

**OPEN NEDERLANDS KAMPIOENSCHAP OFFROAD TRIATLON 2005 - 1500 m zwemmen, 30 km ATB, 10 km crossloop
uitslag overall**

Pos.	Naam	Cat.	Woonplaats	Zwemmen	Fietsen	Lopen	Totaaltijd
1	Rob Barel	H45	Overberg	0:21:22,246	1:06:47,309	0:39:52,517	2:08:02,072
2	Royce Kortekaas	HOA	Nieuw Vennepe	0:23:11,712	1:05:23,597	0:40:18,262	2:08:53,571
3	Casper van den Burgh	HOA	Leiden	0:20:18,954	1:10:56,886	0:42:34,425	2:13:50,265
4	Jurgen Claassen	HOA	Groesbeek	0:23:21,205	1:11:31,961	0:39:22,915	2:14:16,081
5	Frans van Heteren	HOA	De Kwakel	0:23:24,323	1:09:32,213	0:41:24,487	2:14:21,023
6	Rorik Schouten	HOA	Hoogwoud	0:23:19,214	1:10:25,855	0:41:33,613	2:15:18,682
7	Machiel Ittmann	HOA	Hilversum	0:23:18,920	1:12:28,603	0:41:02,290	2:16:49,813
8	Menno Iedema	H40	Drachten	0:21:22,288	1:13:23,426	0:43:07,384	2:17:53,098
9	Youri De Buck	HOA	Lovendegem	0:26:18,314	1:09:07,029	0:42:45,458	2:18:10,801
10	Pim Veeger	H40	Amsterdam	0:23:59,206	1:10:11,052	0:44:18,254	2:18:28,512
11	Rob van Zanten	H45	Vlaardingen	0:24:21,530	1:10:45,811	0:44:07,820	2:19:15,161
12	André van de Bruinhorst	HOA	Barneveld	0:24:21,756	1:11:13,610	0:43:55,000	2:19:30,366
13	Tiedo Tinga	HOA	Lemmer	0:23:11,942	1:15:32,728	0:41:56,238	2:20:40,908
14	Manfred Boogaard	H40	Ede Gld	0:23:25,694	1:12:22,219	0:45:11,250	2:20:59,163
15	Arnoud van Garderen	HOA	Leusden	0:23:52,578	1:12:17,909	0:45:22,283	2:21:32,770
16	Geert-Jan Meewisse	HOA	Delft	0:24:24,337	1:12:10,999	0:45:22,580	2:21:57,916
17	Stefan van Namen	HOA	Alblasserdam	0:28:45,468	1:09:13,529	0:45:13,396	2:23:12,393
18	Hans Leek	H40	Zuid-Scharwoude	0:26:37,280	1:09:56,910	0:46:50,734	2:23:24,924
19	Henk-Jan Dolsma	HOA	Groningen	0:23:22,327	1:15:56,573	0:44:26,348	2:23:45,248
20	Erik-Simon Strijk	HOA	Hazerswoude Rijndijk	0:23:19,993	1:18:53,545	0:41:43,855	2:23:57,393
21	Ingrid van Lubek	DOA	Bussum	0:23:00,781	1:14:49,015	0:46:27,068	2:24:16,864
22	Arjan Schilder	HOA	Almere	0:20:15,626	1:21:47,328	0:43:31,196	2:25:34,150
23	Bas ten Harkel	HOA	Enschede	0:26:29,860	1:16:55,156	0:42:29,354	2:25:54,370
24	Rob Woestenenk	HOA	Nijmegen	0:24:52,210	1:14:54,890	0:46:31,723	2:26:18,823
25	Bas Bluyssen	H40	Nijmegen	0:26:13,000	1:17:48,000	0:42:37,000	2:26:38,000
26	Robert Mijwaart	HOA	Huizen	0:27:41,510	1:12:10,081	0:47:06,920	2:26:58,511
27	Alain Provoost	H40	Belzele	0:26:37,080	1:14:19,649	0:46:09,893	2:27:06,622
