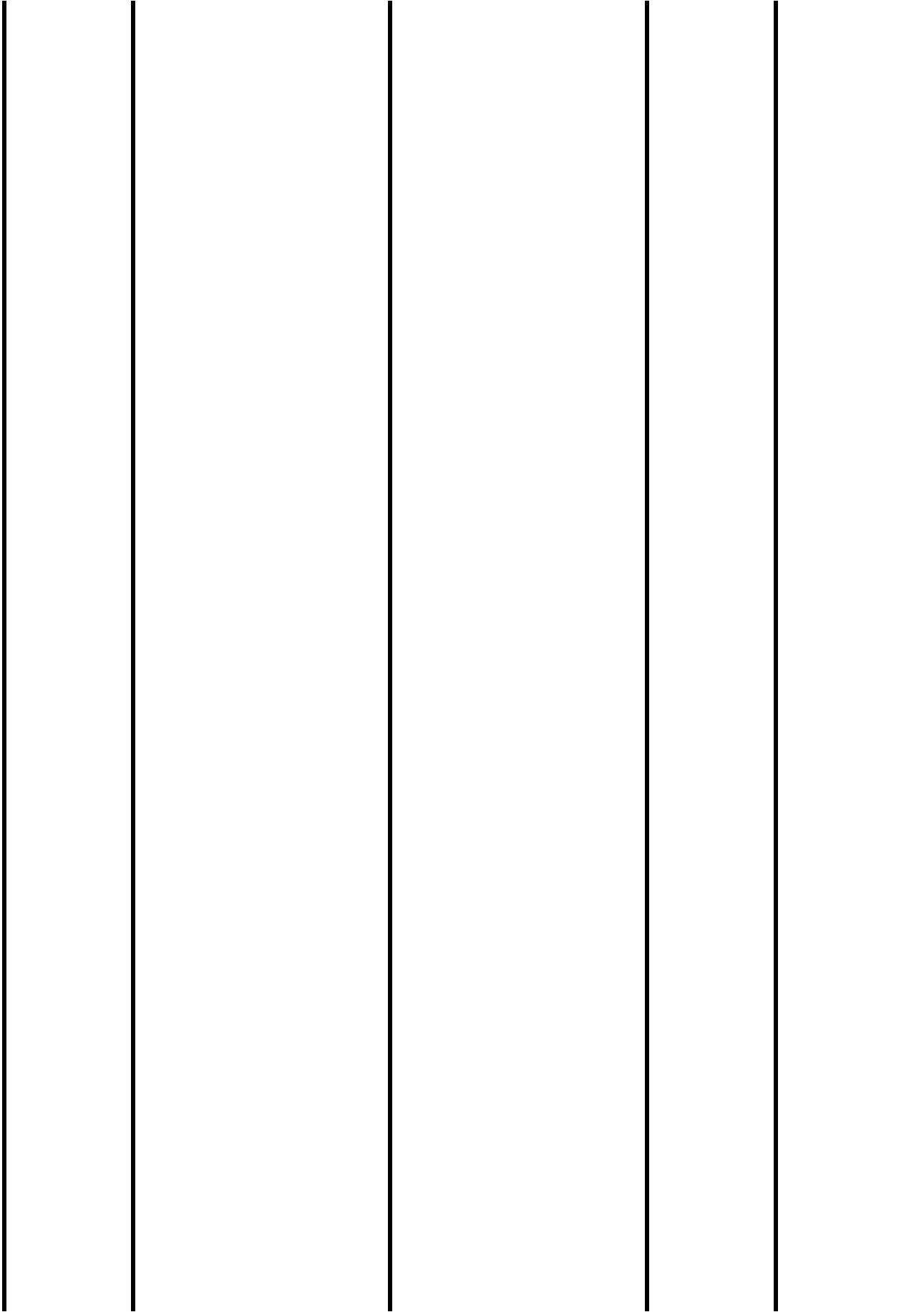
