14 km	10.3	5:46	40:26
249	Arnold Oude Avenhuis	1967	1:20:39	39:47	40:53					14 km	10.3	5:47	40:36
921	Christel de Jong	1977	1:21:46	40:27	41:20					14 km	10.2	5:51	41:01
374	Lia Hesling	1972	1:21:48	41:18	40:30					14 km	10.2	5:52	41:08
386	Erin Kostelijn	1969	1:22:25	41:03	41:22					14 km	10.1	5:56	41:34
255	Eliza Actina	1998	1:23:35	39:34	44:02					14 km	10.0	5:59	42:00

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Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
232	JP Lageman	1980	1:22:55	42:53	40:03					14 km	9.9	6:00	42:05
243	Wim van Oosterom	1959	1:23:32	42:49	40:43					14 km	9.9	6:01	42:11
238	Sophie Weistra	1997	1:24:15	41:11	43:05					14 km	9.9	6:01	42:13
297	Malina Wiesner	1996	1:23:49	42:49	41:01					14 km	9.9	6:02	42:20
235	Ruud van Delft	1954	1:24:11	41:21	42:51					14 km	9.8	6:06	42:44
380	Marleen Oost	1988	1:24:25	42:41	41:44					14 km	9.8	6:06	42:48
257	Mariska Bakker	1967	1:25:16	43:04	42:13					14 km	9.7	6:08	42:57
376	Edwin Papjes	1982	1:25:13	42:59	42:15					14 km	9.7	6:08	42:58
253	Andre Schwab	1973	1:28:50	43:31	45:20					14 km	9.3	6:24	44:50
930	Jan H. de Vries	1966	1:28:52	45:14	43:39					14 km	9.3	6:25	44:56
242	Hanna van Hilten	1961	1:33:16	46:30	46:46					14 km	8.9	6:43	47:02
245	Inge Mekkes	1972	1:38:37	46:01	52:37					14 km	8.4	7:04	49:32
231	Leo de Jong	1959	1:39:17	47:05	52:12					14 km	8.3	7:09	50:10
233	Koop Boer	1951	1:41:56	50:02	51:54					14 km	8.1	7:19	51:18
385	Anja Pieterman	1960	1:46:44	51:00	55:45					14 km	7.7	7:43	54:02

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Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
21.1 km													
282	Hessel Wijnja	1988	1:27:58	29:42	29:12	29:06				21.1 km	14.3	4:10	29:22
296	Jurjen Kobes	1981	1:38:25	32:48	32:33	33:05				21.1 km	12.6	4:44	33:18
262	Robert Smit	1965	1:41:10	35:00	33:40	32:31				21.1 km	12.4	4:49	33:55
241	Bas Vliegenthart	1980	1:43:01	33:29	34:12	35:21				21.1 km	12.2	4:53	34:22
369	Bernard Bunskoek	1976	1:45:39	34:19	34:19	37:01				21.1 km	11.9	5:00	35:14
292	Marco Tristan	2000	1:46:59	35:16	35:47	35:57				21.1 km	11.8	5:04	35:42
263	Frits Kremer	1968	1:47:24	35:10	35:42	36:33				21.1 km	11.7	5:05	35:52
273	Floris van Es	1996	1:50:07	35:21	36:59	37:48				21.1 km	11.4	5:13	36:44
398	Eelco de Groot	1980	1:50:04	37:34	36:04	36:27				21.1 km	11.3	5:16	37:03
269	Pascal Steen	2003	1:52:00	36:22	36:48	38:52				21.1 km	11.2	5:18	37:22
353	Michel Dolstra	1974	1:52:01	37:16	37:18	37:28				21.1 km	11.2	5:19	37:30
294	Corine Visser	1972	1:52:55	37:44	36:56	38:17				21.1 km	11.1	5:22	37:46
280	Peter Theuwissen	1961	1:54:33	38:37	37:44	38:13				21.1 km	10.9	5:27	38:24
919	Bas de Leeuw	1978	1:54:11	39:38	37:40	36:55				21.1 km	10.9	5:28	38:33
265	Emil Verheul	1991	1:57:09	38:55	39:12	39:02				21.1 km	10.7	5:35	39:19
271	Brian Lie Ten	1988	1:58:07	37:40	35:49	44:39				21.1 km	10.6	5:37	39:34
268	Harold Weistra	1966	2:00:14	36:57	40:18	43:00				21.1 km	10.5	5:42	40:09
279	Auke van Zalk	1975	2:02:50	40:44	40:57	41:09				21.1 km	10.2	5:51	41:09
316	Henjo de Looper	1961	2:04:07	40:30	41:10	42:29				21.1 km	10.1	5:53	41:30
321	Peter Boonsta	1974	2:04:20	39:40	40:37	44:05				21.1 km	10.1	5:54	41:35
916	Jan Willem Scholten	1962	2:04:57	40:37	40:26	43:55				21.1 km	10.1	5:55	41:44
277	Trea Dekker	1965	2:04:50	42:51	41:42	40:18				21.1 km	10.0	5:57	41:53
382	Maartje Holtslag	1994	2:05:39	40:13	42:48	42:39				21.1 km	10.0	5:58	42:00
381	Jorn Habes	1993	2:05:42	40:14	42:49	42:39				21.1 km	10.0	5:58	42:00
291	Michel Wenting	1973	2:05:13	41:32	41:19	42:23				21.1 km	10.0	5:59	42:08
305	Heijo Dieterman	1964	2:05:48	40:31	41:49	43:29				21.1 km	10.0	5:59	42:10
926	Joost van Ras	1968	2:06:20	42:49	41:01	42:31				21.1 km	9.9	6:01	42:24
276	Hans Popken	1967	2:07:18	40:49	43:11	43:20				21.1 km	9.9	6:02	42:30
342	Gerrie Boersma	1964	2:07:28	41:26	42:32	43:31				21.1 km	9.8	6:04	42:45
341	Wietze de Vries	1964	2:08:14	40:23	42:10	45:41				21.1 km	9.8	6:05	42:51
935	Ellen	1969	2:09:16	42:58	43:42	42:37				21.1 km	9.6	6:11	43:33

