

**5 KM**

<b>Plts</b>	<b>Naam</b>	<b>Tijd</b>
1	Michiel Pijnenborg	00:21:58
2	Piet Rienstra	00:22:59
3	Bas v/d Valk	00:23:22
4	Sjerp Dijksma	00:23:24
5	Jelte Heida	00:23:26
6	Tim Prins	00:23:27
7	Mark Hanket	00:23:31
8	Jeffrey de Hoop	00:24:36
9	Myrthe de Boer	00:24:39
10	Cor Borst	00:25:44
11	Hans van Solkema	00:25:58
12	Stijn Prins	00:26:58
13	Wilbert v/d Eijnde	00:27:10
14	Roelof van Netten	00:27:24
15	Rikst Fekken	00:28:29
16	Anne Boersma	00:28:45
17	Nieske Hoogland	00:28:46
18	Marije Steneker	00:28:46
19	Ridzert Postma	00:29:01
20	Jouke Vennik	00:29:38
21	Andries Bosscha	00:29:39
22	Jeen Hoogland	00:30:03
23	Tetsje Hoogland	00:30:29
24	Anja Legendal	00:30:34
25	Vera Bruinsma	00:30:50
26	Arie Bruinsma	00:30:51
27	Helen de Lange	00:30:52
28	Rianne Meyer	00:30:53
29	Trudy Barth-Postma	00:30:54
30	John Melein	00:31:05
31	Piety Heida	00:33:42
32	Anouk Boersma	00:33:43
33	Yvanka Jellesma	00:35:29
34	Pietsje Melein	00:35:46
35	Ely Bosscha	00:36:36

**10 KM**

<b>Plts</b>	<b>Naam</b>	<b>Tijd</b>
1	Maurits Flapper	00:40:11
2	Harold Brouwer	00:42:53
3	Adrie Hoks	00:45:52
4	Bea v/d Mei	00:47:43
5	Sofia Houwer	00:47:48
6	Wietske Kok	00:49:10
7	Klaas Jongema	00:49:47
8	Auke Wiersma	00:50:14
9	Jacqueline Lijmbach	00:50:27
10	Grietje Dijkstra	00:50:41

11	Kees Hoogeveen	00:50:49
12	Hemke Rozema	00:50:49
13	Christel Zijlstra	00:51:08
14	Meindert v/d Hulst	00:51:21
15	Liesbet Faber	00:53:09
16	Marieke Gijsberts	00:53:09
17	Evert Jongstra	00:53:33
18	Froukje Wijnja	00:54:50
19	Corry Hooghiemstra	00:54:50
20	Peter Faber	00:54:55
21	Fred Visser	00:56:31
22	Ilse de Winter	00:57:49
23	Klaas Peereboom	00:57:50
24	Ina Veenstra	00:58:04
25	Tsjirry Beijaard	00:58:49
26	Nico Sikkes	00:58:49
27	André v/d Visse	00:59:44
28	Silvia Schulz	00:59:44
29	Jolanda Atsma	01:02:27
30	Anselien Bonthuis	01:03:25
31	Ria Postma	01:05:30

### 10 EM

Plts	Naam	Tijd
1	Wim Douma	01:02:55
2	Wouter de Dekker	01:10:23
3	Berend Fekken	01:13:37
4	Klaas Sikkema	01:14:15
5	Aise Bouma	01:14:16
6	Harrit Winia	01:16:05
7	Tryntsje Postma-Bouw	01:16:06
8	Luut de Jong	01:17:33
9	Theo Weultjes	01:19:02
10	Gerard Postma	01:19:58
11	Jos Bruin	01:21:42
12	Karin Boersma	01:28:35
13	Cathrien Noppert	01:29:21