28	Ruud Schrijver	H45	Noord-Scharwoude	0:23:18,522	1:13:30,308	0:50:44,662	2:27:33,492
29	Stijn Van de Velde	HOA	Lokeren	0:24:30,710	1:16:19,441	0:47:12,922	2:28:03,073
30	Riikka Kelja	DOA	Gorinchem	0:24:12,507	1:17:19,322	0:46:36,462	2:28:08,291
31	Klaas de Leth	H50	Amsterdam	0:24:11,632	1:16:54,632	0:47:25,387	2:28:31,651
32	Alco Kruithof	H40	Lemmer	0:25:11,878	1:15:46,085	0:48:18,311	2:29:16,274
33	Erik Wolsing	HOA	Houten	0:21:18,992	1:16:04,290	0:51:59,943	2:29:23,225
34	Sander Riebroek	HOA	Bussum	0:28:42,406	1:16:04,085	0:44:43,601	2:29:30,092
35	Bart van Zelst	HOA	Elst Ut	0:28:41,710	1:15:25,006	0:45:35,783	2:29:42,499
36	Marijke Zeekant	D45	Amsterdam	0:23:24,739	1:17:51,286	0:49:51,130	2:31:07,155
37	Dick Vosmeer	H45	Naarden	0:26:24,867	1:13:56,958	0:50:47,359	2:31:09,184

38	Martijn Schutte	HOA	Rijssen	0:26:11,858	1:17:57,000	0:47:41,592	2:31:50,450
39	Ron Hendriks	H45	Wijchen	0:26:38,003	1:14:37,876	0:50:56,132	2:32:12,011
40	Vincent Hentzepeter	H40	Westerhaar-Vriezenv Wijk	0:31:08,328	1:16:43,597	0:44:23,471	2:32:15,396
41	Thomas Mulrooney	HOA	Leer	0:24:16,638	1:16:25,844	0:51:59,767	2:32:42,249
42	Gerrit Jan Bakker	H40	Ermelo	0:23:32,783	1:19:00,687	0:50:47,153	2:33:20,623
43	Ronald van de Wetering	H40	Almere	0:27:19,073	1:15:35,140	0:50:27,287	2:33:21,500
44	Willy Bogers	H45	s-Gravenhage	0:26:20,321	1:21:39,745	0:46:34,247	2:34:34,313
45	Marc van der Kort	HOA	Geldermalsen	0:27:39,149	1:18:40,407	0:48:31,909	2:34:51,465
46	Mathijm Wassink	HOA	Hoevelaken	0:23:29,002	1:18:05,829	0:53:49,069	2:35:23,900
47	Kornelis Bijlsma	H40	Buitenpost	0:23:28,126	1:17:30,284	0:54:29,144	2:35:27,554
48	Henkjan van Goor	HOA	Daarlerveen	0:32:17,247	1:15:57,643	0:47:28,383	2:35:43,273
49	Dirk Jan Moes	HOA	Groningen	0:23:20,627	1:21:46,779	0:50:55,132	2:36:02,538
50	Henk Sikma	H40	Zwaagwesteinde	0:28:25,425	1:22:09,612	0:46:23,261	2:36:58,298
51	Jan van der Heide	H50	Heerenveen	0:28:28,410	1:16:33,624	0:52:03,050	2:37:05,084
52	Wim van Haperen	H50	Etten-Leur	0:26:22,036	1:20:00,953	0:50:54,629	2:37:17,618
53	Marcel ten Wolde	HOA	Groningen	0:33:29,256	1:17:15,865	0:47:08,744	2:37:53,865
54	Edward Mahieu	HOA	Amsterdam	0:32:37,050	1:18:14,963	0:47:09,160	2:38:01,173
55	Arnoud Hageman	HOA	Harkstede	0:27:16,950	1:22:14,740	0:48:37,866	2:38:09,556