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Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
936	Hans Jansen	1960	2:09:17	42:57	43:42	42:39				21.1 km	9.6	6:11	43:34
283	Pieter de Haan	1955	2:10:54	43:36	43:17	44:02				21.1 km	9.6	6:14	43:52
924	Eliza Marskamp	1993	2:11:23	44:19	44:09	42:55				21.1 km	9.6	6:14	43:55
923	Sander Maskamp	1992	2:11:21	44:17	44:11	42:55				21.1 km	9.6	6:14	43:56
295	Peter Visser	1970	2:10:56	43:31	43:19	44:06				21.1 km	9.6	6:14	43:56
367	Wim Saaltink	1947	2:12:37	43:06	44:13	45:19				21.1 km	9.5	6:18	44:20
281	Erik Klooster	1976	2:12:29	43:11	43:59	45:21				21.1 km	9.5	6:18	44:21
272	Betty van Zoelen	1967	2:12:49	43:23	43:29	45:58				21.1 km	9.4	6:19	44:31
286	Martine ter Veld	1975	2:13:08	45:59	43:48	43:22				21.1 km	9.4	6:19	44:32
267	Annemiek Benning	1977	2:13:33	43:08	44:11	46:15				21.1 km	9.4	6:21	44:41
288	Daniel Groen	1985	2:13:33	43:06	44:11	46:17				21.1 km	9.4	6:21	44:42
284	Freek de Haan	1982	2:14:08	43:40	43:17	47:13				21.1 km	9.3	6:23	44:55
264	Evelien Kuntz	1965	2:14:24	46:31	46:46	41:07				21.1 km	9.3	6:24	45:04
393	Rompt Noordenbos	1964	2:14:59	43:37	41:46	49:36				21.1 km	9.3	6:25	45:13
289	Femy Hesp	1967	2:15:41	43:02	44:13	48:27				21.1 km	9.3	6:27	45:22
925	Dick van de Berg	1952	2:15:25	43:35	44:26	47:26				21.1 km	9.2	6:28	45:31
290	Egbert Geertsma	1961	2:16:39	45:55	45:45	44:59				21.1 km	9.1	6:31	45:55
389	Aye Wieringa	1958	2:18:19	45:38	46:47	45:55				21.1 km	9.0	6:35	46:25
306	Koert van der Meer	1964	2:18:13	45:21	43:49	49:05				21.1 km	9.0	6:36	46:27
307	Ans van der Meer	1963	2:18:14	45:21	45:37	47:18				21.1 km	9.0	6:36	46:28
274	Margreet Habes	1960	2:19:43	46:00	45:30	48:14				21.1 km	9.0	6:38	46:43
266	Willem Meffert	1954	2:19:40	43:37	46:02	50:01				21.1 km	9.0	6:39	46:47
244	Ginus Geuzinge	1948	2:20:46	45:26	46:39	48:42				21.1 km	8.9	6:43	47:17
932	Freddie Kalsbeek	1959	2:20:56	45:36	46:36	48:45				21.1 km	8.9	6:43	47:17
261	Johanna Krol	1966	2:21:53	50:22	45:53	45:39				21.1 km	8.8	6:45	47:35
394	Leo Muusers	1961	2:24:05	45:36	46:34	51:56				21.1 km	8.7	6:52	48:20
230	Karina Kremer	1986	2:25:04	46:24	48:09	50:32				21.1 km	8.6	6:54	48:33
300	Jildert Visser	1965	2:30:11	1:06:38	40:09	43:25				21.1 km	8.4	7:07	50:04
330	Marc Vd Valk	1956	2:33:26	48:53	50:20	54:14				21.1 km	8.2	7:16	51:09
929	Erik Visscher	1968	2:37:18	47:28	55:00	54:51				21.1 km	7.9	7:30	52:52
370	Sjaak Schipper	1948	2:44:38	50:45	55:03	58:51				21.1 km	7.6	7:51	55:18
314	Harma Wieringa	1965	2:55:57	54:28	57:30	1:04:00				21.1 km	7.1	8:23	59:02
315	Jan Wieringa	1959	2:56:03	54:34	57:27	1:04:03				21.1 km	7.1	8:24	59:05

