

JOUSTER MERKE LOOP - JOURE 27 SEPTEMBER 2008
 UITSLAGENLIJST

| Plts | Naam | GJ | Vereniging/Woonplts | Tijd |
|-------|-----------------------|----|---------------------|----------|
| ----- | | | | |
| | M, 16.6KM REC | | | |
| 1 | Harmen Jorritsma | 68 | Joure | 01:04:15 |
| 2 | Hendrik Hoekstra | 71 | Joure | 01:05:53 |
| 3 | Ype de Boer | 57 | It Heidenskip | 01:07:08 |
| 4 | J Wijnsma | 64 | Boksum | 01:08:49 |
| 5 | Peter Westerhof | 69 | Sneek | 01:09:00 |
| 6 | Jan Uiterwijk | 58 | Eesveen | 01:09:12 |
| 7 | Jack Cop | 63 | Sint Nicolaasga | 01:09:30 |
| 8 | Giorgio Delea | 76 | Leeuwarden | 01:09:52 |
| 9 | J Schilstra | 68 | Scharnegoutum | 01:10:00 |
| 10 | Henk van Eldik | 60 | Leeuwarden | 01:11:10 |
| 11 | Piet Boskma | 52 | Heerenveen | 01:11:15 |
| 12 | Meint Lei | 60 | Hempens | 01:12:00 |
| 13 | Wim Kuipers | 55 | Sneek | 01:12:01 |
| 14 | Es vd Steeg | 59 | Veenwouden | 01:12:02 |
| 15 | Jouke Jorritsma | 64 | Drachten | 01:12:30 |
| 16 | Klaas Hoekstra | 68 | Haskerhorne | 01:12:35 |
| 17 | Cor Postma | 61 | Drachten | 01:13:06 |
| 18 | Bertus de Witte | 58 | Drachten | 01:14:18 |
| 19 | Wolter Bouknegt | 64 | Oudehaske | 01:14:48 |
| 20 | Rudolf Das | 62 | Leeuwarden | 01:15:08 |
| 21 | Johan van Noordenburg | 49 | Jubbega | 01:16:08 |
| 22 | Oeds Stienstra | 61 | Sneek | 01:16:27 |
| 23 | Mink vd Weg | 54 | Sint Nicolaasga | 01:16:32 |
| 24 | Henk Luychx | 58 | Wijckel | 01:16:43 |
| 25 | Marcel Kortekaas | 54 | Heerenveen | 01:16:50 |
| 26 | Jelle de Jong | 54 | Joure | 01:17:07 |
| 27 | Klaas Jan Beeksm | 58 | Joure | 01:17:07 |
| 28 | Jappie vd Veer | 59 | Oude Bildtziyl | 01:18:14 |
| 29 | J Wolthuizen | 65 | Sneek | 01:18:23 |
| 30 | Edwin vd Veen | 70 | Sneek | 01:18:23 |
| 31 | Marco List | 65 | Joure | 01:18:42 |
| 32 | Martin van den Burg | 63 | Sneek | 01:19:09 |
| 33 | Jildert Andzinga | 54 | Oentsjerk | 01:19:20 |
| 34 | Johan Zwerver | 49 | Leeuwarden | 01:19:23 |
| 35 | Freak Kaspersma | 57 | Abbega | 01:19:33 |
| 36 | Hugo Bootsma | 76 | Leeuwarden | 01:19:38 |
| 37 | Jacob Jan de Vries | 75 | Leeuwarden | 01:19:41 |
| 38 | Han de Hair | 62 | Joure | 01:19:50 |
| 39 | Wiebe Amels | 59 | Joure | 01:19:58 |
| 40 | Eise Roorda | 60 | Menaldum | 01:19:59 |
| 41 | Klaas Sikkema | 67 | Langweer | 01:21:22 |
| 42 | J Hiemstra | 64 | Joure | 01:21:33 |
| 43 | Sj Veenstra | 58 | Joure | 01:21:33 |
| 44 | Dirk Slimmen | 52 | Vollenhove | 01:21:59 |
| 45 | Harm Alberts | 63 | Harlingen | 01:21:59 |
| 46 | Bernand Zantman | 57 | Joure | 01:22:19 |
| 47 | Aris Leijendekker | 64 | Tjalleberd | 01:22:26 |
| 48 | Thijs Reitsema | 65 | Joure | 01:22:41 |
| 49 | Sjef Damhuis | 59 | Steenwijkerwold | 01:22:46 |
| 50 | Sipke Tjerkstra | 57 | Sintjohannesga | 01:23:12 |
| 51 | Hemke Rozema | 66 | Sneek | 01:23:28 |
| 52 | Jan Nijenhuis | 50 | Katlijk | 01:24:00 |
| 53 | B C Agricola | 57 | Scharsterbrug | 01:24:07 |
| 54 | G K vd Meulen | 50 | Heerenveen | 01:24:27 |
| 55 | Gerrit Haanstra | 58 | Joure | 01:25:08 |
| 56 | Rolf Piepers | 58 | Wageningen | 01:25:36 |
| 57 | Martende Vries | 56 | Buitenpost | 01:25:58 |

