

# 10 KM

## Trappenmarathon

5 oktober 2019

Pl	Pl. Cat.	Bib	Naam	Gemeente	Startgroep	Categorie	Bruto	Snelste ronde	1KM	2KM	3KM	4KM	5KM	6KM	7KM	8KM	9KM	10KM
1	1	1224	Ralf Hamers	esch	10KM 11u.	Man	<b>01:03:37</b>	00:05:54	00:05:54	00:06:14	00:06:15	00:06:16	00:06:15	00:06:30	00:06:28	00:06:34	00:06:42	00:06:34
2	2	1198	steven janssen	Opoeteren	10KM 11u.	Man	<b>01:05:52</b>	00:05:22	00:05:22	00:06:19	00:06:39	00:06:25	00:06:47	00:06:58	00:07:07	00:07:01	00:06:46	00:06:33
3	3	1177	Sören Rob	Düsseldorf	10KM 11u.	Man	<b>01:07:05</b>	00:06:10	00:06:10	00:06:24	00:06:44	00:07:01	00:06:57	00:06:49	00:07:13	00:06:50	00:06:45	00:06:17
4	4	1216	Marco Summermatter	Brig-Glis	10KM 11u.	Man	<b>01:07:10</b>	00:06:16	00:06:16	00:06:36	00:06:39	00:06:44	00:06:42	00:06:47	00:06:51	00:06:59	00:07:00	00:06:38
5	1	1202	ellen beumers	heythuysen	10KM 11u.	Vrouw	<b>01:11:10</b>	00:06:53	00:07:00	00:06:53	00:06:59	00:07:08	00:07:14	00:07:10	00:07:22	00:07:17	00:07:14	00:06:57
6	5	1279	Camiel Vrancken	Echt	10KM 12u.	Man	<b>01:11:29</b>	00:06:32	00:06:32	00:06:36	00:06:58	00:07:12	00:07:09	00:07:22	00:07:23	00:07:15	00:07:31	00:07:36
7	6	1187	Bob Joosten	Maastricht	10KM 11u.	Man	<b>01:11:39</b>	00:06:16	00:06:16	00:06:43	00:07:16	00:07:24	00:07:15	00:07:12	00:07:25	00:07:35	00:07:29	00:07:09
8	7	1281	Bart Verstegen	Vught	10KM 12u.	Man	<b>01:14:40</b>	00:06:22	00:06:22	00:07:07	00:07:31	00:07:33	00:07:46	00:07:46	00:08:02	00:07:45	00:07:46	00:07:08
9	8	1223	Willem v.d. Ven	Roerdalen	10KM 11u.	Man	<b>01:14:58</b>	00:07:06	00:07:28	00:07:06	00:07:20	00:07:47	00:07:29	00:07:26	00:07:35	00:07:41	00:07:37	00:07:33
10	9	1264	Kris van Cappellen	Doetinchem	10KM 12u.	Man	<b>01:15:54</b>	00:06:38	00:06:38	00:06:59	00:07:51	00:08:06	00:07:49	00:07:33	00:07:37	00:07:47	00:07:55	00:07:42
11	10	1222	Marco Aelmans	Herten	10KM 11u.	Man	<b>01:16:53</b>	00:07:09	00:07:16	00:07:09	00:07:27	00:07:48	00:07:42	00:07:41	00:08:30	00:07:48	00:08:03	00:07:34
12	11	1183	Pieter Neiryck	Ardoonie	10KM 11u.	Man	<b>01:17:19</b>	00:07:06	00:07:06	00:07:06	00:07:19	00:07:41	00:07:27	00:07:40	00:07:46	00:08:25	00:08:52	00:08:02
13	2	1139	Loes Smeets	Echt-Susteren	10KM 11u.	Vrouw	<b>01:18:51</b>	00:07:17	00:07:17	00:07:29	00:07:45	00:07:52	00:07:49	00:08:24	00:08:10	00:08:23	00:07:58	00:07:49
14	12	1221	Lars Horbach	Roermond	10KM 11u.	Man	<b>01:18:57</b>	00:07:10	00:07:10	00:07:30	00:07:47	00:08:02	00:08:07	00:08:08	00:08:04	00:08:30	00:08:11	00:07:33
15	13	1181	Ivo de Haan	Landgraaf	10KM 11u.	Man	<b>01:19:23</b>	00:07:21	00:07:34	00:07:21	00:07:35	00:07:55	00:08:06	00:08:38	00:08:05	00:08:14	00:08:20	00:07:40
16	14	1192	Erik de Haan	Landgraaf	10KM 11u.	Man	<b>01:19:23</b>	00:07:20	00:07:36	00:07:20	00:07:36	00:07:53	00:08:08	00:08:38	00:08:03	00:08:52	00:07:43	00:07:39