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Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
28 km													
302	Ignas Dummer	1966	2:07:32	30:33	32:03	32:26	32:31			28 km	13.1	4:33	31:54
363	Peter Strijbosch	1975	2:11:25	31:53	32:35	33:09	33:50			28 km	12.7	4:41	32:52
301	Jaap de Vries	1974	2:13:40	31:51	33:04	33:45	35:01			28 km	12.5	4:46	33:25
320	Renda van der Klooster	1974	2:28:35	38:21	36:38	36:50	36:47			28 km	11.2	5:20	37:25
298	Rutger Leukfeldt	1982	2:29:40	36:36	36:48	37:41	38:36			28 km	11.2	5:21	37:28
308	Bas van de Kant	1983	2:29:41	36:35	36:50	37:39	38:38			28 km	11.2	5:21	37:28
318	Edgar Bakker	1965	2:37:01	43:03	42:14	36:21	35:25			28 km	10.6	5:37	39:25
355	Jako Chaigneau	1972	2:44:59	38:20	39:18	41:45	45:38			28 km	10.1	5:54	41:20
304	Klaas Wierenga	1989	2:45:11	40:21	42:50	41:54	40:08			28 km	10.1	5:55	41:32
309	Judith Bloemink	1978	2:47:29	42:21	41:10	42:42	41:17			28 km	9.9	6:00	42:07
311	Cristian Gozevoort	1970	2:52:21	41:56	41:56	42:22	46:08			28 km	9.6	6:11	43:20
319	Sascha Nanninga	1978	2:55:53	43:12	44:46	44:14	43:41			28 km	9.4	6:19	44:16
384	Frans Jonker	1988	2:59:33	40:46	41:43	47:26	49:39			28 km	9.3	6:25	45:00
310	Helma Strijker	1977	3:00:40	42:19	43:09	46:31	48:42			28 km	9.2	6:29	45:25
339	Corine Dieterman	1971	3:01:08	43:27	42:11	43:51	51:41			28 km	9.2	6:29	45:27
303	Janet Oortwijn	1994	3:11:38	49:10	47:00	48:35	46:54			28 km	8.7	6:52	48:09
299	Minke Oenema	1995	3:11:42	47:12	49:03	45:51	49:38			28 km	8.7	6:52	48:09

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Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
<hr/>													
35 km													
<hr/>													
326	Gerrit Duits	1979	2:49:06	33:59	32:41	34:33	33:50	34:05		35 km	12.4	4:50	33:51
390	Albert de Bakker	1980	3:00:58	36:50	37:22	37:47	37:51	31:09		35 km	11.6	5:10	36:12
324	Wilma de Vries	1972	3:32:27	42:57	42:07	42:01	42:16	43:09		35 km	9.8	6:05	42:41
323	Tjia Liem	1958	3:33:39	42:59	43:25	40:58	41:46	44:32		35 km	9.7	6:08	42:58
387	Klaver	1964	3:44:41	42:13	43:23	45:22	46:33	47:12		35 km	9.3	6:25	44:57
322	Anita Holsappel	1973	3:48:35	43:41	42:55	46:40	47:27	47:53		35 km	9.1	6:32	45:47
364	Patrick Westebring	1974	4:02:29	40:29	41:08	45:11	53:51	1:01:54		35 km	8.6	6:56	48:35