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| 58 A Buwalda | 51 Heerenveen | 01:26:38 |
| 59 Watte Visser | 61 Langweer | 01:26:40 |
| 60 S J de Boer | 51 Haskerhorne | 01:26:50 |
| 61 Johan Knoester | 45 Oudehaske | 01:26:55 |
| 62 Heike Nuola | 55 Joure | 01:27:54 |
| 63 Jan van der Wal | 55 Stiens | 01:28:16 |
| 64 Rias Zijlstra | 48 Joure | 01:29:04 |
| 65 Klaas Bruinenberg | 71 Jirnsum | 01:29:13 |
| 66 Theo Veen | 63 Joure | 01:29:41 |
| 67 Jos Schouvenaars | 54 Oosthem | 01:29:47 |
| 68 Jan Panhuis | 46 Leeuwarden | 01:29:50 |
| 69 Jan Iedema | 50 Leeuwarden | 01:29:50 |
| 70 Rieter van der Veer | 55 Dronrijp | 01:30:10 |
| 71 Rob Goethals | 49 Heerenveen | 01:30:14 |
| 72 Egbert Geertsma | 61 Groningen | 01:30:39 |
| 73 Maus Veldsink | 57 Dedemsvaart | 01:30:39 |
| 74 onbekent? | 41 Nunspeet | 01:31:10 |
| 75 Frank Klasen | 45 Sneek | 01:31:12 |
| 76 Erwin Huitinga | 88 Sneek | 01:31:14 |
| 77 Aad vd Burg | 53 Easterlittens | 01:31:50 |
| 78 Febo Perdok | 51 Heerenveen | 01:31:50 |
| 79 Sipke Glas | 54 Leeuwarden | 01:32:16 |
| 80 Teun vd Meij | 55 Tzum | 01:32:31 |
| 81 Geert Kraak | 34 Luinjeberd | 01:32:40 |
| 82 Jouke Andringa | 44 Rutten | 01:32:49 |
| 83 Karel Engelen | 54 Joure | 01:34:30 |
| 84 Koos Jacobsen | 53 Sneek | 01:34:31 |
| 85 Foppe Gall | 59 De Wilgen | 01:37:27 |
| 86 Age Vollinga | 53 Wommels | 01:40:10 |
| 87 Theo Wierda | 50 Heerenveen | 01:41:58 |
| 88 Jansma | | 01:43:58 |
| 89 Wiebe Abma | 40 Joure | 01:45:11 |
| 90 Wietse vd Heide | 56 Katlijk | 01:45:43 |
| 91 Wieger Klijnstra | 48 Heerenveen | 01:46:39 |
| 92 P van der Woude | 46 Heerenveen | 01:48:47 |
| 93 Patrick Dijkhuizen | 72 Sneek | 01:54:26 |
| 94 A J Wijnja | 68 Joure | 01:54:53 |
| 95 Sjoerd IJbema | 59 Joure | 02:03:28 |

V, 16.6KM REC

| | | |
|---------------------------|--------------------|----------|
| 1 Anita Boschma | 60 IJlst | 01:22:07 |
| 2 Mieke Grossoo | 62 Akkrum | 01:24:52 |
| 3 Anke Peterson | 50 Leeuwarden | 01:27:01 |
| 4 Trudy Sanders | 55 Sneek | 01:27:40 |
| 5 Ineke Scheffer | 58 Leens | 01:28:40 |
| 6 Sennie Luydik | 86 Wijckel | 01:31:02 |
| 7 A C Sluis | 60 Eesveen | 01:31:10 |
| 8 Joke Heida | 70 Koudum | 01:31:13 |
| 9 Navis C | 72 Joure | 01:31:50 |
| 10 Coby Visser Oenema | 48 Joure | 01:31:59 |
| 11 Marjan Huisman | 61 Joure | 01:31:59 |
| 12 Jantine Huisman | 91 Joure | 01:32:00 |
| 13 Heep Gall | 63 Sint Nicolaasga | 01:32:18 |
| 14 Afine Timmer | 80 Zuidlaren | 01:33:55 |
| 15 Jeanini Pelgrum | 52 Sint Nicolaasga | 01:34:05 |
| 16 Marja van der Werf-Zoe | 63 Joure | 01:34:43 |
| 17 Anca Smers | 47 Lemmer | 01:35:08 |
| 18 Willemien Runia | 51 Lemmer | 01:35:15 |
| 19 Maaïke Baakman | 81 Sneek | 01:35:15 |
| 20 Grady Laagland | 57 Sneek | 01:35:33 |
| 21 Joanne vd Leer | Joure | 01:36:11 |
| 22 Ida Tulner | 61 De Wilgen | 01:37:26 |
| 23 C Middendorp | 80 Heerenveen | 01:37:48 |