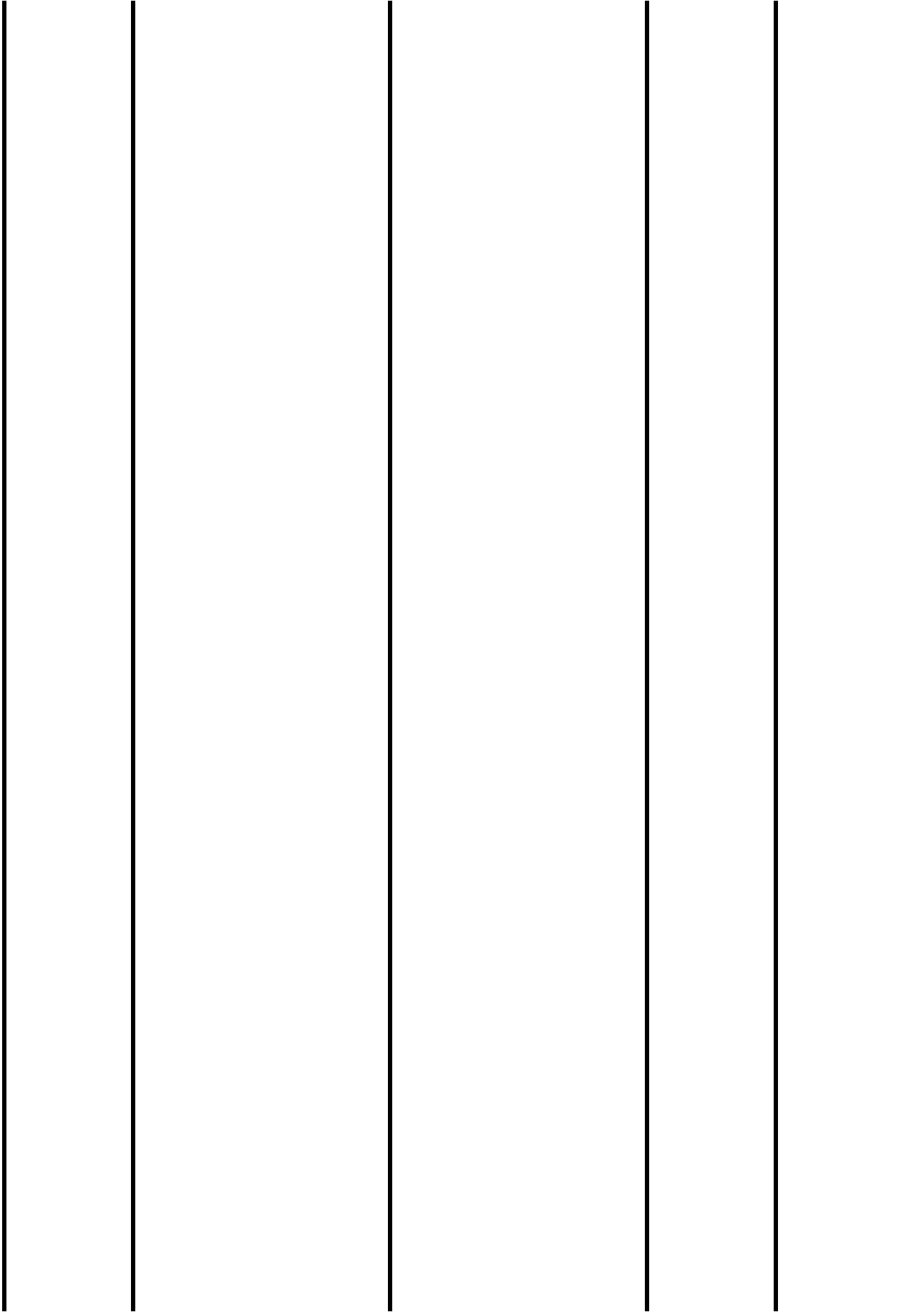
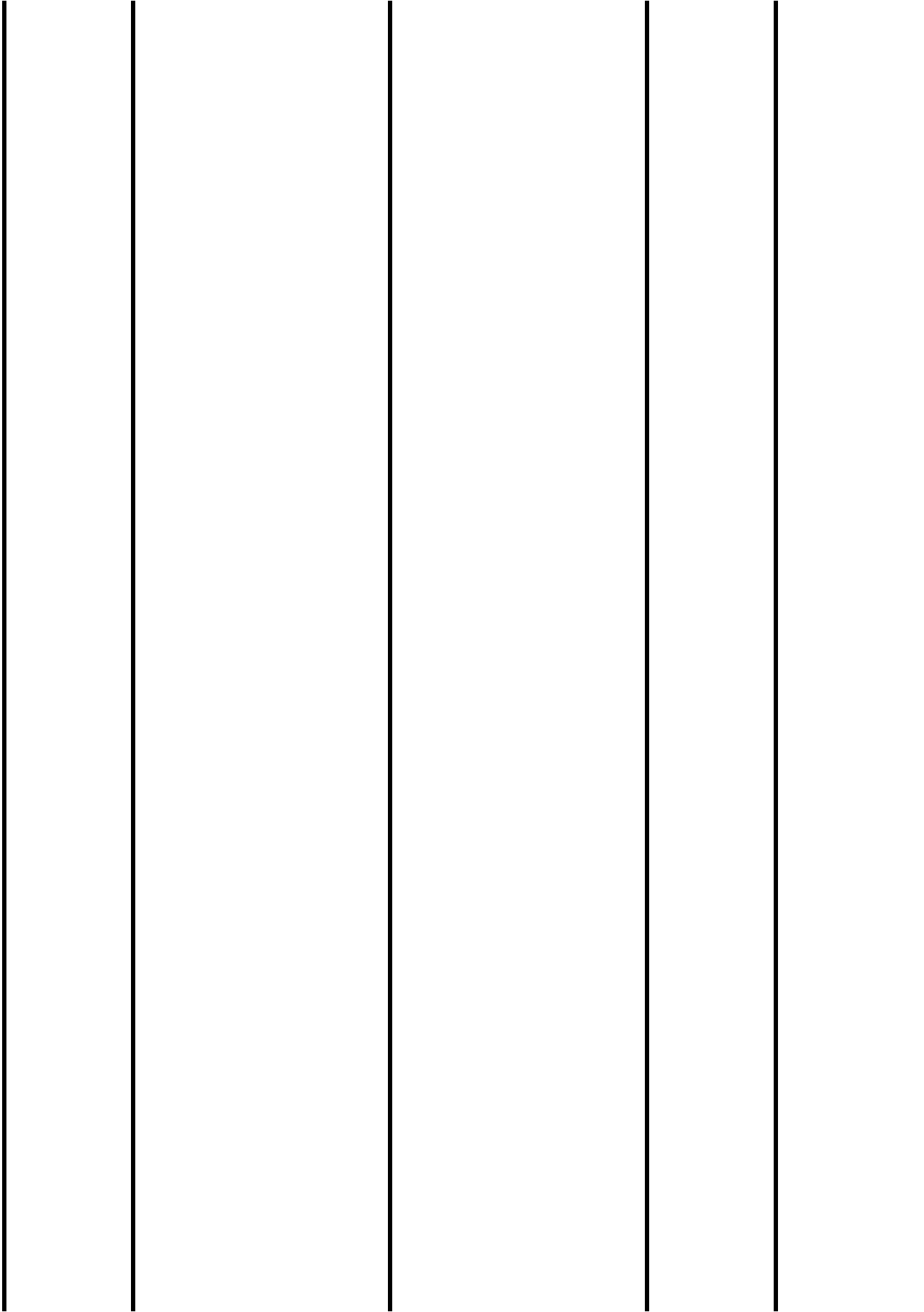
