

Uitslagen Maart 2018.

Rondje Goutum te Leeuwarden op 4 maart.

| | | | | | | | |
|--------|------------------|--------|----------------------|---------|-------------------|-------|-------|
| 1 km | Jongens | 3. | Ids Waanders | 4:11 | | | |
| | | 4. | Delano van zandvoort | 4:21 | | | |
| | | 5. | Jayden van zandvoort | 4:29 | | | |
| | | 6. | Jelmer Teppema | 4:34 | | | |
| | | 11. | Yanco Zuidema | 5:01 | | | |
| | | 12. | Hessel Huinink | 5:02 | | | |
| | | 13. | Yens van der Schaaf | 5:06 | | | |
| | | 14. | Ivo snitker | 5:07 | | | |
| | | 15. | Jesco van Gelder | 5:18 | | | |
| | | 1 km | Meisjes | 1. | Néya Schuhmacher | 4:15 | |
| | | | | 3. | Amélie Berk | 4:43 | |
| | | | | 5. | Vera Klijnsma | 5:10 | |
| | | | | 6. | Dione van Gelder | 5:20 | |
| | | 2,5 km | Jongens | 1. | Melle Ketellapper | 9:21 | 9:20 |
| | | | | 2. | Joeri Oosterhof | 10:56 | 10:55 |
| 3. | Quinten Geleynse | | | 12:27 | 12:26 | | |
| 4. | Daan Sikkema | | | 13:10 | 13:08 | | |
| 2,5 km | Meisjes | 1. | Renske Drenten | 10:12 | 10:11 | | |
| | | 2. | Bernice Frank | 11:07 | 11:06 | | |
| | | 3. | Naomi Teppema | 11:30 | 11:29 | | |
| | | 4. | Tessa de Roos | 11:42 | 11:42 | | |
| | | 5. | Alanis Jorna | 13:15 | 13:13 | | |
| | | 6. | Lisca van Gelder | 14:36 | 14:35 | | |
| | | 7. | Kyra de Jong | 14:37 | 14:35 | | |
| | | 8. | Nina Jorna | 15:25 | 15:22 | | |
| 4 EM | Mannen | 6. | Martijn Toering | 24:51 | 24:50 | | |
| | | 8. | Glenn de vries | 28:58 | 28:57 | | |
| | | 19. | Koos Pietersma | 38:17 | 38:14 | | |
| 4 EM | Vrouwen | 6. | Esmay de jonge | 37:27 | 37:21 | | |
| | | 8. | Anna walstra | 37:59 | 37:55 | | |
| | | 14. | Jeannet Huitema | 41:15 | 41:13 | | |
| | | 25. | Carla Duym | 45:00 | 44:56 | | |
| | | 30. | Greetje Bijlsma | 50:26 | 50:15 | | |
| 10 km | Mannen | 2. | Auke Postma | 41:15 | 41:13 | | |
| | | 8. | Chiel Aaij | 44:17 | 44:12 | | |
| | | 26. | André Bär | 48:47 | 48:42 | | |
| | | 29. | Sjors Tissingh | 49:39 | 49:36 | | |
| | | 61. | John Adema | 54:56 | 54:33 | | |
| | | 65. | Sieds Brouwer | 55:34 | 55:18 | | |
| | | 66. | Peter Bar | 56:02 | 55:56 | | |
| | | 75. | Harold Rakers | 58:28 | 58:04 | | |
| | | 87. | Reinder Sinnema | 1:17:17 | 1:16:59 | | |
| 10 km | Vrouwen | 1. | Samantha Wolfslag | 41:58 | 41:55 | | |

