

Plaats	Nr.	Naam	M/V	Plaats	Jaar	Bruto	Netto	R1	R2	R3	R4	R5	gem. tijd	km/uur	min/km
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6

Man

3 km

1.	26	Mike Berends	m	Assen	2006	12:00	11:59	11:59					12:00	15.0	3:59
2.	67	Joel Koning	m	Assen	2007	14:33	14:32	14:32					14:33	12.3	4:50
3.	70	Jens Everts	m	Assen	2008	15:44	15:39	15:39					15:44	11.4	5:14
4.	50	Jonathan Engberts	m	Assen	1977	16:00	15:57	15:57					16:00	11.2	5:19
5.	54	Ruben Wortelboer	m			16:05	16:03	16:03					16:05	11.2	5:21
6.	213	Jesse	m	Assen	2010	16:05	16:03	16:03					16:05	11.2	5:21
7.	393	Stan Stan	m	Assen	2011	16:42	16:37	16:37					16:42	10.7	5:33
8.	365	Bas Folkeringa	m	Norg	2012	19:11	19:01	19:01					19:11	9.3	6:23
9.	387	Ivorno van Meggelen	m	Eelde	1999	20:40	20:31	20:31					20:40	8.7	6:53
10.	63	Mats Lande Timmer	m	Assen	2005	26:39	26:28	26:28					26:39	6.7	8:52

Vrouw

3 km

1.	22	Michelle Timmer	v	Assen	2007	13:13	13:11	13:11					13:13	13.6	4:24
2.	212	Jinte	v	Assen	2008	13:24	13:22	13:22					13:24	13.4	4:27
3.	46	Hanna van Hillen	v	Assen	1961	16:52	16:49	16:49					16:52	10.6	5:37
4.	19	Norah Huisjes	v	Assen	2009	18:24	18:20	18:20					18:24	9.7	6:07
5.	369	N.N. Onbekend	v			19:04	18:35	18:35					19:04	9.4	6:21
6.	366	Evelien Folkeringa	v	Norg	1976	19:12	19:01	19:01					19:12	9.3	6:23
7.	78	Babs van Essen	v	Assen	1961	19:32	19:25	19:25					19:32	9.2	6:30
8.	17	Vera Huisjes	v	Assen	2006	20:36	20:36	20:36					20:36	8.7	6:51
9.	88	Jose Dammer	v	Assen	1966	21:03	20:59	20:59					21:03	8.5	7:00
10.	8	Jos Betten	v	Assen	1967	21:22	21:19	21:19					21:22	8.4	7:07
11.	35	Debbie Campschreur	v	Smilde	1973	21:38	21:31	21:31					21:38	8.3	7:12

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Man

6 km

1.	36	Timo Verhagen	m	Assen	2001	23:47	23:46	11:22	12:25				11:54	15.1	3:57
2.	218	Jetsko Borg	m	Onstwedde	1966	26:17	26:15	13:17	12:59				13:09	13.7	4:22

Plaats	Nr.	Naam	M/V	Plaats	Jaar	Bruto	Netto	R1	R2	R3	R4	R5	gem. tijd	km/uur	min/km
3.	370	Bernhard de Vries	m	Assen	2006	29:02	28:51	14:54	13:57				14:31	12.4	4:50
4.	267	Vincent van Garderen	m	Eelde	1990	30:21	30:18	14:35	15:43				15:11	11.8	5:03
5.	53	Arie Engberts	m	Assen	1951	31:27	31:26	15:14	16:13				15:44	11.4	5:14
6.	224	B. Bonno	m		2001	31:34	31:27	15:01	16:27				15:47	11.4	5:15
7.	371	L.E. de Vries	m	Assen	1970	31:42	31:31	16:16	15:16				15:51	11.3	5:16
8.	394	Robert Borgman	m	Assen	1982	33:51	33:46	18:45	15:01				16:56	10.6	5:38
9.	29	Harry Lunshof	m	Assen	1949	39:41	39:34	19:41	19:54				19:51	9.0	6:36
10.	376	Twan Peters	m	Schoonebeek	1990	40:28	40:19	20:27	19:53				20:14	8.8	6:44
11.	33	Henk Korterink	m	Assen	1967	40:34	40:25	19:55	20:30				20:17	8.8	6:45