56	Onno Treur	HOA	Delft	0:28:37,982	1:18:23,859	0:51:11,030	2:38:12,871
57	Jorrit Meijer	HOA	Groningen	0:29:43,341	1:17:14,824	0:51:15,593	2:38:13,758
58	Jochem Slijkhuis	HOA	Groningen	0:25:03,074	1:27:35,149	0:45:45,621	2:38:23,844
59	Paul Jeurink	HOA	Hengelo	0:30:48,569	1:15:50,049	0:52:02,908	2:38:41,526
60	Gonny Rosendaal	DOA	Geldermalsen	0:24:12,901	1:22:34,543	0:52:23,148	2:39:10,592
61	Rogier Mooiman	HOA	Dreumel	0:27:14,032	1:16:54,995	0:55:01,599	2:39:10,626
62	Tom Steens	H45	Schiedam	0:27:03,360	1:20:48,544	0:51:30,129	2:39:22,033
63	Andreas Kiewiet	HOA	Roden	0:31:00,050	1:22:13,006	0:46:39,077	2:39:52,133
64	Jan van der Sleet	HOA	Haren Gn	0:24:37,231	1:20:57,614	0:54:43,810	2:40:18,655
65	Joop Schwalbach	H40	Oostzaan	0:30:04,312	1:20:14,842	0:50:36,337	2:40:55,491
66	Willem-Pier Vellinga	HOA	Groningen	0:27:08,218	1:24:01,685	0:51:15,968	2:42:25,871
67	Epko Oosterheerd	H45	Maarssen	0:28:38,772	1:23:51,750	0:50:27,523	2:42:58,045
68	Jiri de Beule	HOA	Beveren	0:27:31,994	1:26:47,635	0:49:34,791	2:43:54,420
69	Paul Slot	HOA	Dalfsen	0:28:19,022	1:19:46,177	0:55:51,686	2:43:56,885
70	Leo Meewisse	H55	s-Gravenhage	0:32:49,800	1:17:48,959	0:53:25,501	2:44:04,260
71	Jeanet Spigt	DOA	Amsterdam	0:26:14,890	1:23:41,205	0:54:19,298	2:44:15,393
72	Kobus Botman	H50	Middelburg	0:32:22,146	1:18:26,244	0:53:40,685	2:44:29,075
73	Pieter Iedema	H45	Amsterdam	0:34:02,744	1:22:15,215	0:48:26,145	2:44:44,104
74	Yvon Verkoyen	D50	EVERGEM België	0:33:02,605	1:20:56,066	0:50:49,588	2:44:48,259
75	Oscar de Jong	H40	Zandweer	0:30:19,932	1:24:52,143	0:49:47,341	2:44:59,416
76	Dick Vermeulen	H40	Leusden	0:28:54,734	1:25:07,361	0:51:50,725	2:45:52,820
77	Yvonne Leek	D40	Zuid-Scharwoude	0:29:36,514	1:22:47,600	0:55:01,486	2:47:25,600
78	Aaldrik Koops	H45	Zaandam	0:32:35,698	1:21:27,800	0:53:35,699	2:47:39,197

79	Coen van Amersfoort	HOA	Amsterdam	0:27:15,362	1:22:47,083	0:57:58,771	2:48:01,216
80	Sander Teeuwisse	HOA	Amersfoort	0:30:29,186	1:23:41,663	0:53:51,285	2:48:02,134
81	Hans Spaans	H45	Arnhem	0:29:50,158	1:27:23,635	0:50:56,268	2:48:10,061
82	Jan Reiffers	HOA	Bedum	0:32:23,905	1:29:55,631	0:47:39,787	2:49:59,323
83	Lion Wildenburg	HOA	Delft	0:32:53,442	1:26:21,389	0:52:03,834	2:51:18,665
84	Eveline Geersing	DOA	Groningen	0:28:32,269	1:28:52,440	0:53:55,818	2:51:20,527
85	Bram Heikamp	H50	Muiden	0:34:10,208	1:23:28,204	0:54:24,376	2:52:02,788