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Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
42.2 km													
337	Gerard Vos	1986	3:11:00	30:32	31:04	31:43	31:46	32:56	33:02	42.2 km	12.9	4:38	31:51
375	Herwin Veenstra	1973	3:22:16	34:04	32:03	35:24	32:47	34:54	33:06	42.2 km	12.2	4:54	33:43
362	Michiel Huzen	1975	3:23:09	32:54	33:22	33:38	33:57	34:53	34:28	42.2 km	12.1	4:56	33:53
358	Janis Actins	1972	3:26:45	31:14	32:49	33:51	35:07	36:25	37:21	42.2 km	11.9	5:01	34:28
331	Arenda Konnecke	1977	3:27:46	33:28	34:14	34:21	35:02	35:35	35:09	42.2 km	11.8	5:02	34:38
352	Sjirk Overal	1961	3:38:50	36:00	35:00	35:57	37:29	36:28	38:00	42.2 km	11.2	5:18	36:30
329	Albert Heikens	1960	3:39:52	35:16	35:29	36:04	36:52	37:42	38:30	42.2 km	11.2	5:21	36:46
931	Bries van der Werff	1977	3:41:15	35:55	35:12	36:04	37:31	38:32	38:04	42.2 km	11.0	5:24	37:07
383	Frank Wiebes	1965	3:43:57	33:29	34:14	34:40	35:56	39:50	45:49	42.2 km	11.0	5:26	37:20
345	Peter van Meerveld	1973	3:50:16	36:30	36:11	36:09	37:09	40:56	43:24	42.2 km	10.7	5:35	38:26
392	Anton Slagers	1967	3:52:16	36:59	37:00	38:30	40:18	39:56	39:34	42.2 km	10.6	5:38	38:44
338	Nico Swart	1977	3:53:16	36:44	37:00	36:35	38:59	40:10	43:51	42.2 km	10.5	5:39	38:55
351	Edwin van Oosterhout	1966	3:54:03	34:24	34:50	36:49	41:10	40:52	46:01	42.2 km	10.5	5:40	39:01
919	Wessel Kraaghand	1966	3:54:36	38:17	37:35	38:09	38:42	40:10	41:44	42.2 km	10.5	5:41	39:08
356	Lydia Doornbos	1978	3:53:58	39:47	39:31	38:54	38:56	38:25	38:27	42.2 km	10.5	5:42	39:11
350	Stefan Kern	1986	3:55:29	39:18	39:29	38:50	40:05	38:33	39:17	42.2 km	10.4	5:43	39:17
347	Roel Kleine	1966	3:56:28	38:19	37:33	38:10	38:42	40:11	43:36	42.2 km	10.4	5:44	39:27
334	Sybren Harmsma	1979	3:57:13	36:57	38:04	39:36	40:14	41:36	40:48	42.2 km	10.4	5:45	39:33
368	Reinhart Mulder	1965	4:06:08	39:19	40:39	39:13	41:00	42:47	43:13	42.2 km	10.0	5:58	41:02
333	Lút v.d. Molen	1977	4:05:43	42:29	40:43	40:11	40:05	39:14	43:04	42.2 km	10.0	5:59	41:09
371	Wouter Bouw	1959	4:11:40	39:31	40:33	40:57	40:31	42:13	47:58	42.2 km	9.8	6:06	41:58
340	Marcel Wilmink	1968	4:17:53	41:59	42:17	40:46	43:17	44:47	44:48	42.2 km	9.5	6:15	43:02
328	Erwin van Zandvliet	1987	4:19:01	43:07	42:30	40:17	43:37	43:21	46:12	42.2 km	9.5	6:18	43:16
336	Harm Kuipers	1966	4:18:51	42:38	42:45	42:51	43:36	43:12	43:52	42.2 km	9.5	6:18	43:19
327	Cees Dijkstra	1963	4:22:33	43:39	41:02	43:23	43:54	43:38	47:01	42.2 km	9.4	6:22	43:47
361	Hessel de Boer	1955	4:27:16	42:54	43:53	44:32	44:42	46:03	45:14	42.2 km	9.2	6:29	44:35
359	Rik Plakke	1967	4:31:40	43:14	43:31	43:47	46:04	46:53	48:15	42.2 km	9.0	6:37	45:28
332	Jos Stuyt	1957	4:44:13	42:27	43:21	44:53	49:29	48:30	55:35	42.2 km	8.6	6:54	47:25
335	Ina Oortwijn	1967	4:49:30	47:02	49:02	45:49	49:59	47:59	49:42	42.2 km	8.5	7:03	48:26
325	Dayanara Gonzalez	1977	4:50:58	43:25	42:21	46:04	50:28	56:26	52:17	42.2 km	8.4	7:04	48:37
360	Bert Koens	1957	5:01:05	42:59	44:20	48:09	55:17	54:18	56:06	42.2 km	8.2	7:18	50:13

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Nr.	Naam	Jaar	Eindtijd	R1	R2	R3	R4	R5	R6	Afstand	km/h	min/km	gem/ronde
343	Eddy Hedemann	1965	5:21:36	48:07	50:05	53:56	55:16	56:54	57:21	42.2 km	7.6	7:50	53:49
357	Gerik Mik	1960	5:21:39	48:25	49:20	54:28	54:55	56:50	57:44	42.2 km	7.6	7:50	53:49

Number of records: 202