| | | | | | |
|-------|---------|-----|-------------------------|---------|---------|
| | | 8. | Saskia Scholtens | 55:34 | 55:18 |
| | | 10. | Tjitske van Lien | 56:20 | 56:06 |
| | | 15. | Linda Dekker | 57:41 | 57:25 |
| | | 20. | Marijke de Boer | 59:26 | 59:09 |
| | | 23. | Wieke de Haan | 1:00:16 | 1:00:08 |
| | | 26. | Riek van der Meulen | 1:01:51 | 1:01:43 |
| | | 36. | Petra Lok | 1:32:05 | 1:36:53 |
| 10EM | Mannen | 5. | Andre Ydema | 1:08:56 | 1:08:53 |
| | | 8. | Wouter van der Meer | 1:11:51 | 1:11:47 |
| | | 15. | Richard Spoelstra | 1:14:25 | 1:14:24 |
| | | 18. | Rikus van Wijk | 1:15:36 | 1:15:30 |
| | | 21. | Nico Hoekstra | 1:16:26 | 1:16:18 |
| | | 24. | Jasper de Noord | 1:17:53 | 1:17:44 |
| | | 25. | Marco van der Wal | 1:18:11 | 1:18:02 |
| | | 27. | Jan van der Werf | 1:18:44 | 1:18:39 |
| | | 34. | Hans Bonnema | 1:21:47 | 1:21:39 |
| | | 37. | Carlo Loos | 1:22:52 | 1:22:43 |
| | | 42. | Bouwe Hiddinga | 1:24:04 | 1:23:57 |
| | | 43. | ED Velderman | 1:24:04 | 1:23:52 |
| | | 45. | Johannes van der Schaaf | 1:24:07 | 1:23:59 |
| | | 54. | Gerard Schade | 1:27:27 | 1:27:21 |
| | | 56. | Alfred Knobbe | 1:27:47 | 1:27:32 |
| 10 EM | Mannen | 1. | Judith van der Meer | 1:08:51 | 1:08:50 |
| | | 5. | Freke Kloek | 1:18:44 | 1:18:43 |
| | | 7. | Grietje van der Schaaf | 1:22:43 | 1:22:34 |
| | | 16. | Anke Peterson | 1:36:45 | 1:36:39 |
| | | 17. | Janette Haasdijk | 1:36:56 | 1:36:44 |
| | | 18. | Margreet Dijkstra | 1:37:04 | 1:36:53 |
| | | 19. | Margriet Wissmann | 1:37:09 | 1:36:52 |
| 30 km | Mannen | 2. | Dick Wobbles | 1:57:19 | 1:57:17 |
| | | 3. | Douwe Nauta | 1:59:00 | 1:58:59 |
| | | 10. | Klaas van Heeringen | 2:09:18 | 2:09:16 |
| | | 18. | Richard van der Wal | 2:21:41 | 2:21:36 |
| | | 21. | Catrinus Vroom | 2:25:49 | 2:25:43 |
| | | 24. | Harrie Wetterhahn | 2:26:36 | 2:26:29 |
| | | 25. | Hugo Reitsma | 2:26:36 | 2:26:27 |
| | | 36. | Aldert Cuperus | 2:29:59 | 2:29:45 |
| | | 37. | Niels Blaauw | 2:30:13 | 2:29:58 |
| | | 64. | Rienk de Vries | 2:54:41 | 2:33:11 |
| 30 km | Vrouwen | 3. | Inge van Schaick | 2:28:10 | 2:27:57 |
| | | 4. | Anja van Zutphen | 2:29:50 | 2:29:42 |
| | | 5. | Lieneke de Jong | 2:31:47 | 2:31:31 |
| | | 9. | Ingrid van der Heide | 2:51:50 | 2:51:35 |

Indoor te Steenwijk op 10 maart.

