

T/M 20 november 2011		1500m	3000m	5000m	10 km	15 km	16,1 km	21,1 km	30 km	42,2 km
Rob	Aarnoudse	0:06:25	-	-	0:47:51	-	-	-	-	-
Netty	Arendse	0:06:32	0:15:28	0:24:10	0:49:33	1:21:41	1:28:03	1:56:39	2:54:57	4:29:04
Ben	Arum van	0:05:22	0:12:08	0:20:57	0:43:42	1:11:44	1:11:46	1:39:34	-	-
Elles	Bakker	-	-	-	0:45:24	-	-	-	-	-
Paul	Bakker	0:05:35	0:11:51	0:20:41	0:43:25	-	1:11:58	1:36:35	2:29:06	3:32:52
Gerard	Barlag	0:05:20	0:11:51	0:20:31	0:40:48	-	1:08:23	1:33:10	-	3:59:10
Inge	Beem van	0:06:49	0:14:11	0:26:13	0:51:35	1:21:38	1:33:00	1:55:33	-	-
Arno	Blok	0:05:33	0:12:13	0:21:44	0:45:37	-	1:20:02	1:50:03	-	4:44:44
Piet	Boer de	0:06:52	0:14:24	0:24:47	0:54:12	1:23:50	1:32:35	2:01:36	-	-
Charles	Borgsteede	0:06:27	0:13:48	0:22:42	0:50:25	-	-	-	-	4:22:00
Petra	Bosch	-	-	-	0:55:35	-	-	-	-	-
Bert	Brink van den	0:06:30	0:13:56	0:23:52	0:47:15	-	1:21:44	1:49:06	-	-
Ineke	Brouwer	0:07:36	0:16:54	0:26:05	0:55:55	1:32:58	1:28:00	2:09:57	-	4:46:21
Inge	Cupers	-	-	0:21:57	0:44:53	1:17:43	1:15:39	1:44:27	-	-
Henk	Dijk van	0:05:59	0:13:04	0:23:10	0:45:26	1:11:44	1:19:59	1:44:35	2:29:42	3:57:51
José	Dooren van	0:07:43	0:16:04	0:27:33	0:53:26	1:22:05	1:32:33	1:57:18	3:36:30	4:27:59
Jacqueline	Edixhoven	0:06:35	0:13:56	0:23:22	0:48:07	-	1:20:59	1:46:22	-	4:21:28
Paola	Edixhoven	0:07:01	0:14:35	0:24:47	0:52:26	-	1:27:23	1:58:00	-	4:22:36
Andy	Foe	0:05:24	0:11:56	0:19:59	0:41:15	-	1:12:39	1:39:55	2:31:57	3:49:29
Marleen	Foe-Louis	0:07:00	0:15:28	0:26:14	0:57:20	-	1:42:29	2:18:53	-	-
Roy	Fijnhaar	-	0:12:10	-	0:42:19	1:07:30	-	1:35:00	-	-
Yvonne	Frijters-Schönhage	-	0:16:41	0:26:11	0:56:53	-	-	-	-	-
Ineke	Galiën-Kok van der	0:07:07	0:15:11	0:26:32	0:53:09	1:27:05	1:32:54	2:01:00	-	4:48:50
Anita	Geurs	-	-	0:30:26	-	-	-	-	-	-
Ida	Glasbergen	-	-	-	1:00:35	-	-	-	-	-
Sandra	Graaf de	0:06:56	0:16:01	0:26:12	0:55:22	-	1:50:03	2:23:05	-	-
Jenny	Groenewoud	0:06:56	0:14:51	0:23:53	0:48:18	-	1:22:04	1:52:13	2:49:05	4:17:11
René	Groenewoud	0:05:18	0:11:49	0:19:43	0:40:44	-	1:08:25	1:30:35	-	3:27:57
Erik-Jan	Gunnink	0:04:50	0:10:11	0:18:05	0:37:34	-	1:09:44	-	-	-
Ton	Haans	0:08:20	-	-	-	-	-	-	-	-
Louis	Hegeman	0:07:38	0:16:44	0:28:58	0:58:58	-	1:50:53	-	-	-