86	Peter Dubbelaar	HOA	Noordwijk Zh	0:32:11,704	1:21:53,264	0:58:49,638	2:52:54,606
87	Robert ten Wolde	HOA	Nijeveen	0:29:41,738	1:25:47,389	0:57:27,638	2:52:56,765
88	Gerard Brouwer	H40	Hilversum	0:32:35,668	1:24:38,765	0:56:13,547	2:53:27,980
89	Lenneke van der Heide	DOA	Heerenveen	0:27:18,423	1:31:08,978	0:55:51,680	2:54:19,081
90	Henk van de Grootveen	H50	Alkmaar	0:30:16,954	1:29:44,966	0:54:51,128	2:54:53,048
91	Silvia Brouwer	DOA	Almere	0:30:42,201	1:29:31,037	0:55:53,880	2:56:07,118
92	Jan Willem Oosterveld	H40	Wormer	0:30:42,860	1:28:50,856	0:57:48,239	2:57:21,955
93	Dirk Kruse	H45	Emmen	0:32:28,834	1:28:15,575	0:58:12,300	2:58:56,709
94	Pieter Bak	H45	Oude Bildtzijsl	0:30:14,046	1:30:15,878	0:59:24,432	2:59:54,356
95	Bertus de Vries	H45	Vegelinsoord	0:34:22,996	1:31:51,949	0:53:51,697	3:00:06,642
96	Martin de Munnik	HOA	Zwolle	0:37:34,921	1:28:41,985	0:54:16,866	3:00:33,772
97	Frans Hooijen	H40	Hapert	0:40:46,101	1:22:11,440	0:58:58,299	3:01:55,840
98	Eelke de Boer	H55	Delft	0:37:13,808	1:27:46,508	0:57:11,748	3:02:12,064
99	Marcel Veen	HOA	Groningen	0:27:54,273	1:34:26,224	1:01:36,204	3:03:56,701
100	Jeannet Ordelman	D40	Nijverdal	0:29:40,014	1:32:41,972	1:01:56,489	3:04:18,475
101	Kees der Weduwe	H40	Cothen	0:34:49,568	1:30:34,880	1:02:18,810	3:07:43,258
102	Jan Kuipers	H55	Borger	0:41:07,229	1:31:42,589	0:54:59,755	3:07:49,573
103	Bert de Heij	H45	Gorredijk	0:36:49,039	1:32:06,221	0:59:27,359	3:08:22,619
104	Tom Middelhuis	H40	Nijmegen	0:33:02,365	1:36:20,455	1:00:38,698	3:10:01,518
105	Andre Kunst	H40	Daarlerveen	0:33:06,368	1:31:39,202	1:06:01,264	3:10:46,834
106	Joop Peters	H55	Assen	0:39:13,773	1:32:54,177	0:59:27,114	3:11:35,064
107	Henk van der Woude	H40	Emmen	0:41:56,647	1:36:00,540	0:55:47,203	3:13:44,390
108	Afine Timmer	DOA	Groningen	0:40:49,398	1:33:59,163	1:06:35,996	3:21:24,557
109	Laas Bonnema	H45	Vrouwenparochie	0:47:43,005	1:36:45,901	0:57:45,988	3:22:14,894
110	Trijnje Roozendaal - Rep	D55	Oostzaan	0:44:00,942	1:32:44,334	1:06:36,566	3:23:21,842
111	Remke den Bremer	D45	s-Gravenhage	0:39:49,446	1:40:33,911	1:06:52,957	3:27:16,314
112	Geert Meijer	H50	Veldhoven	0:34:44,032	1:43:04,101	1:11:43,673	3:29:31,806
	Johan Neevel	H40	Wezep	0:23:24,068	1:13:46,321		
	Sandra Dijk	DOA	Groningen	0:28:22,785	1:21:45,991		
	Eelke Wijnia	H60	Hardegarijp				