Jongens pupillen C

40m

M-bal

Ver

Punten

| | | | | | |
|--------------------------|-------|--------------------------|-------|------|--------|
| 8. Mads Jellema | | 8.07 | 3.26 | 2.30 | 734 |
| 12. Chris de Haan | | 8.99 | 3.99 | 1.86 | 568 |
| Jongens pupillen B | | 40m | M-bal | Ver | Punten |
| 2. Delano van Zandvoort | | 7.32 | 5.59 | 3.15 | 1212 |
| 5. Jayden van Zandvoort | | 7.31 | 5.96 | 2.37 | 1081 |
| 11. Wessel Voerman | | 7.97 | 4.29 | 2.34 | 840 |
| 14. Jesco van Gelder | | 8.02 | 3.98 | 2.27 | 794 |
| Jongens pupillen A1 | | 40m | Kogel | Hoog | Punten |
| 7. Jairo Kromoprajitno | | 6.96 | 4.51 | 3.24 | 1233 |
| 18. Hessel Hunnink | | 8.06 | 4.14 | 2.79 | 904 |
| Jongens pupillen A2 | | 40m | Kogel | Hoog | Punten |
| 19. Ids Waanders | | 7.32 | 4.92 | 1.00 | 1162 |
| Meisjess pupillen A1 | | 40m | Kogel | Hoog | Punten |
| 29. Elske van Reemt | | 9.10 | 3.69 | 1.69 | 495 |
| Meisjes pupillen A2 | | 40m | Kogel | Hoog | Punten |
| 8. Dione van Gelder | | 7.82 | 5.14 | 1.05 | 1119 |
| Jongens D1 | | 40m | 50m | | Punten |
| 4. Daan Sikkema | | 6.56 | 8.08 | | 1033 |
| 8. Quinten Gelynse | | 6.82 | 8.21 | | 944 |
| Meisjes D1 | | 40m | 50m | | Punten |
| 2. Shanara van Zandvoort | | 6.39 | 7.70 | | 1157 |
| 4. Maite Stienstra | | 6.57 | 7.82 | | 1085 |
| 7. Mayke Ruige | | 6.64 | 8.10 | | 1009 |
| 11. Tessa Celine de Roos | | 7.04 | 8.60 | | 822 |
| 13. Bernice Frank | | 7.14 | 8.64 | | 794 |
| 19. Dafne Alkema | | 7.61 | 9.43 | | 573 |
| Meisjes D2 | | 40m | 50m | | Punten |
| 14. Lisca van Gelder | | 6.75 | 8.23 | | 958 |
| Meisjes C | | 40m | 50m | | Punten |
| 5. Merel de Vries | | 6.24 | 7.47 | | 1250 |
| 6. Wietske van der Weij | | 6.28 | 7.55 | | 1221 |
| Meisjes B | | 40m | 50m | | Punten |
| 1. Ilse Steigenga | | 5.90 | 7.08 | | 1328 |
| 7. Carmen de Wolff | | 6.85 | 8.20 | | 703 |
| Mannen masters | | 40m | 50m | | Punten |
| 2. Sjouke Nauta | | 7.05 | DNS | | 100 |
| Jongens D1 | Kogel | 1. Daan Sikkema | | | 7.71 |
| | | 7. Quinten Geleyne | | | 5.66 |
| | Ver | 6. Quinten Geleyne | | | 3.65 |
| | | 9. Daan Sikkema | | | 2.83 |
| Meisjes D1 | Kogel | 5. Shanara van Zandvoort | | | 7.11 |
| | | 9. Maite Stienstra | | | 6.43 |
| | | 11. Tessa Celine de Roos | | | 6.18 |
| | | 16. Bernice Frank | | | 5.02 |
| | | 17. Dafne Alkema | | | 4.77 |
| | Ver | 3. Tessa Celine de Roos | | | 3.70 |
| | | 4. Shanara van Zandvoort | | | 3.69 |
| | | 10. Bernice Frank | | | 3.37 |
| | | 11. Maite Stienstra | | | 3.36 |
| | | 14. Mayke Ruige | | | 3.25 |
| | | 21. Dafne Alkema | | | 2.60 |
| Meisjes D2 | Hoog | 11. Lisca van Gelder | | | 1.20 |
| Meisjes B | Kogel | 1. Ilse Steigenga | | | 9.90 |
| | | 4. Carmen de Wolff | | | 9.16 |
| | Hoog | 3. Ilse Steigenga | | | 1.45 |

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|----------------|-------|--------------------|------|
| Mannen masters | Kogel | 6. Carmen de Wolff | 1.30 |
| | Ver | 1. Sjouke Nauta | 8.48 |
| | | 1. Sjouke Nauta | 3.78 |

NK Cross te Amsterdam op 10 en 11 maart.