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| 24 Carolien Rudolphy | 60 Gorredijk | 01:41:09 |
| 25 Vos Angelique | 73 Sneek | 01:42:19 |
| 26 Petra van der Meeren-J | 68 Jutrijp | 01:42:19 |
| 27 Gre vd Bergs | 43 Heerenveen | 01:43:14 |
| 28 Jose Baas-Zondag | 57 Grou | 01:44:07 |
| 29 Ienskje vd Weg | 71 Ouwsterhaule | 01:45:43 |
| 30 Lies de Vries-Groen | 53 Broek Fr | 01:46:39 |
| 31 Sisca Kromkamp | 78 Heerenveen | 01:48:22 |
| 32 Janke Jongstra | 65 Bant | 01:50:52 |
| 33 Annechien Bult | 71 Sneek | 01:52:07 |
| 34 Aly van Dijk | 58 Heerenveen | 01:52:28 |
| 35 Annie van Rossum | 54 Vianen Zh | 02:12:08 |

M, 12.5KM REC

| | | |
|--------------------------|-----------------------|----------|
| 1 John Sloot | 69 Leeuwarden | 48:15:00 |
| 2 Johnny Oord | 85 Haskerhorne | 52:02:00 |
| 3 Harry Oord | 85 Haskerhorne | 52:05:00 |
| 4 Simon Regnerus | 68 Marrum | 52:23:00 |
| 5 Henk van der Meer | 64 Gorredijk | 52:28:00 |
| 6 Gerard Postma | 59 Koufurderrige | 52:39:00 |
| 7 Adrie Hoks | 77 Joure | 52:56:00 |
| 8 Folkert Bouma | 74 Joure | 56:02:00 |
| 9 Peter Overwijk | 78 Surhuisterveen | 57:45:00 |
| 10 Harrit Winia | 62 Sint Nicolaasga | 57:54:00 |
| 11 Bert Baanstra | 70 Sneek | 57:56:00 |
| 12 Eldert Teijema | 74 Heerenveen | 58:09:00 |
| 13 Piet Gemser | 45 Sneek | 58:42:00 |
| 14 Sido Martens | 49 Leeuwarden | 59:51:00 |
| 15 Oeli Reitsma | 54 Sneek | 01:01:16 |
| 16 Londema | 49 Sneek | 01:01:27 |
| 17 Domien Mulder | 60 Joure | 01:01:28 |
| 18 Mark Woh | 83 Gorredijk | 01:01:30 |
| 19 Johannes Agricola | 57 Joure | 01:02:14 |
| 20 Tjalling Tjalsma | 46 Drachten | 01:02:24 |
| 21 Bert vd Kooi | 58 Amsterdam Zuidoost | 01:02:35 |
| 22 Jetze Roelevink | 91 Oudehaske | 01:03:16 |
| 23 Gerben Brouwer | 50 Sneek | 01:03:31 |
| 24 Cor van Sluis | 49 Franeker | 01:03:31 |
| 25 F Nijholt | 58 Joure | 01:03:43 |
| 26 Sinnema | 58 Joure | 01:03:47 |
| 27 Jan Zwerver | 45 Dronrijp | 01:03:57 |
| 28 Peter Visser | 70 Leeuwarden | 01:04:06 |
| 29 Sjouke Veldhuizen | 50 Wolvega | 01:05:32 |
| 30 Piet Kerstholt | 47 Groningen | 01:05:47 |
| 31 Pier vd Sluis | 59 Leeuwarden | 01:06:08 |
| 32 Gemma van Noordenburg | 82 Kuinre | 01:06:20 |
| 33 Johan van Hein | 52 Joure | 01:07:23 |
| 34 Rinse Koetra | 38 harlingen | 01:08:27 |
| 35 Tjalling Visser | 56 Lemmer | 01:08:30 |
| 36 Bart Potma | 64 Joure | 01:08:37 |
| 37 Thijs Sijbranda | 54 Sneek | 01:08:37 |
| 38 Jan Kalsbeek | 46 Stiens | 01:08:54 |
| 39 D W Sanders | 48 Sneek | 01:09:20 |
| 40 Djurre vd Schaaf | 51 Oenkerk | 01:10:00 |
| 41 H vd Meer | 54 De Knipe | 01:10:23 |
| 42 Henk de Lang | 59 Heerenveen | 01:10:23 |
| 43 Peter van der Meeren | 61 Jutrijp | 01:10:35 |
| 44 Olaf Kistenmacher | 63 Sneek | 01:10:52 |
| 45 Ton Smeets | 63 Joure | 01:10:53 |
| 46 Wynand Romkema | 77 Joure | 01:11:53 |
| 47 H Smit | 47 Lemmer | 01:13:00 |
| 48 Hans van Solkema | 83 Sint Nicolaasga | 01:14:06 |
| 49 Halbe Huitema | 74 Dearsum | 01:15:18 |