**OPEN NEDERLANDS KAMPIOENSCHAP OFFROAD TRIATLON 2005 - 1500 m zwemmen, 30 km ATB, 10 km crossloop
uitslag per categorie**

Pos.	Naam	Cat.	Woonplaats	Zwemmen	Fietsen	Lopen	Totaaltijd
Dames onder 40							
1	Ingrid van Lubek	DOA	Bussum	0:23:00,781	1:14:49,015	0:46:27,068	2:24:16,864
2	Riikka Kelja	DOA	Gorinchem	0:24:12,507	1:17:19,322	0:46:36,462	2:28:08,291
3	Gonny Rosendaal	DOA	Geldermalsen	0:24:12,901	1:22:34,543	0:52:23,148	2:39:10,592
4	Jeanet Spigt	DOA	Amsterdam	0:26:14,890	1:23:41,205	0:54:19,298	2:44:15,393
5	Eveline Geersing	DOA	Groningen	0:28:32,269	1:28:52,440	0:53:55,818	2:51:20,527
6	Lenneke van der Heide	DOA	Heerenveen	0:27:18,423	1:31:08,978	0:55:51,680	2:54:19,081
7	Silvia Brouwer	DOA	Almere	0:30:42,201	1:29:31,037	0:55:53,880	2:56:07,118
8	Afine Timmer	DOA	Groningen	0:40:49,398	1:33:59,163	1:06:35,996	3:21:24,557
Dames 40							
1	Yvonne Leek	D40	Zuid-Scharwoude	0:29:36,514	1:22:47,600	0:55:01,486	2:47:25,600
2	Jeannet Ordelman	D40	Nijverdal	0:29:40,014	1:32:41,972	1:01:56,489	3:04:18,475
Dames 45							
1	Marijke Zeekant	D45	Amsterdam	0:23:24,739	1:17:51,286	0:49:51,130	2:31:07,155
2	Remke den Bremer	D45	s-Gravenhage	0:39:49,446	1:40:33,911	1:06:52,957	3:27:16,314
Dames 50							
1	Yvon Verkoyen	D50	Evergem België	0:33:02,605	1:20:56,066	0:50:49,588	2:44:48,259
Dames 55							
1	Trijnje Roozendaal - Rep	D55	Oostzaan	0:44:00,942	1:32:44,334	1:06:36,566	3:23:21,842
Heren onder 40							
1	Royce Kortekaas	HOA	Nieuw Vennep	0:23:11,712	1:05:23,597	0:40:18,262	2:08:53,571
2	Casper van den Burgh	HOA	Leiden	0:20:18,954	1:10:56,886	0:42:34,425	2:13:50,265
3	Jurgen Claassen	HOA	Groesbeek	0:23:21,205	1:11:31,961	0:39:22,915	2:14:16,081
4	Frans van Heteren	HOA	De Kwakel	0:23:24,323	1:09:32,213	0:41:24,487	2:14:21,023
5	Rorik Schouten	HOA	Hoogwoud	0:23:19,214	1:10:25,855	0:41:33,613	2:15:18,682
6	Machiel Ittmann	HOA	Hilversum	0:23:18,920	1:12:28,603	0:41:02,290	2:16:49,813
7	Youri De Buck	HOA	Lovendegem	0:26:18,314	1:09:07,029	0:42:45,458	2:18:10,801
8	André van de Bruinhorst	HOA	Barneveld	0:24:21,756	1:11:13,610	0:43:55,000	2:19:30,366
9	Tiedo Tinga	HOA	Lemmer	0:23:11,942	1:15:32,728	0:41:56,238	2:20:40,908
10	Arnoud van Garderen	HOA	Leusden	0:23:52,578	1:12:17,909	0:45:22,283	2:21:32,770
11	Geert-Jan Meewisse	HOA	Delft	0:24:24,337	1:12:10,999	0:45:22,580	2:21:57,916