| | | | |
|------------|-------|--------------------|-------|
| Jongens-B | 6000m | 40. Jing Oldhoff | 28.29 |
| Meisjes-B | 4000m | 9. Elsa Rijpstra | 19.13 |
| Jongens-A | 8000m | 18. Janco Rijpstra | 33.34 |
| Mannen 50+ | 8000m | 2. Auke Postma | 37.40 |

Veneboerloop te Drachten op 10 maart.

| | | | | |
|-------|-------------|------------------------|-------|-------|
| 10 km | Mannen sen. | 1. Paul Geertsma | 32.57 | 32.56 |
| | | 8. Erik Bouma | 35.21 | 35.20 |
| | | 15. Sander van Hoorn | 40.35 | 40.33 |
| | Mannen 40+ | 1. Menno Mud | 34.36 | 34.35 |
| 5 km | Mannen | 3. Jelmer van der Veen | 17.05 | 17.05 |

NN CPC-loop te Den Haag op 11 maart.

| | | | | |
|---------|-------------|----------------|---------|---------|
| 21,1 km | Mannen sen. | 53. Rob Vijver | 1.11.12 | 1.11.06 |
|---------|-------------|----------------|---------|---------|

Merenloop te Grou op 11 maart.

| | | | |
|--------|-------------|------------------------|---------|
| 14 km | Vrouwen 40+ | 26. Anke Peterson | 1.33.57 |
| | | 28. Wieke de Haan | 1.34.31 |
| | Mannen sen. | 4. Gerrit Wolbers | 56.11 |
| | | 10. WilliJan Veltman | 1.04.27 |
| | | 25. Jesper Keidel | 1.12.42 |
| | Mannen 45+ | 3. Martijn Toering | 1.00.23 |
| | | 7. Rienk de Vries | 1.07.08 |
| | | 30. Cor Wetting | 1.14.55 |
| | | 65. Wim Manshande | 1.26.19 |
| 10 km | Vrouwen | 34. Ria van der Schoot | 58.18 |
| | Mannen | 1. Marcel Adema | 34.51 |
| | | 72. Jouke de Vries | 55.16 |
| 5 km | Vrouwen | 2. Mare te Biesebeek | 19.59 |
| | | 4. Marene Scholtens | 21.04 |
| | | 24. Tea Busstra | 26.40 |
| 2,5 km | Meisjes | 2. Naomi Teppema | 12.40 |
| | Jongens | 3. Joeri Oosterhof | 11.35 |
| 1 km | Meisjes | 1. Néya Schuhmacher | 4.30 |
| | Jongens | 6. Jelmer Teppema | 5.12 |

Indoor Heerenveen op 17 maart.

| | | | | |
|-------------------------|------|-------|--------|--------|
| Jongens pupillen B | 40m | Kogel | Hoog | Punten |
| 3. Delano van Zandvoort | 7.16 | 5.55 | 1.00 | 1237 |
| 4. Jayden van Zandvoort | 7.54 | 5.71 | 0.95 | 1134 |
| 6. Naut Kuipers | 8.09 | 4.70 | 1.05 | 1042 |
| 7. Jelmer Teppema | 7.81 | 4.54 | 1.00 | 1042 |
| Jongens D1 | 50m | 60m | Punten | |
| 2. Daan Sikkema | 7.94 | 9.19 | 1020 | |
| 5. Quinten Geleyense | 8.12 | 9.63 | 907 | |