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| 50 D Zwaagstra | 39 Heerenveen | 01:16:30 |
| 51 Meindert Roosjen | 43 Leeuwarden | 01:16:43 |
| 52 Herman Hoekstra | 52 Leeuwarden | 01:17:07 |
| 53 Klaas Duits | 44 Sneek | 01:17:07 |
| 54 Gerrit ten Cate | 44 Beetgumermolen | 01:17:07 |
| 55 Theo Huitinga | 62 Sneek | 01:19:08 |
| 56 Martijn Yntema | 77 Joure | 01:20:15 |
| 57 Bart Stelwagen | 52 Joure | 01:29:33 |

V, 12.5KM REC

| | | |
|---------------------------|--------------------|----------|
| 1 Corine Visser | 72 Leeuwarden | 58:26:00 |
| 2 Abelina Reitzema | 67 Joure | 59:44:00 |
| 3 Margriet Postma | 61 Koufurderrige | 01:00:02 |
| 4 Cora vd Haar | 56 Leeuwarden | 01:02:51 |
| 5 Piety Feenstra | 66 Leeuwarden | 01:05:09 |
| 6 Marian Pruiksma | 66 Joure | 01:06:00 |
| 7 Grietje Dijkstra | 57 Joure | 01:08:28 |
| 8 Ria van den Burg-Eijge | 61 Sneek | 01:08:37 |
| 9 B Douma | 60 Sint Nicolaasga | 01:08:54 |
| 10 Verona Fortuin | 66 Joure | 01:09:39 |
| 11 A Sijtsma | 52 Leeuwarden | 01:10:47 |
| 12 Antsje Boersma | 58 Heerenveen | 01:11:20 |
| 13 Jantsje Visser | 56 Joure | 01:11:42 |
| 14 Karen de Kruif | 66 Blauwhuis | 01:11:47 |
| 15 Karin Boersma | 65 Sint Nicolaasga | 01:12:24 |
| 16 Renetta Kistenmacher | 68 Sneek | 01:13:11 |
| 17 Pytsje Melein | 57 Joure | 01:13:42 |
| 18 Sjikkie Schuurmans | 67 Sneek | 01:14:02 |
| 19 Margriet vd Weg-Bratin | 65 Sneek | 01:14:37 |
| 20 Mattie de Boer | 55 Joure | 01:15:18 |
| 21 Ina Veenstra | 61 Sint Nicolaasga | 01:15:40 |
| 22 Colina vd Heide | 59 Katlijk | 01:21:31 |
| 23 Klaske vd West | 59 Joure | 01:23:30 |
| 24 Lidwien Broenink | Joure | 01:25:23 |
| 25 Ineke van der Hoek | 46 Ursem | 01:28:41 |
| 26 Inge Tuiten-Brink | 70 Joure | 01:33:09 |
| 27 Anita Hooghiemstra | 69 Joure | 01:44:21 |