12	Stefan van Namen	HOA	Alblasserdam	0:28:45,468	1:09:13,529	0:45:13,396	2:23:12,393
13	Henk-Jan Dolsma	HOA	Groningen	0:23:22,327	1:15:56,573	0:44:26,348	2:23:45,248
14	Erik-Simon Strijk	HOA	Hazerswoude Rijndijk	0:23:19,993	1:18:53,545	0:41:43,855	2:23:57,393
15	Arjan Schilder	HOA	Almere	0:20:15,626	1:21:47,328	0:43:31,196	2:25:34,150
16	Bas ten Harkel	HOA	Enschede	0:26:29,860	1:16:55,156	0:42:29,354	2:25:54,370
17	Rob Woestenenk	HOA	Nijmegen	0:24:52,210	1:14:54,890	0:46:31,723	2:26:18,823
18	Robert Mijwaard	HOA	Huizen	0:27:41,510	1:12:10,081	0:47:06,920	2:26:58,511
19	Stijn Van de Velde	HOA	Lokeren	0:24:30,710	1:16:19,441	0:47:12,922	2:28:03,073
20	Erik Wolsing	HOA	Houten	0:21:18,992	1:16:04,290	0:51:59,943	2:29:23,225
21	Sander Riebroek	HOA	Bussum	0:28:42,406	1:16:04,085	0:44:43,601	2:29:30,092
22	Bart van Zelst	HOA	Elst Ut	0:28:41,710	1:15:25,006	0:45:35,783	2:29:42,499

23	Martijn Schutte	HOA	Rijssen	0:26:11,858	1:17:57,000	0:47:41,592	2:31:50,450
24	Thomas Mulrooney	HOA	Leer	0:24:16,638	1:16:25,844	0:51:59,767	2:32:42,249
25	Marc van der Kort	HOA	Geldermalsen	0:27:39,149	1:18:40,407	0:48:31,909	2:34:51,465
26	Mathijm Wassink	HOA	Hoewelaken	0:23:29,002	1:18:05,829	0:53:49,069	2:35:23,900
27	Henkjan van Goor	HOA	Daarlerveen	0:32:17,247	1:15:57,643	0:47:28,383	2:35:43,273
28	Dirk Jan Moes	HOA	Groningen	0:23:20,627	1:21:46,779	0:50:55,132	2:36:02,538
29	Marcel ten Wolde	HOA	Groningen	0:33:29,256	1:17:15,865	0:47:08,744	2:37:53,865
30	Edward Mahieu	HOA	Amsterdam	0:32:37,050	1:18:14,963	0:47:09,160	2:38:01,173
31	Arnoud Hageman	HOA	Harkstede	0:27:16,950	1:22:14,740	0:48:37,866	2:38:09,556
32	Onno Treur	HOA	Delft	0:28:37,982	1:18:23,859	0:51:11,030	2:38:12,871
33	Jorrit Meijer	HOA	Groningen	0:29:43,341	1:17:14,824	0:51:15,593	2:38:13,758
34	Jochem Slijkhuis	HOA	Groningen	0:25:03,074	1:27:35,149	0:45:45,621	2:38:23,844
35	Paul Jeurink	HOA	Hengelo	0:30:48,569	1:15:50,049	0:52:02,908	2:38:41,526
36	Rogier Mooiman	HOA	Dreumel	0:27:14,032	1:16:54,995	0:55:01,599	2:39:10,626
37	Andreas Kiewiet	HOA	Roden	0:31:00,050	1:22:13,006	0:46:39,077	2:39:52,133
38	Jan van der Sleet	HOA	Haren Gn	0:24:37,231	1:20:57,614	0:54:43,810	2:40:18,655
39	Willem-Pier Vellinga	HOA	Groningen	0:27:08,218	1:24:01,685	0:51:15,968	2:42:25,871
40	Jiri de Beule	HOA	Beveren	0:27:31,994	1:26:47,635	0:49:34,791	2:43:54,420