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|--------------------------|-------|--------------------------|-------|--------|
| Meisjes D1 | | 50m | 60m | Punten |
| 2. Shanara van Zandvoort | | 7.72 | 8.88 | 1126 |
| 3. Maite Stienstra | | 7.81 | 9.12 | 1060 |
| 7. Mayke Ruige | | 7.94 | 9.32 | 997 |
| 12. Tessa Celine de Roos | | 8.70 | 10.09 | 727 |
| Meisjes D2 | | 50m | 60m | Punten |
| 2. Jente Leeuwangh | | 7.68 | 8.82 | 1146 |
| 11. Naomi Teppema | | 8.12 | 9.49 | 931 |
| Jongens C2 | | 50m | 60m | Punten |
| 4. Thiam Tromp | | 7.26 | 8.33 | 1347 |
| Meisjes B | | 50m | 60m | Punten |
| 1. Ilse Steigenga | | 7.09 | 8.22 | 1378 |
| 7. Carmen de Wolff | | 8.14 | 9.45 | 777 |
| Mannen masters | | 50m | 60m | Punten |
| 1. Fokke Draaijer | | 7.61 | 8.89 | 545 |
| 2. Sjouke Nauta | | 8.58 | 9.88 | 70 |
| Jongens D1 | Kogel | 2. Daan Sikkema | | 6.92 |
| | | 6. Quinten Geleynse | | 5.82 |
| | Hoog | 2. Daan Sikkema | | 1.30 |
| | | 6. Quinten Geleynse | | 1.20 |
| Meisjes D1 | Kogel | 4. Mayke Ruige | | 7.20 |
| | | 5. Shanara van Zandvoort | | 7.13 |
| | | 9. Tessa Celine de Roos | | 6.38 |
| | | 11. Maite Stienstra | | 5.97 |
| | Hoog | 2. Tessa Celine de Roos | | 1.35 |
| Meisjes D2 | Kogel | 10. Naomi Teppema | | 7.93 |
| | | 11. Renske Drenten | | 7.30 |
| | | 12. Jente Leeuwangh | | 7.23 |
| | Hoog | 1. Jente Leeuwangh | | 1.45 |
| | | 3. Renske Drenten | | 1.35 |
| | | 5. Naomi Teppema | | 1.25 |
| Jongens C2 | Kogel | 8. Tiam Tromp | | 8.46 |
| | Hoog | 6. Thiam Tromp | | 1.50 |
| Meisjes B | Kogel | 4. Ilse Steigenga | | 9.87 |
| | Hoog | 1. Ilse Steigenga | | 1.50 |
| | | 5. Carmen de Wolff | | 1.35 |
| Mannen masters | Kogel | 1. Sjouke Nauta | | 8.85 |
| | | 2. Fokke Draaijer | | 8.33 |
| | Hoog | 1. Fokke Draaijer | | 1.45 |
| | | 2. Sjouke Nauta | | 1.20 |

Vuurtorentrail te Hollum Ameland op 17 en 18 maart.

| | | | | |
|----------|-------------|-------------------------|---------|---------|
| 6 km | Mannen sen. | 1. Remy Borawitz | 31.44 | 31.44 |
| 12 km za | Mannen 35+ | 61. Sytze Wetting | 1.40.47 | 1.40.30 |
| | Vrouwen 35+ | 52. Bettie Koops | 1.26.00 | 1.25.53 |
| | | 53. Annet Kienstra | 1.26.20 | 1.25.46 |
| | | 54. Annechien v.d. Veen | 1.26.02 | 1.25.46 |
| | | 74. Petra Lok | 1.29.23 | 1.24.09 |
| | | 77. Margreet Dijkstra | 1.29.47 | 1.24.35 |
| | | 87. Jeannet Huitema | 1.31.36 | 1.31.28 |
| | | 111. Jannie Idema | 1.37.59 | 1.32.47 |
| 18 km za | Mannen sen. | 4. Sander van Hoorn | 1.35.04 | 1.35.02 |
| 18 km z0 | Mannen 35+ | 16. Hans van der Steen | 1.39.18 | 1.39.17 |
| | | 26. Niels Blaauw | 1.50.57 | 1.50.56 |

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|-------|-------------|-----------------------|---------|---------|
| 35 km | Mannen sen. | 28. Carlo Loos | 1.51.35 | 1.51.13 |
| | | 7. Romke de Jong | 2.55.13 | 2.55.06 |
| | | 8. Willem Wijma | 2.56.41 | 2.56.37 |
| | Mannen 35+ | 8. Jelle Coen Bijlsma | 2.54.20 | 2.54.18 |
| | | 14. Anton Kingma | 2.59.45 | 2.59.18 |
| 60 km | Mannen 35+ | 28. Richard v.d. Wal | 3.19.53 | 3.19.31 |
| | | 38. André Jellema | 3.28.30 | 3.28.08 |
| | | 1. Harry Wiersma | 5.21.13 | 5.21.11 |