## Vrouw

## 6 km

1.	60	Ronald Voerman	v	Groningen	1984	27:21	27:19	13:00	14:20				13:41	13.1	4:33
2.	65	Annet Zwiep	v	Beilen	1978	36:00	35:57	17:51	18:07				18:00	10.0	5:59
3.	68	Marijke van der Leij	v	Assen	1965	36:04	35:59	18:09	17:51				18:02	9.9	6:00
4.	113	Els Lange de	v	Assen	1971	36:04	36:00	18:09	17:52				18:02	9.9	6:00
5.	214	Harriet Hulst	v	Assen	1967	37:22	37:14	18:57	18:17				18:41	9.6	6:13
6.	82	Geertje Philips	v	Assen	1958	38:01	37:58	18:53	19:05				19:01	9.4	6:20
7.	77	Wineke Holtrop	v	Emmen	1991	40:20	40:10	20:15	19:55				20:10	8.9	6:43
8.	219	Janny Eissen	v	Blokszijl	1955	40:33	40:26	19:39	20:48				20:17	8.8	6:45
9.	32	Francisca Bosman	v	Assen	1965	41:08	41:04	20:58	20:06				20:34	8.7	6:51
10.	13	Jannie Betsema	v	Assen	1953	42:21	42:18	21:18	21:01				21:11	8.5	7:03
11.	12	Sietske Geuzinge	v	Assen	1948	42:21	42:19	21:17	21:02				21:11	8.5	7:03
12.	222	Joke Sibma	v	Assen	1965	42:45	42:39	21:15	21:24				21:23	8.4	7:07
13.	95	Anita Wassenburg	v	Assen	1967	42:46	42:40	21:15	21:25				21:23	8.4	7:07
14.	30	Merel van Zommeren	v	Assen	2004	42:55	42:55	21:25	21:31				21:28	8.3	7:09

8

## Man

## 9 km

1.	23	Ludy Timmer	m	Assen	1969	34:13	34:12	11:17	11:33	11:22			11:25	15.7	3:48
2.	391	Tom Robben	m	Assen		46:01	46:00	15:30	16:02	14:29			15:21	11.7	5:06
3.	268	Rugenne Hoogeboom	m	Eelde	1999	46:15	46:11	15:28	16:02	14:42			15:25	11.6	5:08
4.	27	Folkert Tienkamp	m	Assen	1962	47:54	47:52	15:59	16:11	15:43			15:58	11.2	5:19

Plaats	Nr.	Naam	M/V	Plaats	Jaar	Bruto	Netto	R1	R2	R3	R4	R5	gem. tijd	km/uur	min/km
5.	236	Dik Bastiaanet	m	Assen	1957	50:06	49:58	17:07	16:08	16:44			16:42	10.7	5:33
6.	71	Egbert Westra	m	Rolde	1939	54:07	54:01	18:15	17:52	17:55			18:03	9.9	6:00
7.	61	Albert Hazenberg	m	Ten Boer	1955	54:14	54:14	18:12	18:21	17:42			18:05	9.9	6:01
8.	216	Maarten Bunt	m	Groningen	1960	54:44	54:35	17:45	16:50	20:01			18:15	9.8	6:04
9.	62	Rob van Den Brink	m	Assen	1977	1:04:00	1:04:00	21:00	21:18	21:43			21:20	8.4	7:06

## Vrouw

## 9 km

1.	73	Annelies Ovandie	v	Rolde	1970	46:47	46:45	15:24	15:52	15:30			15:36	11.5	5:11
2.	20	Jenneke Netjes	v	Assen	1960	54:08	54:00	18:15	17:54	17:53			18:03	9.9	6:00
3.	21	Inge Mekkes	v	Assen	1972	58:39	58:32	19:40	19:56	18:58			19:33	9.2	6:30
4.	18	Ingrid Molensky	v	Assen	1948	58:40	58:37	20:28	19:18	18:52			19:34	9.2	6:31