M, 5.7KM REC

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|----------------------|----------------|----------|
| 1 Jan Julius Buwalda | 81 Heerenveen | 21:34 |
| 2 Gerben Harkema | 73 Joure | 22:07 |
| 3 Marthijs Mulder | 92 Joure | 22:28 |
| 4 Ivar vd Werf | 93 Abbega | 22:58 |
| 5 Jelmer Riemersma | 87 Joure | 23:05 |
| 6 Chris Oord | 88 Haskerhorne | 23:40 |
| 7 Johan IJsbrandy | 72 Sneek | 25:26:00 |
| 8 Martin Vissers | 74 Joure | 26:29:00 |
| 9 Jelmer Kooistra | 98 Heerenveen | 26:58:00 |
| 10 Sytze de Witte | 53 Sneek | 27:28:00 |
| 11 S Boersma | 61 Joure | 27:50:00 |
| 12 C Haga | 78 Heerenveen | 28:26:00 |
| 13 Joop Boonstra | 44 Leeuwarden | 29:39:00 |
| 14 Meindert Engwerda | 57 Sneek | 29:58:00 |
| 15 Ton van der Mark | 57 Sneek | 30:42:00 |
| 16 Jacko de Boer | 94 Oentsjerk | 31:39:00 |
| 17 Dick Krekelaar | 50 Ysbrechtum | 31:45:00 |
| 18 J Koen | 72 Heerenveen | 31:58:00 |
| 19 Foppe Huitema | 36 Snikzwaag | 32:00:00 |
| 20 Andringa | 65 Sneek | 33:07:00 |
| 21 B Schrelied | 29 Zweeloo | 44:56:00 |
| 22 Jan Jorna | 30 Harlingen | 52:07:00 |

V, 5.7KM REC

| | | | | |
|----|------------------------|----|---------------|----------|
| 1 | Anniek de Jong | 93 | Joure | 23:06 |
| 2 | Magriet Akkerman | 91 | Nijemirdum | 23:24 |
| 3 | Nienke Plantinga | 74 | Joure | 27:42:00 |
| 4 | Nanda Cusiel | 87 | Heerenveen | 29:47:00 |
| 5 | Roelie Kooistra | 69 | Heerenveen | 29:58:00 |
| 6 | Jantje Hendrika Dijkst | 86 | Haskerhorne | 30:15:00 |
| 7 | Wijbertha Brouwer | 69 | Bolsward | 30:30:00 |
| 8 | Gea Jongsma | 64 | Scharnegoutum | 30:30:00 |
| 9 | Trienke Semplonius | 59 | Rottum | 30:30:00 |
| 10 | Roeline Stellingwerf | 94 | Joure | 31:19:00 |
| 11 | Alice Fortuin | 69 | Joure | 31:25:00 |
| 12 | Astrid Zijlstra-Edens | 60 | Lekkum | 31:30:00 |
| 13 | Sanne Rijpkema | 94 | Joure | 32:05:00 |
| 14 | Lisa Potma | 94 | Joure | 32:05:00 |
| 15 | Hildegard Walder | 58 | Maastricht | 32:31:00 |
| 16 | Janna van der Wal | 53 | Sneek | 32:56:00 |
| 17 | Margot Pot | 62 | Sneek | 33:07:00 |
| 18 | Vivian Nijholt | 81 | Joure | 35:32:00 |
| 19 | T Hoekstra | 81 | Joure | 35:32:00 |
| 20 | Lisanne Otter | 94 | Joure | 36:36:00 |
| 21 | Ria Gerritsma | 61 | Joure | 37:08:00 |
| 22 | Anja Boersma | 66 | Joure | 37:08:00 |
| 23 | Ella van der Feer | 70 | Nijland | 37:12:00 |
| 24 | Hendrikje Talsma | 71 | Veenwouden | 45:10:00 |

J, JEUGD 4-6JR

| | | | | |
|---|-----------------|---|---------------|-------|
| 1 | Bas Visser | 1 | Leeuwarden | 01:54 |
| 2 | Mart Westerhuis | 3 | Joure | 02:01 |
| 3 | mark Hankel | 2 | Joure | 02:08 |
| 4 | Tieme Hylkema | 4 | Joure | 02:29 |
| 5 | Kevin Visser | 3 | Leeuwarden | 02:29 |
| 6 | Remco Visser | 1 | Leeuwarden | 02:45 |
| 7 | Jilles Jellesma | 4 | It Heidenskip | 02:56 |

M, JEUGD 4-6JR

| | | | | |
|---|----------------------|---|-----------------|-------|
| 1 | Annick van der Woude | 2 | Joure | 01:56 |
| 2 | Carmen de Wolff | 2 | Sint Nicolaasga | 02:11 |
| 3 | Freya Haaijes | 1 | Joure | 02:16 |
| 4 | Nicole Kronemeyer | 1 | Joure | 02:17 |
| 5 | Femma Blom | 3 | Heerenveen | 02:21 |
| 6 | Evelien Kronemeyer | 3 | Joure | 02:48 |