17	3	1199	Saskia Dinjens	Opoeteren	10KM 11u.	Vrouw	<b>01:20:48</b>	00:06:58	00:06:58	00:07:47	00:07:50	00:08:25	00:08:27	00:08:31	00:08:25	00:08:16	00:08:06	00:08:07
18	15	1241	Gerard Wunsch	Den Haag	10KM 12u.	Man	<b>01:21:05</b>	00:07:27	00:08:18	00:07:49	00:08:35	00:08:14	00:07:48	00:07:27	00:07:52	00:08:27	00:08:57	00:07:43
19	16	1146	Erik Broeders	Geertruidenberg	10KM 11u.	Man	<b>01:21:11</b>	00:07:37	00:07:43	00:07:45	00:07:37	00:07:52	00:07:58	00:08:01	00:08:04	00:08:54	00:08:21	00:08:59
20	17	1138	Jeroen Reinders	Echt-Susteren	10KM 11u.	Man	<b>01:21:37</b>	00:07:50	00:07:54	00:07:50	00:08:09	00:08:19	00:08:14	00:08:01	00:08:23	00:08:14	00:08:23	00:08:13
21	18	1269	David Henke	Alfter	10KM 12u.	Man	<b>01:22:54</b>	00:07:25	00:07:25	00:08:05	00:08:08	00:08:19	00:08:19	00:08:06	00:08:26	00:08:34	00:08:37	00:07:57
22	19	1178	Tom Lony	Landgraaf	10KM 11u.	Man	<b>01:22:57</b>	00:07:06	00:07:25	00:07:53	00:08:19	00:08:30	00:08:39	00:08:32	00:09:06	00:08:57	00:08:35	00:07:06
23	20	1188	Thijs van Neer	Roermond	10KM 11u.	Man	<b>01:23:32</b>	00:07:13	00:07:13	00:07:50	00:08:13	00:08:15	00:08:15	00:08:18	00:08:44	00:08:46	00:09:07	00:08:54
24	21	1152	D.A. Hagedoorn	Mierlo	10KM 11u.	Man	<b>01:23:52</b>	00:07:58	00:08:21	00:08:00	00:08:09	00:08:20	00:08:25	00:07:58	00:08:29	00:08:34	00:08:56	00:08:44
25	22	1194	Vincent Goessens	Beekdaalen	10KM 11u.	Man	<b>01:24:27</b>	00:06:59	00:06:59	00:08:00	00:08:32	00:08:25	00:08:44	00:08:55	00:08:44	00:08:56	00:08:59	00:08:18
26	23	1253	Joep Van horen	Wijchen	10KM 12u.	Man	<b>01:24:28</b>	00:07:33	00:08:54	00:08:13	00:08:21	00:08:25	00:08:36	00:08:32	00:08:31	00:09:07	00:08:21	00:07:33
27	24	1262	Rik Bloemendaal	Bronckhorst	10KM 12u.	Man	<b>01:24:35</b>	00:07:37	00:07:37	00:08:07	00:08:57	00:09:05	00:08:17	00:08:06	00:09:45	00:08:23	00:08:32	00:07:50
28	25	1260	Patrick Goosen	Landgraaf	10KM 12u.	Man	<b>01:24:48</b>	00:07:17	00:07:17	00:07:44	00:08:26	00:08:27	00:08:47	00:08:37	00:08:49	00:09:07	00:09:08	00:08:31
29	26	1261	John Vreuls	Kerkrade	10KM 12u.	Man	<b>01:24:52</b>	00:07:56	00:07:56	00:08:11	00:08:14	00:08:20	00:08:28	00:08:46	00:08:36	00:08:49	00:09:00	00:08:36
30	27	1208	Kees Kotterink	Eindhoven	10KM 11u.	Man	<b>01:25:29</b>	00:07:41	00:08:21	00:08:17	00:08:41	00:09:12	00:08:42	00:08:38	00:08:52	00:08:29	00:08:40	00:07:41
31	28	1155	Edwin Drieszen	cuijk	10KM 11u.	Man	<b>01:25:32</b>	00:07:20	00:07:20	00:08:07	00:08:21	00:08:36	00:08:36	00:08:51	00:08:47	00:09:06	00:09:04	00:08:48
32	29	1119	Jeroen Kerkhoff	Uithoorn	10KM 11u.	Man	<b>01:26:12</b>	00:07:28	00:07:28	00:07:53	00:08:20	00:08:31	00:08:38	00:08:34	00:09:10	00:09:25	00:09:00	00:09:17