Marathon van Utrecht op 18 maart.

| | | | | |
|---------|------------|--------------|---------|---------|
| 21,1 km | Mannen 35+ | 8. Menno Mud | 1.16.05 | 1.16.05 |
|---------|------------|--------------|---------|---------|

17^e Monnikenloop op Schiermonnikoog op 24 maart.

| | | | | |
|-------------------|-------------|--------------------------|---------|---------|
| 10 EM | Mannen 40+ | 17. André Jellema | 1.16.42 | 1.16.42 |
| | Mannen 50+ | 7. Harrie Wetterhahn | 1.09.08 | 1.09.08 |
| | | 79. Wim Manshande | 1.37.19 | 1.39.39 |
| 10 km | Vrouwen 55+ | 5. Inge van Schaick | 1.23.44 | 1.23.36 |
| | Mannen 40+ | 13. Johannes v.d. Schaaf | 50.18 | 50.16 |
| | Mannen 50+ | 6. André Bär | 51.08 | 50.56 |
| | Vrouwen 45+ | 64. Charlotte Boonstra | 1.07.02 | 1.06.48 |
| | | 74. Chantal de Jongh | 1.08.18 | 1.08.06 |
| | Vrouwen 55+ | 8. Wieke de Haan | 1.00.51 | 1.00.29 |
| | Vrouwen 60+ | 8. Riek v.d. Meulen | 1.05.13 | 1.04.52 |
| 9. Jelly Koopmans | | 1.05.13 | 1.04.52 | |

Leekster Lente Loop te Leek op 24 maart.

| | | | | |
|------|--------|-----------------|-------|-------|
| 5 km | Mannen | 5. Jing Oldhoff | 17.42 | 17.42 |
| | | 11. Jan Oldhoff | 20.07 | 20.06 |

Weir Venloop te Venlo op 25 maart.

| | | | | |
|---------|-------------|-------------------|---------|---------|
| 21,1 km | Mannen sen. | 40. Rob Vijver | 1.11.37 | 1.11.35 |
| | | 60. Paul Geertsma | 1.16.15 | 1.16.04 |
| | Mannen 40+ | 8. Willem de Boer | 1.15.36 | 1.15.33 |
| | Mannen 45+ | 5. Jan Venhuizen | 1.17.19 | 1.17.17 |
| | Mannen 60+ | 2. Auke Postma | 1.29.35 | 1.29.28 |

Legio –run te Grootegast op 31 maart.

| | | | | |
|-------|------------|------------------|-------|-------|
| 10 km | Mannen 40+ | 1. Menno Mud | 34.12 | 34.12 |
| | | 2. Marcel Adema | 34.37 | 34.37 |
| | Mannen 50+ | 1. Jan Venhuizen | 34.18 | 35.17 |

Condensloop te Leeuwarden op 31 maart.

| | | | | |
|--------|-------------------|-----------------------|------|------|
| 1,2 km | Meisjes tm 8 jaar | 1. Amélie Berk | 5:17 | 5:14 |
| | | 4. Yente Vroegop | 5:56 | 5:56 |
| | | 11. Marlieke de Vries | 7:15 | 7:10 |
| | | 12. Hanna de Vries | 7:16 | 7:12 |
| | | 21. Emma de Vries | 7:43 | 7:41 |
| | | 22. Noëlle Berk | 8:23 | 8:18 |