J, JEUGD 7-8JR

| | | | | |
|---|--------------------|----|----------|-------|
| 1 | Lammert Ekkers | 99 | Katlijk | 02:08 |
| 2 | Niels Wijnja | 99 | Joure | 02:11 |
| 3 | Sandor Feenstra | 0 | Terherne | 02:14 |
| 4 | Klaas Jan Sandstra | 0 | Joure | 02:18 |
| 5 | Wietse Pruis | 0 | Joure | 02:23 |
| 6 | Jurre Hylkema | 1 | Joure | 02:23 |
| 7 | Mark Krist | 99 | Joure | 02:23 |
| 8 | Rem de Hoir | 0 | Joure | 02:30 |
| 9 | Sven Roesink | 0 | Joure | 02:33 |

M, JEUGD 7-8JR

| | | | | |
|---|-----------------------|----|-----------------|-------|
| 1 | Myrthe Blom | 0 | Heerenveen | 02:22 |
| 2 | Lisa v/d Zee | 0 | Oppenhuizen | 02:24 |
| 3 | Femke Marije Dijkstra | 99 | Terkaple | 02:35 |
| 4 | Jildou Heida | 99 | Koudum | 02:43 |
| 5 | Fenna de Horn | 1 | Joure | 02:52 |
| 6 | Sanne Loren de Jong | 1 | Joure | 03:07 |
| 7 | Kyra de Wolff | 0 | Sint Nicolaasga | 03:20 |

J, JEUGD 9-10JR

| | | |
|-----------------------|-------------------|-------|
| 1 Sjoerd Bekius | 98 De Knipe | 03:02 |
| 2 Gerben Thijs Stilma | 98 Sintjohannesga | 03:08 |
| 3 Eric de Leeuw | 98 Joure | 03:16 |
| 4 Peter-Jan de Jong | 98 Joure | 03:17 |
| 5 Chris Wever | 99 Bontebok | 03:19 |
| 6 Kevin v/d Wal | 97 Heerenveen | 03:20 |
| 7 Rinze-Pieter Jonker | 98 Heerenveen | 03:27 |
| 8 Melle Braaksma | 98 Heerenveen | 03:28 |
| 9 Janko van Esch | 98 Heerenveen | 03:35 |
| 10 Anne Waterlander | 98 Joure | 03:47 |
| 11 Robin v/d Wal | 0 Heerenveen | 03:55 |
| 12 Thomas Pruis | 99 Joure | 04:22 |

M, JEUGD 9-10JR

| | | |
|----------------------|------------------|-------|
| 1 Aafke Soet | 97 Heerenveen | 02:53 |
| 2 Berber Struiksma | 99 Boksum | 03:25 |
| 3 Sabine Witteveen | 99 Oudehaske | 03:29 |
| 4 Mare | 98 Ouwsterhaule | 03:33 |
| 5 Julia Witteveen | 99 Oudehaske | 03:34 |
| 6 Annet Noppert | 98 Scharsterbrug | 03:49 |
| 7 Maaike Meindertsma | 99 Joure | 03:49 |
| 8 Jeske Veenstra | 98 Joure | 03:54 |
| 9 Judy Anne Boersma | 99 Joure | 03:55 |
| 10 Verena Pruiksma | 98 Joure | 03:55 |
| 11 Marrit vd Wal | 98 It Heidenskip | 03:56 |
| 12 Silke Jellesma | 98 It Heidenskip | 03:56 |

J, JEUGD 11-12JR

| | | |
|---------------------|--------------------|-------|
| 1 Rody de Wolff | 97 Sint Nicolaasga | 04:20 |
| 2 Corne Dijkstra | 97 Drachten | 04:23 |
| 3 Beimen Vellinga | 97 Lemmer | 04:27 |
| 4 Markus Meekma | 97 Drachten | 04:36 |
| 5 Rutger Struiksma | 96 Boksum | 04:41 |
| 6 Dennis de Jong | 96 Joure | 04:46 |
| 7 Jarno van der Weg | 96 Ouwsterhaule | 04:48 |
| 8 Bennie de Jong | 97 Sneek | 05:00 |
| 9 Jorn de Boer | 95 Joure | 05:12 |
| 10 Rick v/d Zee | 97 Oppenhuizen | 05:31 |

M, JEUGD 11-12JR

| | | |
|--------------------|---------------|-------|
| 1 Fleur Baljet | 95 Oosthem | 04:18 |
| 2 Denise Sinnema | 95 Leeuwarden | 04:23 |
| 3 Cato Bontekoe | 97 Drachten | 04:33 |
| 4 Martje Bekius | 96 De Knipe | 04:39 |
| 5 Femke Heilijgers | 97 Joure | 05:06 |