33	4	1255	Hinz Emanuela	Grevenbroich	10KM 12u.	Vrouw	<b>01:26:21</b>	00:08:18	00:08:46	00:08:22	00:08:36	00:08:45	00:09:11	00:08:55	00:08:18	00:08:46	00:08:20	00:08:26
34	30	1162	John van de Laar	Beek	10KM 11u.	Man	<b>01:26:35</b>	00:08:08	00:08:08	00:08:17	00:08:28	00:08:47	00:08:33	00:09:00	00:09:36	00:08:50	00:08:40	00:08:21
35	5	1210	Brenda Wagemaker	Rijssen	10KM 11u.	Vrouw	<b>01:26:53</b>	00:08:19	00:08:46	00:08:19	00:08:32	00:08:36	00:08:29	00:08:54	00:09:10	00:08:54	00:08:51	00:08:26
36	31	1137	Alexander Schulpin	Aachen	10KM 11u.	Man	<b>01:28:08</b>	00:07:27	00:07:27	00:07:58	00:08:13	00:08:31	00:08:42	00:09:00	00:09:09	00:09:32	00:09:48	00:09:51
37	6	1246	Elke de Mol	Uden	10KM 12u.	Vrouw	<b>01:28:36</b>	00:08:27	00:08:28	00:08:27	00:08:46	00:08:59	00:09:02	00:09:10	00:08:52	00:09:02	00:08:56	00:08:58
38	7	1242	Martijn Kouwenberg	Vorstenbosch	10KM 12u.	Vrouw	<b>01:29:02</b>	00:08:18	00:08:18	00:08:47	00:08:42	00:08:58	00:09:13	00:08:52	00:08:56	00:09:03	00:09:06	00:09:13
39	8	1219	Pascale Van den Oetelaar	Veldhoven	10KM 11u.	Vrouw	<b>01:29:09</b>	00:08:19	00:08:19	00:08:19	00:08:31	00:08:44	00:08:48	00:08:46	00:09:16	00:09:21	00:09:40	00:09:30
40	9	1172	Anita Le Mair	Delfgauw	10KM 12u.	Vrouw	<b>01:29:28</b>	00:08:43	00:08:43	00:09:01	00:08:47	00:09:04	00:08:49	00:09:03	00:09:02	00:09:11	00:08:57	00:08:58
41	32	1205	Carl Coninx	Westmalle	10KM 11u.	Man	<b>01:30:12</b>	00:07:22	00:07:22	00:08:56	00:09:51	00:09:01	00:09:18	00:09:29	00:09:15	00:09:10	00:09:07	00:08:48
42	10	1209	Auke Smeets	VOERENDAAL	10KM 11u.	Vrouw	<b>01:30:24</b>	00:08:44	00:08:44	00:08:58	00:08:55	00:09:04	00:09:12	00:09:03	00:09:06	00:09:15	00:09:09	00:09:03
43	33	1161	Wim Kunne	Amstelveen	10KM 11u.	Man	<b>01:30:53</b>	00:08:02	00:08:02	00:08:20	00:08:25	00:08:42	00:09:12	00:09:42	00:09:01	00:09:47	00:09:14	00:10:34

# 10 KM

## Trappenmarathon

5 oktober 2019

Pl	Pl. Cat.	Bib	Naam	Gemeente	Startgroep	Categorie	Bruto	Snelste ronde	1KM	2KM	3KM	4KM	5KM	6KM	7KM	8KM	9KM	10KM
44	34	1160	Twan Kort	Amstelveen	10KM 11u.	Man	<b>01:30:55</b>	00:07:58	00:07:58	00:08:28	00:08:41	00:09:05	00:09:08	00:09:30	00:09:29	00:09:29	00:09:45	00:09:26
45	35	1278	Bastiaan Te Wierik	Rosmalen	10KM 12u.	Man	<b>01:32:33</b>	00:07:29	00:07:29	00:08:47	00:08:57	00:09:10	00:09:28	00:09:21	00:09:43	00:09:55	00:09:55	00:09:53
46	36	1191	Arno Vogels	Veghel	10KM 11u.	Man	<b>01:32:36</b>	00:08:27	00:08:27	00:08:40	00:09:27	00:09:25	00:09:20	00:09:16	00:09:16	00:09:36	00:09:41	00:09:32
47	11	1204	Karin Thetard	Würselen	10KM 11u.	Vrouw	<b>01:32:47</b>	00:08:44	00:08:44	00:08:47	00:09:06	00:09:37	00:09:21	00:09:26	00:09:28	00:09:31	00:09:47	00:09:05