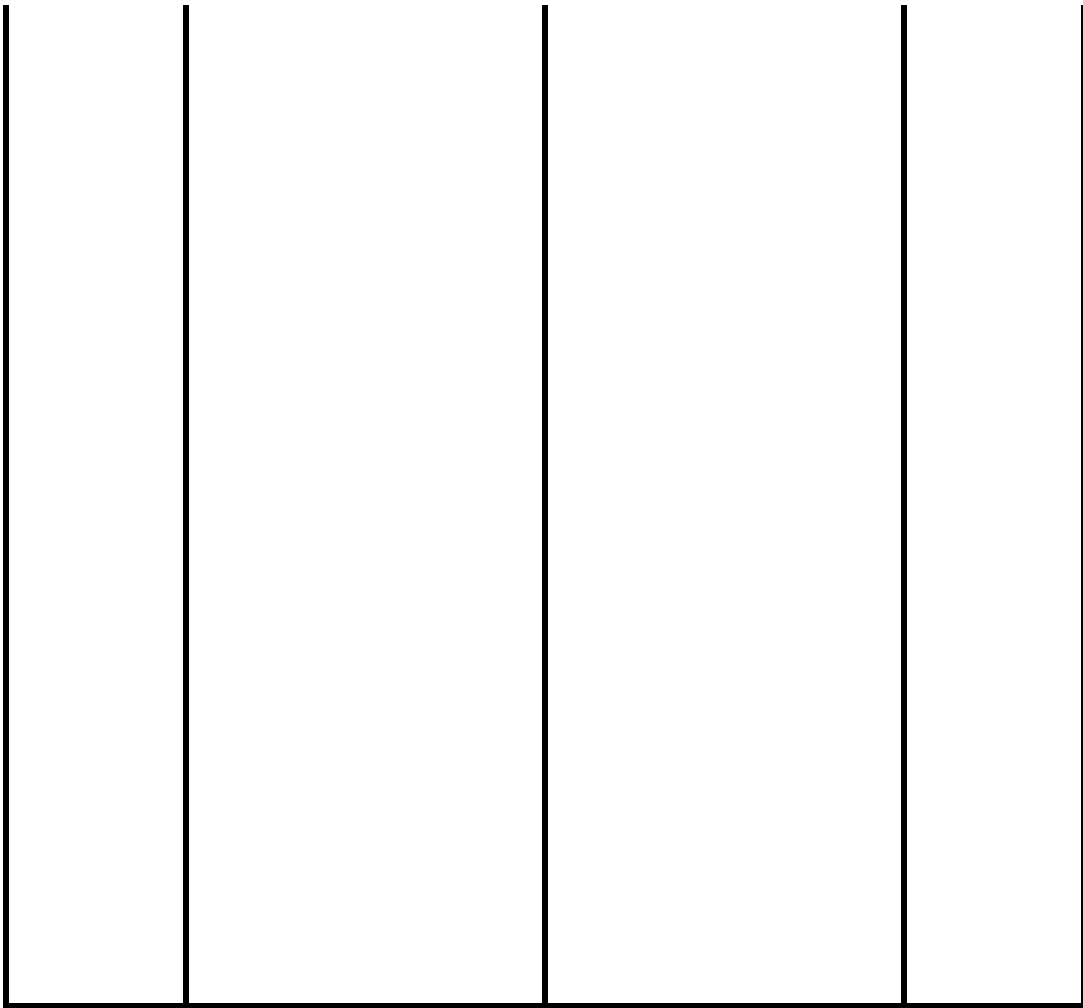