Yuen-On	Ho	-	0:13:36	-	0:48:20	1:14:00	-	1:46:35	-	-
Sjef	Hogenes	0:06:19	0:12:58	0:22:39	0:44:29	1:21:11	1:13:15	1:35:10	-	4:17:55
Cees	Hoogendijk	0:05:43	0:12:40	-	-	-	-	1:44:27	-	-
Ellen	Hulsbergen Henning-Mulder	-	-	0:27:48	0:57:46	-	-	-	-	-
Jos	Huppelschoten	0:05:36	0:11:52	0:20:46	0:44:22	-	1:15:12	1:37:50	-	-
Tom	Jaburg	0:05:37	-	0:22:10	0:43:42	1:13:09	1:19:38	1:41:16	2:25:12	3:45:24
Harry	Jansen	0:05:58	0:12:39	0:22:10	-	-	1:17:52	1:39:42	-	3:54:28
Jos	Joosten	0:05:45	0:11:36	0:20:04	0:41:14	-	-	1:39:02	2:41:02	3:37:20
Quant	Koese	0:05:17	0:11:26	0:20:06	0:44:23	1:06:55	1:18:16	1:45:29	-	-
Jaap	Koning	0:05:14	0:10:57	0:18:44	0:37:07	0:59:33	1:04:04	1:25:16	2:08:10	3:19:25
Kees	Kooter	-	-	0:22:32	0:49:08	-	1:28:35	-	-	-
Lia	Kooter	0:06:25	0:14:36	0:23:15	0:49:50	-	1:24:03	1:49:04	-	-

T/M 20 november 2011		1500m	3000m	5000m	10 km	15 km	16,1 km	21,1 km	30 km	42,2 km
Rita	Kuijper	0:07:23	0:15:39	0:27:29	0:54:53	-	1:35:57	2:05:12	-	-
Kees	Laan van der	0:05:19	0:11:24	0:20:29	0:42:06	-	-	1:38:59	-	-
Theo	Laan van der	0:05:33	0:12:52	0:21:08	0:43:41	-	1:12:00	1:33:49	-	3:34:35
Ingrid	Lagdijk	-	0:16:40	-	-	-	-	-	-	-
Inger	Leeuwen van	-	-	-	0:56:57	-	1:39:36	-	-	-
Henny	Limborgh van	-	-	0:25:45	-	-	-	-	-	-
Jos	Linde van der	-	0:16:22	-	1:07:49	-	-	-	-	-
Cora	Meere	0:07:27	0:16:12	0:27:35	1:00:05	-	-	-	-	-
Ton	Moolenaar	-	-	-	0:50:45	-	1:32:23	1:56:38	-	-
Jan	Mulder	0:04:32	0:09:49	0:16:50	0:35:25	0:54:47	0:59:42	1:18:04	1:57:07	3:07:42
Monika	Nierop-Marinus	0:06:46	0:14:58	0:25:28	0:51:01	-	1:23:20	1:56:58	-	4:13:04
Ruud	Nieuwenhuis	0:05:14	0:10:47	0:18:47	0:38:27	-	1:07:39	1:34:28	-	-
Mary	O'Reilly	0:07:34	0:16:32	-	-	-	1:34:49	2:11:08	-	-
Joke	Ouden den	0:07:03	0:14:53	-	0:49:28	-	1:22:29	1:52:21	2:49:05	4:14:55
Nijs	Ouden den	0:05:44	0:12:13	0:21:50	0:45:56	-	1:16:15	1:42:47	2:31:57	3:49:42
Chris	Overdevest	-	-	-	0:53:10	-	-	-	-	-
Marijke	Palstra	-	-	-	0:59:21	-	-	-	-	-
Aldy	Piels	0:07:08	0:15:53	0:26:28	0:57:44	-	-	-	-	-
Els	Raap	0:05:04	0:10:53	0:18:35	0:39:26	1:08:17	1:05:26	1:29:44	2:34:11	3:32:15
Chris	Ronde de	-	-	0:23:14	0:45:05	1:14:40	1:25:33	1:42:38	-	-
Tony	Schrama	-	0:16:32	0:28:19	0:59:12	1:40:27	1:42:04	2:15:24	-	-