48	37	1147	Berry Boerboom	Ijssestein	10KM 11u.	Man	<b>01:34:03</b>	00:08:21	00:08:21	00:08:40	00:09:39	00:09:31	00:09:42	00:09:10	00:09:49	00:10:06	00:09:52	00:09:16
49	38	1258	Mark Weyers	Nijmegen	10KM 12u.	Man	<b>01:34:15</b>	00:08:57	00:08:57	00:08:59	00:09:18	00:09:37	00:10:21	00:09:47	00:09:23	00:09:09	00:09:23	00:09:27
50	39	1195	Dave Vrolijk	Maastricht	10KM 11u.	Man	<b>01:34:26</b>	00:08:20	00:08:20	00:08:42	00:08:56	00:09:05	00:09:01	00:09:22	00:09:31	00:10:22	00:10:52	00:10:21
51	40	1173	Patrick Jurgen	Kerkrade	10KM 11u.	Man	<b>01:34:40</b>	00:09:02	00:09:34	00:09:12	00:09:02	00:09:48	00:09:10	00:09:21	00:09:42	00:09:53	00:09:51	00:09:11
52	41	1283	Rocky Holland	Oldenzaal	10KM 12u.	Man	<b>01:34:42</b>	00:08:10	00:08:10	00:08:48	00:09:04	00:09:16	00:09:08	00:09:35	00:09:24	00:09:58	00:10:05	00:11:18
53	42	1174	Rene Pucknat	Kerkrade	10KM 11u.	Man	<b>01:34:43</b>	00:08:45	00:09:32	00:09:08	00:08:54	00:09:46	00:08:45	00:09:34	00:10:09	00:09:43	00:10:07	00:09:09
54	43	1259	Freek Boetier	Nijmegen	10KM 12u.	Man	<b>01:34:43</b>	00:08:57	00:08:58	00:08:57	00:09:20	00:09:37	00:10:21	00:09:48	00:09:41	00:09:37	00:09:18	00:09:11
55	12	1220	Janine Roemen	Posterholt	10KM 11u.	Vrouw	<b>01:34:54</b>	00:08:24	00:08:24	00:08:51	00:09:35	00:09:30	00:09:36	00:09:37	00:09:34	00:09:56	00:10:35	00:09:21
56	13	1150	Jacintha van den Eijnden	Brunssum	10KM 11u.	Vrouw	<b>01:34:58</b>	00:09:05	00:09:14	00:09:10	00:09:18	00:09:34	00:09:12	00:09:46	00:09:41	00:09:36	00:10:27	00:09:05
57	44	1141	Robin Hengeveld	Apeldoorn	10KM 11u.	Man	<b>01:35:54</b>	00:08:16	00:08:16	00:08:31	00:09:05	00:08:54	00:09:20	00:09:24	00:10:05	00:11:07	00:11:00	00:10:15
58	45	1217	Michel Gielen	Tessenderlo	10KM 11u.	Man	<b>01:36:32</b>	00:09:24	00:09:56	00:09:37	00:10:00	00:09:55	00:09:24	00:09:41	00:09:27	00:09:25	00:09:45	00:09:25
59	46	1257	Michal Kozlowski	Heythuysen	10KM 12u.	Man	<b>01:37:05</b>	00:08:45	00:08:45	00:08:49	00:09:42	00:09:49	00:09:51	00:09:40	00:09:43	00:10:11	00:10:10	00:10:32
60	47	1272	Dino Ding	's-Hertogenbosch	10KM 12u.	Man	<b>01:37:06</b>	00:08:35	00:08:35	00:08:54	00:09:41	00:10:09	00:09:44	00:09:44	00:09:52	00:09:33	00:10:20	00:10:38
61	14	1256	Sandra Frankort	Utrecht	10KM 12u.	Vrouw	<b>01:37:30</b>	00:08:50	00:08:50	00:09:01	00:09:25	00:09:35	00:10:10	00:09:58	00:10:07	00:10:18	00:10:25	00:09:45
62	48	1252	Frank Hendriks	Nijmegen	10KM 12u.	Man	<b>01:37:32</b>	00:09:25	00:09:33	00:09:25	00:09:38	00:09:44	00:09:38	00:09:37	00:09:35	00:09:54	00:10:26	00:10:06
63	15	1215	Daphne Van Doornspeek	Apeldoorn	10KM 11u.	Vrouw	<b>01:37:45</b>	00:08:20	00:08:20	00:08:36	00:09:26	00:09:18	00:10:13	00:10:35	00:10:29	00:10:56	00:09:59	00:09:56
64	49	1163	Quincy Balt	Puth	10KM 11u.	Man	<b>01:39:40</b>	00:08:30	00:08:30	00:08:53	00:09:27	00:09:54	00:09:54	00:10:03	00:10:19	00:10:43	00:11:03	00:10:59