| Nummer | naam | Woonplaats | Afstand | Tijd |
|--------|------------------------|----------------|---------|----------|
| 166 | Hinde Fokkema | Nijeberkoop | 5 km | 00:21:18 |
| 168 | Wietske Beenen | Gorredijk | 5 km | 00:22:16 |
| 196 | Johan Greydanus | Wijnjewoude | 5 km | 00:22:48 |
| 193 | Marrit Bron | Jubbega | 5 km | 00:23:12 |
| 171 | Jesse Nieuwland | Gorredijk | 5 km | 00:23:29 |
| 181 | Rinske de Jong | Jubbega | 5 km | 00:23:40 |
| 191 | Elly Koning | Enschede | 5 km | 00:24:04 |
| 198 | Bouwe van der Meer | Jubbega | 5 km | 00:24:43 |
| 175 | Tineke van der Meer | Heerenveen | 5 km | 00:24:56 |
| 97 | Folkert Jongsma | Gorredijk | 5 km | 00:25:00 |
| 192 | Sandra Middel | Jubbega | 5 km | 00:25:01 |
| 173 | Britt Kleefstra | Jubbega | 5 km | 00:25:46 |
| 169 | Marcel Bomas | Leeuwarden | 5 km | 00:25:50 |
| 176 | Roel Straatman | Gorredijk | 5 km | 00:26:18 |
| 179 | Martijn de Haan | Jubbega | 5 km | 00:26:35 |
| 183 | Paula Rijkers | Jubbega | 5 km | 00:26:37 |
| 180 | Arend de Haan | Jubbega | 5 km | 00:26:44 |
| 184 | Jappie Sikkema | Oudehorne | 5 km | 00:27:10 |
| 182 | Adri Sluis | Mildam | 5 km | 00:27:27 |
| 174 | Wietske Blaauw | Jubbega | 5 km | 00:28:33 |
| 172 | Jelle Koopmans | Jubbega | 5 km | 00:28:39 |
| 188 | Erwin de Vries | Hoornsterzwaag | 5 km | 00:28:55 |
| 99 | Taco Dijk | Hoornsterzwaag | 5 km | 00:29:53 |
| 98 | Anne Dijk | Hoornsterzwaag | 5 km | 00:30:05 |
| 178 | Marjan Bakker | Jubbega | 5 km | 00:30:19 |
| 199 | Marjolein van der Meer | Jubbega | 5 km | 00:31:12 |
| 187 | Anny Feddema | Katlijk | 5 km | 00:31:29 |
| 158 | Gerrit Duits | Sneek | 5 km | 00:31:32 |
| 185 | Lisette Koopmans | Hoornsterzwaag | 5 km | 00:31:39 |
| 96 | Ellie Jongsma | Nieuwehorne | 5 km | 00:32:01 |
| 157 | Thijs Hofstra | Wytgaard | 5 km | 00:33:45 |
| 195 | Inge Jongsma | Tijnje | 5 km | 00:34:35 |
| 194 | Anja Jongsma | Oudehorne | 5 km | 00:34:40 |
| 155 | Herman Hoekstra | Goutum | 5 km | 00:34:50 |
| 165 | Sietse Jonker | Jubbega | 5 km | 00:35:29 |
| 162 | Fetsje Jonker | Jubbega | 5 km | 00:35:30 |
| 186 | Jan Dijk | Jubbega | 5 km | 00:36:10 |
| 190 | Gwenda van Veldhuizen | Hoornsterzwaag | 5 km | 00:36:59 |
| 189 | Wilma Nijholt | Jubbega | 5 km | 00:38:26 |
| 160 | Lydia Rijkers | Gorredijk | 5 km | 00:38:27 |
| 95 | Anneke Jongsma | Jubbega | 5 km | 00:39:13 |
| 197 | Oetie van der Meer | Hoornsterzwaag | 5 km | 00:42:28 |
| 159 | Nathalie Dek | Gorredijk | 5 km | 00:43:50 |