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|-------------|--------------------|------|----------------------|-------|-------|
| 1,2 km | Jongens tm 8 jaar | 1. | Jurre Muller | 5:09 | 5:07 |
| | | 2. | Jayden van zandvoort | 5:11 | 5:09 |
| | | 3. | Delano van zandvoort | 5:15 | 5:14 |
| | | 6. | Wessel Voerman | 5:41 | 5:39 |
| | | 14. | Mads Jellema | 6:05 | 6:03 |
| | | 15. | Tieme Muller | 6:08 | 6:06 |
| | | 17. | Jesco van Gelder | 6:17 | 6:14 |
| | | 20. | Chris de Haan | 6:27 | 6:23 |
| | | 21. | Joël Rodenhuis | 6:31 | 6:28 |
| | | 24. | Lucas Werkhoven | 7:13 | 7:10 |
| | | 29. | Thijmen Yedema | 7:55 | 7:50 |
| 1,2 km | Meisjes tm 10 jaar | 4. | Néya Schuhmacher | 4:51 | 4:50 |
| | | 5. | Dione van Gelder | 6:01 | 5:59 |
| | | 6. | Elske van Reemst | 6:37 | 6:34 |
| | | 8. | Ilse Jorritsma | 7:23 | 7:19 |
| 1,2 km | Jongens tm 10 jaar | 4. | Nick Jellema | 4:42 | 4:40 |
| | | 5. | Jairo Kromoprajitno | 4:45 | 4:44 |
| | | 12. | Simon van der Weij | 6:03 | 6:03 |
| 1,2 km | Meisjes tm 12 jaar | 1. | Yara de Boer | 6:54 | 6:52 |
| | | 2. | Alanis Jorna | 7:18 | 7:16 |
| 2,5 km | Meisjes tm 14 jaar | 1. | Renske Drenten | 10:13 | 10:12 |
| | | 3. | Josefien Bies | 10:52 | 10:50 |
| | | 5. | Bernice Frank | 11:56 | 11:55 |
| | | 9. | Janna Spijksma | 13:11 | 13:10 |
| | | 11. | Lisca van Gelder | 13:32 | 13:30 |
| | | 12. | Annika Brummer | 13:45 | 13:43 |
| | | 14. | Kyra de Jong | 14:10 | 14:09 |
| | | 4. | Joeri Oosterhof | 10:57 | 10:56 |
| 2,5 km | Jongens tm 14 jaar | 5. | Igor de Haan | 11:03 | 11:02 |
| | | 7. | Max Tiemessen | 11:10 | 11:10 |
| | | 8. | Ids Waanders | 12:04 | 12:03 |
| 6,4 km/4 EM | Vrouwen | 1. | Mare te Biesebeek | 25:12 | 25:11 |
| | | 4. | Lisanne Jager | 26:09 | 26:08 |
| | | 12. | Jolanda Born | 37:53 | 37:48 |
| | | 19. | Esmay de jonge | 38:16 | 38:16 |
| | | 33. | Carla Buurman | 39:21 | 39:16 |
| | | 34. | Marjan Hoexum | 39:21 | 39:16 |
| | | 49. | Fione Fennema | 40:30 | 40:14 |
| | | 64. | Sanne Gremme | 41:18 | 41:12 |
| | | 66. | Manon de Jong | 41:38 | 41:25 |
| | | 74. | Therese Wester | 42:20 | 42:15 |
| | | 76. | Margriet bakker | 42:35 | 42:30 |
| | | 87. | Carla Duym | 43:31 | 43:20 |
| | | 95. | Joke Hoftijser | 44:46 | 44:33 |
| | | 104. | Erica Verdegaal | 46:01 | 45:59 |
| 6,4 km/4 EM | Mannen | 2. | Jelmer van der Veen | 21:40 | 21:39 |