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## Man

## 12 km

1.	375	Niels Schuling	m		1988	55:46	55:39	13:42	13:40	13:58	14:19		13:57	12.9	4:38
2.	374	Edwin Blaauw	m	Assen	1966	58:15	58:10	14:43	14:20	14:34	14:34		14:34	12.3	4:51
3.	388	Robert Blomsma	m	Assen	1969	1:02:09	1:02:03	15:40	15:27	15:34	15:24		15:33	11.5	5:10
4.	86	Tim Essed	m	Assen	2003	1:03:40	1:03:36	16:07	16:12	15:54	15:24		15:55	11.3	5:18
5.	220	Wieger Scholten	m	Tuk	1960	1:04:27	1:04:22	15:53	16:01	16:19	16:10		16:07	11.1	5:22
6.	221	Bertus Niezing	m	Blokzijl	1951	1:05:14	1:05:09	15:36	16:05	16:44	16:45		16:19	11.0	5:26
7.	75	B. van der Veen	m	Hooghalen	1952	1:07:24	1:07:19	16:39	16:39	16:53	17:10		16:51	10.6	5:36
8.	4	Freddie Kalsbeek	m	Assen	1959	1:12:02	1:11:55	18:03	17:52	18:04	17:57		18:01	9.9	6:00

## Vrouw

## 12 km

1.	87	Hanneke Verheul	v	Assen	1954	1:03:40	1:03:36	16:08	16:13	15:56	15:22		15:55	11.3	5:18
2.	215	Marian Reitsma	v	Groningen	1981	1:07:52	1:07:43	17:45	16:50	16:47	16:23		16:58	10.6	5:39
3.	31	Ilse Nijhuis	v	Assen	1969	1:11:07	1:11:01	17:21	17:28	18:05	18:09		17:47	10.1	5:55
4.	1	Margreet Habes	v	Assen	1960	1:14:38	1:14:31	19:39	19:56	17:25	17:33		18:40	9.6	6:13
5.	217	Jacqueline Korte	v		1967	1:32:39	1:32:29	22:45	22:45	23:08	23:52		23:10	7.7	7:43

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Plaats	Nr.	Naam	M/V	Plaats	Jaar	Bruto	Netto	R1	R2	R3	R4	R5	gem. tijd	km/uur	min/km
Man															
15 km															
1.	223	Dieter Hubbeling	m	Groningen	1966	1:06:46	1:06:41	13:18	13:04	13:46	13:36	12:59	13:22	13.4	4:27
2.	93	Rene van der Laan	m	Groningn	1971	1:08:25	1:08:23	13:48	13:38	13:38	13:39	13:42	13:41	13.1	4:33
3.	92	Peter Theuwissen	m	Assen	1961	1:11:07	1:11:06	14:32	14:21	14:10	14:07	13:58	14:14	12.6	4:44
4.	66	Willem Koning	m	Assen	1973	1:17:34	1:17:30	14:45	15:20	15:26	15:46	16:15	15:31	11.6	5:10
5.	48	Peter Boonstra	m	Assen	1974	1:20:09	1:20:03	15:30	15:34	15:41	16:33	16:47	16:02	11.2	5:20
6.	76	Hans Bakker	m	Assen	1965	1:22:20	1:22:16	16:08	16:15	16:37	16:46	16:33	16:28	10.9	5:29
7.	74	Jan Adema	m	Groningen	1949	1:23:30	1:23:23	16:48	16:25	16:29	16:46	16:57	16:42	10.7	5:33
8.	395	Eddy Hedemann	m	Assen	1966	1:26:52	1:26:49	16:54	17:06	17:29	17:41	17:41	17:23	10.3	5:47
9.	2	Ginus Geuzinge	m	Assen	1948	1:29:26	1:28:30	17:16	17:52	18:04	17:55	17:26	17:54	10.0	5:57
10.	11	Leo Muusers	m	Assen	1961	1:29:24	1:29:16	18:03	17:53	18:03	17:54	17:25	17:53	10.0	5:57

## Vrouw

15 km															
1.	125	Cora Wal van der	v	Gieten	1964	1:21:00	1:20:52	17:52	16:21	15:51	15:38	15:12	16:12	11.1	5:23
2.	38	Trea Dekker	v	Smilde	1965	1:29:23	1:29:16	18:03	17:52	18:04	17:54	17:25	17:53	10.0	5:57

Aantal gefinished: 84