| Nummer | Naam | Woonplaats | Afstand |
|--------|---------------------------|----------------|---------|
| 203 | Simon Regnerus | Marrum | 10 km |
| 244 | Harold Brouwer | Heerenveen | 10 km |
| 208 | Jetze Reijenga | Terwispel | 10 km |
| 220 | Ronald Hofstee | Jubbega | 10 km |
| 221 | Jan Uiterwijk | Mildam | 10 km |
| 237 | Eddy Grootemaat | Gorredijk | 10 km |
| 219 | Pieter de Jong | Jubbega | 10 km |
| 232 | Gosse Posthumus | Jubbega | 10 km |
| 206 | Dennis Emperpoll | Gorredijk | 10 km |
| 233 | Jordy van Barneveld | Jubbega | 10 km |
| 213 | Erik Nieuwland | Gorredijk | 10 km |
| 235 | Sierd Moll | Gorredijk | 10 km |
| 239 | Stefan van Gijssel | Haskerdijken | 10 km |
| 209 | Adrie Hoks | Joure | 10 km |
| 231 | Harm Jan Douma | Jubbega | 10 km |
| 207 | Andrea de Jong | Hoornsterzwaag | 10 km |
| 211 | Sabine Bomas | Gytsjerk | 10 km |
| 201 | Saakje Regnerus | Broeksterwoude | 10 km |
| 212 | Marrit Peenstra - Bijstra | Hoornsterzwaag | 10 km |
| 216 | Marja van der Werf - Zoer | Joure | 10 km |
| 236 | Petra Moll | Gorredijk | 10 km |
| 217 | Ilona Jonker | Jubbega | 10 km |
| 238 | Linda Talman | Jubbega | 10 km |
| 243 | Jaap Sikkema | Jubbega | 10 km |
| 225 | Linda Peereboom | Groningen | 10 km |
| 226 | Klaas Peereboom | Heerenveen | 10 km |
| 202 | Anneke Regnerus | Marrum | 10 km |
| 224 | Greta Huitema | Hoornsterzwaag | 10 km |
| 227 | Riekend Koopman | Bontebok | 10 km |
| 210 | Jildou Jongsma | Jubbega | 10 km |
| 218 | Henk van der Meer | Wolvega | 10 km |
| 230 | Bram Molenaar | De Knipe | 10 km |
| 205 | Hielke Jonker | Jubbega | 10 km |
| 242 | Jan Russchen | Gorredijk | 10 km |
| 234 | Johanna Hoekstra | Hoornsterzwaag | 10 km |
| 223 | Anja Jongsma | Katlijk | 10 km |
| 228 | Marrie Sterkenburgh | Katlijk | 10 km |
| 240 | Jacob Lap | Paterswolde | 10 km |
| 241 | Marike Hoekstra | Eelderwolde | 10 km |
| 204 | Kobus Jonker | Jubbega | 10 km |
| 214 | Hannah Buwalda | Franeke | 10 km |
| 215 | Evelien Sikkema | Gorredijk | 10 km |
| 229 | Jelanda Kloosterman | Heerenveen | 10 km |