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|---------|--------------|------|------------------------|---------|---------|
| | | 5. | Johannes Postma | 22:52 | 22:52 |
| | | 8. | Melle Ketellappen | 24:03 | 24:02 |
| | | 9. | Martin Ketelappen | 24:09 | 24:08 |
| | | 10. | Sander van Hoorn | 24:10 | 24:09 |
| | | 12. | Remy borawitz | 25:02 | 25:00 |
| | | 13. | Ruben Muller | 25:12 | 25:10 |
| | | 16. | Glenn de Vries | 26:06 | 26:03 |
| | | 21. | Cor Wetting | 27:34 | 27:33 |
| | | 28. | Harry Wiersma | 29:09 | 29:07 |
| | | 39. | Koos Pietersma | 38:12 | 38:07 |
| | | 72. | Reinder Sinnema | 46:23 | 46:07 |
| | | 75. | André Hartmann | 47:27 | 47:23 |
| 9,2 km | Mannen | 1. | Paul Geertsma | 30:24 | 30:23 |
| | | 6. | Gerrit Wolbers | 32:47 | 32:46 |
| 10 km | Vrouwen | 13. | Bettie Koops | 50:02 | 49:59 |
| | | 19. | Marianne Kooistra | 51:41 | 51:36 |
| | | 26. | Saskia Scholtens | 53:03 | 52:56 |
| | | 40. | Linda Zeggelaar | 55:52 | 55:38 |
| | | 49. | Marijke de Boer | 56:41 | 56:32 |
| | | 55. | Jannie Idema | 58:16 | 57:53 |
| | | 64. | Annemarie Groenenberg | 59:59 | 59:36 |
| 10 km | Mannen | 71. | Jeannet Huitema | 1:02:07 | 1:02:00 |
| | | 9. | Richard van der Wal | 39:51 | 39:49 |
| | | 56. | Wouter-Geert Meijer | 45:38 | 45:32 |
| | | 66. | André Bär | 46:13 | 46:07 |
| | | 72. | Keesjan De Vries | 46:37 | 46:30 |
| | | 128. | Rudolf Kuipers | 51:27 | 51:16 |
| | | 154. | Jefta Bogaard | 53:54 | 53:34 |
| | | 166. | Wim de Vries | 55:08 | 54:54 |
| | | 170. | Jouke de Vries | 55:30 | 55:14 |
| | | 192. | Tom Vellinga | 59:22 | 59:01 |
| 21,1 km | Vrouwen sen. | 7. | Margriet Wissmann | 2:14:02 | 2:13:51 |
| 21,1 km | Vrouwen 35+ | 1. | Judith van der Meer | 1:27:36 | 1:27:36 |
| | | 2. | Marjan Andringa | 1:27:58 | 1:27:55 |
| | | 5. | Grietje van der Schaaf | 1:46:56 | 1:46:49 |
| | | 10. | Margreet dijkstra | 2:15:01 | 2:14:53 |
| 21,1 km | Vrouwen 45+ | 5. | Petra Lok | 2:15:01 | 2:14:53 |
| 21,1 km | Vrouwen 55+ | 1. | Inge van Schaick | 1:33:49 | 1:33:47 |
| | | 4. | Annechien van der Veen | 2:05:05 | 2:04:55 |
| | | 5. | Anke Peterson | 2:08:24 | 2:08:10 |
| 21,1 km | Mannen sen. | 8. | Erik Verdoorn | 1:26:39 | 1:26:35 |
| | | 18. | Romke Rodrigo de Jong | 1:35:30 | 1:35:25 |
| | | 27. | Marco van der Wal | 1:49:59 | 1:49:53 |
| 21,1 km | Mannen 40+ | 1. | Willem de Boer | 1:13:45 | 1:13:43 |
| | | 3. | Douwe Nauta | 1:17:57 | 1:17:54 |
| | | 4. | Remon van Lunzen | 1:19:33 | 1:19:29 |

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|---------|------------|-----|---------------------|---------|---------|
| | | 8. | Wouter van der Meer | 1:31:37 | 1:31:31 |
| | | 9. | Hugo Reitsma | 1:33:15 | 1:33:13 |
| | | 17. | Jan van der Werf | 1:40:32 | 1:40:25 |
| | | 20. | Rikus van Wijk | 1:43:55 | 1:43:50 |
| | | 26. | Jan Jaap Dicke | 1:48:25 | 1:48:11 |
| | | 29. | Bouwe Hiddinga | 1:50:55 | 1:50:45 |
| 21,1 km | Mannen 50+ | 10. | Nico Hoeksta | 1:41:53 | 1:41:47 |
| | | 12. | Hans Bonnema | 1:46:40 | 1:46:32 |
| | | 13. | Klaas Jan Huizing | 1:46:58 | 1:46:52 |
| | | 19. | Niels Blaauw | 1:52:36 | 1:52:33 |
| 21,1 km | Mannen 60+ | 2. | Auke Postma | 1:29:17 | 1:29:16 |
| | | 11. | Hans Willems | 1:56:47 | 1:56:36 |