41	Paul Slot	HOA	Dalfsen	0:28:19,022	1:19:46,177	0:55:51,686	2:43:56,885
42	Coen van Amersfoort	HOA	Amsterdam	0:27:15,362	1:22:47,083	0:57:58,771	2:48:01,216
43	Sander Teeuwisse	HOA	Amersfoort	0:30:29,186	1:23:41,663	0:53:51,285	2:48:02,134
44	Jan Reiffers	HOA	Bedum	0:32:23,905	1:29:55,631	0:47:39,787	2:49:59,323
45	Lion Wildenburg	HOA	Delft	0:32:53,442	1:26:21,389	0:52:03,834	2:51:18,665
46	Peter Dubbelaar	HOA	Noordwijk Zh	0:32:11,704	1:21:53,264	0:58:49,638	2:52:54,606
47	Robert ten Wolde	HOA	Nijeveen	0:29:41,738	1:25:47,389	0:57:27,638	2:52:56,765
48	Martin de Munnik	HOA	Zwolle	0:37:34,921	1:28:41,985	0:54:16,866	3:00:33,772
49	Marcel Veen	HOA	Groningen	0:27:54,273	1:34:26,224	1:01:36,204	3:03:56,701
Heren 40							
1	Menno Iedema	H40	Drachten	0:21:22,288	1:13:23,426	0:43:07,384	2:17:53,098
2	Pim Veeger	H40	Amsterdam	0:23:59,206	1:10:11,052	0:44:18,254	2:18:28,512
3	Manfred Boogaard	H40	Ede Gld	0:23:25,694	1:12:22,219	0:45:11,250	2:20:59,163
4	Hans Leek	H40	Zuid-Scharwoude	0:26:37,280	1:09:56,910	0:46:50,734	2:23:24,924
5	Bas Bluysen	H40	Nijmegen	0:26:13,000	1:17:48,000	0:42:37,000	2:26:38,000
6	Alain Provoost	H40	Belzele	0:26:37,080	1:14:19,649	0:46:09,893	2:27:06,622
7	Alco Kruithof	H40	Lemmer	0:25:11,878	1:15:46,085	0:48:18,311	2:29:16,274
8	Vincent Hentzepeter	H40	Westerhaar-Vriezenv Wijk	0:31:08,328	1:16:43,597	0:44:23,471	2:32:15,396
9	Gerrit Jan Bakker	H40	Ermelo	0:23:32,783	1:19:00,687	0:50:47,153	2:33:20,623
10	Ronald van de Wetering	H40	Almere	0:27:19,073	1:15:35,140	0:50:27,287	2:33:21,500
11	Kornelis Bijlsma	H40	Buitenpost	0:23:28,126	1:17:30,284	0:54:29,144	2:35:27,554
12	Henk Sikma	H40	Zwaagwesteinde	0:28:25,425	1:22:09,612	0:46:23,261	2:36:58,298
13	Joop Schwalbach	H40	Oostzaan	0:30:04,312	1:20:14,842	0:50:36,337	2:40:55,491
14	Oscar de Jong	H40	Zandeweer	0:30:19,932	1:24:52,143	0:49:47,341	2:44:59,416
15	Dick Vermeulen	H40	Leusden	0:28:54,734	1:25:07,361	0:51:50,725	2:45:52,820
16	Gerard Brouwer	H40	Hilversum	0:32:35,668	1:24:38,765	0:56:13,547	2:53:27,980
17	Jan Willem Oosterveld	H40	Wormer	0:30:42,860	1:28:50,856	0:57:48,239	2:57:21,955
18	Frans Hooijen	H40	Hapert	0:40:46,101	1:22:11,440	0:58:58,299	3:01:55,840
19	Kees der Weduwe	H40	Cothen	0:34:49,568	1:30:34,880	1:02:18,810	3:07:43,258

20	Tom Middelhuis	H40	Nijmegen	0:33:02,365	1:36:20,455	1:00:38,698	3:10:01,518