J, JEUGD 13-15JR

| | | |
|------------------------|-------------------|-------|
| 1 Menno Hunneman | 92 Oosterwolde Fr | 03:38 |
| 2 Jaap-Gerben Vellinga | 94 Lemmer | 03:51 |
| 3 Patrick Sinnema | 93 Leeuwarden | 04:19 |
| 4 Leo | 95 Sneek | 04:38 |
| 5 Christiaan Kats | 94 Grou | 04:55 |

M, JEUGD 13-15JR

| | | |
|-----------------------|-------------------|-------|
| 1 Marlijn van der Mei | 94 Sintjohannesga | 04:30 |
| 2 Charissa Zijlstra | 94 Lekkum | 04:54 |

M, 10KM REC

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|---------------------|---------------|----------|
| 1 Teake Kerckhoffs | 69 Appelscha | 36:13:00 |
| 2 Jasper Mulder | 90 Joure | 36:19:00 |
| 3 Bert Dijkstra | 80 Leeuwarden | 39:51:00 |
| 4 Ivo v/d Meer | 75 Leeuwarden | 40:15:00 |
| 5 Marco v. Meerveld | 72 Sneek | 40:34:00 |

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|----|---------------------|------------------|----------|
| 6 | Jan Hooghiemstra | 55 Oenkerk | 44:09:00 |
| 7 | Alex van der Weide | 64 Menaldum | 44:17:00 |
| 8 | Harold Schuringa | 72 Heerenveen | 45:15:00 |
| 9 | Ronnie Wind | 77 IJlst | 46:14:00 |
| 10 | Bram Bakker | 72 Wommels | 46:51:00 |
| 11 | Harry Werkman | 74 Lemmer | 47:01:00 |
| 12 | Michel Draaisma | 68 Lemmer | 48:12:00 |
| 13 | Gerald Hoogeveen | 65 Bolsward | 48:49:00 |
| 14 | Marco van Bourgonje | 67 Lemmer | 48:54:00 |
| 15 | Julius Werkman | 77 Lemmer | 48:55:00 |
| 16 | Symen Hendriks | 51 Lemmer | 50:31:00 |
| 17 | Jelle Elzinga | 65 Heerenveen | 50:37:00 |
| 18 | Klaas Peereboom | 53 Heerenveen | 53:11:00 |
| 19 | Ytzen Terpstra | 58 Heerenveen | 53:27:00 |
| 20 | Felix van Beek | 57 Joure | 54:54:00 |
| 21 | T. Oosterbaan | 42 Fols gare | 59:00:00 |
| 22 | Jaap Lindeboom | 62 Beetsterzwaag | 01:01:52 |

V, 10KM REC

| | | | |
|---|-----------------|---------------|----------|
| 1 | Lavina Wind | 75 Sneek | 48:02:00 |
| 2 | Andrea Feenstra | 78 Bolsward | 50:56:00 |
| 3 | Inge Donker | 69 Heerenveen | 53:44:00 |

PLG, 10KM B&P LOOP

| | | | |
|---|------------------------|--|----------|
| 1 | Via Data Automatiserin | | 49:28:00 |
| 2 | Arrix Automatisering | | 54:59:00 |

M, 10KM B&P IND

| | | | |
|----|----------------------|----------------------|----------|
| 1 | Albert de Ruiters | Arrix Automatisering | 47:14:00 |
| 2 | Gerbrand Stap | Via Data Automatiser | 47:20:00 |
| 3 | Jasper Sybrandt | Via Data Automatiser | 47:39:00 |
| 4 | Ritske Vries | Via Data Automatiser | 48:59:00 |
| 5 | Douwe Wietse de boer | Arrix Automatisering | 49:01:00 |
| 6 | Gerrit Bosma | Via Data Automatiser | 49:28:00 |
| 7 | Martin v Ooijen | Arrix Automatisering | 50:44:00 |
| 8 | Almer Scholtten | Arrix Automatisering | 52:37:00 |
| 9 | Marvin Bergsman | Via Data Automatiser | 52:51:00 |
| 10 | Arnold Kooiker | Arrix Automatisering | 54:59:00 |
| 11 | Jeroen Broekema | Via Data Automatiser | 01:01:30 |