65	50	1268	Harco Sterrenburg	Haarlemmermeer	10KM 12u.	Man	<b>01:39:48</b>	00:09:15	00:09:31	00:09:15	00:10:04	00:09:50	00:09:43	00:09:57	00:10:10	00:10:18	00:10:21	00:10:43
66	51	1267	Roel Strolenberg	Heerlen	10KM 12u.	Man	<b>01:40:28</b>	00:09:11	00:09:24	00:09:29	00:10:22	00:09:36	00:09:11	00:10:17	00:10:13	00:10:42	00:10:33	00:10:44
67	52	1282	Frenk Raaijmakers	Kerkrade	10KM 12u.	Man	<b>01:41:08</b>	00:09:22	00:09:22	00:09:22	00:09:48	00:09:47	00:09:55	00:10:17	00:10:22	00:10:27	00:10:54	00:10:58
68	16	1218	Suzanne van Doorn	Eindhoven	10KM 11u.	Vrouw	<b>01:41:29</b>	00:09:34	00:10:00	00:09:59	00:09:46	00:09:34	00:09:45	00:09:57	00:10:10	00:10:30	00:10:52	00:11:00
69	17	1167	Patricia Jacobs	Overbetuwe	10KM 11u.	Vrouw	<b>01:42:33</b>	00:09:42	00:09:58	00:09:42	00:09:58	00:09:58	00:10:18	00:10:09	00:10:22	00:10:50	00:10:54	00:10:28
70	18	1185	Sylvia Lemmens	Valkenburg	10KM 11u.	Vrouw	<b>01:43:01</b>	00:09:25	00:09:25	00:09:50	00:10:05	00:10:15	00:09:51	00:10:14	00:11:10	00:10:39	00:11:00	00:10:34
71	19	1263	Anne Piek	Bronckhorst	10KM 12u.	Vrouw	<b>01:43:13</b>	00:09:23	00:09:30	00:09:23	00:10:29	00:10:48	00:09:58	00:11:15	00:10:37	00:10:58	00:10:26	00:09:53
72	53	1276	Van der Flier Bennie Dominique	Heerlen	10KM 12u.	Man	<b>01:43:47</b>	00:08:48	00:10:20	00:08:48	00:09:26	00:09:17	00:09:46	00:10:56	00:13:18	00:10:05	00:11:55	00:10:01
73	20	1186	Miranda Maassen	Maastricht	10KM 11u.	Vrouw	<b>01:44:05</b>	00:10:02	00:10:28	00:10:15	00:10:02	00:10:11	00:10:05	00:10:40	00:10:37	00:11:02	00:10:36	00:10:13
74	54	1239	Chris Wisman	Waterland	10KM 12u.	Man	<b>01:44:06</b>	00:09:16	00:09:16	00:09:44	00:10:30	00:10:39	00:10:30	00:10:41	00:10:56	00:11:08	00:11:20	00:09:27
75	55	1168	Patrick Schaaf	Landgraaf	10KM 11u.	Man	<b>01:44:12</b>	00:08:36	00:08:36	00:09:40	00:10:11	00:10:17	00:10:16	00:10:41	00:11:05	00:11:29	00:11:19	00:10:45
76	21	1243	Patty van Uden	HEESWIJK-DINTHER	10KM 12u.	Vrouw	<b>01:44:44</b>	00:09:41	00:09:41	00:10:05	00:10:21	00:10:36	00:10:25	00:10:34	00:10:45	00:10:46	00:10:53	00:10:43
77	22	1156	Ellen Kurver	Geleen	10KM 11u.	Vrouw	<b>01:45:49</b>	00:08:52	00:08:52	00:09:42	00:10:17	00:10:42	00:10:33	00:10:54	00:11:06	00:11:23	00:11:00	00:11:24
78	56	1193	Ger Goessens	Leiden	10KM 11u.	Man	<b>01:46:25</b>	00:09:51	00:09:51	00:10:10	00:10:10	00:10:37	00:10:20	00:10:26	00:10:38	00:11:46	00:11:13	00:11:19
79	23	1238	Priscilla Collée	Capelle aan den IJssel	10KM 12u.	Vrouw	<b>01:47:06</b>	00:10:03	00:10:31	00:10:03	00:10:32	00:11:22	00:10:33	00:10:14	00:10:32	00:11:01	00:11:17	00:11:06
80	57	1254	Ramon Draibas	Landgraaf	10KM 12u.	Man	<b>01:47:17</b>	00:10:17	00:10:26	00:10:34	00:10:41	00:10:39	00:10:41	00:10:17	00:10:23	00:10:50	00:10:58	00:11:50