Marianne	Schuringa	0:07:08	-	0:25:15	-	-	-	-	-	-
Guus	Schutijser	0:05:57	0:12:33	0:22:16	0:46:09	-	1:14:21	1:39:45	2:36:37	3:44:02
Sandra	Siebeling	-	-	0:31:14	-	-	-	-	-	-
Marijke	Slaman	-	0:15:09	0:24:57	0:51:00	-	-	-	-	-
Sander	Speekenbrink	0:05:12	0:10:59	0:19:17	0:38:54	-	1:05:37	1:27:17	2:15:27	3:08:21
Mirjana	Starcevic	0:08:42	0:18:36	-	1:02:13	-	1:51:36	-	-	-
Rob	Staverden van	0:06:32	0:13:36	0:24:35	0:50:15	-	-	-	-	-
Angélica	Stevens	0:07:43	0:16:20	-	0:57:16	1:35:50	1:35:53	2:07:43	-	4:32:36
Leo	Swaan	0:05:37	-	0:20:26	0:42:52	-	1:10:24	1:34:28	-	3:47:55
Babs	Taal	0:08:54	-	0:29:30	0:59:50	1:41:46	1:42:05	2:17:10	-	-
Maud	Terpstra-Smeijsters	-	-	-	-	-	1:52:22	-	-	-
Sjef	Thij ten	0:06:00	0:12:11	0:22:54	0:44:29	-	1:17:20	1:48:33	-	3:34:35
André	Veen van der	0:06:14	0:13:44	0:23:09	0:47:15	1:16:38	1:22:22	1:49:15	-	4:18:58
Herman	Verhaar	0:04:59	0:10:54	0:18:39	0:37:50	1:01:00	1:04:39	1:25:38	-	-
Gilles	Visser	0:05:00	0:10:45	0:18:43	0:38:48	0:59:33	1:04:40	1:28:05	2:13:05	3:14:35
Jan	Visser	0:05:06	0:11:21	0:20:02	0:40:39	-	1:08:34	1:32:17	2:18:45	3:35:56
Annemarie	Volmer	0:07:35	0:16:09	0:26:54	0:55:28	1:42:24	1:33:23	2:08:47	-	-
Alaaddin	Vural	0:05:58	0:13:00	0:21:25	0:43:00	1:09:31	1:13:29	1:35:48	2:28:36	3:31:15
Eric	Wahl	0:05:48	0:14:19	0:24:56	0:53:05	1:32:21	1:30:46	2:10:30	-	-
Thecla	Wal van der	0:06:55	0:14:50	0:26:15	0:51:14	-	-	-	-	-
Agnes	Weel	0:06:40	0:12:54	0:19:44	0:40:26	-	-	-	-	-
Corrie	Wessendorp	-	-	-	1:01:20	-	2:08:00	-	-	-

T/M 20 november 2011		1500m	3000m	5000m	10 km	15 km	16,1 km	21,1 km	30 km	42,2 km
Michael	Westra	-	-	0:22:41	-	1:12:23	-	1:48:02	-	-
Ron	Wipper	0:06:01	0:12:45	0:20:55	0:43:17	-	1:14:11	1:38:15	2:27:58	3:25:00
Ernst	Woerkom van	0:05:33	0:11:23	0:20:11	0:39:59	-	1:08:23	1:31:16	-	3:32:05
Theo	Woldberg	0:04:57	0:10:26	0:17:33	0:36:21	0:56:01	0:58:49	1:21:14	2:01:36	2:58:31
Harry	Zaal	0:05:10	0:11:30	0:20:19	0:41:32	-	-	1:10:40	-	-
Wim	Zalinge van	0:05:45	0:12:34	0:21:38	0:44:05	1:12:32	1:15:14	2:11:32	-	-
Caroline	Zijderveld	-	0:16:51	0:25:46	0:55:30	-	1:33:15	2:04:44	-	-
Michiel	Zutphen van	0:05:15	-	0:20:30	0:42:37	1:07:13	-	1:34:39	-	-