HSEN, 10KM WEDSTRIJD

| | | | |
|----|--------------------|--------------------|----------|
| 1 | Rudi van der Lelie | 72 AV Heerenveen | 33:19:00 |
| 2 | Martin Ketellapper | 73 Lionitas | 34:16:00 |
| 3 | S.M. Postma | 89 Start '78 | 34:41:00 |
| 4 | Rene Jaasma | 84 Impala | 34:50:00 |
| 5 | Tiedo Tinga | 73 Friesland | 35:39:00 |
| 6 | Douwe Nauta | 77 Horror | 35:40:00 |
| 7 | Jan Albert Veenema | 74 Horror | 35:47:00 |
| 8 | Murk Falkena | 72 Spirit Lelystad | 36:32:00 |
| 9 | Wouter Papenhove | 82 Lionitas | 38:06:00 |
| 10 | Rintje Bosma | 69 Friesland | 38:33:00 |
| 11 | Peter Peereboom | 91 AV Heerenveen | 41:48:00 |
| 12 | Anton Spinder | 79 Impala | 44:03:00 |
| 13 | Andr ® Jellema | 6 9 Lionitas | 46:40:00 |

DSEN, 10KM WEDSTRIJD

| | | | |
|---|-----------------------|------------------|----------|
| 1 | Mariska Kramer-Postma | 74 Friesland | 35:50:00 |
| 2 | Yvonne Tinga | 74 Horror | 40:58:00 |
| 3 | Wilmke Boersma | 91 Horror | 42:17:00 |
| 4 | Sandra Sikkema | 85 Impala | 47:22:00 |
| 5 | Tessa Boot | 84 Horror | 48:22:00 |
| 6 | Tetsje van Houten | 82 AV Heerenveen | 48:39:00 |

H40, 10KM WEDSTRIJD

| | | |
|------------------------|--------------------|----------|
| 1 Willem Faber | 64 AV Heerenveen | 33:49:00 |
| 2 Herman Hofstee | 63 DOS | 34:47:00 |
| 3 Klaas Jan Hofstra | 65 LSV Invictus | 34:48:00 |
| 4 Konstantin Poltavets | 62 AV Heerenveen | 35:12:00 |
| 5 Huub Bots | 67 Lionitas | 35:39:00 |
| 6 Henrie Veldman | 62 AV Heerenveen | 36:26:00 |
| 7 Ritske Flootman | 64 Lionitas | 36:36:00 |
| 8 Henk Wolf | 61 Spirit Lelystad | 37:08:00 |
| 9 Harry Wijnja | 61 AV Heerenveen | 37:27:00 |
| 10 Erik Bakker | 62 Ter Herne | 37:31:00 |
| 11 Bob v/d Weg | 68 AV Heerenveen | 37:51:00 |
| 12 Sjoerd Boskma | 58 Horror | 38:30:00 |
| 13 Willem Koet | 67 AV Heerenveen | 38:31:00 |
| 14 Jacob Oden | 60 Horror | 40:26:00 |
| 15 Johan Jorritsma | 67 Horror | 40:48:00 |
| 16 Albert van Duinen | 62 LSV Invictus | 41:23:00 |
| 17 Martin Jan Visser | 66 AV Heerenveen | 43:29:00 |
| 18 K. Dijkstra | 59 Friesland | 44:49:00 |

D35, 10KM WEDSTRIJD

| | | |
|------------------------|--------------|----------|
| 1 Ylona Kruis | 73 Horror | 40:47:00 |
| 2 Liesbeth Steenbergen | 66 Horror | 43:00:00 |
| 3 Alletta Wedzinga | 72 Impala | 44:57:00 |
| 4 Ineke Altenburg | 68 Horror | 45:43:00 |
| 5 Hester Groenveld | 68 Horror | 47:37:00 |
| 6 Jetty van Delden | 65 Friesland | 49:21:00 |

H50, 10KM WEDSTRIJD

| | | |
|----------------|--------------|----------|
| 1 Jan Groen | 58 Start '78 | 37:33:00 |
| 2 Otto de Boer | 55 Friesland | 38:20:00 |
| 3 Beke Clossen | 54 Horror | 39:16:00 |
| 4 Dirk Bouma | 58 Friesland | 40:27:00 |
| 5 B. Hoekman | 52 Impala | 43:11:00 |

D45, 10KM WEDSTRIJD

| | | |
|----------------|--------------|----------|
| 1 Minke Oord | 56 Friesland | 49:09:00 |
| 2 Rixte Stoker | 60 Friesland | 49:55:00 |

H60, 10KM WEDSTRIJD

| | | |
|-----------------|--------------|----------|
| 1 Karst Anema | 46 Friesland | 40:43:00 |
| 2 A.D. Wedringa | 47 Impala | 44:57:00 |
| 3 Arie Smedinga | 47 Friesland | 48:18:00 |