81	24	1136	Nora Chorfi	Eindhoven	10KM 11u.	Vrouw	<b>01:47:31</b>	00:09:56	00:10:06	00:09:56	00:10:04	00:10:25	00:10:32	00:11:18	00:11:47	00:11:12	00:11:25	00:10:51
82	25	1157	Mandy Mayenburg	Sittard	10KM 11u.	Vrouw	<b>01:47:36</b>	00:09:20	00:09:20	00:09:41	00:10:15	00:10:38	00:10:54	00:10:55	00:11:05	00:11:44	00:11:19	00:11:49
83	58	1228	Mike Machiels	Landgraaf	10KM 11u.	Man	<b>01:47:49</b>	00:10:17	00:10:17	00:10:18	00:10:30	00:10:22	00:10:42	00:10:33	00:11:25	00:11:03	00:11:06	00:11:40
84	59	1227	Olav Rozema	Landgraaf	10KM 11u.	Man	<b>01:48:05</b>	00:10:17	00:10:17	00:10:18	00:10:31	00:10:26	00:10:39	00:10:38	00:11:23	00:11:08	00:11:23	00:11:26
85	60	1240	Arno Meisters	Landgraaf	10KM 12u.	Man	<b>01:48:31</b>	00:09:05	00:09:13	00:09:05	00:10:33	00:10:56	00:11:01	00:11:07	00:11:28	00:11:22	00:11:50	00:12:01
86	26	1190	Amélie Dorschu	Würselen	10KM 11u.	Vrouw	<b>01:48:34</b>	00:09:26	00:09:26	00:09:42	00:10:09	00:10:43	00:10:41	00:11:02	00:11:35	00:11:57	00:11:52	00:11:31

# 10 KM

## Trappenmarathon

5 oktober 2019

Pl	Pl. Cat.	Bib	Naam	Gemeente	Startgroep	Categorie	Bruto	Snelste ronde	1KM	2KM	3KM	4KM	5KM	6KM	7KM	8KM	9KM	10KM
87	27	1197	Marianne Duijneveld	Spanbroek	10KM 11u.	Vrouw	<b>01:48:57</b>	00:10:18	00:10:49	00:10:45	00:10:18	00:10:56	00:11:37	00:10:57	00:11:20	00:11:15	00:10:48	00:10:18
88	61	1225	Sander Mesters	Heerlen	10KM 11u.	Man	<b>01:51:53</b>	00:09:14	00:09:14	00:09:55	00:10:44	00:10:46	00:10:48	00:11:19	00:12:18	00:12:16	00:12:33	00:12:03
89	62	1201	Eric Smeets	Kerkrade	10KM 11u.	Man	<b>01:52:01</b>	00:09:40	00:09:40	00:09:40	00:10:19	00:10:18	00:10:13	00:11:28	00:11:46	00:12:17	00:12:34	00:13:50
90	63	1196	Ronald Kooij	Spanbroek	10KM 11u.	Man	<b>01:52:42</b>	00:10:17	00:10:50	00:10:47	00:10:17	00:11:14	00:11:45	00:10:50	00:11:36	00:11:59	00:12:29	00:11:00
91	28	1140	Karin Blom	Lopik	10KM 11u.	Vrouw	<b>01:52:47</b>	00:10:31	00:11:19	00:10:31	00:10:50	00:11:08	00:11:10	00:11:14	00:11:25	00:11:45	00:11:45	00:11:45
92	64	1158	Michael Wagner	Gangelt	10KM 11u.	Man	<b>01:53:43</b>	00:11:08	00:11:15	00:11:12	00:11:18	00:11:08	00:11:15	00:11:47	00:11:26	00:11:28	00:11:23	00:11:35
93	65	1159	Dirk Klocke	Waldfeucht	10KM 11u.	Man	<b>01:53:43</b>	00:11:10	00:11:15	00:11:12	00:11:18	00:11:10	00:11:13	00:11:48	00:11:26	00:11:27	00:11:24	00:11:34
94	29	1169	Dagmar Hoogeboom	Landgraaf	10KM 11u.	Vrouw	<b>01:53:52</b>	00:10:15	00:10:26	00:10:15	00:10:36	00:11:21	00:11:32	00:11:50	00:11:36	00:12:08	00:12:11	00:12:01
95	66	1280	Levi Wolfs	Heerlen	10KM 12u.	Man	<b>01:54:07</b>	00:08:14	00:08:14	00:10:08	00:11:11	00:09:45	00:10:15	00:12:31	00:12:29	00:13:24	00:14:58	00:11:16