21	Andre Kunst	H40	Daarlerveen	0:33:06,368	1:31:39,202	1:06:01,264	3:10:46,834
22	Henk van der Woude	H40	Emmen	0:41:56,647	1:36:00,540	0:55:47,203	3:13:44,390
	Heren 45						
1	Rob Barel	H45	Overberg	0:21:22,246	1:06:47,309	0:39:52,517	2:08:02,072
2	Rob van Zanten	H45	Vlaardingen	0:24:21,530	1:10:45,811	0:44:07,820	2:19:15,161
3	Ruud Schrijver	H45	Noord-Scharwoude	0:23:18,522	1:13:30,308	0:50:44,662	2:27:33,492
4	Dick Vosmeer	H45	Naarden	0:26:24,867	1:13:56,958	0:50:47,359	2:31:09,184
5	Ron Hendriks	H45	Wijchen	0:26:38,003	1:14:37,876	0:50:56,132	2:32:12,011
6	Willy Bogers	H45	s-Gravenhage	0:26:20,321	1:21:39,745	0:46:34,247	2:34:34,313
7	Tom Steens	H45	Schiedam	0:27:03,360	1:20:48,544	0:51:30,129	2:39:22,033
8	Epko Oosterheerd	H45	Maarssen	0:28:38,772	1:23:51,750	0:50:27,523	2:42:58,045
9	Pieter Iedema	H45	Amsterdam	0:34:02,744	1:22:15,215	0:48:26,145	2:44:44,104
10	Aaldrik Koops	H45	Zaandam	0:32:35,698	1:21:27,800	0:53:35,699	2:47:39,197
11	Hans Spaans	H45	Arnhem	0:29:50,158	1:27:23,635	0:50:56,268	2:48:10,061
12	Dirk Kruse	H45	Emmen	0:32:28,834	1:28:15,575	0:58:12,300	2:58:56,709
13	Pieter Bak	H45	Oude Bildtzijl	0:30:14,046	1:30:15,878	0:59:24,432	2:59:54,356
14	Bertus de Vries	H45	Vegelinsoord	0:34:22,996	1:31:51,949	0:53:51,697	3:00:06,642
15	Bert de Heij	H45	Gorredijk	0:36:49,039	1:32:06,221	0:59:27,359	3:08:22,619
16	Laas Bonnema	H45	Vrouwenparochie	0:47:43,005	1:36:45,901	0:57:45,988	3:22:14,894
	Heren 50						
1	Klaas de Leth	H50	Amsterdam	0:24:11,632	1:16:54,632	0:47:25,387	2:28:31,651
2	Jan van der Heide	H50	Heerenveen	0:28:28,410	1:16:33,624	0:52:03,050	2:37:05,084
3	Wim van Haperen	H50	Etten-Leur	0:26:22,036	1:20:00,953	0:50:54,629	2:37:17,618
4	Kobus Botman	H50	Middelburg	0:32:22,146	1:18:26,244	0:53:40,685	2:44:29,075
5	Bram Heikamp	H50	Muiden	0:34:10,208	1:23:28,204	0:54:24,376	2:52:02,788
6	Henk van de Grootvheen	H50	Alkmaar	0:30:16,954	1:29:44,966	0:54:51,128	2:54:53,048
7	Geert Meijer	H50	Veldhoven	0:34:44,032	1:43:04,101	1:11:43,673	3:29:31,806
	Heren 55						
1	Leo Meewisse	H55	s-Gravenhage	0:32:49,800	1:17:48,959	0:53:25,501	2:44:04,260
2	Eelke de Boer	H55	Delft	0:37:13,808	1:27:46,508	0:57:11,748	3:02:12,064
3	Jan Kuipers	H55	Borger	0:41:07,229	1:31:42,589	0:54:59,755	3:07:49,573
4	Joop Peters	H55	Assen	0:39:13,773	1:32:54,177	0:59:27,114	3:11:35,064