222 Rinse Feddema
245 Wilma van Teijen

Katlijk
Lippenhuizen

10 km
10 km

Vertical line 1

Vertical line 2

Vertical line 3

Vertical line 4

Vertical line 5

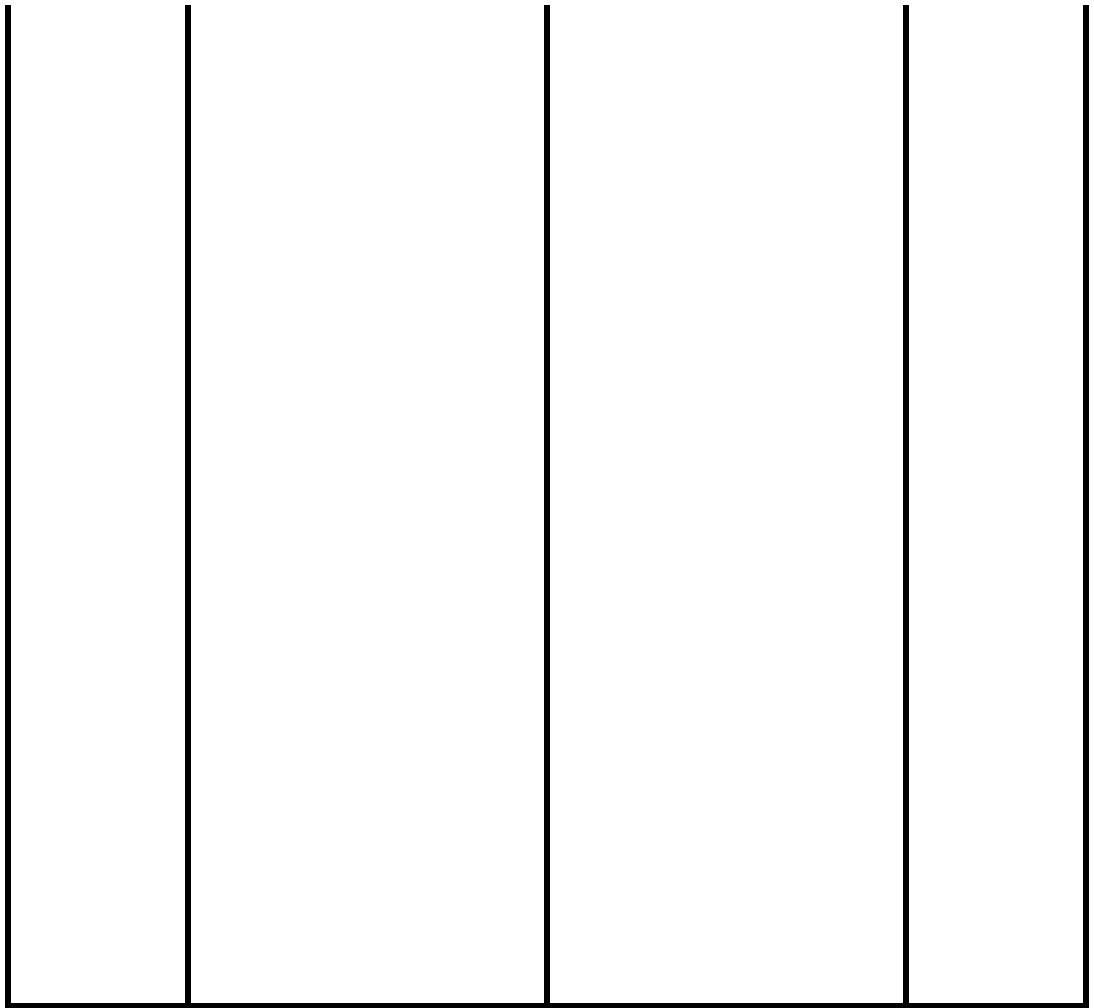
Vertical line 1

Vertical line 2

Vertical line 3

Vertical line 4

Vertical line 5



01:04:08

01:20:55



Vertical line 1

Vertical line 2

Vertical line 3

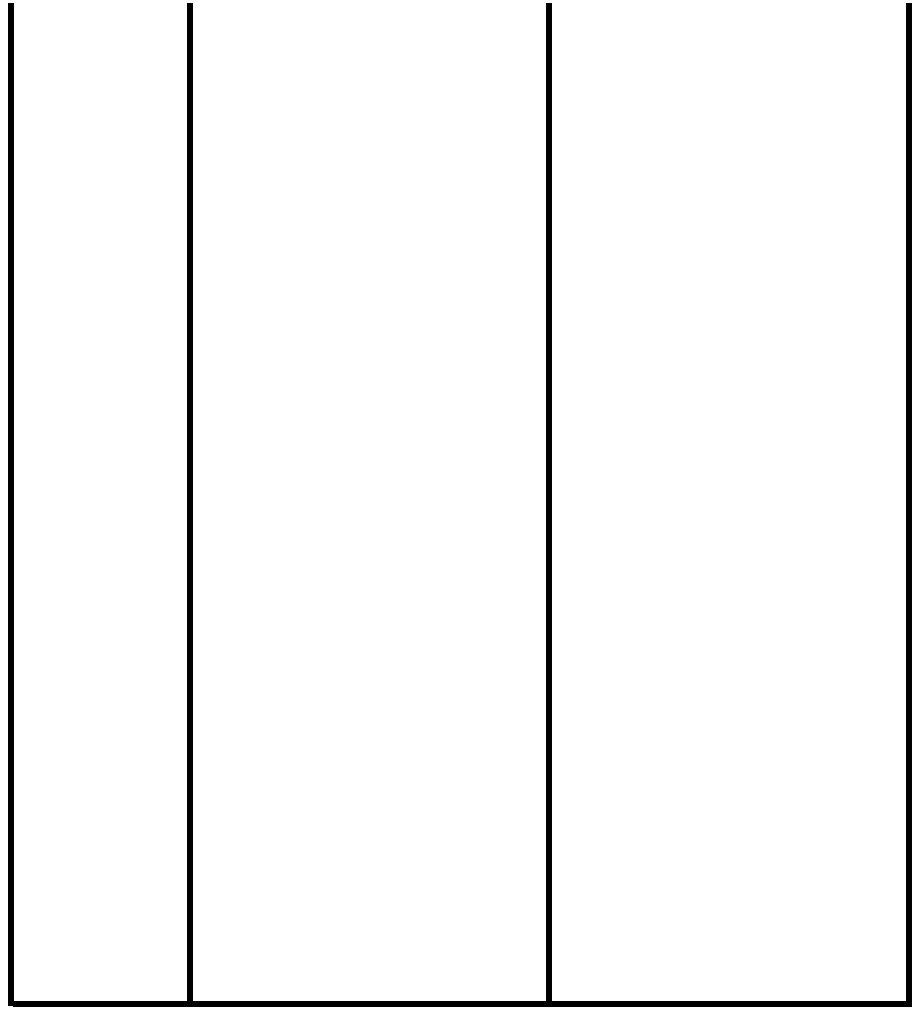
Vertical line 4

Vertical line 1

Vertical line 2

Vertical line 3

Vertical line 4



| Afstand | Tijd |
|---------|----------|
| 15 km | 00:52:54 |
| 15 km | 01:08:39 |
| 15 km | 01:09:52 |
| 15 km | 01:14:57 |
| 15 km | 01:17:41 |
| 15 km | 01:18:01 |
| 15 km | 01:19:08 |
| 15 km | 01:26:04 |
| 15 km | 01:26:56 |
| 15 km | 01:30:00 |
| 15 km | 01:30:00 |

Vertical line on the left side of the page.

Vertical line on the left side of the page.

Vertical line on the left side of the page.

Vertical line on the left side of the page, slightly to the right of the first line.

Vertical line on the left side of the page.

Vertical line on the left side of the page.