96	67	1166	Sander Hoogma	Zoetermeer	10KM 11u.	Man	<b>01:54:07</b>	00:10:38	00:10:48	00:11:01	00:11:12	00:10:38	00:11:40	00:11:52	00:12:04	00:11:36	00:11:39	00:11:40
97	68	1171	Albert van Dijk	Brunssum	10KM 11u.	Man	<b>01:56:11</b>	00:11:28	00:11:52	00:11:30	00:11:33	00:11:35	00:11:33	00:11:35	00:11:39	00:11:45	00:11:44	00:11:28
98	30	1134	Sandra Van vliet	Uithoorn	10KM 11u.	Vrouw	<b>01:56:41</b>	00:10:12	00:10:12	00:10:19	00:11:00	00:10:56	00:11:32	00:12:18	00:12:32	00:12:30	00:12:51	00:12:37
99	31	1245	Nanda de Wilde	Etten-Leur	10KM 12u.	Vrouw	<b>01:57:06</b>	00:09:51	00:09:51	00:10:47	00:11:26	00:11:45	00:11:22	00:12:10	00:12:12	00:12:24	00:12:55	00:12:18
100	69	1151	Bart Cauwenbergh	Tienen	10KM 11u.	Man	<b>01:57:18</b>	00:10:13	00:10:13	00:10:49	00:11:32	00:12:16	00:12:10	00:12:03	00:11:58	00:12:17	00:12:38	00:11:26
101	32	1249	Bianca van de Broek	Uden	10KM 12u.	Vrouw	<b>01:57:40</b>	00:09:17	00:09:17	00:10:31	00:11:19	00:11:55	00:11:33	00:12:47	00:12:09	00:11:49	00:13:13	00:13:10
102	33	1271	Wendy Langenhuizen	Kerkrade	10KM 12u.	Vrouw	<b>01:58:16</b>	00:09:35	00:09:35	00:10:08	00:11:21	00:11:31	00:12:11	00:12:06	00:12:47	00:12:54	00:13:28	00:12:20
103	70	1206	Theo van der staak	Westervoort	10KM 11u.	Man	<b>01:58:42</b>	00:11:00	00:11:00	00:11:24	00:11:04	00:12:12	00:11:21	00:12:22	00:12:45	00:11:41	00:12:33	00:12:25
104	34	1207	Linda van der staak	Westervoort	10KM 11u.	Vrouw	<b>01:58:43</b>	00:11:00	00:11:00	00:11:31	00:11:00	00:12:18	00:11:14	00:12:31	00:12:34	00:11:54	00:12:39	00:12:06
105	71	1184	Jeroen Kars	Uithoorn	10KM 11u.	Man	<b>01:59:02</b>	00:10:11	00:10:11	00:10:55	00:10:42	00:10:15	00:12:05	00:12:01	00:12:51	00:14:02	00:13:38	00:12:27
106	35	1248	Heidi Herlings	Uden	10KM 12u.	Vrouw	<b>02:01:54</b>	00:10:55	00:10:55	00:11:18	00:11:58	00:12:18	00:12:34	00:12:28	00:12:54	00:12:45	00:13:01	00:11:49
107	36	1176	Mayke Vloet	sittard	10KM 11u.	Vrouw	<b>02:02:09</b>	00:10:31	00:10:31	00:10:40	00:12:05	00:12:14	00:12:09	00:12:38	00:13:22	00:13:09	00:12:42	00:12:43
108	37	1175	Maaïke Masset	Sittard	10KM 11u.	Vrouw	<b>02:02:09</b>	00:10:31	00:10:31	00:10:40	00:12:06	00:12:13	00:12:08	00:12:40	00:13:21	00:13:09	00:12:42	00:12:44
109	72	1133	William Jacobs	Overbetuwe	10KM 11u.	Man	<b>02:02:11</b>	00:10:32	00:10:32	00:10:54	00:11:20	00:11:25	00:11:52	00:12:08	00:12:51	00:13:29	00:13:51	00:13:53
110	38	1250	Myrtille van Hout	Uden	10KM 12u.	Vrouw	<b>02:03:01</b>	00:10:04	00:10:04	00:11:12	00:11:31	00:11:34	00:12:15	00:12:23	00:12:34	00:13:19	00:13:34	00:14:39
111	39	1189	Gabriëlle Van Veen	Noord-Holland	10KM 11u.	Vrouw	<b>02:03:40</b>	00:10:46	00:10:46	00:10:56	00:11:33	00:11:57	00:12:24	00:11:36	00:13:27	00:13:25	00:13:45	00:13:54
112	40	1164	Daniëlle Starmans	Puth	10KM 11u.	Vrouw	<b>02:06:04</b>	00:09:41	00:09:41	00:10:44	00:12:07	00:11:45	00:11:59	00:14:19	00:15:27	00:14:42	00:12:50	00:12:35
113	73	1135	Jos Michiels	Heerlen	10KM 11u.	Man	<b>02:07:50</b>	00:11:07	00:11:07	00:11:51	00:12:07	00:12:11	00:12:03	00:12:32	00:13:45	00:14:40	00:13:30	00:14:10
114	74	1266	Jordy Coolen	Maastricht	10KM 12u.	Man	<b>02:09:08</b>	00:10:30	00:10:30	00:10:54	00:11:06	00:11:02	00:11:21	00:11:23	00:13:29	00:14:30	00:17:46	00:17:11
115	41	1149	Annika Weinand	Lahr	10KM 11u.	Vrouw	<b>02:14:47</b>	00:11:25	00:11:25	00:12:52	00:14:02	00:14:36	00:13:44	00:13:59	00:13:47	00:13:49	00:13:48	00:12:49
116	75	1180	Nils Bertling	Würselen	10KM 11u.	Man	<b>02:18:50</b>	00:12:23	00:12:23	00:12:36	00:13:28	00:13:45	00:14:22	00:14:16	00:15:08	00:14:56	00:14:26	00:13:35
117	42	1211	Nathalie Rijkssen	Landgraaf	10KM 11u.	Vrouw	<b>02:30:25</b>	00:12:57	00:12:57	00:13:59	00:14:44	00:16:05	00:15:18	00:15:33	00:16:14	00:15:38	00:15:52	00:14:10
118	43	1251	Silvia Lippinkhof	Brunssum	10KM 12u.	Vrouw	<b>02:43:31</b>	00:12:28	00:12:28	00:13:44	00:14:03	00:14:44	00:15:57	00:16:52	00:17:37	00:19:10	00:18:39	00:20:25
119	44	1270	Bettina Lippinkhof	Eygelshoven	10KM 12u.	Vrouw	<b>02:43:32</b>	00:11:50	00:12:16	00:13:35	00:11:50	00:12:01	00:12:33	00:13:09	00:14:46	00:17:37	00:18:25	00:37:24
120	45	1213	Bianca Soegito-Meijers	Kerkrade	10KM 11u.	Vrouw	<b>03:11:48</b>	00:13:16	00:13:16	00:15:17	00:16:18	00:16:38	00:18:19	00:21:18	00:22:14	00:22:30	00:24:06	00:21:57
121	46	1212	Danae Schoot van der	Heerlen	10KM 11u.	Vrouw	<b>03:11:55</b>	00:13:20	00:13:20	00:15:16	00:16:24	00:16:40	00:18:22	00:21:14	00:22:05	00:22:38	00:24:09	00:21:50
122	47	1265	Nathalie Witjes	Roermond	10KM 12u.	Vrouw	<b>03:35:31</b>	00:13:45	00:13:45	00:21:05	00:18:03	00:22:06	00:19:39	00:21:43	00:20:55	00:27:21	00:25:25	00:25:32
123	76	1226	Sean Ridley	Heerlen	10KM 11u.	Man	<b>04:33:22</b>	00:08:04	03:06:20	00:08:04	00:09:17	00:09:15	00:09:26	00:09:44	00:09:30	00:09:55	00:10:30	00:11:26
		1153	A.C. Hagedoorn	Geldrop-Mierlo	10KM 11u.	Man		00:04:38	00:11:22	00:11:46	00:12:04	00:12:20	00:12:39	00:12:52	00:13:40	00:14:59	00:04:38	
		1182	Rick Niessen	Heerlen	10KM 11u.	Man		00:07:38	00:08:51	00:07:38	00:08:03	00:08:29	00:08:38	00:08:14	00:08:43	00:09:02	00:08:01	
		1203	Tim Meijboom	Heerlen	10KM 11u.	Man		00:08:34	00:17:14	00:08:34	00:08:47	00:08:47	00:08:54	00:08:54	00:09:04	00:09:01	00:09:03	
		1277	John Ward	Heerlen	10KM 12u.	Man		00:05:44	00:05:44	00:09:36	00:10:21	00:09:08						
		1170	Roel Willems	Landgraaf	10KM 12u.	Man		00:09:26	00:09:26	00:09:29	00:10:21							
		1244	Marjan van Asseldonk	Veghel	10KM 12u.	Vrouw		00:11:49	00:11:49	00:13:48	00:14:30	00:15:09	00:15:01	00:16:45	00:33:35			